LG
Life's Good

ENGLISH

RECIPE MANUAL

# MICROWAVE OVEN

Please read this manual carefully before operating your set and retain it for future reference.

MC2846BG

MFL67281878
Rev.00_080118

www.lg.com

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### How the Microwave Function Works

Microwaves are a form of energy similar to radio, television waves, and ordinary daylight. Normally, microwaves spread outwards as they travel through the atmosphere and disappear without effect.
This oven, however, has a magnetron that is designed to make use of the energy in microwaves. Electricity, supplied to the magnetron tube, is used to create microwave energy.

These microwaves enter the cooking area through openings inside the oven. A tray is located inside the oven. Microwaves cannot pass through metal walls of the oven, but they can penetrate such materials as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are constructed.

Microwaves do not heat cookware, though cooking vessels will eventually get hot from the heat generated by the food.

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## A very safe appliance

**Your Microwave oven, is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no "left over" energy to harm you when you eat your food.**

# Various Cook Functions

Please follow the given steps to operate cook functions ( Low Calorie, Tandoor Se, Kids' Delight, Steam Cook, Indian Cuisine, Ghee/ Bakery, Tea/Dairy Delight, Paneer/Curd, Cooking Aid)in your Microwave.

| Cook Functions | Low Calorie | Tandoor Se | Kids' Delight | Steam Cook | Indian Cuisine | Ghee/ Bakery | Tea /Dairy Delight | Paneer/ Curd | Cooking Aid |
|---|---|---|---|---|---|---|---|---|---|
| STEP-1 | *Press STOP /CLEAR | *Press STOP /CLEAR | *Press STOP /CLEAR | *Press STOP /CLEAR | *Press STOP /CLEAR | *Press STOP /CLEAR | *Press STOP /CLEAR | *Press STOP /CLEAR | *Press STOP /CLEAR |
| STEP-2 | Press Low Calorie | Press Tandoor Se | Press Kids' Delight | Press Steam Cook | Press Indian Cuisine | Press Ghee/ Bakery | Press Tea /Dairy Delight | Press Paneer/ Curd | Press Cooking Aid |
| STEP-3 | Press to select the menu (HP1-HP26) (So1-So20) (Co1-Co24) (SA1-SA13) | Press to select the menu (tS1-tS4) | Press to select the menu (CF1-CF30) | Press to select the menu (St1-St15) | Press to select the menu (IC1-IC27) (SC1-SC17) (rd1-rd20) (CC1-CC15) | Press to select the menu (Gh1) (bA1-bA10) | Press to select the menu (dd1-dd11) | Press to select the menu (PA1-PA2) (CU1-CU2) | Press to select the menu (UC1-UC13) |
| STEP-4 | Press +More/- Less to set the weight | Press +More/-Less to set the weight | Press +More/- Less to set the weight | Press +More/- Less to set the weight | Press +More/- Less to set the weight | Press +More/- Less to set the weight | Press +More/- Less to set the weight | Press +More/- Less to set the weight | Press +More/- Less to set the weight |
| STEP-5 | Press START/ Add 30 secs | Press START/ Add 30 secs | Press START/ Add 30 secs | Press START/ Add 30 secs | Press START/ Add 30 secs | Press START/ Add 30 secs | Press START/ Add 30 secs | Press START/ Add 30 secs | Press START/ Add 30 secs |

# 251 Recipes List

## Low Calorie
(page 8-36)

### Low Calorie

| Code No. | Recipe Name |
|---|---|
| HP1 | Kala Chana |
| HP2 | Karela sabzi |
| HP3 | Lemon chicken |
| HP4 | Machi Kali Mirch |
| HP5 | Soya Idli |
| HP6 | Nutrinuggets |
| HP7 | Curd Brinjal |
| HP8 | Bathua raita |
| HP9 | Soyabean curry |
| HP10 | Spinach dal |
| HP11 | Moong Dal |
| HP12 | Leaf Rolls |
| HP13 | Fish Bharta |
| HP14 | Healthy Khichdi |
| HP15 | Oats Idli |
| HP16 | Daliya Khichdi |
| HP17 | Fish Cutlet |
| HP18 | Fish Masala |
| HP19 | Fish Pulusu |
| HP20 | Coconut Prawns |
| HP21 | Crab Curry |
| HP22 | Mase Kalavan |
| HP23 | Veg daliya Khichdi |
| HP24 | Sabudana Khichdi |
| HP25 | Home Made Cereal |
| HP26 | Khichdi |

### Soup

| Code No. | Recipe Name |
|---|---|
| So1 | Sweet corn soup |
| So2 | Mushroom soup |
| So3 | Wonton Soup |
| So4 | Chicken shorba |
| So5 | Tamatar shorba |
| So6 | Corn Basil & fusili soup |
| So7 | Rasam |
| So8 | Mulligtawny soup |
| So9 | Hot & Sour Soup |
| So10 | Tomato Soup |
| So11 | Palak Makai Shorba |
| So12 | Chicken Soup |
| So13 | Tom Yum Kung |

### Health Plus

| Code No. | Recipe Name |
|---|---|
| So14 | Dal Shorba |
| So15 | Rajma Soup |
| So16 | Shahi Shorba |
| So17 | Bombay Curry Soup |
| So18 | Badam Soup |
| So19 | Limbu Dhania Shorba |
| So20 | Mutton Shorba |

### Continental

| Code No. | Recipe Name |
|---|---|
| Co1 | Pasta |
| Co2 | Veg au Gratin |
| Co3 | Baked mushrooms |
| Co4 | Lasaneya |
| Co5 | Macaroni |
| Co6 | Thai Chicken |
| Co7 | Mediterrnean Crostini |
| Co8 | Chilli Veg |
| Co9 | Potato dumpling |
| Co10 | Sweet & Sour Veg |
| Co11 | Risotto Rice |
| Co12 | Spaghetti with Tomato Sauce |
| Co13 | Cottage Cheese Tortellini |
| Co14 | Mexican Corn Rice |
| Co15 | Broccoli In Butter Sauce |
| Co16 | Shrimps in Garlic Butter |
| Co17 | Chilli Chicken |
| Co18 | Hakka Noodles |
| Co19 | Veg. in hot garlic sauce |
| Co20 | Schezwan Chicken |
| Co21 | Veg Manchurian |
| Co22 | Steamed egg with Tofu |
| Co23 | Almond & Vegetables Stir Fry |
| Co24 | Kappa ayala |

### Salads

| Code No. | Recipe Name |
|---|---|
| SA1 | Rice Salad |
| SA2 | Spring Basket salad |
| SA3 | Tiranga Salad |
| SA4 | Babycorn and Bean Salad |
| SA5 | Beetroot Salad |
| SA6 | Cous Cous Salad |
| SA7 | Pasta Salad |

## Salads

| Code No. | Recipe Name |
|---|---|
| SA8 | Whole Wheat & Mint salad |
| SA9 | Bread Salad |
| SA10 | Papaya Lachcha Salad |
| SA11 | Spring Basket Salad |
| SA12 | Peanut salad |
| SA13 | Broccoli salad |

## Tandoor Se

(page 37-38)

### Tandoor Se

| Code No. | Recipe Name |
|---|---|
| tS1 | Grill chicken |
| tS2 | Chicken Lollipops |
| tS3 | Chicken Tikka |
| tS4 | Veg Kababs |

## Kids' Delight

(page 39-48)

### Kids' Delight

| Code No. | Recipe Name |
|---|---|
| CF1 | Omelette |
| CF2 | Corn Chaat |
| CF3 | Vermicelli khichdi |
| CF4 | Pizza |
| CF5 | Garlic Bread |
| CF6 | Choco Bars |
| CF7 | Apple pie |
| CF8 | Bread Pudding |
| CF9 | Cheesy Nachos |
| CF10 | Chocolate Balls |
| CF11 | Strawberry Custard |
| CF12 | Noodles |
| CF13 | Creamy Mushroom Buns |
| CF14 | Pav Bhaji |
| CF15 | Dhokla |
| CF16 | Peanuts |
| CF17 | Murmura |
| CF18 | Papdi |
| CF19 | Paneer Bhurji |
| CF20 | Steamed triangles |

### Kids' Delight

| Code No. | Recipe Name |
|---|---|
| CF21 | Khandvi |
| CF22 | Namakparas |
| CF23 | Cottage Honey Toast |
| CF24 | Baked Potatoes |
| CF25 | Tokri Chaat |
| CF26 | Spicy Baby Corn |
| CF27 | Veg Sandwich |
| CF28 | Paneer Sandwich |
| CF29 | Masala Cheese Toast |
| CF30 | Bread Dahi Vada |

## Steam Cook

(page 49-53)

### Steam Cook

| Code No. | Recipe Name |
|---|---|
| St1 | Keema Balls |
| St2 | Gajar ka Halwa |
| St3 | Shakarkandi |
| St4 | Methi Muthiya |
| St5 | Kothimbir Vadi |
| St6 | Sprouts |
| St7 | Steamed Veg |
| St8 | Rasiya Muthiya |
| St9 | Steamed Cauliflower |
| St10 | Sarson Ka Saag |
| St11 | Bhafouri |
| St12 | Steamed Peas |
| St13 | Matar Mushroom |
| St14 | Avial |
| St15 | Shorshe Ilish |

## Indian Cuisine

(page 54-82)

### Indian Cuisine

| Code No. | Recipe Name |
|---|---|
| IC1 | Mix Veg |
| IC2 | Kadhai Paneer |
| IC3 | Dal Tadka |
| IC4 | Sambhar |
| IC5 | Dum Aloo |
| IC6 | Baigan Ka Barta |
| IC7 | Kadhi |

# 251 Recipes List

## Indian Cuisine

| Code No. | Recipe Name |
|---|---|
| IC8 | Pithla |
| IC9 | Dalma |
| IC10 | Panchmel ki sabzi |
| IC11 | Gujrati tuvar dal |
| IC12 | Butter Chiicken |
| IC13 | Beans Porial |
| IC14 | Goan potato curry |
| IC15 | Kashmiri Kaju Paneer |
| IC16 | Veg Handva |
| IC17 | Gatte ki sabzi |
| IC18 | Aloo Gobhi |
| IC19 | Matar Paneer |
| IC20 | Kadhai Chicken |
| IC21 | Kofta Curry |
| IC22 | Egg Curry |
| IC23 | Jhinga Matar Curry |
| IC24 | Dum Tangri |
| IC25 | Makki Korma |
| IC26 | Methi Aloo |
| IC27 | Kaddu Ki Sabzi |

## Sweet Corner

| Code No. | Recipe Name |
|---|---|
| SC1 | Suji Halwa |
| SC2 | Besan ladoo |
| SC3 | Shahi tukda |
| SC4 | Kheer |
| SC5 | Mysore Pak |
| SC6 | Nariyal burfi |
| SC7 | Sandesh |
| SC8 | Shahi rabdi |
| SC9 | Payasum |
| SC10 | Kaddu Kheer |
| SC11 | Seviyan Zarda |
| SC12 | Phirni |
| SC13 | Burfi |
| SC14 | Kalakand |
| SC15 | Rava Ladoo |
| SC16 | Kaju Burfi |
| SC17 | Badam Halwa |

## Rice Delight

| Code No. | Recipe Name |
|---|---|
| rd1 | Chicken Biryani |
| rd2 | Gosht Dum Biryani |
| rd3 | Malabar Biryani |

## Rice Delight

| Code No. | Recipe Name |
|---|---|
| rd4 | Pineapple Fried Rice |
| rd5 | Veg Pulao |
| rd6 | Veg Tahiri |
| rd7 | Pepper Rice |
| rd8 | Zafrani Pulao |
| rd9 | Bengali Biryani |
| rd10 | Khumb Pulao |
| rd11 | Tiranga Pulao |
| rd12 | Egg Biryani |
| rd13 | Achari Chana Pulao |
| rd14 | Methi Rice |
| rd15 | Coconut Rice |
| rd16 | Curd Rice |
| rd17 | Keema pulao |
| rd18 | Tomato Pulao |
| rd19 | Paneer Fried Rice |
| rd20 | Chilli Garlic Rice |

## Chatpat Corner

| Code No. | Recipe Name |
|---|---|
| CC1 | Apple Tomato Chutney |
| CC2 | Lemon Pickle |
| CC3 | Mix veg Pickle |
| CC4 | Pizza Sauce |
| CC5 | Tomato Sauce |
| CC6 | Masala Chutney |
| CC7 | Lehsun ki chutney |
| CC8 | Manchurian Sauce |
| CC9 | Aam ki chutney |
| CC10 | Coconut Chutney |
| CC11 | Til ki Chutney |
| CC12 | Chana Chaat |
| CC13 | Aloo Kand Chaat |
| CC14 | Amla chutney |
| CC15 | Baingan Chutney |

## Ghee/Bakery
(page 83-88)

### Ghee

| Code No. | Recipe Name |
|---|---|
| Gh1 | Ghee |

### Bakery

| Code No. | Recipe Name |
|---|---|
| bA1 | Brownie |
| bA2 | Muffins |
| bA3 | Walnut cake |
| bA4 | Carrot Cake |
| bA5 | Chocolate Cake |
| bA6 | Chena Poda |
| bA7 | Lamington Cake |
| bA8 | Apple cup cakes |
| bA9 | Eggless Chocolate Cake |
| bA10 | Vanilla Cake |

## Tea/Dairy Delight
(page 89-91)

### Tea/Dairy Delight

| Code No. | Recipe Name |
|---|---|
| dd1 | Tea |
| dd2 | Coffee |
| dd3 | Masala tea |
| dd4 | Ginger tea |
| dd5 | Tulsi tea |
| dd6 | Lemon tea |
| dd7 | Black tea |
| dd8 | Green tea |
| dd9 | Spiced cider tea |
| dd10 | Peppermint tea |
| dd11 | Lemon honey tea |

## Paneer/Curd
(page 92-93)

### Paneer/Curd

| Code No. | Recipe Name |
|---|---|
| PA1 | Paneer |
| PA2 | Masala Paneer |
| CU1 | Curd |
| CU2 | Flavoured Yoghurt |

## Cooking Aid
(page 94-96)

### Cooking Aid

| Code No. | Recipe Name |
|---|---|
| UC1 | Keep Warm |
| UC2 | Defrost Veg. |
| UC3 | Defrost Nonveg |
| UC4 | De-humidification |
| UC5 | Light Disinfect |
| UC6 | Body Massage oil |
| UC7 | Yeast Dough |
| UC8 | Boil potatoes |
| UC9 | Lemon Squeeze |
| UC10 | Garlic peel |
| UC11 | Tear free onions |
| UC12 | Crispy nuts |
| UC13 | Smooth Honey |

## Steam Clean
(page 97-98)

### Steam Clean

| Code No. | Recipe Name |
|---|---|
| SL1 | Steam Clean |

## Low Calorie

In the following example, show you how to cook 0.3 kg Kala chana.

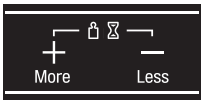
1. Press STOP/CLEAR.

2. Press Low Calorie

3. Display will show “HP 1”

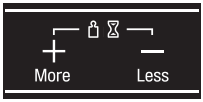
4. *Press START/Add 30 secs for menu confirmation, display will show 0.1 kg.

5. Keep Pressing +More until display show “ 0.3kg“




6. Press START/Add 30 secs.

When cooking you can increase or decrease cooking time by pressing **+More/-Less** button.




**NOTE**

- Low calorie cook menus are programmed.
- Low calorie cook allows you to cook most of your favourite food by selecting the food type and the weight of the food.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP1</td><td>Kala Chana</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Soaked Kala Chana</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>800 ml</td><td>1000 ml</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr>
<tr><td>Onion chopped</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td><td>2½ cups</td></tr>
<tr><td>Salt, Chaat masala, Red chilli powder, hara dhania</td><td colspan="5">As per taste</td></tr>
</table>
Method :<br>1. Soak chana overnight, in MWS bowl, put soaked chanas and cover. Select category and weight and press start.<br>2. When beeps, remove & drain the water. In a MWS bowl add oil, chopped onion, salt, chaat masala, red chilli powder and hara dhania and press start. Mix well.<br>3. When beeps, add chanas to the MWS bowl along with little water and press start. Mix well. Serve hot.
</td></tr>
<tr><td>HP2</td><td>Karela Subzi</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl<br>&<br>High rack*<br>&<br>MWS flat glass dish</td><td>
<table>
<tr><td>Chopped Karela</td><td>0.3 kg</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Chopped Onion</td><td>1 cup</td></tr>
<tr><td>Water</td><td>1 cup</td></tr>
<tr><td>Rai, Jeera, Hing & Haldi</td><td>For tempering</td></tr>
<tr><td>Salt, Sugar, Garam Masala, Dhania, Jeera Powder</td><td>As per your taste</td></tr>
<tr><td>Grated Coconut & Hara Dhania</td><td>For garnishing</td></tr>
</table>
Method :<br>1. In a Microwave safe glass bowl take Oil add Rai, Jeera, Hing, Haldi & Chopped Onion. Select category & weight and press start.<br>2. When beeps, add Chopped Karela, some water, salt, sugar, masala, dhania-jeera powder & cover. Press start.<br>3. When beeps, remove the bowl from microwave oven, transfer subzi to a flat glass dish, stir well. Place on High Rack<br>4. Press start.<br>Note: Before cooking, scrap & rub the karela with salt & keep aside for 2-3 hours.
</td></tr>
<tr><td>HP3</td><td>Lemon Chicken</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boneless Chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Soya sauce</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Corn flour</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Water</td><td>½ cup</td><td>½ cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Salt, pepper & sugar</td><td colspan="5">As per taste</td></tr>
<tr><td>Garlic paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Lemon juice</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>4 tsp</td><td>5 tsp</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
</table>
Method :<br>1. Mix boneless chicken, soya sauce, salt & pepper, garlic paste & lemon juice in a bowl. Refrigerate for ½ hour.<br>2. In a MWS bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select category & weight & press start.<br>3. When beeps, mix well. Cover & press start. Allow to stand for 3 minutes.
</td></tr>
<tr><td>HP4</td><td>Machi Kali Mirch</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>Pomfret (fish category)</td><td>0.1 Kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Salt, Lemon Juice & Kali Mirch Powder</td><td colspan="5">To marinate as per your taste</td></tr>
<tr><td>Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic</td><td colspan="5">As required</td></tr>
</table>
Method :<br>1. Take Pomfret Slices as per weight (0.1 kg/ 0.2 kg/ 0.3 kg/ 0.4 kg/ 0.5 kg) and marinate with salt, lemon juice, and kali mirch powder (as per taste) for one hour.<br>2. In Microwave Safe bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select category & weight and press start.<br>3. When beeps, open door and add marinated fish, salt to taste and some water. Cover & press start.<br>4. Give standing time for 5 minutes.
</td></tr>
</table>

*Refer Page 99,Fig. 3

# Low Calorie

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP5</td><td>Soya Idli</td><td>4,8 Pc</td><td>Microwave safe (MWS) bowl<br>&<br>Microwave safe (MWS) idli stand*</td><td>
<table>
<tr><td>Rice</td><td>100 g</td></tr>
<tr><td>Urad</td><td>4 tbsp</td></tr>
<tr><td>Soyabean</td><td>4 tbsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
<u>Method :</u><br><br>1. Wash & soak rice, urad dal & soyabeans granules for 4 hours.<br>2. Grind, mix and ferment for 8 to 10 hours. Grind the mixture to paste consistency.<br>3. Grease MWS Idli Stand with Oil. Put Idli batter in it. Add ½ cup water in the MWS bowl. Keep the idli stand & cover. Select menu & number and press start to cook. Allow to stand for 3 minutes.<br>Note : After preparing the batter, you can use it for making menu 4 or 8 idlies as per requirement.<br>4,8 indicates the number of idli that can be prepared.
</td></tr>
<tr><td>HP6</td><td>Nutri-Nuggets</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Soaked and boiled nutrinuggets</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Potato</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped onion</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Tomato puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt, garam masala, red chilli powder, haldi, dhania powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr>
<tr><td>Chopped coriander leaves</td><td colspan="3">For garnishing</td></tr>
</table>
Method :<br>1. In a MWS bowl add oil, jeera, onion. Select category and weight and press start. Mix well.<br>2. When beeps, add tomato puree, nutrinuggets, potato, salt, red chilli powder, haldi, dhania powder and add ½ the amount of water mentioned per weight (For eg. For 100g, add 1 cup of water). Cover and press start. Mix well.<br>3. When beeps, add the remaining amount of water and press start. Mix well. Allow to stand for 3 minutes. Garnish with coriander leaves & serve hot with roti.
</td></tr>
<tr><td>HP7</td><td>Curd Brinjal</td><td>0.1-0.4 Kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Brinjal (cut into pieces)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Curd</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Curry leaves</td><td colspan="4">A few sprigs</td></tr>
<tr><td>Mustard & cumin seeds</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr>
<tr><td>Salt</td><td colspan="4">As per taste</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr>
</table>
Method :<br>1. In a MWS bowl add oil & brinjal. Cover. Select category & weight and press start.<br>2. When beeps, remove & in another MWS bowl add oil, mustard & cumin seeds, curry leaves & chopped ginger. Press start.<br>3. When beeps, add brinjal, curd & salt. Mix well & press start.
</td></tr>
</table>

* Provided with LG kit.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP8</td><td>Bathua Raita</td><td>0.1 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Chopped bathua</td><td>25 g</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Water</td><td>50 ml</td><td>75 ml</td><td>100 ml</td><td>125 ml</td></tr>
<tr><td>Beaten curd</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Salt, roasted cumin seed powder</td><td colspan="4">As per taste</td></tr>
</table>
Method :<br>1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select category & weight and press start.<br>2. When beeps, remove.<br>3. In a bowl add water, beaten curd, bathua leaves & mix well. Add salt & roasted cumin seed powder.<br>4. Mix well & refrigerate it for some time & serve.
</td></tr>
<tr><td>HP9</td><td>Soyabean Curry</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Soyabean (soaked overnight)</td><td>200 g</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
<tr><td>Chopped onions</td><td>1 cup</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td></tr>
<tr><td>Chopped green chillies</td><td>1 tbsp</td></tr>
<tr><td>Red chilli powder, garam masala, coriander powder, salt</td><td>As per taste</td></tr>
<tr><td>Water</td><td>200 ml</td></tr>
<tr><td>Coriander leaves</td><td>For garnishing</td></tr>
</table>
Method :<br>1. In a MWS bowl add oil, chopped onions. Select category and press start. Mix well.<br>2. When beeps, in the same bowl add tomato puree and haldi and press start. Mix well.<br>3. When beeps, add chopped green chillies, red chilli powder, garam masala, coriander powder, salt, soyabean and water Press start. Garnish with coriander leaves and serve hot.
</td></tr>
<tr><td>HP10</td><td>Spinach Dal</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Dehusked soaked lentils (at least for 2 hours)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Onions chopped</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Spinach chopped</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Cumin seeds</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Ginger & Green chillies (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Water</td><td>300 mL</td><td>500 mL</td><td>600 mL</td></tr>
<tr><td>Turmeric, Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl put soaked dal (lentils), water, turmeric powder & salt. Select menu & weight and press start.<br>2. When beeps, in another MWS bowl put oil, chopped onions, cumin seeds, chopped ginger & green chillies, chopped spinach. Mix well and press start.<br>3. When beeps, mix well & add boiled lentils. Mix again & press start.<br>4. Garnish with coriander leaves & serve hot.
</td></tr>
<tr><td>HP11</td><td>Moong Dal</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>Moong Dal soaked in water (for 1 hour)</td><td>0.2 kg</td></tr>
<tr><td>Water</td><td>400 ml</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Hari Mirch</td><td>2-3 nos.</td></tr>
<tr><td>Curry Leaves</td><td>5-6 nos.</td></tr>
<tr><td>Salt, Dhania-Jeera Powder, Haldi, Hing, Kasuri Methi, Lemon Juice, Hara Dhania</td><td>As per your taste</td></tr>
</table>
Method :<br>1. Take 200 gms dal in Microwave Safe bowl, add Water, Haldi & Hing.<br>2. Select category press start to cook.<br>3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves & press start.<br>4. When beeps, add dal, salt, dhania jeera powder, hara dhania, kasuri methi (optional), water (if required) & lemon juice and press start to cook.
</td></tr>
</table>

# Low Calorie

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP12</td><td>Leaf Rolls</td><td>0.2-0.4Kg</td><td>Microwave safe (MWS) bowl & Microwave safe (MWS) flat Glass dish</td><td>
<table>
<tr><td>For</td><td>0.2 Kg</td><td>0.3 Kg</td><td>0.4 Kg</td></tr>
<tr><td>Palak leaves</td><td>100 g</td><td>150 g</td><td>150 g</td></tr>
<tr><td>Cabbage leaves</td><td>100 g</td><td>150 g</td><td>150 g</td></tr>
<tr><td>For filling</td><td></td><td></td><td></td></tr>
<tr><td>Boiled Veg (Potato, Capsicum, Carrot, French beans, sprouts)</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Chopped onion</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Salt, Chat masala, Lemon juice</td><td colspan="3">As per your taste</td></tr>
</table>
Method :<br>1. In a bowl mix boiled vegetables, chopped onions, salt, chaat masala & lemon juice.<br>2. In MWS bowl, add ½ cup water, Keep the leaves in MWS flat glass dish. Keep the dish in MWS bowl. Cover.<br>3. Select category & weight and press start.<br>4. When beeps, remove the leaves from the bowl. Spread the filling on leaves & roll them. Make all the rolls in same way.
</td></tr>
<tr><td>HP13</td><td>Fish Bharta</td><td>0.1-0.5 kg</td><td>Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Fish (Fillet)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Mustard oil</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Red chilli powder, Haldi, Garam masala, Salt</td><td colspan="5">As per taste</td></tr>
</table>
Method :<br>1. In a MWS bowl add ½ cup water. Place the fish pieces on the MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select menu and press start.<br>2. When beeps, remove & mash the fish. In a MWS bowl, add oil, chopped onions, mashed fish, red chilli powder, garam masala, haldi, salt. Cover and press start.
</td></tr>
<tr><td>HP14</td><td>Healthy Khichdi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Rice (soaked)</td><td>75 g</td><td>150 g</td><td>225 g</td></tr>
<tr><td>Moong dal, washed (soaked)</td><td>25 g</td><td>50 g</td><td>75 g</td></tr>
<tr><td>Desi ghee</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Carrot (grated finely)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Soya granules (soaked)</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt & pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>300 ml</td><td>500 ml</td><td>750 ml</td></tr>
</table>
Method :<br>1. In a MWS bowl take soaked dal, rice & ghee. Also add grated carrot, soaked & drained soya granules & peas. Mix well. Select category & weight and press start.<br>2. When beeps, mix, add water & salt. Mix again & press start.<br>3. When beeps, stir & mash well. Add pepper powder & ½ cup water. Mix & cover and press start.<br>4. Serve hot with fresh curds.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP15</td><td>Oats Idli</td><td>4, 8Pc</td><td>Microwave safe (MWS) bowl<br>&<br>Microwave safe (MWS) idli stand*<br>&<br>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For Idli batter</td><td></td></tr>
<tr><td>Roasted & powdered oats</td><td>1 cup</td></tr>
<tr><td>Semolina</td><td>½ cup</td></tr>
<tr><td>Curd</td><td>½ cup</td></tr>
<tr><td>Water</td><td>¾ cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Soda bi carb</td><td>¼ tsp</td></tr>
<tr><td>Grated carrot</td><td>¼ cup</td></tr>
<tr><td>Chopped green chilies</td><td>2 nos.</td></tr>
<tr><td>Oil</td><td>For greasing</td></tr>
<tr><td>For Tempering</td><td></td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td></tr>
<tr><td>Curry leaves</td><td>A few</td></tr>
<tr><td>Dry red chillies</td><td>A few</td></tr>
<tr><td>Oil</td><td>½ tbsp</td></tr>
</table>
Method :<br>1. Mix all the ingredients of batter in a bowl. Allow to stand for 10 minutes.<br>2. Grease MWS idli stand & pour the batter (depending on the number you want to cook).<br>3. Add ½ cup water to MWS bowl. Keep the idli stand inside the bowl. Cover.<br>4. Select the category & number and press start.<br>5. When beeps, remove the idli from the stand.<br>6. Take a MWS glass bowl, add oil, mustard seeds, curry leaves & dry red chillies. Press start. Mix with idli & serve. Add lemon juice (optional)
</td></tr>
<tr><td>HP16</td><td>Daliya Khichdi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Soaked dalia</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr>
<tr><td>Soaked moong dal</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr>
<tr><td>Grated carrot</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Grated potato</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Spinach (chopped)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Turmeric powder, salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>300 ml</td><td>500 ml</td><td>750 ml</td></tr>
</table>
Method :<br>1. In a MWS bowl take soaked dalia, soaked moong dal, desi ghee, grated potato & grated carrot. Mix very well. Select category & weight and press start.<br>2. When beeps, add water, chopped spinach, turmeric powder, salt. Mix well & cover. Press start.<br>3. When beeps, mix well. Add ½ cup water (or more). Press start. Serve with fresh curds.
</td></tr>
<tr><td>HP17</td><td>Fish Cutlet</td><td>0.4 kg</td><td>Microwave safe (MWS) glass bowl<br>&<br>High rack</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Fish fillet</td><td>350 g</td></tr>
<tr><td>Boiled potato</td><td>2 Nos.</td></tr>
<tr><td>Bread crumbs</td><td>1 cup</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Chilli powder, turmeric, ginger garlic paste, salt</td><td>As per taste</td></tr>
<tr><td>Garam masala powder</td><td>1 tsp</td></tr>
<tr><td>Coriander leaves</td><td>A few sprigs</td></tr>
</table>
Method :<br>1. In a MWS glass bowl take fish fillet add 1 cup water. Select category & press start. Mash the fish.<br>2. Remove the bowl from microwave oven & add all the other ingredients except oil and mix well with boiled and mashed fish. Make cutlets and roll them in bread crumbs. Put some oil around the cutlets. Keep this on high rack<br>3. Press start.<br>4. When beeps, turn them over.<br>5. Press start.<br>6. Remove and serve with lemon wedges & mint chutney.
</td></tr>
</table>

* Provided with LG kit.

# Low Calorie

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP18</td><td>Fish Masala</td><td>0.2 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Pomphret pieces</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Onions</td><td>1 No.</td><td>2 Nos.</td><td>2 Nos.</td><td>3 Nos.</td></tr>
<tr><td>Tomato</td><td>1 No.</td><td>2 Nos.</td><td>2 Nos.</td><td>3 Nos.</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chilli powder, Turmeric, Ginger garlic paste, Salt, Saunf powder</td><td colspan="4">As per taste</td></tr>
<tr><td>Garam masala powder</td><td colspan="4">As per taste</td></tr>
<tr><td>Dhania powder and jeera powder</td><td colspan="4">As per taste</td></tr>
<tr><td>Coriander leaves</td><td colspan="4">As per requirement</td></tr>
</table>
<u>Method :</u><br>1. In MWS bowl take oil and chopped onion. Select menu and weight & press start.<br>2. When beeps, remove and add pomphret pieces and tomato. Press start.<br>3. When beeps, add all the other ingredients and water and mix well. Press start. Garnish with coriander leaves.
</td></tr>
<tr><td>HP19</td><td>Fish Pulusu</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Koramatta fish pieces</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr>
<tr><td>Methi seeds</td><td>1 tsp</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td></tr>
<tr><td>Fish masala</td><td>1 tbsp</td></tr>
<tr><td>Tamarind pulp</td><td>50 g</td></tr>
<tr><td>Red chilli powder, dhaniya powder, haldi & salt</td><td>As per taste</td></tr>
<tr><td>Lemon juice</td><td>As per taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add oil, ginger garlic paste, methi seeds, fish pieces, lemon juice & cover. Select category & weight & press start.<br>2. When beeps, mix well & add chopped onions & fish masala. Cover & press start.<br>3. When beeps, mix well & add tamarind pulp and press start. Allow to stand for 3 minutes.
</td></tr>
<tr><td>HP20</td><td>Coconut Prawns</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Prawns</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Mustard oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Rai paste</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Green chilli paste</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Turmeric powder, sugar & salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Pulpy green coconut (remove the coconut water)</td><td>1 no.</td><td>1 no.</td><td>1 no.</td></tr>
</table>
Method :<br>1. Marinate the prawn with rai paste, mustard oil, turmeric powder, green chilli paste, sugar & salt for 1 hour.<br>2. Take the coconut kernel & scoop out the creamy pulp with a spoon. Divide the coconut lengthwise into 2 halves.<br>3. Put the marinated prawns inside the kernel & cover with the other half kernel. Keep this in a MWS glass bowl. Select category & weight & press start.
</td></tr>
<tr><td>HP21</td><td>Crab Curry</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Crab pieces</td><td>250 g</td></tr>
<tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>1 cup</td></tr>
<tr><td>Salt, dhania-jeera powder, garam masala, chilli powder, turmeric</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Chopped onion</td><td>½ no.</td></tr>
<tr><td>Coconut milk</td><td>2 tbsp</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add oil, onion, ginger garlic paste. Select category and press start.<br>2. When beeps, remove, mix well add crab pieces and 1 cup water and press start.<br>3. When beeps, add coconut milk, salt, garam masala, dhania jeera powder, chilli powder, turmeric powder and press start. Mix well & serve hot with rice.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP22</td><td>Mase Kalavan</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Fish pieces</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Tamarind paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Salt, red chilli powder, turmeric powder, coriander powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Hing</td><td colspan="3">A pinch</td></tr>
<tr><td>Green chilli (chopped)</td><td>1 no.</td><td>1 no.</td><td>2 nos.</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Garlic (chopped)</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Coconut milk</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
</table>
Method :<br>1. Wash, clean & pat dry fish with kitchen towel. In a bowl mix together ginger-garlic paste, tamarind paste, salt, red chilli powder, coriander powder, turmeric powder. Mix & rub this marinade on fish pieces & keep aside for atleast 15 minutes.<br>2. In a MWS bowl take oil, hing, chopped garlic, coriander & green chilli & mix. Select category & weight and press start.<br>3. When beeps, add the marinated fish to the MWS bowl. Mix well, sprinkle water on top & cover and press start.<br>4. When beeps, mix & add coconut milk to the fish. Mix well again and press start. Serve more kalavan hot with steamed rice.
</td></tr>
<tr><td>HP23</td><td>Veg. Daliya Khichdi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Soaked dalia</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr>
<tr><td>Soaked moong dal</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr>
<tr><td>Grated carrot</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Grated potato</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Spinach (chopped)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Turmeric powder, salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>300 ml</td><td>500 ml</td><td>750 ml</td></tr>
</table>
Method :<br>1. In a MWS bowl take soaked dalia, soaked moong dal, desi ghee, grated potato & grated carrot. Mix very well. Select category & weight and press start.<br>2. When beeps, add water, chopped spinach, turmeric powder, salt. Mix well & cover. Press start.<br>3. When beeps, mix well. Add ½ cup water (or more). Press start. Serve with fresh curds.
</td></tr>
<tr><td>HP24</td><td>Sabudana Khichdi</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Sabudana (soaked for 2 hours)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Rai, salt, lemon juice, chopped green chillies</td><td colspan="5">As per taste</td></tr>
<tr><td>Potatoes (boiled & chopped)</td><td>1 No.</td><td>2 Nos.</td><td>3 Nos.</td><td>3 Nos.</td><td>4 Nos.</td></tr>
<tr><td>Coriander leaves</td><td colspan="5">A few springs</td></tr>
</table>
Method :<br>1. In a MWS bowl add oil, rai, green chillies & coriander leaves. Mix. Select category & weight and press start.<br>2. When beeps, mix, add boiled potatoes, soaked sabudana. Mix & press start. Squeeze lemon juice & serve.
</td></tr>
</table>

# Low Calorie

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP25</td><td>Home Made Cereal</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Rice</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Moong daal</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Salt, jeera powder, almonds (optional)</td><td colspan="3">As per taste</td></tr>
<tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Groundnuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Poha</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Daliya</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
Method :<br>1. Soak rice for 1 hour. In a MWS glass bowl put all the ingredients. Keep it in microwave. Select category & weight and press start.<br>2. When beeps, remove and grind it in a mixer to a powder. You can store this mixture in a fridge. Take 2 tbsp of this powder, add water, salt, jeera powder and mix. Put this in microwave and press start.<br>3. When beeps, remove it.
</td></tr>
<tr><td>HP26</td><td>Khichdi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Soaked rice</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Moong daal</td><td>25 g</td><td>50 g</td><td>75 g</td></tr>
<tr><td>Salt, jeera powder (optional)</td><td colspan="3">As per taste</td></tr>
<tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Water</td><td>200ml</td><td>400 ml</td><td>600 ml</td></tr>
</table>
Method :<br>1. Soak rice for 1 hour. In a MWS glass bowl put ghee, rice, daal and water. Keep it in microwave. Select category & weight & press start.<br>2. When beeps, remove and add salt, jeera powder and cover. Put this in microwave and press start.<br>3. When beeps, remove and add some water if required. Mix well and put this in microwave and press start.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So1</td><td>Sweet Corn Soup</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Sweet Corn</td><td>200 g</td></tr>
<tr><td>Water</td><td>300 mL (1½ cup)</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Cornflour</td><td>2 tbsp + ½ cup water</td></tr>
<tr><td>Salt, Sugar, Pepper, Green chilli</td><td>As per taste</td></tr>
</table>
<u>Method :</u><br>
1. Grind sweet corn with water and put in MWS glass bowl. Select menu & press start.<br>
2. When beeps, remove, in another bowl put oil, green chilli & press start.<br>
3. When beeps, add corn mixture in it. Mix cornflour with ½ cup water and mix with it. Add salt, sugar, pepper and press start.
</td></tr>
<tr><td>So2</td><td>Mushroom Soup</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Mushroom</td><td>120 g</td></tr>
<tr><td>Potato</td><td>1 No.</td></tr>
<tr><td>Cabbage</td><td>50 g</td></tr>
<tr><td>Onion</td><td>1 small</td></tr>
<tr><td>Water</td><td>300 mL (1½ cup)</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Grated cheese</td><td>As per requirement</td></tr>
</table>
<u>Method :</u><br>
1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select menu & press start.<br>
2. When beeps, remove the bowl. Allow to cool & separate the mushrooms & grind the remaining stock & strain it.<br>
3. In a MWS glass bowl, add oil, mushrooms, salt & pepper. Mix & press start. When beeps, add the stock & press start. Garnish with grated cheese & serve.
</td></tr>
<tr><td>So3</td><td>Wonton Soup</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Chopped Cabbage, Carrot, Capsicum, French beans</td><td>200 g (Total)</td></tr>
<tr><td>Ginger paste</td><td>2 tsp</td></tr>
<tr><td>Garlic paste</td><td>2 tsp</td></tr>
<tr><td>Spinach in pieces</td><td>10 leaves</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Ready wonton</td><td>6-7 pieces</td></tr>
</table>
<u>Method :</u><br>
1. In MWS glass bowl add oil and vegetables, ginger-garlic paste. Select menu & press start.<br>
2. When beeps, add salt, pepper, water & palak (in pieces). Mix well & put in microwave & press start.<br>
3. When beeps, mix well & press start. Add wonton & serve.<br>
How to make Wonton :<br>
Maida -1 cup, Salt - 1 pinch, Oil - 1 tsp<br>
Method : Mix all the ingredients in the bowl and make dough with hot water. After that cover the bowl and leave the mixture for 10-15 minutes.<br>
For Stuffing :<br>
Cabbage, carrot, capsicum which is cut in long pieces<br>
Method : Mix all the ingredients for stuffing. Make a small puree of wonton and put the small quantity of stuffing in between them and then cover the puree and press it.
</td></tr>
</table>

# Soup

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So4</td><td>Chicken Shorba</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Boneless chicken</td><td>300 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td></tr>
<tr><td>Chopped garlic</td><td>2 tsp</td></tr>
<tr><td>Salt & Pepper powder</td><td>As per taste</td></tr>
<tr><td>Maida</td><td>3 tbsp</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Fresh cream</td><td>For garnishing</td></tr>
</table>
<u>Method :</u><br>1. In a MWS glass bowl add chicken pieces, chopped garlic and water. Select menu and press start.<br>2. When beeps, remove & strain stock. In another MWS glass bowl add oil, cumin seeds and maida and press start.<br>3. When beeps, add the chicken stock, salt, pepper and press start. Garnish with fresh cream and serve hot.
</td></tr>
<tr><td>So5</td><td>Tamatar Shorba</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Chopped tomato</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr>
<tr><td>Jeera, Bay leaf, Salt, Garam masala, Sugar</td><td>As per taste</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Coriander leaves</td><td>For garnishing</td></tr>
</table>
<u>Method :</u><br>1. In a MWS glass bowl add tomatoes cut into quarters with water, select menu and press start.<br>2. When beeps, grind and strain the whole stock.<br>3. In another MWS glass bowl add oil, ginger garlic paste, jeera, bay leaf and press start. Mix well.<br>4. When beeps, add the strained stock, season with salt, garam masala and press start. Add sugar if very sour. Garnish with coriander leaves and serve hot.
</td></tr>
<tr><td>So6</td><td>Corn Basil & Fusili Soup</td><td>0.6 kg</td><td>Microwave (MWS) safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Cream style corns</td><td>100 g</td></tr>
<tr><td>Basil</td><td>10 leaves</td></tr>
<tr><td>Fusili pasta (boiled)</td><td>10</td></tr>
<tr><td>Tomato puree</td><td>2 tbsp</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td></tr>
<tr><td>Chopped garlic</td><td>1 tbsp</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
</table>
<u>Method :</u><br>1. In a MWS glass bowl add oil, chopped onion, garlic. Select menu & press start.<br>2. When beeps, mix well & add water, cream style corns, basil leaves, fusili pasta and tomato puree. Press start.<br>3. Garnish with grated cheese & basil leaves.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So7</td><td>Rasam</td><td>0.6 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Tomato</td><td>300 g</td></tr>
<tr><td>Tamarind pulp</td><td>50 g</td></tr>
<tr><td>Salt & Jaggery</td><td>As per taste</td></tr>
<tr><td>Green chillies</td><td>2 nos.</td></tr>
<tr><td>Coriander & curry leaves</td><td>For garnishing</td></tr>
<tr><td>Chopped garlic</td><td>2-3 flakes</td></tr>
<tr><td>Coriander seeds, Cumin seeds, Cinnamon, Hing</td><td>As per taste</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
</table>
<u>Method :</u><br>
1. In a MWS bowl add chopped tomato & water. Select menu & press start.<br>
2. When beeps, remove & cool. Grind & strain it.<br>
3. In a MWS bowl add oil, coriander seeds, cumin seeds, cinnamon, hing, chopped garlic, green chillies, salt & jaggery & strained tomato stock. Press start.<br>
4. When beeps, strain it again & add more water (if required), tamarind pulp. Press start.<br>
5. Garnish with coriander & curry leaves & serve.
</td></tr>
<tr><td>So8</td><td>Mulligatawny Soup</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Cooked rice</td><td>50 g</td></tr>
<tr><td>Dehusked lentil</td><td>30 g</td></tr>
<tr><td>Apples (pealed & sliced)</td><td>½ no.</td></tr>
<tr><td>Carrot</td><td>50 g</td></tr>
<tr><td>Onion</td><td>50 g</td></tr>
<tr><td>Veg stock/water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Salt & pepper</td><td>to taste</td></tr>
<tr><td>Butter</td><td>1 tsp</td></tr>
<tr><td>Curry powder</td><td>1 tsp</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td></tr>
</table>
<u>Method :</u><br>
1. In MWS glass bowl add butter, carrot, onion & apples. Mix well. Select menu & weight and press start.<br>
2. When, beep, mix well, add cooked rice, lentils & water and press start.<br>
3. When, beep, mix well, allow to cool. Blend & strain. In the same MWS glass bowl add the strained stock, salt, pepper, curry powder & lemon juice. Press start.
</td></tr>
<tr><td>So9</td><td>Hot & Sour Soup</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Chilli sauce</td><td>1 tbsp</td></tr>
<tr><td>Soya sauce</td><td>2 tbsp</td></tr>
<tr><td>Vinegar</td><td>2 cups</td></tr>
<tr><td>Chopped vegetables (Capsicum, Spring onions, Carrots, Cabbage)</td><td>100 g</td></tr>
<tr><td>Tomato sauce</td><td>2 tbsp</td></tr>
<tr><td>Cornflour</td><td>2 tbsp + ½ cup water</td></tr>
<tr><td>Salt, pepper</td><td>As per taste</td></tr>
<tr><td>Ajinomoto (optional)</td><td>1 pinch</td></tr>
<tr><td>Paneer</td><td>50 g</td></tr>
</table>
<u>Method :</u><br>
1. In a MWS glass bowl add water, chili sauce, soya sauce, vinegar, salt, pepper powder and ajinomoto. Select menu & press start.<br>
2. When beeps, stir well & add all the chopped vegetables, except paneer. Press start.<br>
3. When beeps, stir well & add corn flour, tomato sauce, paneer pieces & press start.
</td></tr>
</table>

# Soup

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So10</td><td>Tomato Soup</td><td>0.6 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Chopped Tomato</td><td>100 g</td></tr>
<tr><td>Chopped Carrot</td><td>25 g</td></tr>
<tr><td>Chopped Onion</td><td>1 small</td></tr>
<tr><td>Chopped Ginger, Garlic</td><td>1 tsp</td></tr>
<tr><td>Salt, Sugar, Pepper</td><td>As per taste</td></tr>
<tr><td>Cornflour & Oil / Butter</td><td>2 tbsp / 1 tsp</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
</table>
<u>Method :</u><br>1. In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along with water. Keep in Microwave. Select menu and press start.<br>2. When beeps, grind and strain it.<br>3. In another MWS glass bowl add oil/butter and stock and then put the bowl in microwave and press start. When beep, add sugar, salt, black pepper as per taste and cornflour paste which is made up by mixing the half cup of cold water. Stir well & press start.<br>4. Garnish with bread croutons, coriander (green dhania) and fresh cream and serve hot.
</td></tr>
<tr><td>So11</td><td>Palak Makai Shorba</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Palak (chopped)</td><td>200 g</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Maggie tastemaker</td><td>1 cube</td></tr>
<tr><td>Corn niblets</td><td>½ cup</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Butter</td><td>1 tbsp</td></tr>
<tr><td>Milk</td><td>¼ cup</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add chopped palak & little water. Select menu & press start.<br>2. When beeps, grind the palak,<br>3. In another MWS glass bowl add butter, jeera, chopped onions. Press start.<br>4. When beeps, remove & add palak & water, milk, corn niblets & maggie tastemaker. Press start.
</td></tr>
<tr><td>So12</td><td>Chicken Soup</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Boneless chicken</td><td>300 g</td></tr>
<tr><td>Ginger paste</td><td>1 tbsp</td></tr>
<tr><td>Garlic paste</td><td>1 tbsp</td></tr>
<tr><td>Salt & Pepper powder</td><td>As per taste</td></tr>
<tr><td>Cornflour paste</td><td>2 tbsp (mixed with ½ cup water)</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Water</td><td>600ml / 3 cups</td></tr>
</table>
Method :<br>1. In MWS glass bowl put water & add chicken pieces. Select category & press start.<br>2. When beeps remove the bowl.<br>3. In another MWS glass bowl add oil. ginger-garlic paste, chicken stock, salt pepper, cornflour paste, green chilles. Press start
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So13</td><td>Tom Yum Kung</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Small sized prawns</td><td>10-12 nos.</td></tr>
<tr><td>Mushrooms (sliced)</td><td>5-6 nos.</td></tr>
<tr><td>Lemon grass stem</td><td>4 inch stalk</td></tr>
<tr><td>Lime leaves</td><td>5-6 nos.</td></tr>
<tr><td>Coriander fresh chopped</td><td>A few sprigs</td></tr>
<tr><td>Fish sauce</td><td>2 tbsp</td></tr>
<tr><td>Thai red curry paste</td><td>2 tbsp</td></tr>
<tr><td>Lemon juice</td><td>1 tbsp</td></tr>
<tr><td>Veg stock/chicken stock</td><td>600 mL (3 cups)</td></tr>
<tr><td>Green/red chillies</td><td>3 nos.</td></tr>
<tr><td>Salt, Pepper</td><td>To taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl put head & shells of prawns, green/red chillies (cut into 2), salt, roughly crushed lemon grass, lime leaves & stock. Mix well. Select menu & press start.<br>2. When beeps, strain the stock. Add cleaned prawns, fish sauce, pepper, thai red curry paste. Stir well & press start.<br>3. Add lemon juice & adjust the seasoning. Serve pipping hot.
</td></tr>
<tr><td>So14</td><td>Dal Shorba</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Soaked urad dal (dehusked)</td><td>½ cup</td></tr>
<tr><td>Olive oil</td><td>1 tsp</td></tr>
<tr><td>Chopped green chillies</td><td>2 no.</td></tr>
<tr><td>Ginger paste</td><td>1 tsp</td></tr>
<tr><td>Garlic paste</td><td>1 tsp</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td></tr>
<tr><td>Salt, Turmeric powder, Onion powder, Sugar</td><td>As per taste</td></tr>
<tr><td>Lemon juice</td><td>As per taste</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add oil, green chillies, ginger paste, garlic paste. Mix well.<br>2. Select menu & press start.<br>3. When beeps, mix well & add onion & add all spices. Press start.<br>4. When beeps, mix well & add dal & water. Press start. Strain the stock.<br>5. Add 100 mL hot water & spices as per taste & serve
</td></tr>
<tr><td>So15</td><td>Rajma Soup</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Water</td><td>600 mL(3 cups)</td></tr>
<tr><td>Rajma (boiled)</td><td>1 cup (170 g)</td></tr>
<tr><td>Oil</td><td>½ tbsp</td></tr>
<tr><td>Garlic cloves (chopped)</td><td>2 nos.</td></tr>
<tr><td>Onion (chopped)</td><td>½ cup</td></tr>
<tr><td>Tomato (chopped)</td><td>½ cup</td></tr>
<tr><td>Coriander (chopped)</td><td>¼ cup</td></tr>
<tr><td>Salt, Pepper, Red chilli powder</td><td>As per taste</td></tr>
<tr><td>Lemon juice</td><td>1 tbsp</td></tr>
</table>
Method :<br>1. Grind the boiled rajma. Add water & strain it.<br>2. In a MWS glass bowl add oil, garlic, onion, tomato. Mix well. Select menu & press start.<br>3. When beeps, mix well & add salt, pepper, red chilli powder & rajma stock. Mix well & press start.<br>4. Add lemon juice & garnish with coriander leaves & serve hot.
</td></tr>
</table>

# Soup

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So16</td><td>Shahi Shorba</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Onions (finely chopped)</td><td>2 nos.</td></tr>
<tr><td>Walnuts (coarsely chopped)</td><td>¼ cup</td></tr>
<tr><td>Mint paste</td><td>1 tbsp</td></tr>
<tr><td>Whole wheat flour</td><td>2 tbsp</td></tr>
<tr><td>Butter</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Salt, Pepper, Garam masala</td><td>As per taste</td></tr>
</table>
Method :<br>
1. In a MWS glass bowl take butter & chopped onion. Mix well. Select menu & press start.<br>
2. When beeps, stir well. Add whole wheat flour, mint paste, coarsely chopped walnuts & mix well. Press start.<br>
3. When beeps, mix and add water. Mix well so that no lumps are formed. Add seasoning. Press start. Serve hot.
</td></tr>
<tr><td>So17</td><td>Bombay Curry Soup</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Water</td><td>500 mL (2½ cups)</td></tr>
<tr><td>Soaked masoor dal (dehusked)</td><td>200 g</td></tr>
<tr><td>Chopped tomato</td><td>2 nos.</td></tr>
<tr><td>Chopped onions</td><td>1 no.</td></tr>
<tr><td>Crushed garlic</td><td>3-4 cloves</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Curry powder</td><td>As per taste</td></tr>
<tr><td>Salt, Red chilli powder</td><td>As per taste</td></tr>
<tr><td>Coriander leaves</td><td>For garnishing</td></tr>
</table>
Method :<br>
1. In a MWS glass bowl add soaked masoor dal, tomato & water. Select menu & press start.<br>
2. When beeps, remove & allow the dal to cool. Grind it in a mixer & strain.<br>
3. In another MWS glass bowl, add oil, crushed garlic, chopped onion. Press start.<br>
4. When beeps, mix & add strained dal stock, salt, chilli powder, curry powder & add 150 mL of water. Mix well & press start. Garnish with coriander leaves & serve hot.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So18</td><td>Badam Soup</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Badam (soaked & blanched)</td><td>50 g</td></tr>
<tr><td>Fresh basil leaves (Tulsi)</td><td>8-10 nos.</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Cinnamon</td><td>1" stick</td></tr>
<tr><td>Elaichi (green)</td><td>2-3 nos.</td></tr>
<tr><td>Cloves</td><td>2-3 nos.</td></tr>
<tr><td>Sugar</td><td>½ tsp</td></tr>
<tr><td>Cornflour</td><td>½ tbsp</td></tr>
<tr><td>Salt & pepper</td><td>As per taste</td></tr>
</table>
Method :<br>
1. Grind soaked & blanched badam & basil leaves to a fine paste, adding ½ cup water. Take out in a MWS glass bowl. Add 3 cups water & stir well. Add cinnamon, elaichi & cloves.<br>
2. Select menu & press start.<br>
3. When beeps, stir & strain the soup &sieve. Take the strained soup in a MWS glass bowl. Add salt & peppers & cornflour (mixed with ½ cup water) & press start. Serve hot.
</td></tr>
<tr><td>So19</td><td>Limbu Dhania Shorba</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Oil</td><td>½ tbsp</td></tr>
<tr><td>Shredded cabbage</td><td>1 cup</td></tr>
<tr><td>Chopped carrot</td><td>½ cup</td></tr>
<tr><td>Celery</td><td>½ cup</td></tr>
<tr><td>Spring onions</td><td>½ cup</td></tr>
<tr><td>Ginger (grated)</td><td>1 tsp</td></tr>
<tr><td>Chopped garlic</td><td>3 nos.</td></tr>
<tr><td>Bayleaf</td><td>2 nos.</td></tr>
<tr><td>Cloves</td><td>2 nos.</td></tr>
<tr><td>Pepper corns</td><td>3 nos.</td></tr>
<tr><td>Besan</td><td>2 tbsp (dissolved in ¼ cup water)</td></tr>
<tr><td>Lemon juice</td><td>2 tbsp</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :<br>
1. In a MWS glass bowl add oil, cabbage, carrot, celery, spring onions, ginger, garlic, bayleaves, cloves, peppercorns. Mix well. Select menu & press start.<br>
2. When beeps, mix well & add water & press start. When beeps, add besan paste, lemon juice, coriander leaves, salt. Mix well & press start. Garnish with coriander leaves & serve hot.
</td></tr>
<tr><td>So20</td><td>Mutton Shorba</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Boneless mutton</td><td>300 g</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Chopped onion</td><td>1 nos.</td></tr>
<tr><td>Chopped garlic</td><td>3 cloves</td></tr>
<tr><td>Chilli flakes salt</td><td>As per taste</td></tr>
<tr><td>Chopped & skinned tomato</td><td>2 nos.</td></tr>
<tr><td>Cinnamon</td><td>½ " Stick</td></tr>
<tr><td>Cardamom</td><td>1 nos.</td></tr>
<tr><td>Cumin seeds</td><td>1 tsp</td></tr>
<tr><td>Saffron</td><td>A few</td></tr>
<tr><td>Dry mint leaves</td><td>½ cup</td></tr>
<tr><td>Beaten curd</td><td>½ cup</td></tr>
</table>
Method :<br>
1. In a MWS glass bowl add oil, onion, garlic, mutton & chilli flakes, salt. Mix well & cover.<br>
2. Select menu & press start.<br>
3. When beeps, mix well & add water, tomato, cinnamon, cardamom, cumin seeds, , salt, saffron & dry mint leaves. Mix well & press start.<br>
4. When beeps, remove the bowl & allow to cool. Grind it &add curd. Press start.
</td></tr>
</table>

# Continental

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co1</td><td>Pasta</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl<br>&<br>Microwave safe (MWS) flat glass dish<br>&<br>High rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Penne pasta</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Butter</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chopped onion</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Chopped garlic</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped palak leaves</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Water</td><td>400 mL</td><td>800 mL</td><td>1200 mL</td></tr>
<tr><td>Cream</td><td>¼ cup</td><td>1 cup</td><td>1½ cups</td></tr>
<tr><td>Grated cheese</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Nutmeg powder, oregano, salt & pepper</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u><br>1. In a MWS glass bowl take pasta, add water (sufficient to boil the pasta) & few drops of oil. Select menu and weight and press start.<br>2. When beeps, drain water from the pasta, wash & separate under running water. In a MWS flat glass dish add butter, onion, garlic and palak. Mix well and press start.<br>3. When beeps, add cream, nutmeg powder, oregano, salt, pepper, boiled pasta. Mix well and sprinkle grated cheese. Keep the dish on high rack and press start.
</td></tr>
<tr><td>Co2</td><td>Veg Au Gratin</td><td>0.2 kg</td><td>Microwave Safe (MWS) Glass bowl<br>&<br>Microwave safe (MWS) flat glass dish<br>&<br>High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Mix vegetables (cut gajar, gobhi, french beans, sweet corns, peas etc.)</td><td>200 g</td></tr>
<tr><td>Maida</td><td>2 tbsp</td></tr>
<tr><td>Butter</td><td>2 tsp</td></tr>
<tr><td>Milk</td><td>½ cup</td></tr>
<tr><td>Grated cheese</td><td>5 tbsp</td></tr>
<tr><td>Salt, pepper</td><td>As per taste</td></tr>
</table>
<u>Method :</u><br>1. In a MWS glass bowl take vegetables & add 400mL water. Select menu & press start.<br>2. When beeps, remove MWS glass bowl & transfer boiled Vegetables to MWS flat glass dish add milk, maida, salt & pepper. Mix well. Cover & press start.<br>3. When beeps, mix well and spread grated cheese on it, place the dish on high rack & press start.
</td></tr>
</table>

*Refer Page 99, Fig. 3

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co3</td><td>Baked Mushrooms</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) flat glass dish<br>&<br>High rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Mushrooms</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>White sauce</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Cheese (grated), salt, pepper</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u><br>1. In MWS flat glass dish put all the ingredients except cheese, mix well.<br>2. Select menu & weight and press start<br>3. When beeps, keep on high rack. Spread grated cheese on the top of the mixture and press start.
</td></tr>
<tr><td>Co4</td><td>Lasaneya</td><td>0.3 kg</td><td>Microwave safe (MWS) flat glass dish<br>&<br>High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Lasagne sheets (cooked)</td><td>150 g</td></tr>
<tr><td>White sauce</td><td>1 cup</td></tr>
<tr><td>Pizza sauce</td><td>1/2 cup</td></tr>
<tr><td>Mix veg (boiled) - Egg plant, Zucchini, Broccoli, Mushrooms, Sweet corns</td><td>2 cups</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Oregano, Salt & pepper</td><td>As per taste</td></tr>
<tr><td>Grated cheese</td><td>5 tbsp</td></tr>
</table>
<u>Method :</u><br>1. Except lasagne and cheese add all the ingredients in MWS flat glass dish. Select menu and press start.<br>2. When beeps, remove the ingredients and in same dish arrange lasagne sheets in the bottom. Then spread vegetable mixture on it and make layers of sheets and vegetable mixture. Press start.<br>3. When beeps, spread the grated cheese & keep the glass dish on high rack and press start.
</td></tr>
<tr><td>Co5</td><td>Macaroni</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Macaroni</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Hot water</td><td>400 mL</td><td>800 mL</td><td>1200 mL</td></tr>
<tr><td>Butter</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Spring onion chopped</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Garlic chopped</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Mushroom chopped</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
<tr><td>Tomato sauce</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chilli sauce</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Salt, Pepper & Oregano</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u><br>1. In MWS bowl take Macaroni with water. Select menu & weight & press start.<br>2. When beeps, drain water from it. In MWS bowl add all the ingredients with boiled Macaroni, mix well and press start.
</td></tr>
</table>

*Refer Page 99, Fig. 3

# Continental

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co6</td><td>Thai Chicken</td><td>0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Boneless chicken</td><td>500 g</td></tr>
<tr><td>Red curry paste</td><td>2 tbsp</td></tr>
<tr><td>Sugar</td><td>1 tsp</td></tr>
<tr><td>Soya sauce</td><td>2 tbsp</td></tr>
<tr><td>Salt</td><td>to taste</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td></tr>
<tr><td>Blanched Broccoli (florets)</td><td>1 cup</td></tr>
<tr><td>Peanuts (Roasted & crushed)</td><td>¼ cup</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Red chilli paste</td><td>1 tsp</td></tr>
<tr><td>For Sauce</td><td></td></tr>
<tr><td>Butter</td><td>2 tbsp</td></tr>
<tr><td>Maida</td><td>2 tbsp</td></tr>
<tr><td>Milk</td><td>1 tbsp</td></tr>
<tr><td>Salt & pepper</td><td>to taste</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl put oil, garlic, sugar, soya sauce, red curry paste, broccoli, chicken pieces, mix well. Select menu and press start.<br>2. When beeps, remove. Add red chilli paste, crushed peanuts. Add sauce of milk, maida, butter, salt & pepper. Mix well press start.
</td></tr>
<tr><td>Co7</td><td>Mediterra-nean Crostini @</td><td>0.3 kg</td><td>Low rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>French bread</td><td>3 slices</td></tr>
<tr><td>Black olives (sliced)</td><td>¼ cup</td></tr>
<tr><td>Cheese (grated)</td><td>½ cup</td></tr>
<tr><td>Butter</td><td>2 tbsp</td></tr>
<tr><td>To be mixed together for the marinated tomatoes :</td><td></td></tr>
<tr><td>Tomatoes (sliced)</td><td>2 nos.</td></tr>
<tr><td>Basil leaves (freshly chopped)</td><td>1 tsp</td></tr>
<tr><td>Garlic (chopped)</td><td>1 tsp</td></tr>
<tr><td>Olive oil</td><td>2 tsp</td></tr>
<tr><td>Salt & freshly crushed pepper corns</td><td>As per taste</td></tr>
</table>
<u>Method :</u><br>1. In a bowl, put all the ingredients of marinade & mix well. Keep it for 15-20 minutes.<br>2. Butter the bread slices. Top each slice with 2-3 slices of marinated tomatoes. Put chopped olives & sprinkle grated cheese on top.<br>3. Select the menu & press start. (Preheat process)<br>4. When beeps, keep the bread slices on low rack. Keep the rack in microwave & press start.
</td></tr>
</table>

@ Do not put anything in the oven during Preheat mode.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co8</td><td>Chilli Veg</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Paneer pieces</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Chopped Capsicum & onion</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Chopped green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Ginger garlic paste</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Oil</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Soya sauce</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Cornflour</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Green chilli sauce</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Salt & Pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Ajinomoto(optional)</td><td colspan="3">A pinch</td></tr>
</table>
Method :<br>1 In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover.<br>2. Select menu & weight press start.<br>3. When beeps, mix well & add paneer pieces, soya sauce, chilli sauce, cornflour (mixed with ½ cup water), water, salt, pepper & ajinomoto and press start.<br>4. Mix well & serve.
</td></tr>
<tr><td>Co9</td><td>Potato Dumpling</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl<br>&<br>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>3-4 tbsp</td></tr>
<tr><td>Boiled & grated potato</td><td>100 g</td></tr>
<tr><td>Grated paneer</td><td>75 g</td></tr>
<tr><td>Salt, Pepper, Nutmeg powder</td><td>As per taste</td></tr>
<tr><td>Finely chopped spinach</td><td>1 cup</td></tr>
<tr><td>Butter & finely chopped garlic</td><td>1 tbsp each</td></tr>
<tr><td>Pizza sauce</td><td>4 tbsp</td></tr>
</table>
Method :<br>1. Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough.<br>2. In the MWS bowl, add ½ cup water. Place the dumplings on the MWS flat glass dish and cover. Select menu and press start.<br>3. When beeps, take out the dumplings.<br>4. Allow them to cool. In a MWS flat glass dish add butter and put the dumplings in it and press start.
</td></tr>
<tr><td>Co10</td><td>Sweet & Sour Veg</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Cut vegetables (Baby corns cut lengthwise, Broccoli florets,Mushroom pieces, Pineapple slices, Capsicum)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Chopped spring onion & garlic</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Red chilli paste</td><td>¼ tsp</td><td>¼ tsp</td><td>½ tsp</td></tr>
<tr><td>Tomato Ketchup</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td></tr>
<tr><td>Vinegar</td><td colspan="3">As per taste</td></tr>
<tr><td>Sugar</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Ajinomoto(optional)</td><td>¼ tsp</td><td>¼ tsp</td><td>½ tsp</td></tr>
<tr><td>Soya sauce</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Pineapple juice</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td></tr>
<tr><td>Water</td><td>1 cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Cornflour</td><td colspan="3">2 tbsp mixed with ½ cup water</td></tr>
</table>
Method :<br>1. In a MWS bowl add oil, chopped spring onions & garlic, red chilli paste. Select menu & weight and press start.<br>2. When beeps, mix well & cut vegetables, tomato ketchup, vinegar, salt, sugar, ajinomoto, soya sauce, pineapple juice, water & cornflour. Mix well, press start. Stand for 5 minutes.
</td></tr>
</table>

# Continental

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>Co11</td>
<td>Risotto Rice</td>
<td>0.1 ~ 0.4 kg.</td>
<td>Microwave safe (MWS) bowl</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Arborio rice (soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td></tr>
<tr><td>Chopped carrots</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Peas</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Sliced mushroom</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Chopped coriander leaves/parseley</td><td colspan="4">As required</td></tr>
<tr><td>Spinach (blended & pureed)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Tomato puree</td><td>1/3 cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Fresh cream</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Grated cheese</td><td colspan="4">As required</td></tr>
<tr><td>Salt</td><td colspan="4">As per taste</td></tr>
</table>
Method :<br>
1. In a MWS bowl add olive oil, garlic, mushrooms, peas, carrots & tomato puree. Mix well. Select category & weight and press start.<br>
2. When beeps, mix well & add rice. Mix well and press start.<br>
3. When beeps, mix well & add water & salt. Press start.<br>
4. Mix well & stand for 5 minutes.<br>
5. Add spinach, tomato puree, cream, grated cheese & chopped coriander/parseley & serve.
</td>
</tr>
<tr>
<td>Co12</td>
<td>Spaghetti With Tomato Sauce</td>
<td>0.1 ~ 0.3 kg.</td>
<td>Microwave safe (MWS) bowl</td>
<td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Spaghetti noodles</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>400 ml</td><td>800 ml</td><td>1200 ml</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped tomatoes</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Chopped mushrooms</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Sliced olives (pitted)</td><td>5 nos.</td><td>6 nos.</td><td>7 nos.</td></tr>
<tr><td>Fresh basil</td><td colspan="3">As required</td></tr>
<tr><td>Parmesan cheese</td><td colspan="3">As required</td></tr>
<tr><td>Salt, pepper, oregano & chilli flakes</td><td colspan="3">As per taste</td></tr>
</table>
Method :<br>
1. In a MWS bowl add spaghetti noodles, water & few drops of oil. Select category & weight and press start.<br>
2. When beeps, remove & drain the water. Wash the noodles under running water to separate.<br>
3. In another MWS bowl add olive oil, garlic, olives, onions, mushrooms, chopped tomatoes, salt, peppers, oregano & chilli flakes. Press start.<br>
4. When beeps, mix well & add the spaghetti. Mix well & press start. Rip all the basil over it & spread grated parmesan cheese & serve.
</td>
</tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co13</td><td>Cottage Cheese Tortellini</td><td>8 Pc</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For Dough</td><td>8 Pc</td></tr>
<tr><td>Maida</td><td>1 cup</td></tr>
<tr><td>Egg</td><td>1 no.</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Water (to knead the dough)</td><td>As required</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Blanched spinach</td><td>½ cup</td></tr>
<tr><td>Paneer (roughly mashed)</td><td>100 g</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td></tr>
<tr><td>Garlic (minced)</td><td>1 tbsp</td></tr>
<tr><td>Salt & pepper</td><td>As per taste</td></tr>
<tr><td>For Sauce</td><td></td></tr>
<tr><td>Blanced tomatoes (skin removed)</td><td>5 nos.</td></tr>
<tr><td>Garlic pods</td><td>8-10 nos.</td></tr>
<tr><td>Coriander leaves (fresh)</td><td>1 tbsp</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td></tr>
<tr><td>Chilli flakes</td><td>1 tsp</td></tr>
<tr><td>Oregano</td><td>½ tsp</td></tr>
<tr><td>Salt, pepper</td><td>As per taste</td></tr>
</table>
Method :<br>
Pre-Preparation for Stuffing :<br>
1. In a MWS glass bowl take olive oil & minced garlic, mix and microwave 100% for 2 minutes. Add mashed paneer & blanced & chopped spinach, salt & pepper. Mix well & microwave 100 % for 2 minutes.<br>
2. In another bowl take maida, salt, beaten egg & olive oil. Mix well & knead a firm dough adding enough water. Cover & keep aside for 10-15 minutes.<br>
3. Divide the dough into 5-6 equal sized balls & roll out each ball into a long & rectangular strip (approx. 2.5" broad) & cut into squares.<br>
4. Fill each square shape with spinach & cottage cheese stuffing (1 tsp). Wet the edges with little water & cover with another square & seal it by pressing tightly. There should be no air-bubble left within. Make all tortellinis following same procedure.<br>
5. Take 500 ml water in a MWS bowl & keep inside the microwave. Select category & press start.<br>
6. When beeps, put the tortellinis in the boiling water. Cover & press start.<br>
7. When beeps, remove & strain the tortellinis & place in a serving dish & keep aside covered.<br>
8. Blend together blanced tomatoes, garlic pods, coriander leaves with a blender. Take this puree in a MWS bowl, add olive oil, salt, pepper oregano & chilli flakes. Mix well & press start.<br>
9. When cooking ends, pour this sauce over the cooked tortellini & serve hot.
</td></tr>
<tr><td>Co14</td><td>Mexican Corn Rice</td><td>0.1 ~ 0.4 kg.</td><td>Microwave safe (MWS) glass bowl<br>&<br>Microwave safe (MWS) flat glass dish<br>&<br>Low rack #</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Rice</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Cloves</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td></tr>
<tr><td>Butter</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Sweet corns</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Hot sauce*</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Cheese cubes</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Salt (if required)</td><td colspan="4">As per taste</td></tr>
<tr><td>Red chilli powder (if required)</td><td colspan="4">As per taste</td></tr>
<tr><td>Tomato (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
</table>
Method :<br>
1. In a MWS glass bowl add rice, cloves, water. Select category & weight and press start.<br>
2. When beeps, remove the bowl & keep aside after mixing.<br>
3. In another MWS glass bowl add butter & sweet corns & press start.<br>
4. When beeps, add hot sauce, cooked rice, cheese cubes, salt & red chilli power (if required). Mix well. Now take a MWS flat glass dish & spread chopped tomatoes at the bottom, now layer with cooked rice & press it down properly. Cover with aluminium foil. Keep the MWS flat glass dish on low rack& press start.<br>
*Note : For Hot Sauce - In a MWS glass bowl take 8 blanded & pureed tomatoes, 4 tbsp butter, 1 cup chopped onions, salt, red chilli powder, oregano, sugar, chilli sauce (as per taste), 1 tbsp garlic paste, 2 tbsp tomato sauce, a pinch ajwain. Mix well & microwave at 100% for 5 minutes.
</td></tr>
</table>

# Refer Page 99, Fig. 4

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co15</td><td>Broccoli in Butter Sauce</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl & Microwave safe (MWS) glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Broccoli</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Milk</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Fresh cream</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr>
<tr><td>Onion (chopped)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Garlic (chopped)</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Mustard powder</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Butter (melted)</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Salt & pepper powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
Method :<br>1. In a MWS bowl take broccoli florets. Sprinkle some water & cover. Select category & weight and press start.<br>2. When beeps, remove broccoli & keep aside. In a MWS flat glass dish take butter, chopper garlic, chopped onions. Mix well & press start.<br>3. When beeps, stir & add milk, fresh cream, mustard powder, coriander, salt & pepper powder & broccoli. Mix & press start.
</td></tr>
<tr><td>Co16</td><td>Shrimps In Garlic Butter</td><td>0.4 Kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>Shrimps (Small)</td><td>400 g</td></tr>
<tr><td>Butter</td><td>4 tbsp</td></tr>
<tr><td>Parsley (chopped)</td><td>A few sprigs</td></tr>
<tr><td>Garlic paste</td><td>3 tbsp</td></tr>
<tr><td>Mustard paste</td><td>1 tbsp</td></tr>
<tr><td>Lemon juice</td><td>1 tbsp</td></tr>
<tr><td>Pepper corns (Roughly crushed)</td><td>8-10 nos.</td></tr>
<tr><td>Salt</td><td>To taste</td></tr>
</table>
Method :<br>1. Remove heads and shells of shrimps & clean and drain thoroughly.<br>2. In a MWS bowl place shrimps, garlic paste, mustard paste, butter, parsley, lemon juice, pepper corns (Crush) & salt mix well Select Category & press start.<br>3. When beeps. Remove and serve hot.
</td></tr>
<tr><td>Co17</td><td>Chilli Chicken</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped ginger garlic</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Chopped onions</td><td>½ No.</td><td>1 No.</td><td>1 No.</td></tr>
<tr><td>Chopped green chillies</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Capsicum</td><td>½ no.</td><td>1 no.</td><td>2 nos.</td></tr>
<tr><td>Soya sauce</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr>
<tr><td>Chilli sauce</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr>
<tr><td>Vinegar</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr>
<tr><td>Salt, sugar & pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Cornflour (mixed with ½ cup water)</td><td>1 tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
</table>
Method :<br>1. In a MWS bowl add oil, chopped ginger, garlic, boneless chicken, soya sauce, chilli sauce and cover. Select category & weight & press start.<br>2. When beeps add, chopped onions, capsicum, chopped green chillies, vinegar, salt, sugar, pepper, cornflour mixed with water. Cover & press start. Stand for 5 minutes. Serve.
</td></tr>
<tr><td>Co18</td><td>Hakka Noodles</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Hakka noodles</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>400 ml</td><td>800 ml</td><td>1200 ml</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped veg - carrot, peas, french beans, capsicum</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Ajinomoto</td><td colspan="3">A pinch</td></tr>
<tr><td>Salt, red chilli powder, green chilli sauce</td><td colspan="3">As per taste</td></tr>
</table>
Method :<br>1. In a MWS bowl add hakka noodles, water & few drops of oil. Select category & weight & press start.<br>2. When beeps, remove drain water & wash & separate the noodles under running water.<br>3. In another MWS bowl add oil, mix vegetables, ajinomoto, salt, red chilli powder, green chilli sauce. Mix well & press start.<br>4. When beeps, add noodles to the bowl. Mix & press start.
</td></tr>
</table>

# Continental

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co19</td><td>Veg In Hot Garlic Sauce</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Mix veg - Cauliflower florets, capsicum, baby corns, beans</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Chopped garlic, ginger, green chillies</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Corn flour</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Pepper, salt, sugar</td><td colspan="3">As per taste</td></tr>
<tr><td>Ajinomoto</td><td colspan="3">A pinch</td></tr>
<tr><td>Oregano (optional)</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>2 cups</td><td>3 cups</td><td>3 cups</td></tr>
</table>
Method :<br>1. Cut the capsicum & cauliflower into medium sized pieces, baby corns & french beans into small sized pieces.<br>2. In a MWS bowl add oil, chopped onion, ginger, green chillies. Select category & weight and press start.<br>3. When beeps, mix & add vegetables, pepper, salt, sugar, cornflour mixed with water, ajinomoto. Press start. Stand for 5 minutes. Serve.
</td></tr>
<tr><td>Co20</td><td>Schezwan Chicken</td><td>0.1~0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Dry red chillies</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>6 nos.</td><td>8 nos.</td></tr>
<tr><td>Garlic paste</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr>
<tr><td>Tomato ketchup</td><td>1 tbsp</td><td>2 tbsp</td><td>3tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Vinegar</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td><td>2 tsp</td></tr>
<tr><td>Red chilli sauce</td><td>1 tbsp</td><td>1 tbsp</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Ajinomoto (optional)</td><td>¼ tsp</td><td>¼ tsp</td><td>¼ tsp</td><td>¼ tsp</td><td>¼ tsp</td></tr>
<tr><td>Sugar & salt</td><td colspan="5">As per taste</td></tr>
<tr><td>Spring onions (with greens)</td><td>½ cup</td><td>½ cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Cornflour (mixed with ¼ cup water)</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td><td>2 tsp</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1 tbsp</td><td>3 tbsp</td><td>3 tbsp</td></tr>
</table>
Method :<br>1. In a MWS bowl mix together oil, garlic paste, dry red chillies, chicken pieces, tomato ketchup, ajinomoto, vinegar, red chilli paste, sugar. Mix well. Select category & press start.<br>2. When beeps, mix well and add spring onions, cornflour, salt. Mix well & press start.
</td></tr>
<tr><td>Co21</td><td>Veg Manchurian</td><td>0.6 kg</td><td>Microwave safe (MWS) flat glass dish<br>&<br>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For Manchurian Balls</td><td></td></tr>
<tr><td>Grated Cabbage</td><td>1 cup</td></tr>
<tr><td>Grated carrots</td><td>3/4 cup</td></tr>
<tr><td>Grated cauliflower</td><td>½ cup</td></tr>
<tr><td>Cornflour</td><td>3 tbsp</td></tr>
<tr><td>Maida</td><td>1 tbsp</td></tr>
<tr><td>Ajinomoto</td><td>¼ tsp</td></tr>
<tr><td>Salt & pepper</td><td>As per taste</td></tr>
<tr><td>For Manchurian Sauce</td><td></td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Chopped Onion</td><td>½ no.</td></tr>
<tr><td>Soya sauce</td><td>1 tbsp</td></tr>
<tr><td>Tomato sauce</td><td>2 tbsp</td></tr>
<tr><td>Vinegar</td><td>2 tsp</td></tr>
<tr><td>Pepper, Salt, Cornflour</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
</table>
Method :<br>1. Mix all the ingredients of Manchurian balls in a bowl. Make balls of medium size from the mixture.<br>2. In a MWS flat glass dish keep the manchurian balls.<br>3. When beeps, remove & allow to cool.<br>4. In a MWS bowl oil, ginger, green chilli, onion, soya sauce, tomato sauce, vinegar, pepper, salt, mix well & press start.<br>5. When beeps mix well add cornflour mixed with 1½ cups water. Press start. Add Manchurian ball. Stand for 3 minutes & serve hot with steamed rice or fried rice.
</td></tr>
</table>

# Continental

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co22</td><td>Steamed Egg With Tofu</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Tofu (cut into chunks)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Egg</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Sesame oil</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Light soya sauce</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Red chilli (chopped)</td><td>1 no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Spring onion (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Boiled egg yolk (cut into pieces)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Salt & pepper</td><td colspan="3">A pinch</td></tr>
</table>
Method :<br>1. In a bowl take sesame oil, soya sauce, black pepper powder, salt & egg. Beat well with blender. Mix toju chunks into it & mix.<br>2. Put this mixture in a MWS flat glass dish. Sprinkle chopped spring onions & chopped red chilli on top. Now put boiled egg yolk (cut in pieces) on top. Cover the flat dish with plastic film.<br>3. Keep the MWS flat glass dish in the microwave. Select category & weight and press start.<br>4. Give standing time of 5 minutes & serve hot.
</td></tr>
<tr><td>Co23</td><td>Almond & Vegetables Stir Fry</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Broccoli (cut into florets)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Red capsicum (cut into big square pieces)</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr>
<tr><td>Garlic (chopped)</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Ginger (chopped)</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Onions (sliced)</td><td>1 no.</td><td>1½ no.</td><td>2 nos.</td></tr>
<tr><td>Slivered almonds</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Canola oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>For Sauce</td><td></td><td></td><td></td></tr>
<tr><td>Soya sauce</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Water</td><td>3 tbsp</td><td>6 tbsp</td><td>9 tbsp</td></tr>
<tr><td>Sesame oil</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Sugar</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Cornflour</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Salt & black pepper powder</td><td colspan="3">As per taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl take canola oil, chopped ginger- garlic, sliced onions. Select category & weight and press start.<br>2. In a small bowl, take sugar, cornflour. Add water, soya sauce, sesame oil & mix well. Make a smooth paste.<br>3. When beeps, add broccoli, red capsicum, slivered almonds. Mix well & press start.<br>4. When beeps, add the sauce & stir well. Press start. Serve stir fried vegetables hot.
</td></tr>
<tr><td>Co24</td><td>Kappa Ayala</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Surmany fish</td><td>300 g</td></tr>
<tr><td>Kappa pieces</td><td>1 no.</td></tr>
<tr><td>Coconut milk</td><td>1 cup</td></tr>
<tr><td>Coconut oil</td><td>2 tbsp</td></tr>
<tr><td>Chilli powder, Turmeric, Ginger garlic paste, Salt, Pepper powder</td><td>As per taste</td></tr>
<tr><td>Onion</td><td>1 no.</td></tr>
<tr><td>Dhaniya & Jeera powder</td><td>As per taste</td></tr>
<tr><td>Coriander leaves</td><td>A few</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add oil & chopped onion. Select menu & press start.<br>2. When beeps, remove & add chopped kappa & fish pieces. Press start.<br>3. When beeps, add all the other ingredients & press start. Garnish with coriander leaves & serve.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SA1</td><td>Rice Salad</td><td>0.2 Kg</td><td>Microwave Safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 Kg</td></tr>
<tr><td>Basmati Rice</td><td>200 g</td></tr>
<tr><td>Water</td><td>400 ml</td></tr>
<tr><td>Apples (diced)</td><td>1 no.</td></tr>
<tr><td>Green peas</td><td>½ cup</td></tr>
<tr><td>Cauliflower florets</td><td>1 cup</td></tr>
<tr><td>Lemon Juice, salt, pepper</td><td>As per taste</td></tr>
<tr><td>Lettuce leaves</td><td>2-3 leaves</td></tr>
<tr><td>Shredded Cabbage leaves<br>Coriander leaves</td><td>For garnishing</td></tr>
</table>
Method :<br>1. In a MWS bowl add rice & water. Select category & press start.<br>2. When beeps, remove & in another MWS bowl add peas, Cauliflower florets & ½ cup water. Cover. Press start.<br>3. In cooled rice add apple, green peas, cauliflower florets, salt & pepper.<br>4. Now add lemon juice & toss well & transfer to serving dish lined with lettuce leaves. Garnish with shredded cabbage & coriander leaves.
</td></tr>
<tr><td>SA2</td><td>Spring Basket Salad</td><td>0.1-0.3 Kg</td><td>Microwave safe (MWS) Bowl & Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Red cabbage leaves</td><td>20 g</td><td>40 g</td><td>60 g</td></tr>
<tr><td>Baby corns</td><td>30 g</td><td>60 g</td><td>90 g</td></tr>
<tr><td>Sprouts</td><td>20 g</td><td>40 g</td><td>50 g</td></tr>
<tr><td>Black/green grapes</td><td>30 g</td><td>40 g</td><td>50 g</td></tr>
<tr><td>Macroni (Boiled)</td><td>20 g</td><td>40 g</td><td>50 g</td></tr>
<tr><td>For Dressing</td><td></td><td></td><td></td></tr>
<tr><td>Olive Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Vinegar/lemon juice</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Oregano</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Finely Chopped Onions</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt & pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Sugar</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
</table>
Method :<br>1. Keep red cabbage leaves in MWS flat glass dish. Keep in MWS bowl & cover. Keep in microwave. Select category & weight and press start.<br>2. When beeps, remove steamed cabbage leaves. Do not throw the water from the MWS bowl. Keep baby corns cut into halves & sprouts in MWS flat glass dish. Cover & keep in microwave. Press start.<br>3. Remove from microwave. Allow to cool.<br>4. In a bottle or container with lid put all the ingredients of dressing & shake for 1-2 minutes till all ingredients blend well.<br>5. In a bowl add baby corns, grapes cut into halves, sprouts, boiled macroni & pour dressing, cover it. Mix well & fill the steamed cabbage leaves with it.<br>6. Serve the Salad basket chilled.
</td></tr>
<tr><td>SA3</td><td>Tiranga Salad</td><td>0.3 Kg</td><td>Microwave Safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Grated carrot</td><td>100 g</td></tr>
<tr><td>Grated raddish</td><td>100 g</td></tr>
<tr><td>Broccoli florets</td><td>100 g</td></tr>
<tr><td>Olive</td><td>1-2</td></tr>
<tr><td>Salt, lemon juice</td><td>As per taste</td></tr>
</table>
Method :<br>1. In a MWS flat glass dish arrange grated carrot first in form of a band, then grated raddish & then broccoli florets, sprinkle water. cover with cling film select category & press start.<br>2. Add salt & lemon juice. Mix each layer separately.<br>3. Take olive & cut into thin slices. Now make a flower at the centre of the raddish layer with olive slices chill & serve.
</td></tr>
</table>

# Salad

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SA4</td><td>Babycorn and Bean Salad</td><td>0.1 ~ 0.3 Kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Babycorn</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Bean</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Salt, lemon juice, pepper powder (Optional)</td><td colspan="3">As per taste</td></tr>
</table>
Method :<br>1. In a MWS bowl add babycom & beans together. Add some water cover.<br>2. Select category & weight & press start.<br>3. Add salt, lemon juice, pepper powder. Mix well & serve.
</td></tr>
<tr><td>SA5</td><td>Beetroot Salad</td><td>0.1 ~ 0.3 Kg</td><td>Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Beetroot (sliced)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Saunf</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Coriander powder, pepper powder, salt, lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
Method :<br>1. In MWS bowl add ½ cup water. Keep the sliced beetroot on MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select category & weight and press start.<br>2. In a bowl take the steamed beetroot add saunf, coriander powder, pepper powder, salt & lemon juice. Toss well. Chill & serve.
</td></tr>
<tr><td>SA6</td><td>Cous Cous Salad</td><td>0.1 ~ 0.3 Kg</td><td>Microwave Safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Daliya</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>300 ml</td><td>600 ml</td><td>900 ml</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td colspan="3">Few drops</td></tr>
<tr><td>Vegetables (Cucumber cubes, chopped tomatoes, broccoli florets, sliced mushrooms)</td><td>2 cups</td><td>2½ cups</td><td>3 cups</td></tr>
<tr><td>Lettuce leaves</td><td colspan="3">2-3 leaves</td></tr>
<tr><td>For dressing</td><td></td><td></td><td></td></tr>
<tr><td>Pudina leaves (finely chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Lemon juice, pepper powder</td><td colspan="3">As per taste</td></tr>
</table>
Method :<br>1. In a MWS bowl take daliya (Cous cous), add water & salt & few drops of oil. Select category & weight and press start.<br>2. When beeps, remove & allow the daliya to cool for sometime so that the grains separate.<br>3. Now add the vegetables & press start.<br>4. Mix all the ingredients of dressing in a bowl.<br>5. When cooking ends, add the cous cous to the dressing bowl. Toss all the ingredients together.<br>6. Spread the lettuce leaves on a plate. And transfer the cous cous salad to the plate. Chill & serve.
</td></tr>
<tr><td>SA7</td><td>Pasta Salad</td><td>0.2 Kg</td><td>Microwave Safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 Kg</td></tr>
<tr><td>Penne pasta</td><td>200 g</td></tr>
<tr><td>Water</td><td>400 ml</td></tr>
<tr><td>Vegetable (Grated carrot, capsicum, sliced olives, chopped spring onion)</td><td>1½ cup</td></tr>
<tr><td>Salt, pepper powder</td><td>As per taste</td></tr>
<tr><td>Olive oil</td><td>2 tsp</td></tr>
<tr><td>Vinegar</td><td>1 tsp</td></tr>
<tr><td>Oregano (optional)</td><td>As per taste</td></tr>
<tr><td>Curd</td><td>2 tbsp</td></tr>
</table>
Method :<br>1. In a MWS bowl add pasta, water & few drops of oil. Select category & press start.<br>2. Wash the boiled paste under cold water to separate them.<br>3. In a bowl take boiled pasta, add vegetable, salt, pepper powder, vinegar, curd, olive oil. Toss them together. Chill & serve.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>SA8</td>
<td>Whole Wheat & Mint Salad</td>
<td>0.1 ~ 0.3 Kg</td>
<td>Microwave safe (MWS) bowl</td>
<td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Whole wheat (Soaked in hot water for 2 hours)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Mint leaves</td><td>1 cup</td><td>1½ cups</td><td>2 cups</td></tr>
<tr><td>Sprouted Chana</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Green Chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Ginger</td><td colspan="3">As per taste</td></tr>
<tr><td>Salt & pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon Juice</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Water (with salt)</td><td>200 ml</td><td>400 ml</td><td>600 ml</td></tr>
</table>
Method :<br>
1. In a microwave safe bowl put soaked whole wheat & salty water. Select category & weight. Press start.<br>
2. When beeps, remove & drain the whole wheat & allow to cool.<br>
3. In MWS bowl add sprouted chana and water (double the amount of chana), cover. Press start. When beeps, remove & allow to cool.<br>
4. In a mixer, put clean mint leaves, ginger, green chillies, lemon juice & make a smooth paste.<br>
5. In a bowl put whole wheat, sprouted chana, mint paste, salt, pepper & lemon-juice. Mix well. Serve chilled.
</td>
</tr>
<tr>
<td>SA9</td>
<td>Bread Salad</td>
<td>0.1 ~ 0.3 Kg</td>
<td>High rack</td>
<td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Whole wheat bread slices</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Tomatoes (seedless & cut in pieces)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Cucumber (Cut in pieces)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Steamed french beans</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Fresh basil leaves</td><td colspan="3">A few sprigs</td></tr>
<tr><td>For Salad Dressing</td><td></td><td></td><td></td></tr>
<tr><td>Olive Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Vinegar</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Salt, pepper & Sugar</td><td colspan="3">As per taste</td></tr>
</table>
Method :<br>
1. Take bread slices (0.1kg/0.2kg/0.3kg) & keep on high rack. Select Category & weight. Press start.<br>
2. When beeps, turn bread slices. Again press start. Remove from microwave allow to cool. Cut the slices into croutons.<br>
3. Put all the ingredients of salad dressing in a bowl cover the bowl & shake well to make the dressing for salad.<br>
4. In a bowl put cut tomatoes, cucumber, french beans, basil leaves & bread croutons. Pour dressing over the ingredients. Mix well & serve immediately (before the bread croutons gets soggy)
</td>
</tr>
<tr>
<td>SA10</td>
<td>Papaya Lachcha Salad</td>
<td>0.1 ~ 0.3 Kg</td>
<td>Microwave safe (MWS) bowl</td>
<td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Papaya (thinly sliced)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td colspan="3">As required</td></tr>
<tr><td>Sugar</td><td>10 g</td><td>20 g</td><td>30 g</td></tr>
<tr><td>Cardamom essence</td><td>1 no.</td><td>Few drops</td><td>3 nos.</td></tr>
</table>
Method :<br>
1. In a MWS bowl add papaya slices, sugar, some wter, cardamom essence. Select category and weight & press start.
</td>
</tr>
</table>

# Salad

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>SA11</td>
<td>Spring Basket Salad</td>
<td>0.1-0.3 Kg</td>
<td>Microwave safe (MWS) Bowl<br>&<br>Microwave safe (MWS) flat glass dish</td>
<td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Red cabbage leaves</td><td>20 g</td><td>40 g</td><td>60 g</td></tr>
<tr><td>Baby corns</td><td>30 g</td><td>60 g</td><td>90 g</td></tr>
<tr><td>Sprouts</td><td>20 g</td><td>40 g</td><td>50 g</td></tr>
<tr><td>Black/green grapes</td><td>30 g</td><td>40 g</td><td>50 g</td></tr>
<tr><td>Macroni (Boiled)</td><td>20 g</td><td>40 g</td><td>50 g</td></tr>
<tr><td>For Dressing</td><td colspan="3"></td></tr>
<tr><td>Olive Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Vinegar/lemon juice</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Oregano</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Finely Chopped Onions</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt & pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Sugar</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
</table>
Method :<br>1. Keep red cabbage leaves in MWS flat glass dish. Keep in MWS bowl & cover. Keep in microwave. Select category & weight and press start.<br>2. When beeps, remove steamed cabbage leaves. Do not throw the water from the MWS bowl. Keep baby corns cut into halves & sprouts in MWS flat glass dish. Cover & keep in microwave. Press start.<br>3. Remove from microwave. Allow to cool.<br>4. In a bottle or container with lid put all the ingredients of dressing & shake for 1-2 minutes till all ingredients blend well.<br>5. In a bowl add baby corns, grapes cut into halves, sprouts, boiled macroni & pour dressing, cover it. Mix well & fill the steamed cabbage leaves with it.<br>6. Serve the Salad basket chilled.
</td>
</tr>
<tr>
<td>SA12</td>
<td>Peanut Salad</td>
<td>0.5 Kg</td>
<td>Microwave safe (MWS) bowl</td>
<td>
<table>
<tr><td>For</td><td>500 g</td></tr>
<tr><td>Peanut</td><td>500 g</td></tr>
<tr><td>Olive oil</td><td>2 tbsp</td></tr>
<tr><td>Lemon Juice</td><td>2 tbsp</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Chat masala</td><td>As per taste</td></tr>
</table>
Method :<br>1. In a MWS safe bowl add peanut & add some oil.<br>2. Select menu & press start.<br>3. When beeps, add lemon juice, salt, pepper and chat masala to the peanut & press start.
</td>
</tr>
<tr>
<td>SA13</td>
<td>Broccoli Salad</td>
<td>0.5 Kg</td>
<td>Microwave safe (MWS) bowl</td>
<td>
<table>
<tr><td>For</td><td>500 g</td></tr>
<tr><td>Broccoli florets</td><td>500 g</td></tr>
<tr><td>Olive oil</td><td>2 tbsp</td></tr>
<tr><td>Lemon Juice</td><td>2 tbsp</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td></tr>
<tr><td>Lettuce leaves</td><td>For garnishing</td></tr>
</table>
Method :<br>1. In a MWS safe bowl add broccoli florets & add some water and cover it.<br>2. Select menu & press start.<br>3. When beeps, add olive oil, lemon juice, salt, pepper & sugar to the broccoli florets & press start.<br>4. Now garnish with lettuce leaves and serve.
</td>
</tr>
</table>

# Tandoor Se

**In the following example, show you how to cook 0.3 kg of Chicken Tikka.**

1. ***Press STOP/CLEAR.**

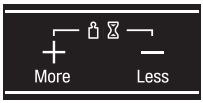
2. **Press Tandoor Se**

**The Display will show tS1**

3. **Press Tandoor Se three time, display will show tS3.**

4. **Press START/Add 30 secs for menu confirmation.**

**When cooking you can increase or decrease cooking time by pressing +More/-Less button.**




**NOTE**

- **Tandoor Se menus are programmed**
- **Tandoor Se menus allows you to cook most of your favourite food by selecting the food type and the weight of the food**

*** Note : If display is blank, press STOP/CLEAR, otherwise go directly to step 2.**

<table>
<tr><th colspan="2"></th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>tS1</td><td>Grill Chicken</td><td>0.3 kg</td><td>High rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Chicken drumsticks</td><td>300 g</td></tr>
<tr><td>For Marinade</td><td></td></tr>
<tr><td>Barbeque sauce</td><td>1 tbsp</td></tr>
<tr><td>Olive oil</td><td>½ tbsp</td></tr>
<tr><td>Ginger garlic paste, Cumin powder, Black pepper, Onion Paste</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Brown sugar</td><td>2 tbsp</td></tr>
</table>
<u>Method :</u><br>1. Mash brown sugar, garlic paste, sat and pepper together in a paste mortar to form apaste.<br>2. Add chicken drumsticks and coat with the paste and refrigerate for 6-8 hours.<br>3. Place marinated chicken places on High Rack in Microwave. Select menu and weight and press start.<br>4. When beeps, turn and press start.<br>5. Now when beeps, again turn and press start.<br>6. Serve hot with mint chutney or ketchup.
</td></tr>
<tr><td>tS2</td><td>Chicken Lollipops</td><td>0.2kg</td><td>High rack</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Chicken keema</td><td>200 g</td></tr>
<tr><td>Boiled potato</td><td>2 nos.</td></tr>
<tr><td>Ginger garlic paste</td><td>1½ tbsp</td></tr>
<tr><td>Red chilli powder, Garam masala, Amchur powder, Salt</td><td>As per taste</td></tr>
<tr><td>Bread crumbs</td><td>For coating the lollipops</td></tr>
</table>
<u>Method :</u><br>1. Mix the chicken keema with boiled potatoes, ginger garlic paste, red chilli powder, garam masala, amchur powder, salt.<br>2. Coat the lollipops with breadcrumbs.<br>3. Arrange the lollipops on high rack. Select category and press start.<br>4. When beeps, turn the lollipops & press start. Serve with chutney or sauce.
</td></tr>
<tr><td>tS3</td><td>Chicken Tikka</td><td>0.3 kg</td><td>High rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Boneless chicken</td><td>300 g</td></tr>
<tr><td>Oil</td><td>For basting</td></tr>
<tr><td>For Marinade</td><td></td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr>
<tr><td>Salt, Garam masala, Chaat masala, Red chilli powder, Tandoori masala, Tandoori color</td><td>As per taste</td></tr>
</table>
<u>Method :</u><br>1. Mix all the ingredients of marinade in a bowl.<br>2. Mix boneless chicken with marinade & keep in refrigerator for 2-3 hours.<br>3. Now place the marinated chicken on high rack.<br>4. Select category & press start.<br>5. When beeps, turn over & baste with some oil. Press start.<br>6. When beeps, again turn over. Press start.
</td></tr>
<tr><td>tS4</td><td>Veg Kababs</td><td>0.3 kg</td><td>High rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Boiled potatoes</td><td>200 g</td></tr>
<tr><td>Grated paneer</td><td>100 g</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td></tr>
<tr><td>Chopped coriander</td><td>A few sprigs</td></tr>
<tr><td>Roughly ground anardana seeds</td><td>1 tbsp</td></tr>
<tr><td>Salt, red chilli powder</td><td>As per taste</td></tr>
</table>
<u>Method :</u><br>1. Mix all the ingredients in a bowl. Mix well & shape them into flat kebabs.<br>2. Keep the kebabs on high rack and keep in microwave. Select category & press start.<br>3. When beeps, turn over the kebabs & press start again.
</td></tr>
</table>

# Kids' Delight

**In the following example, show you how to cook 0.3 kg of Pizza.**

1. ***Press STOP/CLEAR.**

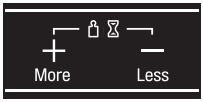
2. **Press Kids' Delight**

**The Display will show CF1**

3. **Press Kids' Delight four time, display will show CF4.**

4. **Press START/Add 30 secs for menu confirmation.**

**When cooking you can increase or decrease cooking time by pressing +More/-Less button.**




**NOTE**

- **Kids' Delight menus are programmed**
- **Kids' Delight menus allows you to cook most of your favourite food by selecting the food type and the weight of the food**

*** Note : If display is blank, press STOP/CLEAR, otherwise go directly to step 2.**

# Kids' Delight

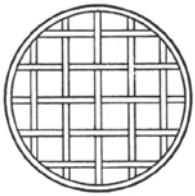
<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF1</td><td>Omelette</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Eggs</td><td>2 Nos.</td><td>3 Nos.</td><td>4 Nos.</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Chopped onion, Tomato, Coriander leaves</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Salt, Pepper</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u><br>1. Beat the eggs well & add salt, pepper & coriander leaves.<br>2. Add oil, tomato & onion to MWS flat glass dish. Select menu & weight and press start.<br>3. When beeps, add the egg mixture. Cover & press start. Allow to stand for 3 minutes.
</td></tr>
<tr><td>CF2</td><td>Corn Chaat</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Sweet corn</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Mix fruits (Pomegranate, Cucumber, Apple)</td><td>½ cup</td><td>1 cup</td><td>2 cups</td></tr>
<tr><td>Salt, Red chilli powder, Chaat masala, Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl add some water & sweet corns. Select menu & weight & press start.<br>2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.
</td></tr>
<tr><td>CF3</td><td>Vermicelli Khichdi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Roasted vermicelli</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Rai, Urad dal, Curry leaves</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Chopped tomato</td><td>1 No.</td><td>2 Nos.</td><td>3 Nos.</td></tr>
<tr><td>Salt, Red chilli powder, Haldi, Garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>400 mL</td><td>800 mL</td><td>1200 mL</td></tr>
<tr><td>Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix & select menu & weight and press start.<br>2. When beeps, mix & add tomato. Press start.<br>3. When beeps, mix & add vermicelli, water, salt, red chili powder, haldi, garam masala. Press start. Stand for 3 minutes.<br>4. Squeeze lemon, mix & serve.
</td></tr>
<tr><td>CF4</td><td>Pizza@</td><td>0.3 kg</td><td>Glass tray</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Pizza base</td><td>1 Big Pizza base</td></tr>
<tr><td>Topping</td><td>3 tbsp</td></tr>
<tr><td>Mix Vegetables - Tomato, Capsicum, Onion</td><td>1 cup</td></tr>
<tr><td>Grated Cheese</td><td>1/2 cup</td></tr>
<tr><td>Oregano & Chilli flakes (Optional)</td><td>As per taste</td></tr>
</table>
<u>Method :</u><br>1. Select menu & press start to preheat.<br>2. Spread pizza topping on pizza base, spread chopped vegetables on it. Sprinkle grated cheese.<br>3. When beeps, place the pizza on Glass tray & press start.<br>4. When beeps, do not open the door , continue cooking.
</td></tr>
</table>

@Do not put any thing in the oven during the Preheat mode

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF5</td><td>Garlic Bread@</td><td>0.3 kg</td><td>Low Rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Bread slices (French Bread)</td><td>3 slices</td></tr>
<tr><td>Butter</td><td>5 tbsp</td></tr>
<tr><td>Garlic paste</td><td>2 tbsp</td></tr>
<tr><td>Grated cheese</td><td>4 tbsp</td></tr>
<tr><td>Salt, Pepper, Oregano, Chilli flakes</td><td>As per taste</td></tr>
</table>
<u>Method :</u><br>
1. Mix butter, garlic paste, salt, pepper and oregano together. Apply this mixture to both sides of bread slices.<br>
2. Select menu & press start. (Preheat process)<br>
3. When beeps, keep the bread slices on low rack & press start.<br>
Note : Use French bread to make garlic bread.
</td></tr>
<tr><td>CF6</td><td>Choco Bars</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl & Microwave safe(MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Chocolate chips</td><td>½ cup</td></tr>
<tr><td>Oats (crushed)</td><td>1 cup</td></tr>
<tr><td>Honey</td><td>3 tbsp</td></tr>
<tr><td>Brown sugar</td><td>4 tbsp</td></tr>
<tr><td>Butter (softened)</td><td>8 tbsp</td></tr>
<tr><td>Chopped nuts (almonds, pistachio, walnut)</td><td>As required</td></tr>
</table>
<u>Method :</u><br>
1. In a MWS glass bowl put oats, half amount of butter (4 tbsp), honey and brown sugar. mix well. Select menu and press start.<br>
2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter paper.<br>
3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmy with spoon.<br>
4. In MWS glass bowl add rest of the butter, chocolate chips. Mix & press start.<br>
5. When beeps, pour this mixture on oats & sprinkle chopped nuts.<br>
6. Cut into rectangle bars when set & serve chilled.
</td></tr>
</table>

@Do not put any thing in the oven during the Preheat mode

# Kids' Delight

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF7</td><td>Apple Pie@</td><td>0.6 kg</td><td>Metal cake tin & Low rack*</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Apple Filling</td><td></td></tr>
<tr><td>Apples (pealed, cleaned & sliced thinly)</td><td>4 large sized</td></tr>
<tr><td>White sugar</td><td>¼ cup</td></tr>
<tr><td>Brown sugar</td><td>¼ cup</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td></tr>
<tr><td>Cinnamon powder</td><td>1 tsp</td></tr>
<tr><td>Nutmeg powder</td><td>¼ tsp</td></tr>
<tr><td>Salt</td><td>¼ tsp</td></tr>
<tr><td>Softened butter</td><td>2 tbsp</td></tr>
<tr><td>Cornflour</td><td>2 tbsp</td></tr>
<tr><td>Short Crust Pastry</td><td></td></tr>
<tr><td>Maida</td><td>2½ cups (300 g)</td></tr>
<tr><td>Salt</td><td>½ tsp</td></tr>
<tr><td>Sugar (granulated)</td><td>2 tsbp</td></tr>
<tr><td>Unsalted butter (chilled & cut into 1 inch pieces)</td><td>1 cup (225 g)</td></tr>
<tr><td>Ice water</td><td>¼ - ½ cup (60-120 mL)</td></tr>
</table>
<u>Method :</u><br>
1. Put maida, salt, sugar in a food processor/mixer. Grind it well. Take it in a bowl. Add chilled cubes of butter. Rub with hand to make bread crumb texture or till soft & well granulated.<br>
2. Add ¼ cup ice water to make a soft dough when pinched. Roll out the dough into 2 equal parts. Make disc shapes. Cover with plastic wrap & keep refrigerated at least for 30 minutes,<br>
3. When chilled, roll out one disc into big shape & place in a greased cake tin, covering it from the edges. Again keep in refrigerator for 1 hour.<br>
4. Take all the ingredients of apple filling in a mixer. Grind it to make a puree without any water. Pour this mixture in the cake tin.<br>
5. Roll out the second chilled disc & cut out long strips of ½ inch width. Cover the pie dish with these strips, arranging crossways as shown in figure 1 & figure 2.<br>
6. Seal the edges & wet them with water. Cover the edges with foil paper to avoid over burning.<br>
7. Select the menu & press start. (Preheat process) When beeps, place the cake tin on low rack & press start. When beeps, give a standing time of 5-10 minutes. Cool & serve in pieces.<br>
Note: If the butter becomed soft while making pie, keep the rolled dough in freezer.</td></tr>
<tr><td colspan="4"> <br>Fig -1<br><br>Fig -2</td></tr>
<tr><td>CF8</td><td>Bread Pudding</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Bread slices</td><td>2 Nos.</td><td>3 Nos.</td><td>4 Nos.</td></tr>
<tr><td>Milk (for dipping the bread)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Egg</td><td>1 Nos.</td><td>2 Nos.</td><td>2 Nos.</td></tr>
<tr><td>Vanilla Essence</td><td>½ tsp</td><td>¾ tsp</td><td>1 tsp</td></tr>
<tr><td>Sugar</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Dry fruits</td><td colspan="3">As per taste</td></tr>
</table>
Method :<br>
1. Make small pieces of bread slices. Beat the egg very well . Mix all the ingredient very well.<br>
2. Pour this mixture into MWS flat glass dish. Select menu and weight. Press start.</td></tr>
</table>

@Do not put anything in the oven during the Preheat mode

* Refer Page 99, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF9</td><td>Cheesy Nachos</td><td>0.3 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Nachos</td><td>300 g</td></tr>
<tr><td>Grated cheese</td><td>1 cup</td></tr>
<tr><td>Pizza sauce</td><td>6 tbsp</td></tr>
<tr><td>Chopped onion, tomato</td><td>2 cups</td></tr>
</table>
Method :<br>1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select menu & press start.
</td></tr>
<tr><td>CF10</td><td>Chocolate Balls</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3kg</td></tr>
<tr><td>Milkmaid</td><td>1 cup</td></tr>
<tr><td>Marie biscuit powder</td><td>1 cup</td></tr>
<tr><td>Milk powder</td><td>½ cup</td></tr>
<tr><td>Bournvita</td><td>½ cup</td></tr>
<tr><td>Grated coconut</td><td>½ cup</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add milkmaid, marie biscuit powder, milk powder, bournvita. Mix well. Select menu & press start.<br>2. Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut.<br>3. Keep in refrigerator for half an hour.
</td></tr>
<tr><td>CF11</td><td>Strawberry Custard</td><td>0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Milk</td><td>1 cup</td></tr>
<tr><td>Strawberry custard powder</td><td>3 tbsp</td></tr>
<tr><td>Sugar</td><td>50 g</td></tr>
<tr><td>Strawberry pieces</td><td>As required</td></tr>
</table>
Method :<br>1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well.<br>2. Select menu & press start.<br>3. When beeps, stir well. Press start.<br>4. When beeps, stir well. Press start. Allow to set in refrigerator.
</td></tr>
<tr><td>CF12</td><td>Noodles</td><td>0.1~0.3 kg</td><td>Microwave Safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Noodles</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>400 ml</td><td>800 ml</td><td>1200 ml</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Vinegar</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Soya sauce</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Chilli sauce</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Mix Vegetable- Cabbage, capsicum, carrot, French beans etc.</td><td>½cup</td><td>0.3 kg</td><td>1 cup</td></tr>
<tr><td>Salt, sugar, Pepper, MSG.</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method:</u><br>1. In Microwave Safe Bowl take noodles, water, oil. Select category & weight and press start.<br>2. When beeps, Strain noodles & pour cold water over it. In Microwave Safe Bowl put some oil and finely chopped vegetables, and vinegar, soyasauce, chilli sauce, MSG, salt & pepper press start.<br>3. When beep, add noodles and mix well press start. Serve hot.
</td></tr>
</table>

# Kids' Delight

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF13</td><td>Creamy mushroom buns</td><td>0.1~0.3 kg</td><td>Microwave safe (MWS) bowl<br>&<br>High Rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Buns (cut into half horizontally)</td><td>1 no.</td><td>2 no.</td><td>3 no.</td></tr>
<tr><td>Butter</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Garlic (Chopped)</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Green Chillies (chopped)</td><td>1 no.</td><td>2 no.</td><td>3 no.</td></tr>
<tr><td>Coriander (chopped)</td><td colspan="3">A few sprigs</td></tr>
<tr><td>Onions (chopped)</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Mushroom ( sliced)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Spinach (chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Salt & pepper</td><td colspan="3">A s per taste</td></tr>
<tr><td>Oregano</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Cheese (grated)</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td></tr>
<tr><td>Milk</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
</table>
Method:<br>1. Take the horizontally cut buns, hollow them to make a cavity in the buns for the filling. Soak the removed bun crumbs in milk & keep aside.<br>2. In a MWS glass bowl put butter, onions, garlic, green chilli, mushrooms & m i x well. Select category & weight & press start.<br>3. When beeps, remove and add chopped spinch, grated cheese, salt, pepper & oregano. Mix and press start.<br>4. When beeps, mix again. Fill this mixture into the buns. Place the filled buns on high rack. Sprinkle grated cheese (as required) & press start.<br>5. Remove & serve hot with tomato katchup.</td></tr>
<tr><td>CF14</td><td>Pav Bhaji</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl<br>&<br>High rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boiled mix veg (Potato, Cauliflower, Capsicum, Green peas)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped onion</td><td>1 No.</td><td>2 Nos.</td><td>2 Nos.</td></tr>
<tr><td>Chopped tomato</td><td>1 No.</td><td>2 No.</td><td>3 Nos.</td></tr>
<tr><td>Water</td><td colspan="3">As required</td></tr>
<tr><td>Pav bhaji masala</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Red chilli powder, Salt, Lemon juice, Butter</td><td colspan="3">As per taste</td></tr>
<tr><td>Hara dhania</td><td colspan="3">For garnishing</td></tr>
</table>
<u>Method :</u><br>1. In a MWS glass bowl take oil, garlic paste, chopped onion, chopped tomato. Mix well.<br>2. Select menu & weight press start.<br>3. When beeps, add vegetables, water, red chilli powder, pav bhaji masala, salt. Mix well.<br>4. Press start.<br>5. When beeps, remove mash it well, add butter & lemon juice. Garnish with coriander leaves.<br>6. Keep this aside.<br>7. For grilling pav-bhaji buns: Cut each bun in centre, apply butter, arrange on high rack.<br>8. Press start. Serve with bhaji.</td></tr>
<tr><td>CF15</td><td>Dhokla</td><td>0.1 - 0.3kg</td><td>Microwave safe (MWS) flat glass dish<br>&<br>Microwave safe(MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Besan</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Warm water</td><td>50 mL</td><td>75 mL</td><td>100 mL</td></tr>
<tr><td>Curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Green chilli & Ginger paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Salt & Sugar</td><td colspan="3">As per taste</td></tr>
<tr><td>Fruit salt / Mitha soda</td><td>1/8 tsp</td><td>¼ tsp</td><td>¼ tsp</td></tr>
<tr><td>Oil, Rai, Curry leaves, Water</td><td colspan="3">For tempering</td></tr>
<tr><td>Grated coconut</td><td colspan="3">For garnishing</td></tr>
<tr><td>Yellow colour / Haldi</td><td colspan="3">As required</td></tr>
</table>
<u>Method :</u><br>1. Mix besan, curd, sugar, salt, water, green chilli-ginger paste, yellow color, fruit salt together. Mix well. Keep for 5-10 minutes.<br>2. Pour the mixture in MWS flat glass dish. Add ½ cup water to the MWS bowl, keep the flat glass dish, cover. Select menu & weight & press start.<br>3. When beep, in another MWS bowl add oil, rai & curry leaves & press start. Add some water to the tempering.<br>4. Add this tempering to the dhokla & cover. Stand for 5 minutes. Garnish with grated coconut & serve.<br>Note : Mix 2 tsp sugar to water & dissolve before adding to the tempering.</td></tr>
</table>

 @Do not put anything in the oven during the Preheat mode

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF16</td><td>Peanuts</td><td>0.1 - 0.3kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Peanuts</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td colspan="3">As required</td></tr>
</table>
<u>Method :</u><br>1. In a MWS flat glass dish add drops of oil, peanuts. Mix well.<br>2. Select menu & weight & press start.<br>3. When beeps, stir it & press start.<br>4. Serve plain or with chaat masala.
</td></tr>
<tr><td>CF17</td><td>Murmura</td><td>0.1 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td></tr>
<tr><td>Murmura</td><td>100 g</td></tr>
<tr><td>Roasted peanuts</td><td>As required</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Salt, Chaat masala</td><td>As per taste</td></tr>
<tr><td>Haldi</td><td>¼ cup</td></tr>
</table>
<u>Method :</u><br>1. In a MWS glass bowl add oil, jeera, haldi. Select menu & press start.<br>2. When beeps, add murmura. Mix & press start.<br>3. When beeps, add roasted peanuts, salt, chaat masala & serve.
</td></tr>
<tr><td>CF18</td><td>Papdi@</td><td>12</td><td>Metal cake tray & Low rack*</td><td>
<table>
<tr><td>Wheat flour</td><td>¼ cup</td></tr>
<tr><td>Cumin seeds</td><td>½ tsp</td></tr>
<tr><td>Salt</td><td>¼ tsp</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
</table>
<u>Method :</u><br>1. Combine all the ingredients in a bowl. Make a soft dough adding required amount of water.<br>2. Select menu & press start. (Preheat process)<br>3. Take small amount of dough (equal proportion for all papdis) & roll out papdis prick with a fork & keep on cake tray. Keep the tray on low rack & press start.<br>4. Give a standing time of 5 minutes. Remove & store in an air tight container.<br>Note : 12 Indicates the number of papdi that can be prepared
</td></tr>
<tr><td>CF19</td><td>Paneer Bhurji</td><td>0.1 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Paneer (mashed)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Chopped capsicum</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Coriander leaves</td><td colspan="4">A few sprig</td></tr>
<tr><td>Coriander powder, Jeera powder, Red chilli powder, Salt</td><td colspan="4">As per taste</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl add oil, onion & capsicum. Select menu & weight & press start.<br>2. When beeps, mix well & add paneer, coriander leaves, coriander powder, jeera powder, red chilli powder & salt. Mix well & press start.<br>3. Serve with toast or wrapped in roti.
</td></tr>
<tr><td>CF20</td><td>Steamed Triangles</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Suji</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Sour curd</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Grated carrot</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Capsicum (finely chopped)</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Water (to make batter)</td><td colspan="3">As required</td></tr>
<tr><td>Mint chutney</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Salt & sugar</td><td colspan="3">As per taste</td></tr>
<tr><td>Eno fruit salt</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Oregano</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
</table>
<u>Method :</u><br>1. Put suji in a MWS glass bowl. Select menu weight and press start.<br>2. When beeps, mix well. Add curd, salt, sugar, oregano, water, eno salt. Mix well to make batter of dropping consistency.<br>3. Transfer half the batter to a MWS flat glass dish. Sprinkle half of the vegetables over the batter. Sprinkle half of mint chutney over vegetables. Repeat the same procedure with left over ingredients<br>4. Cover the MWS flat glass dish with plastic wrap/film. Prick with a fork/knife at 2-3 places. Keep in microwave. Press start.<br>5. Give standing time of 5 minutes. Remove the plastic wrap/film. Cut into triangles & serve hot.
</td></tr>
</table>

@Do not put anything in the oven during the Preheat mode



* Refer Page 99, Fig. 2

# Kids' Delight

## CF21 Khandvi

**Weight Limit:** 0.3 kg

**Utensil:** Microwave safe (MWS) bowl

| For | 0.3 kg |
|---|---|
| Besan | 100 g |
| Water | 1 cup |
| Curd | 1 cup |
| Salt | As per taste |
| Green chilli & Ginger paste | As per taste |
| Chopped coriander leaves | A few sprigs |
| Rai seeds (spluttered) | ½ tsp |
| Grated coconut | As required |

**Method :**

1. In a MWS bowl mix besan, water, curd, salt & green chilli & ginger paste together. Mix well. Cover.
2. Select menu & press start.
3. When beeps, stir well & press start.
4. When beeps, stir well & press start.
5. Spread the batter on a greased smooth flat kitchen slab. Allow to cool, cut into lengthwise strips.
6. Roll the strips, garnish with spluttered rai, coriander leaves & grated coconut & serve.

## CF22 Namakparas®

**Weight Limit:** 15No

**Utensil:** Metal Baking tray** & low rack

| For | 15 |
|---|---|
| Maida | 100 g |
| Oil | 100 g |
| Ajwain | 2 tbsp |
| Salt | 2 nos. |
| Water | 1 no. |

**Method :**

1. In a bowl put all the ingredients of namak pare & make a soft dough adding required amount of water. Keep for 15-30 minutes, covered with cloth.
2. Select menu & weight and press start.(Preheat process)
3. Roll out the dough & make a ½" thick circle & cut them into small thin rectangular strips. Keep them on metal baking tray.
4. When beeps, keep metal baking tray on low rack & press start. Give a standing time of 5 minutes.
5. Let them cool completely before storing them in air-tight container.

Note: 15 indicate the number of namak paras that can be prepared.

## CF23 Cottage Honey Toast

**Weight Limit:** 0.1 ~ 0.3 kg

**Utensil:** High rack

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Bread slices | 2 nos. | 4 nos. | 6 nos. |
| Grated cottage cheese | As required | | |
| Cinnamon powder | As required | | |

**Method :**

1. Spread cottage cheese & cinnamon powder on the bread slices. Keep on high rack. Select menu & weight & press start.
2. When beeps, turn over the slices & press start.
3. Drizzle honey on slices & serve.

## CF24 Baked Potatoes®

**Weight Limit:** 0.5 kg

**Utensil:** Low rack

| For | 0.5 kg |
|---|---|
| Half boiled potatoes | 500 g |
| Boiled kabuli chana | ½ cup |
| Hung curd | ¼ cup |
| Olive oil | 1 tbsp |
| Softened butter | 2 tbsp |
| Salt & Pepper | As per taste |
| Oregano | 2 tsp |
| Chopped garlic | 1 tsp |
| Tabasco | ½ tsp |
| **Topping (mix together)** | |
| Cornflakes (crushed) | 4 tbsp |
| Wheat flour | 1 tsp |
| Olive oil | 1 tbsp |
| Chopped coriander | 2 tbsp |

**Method :**

1. Cut the half boiled potatoes lengthwise & scoop out the potatoes leaving ½" thick wall. Keep the scooped out potatoes aside.
2. Mix in a bowl scooped out & mashed potatoes, boiled & mashed kabuli chana, chopped garlic, green chilli, hung curd, olive oil, butter, salt & pepper, oregano, tabasco cornflakes. Mix well & make a paste/mixture.
3. Fill in the hollowed-out potatoes with this mixture/paste with a spoon.
4. In a bowl mix all the ingredients of cornflakes topping & cover all filled potatoes with the same mix.
5. Select the menu & press start. ( Preheat process)
6. When beeps, keep the greased potatoes on low rack & press start. Serve with tomato ketchup or any other sauce of your choice.



@Do not put anything in the oven during the Preheat mode

* * Refer Page 99, Fig. 2

## CF25 Tokri Chaat

**Weight Limit:** 0.1 ~ 0.3 kg

**Utensil:** Metal muffin case** & High rack

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Bread slices | 2 nos. | 4 nos. | 6 nos. |
| **For filling** | | | |
| Moong sprouts, pomegranate, cucumber, onion, boiled potato, chopped mango | 1 cup | 1½ cup | 2 cups |
| Salt, chaat masala, imLi chutney, lemon juice | As per taste | | |

**Method :**

1. In a bowl mix all the ingredients for filling & keep aside.
2. On a rolling board keep the bread slice and with the help of a rolling pin roll out the bread thinly. Take muffin cases & arrange the bread slices in them.
3. Place the muffin case on high rack. Select menu & weight and press start.
4. When beeps, take out the bread slices & turn over & keep on high rack & press start.
5. Remove, allow to cool. Put the ingredients for filling inside the tokri & serve.

## CF26 Spicy Baby Corn

**Weight Limit:** 0.1 ~ 0.3 kg

**Utensil:** Microwave safe (MWS) bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Baby corn (cut lengthwise) | 100 g | 200 g | 300 g |
| Lemon juice | As per taste | | |
| Sugar, salt | As per taste | | |
| Oil | 1 tsp | 1½ tsp | 2 tsp |
| **For paste** | | | |
| Chopped coriander leaves | 1 cup | 1½ cup | 2 cups |
| Chopped ginger | ½ tsp | 1 tsp | 1½ tsp |
| Garlic cloves | 1 no. | 2 nos. | 3 nos. |
| Chopped green chillies | 1 no. | 2 nos. | 3 nos. |
| Chopped onion | ½ cup | 1 cup | 1 cup |
| Cumin seeds | As required | | |

**Method :**

1. Grind chopped coriander leaves, ginger, garlic cloves, green chillies, onion & cumin seeds together to prepare the paste.
2. In a MWS bowl add oil, baby corns, sugar, salt & paste. Mix well. Cover. Select menu & weight & press start.
3. Allow to stand for 3 minutes.

## CF27 Veg Sandwich

**Weight Limit:** 0.1 ~ 0.3 kg

**Utensil:** High rack

| For | 0.1 kg | 0.2 kg | 0.3 Kg |
|---|---|---|---|
| Bread slices | 100 g (2 slices) | 200 g (4 slices) | 300 g (6 slices) |
| Butter | 1 tbsp | 2 tbsp | 4 tbsp |
| Sauce / spread | 1½ tbsp | 3 tbsp | 4 tbsp |
| Chopped vegetables (onion, tomato, capsicum) | 2 tbsp | 4 tbsp | 6 tbsp |
| Grated cheese | 2 tbsp | 4 tbsp | 6 tbsp |
| Salt & pepper | As per taste | | |

**Method :**

1. On a bread slice apply butter, layer with sauce, spread chopped vegetables, sprinkle grated cheese. Cover it with the other bread slice.
2. Keep the sandwich on high rack. Select category & weight and press start.
3. When beeps, change the side of the sandwich & again press start.

## CF28 Paneer Sandwich

**Weight Limit:** 0.1 ~ 0.3 kg

**Utensil:** High rack

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Bread slices | 2 nos. | 4 nos. | 6 nos. |
| Grated paneer | 100 g | 150 g | 200 g |
| Chopped onion | 2 tbsp | 3 tbsp | 4 tbsp |
| Cheese spread | 2 tbsp | 3 tbsp | 4 tbsp |
| Salt, pepper & mustard powder | As per taste | | |
| Minced ginger | As per taste | | |

**Method :**

1. In a bowl mix grated paneer, chopped onion, cheese spread, minced ginger salt, pepper & mustard together.
2. Spread the mixture on one bread slice & cover it with the other slice. Keep the sandwich on high rack.
3. Select category & weight & press start.
4. When beeps, change the side & press start.

* * Not provided with LG Kit.

# Kids' Delight

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF29</td><td>Masala Cheese Toast</td><td>0.1 ~ 0.3 kg</td><td>High rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Bread slices</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr>
<tr><td>Butter</td><td colspan="3">For applying on bread slices</td></tr>
<tr><td>For Filling</td><td></td><td></td><td></td></tr>
<tr><td>Chopped boiled vegetables - cabbage, cauliflower, green peas,french beans, capsicum</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr>
<tr><td>Chopped onions</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Mashed boiled potatoes</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Chopped green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt, red chilli powder, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped coriander leaves</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Grated cheese</td><td>2 tsp</td><td>4 tsp</td><td>6 tsp</td></tr>
</table>
Method :<br>
1. In a bowl add mashed boiled potatoes, boiled vegetables. Mash them well. Add chopped onion, green chillies & chopped coriander leaves. Mix well. Now add salt, red chilli powder, garam masala. Mix well.<br>
2. Apply butter on one side of all bread slices.<br>
3. Put the filling & grated cheese on one slice & cover with other slice. Prepare all the toasts in same way.<br>
4. Keep the toasts on high rack. Select category & weight and press start.<br>
5. When beeps, turn over the side & press start.
</td></tr>
<tr><td>CF30</td><td>Bread Dahi Vada</td><td>0.3 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Bread slices (cut the edges)</td><td>8 nos.</td></tr>
<tr><td>Beaten curd</td><td>As required</td></tr>
<tr><td>Imli ki saunth</td><td>As required</td></tr>
<tr><td>Green chillies (chopped)</td><td>3 nos.</td></tr>
<tr><td>Grated ginger</td><td>10 g</td></tr>
<tr><td>Chopped coriander leaves</td><td>A few sprigs</td></tr>
<tr><td>Kishmish</td><td>5 g</td></tr>
<tr><td>Salt, Cumin seed powder, Red chilli powder, Pudina powder</td><td>As per taste</td></tr>
<tr><td>Pepper corns</td><td>4-5 pieces</td></tr>
</table>
<u>Method :</u><br>
1. Take one slice of bread, dip in water & press between the palms to drain extra water. Place the slice on a slightly greased MWS flat glass dish.<br>
2. Now sprinkle chopped green chillies, grated ginger, chopped coriander leaves & pudina powder. Now place the other bread slices dipped in water over the first one and seal the edges properly. Give them round shape. Make 4 vadas in same manner.<br>
3. Keep the MWS flat glass dish in the oven. Select menu and press start.<br>
4. Take out & allow to cool.<br>
5. Now add beaten curd, imLi saunth, salt, red chilli powder, cumin seed powder. Place a pepper corn at the centre of each vada. Keep in refrigerator for cooling. Serve.
</td></tr>
</table>

# Steam Cook

**In the following example, show you how to cook 0.3 kg of Sprouts.**

1. ***Press STOP/Clear.**

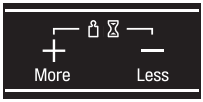
2. **Press Steam Cook**

**The Display will show St1**

3. **Press Steam Cook six time, display will show St6.**

4. **Press START/Add 30 secs for menu confirmation.**

5. **Keep pressing + More key until display show 0.3kg.**




**When cooking you can increase or decrease cooking time by pressing +More/-Less button.**

**NOTE**

- **Steam Cook menus are programmed**
- **Steam Cook menus allows you to cook most of your favourite food by selecting the food type and the weight of the food.**

*** Note : If display is blank, press STOP/CLEAR, otherwise go directly to step 2.**

# Steam Cook

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>St1</td><td>Keema Balls</td><td>0.1 ~ 0.3 kg.</td><td>Microwave safe (MWS) flat glass dish<br>&<br>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Chicken Kheema</td><td>75 gms</td><td>125 gms</td><td>175 gms</td></tr>
<tr><td>Boiled & Mashed Potato</td><td>1 No.</td><td>2 No.</td><td>3 No.</td></tr>
<tr><td>Ginger, Garlic Paste, Salt, Garam Masala, Hara Dhania Lemon Juice</td><td colspan="3">As per your taste</td></tr>
<tr><td>Besan</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
</table>
Method :<br>1. Mix all the ingredients together. Make balls from it. Place the balls in greased MWS flat glass dish. Add ½ cup water to the MWS bowl. Place the MWS glass dish inside the bowl. Cover. Select category & weight and press start.
</td></tr>
<tr><td>St2</td><td>Gajar Ka Halwa</td><td>0.3 kg</td><td>Microwave Safe (MWS) Glass Bowl<br>&<br>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Grated Gajar</td><td>300 gms</td></tr>
<tr><td>Ghee</td><td>2 tbsp</td></tr>
<tr><td>Milk Powder</td><td>4 tbsp</td></tr>
<tr><td>Khoya</td><td>5 tbsp</td></tr>
<tr><td>Sugar</td><td>4 tbsp</td></tr>
<tr><td>Elaichi Powder and Dry Fruits</td><td>As per your taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl take all the ingredients & mix well.<br>2. Add ½ cup water to the MWS bowl.<br>3. Keep the MWS glass bowl in the bowl. Cover. Select category & press start.
</td></tr>
<tr><td>St3</td><td>Shakar-Kandi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl<br>&<br>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>Shakarkandi</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Salt & Chat Masala</td><td colspan="3">As per your taste</td></tr>
</table>
Method :<br>1. In MWS bowl add ½ water. Keep the peeled off shakarkandi in MWS flat glass dish & put in the bowl. Cover. Select category & weight & press start.<br>2. After steaming sprinkle some salt & chaat masala & serve
</td></tr>
<tr><td>St4</td><td>Methi Muthiya</td><td>0.1 ~ 0.3 kg</td><td>Microwave Safe (MWS) bowl<br>&<br>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Methi Leaves</td><td>1/2 cup</td><td>3/4 cup</td><td>1 cup</td></tr>
<tr><td>Atta</td><td>1/4 cup</td><td>1/2 cup</td><td>3/4 cup</td></tr>
<tr><td>Besan</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Suji</td><td>1 tbsp</td><td>1½ tbsp</td><td>3/4 tbsp</td></tr>
<tr><td>Soda Bicarb</td><td>1/4 tsp</td><td>1/2 tsp</td><td>3/4 tsp</td></tr>
<tr><td>Ginger garlic chilli paste, Dhaniya Powder, Haldi, Salt, Sugar</td><td colspan="3">As per your taste</td></tr>
</table>
Method :<br>1. Mix all the ingredients. Add some water and make a soft dough. Make small rolls from this mixture. Place rolls on MWS flat glass dish.<br>2. Add ½ cup water to the bowl. Keep the MWS flat glass dish in MWS bowl. Cover. Select category & weight and Press start.
</td></tr>
<tr><td>St5</td><td>Kothimbir Vadi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) Bowl<br>&<br>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Kothimbir (Hara Dhaniya)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Besan</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Suji</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Red chilli powder, salt, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
</table>
Method :<br>1. Mix all the ingredients together & make vadis out of it.<br>2. In MWS bowl, add ½ cup water. Place the vadis on MWS flat glass dish. Keep in the bowl & cover. Select category & weight and press start.<br>3. Allow to stand for 3 minutes.
</td></tr>
</table>

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>St6</td><td>Sprouts</td><td>0.1 ~ 0.3 kg.</td><td>Microwave safe (MWS) bowl<br>&<br>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Moong sprouts</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Chopped onion, Chopped tomato</td><td>1 cup</td><td>2 cups</td><td>2 cups</td></tr>
<tr><td>Salt, Chaat masala, Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
Method :<br>1. In a MWS bowl, add ½ cup water, put moong sprouts In MWS flat glass dish. Keep in the MWS bowl and cover.<br>2. Select category and weight and press start. Stand for 3 minutes. Add chopped onion, tomato, salt, chaat masala and lemon juice and serve.
</td></tr>
<tr><td>St7</td><td>Steamed Veg</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) flat glass dish<br>&<br>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Chopped vegetables ( Capsicum, carrots, peas, beans)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
</table>
Method :<br>1. In the MWS bowl, add ½ cup water. Put the chopped vegetables in the MWS flat glass dish, Keep in the bowl & cover.<br>2. Select category and weight and press start. Sprinkle salt and pepper as per taste and serve.
</td></tr>
<tr><td>St8</td><td>Rasia Muthiya</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl<br>&<br>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Hing</td><td colspan="3">A pinch</td></tr>
<tr><td>Besan</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Kadhi</td><td colspan="3">As required</td></tr>
</table>
Method :<br>1. In a MWS bowl add rice & water. Select category & weight and press start.<br>2. When beeps, take out the cooked rice. Add ginger garlic paste, hing, besan. Mash well with rice. Make balls out of the rice mixture.<br>3. In the MWS bowl, add ½ water to the bowl. Keep the muthiyas on the MWS flat glass dish. Keep in the bowl. Cover & press start.<br>4. When beeps, remove the muthiyas & add to the kadhi & serve.
</td></tr>
<tr><td>St9</td><td>Steamed Cauli-Flower</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl<br>&<br>Microwave safe (MWS) flat glass dish.</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Cauliflower florets</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Onion paste</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Ginger garlic paste,</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Red chilli, dhania, coriander, turmeric (powdered), garam masala, salt, sugar</td><td colspan="3">As per taste</td></tr>
<tr><td>Tomato puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Curd</td><td>100 ml</td><td>150 ml</td><td>200 ml</td></tr>
</table>
Method :<br>1. Mix all the ingredients together except cauliflower. Add cauliflower & marinate for 1 hour.<br>2. In MWS bowl, add ½ cup water.<br>3. Now keep the marinated cauliflower on the MWS flat glass dish. Keep in the MWS bowl & cover. Select category & weight and press start.<br>4. Allow to stand for 5 minutes.
</td></tr>
<tr><td>St10</td><td>Sarson Ka Saag</td><td>0.1 ~ 0.4 kg</td><td>Microwave safe (MWS) flat glass dish<br>&<br>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Sarson (washed & separated leaves)</td><td>75 g</td><td>150 g</td><td>200 g</td><td>250 g</td></tr>
<tr><td>Palak (washed & separated leaves)</td><td>20 g</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Onion garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Tomato (chopped)</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr>
<tr><td>Salt, Red chilli powder</td><td colspan="4">As per your taste</td></tr>
<tr><td>Water</td><td colspan="4">As required</td></tr>
</table>
Method :<br>1. In the MWS bowl, add ½ water. Place sarson and palak in the MWS flat glass dish. Keep the MWS flat glass dish in MWS bowl & cover. Select category and weight and press start.<br>2. When beeps, remove the MWS bowl, grind the steamed sarson & Palak with water<br>3. In a MWS bowl add oil, onion garlic paste, tomato, salt and red chilli powder and press start. Mix well.<br>4. When beeps, add grind sarson and palak, water (as required) to the MWS bowl. Mix well and press start. Serve it with makki ki roti.
</td></tr>
</table>

# Steam Cook

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>St11</td>
<td>Bhafouri</td>
<td>0.1 ~ 0.2 kg</td>
<td>Microwave safe (MWS) bowl<br>&<br>Microwave safe (MWS) idli stand*</td>
<td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td></tr>
<tr><td>Mix dal paste (Moong dal, Urad dal)</td><td>100 g</td><td>200 g</td></tr>
<tr><td>Ginger- garlic paste</td><td>½ tbsp</td><td>1 tbsp</td></tr>
<tr><td>Hing</td><td colspan="2">A pinch</td></tr>
<tr><td>Mitha soda</td><td>1/8 tsp</td><td>¼ tsp</td></tr>
<tr><td>Salt</td><td colspan="2">As per taste</td></tr>
</table>
Method :<br>1. Mix all the ingredients together & make balls out of the mixture.<br>2. In MWS bowl, add ½ cup water. Keep the balls in MWS idli stand and keep it inside the bowl. Cover. Select category & weight and press start. Allow to stand for 3 minutes.
</td>
</tr>
<tr>
<td>St12</td>
<td>Steamed Peas</td>
<td>0.1 ~ 0.3 kg</td>
<td>Microwave Safe (MWS) Flat glass dish<br>&<br>Microwave safe (MWS) bowl</td>
<td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Shelled peas</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Salt & Chaat masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Butter</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
</table>
Method :<br>1. In MWS bowl, add ½ cup water to the MWS bowl, place put the peas in MWS flat glass dish. Keep in MWS bowl & cover. Select category & weight & press start.<br>2. Remove & add butter, salt & chaat masala & serve.
</td>
</tr>
<tr>
<td>St13</td>
<td>Matar Mushroom</td>
<td>0.1 ~ 0.3 kg</td>
<td>Microwave Safe (MWS) Flat glass dish<br>&<br>Microwave safe (MWS) bowl</td>
<td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Matar</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Mushroom (chopped)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Onion (chopped)</td><td>1/2 cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Tomato puree</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td colspan="3">As per taste</td></tr>
</table>
Method :<br>1. Add ½ cup water to MWS bowl. bowl, place the matar and chopped mushroom on the MWS flat glass dish, keep in MWS bowl and cover. Select category and weight and press start.<br>2. When beeps, remove.<br>3. In a MWS bowl add oil, onion, tomato puree, salt, red chilli powder, garam masala and press start. Mix well.<br>4. When beeps, add steamed matar and mushroom to the MWS bowl and add little water, press start. Mix well and add chopped coriander leaves and serve with roti.
</td>
</tr>
<tr>
<td>St14</td>
<td>Avial</td>
<td>0.1 ~ 0.3 kg</td>
<td>Microwave Safe (MWS) Flat glass dish<br>&<br>Microwave safe (MWS) bowl</td>
<td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Cut vegetables (long pieces), Carrot, potato, drumstick, French beans, bottlegourd</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Mustard seeds, Curry leaves, Salt, Haldi</td><td colspan="3">As per taste</td></tr>
<tr><td>Coconut milk</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Curd (beaten)</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
</table>
Method :<br>1. Add ½ cup water to MWS bowl, place the vegetables in MWS flat glass dish & keep in MWS bowl and cover. Press start.<br>2. Select category and weight and press start.<br>3. When beeps, remove the all from microwave oven.<br>4. When beeps, in a MWS bowl add 1tbsp oil, mustard seeds, curry leaves, haldi, salt. Add coconut milk and curd.<br>5. When beeps, add the steamed vegetables to the coconut milk and press start. Garnish with grated coconut and serve.
</td>
</tr>
</table>

* Provided with LG kit.

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>St15</td><td>Shorshe Ilish</td><td>0.3 kg</td><td>Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Hilsa pieces</td><td>300 g</td></tr>
<tr><td>Mustard oil</td><td>1 tbsp</td></tr>
<tr><td>Onion</td><td>2 nos.</td></tr>
<tr><td>Mustard seeds and chilli paste</td><td>1½ tbsp</td></tr>
<tr><td>Salt, Red chilli powder</td><td>As per taste</td></tr>
</table>
Method :<br>1. Add ½ cup water to MWS bowl, place the hilsa pieces in MWS flat glass dish & keep in MWS bowl and cover. Select category and press start. Stand for 3 minutes.<br>2. When beeps, remove all from microwave oven.. In a MWS bowl add mustard oil, onion, mustard and chilli paste, salt, red chilli powder and press start.<br>3. When beeps, add the steamed hilsa in MWS bowl, mix well and cover. Press start. Serve with rice.
</td></tr>
</table>

# Indian Cuisine

**In the following example, show you how to cook 0.2 kg of Mix Veg.**

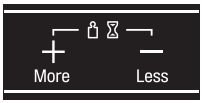
1. Press STOP/CLEAR.

2. Press Indian Cuisine

3. **The display will show "IC1"**

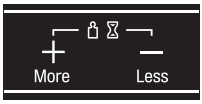
4. **Press START/Add 30 secs for menu confirmation.**

5. **Keep Pressing "+More" until display show " 0.2kg"**




6. **Press START/Add 30 secs.**

When cooking you can increase or decrease cooking time by pressing **+More/-Less** button.




**NOTE**

- **Indian Cuisine cook menus are programmed**
- **Indian Cuisine cook allows you to cook most of your favourite food by selecting the food type and the weight of the food.**

*** Note : If display is blank, press STOP/CLEAR, otherwise go directly to step 2.**

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC1</td><td>Mix Veg</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Mix Veg. (Carrot, Cauliflower, peas, beans, tomato)</td><td>100 g (Total)</td><td>200 g (Total)</td><td>300 g (Total)</td><td>400 g (Total)</td><td>500 g (Total)</td></tr>
<tr><td>Oil</td><td>¼ tbsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Onion (chopped)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2 cup</td></tr>
<tr><td>Tomato (chopped)</td><td>¼ tbsp</td><td>1 cup</td><td>1½ cups</td><td>1½ cups</td><td>1½ cups</td></tr>
<tr><td>Salt, Cumin powder, Garam masala, Red chilli powder, Coriander</td><td colspan="5">As per taste</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select menu & weight and press start.<br>2. When beeps, remove & mix well. Add vegetable & some water. Cover & press start.<br>3. When beeps, mix well. Cover & press start. Garnish with coriander leaves.
</td></tr>
<tr><td>IC2</td><td>Kadhai Paneer</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>Paneer</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Capsicum & Onion (sliced)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr>
<tr><td>Sliced tomato</td><td>½ no.</td><td>1 no.</td><td>1½ no.</td><td>2 no.</td><td>2½ no.</td></tr>
<tr><td>Onion Paste</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td><td>6½ tbsp</td></tr>
<tr><td>Tomato Puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4½ tbsp</td><td>5 tbsp</td></tr>
<tr><td>Ginger-Garlic Paste, Salt</td><td colspan="5">As per taste</td></tr>
<tr><td>Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala</td><td colspan="5">As per taste</td></tr>
<tr><td>Butter</td><td>1½ tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr>
<tr><td>Fresh Cream</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
</table>
<u>Method :</u><br>1. In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum, tomato & onion. Mix well, cover. Select menu & weight and press start.<br>2. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt and paneer cubes, mix well and press start, garnish with hara dhania and serve hot.
</td></tr>
<tr><td>IC3</td><td>Dal Tadka</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Dal (soaked for 2 hours)</td><td>200 g</td></tr>
<tr><td>Water</td><td>400 mL</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Rai, Roasted jeera, Kasuri methi, Dhania powder, Hara dhania, Hing, Haldi, Green chilli</td><td>As per taste</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
<u>Method :</u><br>1. Take dal in MWS bowl, add water, haldi and hing.<br>2. Select menu press start to cook.<br>3. When beeps, take another bowl add oil, roasted jeera, green chilli, curry leaves, add dal, salt, dhania powder, hara dhania, kasuri methi (optional), water (if required). Press start.<br>4. When beeps, mix well & again press start.
</td></tr>
</table>

# Indian Cuisine

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC4</td><td>Sambhar</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Arhar Dal (Soaked for 2 hrs)</td><td>200 g</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Onion chopped</td><td>1 medium</td></tr>
<tr><td>Tomato chopped</td><td>1 medium</td></tr>
<tr><td>Mixed Vegetables chopped - Drumsticks, Ghiya, Brinjals, Red pumpkin</td><td>1 cup</td></tr>
<tr><td>Boiled water</td><td>400 mL</td></tr>
<tr><td>Imli pulp, Green chilli, Sambhar masala, Salt, Gud, Curry leaves Dhania, Red chilli powder, Rai, Hing</td><td>As per taste</td></tr>
</table>
<u>Method :</u><br>
1. Soak dal for 2 hours, In MWS Bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select menu and press start.<br>
2. When beeps, in another MWS Bowl take oil, add rai, hing, curry leaves, dhania, red chilli powder. Press start.<br>
3. When beeps, mash dal very well and add to tadka. Add imli pulp, sambhar masala, gud and some water (if required). Press start. Stand for 5 mins. Garnish with coconut and hara dhania and serve with Idli.
</td></tr>
<tr><td>IC5</td><td>Dum Aloo</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boiled aloo (small)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>3½ tbsp</td></tr>
<tr><td>Jeera, Pepper seeds, Cloves, Hing</td><td colspan="5">As required</td></tr>
<tr><td>Onion paste</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td><td>6 tsp</td></tr>
<tr><td>Ginger & garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2 tsp</td></tr>
<tr><td>Tomato puree</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Curd</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cups</td><td>1½ cups</td></tr>
<tr><td>Turmeric powder, Red chilli powder, Deghi mirch, Salt, Garam masala, Saunf powder</td><td colspan="5">As per taste</td></tr>
</table>
<u>Method :</u><br>
1. In a MWS bowl add oil, jeera, pepper corns, cloves, hing, onion paste, ginger garlic paste. Mix well.<br>
2. Select menu & weight and press start.<br>
3. When beeps, mix well & add tomato puree & boiled potatoes. Mix well & cover. Press start.<br>
4. When beeps, mix well & add curd & all spices. Cover & press start.<br>
5. Allow to stand for 3 minutes.
</td></tr>
<tr><td>IC6</td><td>Baigan Ka Barta</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Baigan (Chopped in big pieces)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 cup</td></tr>
<tr><td>Chopped onions</td><td>1 cup</td><td>1½ cup</td><td>500 g</td></tr>
<tr><td>Chopped green chillies</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
<tr><td>Chopped ginger</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped tomato</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Tomato puree</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Salt, dhania powder, garam masala, red chilli powder, haldi</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped coriander leaves</td><td colspan="3">A few sprigs</td></tr>
</table>
<u>Method :</u><br>
1. In a MWS bowl add peeled & chopped baigan. Sprinkle some water. Cover. Select menu and weight and press start.<br>
2. When beeps, remove & mash the baigan well.<br>
3. In another MWS bowl add oil, chopped onion, green chillies, ginger, tomato, tomato puree, salt, dhania powder, garam masala, red chilli powder, haldi. Mix well. Cover & press start.<br>
4. When beeps, mix well. Add the mashed baingan & mix well. Press start. Allow to stand for 3 minutes. Garnish with coriander leaves.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC7</td><td>Kadhi</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Besan</td><td>25 g</td><td>50 g</td><td>75 g</td></tr>
<tr><td>Curd / matha</td><td>1/2 cup</td><td>1 cup</td><td>1½ cups</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Rai, Cumin seeds</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped onions</td><td>1 cup</td><td>1½ cups</td><td>1½ cups</td></tr>
<tr><td>Salt, Red chilli powder, Haldi Coriander powder, Amchur</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr>
</table>
<u>Method :</u><br>
1. In a MWS bowl add oil, rai, jeera, chopped onion. Select menu & weight & press start.<br>
2. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (1/2 the amount mentioned per weight). Mix & press start.<br>
3. When beeps, mix & add remaining water & press start. Pour tempering & serve.
</td></tr>
<tr><td>IC8</td><td>Pithla</td><td>0.6 kg</td><td>Microwave safe(MWS) glass bowl & Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Besan</td><td>½ cup</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
<tr><td>Ginger, Garlic, Green chillies (Chopped)</td><td>1 tsp each</td></tr>
<tr><td>Onion, Tomato (chopped)</td><td>1 no. each</td></tr>
<tr><td>Coriander chopped</td><td>A few sprigs</td></tr>
<tr><td>Water</td><td>2 cups (400 mL)</td></tr>
<tr><td>Salt, Turmeric powder, Garam masala, Red chilli powder</td><td>As per taste</td></tr>
</table>
<u>Method :</u><br>
1. In a MWS flat glass dish put besan. Select menu & press start.<br>
2. When beeps, remove & in another MWS glass bowl put oil, chopped ginger, garlic, green chilli, chopped onion & tomato, turmeric powder, garam masala, red chilli powder. Mix well & press start.<br>
3. When beeps, mix besan with masala & add water & salt. Mix well. Keep MWS glass bowl in microwave & press start.<br>
4. Stir well. Garnish with fresh coriander & serve.
</td></tr>
</table>

# Indian Cuisine

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC9</td><td>Dalma</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Dhuli moong dal (soaked for 2 hours)</td><td>300 g</td></tr>
<tr><td>Water</td><td>600 mL</td></tr>
<tr><td>Chopped vegetables (Drumsticks, Potato, Raw banana, Pumpkin, Brinjal, Tomato)</td><td>2 cups</td></tr>
<tr><td>For tadka</td><td>2 tbsp</td></tr>
<tr><td>Oil</td><td>As per taste</td></tr>
<tr><td>Bay leaf, Jeera, Dry chillies, Salt, Haldi</td><td>4 tbsp</td></tr>
<tr><td>Grated coconut</td><td>1 no.</td></tr>
<tr><td>Chopped onion</td><td></td></tr>
</table>
<u>Method :</u><br>
1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select menu & press start.<br>
2. When beeps, in another MWS bowl add oil, bay leafs, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start.<br>
3. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start.
</td></tr>
<tr><td>IC10</td><td>Panchmel Ki Sabzi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Chopped vegetables (Gavar ki fali, Chawli, Shimla mirch, Kheera, Gajar)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Onion</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Ginger & Green chilli paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Coriander powder, Amchur, Haldi & Salt</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u><br>
1. In a MWS bowl add oil, jeera, onion, ginger & green chilli paste. Mix well.<br>
2. Select menu & weight and press start.<br>
3. When beeps, mix well & add the chopped vegetables & little water. Cover and press start.<br>
4. When beeps, mix well & add coriander powder, amchur, haldi & salt. Press start. Allow to stand for 5 minutes.
</td></tr>
<tr><td>IC11</td><td>Gujarati Tuvar Dal</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Tuvar dal / Arhar dal (soaked for 2 hours)</td><td>300 g</td></tr>
<tr><td>Water</td><td>600 mL</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td></tr>
<tr><td>Jeera</td><td>½ tsp</td></tr>
<tr><td>Finely chopped ginger</td><td>1 tbsp</td></tr>
<tr><td>Slit green chillies</td><td>3 nos.</td></tr>
<tr><td>Curry leaves</td><td>A few</td></tr>
<tr><td>Chopped tomato</td><td>2 nos.</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td></tr>
<tr><td>Hing</td><td>A pinch</td></tr>
<tr><td>Salt, Turmeric powder, Red chilli powder</td><td>As per taste</td></tr>
<tr><td>Jaggery (Gud)</td><td>As per taste</td></tr>
</table>
<u>Method :</u><br>
1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select menu & press start.<br>
2. When beeps, remove the dal.<br>
3. In another MWS bowl add oil, mustard seeds, jeera, finely chopped ginger, slit green chillies, curry leaves, chopped onions, red chilli powder. Mix well & press start.<br>
4. When beeps, remove the bowl & add these ingredients to the dal. Add tomato, jaggery & mix well. Press start. Squeeze lemon juice & serve.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC12</td><td>Butter Chicken</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Chicken (boneless)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Ginger garlic paste</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Chopped onions</td><td>1 no.</td><td>1 no.</td><td>2 nos.</td></tr>
<tr><td>Garam masala,Dhania powder, Jeera powder, Kasuri methi, Red chilli powder, Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Kaju paste</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Fresh cream</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Butter</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td></tr>
<tr><td>Oil</td><td>2 tbsp</td><td>2½ tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Slit green chillies</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select menu & weight & press start.<br>2. When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well & cover. Press start.<br>3. When beeps, mix well, add kaju paste, cream & butter. Mix well & cover. Press start.<br>4. Garnish with slit chillies.
</td></tr>
<tr><td>IC13</td><td>Beans Porial</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>French beans (cut evenly)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td></tr>
<tr><td>Mustard seeds</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Urad dal</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Grated coconut</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl add oil, mustard seeds & urad dal. Select menu and weight and press start.<br>2. When beeps, add beans, sprinkle little water & cover. Press start.<br>3. When beeps, mix well & add grated coconut, green chillies & salt. Cover & press start. Allow to standfor 3 minutes.
</td></tr>
<tr><td>IC14</td><td>Goan Potato Curry</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boiled potato</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Boiled mix veg (Capsicum Cauliflower, Carrot, Peas)</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Grated coconut</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Coconut milk</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Kaju powder</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Salt, Red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Fresh cream</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Coriander</td><td colspan="3">A few sprigs</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl add oil, mustard seeds & chopped onion. Select menu & weight & press start.<br>2. When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder & press start.<br>3. When beeps, mix well & add boiled potato & mix vegetables & fresh cream. Press start. Give standing time of 3 minutes.<br>4. Garnish with chopped coriander leaves & serve.
</td></tr>
</table>

# Indian Cuisine

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC15</td><td>Kashmiri Kaju Paneer</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Paneer pieces</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Kaju</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td><td>6 tsp</td></tr>
<tr><td>Sliced onions</td><td>½ no.</td><td>1 nos.</td><td>1½ nos.</td><td>1½ nos.</td><td>1½ nos.</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td></tr>
<tr><td>Chilli powder</td><td colspan="5">As per taste</td></tr>
<tr><td>Khus Khus paste</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2 cup</td></tr>
<tr><td>Milk</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Garam masala & Salt</td><td colspan="5">As per taste</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl add oil, onion slices, chopped ginger & garlic. Select menu & weight and press start.<br>2. When beeps, mix well, add khus khus paste, kaju paste, tomato puree, chilli powder, garam masala & salt and press start.<br>3. When beeps, mix well, add paneer pieces and milk. Press start. Stand for 3 minutes.
</td></tr>
<tr><td>IC16</td><td>Veg Handva@</td><td>0.3 kg</td><td>Microwave safe (MWS) flat glass dish<br>&<br>Low rack#<br>&<br>High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Rice</td><td>200 g (1 cup)</td></tr>
<tr><td>Urad Dal (Dehusked)</td><td>½ cup</td></tr>
<tr><td>Boiled vegetables (Potato, Carrots, Peas, Palak)</td><td>2 cups</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Lemon juice</td><td>2 tsp</td></tr>
<tr><td>Soda bi carb</td><td>A pinch</td></tr>
<tr><td>Chilli powder, Turmeric powder, Salt</td><td>As per taste</td></tr>
<tr><td>Ginger & Green chilli paste</td><td>1 tsp</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td></tr>
<tr><td>Curry leaves</td><td>A few sprigs</td></tr>
<tr><td>Hing</td><td>¼ tsp</td></tr>
</table>
<u>Method :</u><br>1. Clean, wash & soak the rice & dal together in enough water for at least 4 to 5 hours. Drain & keep aside.<br>2. Blend in a mixer till smooth, add the curds & mix well. Cover & keep aside to ferment overnight.<br>3. After fermentation, add salt, chilli powder, turmeric powder, soda bi carb, ginger & green chilli paste. Mix well.<br>4. In a MWS bowl, add oil, mustard seeds & curry leaves & microwave for 2 minutes and keep aside.<br>5. Add the boiled vegetables to the fermented batter, add the tadka prepared & lemon juice & hing. Mix well all the ingredients.<br>6. Pour the batter in MWS flat glass dish.<br>7. Select menu & weight and press start. (Preheat process)<br>8. When beeps, keep the MWS flat glass dish on low rack & press start.<br>9. When beeps, transfer the MWS flat glass dish to high rack & press start.
</td></tr>
</table>

@Do not put anything in the oven during the Preheat mode

#Refer Page 99, Fig.3

*Refer Page 99, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC17</td><td>Gatte Ki Sabzi</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>For making gattas</td><td colspan="3"></td></tr>
<tr><td>Besan</td><td>100 g</td><td>125 g</td><td>150 g</td></tr>
<tr><td>Red chilli powder, Haldi, Dhania powder, Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td colspan="3">As required</td></tr>
<tr><td>For Sabzi</td><td colspan="3"></td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Rai, Jeera</td><td>2 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Curry leaves</td><td colspan="3">A few</td></tr>
<tr><td>Sour curd</td><td>1 cup</td><td>1 cup</td><td>1½ cups</td></tr>
<tr><td>Red chilli powder, Haldi, Dhaniya powder, Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
</table>
<u>Method :</u><br>
1. In a bowl mix besan, red chilli powder, haldi, dhania powder, salt. Add water, little oil and make it like a chapati dough.<br>
2. After making the dough break the dough into different pieces and make the rolls out of those pieces.<br>
3. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover.<br>
4. Select menu and weight and press start.<br>
5. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices.<br>
6. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhaniya powder, haldi, salt. Cover & press start.<br>
7. When beeps, add beaten curd, gattas & haldi. Mix well & press start.
</td></tr>
<tr><td>IC18</td><td>Aloo Gobhi</td><td>0.3-0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Potatoes (cut into pieces)</td><td>150 g</td><td>200 g</td><td>250 g</td></tr>
<tr><td>Cauliflower florets</td><td>150 g</td><td>200 g</td><td>250 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Jeera</td><td>1 tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Chopped green chillies</td><td>1 no</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Coriander powder, red chilli powder, haldi, salt, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Coriander leaves</td><td colspan="3">A few sprigs</td></tr>
</table>
<u>Method :</u><br>
1. In a MWS bowl add oil, jeera, chopped onion, green chillies, mix well. Select Category & weight & press start.<br>
2. When beeps, mix well and add potatoes (chopped in medium sizes), cauliflower florets, coriander powder, red chilli powder, haldi, salt, garam masala & mix well. Add some water Cover. Press start.<br>
3. When beeps, mix well & add coriander leaves and cover. Press start. Allow to stand for 15 mins with cover inside the microwave. Garnish with coriander leaves & serve.
</td></tr>
</table>

# Indian Cuisine

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC19</td><td>Matar Paneer</td><td>0.2-0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 Kg</td><td>0.3 Kg</td><td>0.4 Kg</td></tr>
<tr><td>Matar</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Paneer Cubes</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½tbsp</td><td>2 tbsp</td></tr>
<tr><td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Chopped Onion</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped Ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Jeera powder, salt, haldi, red chilli powder, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Coriander leaves</td><td colspan="3">A few sprigs</td></tr>
<tr><td>Water</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl add oil, chopped ginger, garlic, onion. Mix well select category & weight & press start.<br>2. When beeps, mix well, add paneer cubes, peas, tomato puree, jeera, powder, salt, haldi, red chilli powder, garam masala. Mix well cover. Press Start.<br>3. When beeps, mix well, add water, coriander leaves & cover. Press start. Stand for 5 minutes.
</td></tr>
<tr><td>IC20</td><td>Kadhai Chicken</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td></tr>
<tr><td>Methidana</td><td>¼ tsp</td><td>¼ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Onion slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td><td>3½ nos.</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td></tr>
<tr><td>Dhania powder,Red chilli powder,Salt</td><td colspan="5">As per taste</td></tr>
<tr><td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Hara dhania</td><td colspan="5">A few sprigs</td></tr>
<tr><td>Capsicum</td><td>1 no.</td><td>1½ nos.</td><td>2 nos.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Ginger (finely sliced)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4½ tbsp</td></tr>
<tr><td>Cream</td><td colspan="5">For garnishing</td></tr>
</table>
Method :<br>1. In MWS Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select menu & weight and press start.<br>2. When beeps, mix well & add tomato puree, hara dhana, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes.<br>3. Add cream. Mix well. Serve hot.
</td></tr>
<tr><td>IC21</td><td>Kofta Curry</td><td>0.1-0.3 kg</td><td>Microwave safe (MWS) flat glass dish<br>&<br>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Grated Lauki</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Besan</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chopped Onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Chopped Ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Coriander power, haldi, garam masala, red chilli powder, jeera, salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Water</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u><br>1. In a bowl mix grated lauki, besan, salt & haldi together. Mix well & prepare balls of medium size out of the mixture.<br>2. Grease a MWS flat glass dish & keep the koftas on it select category & weight & press start.<br>3. When beeps, remove in a MWS bowl add oil, jeera, onion, garlic & ginger & press start.<br>4. When beeps, mix well, add tomato puree, coriander power, garam masala, red chilli powder, salt, water. Add koftas & press start. Stand for 5 minutes. Squeeze lemon juice & serve.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC22</td><td>Egg Curry</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boiled eggs</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr>
<tr><td>Onions (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Garlic (pods)</td><td>6-7 nos.</td><td>8-10 nos.</td><td>10-12 nos.</td></tr>
<tr><td>Ginger (chopped)</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Tomato puree</td><td>3 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Water</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Green peas (shelled)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala, Turmeric powder, Dhania powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Coriander leaves</td><td colspan="3">A few sprigs</td></tr>
</table>
Method :<br>1. Put chopped onions, green chilli, garlic, ginger in a spice blender & make paste adding 1 tbsp water.<br>2. In a MWS bowl take oil & add the paste. Mix well. Select menu & weight and press start.<br>3. When beeps, stir & add tomato puree, peas, water & all the spices. Mix well & press start.<br>4. When beeps, stir & add boiled eggs (each cut into 2), add some water if required. Mix well & press start. Garnish with fresh coriander leaves & serve hot.
</td></tr>
<tr><td>IC23</td><td>Jhinga Matar Curry</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Prawns (deveined & cleaned)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Peas (shelled)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Water</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>For Paste</td><td></td><td></td><td></td></tr>
<tr><td>Onions</td><td>1 no.</td><td>2 nos.</td><td>2½ nos.</td></tr>
<tr><td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Coriander powder, Turmeric powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Ginger (chopped)</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
</table>
Method :<br>1. Grind all together onions, green chilli, ginger, coriander powder & turmeric powder without adding any water & make a paste.<br>2. In a MWS bowl take oil & paste. Mix well. Select menu & weight and press start.<br>3. When beeps, mix & add shelled peas, prawns, all other spices & water. Mix well & cover and press start.<br>4. When beeps, remove lid & stir well. Press start. Serve hot with steamed rice.
</td></tr>
</table>

# Indian Cuisine

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC24</td><td>Dum Tangri</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl<br>&<br>High rack</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Chicken legs</td><td>5 nos.</td></tr>
<tr><td>For Marinade</td><td></td></tr>
<tr><td>Hung curd</td><td>4 tbsp</td></tr>
<tr><td>Fresh cream</td><td>1 tbsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>½ tbsp</td></tr>
<tr><td>Tandoori chicken masala</td><td>1 tbsp</td></tr>
<tr><td>Kasoori methi</td><td>As required</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala, pepper</td><td>As per taste</td></tr>
<tr><td>For Gravy</td><td></td></tr>
<tr><td>Fresh tomato paste</td><td>5 tbsp</td></tr>
<tr><td>Onion paste</td><td>5 tbsp</td></tr>
<tr><td>Tomato puree</td><td>3 tbsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Fresh coriander leaves (chopped)</td><td>As required</td></tr>
<tr><td>Salt, Red chilli power, Garam masala, Dhania powder</td><td>As per taste</td></tr>
</table>
Method :<br>
1. Pre-prepare the gravy : Add all ingredient of gravy in MWS glass bowl and microwave at 100% for 5 mins. Keep aside.<br>
2. Take chicken legs, wash, clean & pat dry them with kitchen towel. Make cuts on legs with a sharp knife & keep aside.<br>
3. In a bowl take all the ingredients of marinade & mix to a thick paste. Apply the marinade on chicken legs all over & inside the cuts as well. Keep covered inside the refrigerator for at least half an hour.<br>
4. After marination is done, keep the marinated chicken legs on high rack. Keep high rack with chicken legs in the microwave. Select menu & press start.<br>
5. When beeps, turn the chicken legs & press start.<br>
6. When beeps, remove chicken legs from high rack and add chicken legs to prepared gravy and cover with cling film and press start.<br>
Stand for 5 minutes.<br>
7. Mix well & serve hot with butter naan or laccha parantha.
</td></tr>
<tr><td>IC25</td><td>Makki Korma</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Corns</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Peas</td><td>¼ cup</td><td>½ cup</td><td>½ cup</td></tr>
<tr><td>Onion (chopped)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Tomato (chopped)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Green chilli (chopped)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Beaten curd</td><td>4 tbsp</td><td>6 tbsp</td><td>8 tbsp</td></tr>
<tr><td>Water (for boiling)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Water (for cooking)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Salt, Red chilli power, Turmeric powder, Garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
</table>
Method :<br>
1. In a MWS glass bowl put corns, peas, water (for boiling) & stir. Select menu & weight and press start.<br>
2. When beeps, remove & strain the corns & peas in a strainer & keep aside. In the same glass bowl add put oil, chopped onion, tomato & green chilli. Mix well & press start.<br>
3. When beeps, add corns & peas, water (for cooking), add all spices, beaten curd & mix well. Press start. Give standing time of 5-10 minutes & serve hot.
</td></tr>
</table>

# Indian Cuisine

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC26</td><td>Methi Aloo</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Methi leaves (chopped)</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr>
<tr><td>Big size potato (cut in pieces)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Tomato (chopped)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Green chilli (chopped)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Salt, Red chilli powder, Haldi, Garam masala</td><td colspan="3">As per taste</td></tr>
</table>
Method :<br>
1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select menu & weight and press start.<br>
2. When beeps, mix & add cut potatoes. Sprinkle little water on top. Cover & press start.<br>
3. When beeps, remove cover. Add chopped methi leaves & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.
</td></tr>
<tr><td>IC27</td><td>Kaddu Ki Sabzi</td><td>0.2 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Kaddu (cut into pieces)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Chopped tomato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Finely chopped ginger</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Chopped coriander leaves</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Salt, Red chilli power, Garam masala, Amchoor, Turmeric powder</td><td colspan="4">As per taste</td></tr>
</table>
Method :<br>
1. In a MWS bowl take kaddu pieces, sprinkle some water & cover. Select menu & weight and press start.<br>
2. When beeps, remove kaddu & keep aside. In another MWS bowl put oil, chopped ginger, green chilli, coriander leaves & chopped tomatoes. Mix well & press start.<br>
3. When beeps, remove & mix well. Add cooked kaddu & all the spices. Mash with the back of laddle / spoon. Press start. Serve hot.
</td></tr>
</table>

# Sweet Corner

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SC1</td><td>Suji Halwa</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Suji</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Ghee (melted)</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Water</td><td>300 mL</td><td>600 mL</td><td>900 mL</td></tr>
<tr><td>Sugar</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Cashewnuts, Kishmish, Kesar, Elaichi powder</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u><br>
1. In MWS glass bowl take suji, add ghee, mix it together. Select menu & weight press start.<br>
2 When beeps, stir it. Allow to cool. Add sugar & ½ qty. of water (For 0.1kg add 150 mL). Mix well & press start.<br>
3. When beeps, add remaining ½ water, sugar, cashewnuts, kishmish, kesar, elaichi powder, mix it well and press start. Serve hot.
</td></tr>
<tr><td>SC2</td><td>Besan Ladoo</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Besan</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Ghee (melted)</td><td>3 tbsp</td><td>5 tbsp</td><td>7 tbsp</td></tr>
<tr><td>Powder sugar</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Elaichi powder</td><td>1/2 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
</table>
<u>Method :</u><br>
1. In MWS flat glass dish take besan and ghee. Select menu and weight and press start.<br>
2. When beeps, stir it & press start.<br>
3. When beeps, stir it & press start.<br>
4. Allow to cool. Sieve the mixture. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size.<br>
Note : For binding the ladoo use ghee.
</td></tr>
<tr><td>SC3</td><td>Shahi Tukda</td><td>0.1 ~ 0.4 kg</td><td>Microwave safe (MWS) flat glass dish* & Low Rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Bread Slices</td><td>1 slice</td><td>2 slices</td><td>3 slices</td><td>4 slices</td></tr>
<tr><td>Milkmaid</td><td>50 mL</td><td>100 mL</td><td>150 mL</td><td>200 mL</td></tr>
<tr><td>Milk</td><td>50 mL</td><td>100 mL</td><td>125 mL</td><td>150 mL</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Badam, Pista Pieces</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Kesar-Elaichi Powder</td><td colspan="4">As per taste</td></tr>
</table>
<u>Method :</u><br>
1. Arrange bread slices on low rack. Select menu & weight & press start.<br>
2 When beeps, turn slices press start.<br>
3. When beeps, mix milkmaid, milk, sugar, dry fruits and kesar elaichi powder in MWS Flat Glass Dish. Pour the mixture on slices and press start. Serve hot.
</td></tr>
<tr><td>SC4</td><td>Kheer</td><td>0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Milk</td><td>500 mL</td></tr>
<tr><td>Milkmaid</td><td>400 mL</td></tr>
<tr><td>Seviyan (roasted)</td><td>80 g</td></tr>
<tr><td>Badam, Pista Pieces</td><td>5 tbsp</td></tr>
<tr><td>Kesar & Elaichi Powder</td><td>As required</td></tr>
</table>
<u>Method :</u><br>
1. In MWS Glass Bowl add milk, milkmaid & mix well. Select menu press start.<br>
2. When beeps, add badam, pista pieces, kesar elaichi powder & seviyan. Mix well and press start.<br>
3. When beeps, mix it well. Add more milk (if required) & press start. Stand for 5 minutes. Serve hot or chilled.<br>
Note : The bowl should be filled at 1/4 level of the total volume.
</td></tr>
</table>

* Refer Page 99, Fig.4

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SC5</td><td>Mysore Pak</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe(MWS) flat glass dish & Microwave safe(MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Besan</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Sugar</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Ghee</td><td>1/2 cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Water</td><td>100 mL</td><td>200 mL</td><td>250 mL</td></tr>
<tr><td>Cardamom powder</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
</table>
<u>Method :</u><br>1. In a MWS flat glass dish add besan. Select menu & weight & press start.<br>2. When beeps, remove & in another MWS glass bowl add water & sugar. Press start.<br>3. When beeps, add sugar to the besan stirring continuously. After this add melted ghee, stirring continuously. Pour the mixture in a MWS flat glass dish. Press start.<br>4. Allow to cool. Cut it into square shape pieces & serve.<br>Note: For stirring take the help of one more person.
</td></tr>
<tr><td>SC6</td><td>Nariyal Burfi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Grated coconut</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Milkmaid</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Milk powder</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Elaichi powder</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl add ghee & fresh grated coconut. Mix well.<br>2. Select menu & weight & press start.<br>3. When beeps, add milkmaid, milk powder, elaichi powder & press start.<br>4. When beeps, remove & spread the mixture onto a greased thali & allow to set for 1 hour. Cut into rectangles & store in a air tight container
</td></tr>
<tr><td>SC7</td><td>Sandesh</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Paneer (grated)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Milkmaid</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Rose water</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Elaichi seeds</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Chopped pista</td><td colspan="3">A few</td></tr>
<tr><td>Khoa (mashed)</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl add grated paneer, khoa & milkmaid. Mix well.<br>2. Select menu & weight & press start.<br>3. When beeps, stir well & press start.<br>4. Allow to cool. Hang in Muslin cloth for 20 minutes if it too wet. Make balls out of the mixture & roll them in elaichi powder & chopped pista. Refrigerate till set.
</td></tr>
<tr><td>SC8</td><td>Shahi Rabdi</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Milk</td><td>1 cup</td></tr>
<tr><td>Grated paneer</td><td>1 cup</td></tr>
<tr><td>Condensed milk</td><td>½ cup</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp</td></tr>
<tr><td>Elaichi powder</td><td>¼ tsp</td></tr>
<tr><td>Saffron</td><td>A few strands</td></tr>
<tr><td>Rose essence</td><td>A few drops</td></tr>
<tr><td>Chopped pistachios</td><td>1 tbsp</td></tr>
<tr><td>Chopped almonds (skin removed)</td><td>2 tbsp</td></tr>
</table>
<u>Method :</u><br>1. Dissolve strands of saffron in 2 tbsp lukewarm milk.<br>2. In a MWS bowl, put all the ingredients of rabdi except chopped pistachios. Mix well.<br>3. Keep the bowl in Microwave. Select menu & press start.<br>4. Serve chilled garnished with chopped pistachios.
</td></tr>
</table>

# Sweet Corner

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SC9</td><td>Payasam</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe(MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Broken Rice (soaked for 2 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Milk + Water</td><td>300 mL</td><td>500 mL</td><td>700 mL</td></tr>
<tr><td>Sugar</td><td>75 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Kesar, Elaichi powder, Dry fruits</td><td colspan="3">As per taste</td></tr>
<tr><td>Ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl take ghee, soaked rice, milk & water & cover it.<br>2. Select menu & weight & press start.<br>3. When beeps, add more milk, dry fruits, kesar, elaichi powder. Mix well & press start. Stand for 5 minutes. Sprinkle kewada jal on it. Serve hot or chilled.
</td></tr>
<tr><td>SC10</td><td>Kaddu Kheer</td><td>0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Milk</td><td>300 mL</td></tr>
<tr><td>Grated kaddu</td><td>200 g</td></tr>
<tr><td>Milkmaid</td><td>150 g</td></tr>
<tr><td>Dry fruits (Kaju, kishmish, pista)</td><td>As required</td></tr>
</table>
<u>Method :</u><br>1. In a MWS glass bowl add milk & milkmaid, grated kaddu. Select menu & press start.<br>2. When beeps, mix well & add sugar. Press start.<br>3. When beeps, mix well & add dry fruits. Press start. Serve it chilled or hot.
</td></tr>
<tr><td>SC11</td><td>Seviyan Zarda</td><td>0.2 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Roasted Seviyan</td><td>200 g</td></tr>
<tr><td>Sugar</td><td>5 tbsp</td></tr>
<tr><td>Water</td><td>2 cups</td></tr>
<tr><td>Rose essence</td><td>A few drops</td></tr>
<tr><td>Almonds</td><td>A few</td></tr>
<tr><td>Chopped pista</td><td>A few</td></tr>
<tr><td>Elaichi powder</td><td>½ tsp</td></tr>
<tr><td>Ghee</td><td>1 ½ tbsp</td></tr>
</table>
<u>Method :</u><br>1. In a MWS glass bowl add sugar & water. Select menu & press start.<br>2. When beeps, add rose essence, cardamom powder, seviyan to the bowl. Press start. Give standing time of 3 mins. Garnish with almonds & pista & serve.
</td></tr>
<tr><td>SC12</td><td>Phirni</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Milk</td><td>350 mL</td><td>500 mL</td><td>650 mL</td></tr>
<tr><td>Rice (Soaked)</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Sugar</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Elaichi powder</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Cream (whipped)</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Dry fruits ( almonds, cashewnuts, raisins)</td><td colspan="3">As required</td></tr>
<tr><td>Kesar</td><td colspan="3">A few</td></tr>
</table>
<u>Method :</u><br>1. Grind the soaked rice to a paste with little water.<br>2. In a MWS glass bowl add milk. Select menu and weight and press start.<br>3. When beeps, add rice paste & sugar to it. Press start.<br>4. When beeps, add cream & press start.<br>5. Mix well, add cardamom powder & dry fruits & keep in the refrigerator to chill. Garnish with kesar & serve.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SC13</td><td>Burfi</td><td>0.3 kg</td><td>Microwave safe (MWS) flat glass dIsh</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Milk powder</td><td>100 g</td></tr>
<tr><td>Milkmaid</td><td>150 g</td></tr>
<tr><td>Cream</td><td>100 mL</td></tr>
<tr><td>Chopped almonds & pistas</td><td>As required</td></tr>
</table>
<u>Method :</u><br>1. In a bowl mix milk powder, milkmaid & cream. Beat well till smooth.<br>2 Pour the mixture in a MWS flat glass dish. Select menu & press start.<br>3. When beeps, mix well (remove lumps if formed). Press start.<br>4. When beeps, mix well & press start.<br>5. Remove, allow to cool & refrigerate till set. After setting cut into pieces & sprinkle chopped almonds & pistas & serve.
</td></tr>
<tr><td>SC14</td><td>Kalakand</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe(MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Grated Paneer</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Milkmaid</td><td>50 mL</td><td>100 mL</td><td>200 mL</td></tr>
<tr><td>Milk Powder</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Cornflour</td><td>1/2 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Elaichi Powder</td><td>1/2 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
</table>
<u>Method :</u><br>1. In MWS Bowl take grated paneer, milkmaid, milk powder, cornflour, elaichi powder. Mix well, select menu and weight and press start.<br>2. When beeps, mix it again and press start.<br>3. When set cut into pieces. Garnish with dry fruits.
</td></tr>
<tr><td>SC15</td><td>Rava Ladoo</td><td>0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Roasted rava/sooji</td><td>1 cup</td></tr>
<tr><td>Grated khoa</td><td>1½ cup</td></tr>
<tr><td>Sugar</td><td>½ cup</td></tr>
<tr><td>Milk</td><td>½ cup</td></tr>
<tr><td>Kishmish</td><td>2 tbsp</td></tr>
<tr><td>Chopped almonds</td><td>2 tbsp</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp</td></tr>
<tr><td>Elaichi powder (optional)</td><td>½ tsp</td></tr>
</table>
Method :<br>1. In a MWS glass bowl take sugar & milk. Mix & select menu and press start.<br>2. When beeps, add roasted rava/sooji, kishmish & chopped almonds. Sprinkle elaichi powder & mix very well. Press start.<br>3. When beeps, mix well & add grated khoa. Mix well & again press start.<br>4. Make equal sized ladoos from the mixture, when it is still warm.
</td></tr>
<tr><td>SC16</td><td>Kaju Burfi</td><td>0.4 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Kaju</td><td>2 cups</td></tr>
<tr><td>Powdered sugar</td><td>1¼ cup</td></tr>
<tr><td>Water</td><td>½ cup</td></tr>
</table>
Method :<br>1. Take kaju in a spice-grinder & make a fine powder and keep aside.<br>2. In a MWS glass bowl take powdered sugar & water. Stir very well. Select menu & press start.<br>3. When beeps, stir very well & dissolve all the sugar. Add kaju powder & stir till all the lumps are removed. Keep stirring till the paste becomes like a dough (ball formation stage).<br>4. Grease the kitchen-slab (marble top) a little with ghee. Take the dough & roll out to 1" thickness carefully. Cut the kaju burfi in desired square or diamond shape & decorate with vark and serve.
</td></tr>
</table>

# Sweet Corner

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SC17</td><td>Badam Halwa</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Badam (soaked in hot water for 1 hour)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Milk (for making paste)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Milk (for cooking)</td><td>½ cup</td><td>¾ cup</td><td>1 cup</td></tr>
<tr><td>Sugar</td><td>3 tbsp</td><td>5 tbsp</td><td>7 tbsp</td></tr>
<tr><td>Desi ghee</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Slivered almonds (for garnishing)</td><td colspan="3">A few</td></tr>
</table>
Method :<br>
1. Remove the skin from badam & grind them to a fine paste adding milk. Take out this paste in a MWS glass bowl.<br>
2. Add desi ghee to the paste & mix well. Select menu & weight and press start.<br>
3. When beeps, stir very well & again press start.<br>
4. When beeps, stir very well. Add sugar & milk (for cooking). Again mix well & press start. Give standing time of 5-6 minutes & mix well. Garnish with slivered almonds & serve badam halwa hot.
</td></tr>
</table>

## rd1 Chicken Biryani

**Weight Limit:** 0.1 ~ 0.5 kg

**Utensil:** Microwave safe (MWS) bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
|---|---|---|---|---|---|
| Basmati rice (soaked for 1 hour) | 100 g | 200 g | 300 g | 400 g | 500 g |
| Boneless chicken | 100 g | 200 g | 300 g | 400 g | 500 g |
| For Marinade | | | | | |
| Hung curd | 1/2 cup | 1 cup | 1½ cup | 2 cup | 2½ cup |
| Tomato puree | 2 tbsp | 3 tbsp | 4 tbsp | 5 tbsp | 6 tbsp |
| Ginger garlic paste | 1 tbsp | 1½ tbsp | 1½ tbsp | 2 tbsp | 2 tbsp |
| Salt, garam masala, coriander powder, red chilli powder, turmeric powder | As per taste | | | | |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |
| Onion | 1/2 cup | 1 cup | 1 cup | 1½ cup | 1½ cup |
| Salt | If required | | | | |
| Coriander leaves | A few springs | | | | |
| Water | 200 mL | 400 mL | 500 mL | 550 mL | 650 mL |

**Method :**

1. Marinade the chicken & keep it in refrigerator for 1 hour.
2. In a MWS bowl add oil, chopped onions & marinated chicken & cover. Select menu & weight & press start.
3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover & press start. Stand for 5 minutes. Serve hot.

## rd2 Gosht Dum Biryani

**Weight Limit:** 0.1 ~ 0.5 kg

**Utensil:** Microwave safe (MWS) bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
|---|---|---|---|---|---|
| Basmati rice (soaked for 1 hour) | 100 g | 200 g | 300 g | 400 g | 500 g |
| Boneless mutton | 100 g | 200 g | 300 g | 400 g | 500 g |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |
| Chopped onion | ½ cup | 1 cup | 1 cup | 1½ cup | 1½ cup |
| Ginger garlic paste | 1 tbsp | 1½ tbsp | 1½ tbsp | 2 tbsp | 2 tbsp |
| Jeera, laung, tej patta, salt, red chilli powder, garam masala | As per taste | | | | |
| Water | 200 mL | 400 mL | 600 mL | 650 mL | 750 mL |

**Method :**

1. In a MWS bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton & cover. Select menu & weight and press start.
2. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala & cover. Press start. Stand for 5 minutes. Serve hot.

## rd3 Malabar Biryani

**Weight Limit:** 0.1 ~ 0.5 kg

**Utensil:** Microwave safe (MWS) bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
|---|---|---|---|---|---|
| Basmati rice (soaked for 1 hour) | 100 g | 200 g | 300 g | 400 g | 500 g |
| Boneless chicken | 100 g | 200 g | 300 g | 400 g | 500 g |
| For Marinade | | | | | |
| Salt, Red chilli powder, Turmeric powder | As per taste | | | | |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |
| Biryani masala | As per taste | | | | |
| Curd | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |
| Sliced tomato | 1 No. | 1 No. | 2 Nos. | 2 Nos. | 3 Nos. |
| Sliced onion | 1 No. | 1 No. | 2 Nos. | 2 Nos. | 3 Nos. |
| Water | 200 mL | 400 mL | 600 mL | 650 mL | 750 mL |

**Method :**

1. Marinade the chicken & refrigerate it for 1 hour.
2. In a MWS bowl add oil, onion, chopped coriander & mint leaves, biryani masala & salt. Mix, select menu & weight & press start.
3. When beeps, remove the bowl & in another MWS bowl add soaked rice, water, tomato, curd, mix & cover. Press start.
4. When beeps, add the marinated chicken to the first bowl. Cover & press start. Stand for 5 minutes. Serve hot.

# Rice Delight

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>rd4</td><td>Pineapple Fried Rice</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Mix veg - Peas, french beans, carrots, capsicum</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr>
<tr><td>Pineapple (chopped)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Ajinomoto</td><td colspan="5">A pinch</td></tr>
<tr><td>Red chilli powder, chilli sauce, soya sauce</td><td colspan="5">As per taste</td></tr>
<tr><td>Water</td><td>200 mL</td><td>400 mL</td><td>600 mL</td><td>650 mL</td><td>750 mL</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl add oil, mix vegetables, ajinomoto, red chilli powder, soy sauce, chilli sauce. Mix & select menu & weight & press start.<br>2. When beeps, remove, in another MWS bowl add rice & water & press start.<br>3. When beeps, add the boiled rice to the vegetables, add pineapple pieces. Mix & press start. Stand for 5 minutes.
</td></tr>
<tr><td>rd5</td><td>Veg Pulao</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>200 mL</td><td>400 mL</td><td>600 mL</td><td>650 mL</td><td>750 mL</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Jeera, Laung, Tej patta, Salt, Garam masala, Red chilli powder</td><td colspan="5">As per taste</td></tr>
<tr><td>Mix veg - Gobhi, Matar, Gajar, French beans etc.</td><td>½ cup</td><td>1 cup</td><td>1½ cups</td><td>2 cups</td><td>2½ cup</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.<br>2. Select menu & weight and press start.<br>3. When beeps, mix well & add rice, water, salt, garam masala, red chilli powder. Press start. Mix well. Stand for 5 minutes.
</td></tr>
<tr><td>rd6</td><td>Veg Tahiri</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>200 mL</td><td>400 mL</td><td>500 mL</td><td>550 mL</td><td>650 mL</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Jeera, Laung, Tej patta, Salt, Garam masala, Haldi, Red chilli powder</td><td colspan="5">As per taste</td></tr>
<tr><td>Mix veg - Gobhi, Matar, Gajar, Tomato, Potato etc.</td><td>1/2 cup</td><td>1 cup</td><td>1½ cups</td><td>2 cups</td><td>2½ cups</td></tr>
</table>
<u>Method :</u><br>1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.<br>2. Select menu & weight & press start.<br>3. When beeps, mix well & add rice, water, salt, garam masala, haldi, red chilli powder. Press start. Mix well. Stand for 5 minutes. Serve hot.
</td></tr>
</table>

## rd7 Pepper Rice

**Weight Limit:** 0.1-0.3kg

**Utensil:** Microwave safe (MWS) glass bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Soaked Rice (2 hours) | 100 g | 200 g | 300 g |
| Water | 200 mL | 400 mL | 600 mL |
| Dry coconut | 2 tbsp | 3 tbsp | 4 tbsp |
| Green chilli (Chopped) | 2 nos. | 3 nos. | 4 nos. |
| Garlic (Chopped) | 2 cloves | 3 cloves | 4 cloves |
| Ghee | 1 tbsp | 2 tbsp | 2½ tbsp |
| Salt | As per taste | | |
| Black pepper powder | As per taste | | |
| **Seasoning** | | | |
| Mustard seeds | ½ tsp | 1 tsp | 1½ tsp |
| Black gram dal | ½ tsp | 1 tsp | 1½ tsp |
| Bengal gram dal | ½ tsp | 1 tsp | 1½ tsp |
| Curry leaves | A few leaves | | |
| Dry Red Chilli | 1 no. | 2 nos. | 3 nos. |
| Oil | 1 tbsp | 2 tbsp | 3 tbsp |

**Method :**

1. In a MWS glass bowl take soaked rice & water. Select menu & weight & press start.
2. When beeps, in another MWS glass bowl add oil, dry red chilli, green chilli, chopped garlic, mustard seeds, black gram dal, Bengal gram dal, curry leaves.
3. Press start.
4. When beeps, add cooked rice, ghee, salt, black pepper powder. Mix well & press start. Stand for 5 minutes. Add grated coconut & serve hot.

## rd8 Zafrani Pulao

**Weight Limit:** 0.1 ~ 0.5 kg

**Utensil:** Microwave safe (MWS) bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
|---|---|---|---|---|---|
| Basmati rice | 100 g | 200 g | 300 g | 400 g | 500 g |
| Melted ghee | 1 tbsp | 2 tbsp | 3 tbsp | 4 tbsp | 5 tbsp |
| Nutmeg powder, Cardamon powder | As per taste | | | | |
| Sugar | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |
| Saffron (Kesar) | A pinch | | | | |
| Warm milk | 1 tbsp | 2 tbsp | 3 tbsp | 4 tbsp | 5 tbsp |
| Water | 150 mL | 300 mL | 350 mL | 650 mL | 750 mL |
| Kishmish, Kaju | As per required | | | | |

**Method :**

1. In a MWS bowl add ghee & rice. Mix well. select menu & weight and press start.
2. When beeps, mix well add nutmeg powder, cardamom powder, kishmish, kaju, sugar, saffron mixed with warm milk, water. Press start. Stand for 5 minutes. Garnish with kishmish & kaju and serve.

## rd9 Bengali Biryani

**Weight Limit:** 0.1 ~ 0.5 kg

**Utensil:** Microwave safe (MWS) bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
|---|---|---|---|---|---|
| Basmati Rice (Cooked) | 100 g | 200 g | 300 g | 400 g | 500 g |
| Fish (Hilsa) | 250 g | 350 g | 450 g | 550 g | 650 g |
| Desi Ghee | 1 tbsp | 2 tbsp | 2 tbsp | 3 tbsp | 3 tbsp |
| Onion (sliced) | 1 no. | 2 nos. | 2 nos. | 3 nos. | 3 nos. |
| Ginger-garlic paste | 1 tsp | 1½ tsp | 2 tsp | 2½ tsp | 3 tsp |
| Red chilli powder, Salt, Turmeric powder, Cumin powder, Garam masala | As per taste | | | | |
| Black pepper corns, Cloves, Cinnamon, Bayleaf,Cardamom (green) | As per requirement | | | | |
| Hung curd | 2 tbsp | 2½ tbsp | 3 tbsp | 3½ tbsp | 4 tbsp |
| Oil | 1 tsp | 1½ tsp | 2 tsp | 2½ tsp | 3 tsp |
| Water | 200 mL | 400 mL | 600 mL | 650 mL | 750 mL |

**Method :**

1. In a bowl take hung curd, ginger-garlic paste, oil, all the spices, mix well & make a paste for marinade. Apply this marinade on fish pieces evenly keep the marinated fish in refrigerator for atleast 1-1½ hours.
2. In a MWS bowl take soaked rice, water, select menu & weight & press start.
3. When beeps, remove rice from microwave. In another MWS bowl take sliced onions, desi ghee, black pepper corns, cloves, cinnamon stick, bay leaf, cardamom, mix well. Press start.
4. When beeps, add the cooked onions to rice, add marinated fish pieces, salt. Mix well, cover & press start. Allow to stand for 5-10 minutes.
5. Serve hot with curd or gravy of your choice.

# Rice Delight

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>rd10</td><td>Khumb Pulao</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati Rice (Soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Sliced mushrooms</td><td>50 g</td><td>100 g</td><td>150 g</td><td>200 g</td><td>250 g</td></tr>
<tr><td>Water</td><td>100 mL</td><td>200 mL</td><td>300 mL</td><td>325 mL</td><td>375 mL</td></tr>
<tr><td>Milk</td><td>100 mL</td><td>200 mL</td><td>300 mL</td><td>325 mL</td><td>375 mL</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Chopped spring onions</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr>
<tr><td>Chopped garlic</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Salt, Pepper</td><td colspan="5">As per taste</td></tr>
</table>
Method :<br>1. In a MWS bowl add oil, chopped garlic & spring onions. Select menu & weight and press start.<br>2. When beeps, mix well & add mushrooms. Press start.<br>3. When beeps, mix well & add rice, milk, water, salt and pepper. Press start. Stand for 3 minutes.
</td></tr>
<tr><td>rd11</td><td>Tiranga Pulao</td><td>0.2 ~ 0.4kg</td><td>Microwave safe (MWS) bowl<br>&<br>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Rice (soaked for 1 hour)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Water</td><td>350 mL</td><td>500 mL</td><td>650 mL</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>For Red Mixture</td><td></td><td></td><td></td></tr>
<tr><td>Beat root (grated)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Onion (sliced)</td><td>½ nos.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Oil / ghee</td><td>½ tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Laung, Dalchini, Chhoti elaichi</td><td colspan="3">As requite</td></tr>
<tr><td>For White Mixture</td><td></td><td></td><td></td></tr>
<tr><td>Cashewnuts (broken into pieces)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Oil / ghee</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>For Green Mixture</td><td></td><td></td><td></td></tr>
<tr><td>Mint leaves</td><td>½ cup</td><td>1cup</td><td>1 cup</td></tr>
<tr><td>Coriander leaves</td><td>½ cup</td><td>1cup</td><td>1 cup</td></tr>
<tr><td>Onion</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
Method :<br>1. In a spice grinder take mint leaves, coriander leaves, onion (cut into pieces), green chilli & salt. Grind them & make green chutney. Keep aside for late use.<br>2. In a MWS bowl take soaked rice & water. Add salt. Select menu & weight and press start.<br>3. When beeps, remove the MWS bowl & drain excess water from the rice. Divide the cooked rice into 3 equal parts. Cover them.<br>4. In another MWS bowl add oil/ghee, grated beet root, sliced onion, laung, elaichi & salt. Mix well. Press start.<br>5. When beeps, remove the MWS bowl and in a MWS glass bowl add oil/ghee & cashewnuts. Press start.<br>6. Mix one portion of rice to the red mixture with a fork. Do not break the rice. Mix second portion with green chutney & third portion of rice with chashewnuts.<br>7. Take square / rectangular dish & arrange the red coloured layer first, white layer in the centre & green layer in the end. Serve them hot.
</td></tr>
</table>

## rd12 Egg Biryani

**Weight Limit:** 0.1 ~ 0.3kg

**Utensil:** Microwave safe (MWS) bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Boiled eggs | 2 nos. | 3 nos. | 4 nos. |
| Rice (soaked for 1 hour) | 100 g | 200 g | 300 g |
| Water | 200 mL | 350 mL | 500 mL |
| Onions (Big sized sliced) | 1 no. | 2 nos. | 2 nos. |
| Coriander leaves (chopped) | 1 tbsp | 2 tbsp | 3 tbsp |
| Ginger-garlic paste | ½ tsp | 1 tsp | 1 tsp |
| Salt, Red chilli powder, Garam masala, Dhania powder, Turmeric powder | As per taste | | |
| Biryani masala | ½ tsp | 1 tsp | 1 tsp |
| Slit green chillies | 1 no. | 2 nos. | 2 nos. |

**Method :**

1. In a MWS bowl take soaked rice, water. Select menu & weight and press start.
2. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies & all the spices. Mix very well & press start.
3. When beeps, add boiled eggs (cut into 2) & boiled rice to the sliced onions. Mix well without breaking the eggs. Press start.
4. Serve egg biryani hot with plain curd or raita.

## rd13 Achari Chana Pulao

**Weight Limit:** 0.1 ~ 0.3 kg

**Utensil:** Microwave safe (MWS) bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Soaked rice | 100 g | 200 g | 300 g |
| Soaked & boiled kabuli chana | ½ cup | 1 cup | 1½ cup |
| Sliced onions | ½ cup | 1 cup | 1½ cup |
| Water | 200 mL | 350 mL | 500 mL |
| Ginger-garlic paste | ½ tsp | 1 tsp | 1½ tsp |
| Desi ghee | 1 tbsp | 1½ tbsp | 2 tbsp |
| Laung, Chhoti elaichi, Badi elaichi, Saunf, Jeera | As per requirement | | |
| Salt, Red chilli powder, Garam masala, Haldi | As per taste | | |
| Mango pickle paste | 1 tbsp | 1½ tbsp | 2 tbsp |
| Slit green chilli | 1 no. | 2 nos. | 2 nos. |

**Method :**

1. In a MWS bowl take soaked rice & water. Select menu & weight and press start.
2. When beeps, remove the rice & keep aside. In another MWS bowl take desi ghee, jeera, saunf, laung, chhoti elaichi, badi elaichi, ginger-garlic paste, sliced onions & slit green chillies. Mix very well & press start.
3. When beeps, add onion-mixture to the cooked rice, also add mango pickle paste & all the spices. Mix very well & press start.
4. Serve achari chana pulao hot with fresh curd.

## rd14 Methi Rice

**Weight Limit:** 0.1 ~ 0.3kg

**Utensil:** Microwave safe (MWS) bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Methi leaves (chopped) | 1 cup | 1½ cup | 2 cup |
| Soaked rice | 100 g | 200 g | 300 g |
| Water | 200 mL | 350 mL | 500 mL |
| Onions (sliced) | 1 no. | 2 nos. | 3 nos. |
| Ginger-garlic paste | ½ tsp | 1 tsp | 1½ tsp |
| Salt, Red chilli powder, Garam masala | As per taste | | |
| Oil / ghee | 1½ tbsp | 2 tbsp | 2½ tbsp |

**Method :**

1. In a MWS bowl take soaked rice & water. Select menu & weight and press start.
2. When beeps, remove the rice & keep aside. In another MWS bowl take oil / ghee, chopped methi leaves, sliced onions, ginger-garlic paste. Mix well & press start.
3. When beeps, add methi leaves to cooked rice, add all the spices. Mix very well. Press start. Serve rice hot with curd or raita.

# Rice Delight

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>rd15</td><td>Coconut Rice</td><td>0.1 ~ 0.3kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>1 cup</td></tr>
<tr><td>Coconut (grated)</td><td>¼ cup</td><td>½ cup</td><td>0.3 kg</td></tr>
<tr><td>Coconut milk</td><td>100 mL</td><td>200 mL</td><td>300 mL</td></tr>
<tr><td>Water</td><td>100 mL</td><td>150 mL</td><td>200 mL</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped cashewnuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Curry leaves</td><td>10 nos.</td><td>15 nos.</td><td>20 nos.</td></tr>
<tr><td>Chopped green chilli</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt, Pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Finely chopped ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Beaten curd</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
Method :<br>1. In a MWS bowl take soaked rice coconut milk & water. Select menu & weight and press start.<br>2. When beeps, remove the rice & separate rice grains using a fork & keep aside. In another MWS bowl take oil, mustard seeds, chopped cashewnuts, curry leaves, chopped ginger, chopped green chilli. Mix well & press start.<br>3. When beeps, add cooked rice to the tadka. Add beaten curd, grated coconut, salt & pepper. Mix very well & press start. Serve coconut rice hot with sambhar.
</td></tr>
<tr><td>rd16</td><td>Curd Rice</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati rice (soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>200 mL</td><td>400 mL</td><td>600 mL</td><td>650 mL</td><td>750 mL</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Urad dal</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Chana dal</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Curry leaves</td><td colspan="5">A few leaves</td></tr>
<tr><td>Green chillies (chopped)</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Grated ginger</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Curd</td><td>½ cup</td><td>½ cup</td><td>1cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Milk</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Coriander leaves (chopped)</td><td colspan="5">A few sprigs</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add oil, mustard seeds, urad dal, chana dal. Select menu & weight and press start.<br>2. When beeps, mix well & add curry leaves, green chillies, grated ginger. Mix well & press start.<br>3. When beeps, remove the bowl.<br>4. Now in another MWS glass bowl, add rice & water. Press start. Stand for 5 minutes.<br>5. Add cooked rice, curd, milk, chopped coriander leaves to the first MWS glass bowl. Mix well &serve.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>rd17</td><td>Keema Pulao</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3kg</td></tr>
<tr><td>Basmati rice (soaked for 1 hour)</td><td>200 g</td></tr>
<tr><td>Minced Keema</td><td>100 g</td></tr>
<tr><td>Black cardamom</td><td>4 No.</td></tr>
<tr><td>Salt, red chilli powder, turmeric powder</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Salt, biryani masala</td><td>As per taste</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td></tr>
<tr><td>Sliced tomato</td><td>1 No.</td></tr>
<tr><td>Sliced onion</td><td>1 No.</td></tr>
<tr><td>Water</td><td>200 ml</td></tr>
</table>
Method :<br>1. In a MWS bowl add oil, ginger garlic paste & spring onions. Select category & weight and press start.<br>2. When beeps, add keema & biryani masala, tomato, black cardamom. Press start.<br>3. When beeps, mix well & add rice, water, salt & pepper. Press start. Stand for 3 minutes.
</td></tr>
<tr><td>rd18</td><td>Tomato Pulao</td><td>0.1 ~ 0.3Kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr>
<tr><td>Chopped tomato</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>200 ml</td><td>350 ml</td><td>500 ml</td></tr>
<tr><td>Onions (Big sized sliced)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala, dhania powder, turmeric powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Biryani masala</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Slit green chillies</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
</table>
Method :<br>1. In a MWS bowl take soaked rice, water. Select category & weight and press start.<br>2. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies, chopped tomatos & all the spices. Mix very well & press start.<br>3. When beeps, add boiled rice to the sliced onions. Mix well. Press start.<br>4. Serve tomato pulao hot with plain curd or raita.
</td></tr>
</table>

# Rice Delight

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>rd19</td><td>Paneer Fried Rice</td><td>0.1 ~ 0.5Kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td><td>0.4 Kg</td><td>0.5 Kg</td></tr>
<tr><td>Paneer (cubes)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td><td>2cup</td></tr>
<tr><td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>200 ml</td><td>350 ml</td><td>500 ml</td><td>650 ml</td><td>800 ml</td></tr>
<tr><td>Onions (Big sized sliced)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td><td>2 tsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala, dhania powder, turmeric powder</td><td colspan="5">As per taste</td></tr>
<tr><td>Biryani masala</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td><td>2 tsp</td></tr>
<tr><td>Slit green chillies</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
</table>
Method :<br>1. In a MWS bowl take soaked rice, water. Select category & weight and press start.<br>2. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies, paneer cubes & all the spices. Mix very well & press start.<br>3. When beeps, add boiled rice to the sliced onions. Mix well. Press start.<br>4. Serve paneer fried rice hot with plain curd or raita.
</td></tr>
<tr><td>rd20</td><td>Chilli Garlic Rice</td><td>0.2 ~ 0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Rice (soaked)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr>
<tr><td>Oil</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr>
<tr><td>Ghee</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Garlic paste</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped green chillies</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Chilli sauce</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Salt</td><td colspan="4">As per taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.<br>2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, coriander leaves, garlic paste. Mix well & press start.<br>3. When beeps, add cooked rice, chilli sauce, salt. Mix well & press start.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CC1</td><td>Apple Tomato Chutney</td><td>0.3 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>For</td><td>0. 3 kg</td></tr>
<tr><td>Apple pieces</td><td>150 g</td></tr>
<tr><td>Tomato pieces</td><td>150 g</td></tr>
<tr><td>Green chillies, Salt, Sugar</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>For Tempering : Rai, Jeera, Hing etc.</td><td></td></tr>
</table>
Method :<br>1. In a MWS glass bowl put apple, tomato, green chillies, salt and sugar and keep it in Microwave. Select menu and press start to cook.<br>2. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start.<br>3. When beeps, add ground mixture and press start. Garnish with chopped coriander.
</td></tr>
<tr><td>CC2</td><td>Lemon Pickle</td><td>0.3 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>For</td><td>0. 3 kg</td></tr>
<tr><td>Lemon pieces</td><td>150 g</td></tr>
<tr><td>Sugar</td><td>150 g</td></tr>
<tr><td>Chilli powder, Salt</td><td>As per taste</td></tr>
<tr><td>For Tempering : Rai, Jeera, Hing etc.</td><td></td></tr>
</table>
Method :<br>1. Cut lemon and remove seeds. In MWS glass bowl add lemon pieces, sugar, salt and chilli powder. Select menu and press start. Store it in a bottle after it cools.
</td></tr>
<tr><td>CC3</td><td>Mix veg Pickle</td><td>0.3 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)</td><td>300 g</td></tr>
<tr><td>Lemon juice</td><td>2 tbsp</td></tr>
<tr><td>Salt, Chilli powder, Sugar, Pickle Masala</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>For tempering : Rai, Jeera, Hing etc.</td><td>As required</td></tr>
</table>
Method :<br>1. In a MWS glass bowl put vegetables cut in long strips. Cover and keep it in microwave. Select menu and press start to cook.<br>2. When it gives a beep, remove.<br>3. In another MWS glass bowl add oil and tempering and press start. When it gives a beep add masala, sugar, salt & lemon juice. Add vegetables to this when it cools. Mix well and store it in a fridge.
</td></tr>
<tr><td>CC4</td><td>Pizza Sauce</td><td>0.3 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>For</td><td>0. 3 kg</td></tr>
<tr><td>Tomato</td><td>200 g</td></tr>
<tr><td>Onion</td><td>100 g</td></tr>
<tr><td>Salt, Sugar, Ajwain, Oregano, Basil leaves</td><td>As per taste</td></tr>
<tr><td>Garlic pods</td><td>7-8 nos.</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
</table>
Method :<br>1. In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select menu & press start to cook.<br>2. When beeps, remove, allow to cool and grind it in a mixer. Now add salt, sugar, ajwain, basil leaves. Keep it in microwave and press start.<br>3. When cooking ends, the sauce is ready.
</td></tr>
<tr><td>CC5</td><td>Tomato Sauce</td><td>0.5 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Tomato</td><td>500 g</td></tr>
<tr><td>Onion</td><td>1 No.</td></tr>
<tr><td>Chilli powder, Salt, Sugar</td><td>As per taste</td></tr>
<tr><td>Chopped ginger and garlic</td><td>2 tbsp</td></tr>
<tr><td>Garam masala</td><td>1 tsp</td></tr>
</table>
Method :<br>1. In a MWS glass bowl put tomato pieces, cover and keep it in a microwave. Select menu & press start to cook.<br>2. When beeps, remove, allow to cool and grind it in a mixer. Strain it. Add salt, sugar, garam masala. Mix well. Press start.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CC6</td><td>Masala Chutney</td><td>0.3 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>For</td><td>0. 3 kg</td></tr>
<tr><td>Chana dal, Urad dal</td><td>100 g each</td></tr>
<tr><td>Grated dry coconut</td><td>100 g</td></tr>
<tr><td>Sesame, Salt, Sugar, Turmeric, Dhania powder, Jeera powder, Curry leaves, Methi seeds</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
</table>
Method :<br>1. In a MWS bowl put dals and keep it in microwave. Select menu & press start to cook.<br>2. When beeps, remove. Add the rest of the ingredients and keep it in microwave and press start.<br>3. Remove, cool it and grind it in a mixer adding required amount of water. This chutney can be served with idli, parantha or rice.
</td></tr>
<tr><td>CC7</td><td>Lehsun ki chutney</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Chopped tomatoes</td><td>180 g</td></tr>
<tr><td>Chopped garlic</td><td>20 g</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Haldi, Red chilli powder, Salt</td><td>As per taste</td></tr>
<tr><td>Water</td><td>¼ cup</td></tr>
</table>
Method :<br>1. In a MWS bowl mix all the ingredients. Select menu & press start.<br>2. Remove when cooking ends. Allow to cool. Grind it & serve as an accompaniment.
</td></tr>
<tr><td>CC8</td><td>Manchurian Sauce</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Water</td><td>1½ cups (300 mL)</td></tr>
<tr><td>Vinegar sauce</td><td>1 tbsp</td></tr>
<tr><td>Soya sauce</td><td>1 tsp</td></tr>
<tr><td>Tomato sauce</td><td>½ cup</td></tr>
<tr><td>Ajinomoto (Optional)</td><td>A pinch</td></tr>
<tr><td>Cornflour</td><td>2 tbsp + ½ cup water</td></tr>
</table>
Method :<br>1. In a MWS bowl add all the ingredients. Select menu & press start.
</td></tr>
<tr><td>CC9</td><td>Aam ki chutney</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Aam (peeled & chopped)</td><td>300 g</td></tr>
<tr><td>Kishmish (seedless & chopped)</td><td>25 g</td></tr>
<tr><td>Chopped ginger & garlic</td><td>2 tsp</td></tr>
<tr><td>Tamarind pulp</td><td>1 tbsp</td></tr>
<tr><td>Salt, Sugar</td><td>As per taste</td></tr>
</table>
Method :<br>1. In a MWS bowl mix all the ingredients. Cover. Select menu & press start.
</td></tr>
<tr><td>CC10</td><td>Coconut Chutney</td><td>0.3 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Fresh grated coconut</td><td>300 g</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td></tr>
<tr><td>Chopped ginger</td><td>½ tbsp</td></tr>
<tr><td>Roasted split gram dal (optional)</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>For tempering</td><td></td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td></tr>
<tr><td>Broken dry red chillies</td><td>1 no.</td></tr>
<tr><td>Curry leaves</td><td>A few</td></tr>
</table>
Method :<br>1. Grind grated coconut, chopped green chillies, ginger, roasted split gram dhal, salt together in a blender.<br>2. In a MWS glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select menu & press start.<br>3. Pour the tempering over the chutney & serve.
</td></tr>
</table>

## CC11 Til ki Chutney

**Weight Limit:** 0.2 kg

**Utensil:** Microwave Safe (MWS) Glass Bowl

| For | 0.2 kg |
|---|---|
| Roasted til | ½ cup |
| Tamarind paste | 2 tbsp |
| Green chilli | 4-5 nos. |
| Coriander leaves | 2 tbsp |
| Mint leaves | 1 tbsp |
| Water | ½ cup |
| Garlic pods | 2-3 nos. |
| Salt | As per taste |
| **For Tempering** | |
| Oil | 1 tbsp |
| Cumin seeds | 1 tsp |
| Curry leaves | 6-7 nos. |
| Red chilli (dry) | 2 nos. |

**Method :**

1. Grind together roasted til, tamarind paste, green chilli, coriander leaves, mint leaves, garlic pods, salt & water in spice grinder. Make a rough paste.
2. In a MWS glass bowl take oil, cumin seeds, curry leaves & dried red chilli. Mix well. Select menu & press start.
3. When beeps, add the grounded paste to the tempering & mix well.

## CC12 Chana Chaat

**Weight Limit:** 0.1 ~ 0.4 kg

**Utensil:** Microwave safe (MWS) bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg |
|---|---|---|---|---|
| Kala chana (soaked overnight) | 100 g | 200 g | 300 g | 400 g |
| Water | 250 ml | 500 ml | 750 ml | 1000 ml |
| Oil | 1 tsp | 2 tsp | 3 tsp | 4 tsp |
| Jeera, hing | 1 tsp | 1½ tsp | 2 tsp | 2 tsp |
| Chopped onion | ½ cup | 1 cup | 1 cup | 1½ cup |
| Boiled potato | 1 no. | 2 nos. | 3 nos. | 3 nos. |
| Salt, red chilli powder, chaat masala, lemon juice, imli chatni | As per taste | | | |

**Method :**

1. In a MWS bowl add soaked chana, water & cover. Select category & weight and press start.
2. When beeps, remove & drain water from the chanas. In a MWS bowl add oil, jeera, hing & chopped onion and press start.
3. Add boiled chanas, salt, red chilli powder, chaat masala, lemon juice, imli chutney, boiled potato. Mix well & serve.

## CC13 Aloo Kand Chaat

**Weight Limit:** 0.1 ~ 0.3 kg

**Utensil:** Microwave safe (MWS) bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Aloo (cut in medium pieces) | 50 g | 100 g | 150 g |
| Jimikand (cut in medium pieces) | 50 g | 100 g | 150 g |
| Sugar, salt, red chilli powder, chaat masala | As per taste | | |

**Method :**

1. In a MWS bowl add aloo, jimikand & add little water Cover. Select category & weight & press start.
2. When beeps, stir well. Cover & press start.
3. Add sugar, salt, red chilli powder, chaat masala. Allow to stand for 3 minutes.

## CC14 Amla Chutney

**Weight Limit:** 0.5 kg

**Utensil:** Microwave Safe (MWS) Glass Bowl

| Amla | 500 g |
|---|---|
| Water for boiling | As per required |
| Green chillies, Salt, Sugar | As per your taste |
| Oil | 2 tbsp |
| For Tempering : Rai, Jeera, Hing etc. | |

**Method :**

1. In a MWS glass bowl put amla, water & press start.
2. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start.
3. When beeps, add ground mixture and green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook.

# Chatpat Corner

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CC15</td><td>Baingan Chutney</td><td>0.5 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>Baingan (Whole)</td><td>500 g</td></tr>
<tr><td>Amchoor powder</td><td>As per required</td></tr>
<tr><td>Green chillies, Salt, Sugar</td><td>As per your taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>For Tempering: Rai, Jeera, Hing etc.</td><td></td></tr>
</table>
Method :<br>1. In a MWS glass bowl keep baingan & press start.<br>2. When beeps, allow to cool and peel off the skin. In another MWS glass bowl add oil and tempering and press start.<br>3. When beeps, add mashed baingan and green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook.
</td></tr>
</table>

# Ghee/Bakery

In the following example, show you how to cook 0.3kg of Brownie.

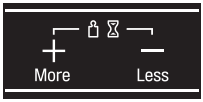
1. Press STOP/CLEAR.

2. Press Ghee / Bakery two time.

3. The display will show bA1

4. *Press START/Add 30 secs for menu confirmation.

When cooking you can increase or decrease cooking time by pressing **+More/-Less** button.




* **For Ghee**, press Ghee/Bakery menu once, display will show Gh1.

**NOTE**

- Ghee/Bakery menus are programmed.
- Ghee/Bakery cook allows you to cook most of your favourite food by selecting the food type and the weight of the food.

# Ghee

| Category | | Weight Limit | Utensil | Instructions |
|---|---|---|---|---|
| Gh1 | Ghee | 300 g | Microwave safe (MWS) glass bowl | <table><tr><td>Malai/Cream (Collected over 10 days)</td><td>300g</td></tr><tr><td>Cold water</td><td>As required</td></tr></table> **Method :** 1. In a big vessel put all the malai & blend with a hand mixer till it solidifies into butter & separates from residual liquid. 2. Wash this white butter in cold water as couple of times, so as to remove any remaining smell of milk. 3. Now collect all the butter in a MWS glass bowl & keep in the microwave. Select menu & press start. 4. When beeps, stir it properly with the spoon (not plastic) & again press start. 5. After beeps, allow it to stand for 5 minutes & then strain it through stainless steel strainer into a glass jar & then store it. |

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA1</td><td>Brownie®</td><td>0.3 kg</td><td>Low rack<br>&<br>metal cake tin*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>125 g</td></tr>
<tr><td>Condensed milk</td><td>150 g</td></tr>
<tr><td>Butter</td><td>100 g</td></tr>
<tr><td>Almonds, Wallnuts</td><td>As per taste</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Chocolate Essence</td><td>1 tsp</td></tr>
<tr><td>Coco powder</td><td>2 tbsp</td></tr>
</table>
<u>Method :</u><br>1. Sieve maida and baking powder. In a bowl add milkmaid and butter and beat well. Add maida, coco powder, essence and mix. For spoon dropping consistency add milk or water. Pour the batter in metal cake tin lined with butter paper.<br>2. Select menu & press start. (Preheat process)<br>3. When beeps, put the tin with batter on low rack. Press start to bake.
</td></tr>
<tr><td>bA2</td><td>Muffins®</td><td>0.3 kg</td><td>Low rack<br>&<br>metal muffin tray</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>200 g</td></tr>
<tr><td>Powdered sugar</td><td>100 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Almonds, Walnuts</td><td>As per taste</td></tr>
<tr><td>Egg</td><td>1 No.</td></tr>
<tr><td>Baking powder</td><td>1/2 tsp</td></tr>
<tr><td>Almond essence</td><td>1/2 tsp</td></tr>
</table>
<u>Method :</u><br>1. Sieve maida, baking powder . In a bowl add powdered sugar and butter and beat well. Add maida, essence and mix. For spoon dropping consistency add milk or water. Pour in to the greased muffin tray and sprinkle chopped almonds / walnuts.<br>2. Select menu & press start. (Preheat process)<br>3. When beeps, put the tray on low rack. Press start to bake.
</td></tr>
</table>

®Do not put anything in the oven during the Preheat mode

*Refer Page 99, Fig.2

# Bakery

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA3</td><td>Walnut@ Cake</td><td>0.3 kg</td><td>Metal Cake Tin & Low Rack##</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>110 g</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Walnuts</td><td>½ cup</td></tr>
<tr><td>Curd</td><td>70 mL</td></tr>
<tr><td>Powdered sugar</td><td>170 g</td></tr>
<tr><td>Egg</td><td>1 no.</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
</table>
<u>Method :</u><br>
1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.<br>
2. Sieve maida, baking powder & add walnuts to it.<br>
3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well.<br>
4. Grease a metal cake tin or line with a butter paper. Add the cake batter.<br>
5. Select menu & press start. (Preheat process)<br>
6. When beeps, put the cake tin on low rack & keep in microwave & press start.
</td></tr>
<tr><td>bA4</td><td>Carrot@ Cake</td><td>0.3 kg</td><td>Metal Cake Tin & Low Rack##</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>110 g</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Grated carrot</td><td>½ cup</td></tr>
<tr><td>Curd</td><td>70 mL</td></tr>
<tr><td>Powdered suger</td><td>170 g</td></tr>
<tr><td>Egg</td><td>1 no.</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
</table>
<u>Method :</u><br>
1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.<br>
2. Sieve maida, baking powder & add grated carrot to it.<br>
3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well.<br>
4. Grease a metal cake tin or line with butter paper. Add the cake batter.<br>
5. Select menu & press start. (Preheat process)<br>
6. When beeps, put the cake tin on low rack & keep in microwave & press start.
</td></tr>
<tr><td>bA5</td><td>Chocolate@ Cake</td><td>0.3 kg</td><td>Metal Cake Tin & Low Rack##</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>110 g</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Cocoa powder</td><td>50 g</td></tr>
<tr><td>Curd</td><td>70 mL</td></tr>
<tr><td>Powder sugar</td><td>170 g</td></tr>
<tr><td>Egg</td><td>1 no.</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
</table>
<u>Method :</u><br>
1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.<br>
2. Sieve maida, baking powder & cocoa powder together.<br>
3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all beat well.<br>
4. Grease a metal cake tin or line with butter paper. Add the cake batter.<br>
5. Select menu & press start. (Preheat process)<br>
6. When beeps, put the cake tin on low rack & keep in microwave & press start.
</td></tr>
</table>

@Do not put anything in the oven during the Preheat mode

##Refer Page 99, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA6</td><td>Chena Poda@</td><td>0.2 kg</td><td>Low Rack<br>&<br>Microwave safe flat (MWS) glass dish##</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Chena</td><td>200 g</td></tr>
<tr><td>Sugar</td><td>100 g</td></tr>
<tr><td>Suji</td><td>20 g</td></tr>
</table>
<u>Method :</u><br>1. Mix chena, sugar & suji together adding little water.<br>2. Transfer this mixture to MWS flat glass dish.<br>3. Select menu & press start. (Preheat process)<br>4. When beeps, place the MWS flat glass dish on low rack. Press start.
</td></tr>
<tr><td>bA7</td><td>Lamington Cake@</td><td>0.4 kg</td><td>Low Rack<br>&<br>Metal Cake Tin#<br>&<br>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Powdered sugar</td><td>75 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Eggs</td><td>1 No.</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
<tr><td>For Lamington solution - Coco powder</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>1 cup</td></tr>
<tr><td>Desiccated coconut</td><td>As required</td></tr>
<tr><td>Cornflour</td><td>1 tbsp</td></tr>
</table>
Method :<br>1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.<br>2. Select menu, press start. (Preheat process).<br>3. When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.<br>4. In MWS glass bowl add water, coco powder and cornflour, put in the microwave. Press start. When it gives a beep remove and cool. Cut the cake in to squares and dip the pieces in the coco solution on all sides. Roll these in the desiccated coconut and serve.
</td></tr>
<tr><td>bA8</td><td>Apple cup cakes@</td><td>0.4 kg</td><td>Metal muffin tray<br>&<br>Low rack</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>1 cup</td></tr>
<tr><td>Apple (peeled & pureed)</td><td>½ cup</td></tr>
<tr><td>Powdered sugar</td><td>½ cup</td></tr>
<tr><td>Brown sugar</td><td>¼ cup</td></tr>
<tr><td>Butter (softened)</td><td>50 g</td></tr>
<tr><td>Cinnamon powder, Clove powder<br>Nutmeg powder</td><td>A pinch (each)</td></tr>
<tr><td>Eggs</td><td>2 nos.</td></tr>
<tr><td>Chopped almonds</td><td>2 tbsp</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td></tr>
</table>
Method :<br>1. In a dry & clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt & mix with a fork & keep aside.<br>2. In another bowl take softened butter, powdered sugar, brown sugar & beat with a electric beater till light & fluffy. Add one egg at a time & beat. Add apple puree & again mix well.<br>3. Select menu & press start.<br>4. Softly mix all the dry mixture to the beaten butter & sugar mixture with a wooden spoon. Do not over mix.<br>5. Pour 2 tbsp batter (for each muffin) in the greased muffin tray. When beeps, keep the low rack & metal tray and press start. Give standing time of 5 minutes.
</td></tr>
</table>

@Do not put anything in the oven during the Preheat mode

##Refer Page 99, Fig. 4
#Refer Page 99, Fig. 2

# Bakery

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA9</td><td>Eggless Chocolate Cake@</td><td>0.5 kg</td><td>Metal cake tin<br>&<br>Low rack##</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Maida</td><td>125 g</td></tr>
<tr><td>Coco powder</td><td>2 tbsp</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Soda bi carb</td><td>½ tsp</td></tr>
<tr><td>Milkmaid</td><td>200 mL</td></tr>
<tr><td>Water</td><td>100 mL</td></tr>
<tr><td>Butter (melted)</td><td>60 mL</td></tr>
</table>
Method :<br>1. Select menu & press start for pre-heating.<br>2. Meanwhile, prepare the cake batter - sieve the maida, coco powder, baking powder, soda bi carb together.<br>3. In another bowl add milkmaid, water & melted butter. Beat well. Mix all the ingredients together and beat the cake batter well. Pour the batter in cake tin lined with greased butter paper.<br>4. When beeps (pre-heat over), keep the cake tin on low rack & keep in microwave oven. Press start. Allow the cake to cool properly & then serve.
</td></tr>
<tr><td>bA10</td><td>Vanilla Cake@</td><td>0.4 kg</td><td>Metal cake tin<br>&<br>Low rack##</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Powdered Sugar</td><td>75 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Eggs</td><td>1 no.</td></tr>
<tr><td>Baking Powder</td><td>1 tsp</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
</table>
Method :<br>1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.<br>2. Select menu & press start.(Preheat process)<br>3. When beeps, keep the cake tin on low rack & press start.
</td></tr>
</table>

@Do not put anything in the oven during the Preheat mode

##Refer Page 99, Fig. 2

# Tea/Dairy Delight

In the following example, show you how to make 2 cups of Tea.

1. Press STOP/CLEAR.

2. Press Tea/Dairy Delight button.

Display will show dd1.

3. Keep Pressing "+More" until display show " 2"

4. Press START/Add30 secs for menu confirmation.

When cooking you can increase or decrease cooking time by pressing **+More/-Less** button.

**NOTE**

- Tea/Dairy Delight menus are programmed.
- Tea/Dairy Delight allows you to cook most of your favourite food by selecting the food type and the weight of the food.

# Tea/Dairy Delight

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dd1</td><td>Tea</td><td>1-4 cups</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr>
<tr><td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Milk</td><td>120ml</td><td>150ml</td><td>225ml</td><td>300ml</td></tr>
<tr><td>Sugar</td><td colspan="4">As per taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start.<br>2. When beeps, add milk & sugar. Press start.<br>Serve hot.<br>1 cup tea = 150ml approx
</td></tr>
<tr><td>dd2</td><td>Coffee</td><td>1-4 cups</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>60ml</td><td>120ml</td><td>180ml</td><td>240ml</td></tr>
<tr><td>Coffee</td><td colspan="4">½ tsp (Each cup)</td></tr>
<tr><td>Milk</td><td>120ml</td><td>150ml</td><td>225ml</td><td>300ml</td></tr>
<tr><td>Sugar</td><td colspan="4">As per taste</td></tr>
<tr><td>Ginger/cardamon (crushed)</td><td colspan="4">As per taste(optional)</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add water. Select category & weight & press start.<br>2. Meanwhile in each cup add 1/2tsp coffee (with few water drops ) & sugar. Beat well.<br>3. When beeps, add milk to boiling water. Press start.<br>4. Add milk to each cup & serve hot.<br>1 cup coffee = 150ml approx
</td></tr>
<tr><td>dd3</td><td>Masala Tea</td><td>1-4 Cups</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr>
<tr><td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Milk</td><td>120ml</td><td>150ml</td><td>225ml</td><td>300ml</td></tr>
<tr><td>Sugar</td><td colspan="4">As per taste</td></tr>
<tr><td>Chai masala</td><td colspan="4">As per taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add water, tea leaves & chai masala. Select category & weight. Press start.<br>2. When beeps, add milk & sugar. Press start.<br>3. When beeps, keep it again in microwave and press start for dragging tea.<br>4. Serve hot.<br>1 cup tea = 150ml approx
</td></tr>
<tr><td>dd4</td><td>Ginger Tea</td><td>1-4 cups</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr>
<tr><td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Milk</td><td>120ml</td><td>150ml</td><td>225ml</td><td>300ml</td></tr>
<tr><td>Sugar</td><td colspan="4">As per taste</td></tr>
<tr><td>Ginger</td><td colspan="4">As per taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add water, tea leaves & crushed ginger. Select category & weight. Press start.<br>2. When beeps, add milk & sugar. Press start.<br>3. When beeps, keep it again in microwave and press start for dragging tea.<br>4. Serve hot.<br>1 cup tea = 150ml approx
</td></tr>
<tr><td>dd5</td><td>Tulsi Tea</td><td>1-4 cups</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr>
<tr><td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Milk</td><td>120ml</td><td>150ml</td><td>225ml</td><td>300ml</td></tr>
<tr><td>Sugar</td><td colspan="4">As per taste</td></tr>
<tr><td>Tulsi leaves</td><td colspan="4">As per taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add water, tea leaves & tulsi leaves. Select category & weight. Press start.<br>2. When beeps, add milk & sugar. Press start.<br>3. When beeps, keep it again in microwave and press start for dragging tea.<br>4. Serve hot.<br>1 cup tea = 150ml approx
</td></tr>
</table>

# Tea/Dairy Delight

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dd6</td><td>Lemon Tea</td><td>1-4 cups</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr>
<tr><td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Lemon</td><td>½ No.</td><td>1 No.</td><td>1 No.</td><td>1½ No.</td></tr>
<tr><td>Sugar</td><td colspan="4">As per taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start.<br>2. When beeps, add lemon & sugar. Press start.<br>Serve hot.<br>1 cup tea = 150ml approx
</td></tr>
<tr><td>dd7</td><td>Black Tea</td><td>1-4 cups</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr>
<tr><td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Sugar</td><td colspan="4">As per taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start.<br>2. When beeps, add sugar. Press start.<br>Serve hot.<br>1 cup tea = 150ml approx
</td></tr>
<tr><td>dd8</td><td>Green Tea</td><td>1-4 cups</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr>
<tr><td>Green Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Sugar</td><td colspan="4">As per taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start.<br>2. When beeps, add sugar. Press start. And allow it to for 5 minutes<br>Serve hot.<br>1 cup tea = 150ml approx
</td></tr>
<tr><td>dd9</td><td>Spiced Cider Tea</td><td>1-4 cups</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr>
<tr><td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Cinnamon</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Cloves, peppercorns</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Cider</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Sugar</td><td colspan="4">As per taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add water, cinnamon, cloves, peppercorn & tea leaves . Select category & weight. Press start.<br>2. When beeps, add sugar & cider. Press start. And allow it to for 5 minutes<br>Serve hot.<br>1 cup tea = 150ml approx
</td></tr>
<tr><td>dd10</td><td>Peppermint Tea</td><td>1-4 cups</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr>
<tr><td>Green Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Mint leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Sugar</td><td colspan="4">As per taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start.<br>2. When beeps, add sugar & mint leaves. Press start. And allow it to for 5 minutes<br>Serve hot.<br>1 cup tea = 150ml approx
</td></tr>
<tr><td>dd11</td><td>Lemon Honey Tea</td><td>1-4 cups</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr>
<tr><td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Lemon</td><td>½ No.</td><td>1 No.</td><td>1 No.</td><td>1½ No.</td></tr>
<tr><td>Honey</td><td colspan="4">As per taste</td></tr>
</table>
Method :<br>1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start.<br>2. When beeps, add lemon & Honey. Press start.<br>Serve hot.<br>1 cup tea = 150ml approx
</td></tr>
</table>

# Paneer/Curd

In the following example, show you how to cook 0.5 kg of Paneer.

1. Press STOP/CLEAR.

2. Press Paneer/Curd one time.

3. The display will show "PA1"

4. *Press START/Add 30 secs for menu confirmation.

* When cooking you can increase or decrease cooking time by pressing **+More/-Less** button.

**For Curd**, press Paneer/Curd button twice, display will show CU1.

**NOTE**

- Paneer/Curd menus are programmed.
- Paneer/Curd allows you to cook most of your favourite food by selecting the food type and the weight of the food.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>PA1</td><td>Paneer</td><td>0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>Milk</td><td>500ml</td></tr>
<tr><td>Lemon juice/Vinager</td><td>4 tbsp</td></tr>
</table>
<u>Method :</u><br>1. In a MWS glass bowl add milk and lemon juice/vinegar. Select menu & press start.<br>2. When it gives beeps, stir it & again press start.<br>3. When beeps, remove the bowl & strain in a muslin cloth & press it.
</td></tr>
<tr><td>PA2</td><td>Masala Paneer</td><td>0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.5kg</td></tr>
<tr><td>Milk</td><td>500 ml</td></tr>
<tr><td>Curd</td><td>2 tbsp</td></tr>
<tr><td>Coriander powder</td><td>1 tbsp</td></tr>
<tr><td>Jeera powder</td><td>1 tsp</td></tr>
</table>
<u>Method :</u><br>1. In a MWS glass bowl add milk. Select menu & press start.<br>2. When it gives beep, remove and add curd, coriander and jeera powder. Press start. When beeps, remove and strain and press in a muslin cloth.
</td></tr>
<tr><td>CU1</td><td>Curd</td><td>0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>Milk</td><td>500 ml</td></tr>
<tr><td>Starter curd</td><td>2 tbsp</td></tr>
</table>
<u>Method :</u><br>1. In a MWS glass bowl add milk and select menu & press start.<br>2. When beeps add starter culture of curd for inoculation & stir it. Again press start.<br>3. Now take out the bowl & keep it in a casserole & store in warm place for proceeding appropriate setting temperature & time for 5-6 hours
</td></tr>
<tr><td>CU2</td><td>Flavoured Yoghurt@</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl & Low rack#</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Curd</td><td>200 mL</td></tr>
<tr><td>Milkmaid</td><td>100 mL</td></tr>
<tr><td>Fresh cream</td><td>200 mL</td></tr>
<tr><td>Flavours (Vanilla, Strawberry, Pineapple essence)</td><td>As per choice (½ tsp)</td></tr>
</table>
<u>Method :</u><br>1. In a MWS glass bowl mix all the ingredients. Beat well till smooth.<br>2. Select menu & press start. (Preheat process)<br>3. When beeps, keep the MWS glass bowl on low rack & keep it in microwave. Press start.<br>4. When cooking ends, take out & allow to come to room temperature. Keep in refrigerator for 1 hour.<br>Note : In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple yoghurt, add pineapple slices at the time of serving.
</td></tr>
</table>

@Do not put any thing in the oven during the Preheat mode

#Refer Page 99, Fig. 1

# Cooking Aid

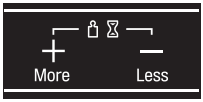
In the following example, show you how to cook 0.2 kg Body Massage Oil.

1. Press STOP/CLEAR.

2. **Press Cooking Aid.**

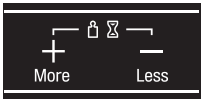
**The display will show "UC1"**

3. **Keep Pressing "+More" until display show "UC6"**




4. ***Press START/Add 30 secs for menu confirmation.**

When cooking you can increase or decrease cooking time by pressing **+More/-Less** button.




**NOTE**

- Cooking Aid menus are programmed.
- Cooking Aid allows you to cook most of your favourite food by selecting the food type and the weight of the food.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>UC1</td><td>Keep warm</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td><u>Method :</u><br>1. Any cooked food with cover (Rice, Dal, Subzi, Halwa, Upma etc.) Select menu & press start. When beeps, mix & press start. When beeps, mix & press start.</td></tr>
<tr><td>UC2</td><td>Defrost Veg</td><td>0.2 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td><u>Method :</u><br>Veg - (Paneer, Green Peas, Corn etc.)<br>1. Take in MWS Bowl, select menu & weight and press start.<br>2. When beeps, turn the food. Press start.</td></tr>
<tr><td>UC3</td><td>Defrost Non- Veg</td><td>0.5 ~ 1.0 kg</td><td>Microwave safe (MWS) bowl</td><td><u>Method :</u><br>Non-Veg - (Chicken, Mutton etc.)<br>1. Take in MWS Bowl, select menu & weight and press start.<br>2. When beeps, turn the food. Press start.</td></tr>
<tr><td>UC4</td><td>De-humidification</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td><u>Method :</u><br>Namkin, Biscuits, Bhujia, Papad and Wafers etc.<br>1. In MWS bowl add the food to be dehumidified. Select menu and press start.</td></tr>
<tr><td>UC5</td><td>Light Disinfect</td><td></td><td>Microwave safe (MWS) glass utensil & Empty cavity</td><td><u>Method :</u><br>1. Sterilize Microwave safe glass utensil - Keep the empty utensil & select menu & press start.<br>2. Clean the cavity - Keep the cavity empty. Select menu & press start. When time ends (beeps), clean the cavity with a damp cloth.<br>Note : The oven has a special function Light Disinfect which allows to sterilize the MWS glass utensil thereby giving a hygiene & clean utensils/cavity.</td></tr>
<tr><td>UC6</td><td>Body Massage Oil</td><td>0.2 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td><table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Garlic</td><td>10 pods</td></tr><tr><td>Ajwain</td><td>1/2 tsp</td></tr><tr><td>Cloves</td><td>2-3 Nos.</td></tr><tr><td>Almonds</td><td>3-4 Nos.</td></tr><tr><td>Mustard oil</td><td>1 cup</td></tr></table><u>Method :</u><br>1. In MWS glass bowl put all the ingredients. Select menu and press start. Remove when it gives a beep. Keep it for 2 hours. Strain and store in a glass jar.</td></tr>
<tr><td>UC7</td><td>Yeast Dough</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td><table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Maida</td><td>300 g</td></tr><tr><td>Yeast</td><td>1 tbsp</td></tr><tr><td>Salt</td><td>½ tsp</td></tr><tr><td>Sugar</td><td>1 tsp</td></tr><tr><td>Water</td><td>As required</td></tr></table>Method :<br>1. In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough.<br>2. Select category and press start. Rest for 3 minutes. Now remove.</td></tr>
</table>

# Cooking Aid

| Category | | Weight Limit | Utensil | Instructions |
|---|---|---|---|---|
| UC8 | Boil Potatoes | 0.3 kg | Glass tray | For: 0.3 kg<br>Potato: 300 g<br>**Method :**<br>1. Take potatoes and pierce with fork or knife from all side & keep in a microwave on a glass tray. And press start.<br>2. Boiled potatoes are ready for use. |
| UC9 | Lemon Squeeze | 5 Pcs | Glass tray | Lemon: 5 pcs<br>**Method :**<br>1. Take 5 no. of lemons & keep on glass tray of microwave oven.<br>2. Now select menu & press start.<br>3. When beeps, take out lemons & squeeze it to get more juice out of them. |
| UC10 | Garlic Peel | 10 Cloves | Glass tray | Garlic Cloves: 10 nos<br>**Method :**<br>1. Take 10 cloves of garlic & keep in MWS glass tray of microwave oven.<br>2. Select menu & press start.<br>3. When beeps, take out cloves will slide right out of their skin, hassle free. |
| UC11 | Tear Free Onions | 5 Pcs | Glass tray | Onions: 10 nos<br>**Method :**<br>1. Take 5 onions & pierce it with knife & keep in MWS glass tray of microwave oven.<br>2. Select menu & press start.<br>3. When beeps, take out onions & peel it off & chop easily without getting tears in eyes. |
| UC12 | Crispy Nuts | 0.1 kg | Microwave safe (MWS) flat glass dish | For: 0.1 kg<br>Nuts: 100 g<br>Oil: As required<br>**Method :**<br>1. In a microwave safe flat glass dish add drops of oil, nuts. Mix well.<br>2. Select category & weight & press start.<br>3. Serve plain or with chaat masala. |
| UC13 | Smooth Honey | 0.3 kg | Microwave safe (MWS) glass Utensils | For: 0.3 kg<br>Crystallized Honey: 300 g<br>**Method :**<br>1. Keep Crystallize honey in a microwave safe glass utensil or jar in microwave & press start.<br>2. Smooth and free flowing honey ready to use. |

# Steam Clean

In the following example, show you how to Steam Clean Microwave.

1. Press STOP/CLEAR.

2. Press Steam Clean one time.

3. **The display will show "SL1"**

4. *Press START/Add 30 secs for menu confirmation.

When cooking you can increase or decrease cooking time by pressing **+More/-Less** button.

**NOTE**

- Steam Clean menu is programmed.

# Steam Clean

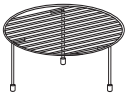
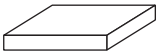
| Menu | | Weight Limit | Utensil | Instructions |
|---|---|---|---|---|
| SL1 | Steam clean | 0.3 kg | Microwave safe (MWS) bowl | **Method :**<br>1. Take water in MWS bowl, add vinegar or lemon juice. Select menu & press start.<br>2. When beeps, wipe out with clean napkin. Press start.<br>3. Again wipe out. Take out the plug. |

1) +

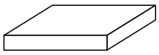
Low rack — Microwave safe glass bowl (Not provided with LG Kit)

2) +

Low rack — Metal cake tin (Not provided with LG Kit)

3)  + 

High rack — Microwave flat glass dish (Not provided with LG Kit)

4) + 

Low rack — Microwave flat glass dish (Not provided with LG Kit)

## Spices

| English Name | |
|---|---|
| Ajinomoto*(Flavor Enhancer) | Ajinomoto* |
| Asafoetida | Hing |
| Basil | Tulsi |
| Bay Leaf | Tej Patta |
| Cardamom, black | Moti Elaichi |
| Cardamom, green | Choti Elaichi |
| Carom seeds | Ajwain |
| Cinnamon | Dalchini |
| Cloves | Laung |
| Coriander Seeds | Sabut Dhania |
| Cumin seeds | Jeera |
| Dry Mango Powder | Amchur |
| Dry red chilli | Sukhi Sabut Lal Mirch |
| Fennel | Saunf |
| Fenugreek leaves, dried | Kasuri Methi |
| Fenugreek seeds | Methidana |
| Mustard seeds | Sarson , Rai |
| Nutmeg | Jaiphal |
| Oregano | Oregano |
| Pepper | Kali Mirch |
| Pomegranate seeds, dried | Anardana |
| Poppy seeds | Khus Khus |
| Red Chilli | Lal Mirch |
| Salt | Namak |
| Turmeric | Haldi |

## Vegetables

| English Name | |
|---|---|
| Amaranth | Chavli |
| Baby corn | Baby corn |
| Bittergourd | Karela |
| Bottlegourd | Ghiya |
| Brinjal/Eggplant | Baigan |
| Broccoli | Hari Phool Gobhi |
| Cabbage | Pata Gobhi/Bandh Gobhi |
| Capsicum | Shimla Mirch |

## Vegetables

| English Name | |
|---|---|
| Cauliflower | Phool Gobhi |
| Carrot | Gajar |
| Celery | Ajmod |
| Cluster Beans | Gavar Ki Fali |
| Coriander leaves | Hara Dhania |
| Cucumber | Kheera |
| Curry leaves | Curry Patta |
| Drumsticks | Drumsticks |
| Elephant Foot Yam | Jimikand |
| French beans | France beans |
| Garlic | Lehsun |
| Ginger | Adrak |
| Lady Finger | Bhindi |
| Lemon | Nimbu |
| Lemon Grass | Lemon Grass |
| Lime | Nimbu |
| Mint | Pudina |
| Mushroom | Kukurmutta |
| Olives | Jaitun |
| Onion | Pyaz |
| Parsley | Ajmoda |
| Potato | Aloo |
| Peas | Hari Matar |
| Radish | Mooli |
| Red Pumpkin | Lal Kaddu |
| Spinach | Palak |
| Spring Onion | Hari Pyaz |
| Tomato | Tamatar |
| Turnip | Shalgam |
| Chenopodium leaves | Bathua |
| Zucchini | Torai |

* Ajinomoto : It shall not be added to the food for infants below 12 months.

# List of Ingredients

**Fruits**

| English Name | |
|---|---|
| Apple | Seb |
| Coconut | Nariyal |
| Grapes | Angoor |
| Mango | Aam |
| Pineapple | Anannas |
| Pomegranate | Anaar |
| Raw Banana | Kacha Kela |

**Cereals**

| English Name | |
|---|---|
| Flattened Rice | Poha |
| Oats | Jaei |
| Puffed Rice | Murmura |
| Refined wheat Flour | Maida |
| Rice | Chawal |
| Sago | Sabudana |
| Semolina | Suji |
| Whole wheat broken | Daliya |
| Wheat Flour (whole) | Gehun ka Atta |

**Pulses**

| English Name | |
|---|---|
| Bengal Gram Dal | Chana Dal |
| Bengal Gram flour | Besan |
| Black Gram Dal | Urad Dal |
| Green Gram Dal(Dehusked) | Moong Dal (Dhuli) |
| Kidney Beans | Rajma |
| Lentils,(Dehusked) | Masoor Dal (Dhuli) |
| Red Gram Dal | Arhar/Tuvar Dal |
| Soyabean | Soyabean |

**Dry Fruits**

| English Name | |
|---|---|
| Almonds | Badam |
| Cashewnuts | Kaju |
| Pistachio | Pista |
| Raisins | Kishmish |
| Walnuts | Akhrot |
| Peanuts | Mungfali |

**Fats & oils**

| English Name | |
|---|---|
| Butter | Makhan |
| Ghee | Ghee |
| Oil | Tel |
| Olive Oil | Jaitun Ka Tel |
| Mustard Oil | Sarson Ka Tel |

**Miscellaneous**

| English Name | |
|---|---|
| Bread crumbs | Bread crumbs |
| Cornflour | Cornflour |
| Coffee | Coffee |
| Cottage cheese | Paneer |
| Curd | Dahi |
| Eggs | Ande |
| Honey | Shahed |
| Jaggery | Gud |
| Khoa | Khoa |
| Milk | Doodh |
| Powdered Sugar | Bura |
| Sugar | Cheeni |
| Tamarind | Imli |
| Tea | Chai |
| Saffron | Kesar |
| Sprouts | Ankur |
| Vinegar | Sirka |

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