LG
Life's Good

ENGLISH

RECIPE MANUAL

MICROWAVE OVEN

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

MC2846BLT

P/NO : MFL67281863 (00)

www.lg.com

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 (Diet Fry/ Low Calorie, Tandoor Se, Kids' Delight, Indian Roti Basket, Indian Cuisine, Dosa/Ghee, Tea/Dairy Delight, Paneer/Curd, Cooking Aid)in your Microwave.

Cook Functions	Diet Fry/ Low Calorie	Tandoor Se	Kids' Delight	Indian Roti Basket	Indian Cuisine	Dosa/ Ghee	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 Diet Fry & twice for Low Calorie	Press Tandoor Se	Press Kids' Delight	Press Indian Roti Basket	Press Indian Cuisine	Press Dosa/ Ghee	Press Tea /Dairy Delight	Press Paneer/ Curd	Press Cooking Aid
STEP-3	Press to select the menu (dF1-dF25) (HP1-HP15) (So1-So20) (Co1-Co10) (SA1-SA10)	Press to select the menu (tS1-tS25)	Press to select the menu (CF1-CF15) (bA1-bA20)	Press to select the menu (br1-br20)	Press to select the menu (IC1-IC31) (SC1-SC17) (rd1-rd16) (CC1-CC11)	Press to select the menu (do1) (Gh1)	Press to select the menu (dd1-dd2)	Press to select the menu (PA1-PA2) (CU1-CU2)	Press to select the menu (UC1-UC7)
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

**** Note : If recipe has single weight e.g br1 do not follow step 4 for directly go to step 5**

251 Recipes List

Diet Fry/Low Calorie

(page 8-37)

Diet Fry

Code No.	Recipe Name
dF1	Chicken Nuggets
dF2	Aloo Chips
dF3	Gujia
dF4	Samosa
dF5	Bread Pakora
dF6	Paneer Pakora
dF7	Masala Vada
dF8	Chicken 65
dF9	Stuffed Aloo Patties
dF10	Mushroom Rolls
dF11	Sabudana Vada
dF12	Fish Amritsari
dF13	Batata Vada
dF14	Pyaaz Pakora
dF15	Mirchi Vada
dF16	Aloo bhaji
dF17	Soyabean Tikki
dF18	Oats cutlet
dF19	Methi masala vada
dF20	Poha patties
dF21	French toast
dF22	Buff vada
dF23	Palak tikki
dF24	Corn aloo tikki
dF25	Mix veg bhajia

Health Plus

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

Health Plus

Code No.	Recipe Name
HP13	Fish Bharta
HP14	Healthy Khichdi
HP15	Oats Idli

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
So12	Chicken Soup
So13	Tom Yum Kung
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

Salads

Code No.	Recipe Name
SA1	Rice Salad
SA2	Spring Basket salad
SA3	Tiranga Salad
SA4	Hari Seekh Salad
SA5	Beetroot Salad
SA6	Cous Cous Salad
SA7	Pasta Salad
SA8	Whole Wheat & Mint salad
SA9	Bread Salad
SA10	Papaya Lachcha Salad

Tandoor Se

(page 38-49)

Code No.	Recipe Name
tS1	Paneer Tikka
tS2	Murg Tandoori
tS3	Tandoori Sabzi
tS4	Hara Bhara Kababs
tS5	Shaami Kababs
tS6	Mutton tikka
tS7	Chicken lollipops
tS8	Chana Kababs
tS9	Bharwan Baigan
tS10	Fish tandoori
tS11	Veg Kababs
tS12	Corn Kababs
tS13	Bharwan Tamatar
tS14	Tandoori Aloo
tS15	Tandoori Gobhi
tS16	Tandoori Mushrooms
tS17	Mahi tikka
tS18	Arbi Tandoori
tS19	Mix Veg Platter
tS20	Spicy Chicken Kababs
tS21	Kastoori Kabab
tS22	Chilka Kababs
tS23	Jimikand ke Kababs
tS24	Kaju Kababs
tS25	Mutton & Tomato Kababs

Kids' Delight

(page 50-62)

Child's Favourite

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	Veg Burger
CF13	Mushroom & Pepper pizza
CF14	Noodle Rosti
CF15	Bread Rolls

Bakery

Code No.	Recipe Name
bA1	Brownie
bA2	Muffins
bA3	Patties
bA4	Walnut cake
bA5	Swiss Roll
bA6	Carrot Cake
bA7	Chocolate Cake
bA8	Jeera biscuit
bA9	Naan Khatai
bA10	Chena Poda
bA11	Masala Biscuit
bA12	Lamington Cake
bA13	Doughnuts
bA14	Whole Wheat cookies
bA15	Buns
bA16	Apple cup cakes
bA17	Eggless Chocolate Cake
bA18	Cheese Straw
bA19	Vanilla Cake
bA20	Chocolate cookies

251 Recipes List

Indian Roti Basket

(page 63-72)

Indian Roti Basket

Code No.	Recipe Name
br1	Naan
br2	Lachha Parantha
br3	Appam
br4	Masala Roti
br5	Missi roti
br6	Stuffed Naan
br7	Khasta Parantha
br8	Pudina Parantha
br9	Rajma Parantha
br10	Paneer Parantha
br11	Kulche
br12	Daal parantha
br13	Aloo parantha
br14	Palak parantha
br15	Gobhi Parantha
br16	Ajwain Parantha
br17	Payaaz Parantha
br18	Chatpata Parantha
br19	Aloo gobhi Parantha
br20	Methi Parantha

Indian Cuisine

(page 73-100)

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
IC8	Baati
IC9	Pithla
IC10	Dalma
IC11	Bhindi fry
IC12	Panchmel ki sabzi
IC13	Gujrati tuvar dal
IC14	Butter Chiicken

Indian Cuisine

Code No.	Recipe Name
IC15	Beans Porial
IC16	Goan potato curry
IC17	Kashmiri Kaju Paneer
IC18	Veg Handva
IC19	Gatte ki sabzi
IC20	Aloo Gobhi
IC21	Matar Paneer
IC22	Kadhai Chicken
IC23	Kofta Curry
IC24	Egg Curry
IC25	Jhinga Matar Curry
IC26	Dum Tangri
IC27	Makki Korma
IC28	Litti
IC29	Chokha
IC30	Methi Aloo
IC31	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	Payasam
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
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

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

Dosa /Ghee
(page 101-102)

Dosa /Ghee

Code No.	Recipe Name
do 1	Masala dosa
Gh1	Ghee

Tea/Dairy Delight
(page 103-104)

Tea/Dairy Delight

Code No.	Recipe Name
do1	Tea
Gh1	Coffee

Paneer/Curd
(page 105-106)

Paneer/Curd

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

Cooking Aid
(page 107-108)

Cooking Aid

Code No.	Recipe Name
UC1	Keep Warm
UC2	Defrost Veg.
UC3	Defrost Nonveg
UC4	De-humidification
UC5	Light Disinfect
UC6	Pizza Base
UC7	Body Massage oil

Steam Clean
(page 109-110)

Steam Clean

Code No.	Recipe Name
SL1	Steam Clean

Diet Fry/ Low Calorie

In the following example, show you how to cook 0.3 kg Chicken Nuggets.

1. Press STOP/CLEAR.



2. Press Diet Fry / Low Calorie for one time.

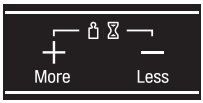


3. Display will show “dF1".

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



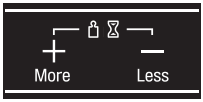
5. Keep Pressing +More until display show “ 0.3kg“



6. Press START/Add 30 secs.



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



* For Low Calorie press Diet Fry/Low calorie twice.

NOTE

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

*Note: If the recipe has single weight (e.g “dF4”) Samosa, do not follow step 4, 5. Directly go to step 6.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>dF1</td>
<td>Chicken Nuggets</td>
<td>0.1-0.3 kg</td>
<td>Microwave safe (MWS) glass bowl
&
Multcook tawa
&
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>Boneless chicken</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Bread slice</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Pepper corns</td><td>4-5 nos.</td><td>5-6 nos.</td><td>6-7 nos.</td></tr>
<tr><td>Cloves</td><td>2-3 nos.</td><td>3-4 nos.</td><td>4-5 nos.</td></tr>
<tr><td>Garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Olive oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped garlic</td><td>2 cloves</td><td>3 cloves</td><td>4 cloves</td></tr>
</table>
<u>Method :</u>
1. In a MWS glass bowl put boneless chicken, pepper corns, cloves, olive oil, chopped garlic. Mix well & cover. Select menu & weight. press start.
2. When beeps, remove from microwave. allow to cool & grind everything in a mixer. Take out in the bowl add salt, crumbled bread slices. Mix well.
3. Make small round shaped nuggets from the mixture. Keep on tawa. Place the tawa on high rack. Press start.
4. When beeps, turn the nuggets & press start. Serve them hot with tomato Ketchup & shredded salad.
Note: If the mixture of nuggets is too dry, them sprinkle few drops of water to it.
</td>
</tr>
<tr>
<td>dF2</td>
<td>Aloo Chips</td>
<td>0.2 kg</td>
<td>Microwave glass tray</td>
<td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Potato (very thinly sliced)</td><td>200 g</td></tr>
<tr><td>Oil</td><td>A few drops</td></tr>
<tr><td>Salt, Chaat masala (optional)</td><td>As per taste</td></tr>
</table>
<u>Method :</u>
1. In a bowl mix very thinly sliced potatoes, salt, chaat masala.
2. Put few drop of oil on the glass tray of the microwave oven & smear it properly throughout.
3. Spread the potato slices throughout the glass tray. Select menu & press start. Allow the glass tray to cool down. Remove the chips & serve.
</td>
</tr>
<tr>
<td>dF3</td>
<td>Gujiya</td>
<td>10 Pc</td>
<td>Multicook tawa
&
Low rack#</td>
<td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Maida (refined wheat flour)</td><td>100 g</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp & 1 tsp</td></tr>
<tr><td>Water</td><td>To knead the dough</td></tr>
<tr><td>For stuffing</td><td></td></tr>
<tr><td>Grated khoya</td><td>50 g</td></tr>
<tr><td>Dessicated coconut</td><td>50 g</td></tr>
<tr><td>Powdered sugar</td><td>50 g</td></tr>
<tr><td>Elaichi powder</td><td>1 tsp</td></tr>
<tr><td></td><td></td></tr>
<tr><td>Chopped kishmish, Almonds, Cashew nuts</td><td>As required</td></tr>
<tr><td>Oil</td><td>3¼ tsp</td></tr>
</table>
<u>Method :</u>
1. In a bowl put all the ingredients of stuffing & mix well.
2. In another bowl put maida, 1 tbsp ghee, gradually add water & knead a soft dough for gujiyas. Put 1tsp ghee in dough & knead again & keep the dough covered for 15-20 minutes.
3. Divide the dough in small balls of equal size & roll out each ball into a thin circle. *Place the rolled out circle in a *gujiya mould & fill the centre with stuffing (as required). Close the gujiya mould carefully & press firmly at edges to seal them properly. remove the excess part of the dough bulging out of the mould. Remove the gujiya from the mould. Prepare all the gujiyas in the similar way.
4. Grease the tawa with ¼ tsp oil. Keep on low rack. Keep in the microwave. Select menu & press start. (Preheat process)
5. When beeps, place the gujiyas on tawa & keep on low rack. Press start.
6. When beeps, turn the gujiyas, sprinkle 3 tsp ghee/oil on all the gujiyas & Press start.
*Note : Grease the surface with 1-2 drops of oil before rolling the circle for gujiyas.
* Gujiya mould is not provided with the start up kit.
10 indicates the number of gujiya that can be prepared.
</td>
</tr>
</table>

*Refer Page 111,Fig. 2
#Refer Page 111, Fig. 1

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dF4</td><td>Samosa</td><td>8 Pc</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>Maida (refined wheat flour)</td><td>1 cup</td></tr>
<tr><td>Melted ghee</td><td>½ tbsp</td></tr>
<tr><td>Oil</td><td>for kneading</td></tr>
<tr><td>Salt</td><td>½ tsp</td></tr>
<tr><td>For stuffing</td><td></td></tr>
<tr><td>Boiled potatoes</td><td>2 cup</td></tr>
<tr><td>Boiled peas</td><td>½ cup</td></tr>
<tr><td>Ginger-green chilli paste</td><td>1 tsp</td></tr>
<tr><td>Amchoor</td><td>1½ tsp</td></tr>
<tr><td>Red chilli powder</td><td>1 tsp</td></tr>
<tr><td>Finely chopped Coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>2¼ tsp</td></tr>
</table>
<u>Method :</u>
1. Preparation for stuffing - In a microwave safe glass bowl add oil, jeera, microwave 100% of 3 minutes. Add boiled & mashed potatoes, green chilli & ginger paste, salt, amchoor, red chilli powder, green peas & coriander leaves. Mix well & microwave 100% for 3 minutes. Allow cool.
2. Combine all the ingredients together in a bowl & knead into a firm dough using enough water. Keep aside covered for 15 minutes. Knead again using oil until smooth.
3. Prepare medium size 4 chapaties out of the dough. Divide each chapati into 2 halves, make a cone from each half. Stuff each cone with the portion of stuffing. seal the edges carefully using little water. Keep aside.
4. Grease the tawa with ¼ tsp oil. Keep on low rack & keep the it inside the microwave. Select menu & press start. (Preheat process)
5. When beeps, keep the samosas on the tawa & press start.
6. When beeps, pour 2 tsp oil on all the samosas & turn over. Press start. Serve with chutney.
8 indicates the number of samosas that can be prepared.</td></tr>
<tr><td>dF5</td><td>Bread Pakora</td><td>4 Pc</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For batter</td><td></td></tr>
<tr><td>Besan</td><td>1 cup (130 g)</td></tr>
<tr><td>Water</td><td>200 mL</td></tr>
<tr><td>Salt, Haldi, Garam masala, Red chilli powder,</td><td>As per taste</td></tr>
<tr><td>For filling</td><td></td></tr>
<tr><td>Boiled potatoes</td><td>2 nos. (medium)</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td></tr>
<tr><td>Chopped coriander</td><td>1 tbsp</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td></tr>
<tr><td>Salt, Garam masala, Red chilli powder</td><td>As per taste</td></tr>
<tr><td>Bread slices</td><td>4 nos.</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.
2. In another bowl put besan & all spices & gradually add water & make a smooth batter for bread pakoras without any lumps.
3. Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure. Grease the tawa with 2-3 drops oil.
4. Keep the tawa on high rack. Select menu the press start.(Preheat process)
5. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start.
6. When beeps, turn the bread pakoras. Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup.</td></tr>
</table>

#Refer Page 111, Fig. 1
*Refer Page 111,Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dF6</td><td>Paneer Pakora</td><td>0.4 kg</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Paneer (Cut into 1.5" cubes)</td><td>400 g</td></tr>
<tr><td>For Batter</td><td></td></tr>
<tr><td>Besan</td><td>1 cup (130 g)</td></tr>
<tr><td>Water</td><td>200 mL</td></tr>
<tr><td>Salt, Red chilli powder, Haldi, Garam masala</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.
2. Keep the tawa on high rack. keep inside microwave. Select menu & press start.(Preheat process)
3. When beeps, place all paneer pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.
4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.
</td></tr>
<tr><td>dF7</td><td>Masala Vada</td><td>5 Pc</td><td>Multicook tawa & Low rack#</td><td>
<table>
<tr><td>Soaked chana dal</td><td>1 cup</td></tr>
<tr><td>Chopped onions, Chopped green chillies</td><td>½ cup</td></tr>
<tr><td>Grated ginger</td><td>1 tsp</td></tr>
<tr><td>Cumin seeds</td><td>1 tbsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tbsp</td></tr>
<tr><td>Chopped coriander leaves</td><td>3 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Red chillies</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
1. Soak the chanas for 3-4 hours. Keep 1 tbsp of soaked chanas aside.
2. In a blender grind soaked chanas, green chillies, cumin seeds, ginger & salt into a coarse paste. (Don't make it into smooth paste).
3. Mix chopped onions, chopped garlic, chopped coriander leaves, soaked chana dal, red chilli powder with the coarse paste.
4. Grease the tawa with 1 tsp of oil. Keep the tawa on low rack. Keep both inside the microwave oven. Select menu & press start.(Preheat process)
5. When beeps, pour 1 tbsp of paste & spread a little. Same way prepare all the 5 vadas. Press start.
6. When beeps, turn over & pour 1 tstp oil & press vadas a bit with spatula. Press start. Serve with sambhar or coconut chutney.
</td></tr>
</table>

*Refer Page 111,Fig. 2
#Refer Page 111, Fig. 1

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>dF8</td>
<td>Chicken 65</td>
<td>0.2 ~ 0.4 kg</td>
<td>Multicook tawa
&
High rack*
&
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>Chicken boneless (cut in 1½" pieces)</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></tr>
<tr><td>Curry leaves</td><td colspan="3">As required</td></tr>
<tr><td>Split green chilli</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Tomato ketchup</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Lime juice (optional)</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td></tr>
<tr><td>Hung curd</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Maida</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Cornflour</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Egg (beaten)</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Red food colour</td><td colspan="3">A pinch</td></tr>
<tr><td>Ginger-garlic paste</td><td colspan="3">As required</td></tr>
<tr><td>Salt, Turmeric powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Red chilli powder</td><td>1 tsp</td><td>1½ tstp</td><td>1½ tsp</td></tr>
</table>
Method :
1. Add all the ingredients of marinade in a bowl & mix well. Add boneless chicken pieces & mix and cover. Keep in refrigerator for atleast 30 minutes.
2. When beeps, take marinated chicken pieces & place on tawa. Keep tawa & high rack inside the microwave.
3. Select menu & weight and press start.
4. When beeps, remove high rack & tawa from microwave. Keep aside. In a MWS glass bowl take oil, mustard seeds, curry leaves, split green chillies & press start.
5. When beeps, add roasted chicken pieces pieces & tomato ketchup to the MWS glass bowl. Mix well & press start. Squeeze lime juice on top & serve immediately.
</td>
</tr>
<tr>
<td>dF9</td>
<td>Stuffed Aloo Patties</td>
<td>3 Pc</td>
<td>Multicook tawa
&
High rack*</td>
<td>
<table>
<tr><td>For Patties</td><td>2 cups</td></tr>
<tr><td>Boiled & mashed potatoes</td><td>1 tbsp</td></tr>
<tr><td>Cornflour</td><td>2 nos.</td></tr>
<tr><td>Finely chopped green chilli</td><td>As per taste</td></tr>
<tr><td>Salt</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td></td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
<tr><td>Boiled green pea</td><td>½ cup</td></tr>
<tr><td>Ginger & green chilli paste</td><td>2 tsp</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Cumin seeds</td><td>1 tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Lemon juice (optional)</td><td>2 tbsp</td></tr>
</table>
Method :
1. Pre-preparation for stuffing : In a microwave safe glass bowl take oil & cumin seeds & microwave 100% for 3 minutes. Add boiled green pea, ginger & green chilli paste, chopped coriander leaves & all spices. Mix well & microwave 100% for 2 minutes. Squeeze fresh lemon juice & mix well.
2. In a bowl take boiled & mashed potatoes, chopped green chilli, cornflour, salt & mix very well and make a dough for patties.
3. Divide the dough into 6 equal parts & make round balls.
4. Stuff each potato ball with the stuffing in the centre & seal. Give the shape of round patties.
5. Place all the patties on tawa & place tawa on high rack. Put both tawa & high rack inside the microwave. Select menu & press start.
6. When beeps, turn over the patties & again press start. Serve stuffed aloo patties hot with mint chutney or tomato ketchup.
</td>
</tr>
</table>

*Refer Page 111,Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dF10</td><td>Mushroom Rolls</td><td>8 Pc</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For Stuffing</td><td>1½ cup</td></tr>
<tr><td>Mushroom (finely chopped)</td><td>4 tbsp</td></tr>
<tr><td>Onions (chopped)</td><td>2 nos.</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 tbsp</td></tr>
<tr><td>Butter (melted)</td><td>4 tbsp</td></tr>
<tr><td>Fresh cream</td><td>1 tbsp</td></tr>
<tr><td>Maida</td><td>½ cup</td></tr>
<tr><td>Boiled peas</td><td>1 tsp</td></tr>
<tr><td>Lemon juice</td><td>3 tbsp</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tsp</td></tr>
<tr><td>Garlic paste</td><td></td></tr>
<tr><td>Salt, Pepper powder</td><td>As per taste</td></tr>
<tr><td>For Rolls</td><td></td></tr>
<tr><td>Bread slices (white)</td><td>8 nos.</td></tr>
<tr><td>Butter / oil</td><td>For basting</td></tr>
<tr><td>Oil (for greasing)</td><td>½ tsp</td></tr>
</table>
Method :
1. Pre-preparation for stuffing : In a microwave safe glass bowl take butter, chopped cumin, green chilli & mushrooms. Mix & microwave 100% for 6 minutes. Add boiled peas, chopped coriander, garlic paste, fresh cream, lemon, salt & black pepper powder. Mix very well & microwave 100% for 3 minutes. Cover & keep aside.
2. Trim the sides of the bread slices with a knife. Flatten the bread slices with a rolling pin. Fill one portion of stuffing in the centre of flatten bread slice & roll tightly, covering the mixture. Keep aside for 5-7 minutes.
3. Grease the tawa with ½ tsp oil & keep the low rack & tawa inside the microwave. Select menu & press start.(Preheat process)
4. When beeps, cut the bread rolls from centre (into 2). Put them carefully on the tawa. Press start. Serve them hot with the chutney of your choice.</td></tr>
<tr><td>dF11</td><td>Sabudana Vada</td><td>0.1 ~ 0.3 kg</td><td>Multicook tawa
&
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 potato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Sabudana (soaked for at least 1 hour)</td><td>½ cup</td><td>¾ cup</td><td>1 cup</td></tr>
<tr><td>Roasted & crushed peanuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Fresh curry leaves</td><td colspan="3">As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredients & mix well. Make mixture for sabudana vada. Divide the dough in equal parts & make round & flat vadas.
2. Take the multicook tawa & keep the vadas on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the vadas & press start.
4. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice.</td></tr>
</table>

*Refer Page 111,Fig. 1
#Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dF12</td><td>Fish Amritsari</td><td>0.3 kg</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Boneless fish (cut into 2" pieces)</td><td>300 g</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td>¼ tsp</td></tr>
<tr><td>For Batter</td><td></td></tr>
<tr><td>Egg (beaten)</td><td>1 no.</td></tr>
<tr><td>Besan</td><td>2 tbsp</td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td></tr>
<tr><td>Ajwain</td><td>1 tsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tbsp</td></tr>
<tr><td>Lemon juice</td><td>1 no.</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala, Chaat masala, turmeric powder</td><td>As per taste</td></tr>
<tr><td>Bread crumbs (for coating)</td><td>1 cup</td></tr>
<tr><td>Oil (for basting)</td><td>1 tbsp</td></tr>
</table>
Method :
1. Sprinkle salt & lemon juice on fish pieces. Rub well & keep aside for 5 minutes & wash well. Remove excess moisture with an absorbent kitchen towel.
2. In a bowl, mix together besan, hung curd, ginger garlic paste, ajwain, all the spices, beaten egg & lemon juice. Mix well & make a thick batter for marinade.
3. Rub this marinade well on the fish pieces & keep covered in refrigerator for atleast half an hour.
4. In a flat dish / plate take bread crumbs & coat the fish pieces one-by-one & keep on tawa. Keep tawa & high rack inside the microwave. Select menu & press start.
5. When beeps, turnover fish pieces & sprinkle 1 tbsp oil on all pieces & press start.
6. Sprinkle chaat masala on fish pieces & serve them hot with lemon wedges & lachha onions.
</td></tr>
<tr><td>dF13</td><td>Batata Vada</td><td>0.1 ~ 0.3 kg</td><td>Multicook tawa & 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 potatoes</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td><td>1½ no.</td><td>2 nos.</td></tr>
<tr><td>Salt,Red chilli powder, Garam masala, Chaat masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Roasted jeera</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
</table>
Method :
1. Mix all the ingredients together. Make big vadas of the mixture.
2. Arrange the vada on the tawa. Keep the tawa on high rack.
3. Select menu & weight & press start.
4. When beeps, turn over the vadas & press start.
</td></tr>
</table>

*Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dF14</td><td>Pyaaz Pakora</td><td>0.1 kg</td><td>Multicook tawa & High rack*'</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td></tr>
<tr><td>Pyaaz (Cut into rings)</td><td>100 g</td></tr>
<tr><td>For Batter</td><td></td></tr>
<tr><td>Besan</td><td>1 cup (130 g)</td></tr>
<tr><td>Water</td><td>200 mL</td></tr>
<tr><td>Salt, Red chilli powder, Haldi, Garam mas ala</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.
2. Keep the tawa on high rack. keep inside microwave. Select menu & press start.(Preheat process)
3. When beeps, place all Pyaaz rings evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.
4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.
(Cut into 1.5" cubes)
</td></tr>
<tr><td>dF15</td><td>Mirchi Vada</td><td>0.2 kg</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Mirchi (blanched)</td><td>200 g</td></tr>
<tr><td>For filling</td><td></td></tr>
<tr><td>Boiled potatoes</td><td>2 nos. (medium)</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td></tr>
<tr><td>Chopped coriander</td><td>1 tbsp</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td></tr>
<tr><td>Salt, Garam masala, Red chilli powder</td><td>As per taste</td></tr>
<tr><td>For Batter</td><td></td></tr>
<tr><td>Besan</td><td>1 cup (130 g)</td></tr>
<tr><td>Water</td><td>200 mL</td></tr>
<tr><td>Salt, Red chilli powder, Haldi, Garam masala</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.
2. In another bowl put besan & all spices & gradually add water & make a smooth batter without any lumps.
3. Take Mirchi pieces & slit them from between add boiled mash potato in it and cover chillies with potato mixture and keep it in batter 10-15 min. Grease the tawa with 2-3 drops oil.
4. Keep the tawa on high rack. Select menu the press start.(Preheat process)
5. When beeps, keep the Mirchi Vada coated with the batter evenly on all sides on tawa & press start.
6. When beeps, turn the Mirchi Vada Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup.
</td></tr>
<tr><td>dF16</td><td>Aloo Bhaji</td><td>0.1 kg</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td></tr>
<tr><td>Potatoes (cube)</td><td>100 g</td></tr>
<tr><td>For Batter</td><td></td></tr>
<tr><td>Besan</td><td>1 cup (130 g)</td></tr>
<tr><td>Water</td><td>200 mL</td></tr>
<tr><td>Salt, Red chilli powder, Haldi, Garam masala</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.
2. Keep the tawa on high rack. keep inside microwave. Select menu & press start.(Preheat process)
3. When beeps, place all Potatoe pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.
4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.
</td></tr>
</table>

*Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dF17</td><td>Soyabean Tikki</td><td>5 Pc</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>5 pc.</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td></tr>
<tr><td>Soyabean (soaked for at least 1 hour)</td><td>½ cup</td></tr>
<tr><td>Roasted & crushed peanuts</td><td>1 tbsp</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr>
<tr><td>Fresh curry leaves</td><td>As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredients & mix well. Make mixture for Tikki Divide the dough in equal parts & make round & flat Soyabean Tikki.
2. Take the multicook tawa & keep the Tikkis on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the Tikkis & press start.
4. When beeps, again turn the Tikkis & press start. Serve them hot with the chutney of your choice.
</td></tr>
<tr><td>dF18</td><td>Oats Cutlets</td><td>5 Pc</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>5 pc.</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td></tr>
<tr><td>Oats (roasted)</td><td>½ cup</td></tr>
<tr><td>Grated carrot</td><td>½ cup</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr>
<tr><td>Fresh curry leaves</td><td>As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredients & mix well. Make mixture for Oats Tikki Divide the dough in equal parts & make round & flat Oats Tikki
2. Take the multicook tawa & keep the Tikkis on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the Tikkis & press start.
4. When beeps, again turn the Tikkis & press start. Serve them hot with the chutney of your choice.
</td></tr>
<tr><td>dF19</td><td>Methi Masala Vada</td><td>5 Pc</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>5 pc.</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td></tr>
<tr><td>Methi (chopped)</td><td>½ cup</td></tr>
<tr><td>Chana Dal soaked for 1 hr.</td><td>1 cup</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr>
<tr><td>Fresh curry leaves</td><td>As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredients & mix well. Make mixture for Methi Masala. Divide the dough in equal parts & make round & flat
2. Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the vadas & press start.
4. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice.
</td></tr>
</table>

#Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dF20</td><td>Poha Pattie</td><td>5 Pc</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>5 pc.</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td></tr>
<tr><td>Poha (soaked)</td><td>1 cup</td></tr>
<tr><td>Yoghurt</td><td>2 tbsp</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr>
<tr><td>Fresh curry leaves</td><td>As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredients & mix well. Make mixture for Divide the dough in equal parts & make round & flat
2. Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the Poha Pattie & press start.
4. When beeps, again turn the Poha Pattie & press start. Serve them hot with the chutney of your choice.
</td></tr>
<tr><td>dF21</td><td>French Toast</td><td>2 Pc</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For batter</td><td></td></tr>
<tr><td>Egg</td><td>4 No.</td></tr>
<tr><td>Salt, Haldi, Garam masala, Red chilli powder,</td><td>As per taste</td></tr>
<tr><td>For filling</td><td></td></tr>
<tr><td>Boiled potatoes</td><td>2 nos. (medium)</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td></tr>
<tr><td>Chopped coriander</td><td>1 tbsp</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td></tr>
<tr><td>Salt, Garam masala, Red chilli powder</td><td>As per taste</td></tr>
<tr><td>Bread slices</td><td>4 nos.</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.
2. In another bowl mix Egg & all spices
3. Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure. Grease the tawa with 2-3 drops oil.
4. Keep the tawa on high rack. Select menu the press start.(Preheat process)
5. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start.
6. When beeps, turn the bread Toast Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup.
</td></tr>
<tr><td>dF22</td><td>Buff Vada</td><td>5 Pc</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>5 pc.</td></tr>
<tr><td>Boiled potato</td><td>2 no.</td></tr>
<tr><td>Coconut (grated)</td><td>1 cup</td></tr>
<tr><td>Roasted & crushed peanuts</td><td>1 tbsp</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr>
<tr><td>Fresh curry leaves</td><td>As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredients & mix well. Make mixture for vada Divide the dough in equal parts & make round & flat vada
2. Take the multicook tawa & keep the vada on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the vada & press start.
4. When beeps, again turn the vada & press start. Serve them hot with the chutney of your choice.
</td></tr>
</table>

#Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dF23</td><td>Palak Tikki</td><td>5 Pc</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>5 pc.</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td></tr>
<tr><td>Palak (chopped)</td><td>½ cup</td></tr>
<tr><td>Corn flour</td><td>½ cup</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr>
<tr><td>Fresh curry leaves</td><td>As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredients & mix well. Make mixture for Palak Tikki. Divide the dough in equal parts & make round & flat
2. Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the Tikki & press start.
4. When beeps, again turn the Tikki & press start. Serve them hot with the chutney of your choice.
</td></tr>
<tr><td>dF24</td><td>Corn Aloo Tikki</td><td>5 Pc</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>5 pc.</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td></tr>
<tr><td>Corn (boiled & Crushed</td><td>1 cup</td></tr>
<tr><td>Corn flour</td><td>½ cup</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr>
<tr><td>Fresh curry leaves</td><td>As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredients & mix well. Make mixture for Palak Tikki. Divide the dough in equal parts & make round & flat
2. Take the multicook tawa & high rack &Tikkies on tawa and keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the Tikki & press start.
4. When beeps, again turn the Tikki & press start. Serve them hot with the chutney of your choice.
</td></tr>
<tr><td>dF25</td><td>Mix Veg Bhajia</td><td>0.2 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td></tr>
<tr><td>Potatoes (rings)</td><td></td></tr>
<tr><td>Cauliflower (florets)</td><td>25 g</td></tr>
<tr><td>Onion (rings)</td><td>25 g</td></tr>
<tr><td>For Batter</td><td></td></tr>
<tr><td>Besan</td><td>1 cup (130 g)</td></tr>
<tr><td>Water</td><td>200 mL</td></tr>
<tr><td>Salt, Red chilli powder, Haldi, Garam masala</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.
2. Keep the tawa on high rack. keep inside microwave. Select menu & press start.(Preheat process)
3. When beeps, place all mix veg. pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.
4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.
</td></tr>
</table>

#Refer Page 111, Fig. 2

HP1 Kala Chana

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
Soaked kala chana (soaked overnight)	100 g	200 g	300 g	400 g	500 g
Water	200 mL	400 mL	600 mL	800 mL	1000 mL
Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp
Onion chopped	1/2 cup	1 cup	1½ cups	2 cups	2½ cups
Salt, Chat masala, Red chilli powder, Hara dhania	As per taste				

Method :

1. Soak chana overnight, in a MWS bowl take soaked chana with water, cover it.
2. Select menu and weight and press start.
3. When beeps, strain the water from it. In a MWS bowl, add oil, chopped onion, chaat masala, red chilli powder, hara dhania and press start.
4. When beeps, add boiled chana, mix well & press start.

HP2 Karela Sabzi

Weight Limit: 0.3 kg

Utensil: Microwave safe (MWS) glass bowl + High rack + Multi cook tawa*

For	0.3 kg
Chopped karela/Bitter gourd	300 g
Oil	2 tbsp
Chopped onions	1 cup
Water	As required
Rai, Cumin seed, Asafoetida & Turmeric powder	For tempering
Salt, Sugar, Garam masala, Coriander powder, Cumin powder	As per taste
Grated coconut & Hara dhania	For garnishing

Method :

1. In a MWS glass bowl take oil add rai, jeera, asafoetida & turmeric powder, chopped onions. Select menu and press start.
2. When beeps, add chopped karela some water, salt, sugar, masala, dhania powder, jeera powder. press start.
3. When beeps, remove the MWS glass bowl from microwave oven, transfer the sabzi to MWS flat glass dish, stir well. place the MWS flat glass dish on high rack & press start.
4. Garnish with coconut & dhania, serve hot.

HP3 Lemon Chicken

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
Boneless chicken	100 g	200 g	300 g	400 g	500 g
Soya sauce	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Corn flour	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Water	½ cup	½ cup	½ cup	1 cup	1 cup
Salt, Pepper & Sugar	As per taste				
Garlic paste	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Lemon juice	2 tsp	3 tsp	4 tsp	4 tsp	5 tsp
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp

Method :

1. Mix boneless chicken, soysauce, salt & pepper, garlic paste & lemon juice in a bowl. Refrigerate for ½ hour.
2. In a MWS bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select menu & weight & press start.
3. When beeps, mix well. Cover & press start. Allow to stand for 3 minutes.

* Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></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>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>Pomfret fish</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Salt, Lemon juice & Kali mirch powder</td><td colspan="5">To marinate as per taste</td></tr>
<tr><td>Oil, Chopped onion, Chopped tomatoes, Chopped garlic</td><td colspan="5">As required</td></tr>
</table>
<u>Method :</u>
1. Take Pomfret Slices as per weight either of (0.1 kg/ 0.2 kg/ 0.3 kg/ 0.4 kg/ 0.5 kg) and marinate with salt, lemon juice, and pepper powder (as per taste) for one hour.
2. In MWS bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select menu & weight and press start.
3. When beeps, open door and add marinated fish, salt to taste and some water. Cover & press start.
4. When beeps, mix well & press start.
5. Give standing time for 5 minutes.
</td></tr>
<tr><td>HP5</td><td>Soya Idli</td><td>4,8 Pc</td><td>Microwave safe (MWS) bowl & 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>
1. Wash & soak rice, urad dal & soyabeans granules for 4 hours.
2. Grind, mix and ferment for 8 to 10 hours. Grind the mixture to paste consistency.
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.
Note : After preparing the batter, you can use it for making menu 4 or 8 idlies as per requirement.
4,8 indicates the number of idli that can be prepared.
</td></tr>
<tr><td>HP6</td><td>Nutrinuggets</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>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>½ 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>
<u>Method :</u>
1. In a MWS bowl add oil, jeera, onion. Select menu and weight and press start. Mix well.
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.
3. When beeps, mix well and 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>
</table>

*Provided with start up kit

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></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>3 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>3 tsp</td></tr>
</table>
<u>Method :</u>
1. In a MWS bowl add oil & brinjal. Cover. Select menu & weight & press start.
2. When beeps, remove & in another MWS bowl add oil, mustard & cumin seeds, curry leaves & chopped ginger. Press start.
3. When beeps, add brinjal, curd & salt. Mix well & press start.
</td></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>
<u>Method :</u>
1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select menu & weight & press start.
2. When beeps, remove.
3. In a bowl add water, beaten curd, bathua leaves & mix well. Add salt & roasted cumin seed powder.
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>
<u>Method :</u>
1. In a MWS bowl add oil, chopped onions. Select menu and press start. Mix well.
2. When beeps, in the same bowl add tomato puree and haldi and press start. Mix well.
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>
1. In a MWS bowl put soaked dal (lentils), water, turmeric powder & salt. Select menu & weight and press start.
2. When beeps, in another MWS bowl put oil, chopped onions, cumin seeds, chopped ginger & green chillies, chopped spinach. Mix well and press start.
3. When beeps, mix well & add boiled lentils. Mix again & press start.
4. 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>HP11</td><td>Moong Dal</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>Moong Dal soaked in water (for 1 hour)</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>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 powder,Jeera powder, Haldi, Hing, Kasuri methi, Lemon juice, Hara dhania</td><td>As per taste</td></tr>
</table>
Method :
1. Take dal in MWS bowl, add water, haldi & hing.
2. Select menu press start to cook.
3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves & press start.
4. When beeps, add dal, salt, dhania powder, jeera powder, hara dhania, kasuri methi (optional), water (if required) & lemon juice and press start to cook.
</td></tr>
<tr><td>HP12</td><td>Leaf Rolls</td><td>0.2-0.4 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><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></td><td>1 no.</td><td></td></tr>
<tr><td>Salt, Chaat masala, Lemon juice</td><td>½ no.</td><td>As per taste</td><td>1 no.</td></tr>
</table>
Method :
1. In a bowl mix boiled vegetables, chopped onions, salt, chaat masala & lemon juice.
2. In MWS bowl, add ½ cup water, Keep the leaves in MWS flat glass dish. Keep the dish in MWS bowl. Cover.
3. Select menu & weight and press start.
4. 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 :
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.
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>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></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>1 no.</td><td>2 nos.</td></tr>
<tr><td>Peas</td><td>¼ cup</td><td>½ cup</td><td>1 cup</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>650 mL</td></tr>
</table>
Method :
1. In a MWS bowl take soaked dal, rice & ghee. Also add grated carrot, soaked & drained soya granules & peas. Mix well. Select menu & weight and press start.
2. When beeps, mix, add water & salt. Mix again & press start.
3. When beeps, stir & mash well. Add pepper powder & ½ cup water. Mix & cover and press start.
4. Serve hot with fresh curd.
</td></tr>
<tr><td>HP15</td><td>Oats Idli</td><td>4,8 Pc</td><td>Microwave safe (MWS) bowl
&
Microwave safe (MWS) idli stand*
&
Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For Idli batter</td><td>1 cup</td></tr>
<tr><td>Roasted & powdered oats</td><td>½ cup</td></tr>
<tr><td>Semolina</td><td>½ cup</td></tr>
<tr><td>Curd</td><td>¾ cup</td></tr>
<tr><td>Water</td><td>As per taste</td></tr>
<tr><td>Salt</td><td>¼ tsp</td></tr>
<tr><td>Soda bi carb</td><td>¼ cup</td></tr>
<tr><td>Grated carrot</td><td>2 nos.</td></tr>
<tr><td>Chopped green chilies</td><td>For greasing</td></tr>
<tr><td>Oil</td><td>½ tsp</td></tr>
<tr><td>For Tempering</td><td></td></tr>
<tr><td>Mustard seeds</td><td>A few</td></tr>
<tr><td>Curry leaves</td><td>A few</td></tr>
<tr><td>Dry red chillies</td><td>½ tbsp</td></tr>
<tr><td>Oil</td><td></td></tr>
</table>
Method :
1. Mix all the ingredients of batter in a bowl. Allow to stand for 10 minutes.
2. Grease MWS idli stand & pour the batter (depending on the number you want to cook).
3. Add ½ cup water to MWS bowl. Keep the MWS idli stand inside the MWS bowl. Cover.
4. Select the menu & number and press start.
5. When beeps, remove the idli from the stand.
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>
</table>

* Provided with start up kit

<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>
1. Grind sweet corn with water and put in MWS glass bowl. Select menu & press start.
2. When beeps, remove, in another bowl put oil, green chilli & press start.
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>
1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select menu & press start.
2. When beeps, remove the bowl. Allow to cool & separate the mushrooms & grind the remaining stock & strain it.
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>
1. In MWS glass bowl add oil and vegetables, ginger-garlic paste. Select menu & press start.
2. When beeps, add salt, pepper, water & palak (in pieces). Mix well & put in microwave & press start.
3. When beeps, mix well & press start. Add wonton & serve.
How to make Wonton :
Maida - 1 cup, Salt - 1 pinch, Oil - 1 tsp
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.
For Stuffing :
Cabbage, carrot, capsicum which is cut in long pieces
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>

<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>
1. In a MWS glass bowl add chicken pieces, chopped garlic and water. Select menu and press start.
2. When beeps, remove & strain stock. In another MWS glass bowl add oil, cumin seeds and maida and press start.
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>
1. In a MWS glass bowl add tomatoes cut into quarters with water, select menu and press start.
2. When beeps, grind and strain the whole stock.
3. In another MWS glass bowl add oil, ginger garlic paste, jeera, bay leaf and press start. Mix well.
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>
1. In a MWS glass bowl add oil, chopped onion, garlic. Select menu & press start.
2. When beeps, mix well & add water, cream style corns, basil leaves, fusili pasta and tomato puree. Press start.
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>
1. In a MWS bowl add chopped tomato & water. Select menu & press start.
2. When beeps, remove & cool. Grind & strain it.
3. In a MWS bowl add oil, coriander seeds, cumin seeds, cinnamon, hing, chopped garlic, green chillies, salt & jaggery & strained tomato stock. Press start.
4. When beeps, strain it again & add more water (if required), tamarind pulp. Press start.
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>
1. In MWS glass bowl add butter, carrot, onion & apples. Mix well. Select menu & weight and press start.
2. When, beep, mix well, add cooked rice, lentils & water and press start.
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>
1. In a MWS glass bowl add water, chili sauce, soya sauce, vinegar, salt, pepper powder and ajinomoto. Select menu & press start.
2. When beeps, stir well & add all the chopped vegetables, except paneer. Press start.
3. When beeps, stir well & add corn flour, tomato sauce, paneer pieces & 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>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>
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.
2. When beeps, grind and strain it.
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.
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 :
1. In a MWS glass bowl add chopped palak & little water. Select menu & press start.
2. When beeps, grind the palak,
3. In another MWS glass bowl add butter, jeera, chopped onions. Press start.
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>0.6 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>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 :
1. In MWS glass bowl put water & add chicken pieces. Select category & press start.
2. When beeps remove the bowl.
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 :
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.
2. When beeps, strain the stock. Add cleaned prawns, fish sauce, pepper, thai red curry paste. Stir well & press start.
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 :
1. In a MWS glass bowl add oil, green chillies, ginger paste, garlic paste. Mix well.
2. Select menu & press start.
3. When beeps, mix well & add onion & add all spices. Press start.
4. When beeps, mix well & add dal & water. Press start. Strain the stock.
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 :
1. Grind the boiled rajma. Add water & strain it.
2. In a MWS glass bowl add oil, garlic, onion, tomato. Mix well. Select menu & press start.
3. When beeps, mix well & add salt, pepper, red chilli powder & rajma stock. Mix well & press start.
4. Add lemon juice & 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>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 :
1. In a MWS glass bowl take butter & chopped onion. Mix well. Select menu & press start.
2. When beeps, stir well. Add whole wheat flour, mint paste, coarsely chopped walnuts & mix well. Press start.
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 :
1. In a MWS glass bowl add soaked masoor dal, tomato & water. Select menu & press start.
2. When beeps, remove & allow the dal to cool. Grind it in a mixer & strain.
3. In another MWS glass bowl, add oil, crushed garlic, chopped onion. Press start.
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 :
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.
2. Select menu & press start.
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 :
1. In a MWS glass bowl add oil, cabbage, carrot, celery, spring onions, ginger, garlic, bayleaves, cloves, peppercorns. Mix well. Select menu & press start.
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 :
1. In a MWS glass bowl add oil, onion, garlic, mutton & chilli flakes, salt. Mix well & cover.
2. Select menu & press start.
3. When beeps, mix well & add water, tomato, cinnamon, cardamom, cumin seeds, , salt, saffron & dry mint leaves. Mix well & press start.
4. When beeps, remove the bowl & allow to cool. Grind it &add curd. 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>Co1</td><td>Pasta</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
Microwave safe (MWS) flat glass dish
&
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>
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.
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.
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
&
Microwave safe (MWS) flat glass dish
&
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>
1. In a MWS glass bowl take vegetables & add 400mL water. Select menu & press start.
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.
3. When beeps, mix well and spread grated cheese on it, place the dish on high rack & press start.
</td></tr>
</table>

**Refer Page 111Fig. 5

<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
&
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>
1. In MWS flat glass dish put all the ingredients except cheese, mix well.
2. Select menu & weight and press start
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
&
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>
1. Except lasagne and cheese add all the ingredients in MWS flat glass dish. Select menu and press start.
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.
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>
1. In MWS bowl take Macaroni with water. Select menu & weight & press start.
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 111, Fig. 5

<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>
1. In a MWS bowl put oil, garlic, sugar, soya sauce, red curry paste, broccoli, chicken pieces, mix well. Select menu and press start.
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>
1. In a bowl, put all the ingredients of marinade & mix well. Keep it for 15-20 minutes.
2. Butter the bread slices. Top each slice with 2-3 slices of marinated tomatoes. Put chopped olives & sprinkle grated cheese on top.
3. Select the menu & press start. (Preheat process)
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 :
1 In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover.
2. Select menu & weight press start.
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.
4. Mix well & serve.
</td></tr>
<tr><td>Co9</td><td>Potato Dumpling</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl
&
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 :
1. Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough.
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.
3. When beeps, take out the dumplings.
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 :
1. In a MWS bowl add oil, chopped spring onions & garlic, red chilli paste. Select menu & weight and press start.
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>

<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
Coriander leaves</td><td>For garnishing</td></tr>
</table>
<u>Method :</u>
1. In a MWS bowl add rice & water. Select menu & press start.
2. When beeps, remove & in another MWS bowl add peas, cauliflower florets & ½ cup water. Cover. Press start.
3. In cooled rice add apple, green peas, cauliflower florets, salt & pepper.
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) flat glass dish & 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>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>
<u>Method :</u>
1. In a MWS bowl add ½ cup water, keep the cabbage leaves on the MWS flat glass dish. Keep the MWS flat glass dish in MWS bowl & cover. Keep in microwave. Select menu & weight and press start.
2. When beeps, remove from microwave. Allow to cool.
3. In a bottle or container with lid put all the ingredients of dressing & shake for 1-2 minutes till all ingredients blend well.
4. In a bowl add baby corns, grapes cut into halves, sprouts, boiled macaroni & pour dressing over it. Mix well & fill the steamed cabbage leaves with it.
5. 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>
<u>Method :</u>
1. In a MWS flat glass dish arrange grated carrot first in the form of a band, then grated raddish & then broccoli florets, sprinkle water. cover with cling film. Pierce the cling film. Select menu & press start.
2. Add salt & lemon juice. Mix each layer separately.
3. Take olive & cut into thin slices. Now make a flower at the center of the raddish layer with olive slices. 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>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 (Optional)</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add babycom & beans together. Add some water cover.
2. Select menu & weight & press start.
3. Add salt, lemon juice, pepper. 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 :
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 menu & weight and press start.
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>SS6</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>Cous Cous</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 :
1. In a MWS bowl take cous cous, add water & salt & few drops of oil. Select menu & weight and press start.
2. When beeps, remove & allow the cous cous to cool for sometime so that the grains separate.
3. Now add the vegetables & press start.
4. Mix all the ingredients of dressing in a bowl.
5. When cooking ends, add the cous cous to the dressing bowl. Toss all the ingredients together.
6. Spread the lettuce leaves on a plate. And transfer the cous cous salad to the plate. Chill & serve.
</td></tr>
</table>

SA7 Pasta Salad

Weight Limit: 0.2 kg

Utensil: Microwave Safe (MWS) bowl

For	0.2 kg
Penne pasta	200 g
Water	400 mL
Vegetable (Grated carrot, Capsicum, Sliced olives, Chopped spring onion)	1½ cup
Salt, Pepper	As per taste
Olive oil	2 tsp
Vinegar	1 tsp
Oregano (optional)	As per taste
Curd	2 tbsp

Method :

1. In a MWS bowl add pasta, water & few drops of oil. Select menu & press start.
2. Wash the boiled pasta under cold water to separate them.
3. In a bowl take boiled pasta, add vegetable, salt, pepper, vinegar, curd, olive oil. Toss them together. Chill & serve.

SA8 Whole Wheat & Mint salad

Weight Limit: 0.1 ~ 0.3 kg

Utensil: Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Whole wheat (Soaked in hot water for 2 hours)	100 g	200 g	300 g
Mint leaves	1 cup	1½ cups	2 cups
Sprouted chana	100 g	200 g	300 g
Green chilli	1 no.	2 nos.	3 nos.
Ginger	As per taste		
Salt & Pepper	As per taste		
Lemon juice	1 tsp	1½ tsp	2 tsp
Water (with salt)	200 mL	400 mL	600 mL

Method :

1. In a MWS bowl put soaked whole wheat & salty water. Select menu & weight. Press start.
2. When beeps, remove & drain the whole wheat & allow to cool.
3. In MWS bowl add sprouted chana and water (double the amount of chana), cover. Press start. When beeps, remove & allow to cool.
4. In a mixer, put clean mint leaves, ginger, green chillies, lemon juice & make a smooth paste.
5. In a bowl put whole wheat, sprouted chana, mint paste, salt, pepper & lemon-juice. Mix well. Serve chilled.

SA9 Bread Salad

Weight Limit: 0.1 ~ 0.3 kg

Utensil: High rack

For	0.1 kg	0.2 kg	0.3 kg
Whole wheat bread slices	2 nos.	3 nos.	4 nos.
Tomatoes (seedless & cut in pieces)	¼ cup	½ cup	1 cup
Cucumber (Cut in pieces)	¼ cup	½ cup	1 cup
Steamed french beans	¼ cup	½ cup	1 cup
Fresh basil leaves	A few sprigs		
For Salad Dressing			
Olive Oil	1 tbsp	1½ tbsp	2 tbsp
Vinegar	½ tsp	1 tsp	1½ tsp
Salt, Pepper & Sugar	As per taste		

Method :

1. Take bread slices (0.1kg/0.2kg/0.3kg) & keep on high rack. Select menu & weight. Press start.
2. When beeps, turn bread slices. Again press start. Remove from microwave allow to cool. Cut the slices into croutons.
3. Put all the ingredients of salad dressing in a bowl cover the bowl & shake well to make the dressing for salad.
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)

SA10 Papaya Lachcha Salad

Weight Limit: 0.1 ~ 0.3 kg

Utensil: Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Papaya (thinly sliced)	100 g	200 g	300 g
Water	As required		
Sugar	10 g	20 g	30 g
Cardamom essence	Few drops		

Method :

1. In a MWS bowl add papaya slices, sugar, some water, cardamom essence. Select menu and weight & press start.

Tandoor Se

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

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



2. **Press Tandoor Se**



The Display will show tS1

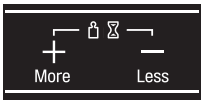
3. Press Tandoor Se five time, display will show tS5.



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.**

Tandoor Se

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>tS1</td>
<td>Paneer Tikka</td>
<td>0.1 ~ 0.3 kg</td>
<td>Multicook tawa
&
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>Paneer cubes (cut into 1½" cubes)
Capsicum (cut into cubes)
Onions (cut into cubes)
Tomato (cut into cubes, pulp removed)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>For marinade</td><td colspan="3"></td></tr>
<tr><td>Hung curd</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>1 tbsp</td></tr>
<tr><td>Salt, Garam masala, Red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Tandoori masala</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Tandoori colour</td><td colspan="3">A pinch</td></tr>
<tr><td>Oil (optional)</td><td colspan="3">For basting</td></tr>
</table>
<u>Method :</u>
1. Mix all the ingredients of marinade in a bowl.
2. Now add the paneer pieces, capsicum, onion, tomato and mix well with marinade. Keep in refrigerator for 1 hour.
3. Arrange the marinated paneer pieces, capsicum, tomato & onion on the tawa. Keep on high rack. Select menu & weight and press start.
4. When beeps, turn over the paneer & vegetable pieces. Drizzle some oil (optional) & press start.
</td>
</tr>
<tr>
<td>tS2</td>
<td>Veg Kabab</td>
<td>0.3 kg</td>
<td>Multicook tawa
&
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>
1. Mix all the ingredients in a bowl. Mix well & shape them into flat kabab.
2. Keep the kebabs on greased tawa. Place the tawa on high rack and keep in microwave. Select category & press start.
3. When beeps, turn over the kebabs & press start again.
</td>
</tr>
<tr>
<td>tS3</td>
<td>Tandoori Sabzi</td>
<td>0.2 kg</td>
<td>Microwave safe (MWS) glass bowl
&
High rack
&
Multi cook tawa*</td>
<td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Mix veg - Bhindi, Cauliflower, Brinjals, Mushrooms, Potato, Paneer cubes</td><td>200 g</td></tr>
<tr><td>Onion paste</td><td>2 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tsp</td></tr>
<tr><td>Tomato puree</td><td>¼ cup</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala, Chaat masala, Haldi</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Hara dhania</td><td>For garnishing</td></tr>
</table>
<u>Method :</u>
1. In a MWS glass bowl take oil, onion paste, ginger garlic paste.
2. Select menu & press start.
3. When beeps, add vegetables, red chilli powder, haldi, garam masala, chat masala, salt, tomato puree & mix well. Press start.
4. When beeps, transfer this mixture to greased tawa, spread evenly. Keep tawa on high rack & press start. Serve with tandoori nan.
</td>
</tr>
</table>

*Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>tS4</td><td>Hara Bhara Kababs</td><td>0.3 kg</td><td>High Rack
&
Multicook tawa*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Potatoes (boiled & grated)</td><td>300 g</td></tr>
<tr><td>Peas (boiled & mashed)</td><td>1 cup</td></tr>
<tr><td>Palak leaves (boiled)</td><td>1½ cup</td></tr>
<tr><td>Coriander leaves</td><td>A few sprigs</td></tr>
<tr><td>Kasuri methi</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Chaat masala, Garam masala</td><td>As per taste</td></tr>
</table>
<u>Method :</u>
1. Mix all the ingredients together & make a mixture. Make flat kababs out of it.
2. Grease the multicook tawa & place on high rack. Now arrange the kababs on the greased multicook tawa. Select menu & press start.
3. When beeps, turn over the kababs & again press start. Serve with coriander chutney or tomato sauce.
</td></tr>
<tr><td>tS5</td><td>Shaami Kababs</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
High Rack
&
Multicook tawa*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Minced mutton</td><td>300 g</td></tr>
<tr><td>Soaked bengal gram</td><td>50 g</td></tr>
<tr><td>Roasted cumin seeds</td><td>As per taste</td></tr>
<tr><td>Salt, Red chilli powder, Chaat masala, Coriander powder</td><td>As per taste</td></tr>
<tr><td>Chopped onion</td><td>2 Nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>A few springs</td></tr>
</table>
<u>Method :</u>
1. In a MWS glass bowl add minced mutton. Select menu and press start.
2. Grind the cooked mutton, bengal gram, cumin seeds, coriander powder, salt and chilli powder, chaat masala, chopped coriander and onion. Make long flat kababs of the paste.
3. Place the kababs on greased multicook tawa and high rack. Press start.
4. Turn over the kababs and again press start.
Note: For binding roll the kababs in maida.
</td></tr>
<tr><td>tS6</td><td>Mutton Tikka</td><td>0.1-0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
High Rack
&
Multicook tawa*</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>Mutton boneless pieces</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>For marinade</td><td></td><td></td><td></td></tr>
<tr><td>Hung curd</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Salt, Red chilli powder, Haldi, Garam masala & Chaat masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1 ½ tbsp</td></tr>
<tr><td>Lemon juice</td><td colspan="3">As per taste</td></tr>
<tr><td>Eatable red colour</td><td colspan="3">A pinch</td></tr>
</table>
<u>Method :</u>
1. Wash the mutton pieces & mix with ginger garlic paste, curd, salt, lemon juice, garam masala, chaat masala, red chilli powder. Refrigerate for 1 hour.
2. In a MWS glass bowl take this mixture, Select menu & weight. Press start.
3. When beeps, arrange the cooked mutton pieces on tawa. Pour some oil & press start.
4. When beeps turn the pieces and again press start. Serve with hot chutney.
</td></tr>
</table>

*Refer Page 111, Fig. 2

Tandoor Se

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>tS7</td><td>Chicken Lollipops</td><td>0.1 ~ 0.3 kg</td><td>Multicook tawa
&
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>Chicken keema</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Red chilli powder, Garam masala Amchur powder, Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Bread crumbs</td><td colspan="3">For coating the lollipops</td></tr>
</table>
<u>Method :</u>
1. Mix the chicken keema with boiled potatoes, ginger garlic paste, red chilli powder, garam masala, amchur powder, salt.
2. Coat the lollipops with breadcrumbs.
3. Arrange the lollipops on greased tawa. Place the tawa on high rack. Select menu and weight press start.
4. When beeps, turn over again & press start. Serve with chutney or sauce.
</td></tr>
<tr><td>tS8</td><td>Chana Kababs</td><td>0.2 ~ 0.5 kg</td><td>Multicook tawa
&
High Rack#</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>Boiled Kabuli Chana (Chhole)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Cloves</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td><td>2½ nos.</td></tr>
<tr><td>Pepper powder</td><td colspan="4">As per taste</td></tr>
<tr><td>Cinnamon powder</td><td>¼ tsp</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Garlic Cloves</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt</td><td colspan="4">As per taste</td></tr>
<tr><td>Ginger chopped</td><td>1 tsp.</td><td>2 tsp.</td><td>3 tsp</td><td>4 tsp</td></tr>
<tr><td>Bread pieces</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Whole red chilly</td><td>1 no</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Bread crumbs</td><td colspan="4">For coating</td></tr>
</table>
<u>Method :</u>
1. Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces, whole red chilli, to a paste.
2. Now shape the paste in the form of kababs & roll out each kababs in bread crumbs for complete coating.
3. Now keep the kababs on tawa & keep the tawa on high rack. Select menu & weight & press start.
4. When beeps, turn over the side & press start.
</td></tr>
</table>

Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>tS9</td><td>Aloo Tikki</td><td>0.3 kg</td><td>High rack & Multicook tawa*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Boiled Potatoes</td><td>300 g</td></tr>
<tr><td>Boiled peas</td><td>1 cup</td></tr>
<tr><td>Chopped ginger</td><td>3 tsp</td></tr>
<tr><td>Green chillies</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>4 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala, Chaat masala</td><td>As per taste</td></tr>
</table>
<u>Method :</u>

1. Mix boiled potatoes, peas, coriander leaves, chopped ginger, green chillies, salt, red chilli powder, garam masala & chaat masala together. Prepare tikkis out of the mixture.
2. Arrange the tikkis on multicook tawa. Keep the tawa on high rack. Select menu & press start.
3. When beeps, turn over the tikkis. Press start.</td></tr>
<tr><td>tS10</td><td>Fish Tandoori</td><td>0.5 kg</td><td>Multicook tawa & High Rack*</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Pomfret</td><td>3 small sized</td></tr>
<tr><td>For Marinade</td><td></td></tr>
<tr><td>Degi mirch</td><td>2½ tsp</td></tr>
<tr><td>Jeera</td><td>½ tsp</td></tr>
<tr><td>Ginger paste</td><td>1 tsp</td></tr>
<tr><td>Garlic paste</td><td>1 tsp</td></tr>
<tr><td>Tandoori masala</td><td>½ tsp</td></tr>
<tr><td>Garam masala</td><td>1½ tsp</td></tr>
<tr><td>Amchoor</td><td>1 tsp</td></tr>
<tr><td>Dhania powder</td><td>1 tsp</td></tr>
<tr><td>Lemon juice</td><td>2 tbsp</td></tr>
<tr><td>Chaat masala</td><td>¼ tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :

1. Rub the fish well with besan (3tbsp), 2 tbsp lemon juice to remove fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Prick the fish all over with a fork or give shallow cuts with a knife.
2. Mix all ingredients given under marinade. Rub the marinade well all over the fish pieces & let it marinade for 2-3 hours.
3. Keep the marinated fish pieces on tawa & tawa on high rack. Select the menu & press start.
4. When beeps, turn over the fish & press start.
5. When beeps, turn over again & press start.
Sprinkle chaat masala & serve with pudina chutney & onion rings.</td></tr>
</table>

*Refer Page 111, Fig. 2

Tandoor Se

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>tS11</td><td>Veg Kabab Rolls</td><td>0.3 kg</td><td>Multicook tawa & 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>
1. Mix all the ingredients in a bowl. Mix well & shape them into rolls.
2. Keep the kebabs on greased tawa. Place the tawa on high rack and keep in microwave. Select category & press start.
3. When beeps, turn over the kebabs & press start again.
</td></tr>
<tr><td>tS12</td><td>Corn Kababs</td><td>0.2 ~ 0.4 kg</td><td>Multicook tawa & High rack*</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>Boiled potatoes</td><td>2 medium</td><td>3 medium</td><td>4 medium</td></tr>
<tr><td>Boiled sweet corns</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Onions (Chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Green chillies (Chopped)</td><td>1 no.</td><td>1 no.</td><td>2 no.</td></tr>
<tr><td>Fresh coriander (finely chopped)</td><td>1 tbsp.</td><td>2 tbsp.</td><td>3 tbsp</td></tr>
<tr><td>Pudina (finely chopped)</td><td>½ tbsp.</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Melted butter</td><td>¼ tbsp.</td><td>½ tbsp</td><td>1 tbsp</td></tr>
<tr><td>Garam Masala, pepper powder, salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td>2 tsp</td><td>3 tsp</td><td>3 tsp</td></tr>
<tr><td>Bread crumbs</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
<u>Method :</u>
1. Mash the boiled potatoes & corns. Mix well.
2. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice.
3. Make long kababs out of this mixture.
4. Keep the kababs on tawa & tawa on high rack. Select category & weight & press start.
5. When beeps, turn over & press start.
6. When beeps, turn over & press start.
Serve with chutney or sauce.
</td></tr>
<tr><td>tS13</td><td>Bharwan Tamatar</td><td>0.3-0.5 kg</td><td>Multicook Tawa & High rack*</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>Tomato (Hollowed)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For Stuffing</td><td></td><td></td><td></td></tr>
<tr><td>Paneer (mashed)</td><td>200 g</td><td>250 g</td><td>300 g</td></tr>
<tr><td>Salt, Red Chilli Powder, Garam Masala, Cumin Powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Onion Chopped</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td></tr>
<tr><td>Coriander leaves Chopped</td><td colspan="3">A few sprigs</td></tr>
<tr><td>Oil</td><td>¼ Tbsp</td><td>½ Tbsp</td><td>1 Tbsp</td></tr>
</table>
<u>Method :</u>
1. Precook the paneer stuffing- In a MWS bowl add oil, Onions & microwave 100 % for 3 minutes. Add paneer & all the spices & coriander leaves & microwave 100% for 2 minutes
2. Stuff the hollowed tomatoes with paneer.
3. Grease the tomatoes with few drops of oil.
4. Keep the Tomatoes on tawa & tawa on high rack. Select Category & weight and press start
5. Turn over the tomato & press start. Put oil.
6. Turn over the side again & press start. Garnish with fresh coriander leaves & serve.
</td></tr>
</table>

*Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>tS14</td><td>Tandoori Aloo</td><td>0.3 ~ 0.5 kg</td><td>Multicook Tawa & High rack*</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>Aloo (Cut into quarters)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For marinade</td><td></td><td></td><td></td></tr>
<tr><td>Hung Curd</td><td>2 Tbsp</td><td>3 Tbsp</td><td>4 Tbsp</td></tr>
<tr><td>Garlic Paste</td><td>1 Tbsp</td><td>1 ½ Tbsp</td><td>2 Tbsp</td></tr>
<tr><td>Cumin Powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Red Chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Tandoori Masala</td><td>1 Tsp</td><td>2 Tsp</td><td>3 Tsp</td></tr>
<tr><td>Tandoori Color</td><td colspan="3">A pinch</td></tr>
</table>
<u>Method :</u>
1. Mix all the ingredients of marinade in a bowl.
2. Add the aloo pieces & keep for ½ hour.
3. Keep the marinated aloo on tawa & tawa on high rack. Select category & weight & press start.
4. When beeps, turn over the pieces & drizzle few drops of oil & press start again.
Sprinkle chaat masala or lemon juice & serve.
</td></tr>
<tr><td>tS15</td><td>Tandoori Gobhi</td><td>0.3 ~ 0.5 kg</td><td>Multicook Tawa & High rack*</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>Caulifower florets</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td></tr>
<tr><td>Jeera powder</td><td>½ Tsp</td><td>1 Tsp</td><td>1 Tsp</td></tr>
<tr><td>Red Chilli Powder, Salt, Dhaniya Powder, Garam Masala, Anardana</td><td colspan="3">As per taste</td></tr>
<tr><td>Tandoori Color/Haldi</td><td colspan="3">A pinch</td></tr>
<tr><td>Oil</td><td>1 Tbsp</td><td>1½ Tbsp</td><td>2 Tbsp</td></tr>
<tr><td>Hung Curd</td><td>2 Tbsp</td><td>3 Tbsp</td><td>4 Tbsp</td></tr>
</table>
<u>Method :</u>
1. Mix together in a bowl all the ingredients of marinade. Add the cauliflower to the marinade & rub them properly with the marinade. Keep aside for 1 hours.
2. Transfer the marinated cauliflower on tawa & keep on high rack. Select category & weight and press start.
3. When beeps, drizzle few drops of oil on cauliflower & turn them over. Press start.
Serve with onion rings, coriander leaves & tomato slices.
</td></tr>
<tr><td>tS16</td><td>Tandoori Mushrooms</td><td>0.2 ~ 0.5 kg</td><td>Multicook tawa & High rack*</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>Mushroom Buttons (stalk removed)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td><td></td></tr>
<tr><td>Hung Curd</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Ginger Garlic Paste</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Salt, Coriander powder, cumin powder, amchoor</td><td colspan="4">As per taste</td></tr>
<tr><td>Cornflour</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Tandoori Color</td><td colspan="4">A pinch</td></tr>
</table>
<u>Method :</u>
1. Mix all the ingredients of the marinade in a bowl.
2. Prick all the mushroom buttons & add to the marinade.
3. Keep the mushroom marinated for 1 hour.
4. Transfer the mushrooms on tawa & keep the tawa on high rack. Select category & weight and press start.
5. When beeps, turn over the mushroom & press start.
6. When beeps, turn over again & press start.
Note: If mushroom run watery while cooking, drain water & start cooking again.
</td></tr>
</table>

*Refer Page 111,Fig. 2

Tandoor Se

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>tS17</td><td>Mahi Tikka</td><td>0.3 ~ 0.5 kg</td><td>Multicook tawa
&
High rack*</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>Fish fillets (Cut into 2" cubes)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For marinade</td><td></td><td></td><td></td></tr>
<tr><td>Hung Curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Thick cream</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Ajwain</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Garam masala</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 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Red chilli powder, salt</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u>
1. Rub the fish well with 3 tbsp besan & 2 tbsp lemon juice to remove the fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Pick fish all over with a forks.
2. Mix all the ingredients of marinade. Add the fish pieces & keep aside for 3-4 hours.
3. Transfer the marinated fish pieces to tawa & keep tawa on high rack. select category & weight & press start.
4. When beeps, turn over the pieces & press start.
5. When beep, turn over the pieces & press start. Sprinkle chaat masala & serve onion slices.
Note: In case there is excess water during cooking & drain it & restart.
</td></tr>
<tr><td>tS18</td><td>Arbi
Tandoori</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe
(MWS) glass bowl
&
Multicook tawa
&
High rack*</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>Arbi (Cut into slices)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr>
<tr><td>Onion rings</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr>
<tr><td>Garam Masala, Amchoor, Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Green Chillies (Chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Ginger (shredded)</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Coriander Seeds</td><td>½ tsp</td><td>1½ tsp</td><td>1 tsp</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Tandoori Masala</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Ginger Paste</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Pepper corns (crushed)</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr>
<tr><td>Ajwain</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp.</td></tr>
<tr><td>Haldi</td><td colspan="3">A pinch</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>½ tbsp.</td><td>½ tbsp</td><td>1 tbsp</td></tr>
<tr><td>Besan</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr>
</table>
<u>Method :</u>
1. Pre- preparation –In a MWS glass bowl arbi slices with some water. Cover & micro at 100% for 5 mins.
2. Mix all the ingredients of marinade in a bowl. Add the arbi slices & keep for ½ an hour.
3. In a MWS glass bowl add oil, onion rings, shredded ginger & green chillies, garam masala, amchoor & salt. Mix well. Select Category & weight & press start
4. When beeps, remove the bowl from microwave oven, Transfer the marinated arbi on tawa & keep the tawa on high rack.
5. Press start.
6. When beeps, drizzle few drops of oil. Add onion rings mixture & turn over the slices
7. Press start.
</td></tr>
</table>

*Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>tS19</td><td>Mix Veg Platter</td><td>0.5 kg</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>0.5 Kg</td></tr>
<tr><td>Paneer (Cut 1½" cubes)</td><td>200 g</td></tr>
<tr><td>Mushroom buttons (trim the stalk)</td><td>100 g</td></tr>
<tr><td>Baby corn (blanched)</td><td>25 g</td></tr>
<tr><td>Capsicum (Cut into large cubes)</td><td>100 g</td></tr>
<tr><td>Tomatoes (cut into quarters & deseeded)</td><td>25 g</td></tr>
<tr><td>Onion (Cut into quarters & separated)</td><td>50 g</td></tr>
<tr><td>For Marinade</td><td></td></tr>
<tr><td>Hung Curd</td><td>4 tbsp</td></tr>
<tr><td>Thick cream</td><td>2 tbsp</td></tr>
<tr><td>Cornflour</td><td>1 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td></tr>
<tr><td>Black Salt</td><td>As per taste</td></tr>
<tr><td>Tandoori Color</td><td>A pinch</td></tr>
<tr><td>Tandoori masala</td><td>2 tsp</td></tr>
<tr><td>Red chilli powder, salt</td><td>as per taste</td></tr>
</table>
<u>Method :</u>
1. Mix all the ingredients of marinade.
2. Add paneer, mushrooms, baby corns, onions & tomatoes to the marinade & mix well to coat the vegetables..
3. Keep the marinated vegetables on tawa & tawa on high rack. Select category & press start.
4. When beeps, turn over the side & drizzle few drops of oil & press start.
5. When beep, again turn over & press start. Serve with barbeque sauce.
Note: In case there is excess water during the cooking process, drain it & cook.
</td></tr>
<tr><td>tS20</td><td>Spicy chicken kababs</td><td>0.2 ~ 0.4 kg</td><td>Multicook tawa & High rack*</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>Boneless chicken (cut into 1½" pieces)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td></tr>
<tr><td>Barbeque sauce</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Olive oil</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Garlic powder / Ginger paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Red chilli flakes</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Black pepper (freshly crushed)</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Onion paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Oregano</td><td>½ tsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Thyme</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Cumin powder</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u>
1. Clean & wash chicken pieces & cut into 1½" cubes. Prick them with fork.
2. In a bowl take chicken pieces & add all the ingredients of marinade & mix well. Keep covered for at least 30-45 minutes in refrigerator.
3. Place all the marinated chicken pieces on tawa & place tawa on high rack. Keep in the microwave. Select category & weight and press start.
4. When beeps, turn the chicken pieces. Remove excess water or liquid from the tawa (if present) & press start.
5. Serve spicy chicken kababs hot with mint chutney or onion rings.
</td></tr>
</table>

*Refer Page 111, Fig. 2

Tandoor Se

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>tS21</td>
<td>Kastoori Kababs</td>
<td>0.2 ~ 0.4 kg</td>
<td>Multicook tawa
&
High rack*</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>Boneless Chicken mince (Keema)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>For marinade</td><td></td><td></td><td></td></tr>
<tr><td>Ginger garlic paste</td><td>¼ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr>
<tr><td>Lemon juice</td><td>¼ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr>
<tr><td>Roasted besan</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Bread crumbs</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Pepper powder, Salt, Red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Ginger finely chopped</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Chopped Coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>2 tsp</td><td>3 tbsp</td></tr>
<tr><td>Choti elaichi powder</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Kesar (Soaked in ½ cup in milk)</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
</table>
Method :
1. Wash the chicken mince in a strainer. Press well to squeeze out the water well.
2. Marinate the mince with all the ingredients mentioned under marinade.
3. Make flat Kababs of the mixture.
4. Keep the kabobs on tawa & tawa on high rack. Select category & weight and press start.
5. When beeps, turn over the kabobs & press start, Sprinkle chaat masala & serve.
</td>
</tr>
<tr>
<td>tS22</td>
<td>Chilka Kababs</td>
<td>0.4 kg</td>
<td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td>
<td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Chana dal (soaked overnight)</td><td>200 g</td></tr>
<tr><td>Snake gourd peels (roughly chopped)</td><td>½ cup</td></tr>
<tr><td>Pumpkin peels (roughly chopped)</td><td>½ cup</td></tr>
<tr><td>Whole black pepper</td><td>¼ tsp</td></tr>
<tr><td>Dried red chilli</td><td>1 no.</td></tr>
<tr><td>Laung</td><td>3-4 nos.</td></tr>
<tr><td>Black cardamom</td><td>1 no.</td></tr>
<tr><td>Cinnamon</td><td>1" piece</td></tr>
<tr><td>Water</td><td>½ cup</td></tr>
<tr><td>Oil</td><td>½ tsp</td></tr>
<tr><td>Javitri</td><td>1 no.</td></tr>
<tr><td>Fresh coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a MWS glass bowl take soaked chana dal, pumpkin peels, snake gourd peels & all the whole spices except salt & coriander leaves. Sprinkle ¼ cup water & cover. Select menu & press start.
2. When beeps, take out the bowl, remove javitri & black cardamom and allow to cool the mixture.
3. Grind the cooked mixture to a coarse paste in a mixer, adding ¼ cup water & salt to taste. Take out in a bowl and add freshly chopped coriander leaves. Mix well with hands & make kababs of equal size & shape.
4. Grease the tawa with ¼ tsp oil & put the kababs on it. Keep the tawa on high rack. Keep high rack & tawa with kababs inside the microwave and press start.
5. When beeps, sprinkle ¼ tsp oil on all kababs and turnover the kababs and press start.
6. Serve the kababs hot with the chutney of your choice.
</td>
</tr>
</table>

*Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>tS23</td>
<td>Jimikand ke Kababs</td>
<td>0.2 ~ 0.4 kg</td>
<td>Multicook tawa
&
High rack*</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>Jimikand (boiled & grated)</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr>
<tr><td>Fresh bread (crumbled)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Cornflour</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Coriander leaves (chopped)</td><td colspan="3">As required</td></tr>
<tr><td>Anardana powder</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a bowl take boiled & grilled jimikand, chopped green chilli, coriander leaves, cornflour, anardana powder & all the spices. Mix well.
2. Remove the sides (brown part) of the bread slices with a knife. Crumble them with hands & add this to jimikand mixture. Mix well and make equal sized flat kababs.
3. Keep the kababs on multicook tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
4. When beeps, turn all the kababs & press start.
5. When beeps, again turn the kababs & press start. Serve them hot with onion rings & mint chutney.
</td>
</tr>
<tr>
<td>tS24</td>
<td>Kaju Kababs</td>
<td>0.1 ~ 0.3 kg</td>
<td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
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>Potato (cut into pieces)</td><td>½ no.</td><td>1 no.</td><td>1½ no.</td></tr>
<tr><td>Onion (chopped)</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Peas (shelled)</td><td>3 tbsp</td><td>4 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Cauliflower (florets)</td><td>½ cup</td><td>½ cup</td><td>¾ cup</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Kaju powder</td><td>2 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Fresh bread crumbs (sides removed)</td><td>3 slices</td><td>4 slices</td><td>4 slices</td></tr>
<tr><td>Green chilli (chopped)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Tomato ketchup</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
</table>
Method :
1. In a MWS glass bowl take cut potatoes, chopped onion, peas & cauliflower. Put ½ cup water & cover. Select menu & weight and press start.
2. When beeps, remove the bowl, strain the vegetables. Remove all the moisture & mash well when cool.
3. To the mashed vegetables add all the spices, chopped green chilli, coriander leaves, kaju powder, ginger-garlic paste, tomato ketchup, fresh bread crumbs. Mix all the ingredients very well. Make equal sized kababs out of the mixture.
4. Keep the kababs on tawa & tawa on high rack. Keep inside the microwave and press start.
5. When beeps turn the kababs & press start. Serve them hot with mint chutney.
</td>
</tr>
</table>

*Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>tS25</td><td>Mutton & Tomato Kababs</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Minced mutton</td><td>300 g</td></tr>
<tr><td>Badi elaichi</td><td>1 no.</td></tr>
<tr><td>Dalchini</td><td>2" piece</td></tr>
<tr><td>Laung</td><td>3-4 nos.</td></tr>
<tr><td>Whole black pepper</td><td>8 to10 nos.</td></tr>
<tr><td>Dried red chilli</td><td>2 nos.</td></tr>
<tr><td>Bread crumbs</td><td>¼ cup</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr>
<tr><td>Coriander (chopped)</td><td>2 tbsp</td></tr>
<tr><td>Lemon juice (optional)</td><td>1 tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Tomatoes (cut into big pieces)</td><td>2 nos.</td></tr>
</table>
Method :
1. In a MWS glass bowl take minced mutton, laung, badi elaichi, cinnamon, dried red chilli, whole black pepper. Mix well & cover. Select menu and press start.
2. When beeps, take out the bowl, remove cover & remove all the whole spices & discard the water. Allow the mutton to get cooled & grind the mutton coarsely.
3. Take the ground mutton in a bowl, add all the spices, chopped green chilli, coriander leaves, bread crumbs & lemon juice (optional) & mix very well.
4. Make equal sized round kababs from the mixture & keep on greased tawa. Keep the tawa on high rack. Keep inside the microwave & press start.
5. When beeps, turnover the kababs & keep tomato pieces (seeds removed) and press start. Serve them hot with mint chutney.
</td></tr>
</table>

*Refer Page 111, Fig. 2

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

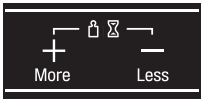
3. Press Kids' Delight four time, display will show CF4.



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.**

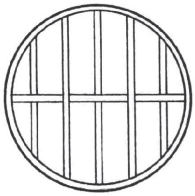
*** Note : If display is blank, press STOP/CLEAR, otherwise go directly to step 2.**

<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>
1. Beat the eggs well & add salt, pepper & coriander leaves.
2. Add oil, tomato & onion to MWS flat glass dish. Select menu & weight and press start.
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>
1. In a MWS bowl add some water & sweet corns. Select menu & weight & press start.
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>
1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix & select menu & weight and press start.
2. When beeps, mix & add tomato. Press start.
3. When beeps, mix & add vermicelli, water, salt, red chili powder, haldi, garam masala. Press start. Stand for 3 minutes.
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>
1. Select menu & press start to preheat.
2. Spread pizza topping on pizza base, spread chopped vegetables on it. Sprinkle grated cheese.
3. When beeps, place the pizza on Glass tray & press start.
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>
1. Mix butter, garlic paste, salt, pepper and oregano together. Apply this mixture to both sides of bread slices.
2. Select menu & press start. (Preheat process)
3. When beeps, keep the bread slices on low rack & press start.
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>
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.
2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter paper.
3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmy with spoon.
4. In MWS glass bowl add rest of the butter, chocolate chips. Mix & press start.
5. When beeps, pour this mixture on oats & sprinkle chopped nuts.
6. Cut into rectangle bars when set & serve chilled.
</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>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>
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.
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,
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.
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.
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.
6. Seal the edges & wet them with water. Cover the edges with foil paper to avoid over burning.
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.
Note: If the butter becomed soft while making pie, keep the rolled dough in freezer.</td></tr>
<tr><td></td><td colspan="3">
Fig -1

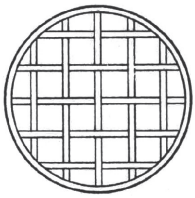



Fig -2</td><td></td></tr>
<tr><td>CF8</td><td>Bread Pudding</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Bread slices</td><td>2 Nos.</td><td>3 Nos.</td><td>4 Nos.</td></tr>
<tr><td>Milk (for 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 :
1. Make small pieces of bread slices. Beat the egg very well . Mix all the ingredient very well.
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 111, Fig. 4

<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 :
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 :
1. In a MWS glass bowl add milkmaid, marie biscuit powder, milk powder, bournvita. Mix well. Select menu & press start.
2. Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut.
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 :
1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well.
2. Select menu & press start.
3. When beeps, stir well. Press start.
4. When beeps, stir well. Press start. Allow to set in refrigerator.</td></tr>
<tr><td>CF12</td><td>Veg Burger</td><td>0.1 ~ 0.3 kg</td><td>Multicook tawa & 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>Burger buns</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>For Tikkis</td><td></td><td></td><td></td></tr>
<tr><td>Potatoes (boiled)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Boiled peas</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala, Chaat masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Cornflour</td><td colspan="3">For binding</td></tr>
<tr><td>Tomato slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Onion slices</td><td>2 no.</td><td>4 nos.</td><td>6 nos.</td></tr>
<tr><td>Cheese slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Butter</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Tomato sauce</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
Method :
1. In a bowl mix all the ingredients for tikkis & prepare round & flat tikkis out of it.
2. Slit the buns into two halves. Apply the butter inside the buns.
3. Keep the tikkis on the tawa. Keep on high rack. Select menu & weight and press start.
4. When beeps, turn over the tikkis & press start.
5. When beeps, remove the tikkis. Now apply tomato sauce on one half of the bun. Keep the cheese slice, tikki, onion slices and then tomato & cheese slices & cover with the second half of the bun.
6. Now keep the burger on high rack & press start.</td></tr>
</table>

*Refer Page 111,Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF13</td><td>Mushroom & Pepper pizza</td><td>0.3 kg</td><td>Multicook Tawa & Low Rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Pizza base</td><td></td></tr>
<tr><td>Dry active yeast</td><td>3 g</td></tr>
<tr><td>Water</td><td>2 tbsp</td></tr>
<tr><td>Sugar</td><td>¼ tsp</td></tr>
<tr><td>Maida</td><td>60 g</td></tr>
<tr><td>Salt</td><td>¼ tsp</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Topping</td><td></td></tr>
<tr><td>Pizza sauce</td><td>2 tbsp</td></tr>
<tr><td>Vegetables (Sliced mushroom, Chopped yellow & Red bell pepper)</td><td>1 cup</td></tr>
<tr><td>Grated cheese</td><td>1 cup</td></tr>
<tr><td>Oregano & chilli flakes</td><td>As per taste</td></tr>
</table>
Method :
1. Dissolve the yeast in lukewarm water, stir in sugar & keep for 10 minutes till frothy.
2. Sieve the flour, add the yeast mixture, oil & salt. Prepare a dough using a little water if required. Knead till it does not stick to the pan/bowl.
3. Cover the dough with a muslin cloth & keep it till it doubles the volume.
4. Knead lightly & roll out thin chapati.
5. Keep on greased tawa. Spread the sauce, sprinkle oregano & chilli flakes, add vegetables & spread grated cheese. Keep aside.
6. Select menu & press start.(Preheat process)
7. When beeps, keep the tawa on low rack. Keep it inside the microwave oven. Press start.
</td></tr>
<tr><td>CF14</td><td>Noodle Rosti</td><td>0.2 kg</td><td>Microwave safe (MWS) glass bowl & Multicook tawa & High rack*</td><td>
<table>
<tr><td>For Rosti</td><td></td></tr>
<tr><td>Boiled whole wheat noodles</td><td>¾ cup</td></tr>
<tr><td>Grated paneer</td><td>¼ cup</td></tr>
<tr><td>Grated mozarella cheese</td><td>¼ cup</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
<tr><td>Salt , Pepper</td><td>As per taste</td></tr>
<tr><td>Coriander (chopped)</td><td>2 tbsp</td></tr>
<tr><td>For Topping</td><td></td></tr>
<tr><td>Mixed shredded vegetables (Carrot, Cabbage, Capsicum)</td><td>½ cup</td></tr>
<tr><td>Boiled bean sprouts</td><td>¼ cup</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Tomato ketchup</td><td>4 tbsp</td></tr>
</table>
Method :
1. In a bowl take all the ingredients for rosti & mix well with hands. Divide the dough into 4 equal parts.
2. In a MWS glass bowl take oil, shredded vegetables, boiled bean sprouts, salt & pepper. Mix well. Select menu & press start.
3. When beeps, remove the bowl & mix well & divide the topping into 4 equal parts & keep aside for late use.
4. Take the dough & shape each portion into round flat circles (approx. 2.5"). Keep on tawa, keep tawa on high rack & press start.
5. When beeps, turn over the rostis & again press start.
6. Place the rostis on a serving plate & top them with a portion of prepared topping & tomato ketchup. Serve immediately.
</td></tr>
<tr><td>CF15</td><td>Bread Rolls</td><td>10 Pc</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>10 Pc</td></tr>
<tr><td>Bread slices</td><td>10 slices</td></tr>
<tr><td>For filling</td><td></td></tr>
<tr><td>Boiled potatoes</td><td>200 g</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos</td></tr>
<tr><td>Chat masala, Garam masala, Salt, Red chilli powder, Pepper</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>For brushing</td></tr>
</table>
Method :
1. Take the bread slices & cut the edges.
2. Mix all the ingredients for filling in a bowl.
3. Take bread slices one by one & soak in water. Squeeze & drain extra.
4. Fill in the prepared potato mixture & shape into cylindrical rolls.
5. Brush with some oil. Prepare all the rolls.
6. Grease the multicook tawa with some oil.
7. Keep the roll in multicook tawa & keep the tawa on high rack.
8. Select menu & press start.
9. When beeps, turn over & press start.
10. When beeps, again turn over & press start. Serve with sauce or chutney of your choice.
</td></tr>
</table>

#Refer Page 111, Fig. 1
*Refer Page 111, Fig. 2

<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
&
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>
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.
2. Select menu & press start. (Preheat process)
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
&
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>
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.
2. Select menu & press start. (Preheat process)
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 111, Fig.4

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA3</td><td>Patties@</td><td>0.2 kg</td><td>Multicook tawa
&
Low Rack#</td><td>
<table>
<tr><td>For</td><td>0.2 kg (2 Patties)</td></tr>
<tr><td>Maida</td><td>200 g</td></tr>
<tr><td>Salt</td><td>1/2 tsp</td></tr>
<tr><td>Cold fat (Butter or margarine)</td><td>100 g</td></tr>
<tr><td>Cold water</td><td>For making dough</td></tr>
<tr><td>Dry mix vegetables for stuffing</td><td>As required</td></tr>
</table>
<u>Method :</u>
1. Sieve the flour with salt. Divide the fat into three equal portions. Rub one portion into the flour to get a bread crumb texture, add salt & make a dough of rolling consistency with iced water.
2. On a lightly floured marble top roll out the dough (about ½ cm thickness) into oblong shape (Fig.1). Take the second portion of fat; cut into small pieces; place them on 2/3rd of the rolled dough. Leave the remaining 1/3rd portion without fat.
3. Bring up the bottom third of the pastry dough & fold like an envelope with its flap open (Fig.2). Then bring up the folded portion over again so as to close the envelope (Fig.3).
4. Turn the pastry at right angles; seal open ends of the pastry & rib it (Fig.4). This means to depress it with rolling pin at intervals. Cover & cool in the fridge for 5-10 minutes. Repeat the step 2 with third portion of the fat & chill it for 30 minutes.
5. Roll out the dough 1/4" thick & put the stuffing. Fold it back. Prepare all the patties in same way.
6. Select menu & press start. (Preheat process). When beeps, arrange the patties on tawa. Keep the tawa on low rack & press start.</td></tr>
<tr><td></td><td colspan="3">

Fig. 1


Fig. 2


Fig. 3

Fig. 4</td></tr>
<tr><td>bA4</td><td>Walnut@
Cake</td><td>0.3 kg</td><td>Metal Cake
Tin
&
Low Rack##</td><td>
<table>
<tr><td>For</td><td>0.25 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>
1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.
2. Sieve maida, baking powder & add walnuts to it.
3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well.
4. Grease a metal cake tin or line with a butter paper. Add the cake batter.
5. Select menu & press start. (Preheat process)
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 111, Fig. 1
##Refer Page 111, Fig. 4

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA5</td><td>Swiss[@] Roll</td><td>0.2 kg</td><td>Multicook tawa
&
Low Rack[#]</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>80 g</td></tr>
<tr><td>Condensed milk (Milkmaid)</td><td>100 mL</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Soda bicarb</td><td>¼ tsp</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
<tr><td>Mix fruit jam</td><td>2 tbsp</td></tr>
</table>
<u>Method :</u>
1. Sieve maida & soda. In a bowl add milkmaid & butter. Beat well. Add the maida mixture, vanilla essence & mix well.
2. For spoon dropping consistency add milk or water. Place the butter paper at the bottom of the tawa. Pour the batter.
3. Select menu & press start. (Preheat process)
4. When beeps, put the tawa on low rack & keep inside microwave. Press start.
</td></tr>
<tr><td>bA6</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>
1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.
2. Sieve maida, baking powder & add grated carrot to it.
3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well.
4. Grease a metal cake tin or line with butter paper. Add the cake batter.
5. Select menu & press start. (Preheat process)
6. When beeps, put the cake tin on low rack & keep in microwave & press start.
</td></tr>
<tr><td>bA7</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>
1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.
2. Sieve maida, baking powder & cocoa powder together.
3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all beat well.
4. Grease a metal cake tin or line with butter paper. Add the cake batter.
5. Select menu & press start. (Preheat process)
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 111, Fig. 1
[##]Refer Page 111, Fig. 4

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA8</td><td>Jeera Biscuits@</td><td>0.2 kg</td><td>Low Rack
&
Multicook tawa#</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>120 g</td></tr>
<tr><td>Powdered sugar</td><td>50 g</td></tr>
<tr><td>Butter</td><td>50 g</td></tr>
<tr><td>Jeera / Ajwain</td><td>As per taste</td></tr>
<tr><td>Soda bi carb</td><td>1 pinch</td></tr>
<tr><td>Baking powder</td><td>1/4 tsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
</table>
<u>Method :</u>
1. Sieve maida, baking powder and soda. In a bowl add powdered sugar and butter and beat well. Add maida, jeera powder, ajwain and make a soft dough with little water.Roll a thick roti and cut cookies with the cutter. Prick with a fork. Arrange on tawa.
2. Select menu & press start. (Preheat process)
3. When beeps, keep the tawa & press start to bake. Remove when it gives a beep. Allow them to cool.
</td></tr>
<tr><td>bA9</td><td>Nan Khatai@</td><td>0.2 kg</td><td>Multicook tawa
&
Low Rack#</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>150 g</td></tr>
<tr><td>Suji</td><td>50 g</td></tr>
<tr><td>Powdered sugar</td><td>85 g</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
<tr><td>Butter</td><td>100 g</td></tr>
<tr><td>Almonds & cashewnuts</td><td>A few</td></tr>
</table>
<u>Method :</u>
1. Cream the butter & sugar together till it turns fluffy.
2. Add vanilla essence followed by maida & suji.
3. Make a dough out of this mixture.
4. Roll out a medium sized ball & put cashewnut on the top of each piece. Arrange them on tawa. Keep the tawa on low rack. Keep aside.
5. Select menu & press start. (Preheat process).
6. When beeps, place the tawa & press start.
</td></tr>
<tr><td>bA10</td><td>Chena Poda@</td><td>0.2 kg</td><td>Low Rack
&
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>
1. Mix chena, sugar & suji together adding little water.
2. Transfer this mixture to MWS flat glass dish.
3. Select menu & press start. (Preheat process)
4. When beeps, place the MWS flat glass dish on low rack. Press start.
</td></tr>
<tr><td>bA11</td><td>Masala Biscuits@</td><td>0.2 kg</td><td>Low Rack
&
Multicook tawa#</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Butter</td><td>50 g</td></tr>
<tr><td>Sugar</td><td>50 g</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Salt, Chilli powder, Coriander powder</td><td>As per taste</td></tr>
</table>
<u>Method :</u>
1. Sieve maida & baking powder together. Cream butter & sugar together.
2. Add maida to the butter & cream mixure. Add salt, chilli powder & coriander powder. Mix them well adding little water (if required) to form a soft dough.
3. Roll out the dough & shape into biscuits with the help of a biscuit cutter.
4. Select menu & press start. (Preheat process)
5. When beeps, keep the biscuits on the multi cook tawa & place the tawa on low rack & press start.
</td></tr>
</table>

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

#Refer Page 111, Fig. 1

##Refer Page 111, Fig. 6

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA12</td><td>Lamington Cake@</td><td>0.4 kg</td><td>Low Rack
&
Metal Cake Tin##
&
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 :
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.
2. Select menu, press start. (Preheat process).
3. When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.
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>bA13</td><td>Doughnuts@</td><td>0.2 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>200 g</td></tr>
<tr><td>Yeast</td><td>½ tbsp</td></tr>
<tr><td>Luke warm milk</td><td>100 mL</td></tr>
<tr><td>Powdered sugar</td><td>50 g</td></tr>
<tr><td>Nutmeg powder</td><td>A pinch</td></tr>
<tr><td>Egg</td><td>½ (beaten)</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
<tr><td>Butter</td><td>1 tbsp</td></tr>
</table>
Method :
1. Dissolve yeast in milk & set aside for 5 minutes to prepare yeast mixture.
2. Add sugar & butter to milk & dissolve. Add to yeast mixture.
3. Now add maida, egg, vanilla essence & nutmeg powder & make a soft dough. Keep it covered for 1hour. Roll out the dough to ½ inch thickness. Cut it with a doughnut cutter.
4. Select menu & press start. (Preheat process).When beeps arrange the doughnuts on tawa & keep tawa on low rack & press start.
Note : If the dough is too dry add milk & if too soft then add maida.
</td></tr>
<tr><td>bA14</td><td>Whole Wheat cookies@</td><td>0.3 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Whole wheat flour</td><td>200 g</td></tr>
<tr><td>Brown sugar</td><td>100 g</td></tr>
<tr><td>Granulated sugar</td><td>50 g</td></tr>
<tr><td>Butter</td><td>100 g</td></tr>
<tr><td>Egg</td><td>1 No.</td></tr>
<tr><td>Vanilla essence</td><td>½ tsp</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td></tr>
</table>
Method :
1. In a bowl cream brown sugar, butter, granulated sugar together and beat till fluffy. Add egg, vanilla essence, baking powder. Finally add flour and make a soft dough.
2. Roll out the dough and cut with a cookie cutter.
3. Select menu, press start. (Preheat process)
4. When beeps, put the cookies on tawa & tawa on low rack. Press start to bake. Remove when it gives a beep.
</td></tr>
</table>

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

##Refer Page 111, Fig. 4

#Refer Page 111, Fig. 1

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA15</td><td>Buns@</td><td>04 Pc</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Maida</td><td>1½ cup</td></tr>
<tr><td>Salt</td><td>1 tsp</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td></tr>
<tr><td>Dry yeast</td><td>1½ tsp</td></tr>
<tr><td>Beaten egg</td><td>1 no.</td></tr>
<tr><td>Milk powder</td><td>1 tbsp</td></tr>
<tr><td>Warm water</td><td>100 mL</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
</table>
Method :
1. In a bowl / cup take sugar & warm water and dissolve it. Add dry yeast & stir to dissolve. Cover & keep aside for 5-6 minutes.
2. In another bowl take maida, salt & milk powder. Add beaten egg & mix well with hands to get a crumbly texture. Now add yeast water & knead a soft dough for buns. The dough may be a little sticky at this stage. Add oil & knead the dough again.
3. Take multicook tawa & grease it with little oil & then dust with little flour. Divide the dough into 4 equal parts & make round shape & keep on tawa at equal distance.
4. Cover the tawa with a lid & keep at warm & dark place for atleast 45 minutes to 1 hour.
5. Select menu & press start.(Preheat process)
6. When beeps, keep tawa with dough balls on low rack & keep both inside the microwave & press start.
7. When beeps, turn over the buns & again press start. Immediately remove the buns from tray & use when cool.
</td></tr>
<tr><td>bA16</td><td>Apple cup cakes@</td><td>0.4 kg</td><td>Metal muffin tray
&
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
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 :
1. In a dry & clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt & mix with a fork & keep aside.
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.
3. Select menu & press start.
4. Softly mix all the dry mixture to the beaten butter & sugar mixture with a wooden spoon. Do not over mix.
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>
<tr><td>bA17</td><td>Eggless Chocolate Cake@</td><td>0.5 kg</td><td>Metal cake tin
&
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 :
1. Select menu & press start for pre-heating.
2. Meanwhile, prepare the cake batter - sieve the maida, coco powder, baking powder, soda bi carb together.
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.
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>
</table>

@Do not put anything in the oven during the Preheat mode
Refer Page 111, Fig. 1
Refer Page 111, Fig. 4

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA18</td><td>Cheese Straw@</td><td>0.2 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Grated cheese</td><td>25 g</td></tr>
<tr><td>Butter</td><td>50 g</td></tr>
<tr><td>Cold water</td><td>As required</td></tr>
<tr><td>Pepper powder</td><td>1/4 tsp</td></tr>
<tr><td>Baking powder</td><td>1/8 tsp</td></tr>
<tr><td>Chilli powder</td><td>1/2 tsp</td></tr>
<tr><td>Salt</td><td>1/4 tsp</td></tr>
</table>
Method :
1. Sieve maida, baking powder, chilli powder and pepper powder. In a bowl add maida and butter and cheese and rub it with fingertips till it resembles breadcrumbs. Add little cold water to make a soft dough. Roll it in to ½ cm thick roti and cut thin strips. Twist them and put in the metal cake tin.
2. Select menu & press start. (Preheat process).
3. When beeps, put the tawa on low rack. Press start to bake. Remove when it gives a beep.
</td></tr>
<tr><td>bA19</td><td>Vanilla Cake@</td><td>0.4 kg</td><td>Metal Cake Tin
&
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 :
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.
2. Select menu & press start.(Preheat process)
3. When beeps, keep the cake tin on low rack
& press start.
</td></tr>
<tr><td>bA20</td><td>Chocolate@ cookies</td><td>0.3 kg</td><td>Multicook tawa
&
Low rack#</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>Baking powder</td><td>A pinch</td></tr>
<tr><td>Cocoa powder</td><td>2-3 tbsp</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
</table>
Method :
1. Sieve maida, cocoa powder & baking powder together. In a bowl cream butter & sugar together.
2. Add maida to the creamed butter & sugar. Add vanilla essence.
3. Mix well to make a soft dough.
4. Roll out the dough on rolling board & cut with a cookie cutter.
5. Select the menu & press start. (Preheat process)
6. When beeps, place the cookies on tawa & place the tawa on low rack.. Press start.
</td></tr>
</table>

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

#Refer Page 111, Fig. 1

*Refer Page 111, Fig. 4

Indian Roti Basket

In the following example, show you how to cook 2 Pc of Naan.

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



2. Press Indian Roti Basket

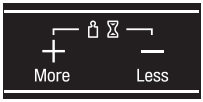


The display will show ' br1'

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



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



NOTE

- **Indian Roti Basket menus are programmed.**
- **Indian Roti Basket 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>br1</td><td>Naan</td><td>2 Pc</td><td>Multicook Tawa
&
Low Rack#</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Refined flour (Maida)</td><td>225 g</td></tr>
<tr><td>Curd</td><td>4 tbsp</td></tr>
<tr><td>Milk</td><td>100 mL</td></tr>
<tr><td>Butter</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>1/8 tsp</td></tr>
<tr><td>Castor sugar</td><td>1 tsp</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td></tr>
<tr><td>Butter (Melted)</td><td>1 tsp</td></tr>
<tr><td>Soda-bi-carb</td><td>¼ tsp</td></tr>
<tr><td>Onion seeds</td><td>1 tsp</td></tr>
</table>
Method :
1. In a bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi-carb & add to the dough. Mix it well & knead a soft dough adding the milk & water (if required). After making the dough add melted butter & knead the dough again. Keep the dough covered in a warm place for about 1-2 hours to ferment properly.
2. Keep the tawa on low rack & keep inside the microwave. select menu & press start.
3. Divide the dough into 10 equal portions/balls. (approx. of 40 g each). Roll out each portion in an oblong shape. Brush with melted butter & sprinkle onion seeds on the top.
4. When beeps, keep 2 rolled out naan on the tawa & press start.
5. Serve hot with gravy curry for your choice.
Note: Grease the surface with little oil to prevent the naan from sticking while rolling.
</td></tr>
<tr><td>br2</td><td>Lachha
Parantha</td><td>2 Pc</td><td>Multicook Tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Whole wheat flour</td><td>2 cups</td></tr>
<tr><td>Salt</td><td>½ tsp</td></tr>
<tr><td>Ghee</td><td>2 Tbsp</td></tr>
<tr><td>Milk</td><td>½ cup</td></tr>
<tr><td>Water</td><td>½ cup</td></tr>
</table>
<u>Method :</u>
1. In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & then water & knead a soft dough.
2. Keep tawa on low rack, keep inside the microwave. select category & press start.
3. Divide the dough into 11-12 equal portion (approx of 35-40 gms). Roll out each portion to a diameter of 5" spread ½ tsp ghee/oil all over & dust some dry flour. Fold to half & again repeat the same procedure. So that you get a long strip (like a fan).
4. Apply few drops of ghee on the strip. again roll the strip to form a ball. Roll out the ball to 4" diameter for laccha parantha.
5. When beeps, keep 2 rolled out laccha paranthas on tawa & press start.
6. When beeps, turn the paranthas & again press start. Make all laccha paranthas following the same procedure.
7. Apply some ghee on top (optional) & crush the parantha slightly to open up the layers. Serve hot with gravy/curry of your choice. Wrap in foil & store.
</td></tr>
</table>

#Refer Page 111, Fig. 1
*Refer Page 111, Fig. 2

Indian Roti Basket

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>br3</td><td>Appam</td><td>1 Pc</td><td>Multicook Tawa
&
High Rack*</td><td>
<table>
<tr><td>For</td><td>Batter</td></tr>
<tr><td>Rice (soaked for 5-6 hours)</td><td>1 cup</td></tr>
<tr><td>Cooked rice (Boiled)</td><td>½ cup</td></tr>
<tr><td>Fresh coconut shavings</td><td>2 cups</td></tr>
<tr><td>Yeast</td><td>¼ tsp</td></tr>
<tr><td>Coconut water</td><td>To dissolve yeast & for diluting the batter</td></tr>
<tr><td>Salt & Sugar</td><td>As per taste</td></tr>
</table>
<u>Method :</u>
1. Grind together soaked rice, cooked rice & coconut shaving till get a fine thick paste. Do not add too much water. Instead use coconut water for grinding & diluting. Batter should have a consistency similar to dosa batter or slightly thickened.
2. Add the yeast (diluted in 2 tbsp coconut water) & salt & sugar to taste. Allow the batter to ferment at room temperature for atleast 6-8 hours.
3. Keep the tawa on high rack, keep inside the microwave. Select category & press start.
4. When beeps, pour ½ cup batter (approx 100 ml) on tawa & spread evenly to a circle keep on the rack & press start.
5. When beeps, turn the appam carefully without breaking. Press start.
6. Serve hot with coconut chutney or veg stew.
Note: While pouring the appam batter, try to make a thin size appam. It should not be very thick.
</td></tr>
<tr><td>br4</td><td>Masala
Roti</td><td>2 Pc</td><td>Multicook Tawa
&
Low Rack#</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Whole wheat flour</td><td>1 cup</td></tr>
<tr><td>Besan</td><td>3/4 cup</td></tr>
<tr><td>Finely copped onion</td><td>1 no. (medium)</td></tr>
<tr><td>Finely chopped green chilli</td><td>2 no.</td></tr>
<tr><td>Black pepper powder</td><td>1 tsp</td></tr>
<tr><td>Red chilli powder</td><td>1 tsp</td></tr>
<tr><td>Garam Masala</td><td>½ tsp</td></tr>
<tr><td>Ghee</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Fresh Curd</td><td>¼ cup</td></tr>
<tr><td>Water (to knead dough)</td><td>¼ cup</td></tr>
<tr><td>Oil</td><td>½ tsp</td></tr>
<tr><td>Coriander leaves (Chopped)</td><td>2 tbsp</td></tr>
</table>
<u>Method :</u>
1. In a bowl combine whole wheat flour, besan, chopped onion, chopped green chillies, coriander leaves & all the spices. Rub in ghee & curds. Mix well & knead soft dough adding the water. Knead the dough again after adding oil. Keep the dough covered for 5-10 minutes.
2. Keep the tawa on low rack. Keep inside the microwave Select category & press start.
3. Divide the dough into 7 equal portions (approx of 40gm each). Roll out each portion into ovular length of 15 cm. Use little dry flour while rolling the roti to prevent it from sticking to surface.
4. When beeps keep 2 rolled out roties on tawa & press start.
5. When beeps, turn & again press start. Make all the roties following the same procedure.
6. Serve hot with pickle or curd. Wrap in foil & store.
</td></tr>
</table>

*Refer Page 111, Fig. 2
#Refer Page 111, Fig. 1

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>br5</td><td>Missi Roti</td><td>2 Pc</td><td>Multicook Tawa
&
low rack #</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Wheat flour</td><td>1½ cups</td></tr>
<tr><td>Besan</td><td>1½ cups</td></tr>
<tr><td>Oil</td><td>4 Tbsp</td></tr>
<tr><td>Kasuri methi, Red Chilli powder, Salt</td><td>As per taste</td></tr>
<tr><td>Water (for dough kneading)</td><td>50 ml</td></tr>
<tr><td>Curd</td><td>½ cup</td></tr>
</table>
<u>Method :</u>
1. In a bowl add all the ingredients of the dough & knead it by rubbing in the oil in the flour & slowly adding water to make a soft dough.
2. Divide the dough into, 11 equal portions (each approx 40g) grease the surface on which roti will be rolled with little oil. Take the dough & roll out the roti into 15 cm ovular length.
3. Keep the tawa on low rack & put few drops of oil & spread. Select category & keep the tawa & low rack inside the microwave & press start.
4. When beeps, keep the rolled out missi roties on the tawa & press start.
5. When beeps, add ¼ tsp oil on the roties & turn over. Press start. Wrap in foil & store.
</td></tr>
<tr><td>br6</td><td>Stuffed Naan</td><td>2 Pc</td><td>Multicook Tawa
&
High Rack*</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Refined flour (maida)</td><td>225 g</td></tr>
<tr><td>Curd</td><td>4 tbsp</td></tr>
<tr><td>Milk</td><td>100 ml</td></tr>
<tr><td>Butter</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>1/8 tsp</td></tr>
<tr><td>Castor Sugar</td><td>1 tsp</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td></tr>
<tr><td>Butter (melted)</td><td>1 tsp</td></tr>
<tr><td>Soda-bi-carb</td><td>¼ tsp</td></tr>
<tr><td>Onion seeds</td><td>1 tsp</td></tr>
<tr><td>For filling</td><td></td></tr>
<tr><td>Grated Paneer</td><td>150 g</td></tr>
<tr><td>Chopped onions</td><td>1 no (medium)</td></tr>
<tr><td>Chopped green chilli</td><td>2 nos.</td></tr>
<tr><td>Coriander leaves (Chopped)</td><td>A few sprigs</td></tr>
<tr><td>Red Chilli powder, salt, garam masala, anardana powder</td><td>As per taste</td></tr>
</table>
<u>Method :</u>
1. In a bowl add all the ingredients mentioned for filling & mix well & prepare the stuffing for naan.
2. In another bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi carb & add to the dough. Mix well & knead & soft dough adding the milk & water (if required). Add melted butter & again knead the dough. Keep the dough covered in a warm place of about 1-2 hours to ferment properly.
3. Keep the tawa on low rack. Keep inside the microwave. Select category & press start.
4. Divide the dough into 10-11 equal portions (approx 35 gm each) Roll out a portion & put 2 tbsp stuffing & fold from all sides & again make a ball. Roll out again to an oblong shape. Brush the top with melted butter & sprinkle onion seeds.
5. When beeps, keep 2 rolled out naans on tawa & press start.
6. Make all other naans following the same procedure. Serve hot with the gravy/curry of your choice.
Note: Grease the surface with little oil to prevent the naan from sticking to the surface while rolling.
</td></tr>
</table>

#Refer Page 111, Fig. 1
*Refer Page 111, Fig. 2

Indian Roti Basket

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>br7</td><td>Khasta Parantha</td><td>2 Pc</td><td>Multicook Tawa & High Rack*</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Whole wheat flour</td><td>1½ cup</td></tr>
<tr><td>Melted butter</td><td>1/3 cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Buttermilk</td><td>½ cup</td></tr>
</table>
<u>Method :</u>
1. Mix whole wheat flour, melted butter, salt in a bowl.
2. Gradually add buttermilk to form a firm dough. Add more buttermilk (if required).
3. After kneading lightly on a floured surface, form into a smooth ball.
4. Allow the dough to rest for 20 minutes covered. Divide whole dough into 8 equal portion (40gms).
5. On a lightly floured surface, roll out each portion into 15cm into ovular length.
6. Keep the tawa on low rack & select category & keep the tawa inside the microwave & press start.
7. When beeps, put 2 parathas on tawa & press start.
8. When beeps, smear with ½ tsp oil & turn over & press start. Wrap in foil & store.
</td></tr>
<tr><td>br8</td><td>Pudina Parantha</td><td>2 Pc</td><td>Multicook Tawa & Low Rack#</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Whole wheat flour</td><td>1 cup</td></tr>
<tr><td>Mint leaves</td><td>½ cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Butter</td><td>2 tbsp</td></tr>
<tr><td>Chaat Masala</td><td>2 tsp</td></tr>
<tr><td>Oil/ghee</td><td>2 tsp</td></tr>
<tr><td>Dry pudina powder</td><td>1 tbsp</td></tr>
<tr><td>Water</td><td>As required to make the dough</td></tr>
</table>
<u>Method :</u>
1. Wash & put dry & chop mint leaves finely.
2. In a bowl combine wheat flour, mint leaves, salt, butter, chaat masala, gradually add water & knead a soft dough. Keep the dough covered for 5-7 minutes.
3. Keep the tawa on high rack. Keep inside the microwave Select category & press start.
4. Divide the dough into 5-6 equal sized portions. Roll out each dough into 15cm ovular length. Spread ½ tsp oil/ghee all over & dust with some dry pudina powder, fold the rolled out chapati like a fan & again make a ball & again roll out the ball to a measure of 5" diameter.
5. When beeps keep 2 rolled out paranthas on tawa & press start.
6. When beeps apply ¼ tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the similar procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.
</td></tr>
<tr><td>br9</td><td>Rajma Parantha</td><td>2 Pc</td><td>Multicook Tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Boiled Rajma</td><td>1/3 cup</td></tr>
<tr><td>Whole Wheat flour (atta)</td><td>1 cup</td></tr>
<tr><td>Soyabean flour</td><td>2 Tbsp</td></tr>
<tr><td>Chopped green chillies</td><td>3-4 nos.</td></tr>
<tr><td>Fresh mint leaves</td><td>8-10 nos.</td></tr>
<tr><td>Anardana (Crushed)</td><td>1 tsp</td></tr>
<tr><td>Red Chilli Powder</td><td>1 tsp</td></tr>
<tr><td>Tomato Puree</td><td>2 tbsp.</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
<tr><td>Coriander leaves (Chopped)</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>To knead to dough</td></tr>
</table>
<u>Method :</u>
1. In a bowl combine wheat flour boiled & mashed rajma, soyabean flour, tomato puree, chopped green chilli, coriander leaves, freshly crushed mint leaves, Anardana, oil, red chilli powder, salt. Mix & gradually add water & knead a soft dough.
2. Keep the tawa on high rack. Keep inside the microwave. Select category & press start.
3. Divide the dough into 6-7 equal sized portions (approx of 40gms). Roll out each dough into 15cm ovular length.
4. When beeps keep 2 rolled out paranthas on tawa & press start.
5. When beeps, turn the paranthas. Press start. Make all the paranthas with the similar procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.
</td></tr>
</table>

*Refer Page 111, Fig. 2
#Refer Page 111, Fig. 1

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>br10</td><td>Paneer Parantha</td><td>2 Pc</td><td>Multicook Tawa & High Rack*</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Whole wheat flour (atta)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough</td><td>1 cup (200 ml)</td></tr>
<tr><td>For stuffing</td><td></td></tr>
<tr><td>Grated paneer</td><td>2 cups</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
</table>
<u>Method :</u>
1. In a bowl take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multicook tawa with ¼ tsp ghee & keep on high rack. Keep the high rack & tawa inside the microwave. Select category and press start.
4. Take 35gm dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly into 15cm ovular length.
5. When beeps, keep 2 rolled out paranthas on preheated tawa & high rack & keep inside the microwave and press start.
6. When beeps, apply ¼ tsp ghee on top of paranthas & turn and press start. Serve the paneer paranthas hot with fresh curd.</td></tr>
<tr><td>br11</td><td>Kulche</td><td>2 Pc</td><td>Multicook Tawa & Low Rack#</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Maida</td><td>1 cup</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Fresh cream</td><td>2 tbsp</td></tr>
<tr><td>Lukewarm water</td><td>50 ml</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td></tr>
<tr><td>Dry yeast</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>½ tsp</td></tr>
<tr><td>Kalonji (onion seeds)</td><td>As required</td></tr>
<tr><td>Coriander leaves</td><td>As required</td></tr>
</table>
<u>Method :</u>
1. In a cup/bowl take 50 ml lukewarm water & add sugar. Stir well. Add dry yeast & stir again to dissolve. Keep aside for at least 5-7 minutes.
2. In a bowl take maida, salt & fresh cream. Mix well with hands. Add the yeast water & knead a firm dough. Pour ½ tsp oil & knead again.
3. Divide the dough into 4 equal portions (approx. 60 gm each). Make balls & apply butter on top & sprinkle kalonji (onion seeds) & fresh coriander leaves on top. Press with fingers & dust with maida & roll out each ball into 15cm ovular length. Keep the rolled dough on dusted multi cook tawa. Keep them covered in dark & warm place for at least 30 minutes.
4. Select category & press start. (Pre-heat process)
5. When beeps, keep tawa with rolled doughs & press start.
6. Apply butter on top of kulchas or roast them a little & serve them hot with chhole.</td></tr>
<tr><td>br12</td><td>Daal Parantha</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Boiled Daal/Left over daal</td><td>1/3rd cup</td></tr>
<tr><td>Whole wheat flour(aata)</td><td>1 cup</td></tr>
<tr><td>Chopped green chilies</td><td>3 to 4 no.</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
<tr><td>Red chilli powder</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
<tr><td>Coriander leaves</td><td>Copped</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
<u>Method :</u>
1. In a bowl, combine wheat flour, daal, chopped green chilli, coriander leaves, anardana powder, oil, red chilli powder, salt. Mix and gradually, add water and knead a dough.
2. Keep tawa on high rack. Keep inside microwave. Select menu & press start.
3. Divide dough into 6 to 7 equal size portions(approximate 35 to 40 gram). Rollout each dough into ovular shape of length 15cm length.
4. When beeps keep to rolled out paranthas on tawa & press start.
5. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.</td></tr>
</table>

#Refer Page 111, Fig. 1
*Refer Page 111, Fig. 2

Indian Roti Basket

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>br13</td><td>Aloo Parantha</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Boiled & mashed potato</td><td>2 cups</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
<u>Method :</u>
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.
</td></tr>
<tr><td>br14</td><td>Palak Parantha</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Palak (boiled)</td><td>250 g</td></tr>
<tr><td>Green chilli chopped</td><td>2 nos.</td></tr>
<tr><td>Ajwain</td><td>1/4 tsp</td></tr>
<tr><td>Hing</td><td>A pinch</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Oil/Ghee</td><td>2 tsp</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
<u>Method :</u>
1. Take boiled spinach leaves & puree the spinach in a blender.
2. In a bowl combine wheat floar, salt, hing, ajwain, spinach puree, red chilli powder & garam masala and knead a soft dough. Keep the dough covered for 5 to 7 minutes.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. (Pre-heat process)
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.
</td></tr>
</table>

*Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>br15</td><td>Gobhi Parantha</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Grated Gobhi</td><td>2 cups</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
<u>Method :</u>
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps, keep two rolled out paranthas on tawa & press start.
6. When beeps, turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.
</td></tr>
<tr><td>br16</td><td>Ajwain Parantha</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Ajwain</td><td>2 tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
<u>Method :</u>
1. In a bowl combine wheat flour, salt, 1 tsp oil, water to knead a soft dough.
2. Keep the tawa on high rack, keep inside microwave. Select menu & press start.
3. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over & dust with some ajwain and salt, fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm(oval shape).
4. When beeps, keep 2 rolled out paranthas on tawa & press start.
5. When beeps, apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.
</td></tr>
<tr><td>br17</td><td>Pyaaz Parantha</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Grated Pyaaz</td><td>2 cups</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
</table>
<u>Method :</u>
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.
</td></tr>
</table>

*Refer Page 111, Fig. 2

Indian Roti Basket

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>br18</td><td>Chatpata Parantha</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Amchoor</td><td>1/2 tsp</td></tr>
<tr><td>Chaat Masala</td><td>1 tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
<u>Method :</u>
1. In a bowl combine wheat flour, salt, amchoor, 1 tsp oil, water to knead a soft dough.
2. Keep the tawa on high rack, keep inside microwave. Select menu & press start.
3. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over & dust with some chaat masala fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm(oval shape).
4. When beeps keep 2 rolled out paranthas on tawa & press start.
5. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.
</td></tr>
<tr><td>br19</td><td>Aloo Gobhi Parantha</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Boiled & mashed potato</td><td>1 cup</td></tr>
<tr><td>Boiled & grated gobhi</td><td>1 cup</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
</table>
<u>Method :</u>
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly into 15cm ovular length.
5. When beeps, keep two rolled out paranthas on tawa & press start.
6. When beeps, turn parantha. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.
</td></tr>
</table>

*Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>br20</td><td>Methi Parantha</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Methi</td><td>250 g</td></tr>
<tr><td>Green chilli chopped</td><td>2 nos.</td></tr>
<tr><td>Ajwain</td><td>1/4 tsp</td></tr>
<tr><td>Hing</td><td>A pinch</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Oil/Ghee</td><td>2 tsp</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
<u>Method :</u>

1. Take Methi leaves & chop them finely.
2. In a bowl combine wheat flour, salt, hing, ajwain, Chopped Methi, red chilli powder & garam masala and knead a soft dough. Keep the dough covered for 5 to 7 minutes.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length.
5. When beeps, keep two rolled out paranthas on tawa & press start.
6. When beeps, turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.
</td></tr>
</table>

*Refer Page 111, Fig. 2

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

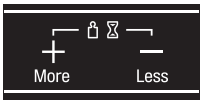


3. **The display will show "IC1"**

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



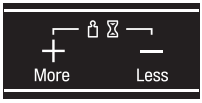
5. **Keep Pressing "+More" until display show " 0.2kg"**



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>
1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select menu & weight and press start.
2. When beeps, remove & mix well. Add vegetable & some water. Cover & press start.
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, Kasturi 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>
1. In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum, tomato & onion. Mix well, cover. Select menu & weight and press start.
2. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, Kasturi 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>
1. Take dal in MWS bowl, add water, haldi and hing.
2. Select menu press start to cook.
3. When beeps, take another bowl add oil, roasted jeera, green chilli, curry leaves, add dal, salt, dhania powder, hara dhania, kasturi methi (optional), water (if required). Press start.
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>
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.
2. When beeps, in another MWS Bowl take oil, add rai, hing, curry leaves, dhania, red chilli powder. Press start.
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>
1. In a MWS bowl add oil, jeera, pepper corns, cloves, hing, onion paste, ginger garlic paste. Mix well.
2. Select menu & weight and press start.
3. When beeps, mix well & add tomato puree & boiled potatoes. Mix well & cover. Press start.
4. When beeps, mix well & add curd & all spices. Cover & press start.
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>
1. In a MWS bowl add peeled & chopped baigan. Sprinkle some water. Cover. Select menu and weight and press start.
2. When beeps, remove & mash the baigan well.
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.
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>
1. In a MWS bowl add oil, rai, jeera, chopped onion. Select menu & weight & press start.
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.
3. When beeps, mix & add remaining water & press start. Pour tempering & serve.
</td></tr>
<tr><td>IC8</td><td>Baati@</td><td>0.4 kg</td><td>Multicook Tawa & Low Rack#</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Wheat flour</td><td>200 g</td></tr>
<tr><td>Suji</td><td>50 g</td></tr>
<tr><td>Melted ghee</td><td>75 mL (5 tbsp)</td></tr>
<tr><td>Jeera</td><td>½ tsp</td></tr>
<tr><td>Ajwain</td><td>¼ tsp</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Haldi</td><td>As required</td></tr>
</table>
<u>Method :</u>
1. In a bowl mix all the ingredients, but ghee only 3 tbsp. Knead the dough with little warm water to make it like poori dough. Cover and keep for half an hour.
2. Make medium sized balls of the dough. Keep them on tawa & keep tawa on low rack & keep aside.
3. Select menu & press start. (Preheat process)
4. When beeps, keep the tawa & low rack & press start.
5. When beeps, turn over the baatis. Press start. Dip the baati in melted ghee & serve with dal.
</td></tr>
<tr><td>IC9</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>
1. In a MWS flat glass dish put besan. Select menu & press start.
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.
3. When beeps, mix besan with masala & add water & salt. Mix well. Keep MWS glass bowl in microwave & press start.
4. Stir well. Garnish with fresh coriander & serve.
</td></tr>
</table>

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

Refer Page 111, Fig. 1

Indian Cuisine

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC10</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>
1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select menu & press start.
2. When beeps, in another MWS bowl add oil, bay leafs, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start.
3. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start.
</td></tr>
<tr><td>IC11</td><td>Bhindi Fry</td><td>0.1 ~ 0.4 kg</td><td>Microwave safe (MWS) glassbowl
&
Multicook tawa
&
High 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>Bhindi (cut lengthwise)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Ajwain</td><td colspan="4">As per taste</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Salt, Red chilli powder, Dhania powder, Garam masala, Haldi</td><td colspan="4">As per taste</td></tr>
</table>
<u>Method :</u>
1. In a MWS glass bowl add oil, ajwain & chopped onion & mix well. Select menu & weight and press start.
2. When beeps, add bhindi, salt, red chilli powder, dhania powder, garam masala & haldi. Cover & press start.
3. When beeps, transfer to multicook tawa. Keep on high rack. Press start. Allow to stand for 3 minutes.
</td></tr>
</table>

*Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC12</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>
1. In a MWS bowl add oil, jeera, onion, ginger & green chilli paste. Mix well.
2. Select menu & weight and press start.
3. When beeps, mix well & add the chopped vegetables & little water. Cover and press start.
4. When beeps, mix well & add coriander powder, amchur, haldi & salt. Press start. Allow to stand for 5 minutes.
</td></tr>
<tr><td>IC13</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>
1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select menu & press start.
2. When beeps, remove the dal.
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.
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>

Indian Cuisine

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC14</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>
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.
2. When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well & cover. Press start.
3. When beeps, mix well, add kaju paste, cream & butter. Mix well & cover. Press start.
4. Garnish with slit chillies.
</td></tr>
<tr><td>IC15</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>
1. In a MWS bowl add oil, mustard seeds & urad dal. Select menu and weight and press start.
2. When beeps, add beans, sprinkle little water & cover. Press start.
3. When beeps, mix well & add grated coconut, green chillies & salt. Cover & press start. Allow to stand for 3 minutes.
</td></tr>
<tr><td>IC16</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>
1. In a MWS bowl add oil, mustard seeds & chopped onion. Select menu & weight & press start.
2. When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder & press start.
3. When beeps, mix well & add boiled potato & mix vegetables & fresh cream. Press start. Give standing time of 3 minutes.
4. Garnish with chopped 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>IC17</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>
1. In a MWS bowl add oil, onion slices, chopped ginger & garlic. Select menu & weight and press start.
2. When beeps, mix well, add khus khus paste, kaju paste, tomato puree, chilli powder, garam masala & salt and press start.
3. When beeps, mix well, add paneer pieces and milk. Press start. Stand for 3 minutes.
</td></tr>
<tr><td>IC18</td><td>Veg Handva@</td><td>0.3 kg</td><td>Microwave safe (MWS) flat glass dish
&
Low rack#
&
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>
1. Clean, wash & soak the rice & dal together in enough water for at least 4 to 5 hours. Drain & keep aside.
2. Blend in a mixer till smooth, add the curds & mix well. Cover & keep aside to ferment overnight.
3. After fermentation, add salt, chilli powder, turmeric powder, soda bi carb, ginger & green chilli paste. Mix well.
4. In a MWS bowl, add oil, mustard seeds & curry leaves & microwave for 2 minutes and keep aside.
5. Add the boiled vegetables to the fermented batter, add the tadka prepared & lemon juice & hing. Mix well all the ingredients.
6. Pour the batter in MWS flat glass dish.
7. Select menu & weight and press start. (Preheat process)
8. When beeps, keep the MWS flat glass dish on low rack & press start.
9. When beeps, transfer the MWS flat glass dish to high rack & press start.
</td></tr>
</table>

@Do not put any thing in the oven during the Preheat mode
#Refer Page 111, Fig. 6
*Refer Page 111, Fig. 5

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>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>
1. In a bowl mix besan, red chilli powder, haldi, dhania powder, salt. Add water, little oil and make it like a chapati dough.
2. After making the dough break the dough into different pieces and make the rolls out of those pieces.
3. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover.
4. Select menu and weight and press start.
5. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices.
6. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhaniya powder, haldi, salt. Cover & press start.
7. When beeps, add beaten curd, gattas & haldi. Mix well & press start.
</td></tr>
<tr><td>IC20</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>
1. In a MWS bowl add oil, jeera, chopped onion, green chillies, mix well. Select Category & weight & press start.
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.
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>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC21</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>
1. In a MWS bowl add oil, chopped ginger, garlic, onion. Mix well select category & weight & press start.
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.
3. When beeps, mix well, add water, coriander leaves & cover. Press start. Stand for 5 minutes.
</td></tr>
<tr><td>IC22</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 :
1. In MWS Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select menu & weight and press start.
2. When beeps, mix well & add tomato puree, hara dhania,capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes.
3. Add cream. Mix well. Serve hot.
</td></tr>
<tr><td>IC23</td><td>Kofta Curry</td><td>0.1-0.3 kg</td><td>Microwave safe (MWS) flat glass dish
&
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 powder, 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>
1. In a bowl mix grated lauki, besan, salt & haldi together. Mix well & prepare balls of medium size out of the mixture.
2. Grease a MWS flat glass dish & keep the koftas on it select category & weight & press start.
3. When beeps, remove in a MWS bowl add oil, jeera, onion, garlic & ginger & press start.
4. When beeps, mix well, add tomato puree, coriander powder, garam masala, red chilli powder, salt, water. Add koftas & press start. Stand for 5 minutes. Squeeze lemon juice & 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>IC24</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 :
1. Put chopped onions, green chilli, garlic, ginger in a spice blender & make paste adding 1 tbsp water.
2. In a MWS bowl take oil & add the paste. Mix well. Select menu & weight and press start.
3. When beeps, stir & add tomato puree, peas, water & all the spices. Mix well & press start.
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>IC25</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 :
1. Grind all together onions, green chilli, ginger, coriander powder & turmeric powder without adding any water & make a paste.
2. In a MWS bowl take oil & paste. Mix well. Select menu & weight and press start.
3. When beeps, mix & add shelled peas, prawns, all other spices & water. Mix well & cover and press start.
4. When beeps, remove lid & stir well. Press start. Serve hot with steamed rice.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC26</td><td>Dum Tangri</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl & 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 :
1. Pre-prepare the gravy : Add all ingredient of gravy in MWS glass bowl and microwave at 100% for 5 mins. Keep aside.
2. Take chicken legs, wash, clean & pat dry them with kitchen towel. Make cuts on legs with a sharp knife & keep aside.
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.
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.
5. When beeps, turn the chicken legs & press start.
6. When beeps, remove chicken legs from high rack and add chicken legs to prepared gravy and cover with cling film and press start. Stand for 5 minutes.
7. Mix well & serve hot with butter naan or laccha parantha.
</td></tr>
<tr><td>IC27</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 :
1. In a MWS glass bowl put corns, peas, water (for boiling) & stir. Select menu & weight and press start.
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.
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>IC28</td><td>Litti®</td><td>06 Pc</td><td>Multicook Tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Whole wheat flour</td><td>1 cup</td></tr>
<tr><td>Curd</td><td>¼ cup</td></tr>
<tr><td>Desi ghee</td><td>2 tbsp</td></tr>
<tr><td>Ajwain</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Baking soda</td><td>A pinch</td></tr>
<tr><td>Water (to knead the dough)</td><td>¼ cup</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Sattu</td><td>½ cup</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td></tr>
<tr><td>Chopped coriander</td><td>½ cup</td></tr>
<tr><td>Chopped green chilli</td><td>1 tbsp</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td></tr>
<tr><td>Mustard oil</td><td>1 tbsp</td></tr>
<tr><td>Red chilli pickle masala</td><td>1 tbsp</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl mix all the ingredients of dough except water & mix well with hands. Now add water & knead a soft dough. Cover & keep aside for 10-15 minutes.
2. In another bowl take all the ingredients of stuffing & mix very well. If the stuffing is too dry, then add 1 or 2 cup water (just enough to mix all the ingredients) & mix well. The stuffing should not be wet.
3. Divide the dough into 6 equal medium sized balls (approx. 45 g each). Now fill the stuffing (1-2 tbsp) & make round shape balls.
4. Keep multicook tawa on low rack & keep tawa and rack aside . Select menu and press start.(Preheat process)
5. When beeps, keep the prepared balls on tawa & keep tawa on low rack & press start.
6. When beeps, change over the side. Press start. Dip the hot Litti in melted ghee & serve hot with chokha.
</td></tr>
<tr><td>IC29</td><td>Chokha</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Brinjal (peeled & chopped)</td><td>300 g</td></tr>
<tr><td>Onion (chopped)</td><td>1 no.</td></tr>
<tr><td>Tomato (de-seeded & cut into pieces)</td><td>3 nos.</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>2 tbsp</td></tr>
<tr><td>Ginger (chopped)</td><td>1 tsp</td></tr>
<tr><td>Mustard oil</td><td>½ tbsp</td></tr>
<tr><td>Salt, Red chilli powder</td><td>As per taste</td></tr>
</table>
Method :
1. In a MWS glass bowl take peeled & chopped brinjal pieces. Sprinkle some water. Select menu & press start.
2. When beeps, remove MWS glass bowl from the microwave. Mash the cooked brinjal with the back of the spoon/laddle & keep aside.
3. Take tomatoes pieces & keep on tawa. Keep tawa & high rack inside the microwave & press start.
4. When cooking ends, add grilled tomatoes to the mashed brinjal. Add all the spices, mustard oil, chopped onions & green chilli, coriander leaves & mix very well & mash a little. Serve chokha with freshly made Litti.
</td></tr>
</table>

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

#Refer Page 111, Fig. 1

*Refer Page 111, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC30</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 :
1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select menu & weight and press start.
2. When beeps, mix & add cut potatoes. Sprinkle little water on top. Cover & press start.
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>IC31</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 :
1. In a MWS bowl take kaddu pieces, sprinkle some water & cover. Select menu & weight and press start.
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.
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>
1. In MWS glass bowl take suji, add ghee, mix it together. Select menu & weight press start.
2 When beeps, stir it. Allow to cool. Add sugar & ½ qty. of water (For 0.1kg add 150 mL). Mix well & press start.
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>Powdered 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>
1. In MWS flat glass dish take besan and ghee. Select menu and weight and press start.
2. When beeps, stir it & press start.
3. When beeps, stir it & press start.
4. Allow to cool. Sieve the mixture. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size.
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>
1. Arrange bread slices on low rack. Select menu & weight & press start.
2 When beeps, turn slices press start.
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>
1. In MWS Glass Bowl add milk, milkmaid & mix well. Select menu press start.
2. When beeps, add badam, pista pieces, kesar elaichi powder & seviyan. Mix well and press start.
3. When beeps, mix it well. Add more milk (if required) & press start. Stand for 5 minutes. Serve hot or chilled.
Note : The bowl should be filled at 1/4 level of the total volume.
</td></tr>
</table>

* Refer Page 111, Fig.6

<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>
1. In a MWS flat glass dish add besan. Select menu & weight & press start.
2. When beeps, remove & in another MWS glass bowl add water & sugar. Press start.
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.
4. Allow to cool. Cut it into square shape pieces & serve.
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>
1. In a MWS bowl add ghee & fresh grated coconut. Mix well.
2. Select menu & weight & press start.
3. When beeps, add milkmaid, milk powder, elaichi powder & press start.
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>
1. In a MWS bowl add grated paneer, khoa & milkmaid. Mix well.
2. Select menu & weight & press start.
3. When beeps, stir well & press start.
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>
1. Dissolve strands of saffron in 2 tbsp lukewarm milk.
2. In a MWS bowl, put all the ingredients of rabdi except chopped pistachios. Mix well.
3. Keep the bowl in Microwave. Select menu & press start.
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>
1. In a MWS bowl take ghee, soaked rice, milk & water & cover it.
2. Select menu & weight & press start.
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>
1. In a MWS glass bowl add milk & milkmaid, grated kaddu. Select menu & press start.
2. When beeps, mix well & add sugar. Press start.
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>
1. In a MWS glass bowl add sugar & water. Select menu & press start.
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>
1. Grind the soaked rice to a paste with little water.
2. In a MWS glass bowl add milk. Select menu and weight and press start.
3. When beeps, add rice paste & sugar to it. Press start.
4. When beeps, add cream & press start.
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 dlsh</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>
1. In a bowl mix milk powder, milkmaid & cream. Beat well till smooth.
2 Pour the mixture in a MWS flat glass dish. Select menu & press start.
3. When beeps, mix well (remove lumps if formed). Press start.
4. When beeps, mix well & press start.
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>
1. In MWS Bowl take grated paneer, milkmaid, milk powder, cornflour, elaichi powder. Mix well, select menu and weight and press start.
2. When beeps, mix it again and press start.
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 :
1. In a MWS glass bowl take sugar & milk. Mix & select menu and press start.
2. When beeps, add roasted rava/sooji, kishmish & chopped almonds. Sprinkle elaichi powder & mix very well. Press start.
3. When beeps, mix well & add grated khoa. Mix well & again press start.
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 :
1. Take kaju in a spice-grinder & make a fine powder and keep aside.
2. In a MWS glass bowl take powdered sugar & water. Stir very well. Select menu & press start.
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).
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 :
1. Remove the skin from badam & grind them to a fine paste adding milk. Take out this paste in a MWS glass bowl.
2. Add desi ghee to the paste & mix well. Select menu & weight and press start.
3. When beeps, stir very well & again press start.
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>
1. In a MWS bowl add oil, mix vegetables, ajinomoto, red chilli powder, soy sauce, chilli sauce. Mix & select menu & weight & press start.
2. When beeps, remove, in another MWS bowl add rice & water & press start.
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>
1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.
2. Select menu & weight and press start.
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>
1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.
2. Select menu & weight & press start.
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 :
1. In a MWS bowl add oil, chopped garlic & spring onions. Select menu & weight and press start.
2. When beeps, mix well & add mushrooms. Press start.
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
&
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 :
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.
2. In a MWS bowl take soaked rice & water. Add salt. Select menu & weight and press start.
3. When beeps, remove the MWS bowl & drain excess water from the rice. Divide the cooked rice into 3 equal parts. Cover them.
4. In another MWS bowl add oil/ghee, grated beet root, sliced onion, laung, elaichi & salt. Mix well. Press start.
5. When beeps, remove the MWS bowl and in a MWS glass bowl add oil/ghee & cashewnuts. Press start.
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.
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>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>rd12</td><td>Egg Biryani</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>Boiled eggs</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 :
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.
</td></tr>
<tr><td>rd13</td><td>Achari Chana Pulao</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 rice</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Soaked & boiled kabuli chana</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Sliced onions</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Water</td><td>200 mL</td><td>350 mL</td><td>500 mL</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Laung, Chhoti elaichi, Badi elaichi, Saunf, Jeera</td><td colspan="3">As per requirement</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala, Haldi</td><td colspan="3">As per taste</td></tr>
<tr><td>Mango pickle paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Slit green chilli</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
</table>
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.
</td></tr>
<tr><td>rd14</td><td>Methi 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>Methi leaves (chopped)</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Soaked rice</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 (sliced)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil / ghee</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
</table>
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.
</td></tr>
</table>

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 :
1. In a MWS bowl take soaked rice coconut milk & water. Select menu & weight and press start.
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.
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 :
1. In a MWS glass bowl add oil, mustard seeds, urad dal, chana dal. Select menu & weight and press start.
2. When beeps, mix well & add curry leaves, green chillies, grated ginger. Mix well & press start.
3. When beeps, remove the bowl.
4. Now in another MWS glass bowl, add rice & water. Press start. Stand for 5 minutes.
5. Add cooked rice, curd, milk, chopped coriander leaves to the first MWS glass bowl. Mix well &serve.
</td></tr>
</table>

Chatpat Corner

<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 :
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.
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 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 :
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 :
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.
2. When it gives a beep, remove.
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 :
1. In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select menu & press start to cook.
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.
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 :
1. In a MWS glass bowl put tomato pieces, cover and keep it in a microwave. Select menu & press start to cook.
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 :
1. In a MWS bowl put dal and keep it in microwave. Select menu & press start to cook.
2. When beeps, remove. Add the rest of the ingredients and keep it in microwave and press start.
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 :
1. In a MWS bowl mix all the ingredients. Select menu & press start.
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 :
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 :
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 :
1. Grind grated coconut, chopped green chillies, ginger, roasted split gram dhal, salt together in a blender.
2. In a MWS glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select menu & press start.
3. Pour the tempering over the chutney & serve.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CC11</td><td>Til ki Chutney</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 til</td><td>½ cup</td></tr>
<tr><td>Tamarind paste</td><td>2 tbsp</td></tr>
<tr><td>Green chilli</td><td>4-5 nos.</td></tr>
<tr><td>Coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Mint leaves</td><td>1 tbsp</td></tr>
<tr><td>Water</td><td>½ cup</td></tr>
<tr><td>Garlic pods</td><td>2-3 nos.</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>Cumin seeds</td><td>1 tsp</td></tr>
<tr><td>Curry leaves</td><td>6-7 nos.</td></tr>
<tr><td>Red chilli (dry)</td><td>2 nos.</td></tr>
</table>
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.
</td></tr>
</table>

Dosa/Ghee

In the following example, show you how to cook 1 Pc of Masala Dosa.

1. Press STOP/CLEAR.



2. Press Dosa/Ghee one time.

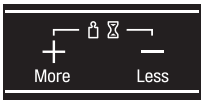


3. **The display will show do1**

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 Dosa /Ghee menu twice, display will show Gh1.

NOTE

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

Dosa/Ghee

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>do1</td><td>Masala dosa@</td><td>1 Pc</td><td>Microwave safe (MWS) glass bowl
&
Multcook tawa
&
High Rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Parboiled rice/Ukda chawal</td><td>1 cup</td></tr>
<tr><td>Split black lentils/Urad daal</td><td>1 cup</td></tr>
<tr><td>Fenugreek/Methi seeds</td><td>1/4 tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Water</td><td>As required</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Boiled & mashed potato</td><td>1 cup</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Jeera, Mustard seeds, hing, onion, Turmeric powder</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
<u>Method :</u>
1. Soak parboiled rice & urad dal (with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad dal to form paste.
2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process)
3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100%) for 3 minutes & then add boiled mashed potatoes & again microwave for 3 minutes. Keep it aside.
4. Select menu & press start (Pre-heat process).
5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape.
6. After beep, put the tawa on high rack & press start.
7. When beeps, fill the stuffing & fold the dosa from both ends.
</td></tr>
<tr><td>Gh1</td><td>Ghee</td><td>250 g</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>Malai/Cream (Collected over 10 days)</td><td>250g - 300g</td></tr>
<tr><td>Cold water</td><td>As required</td></tr>
</table>
<u>Method :</u>
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.
</td></tr>
</table>

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

* Refer Page 111, 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.

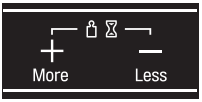
3. Keep Pressing "+More" until display show " 2"



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">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dd1</td><td>Tea</td><td>1-4</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>1 cup</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr>
<tr><td>Water</td><td>120 mL</td><td>240 mL</td><td>360 mL</td><td>480 mL</td></tr>
<tr><td>Tea leaves</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr>
<tr><td>Milk</td><td>120 mL</td><td>150 mL</td><td>225 mL</td><td>300 mL</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>
<u>Method :</u>
1. In a MWS glass bowl add water, tea leaves & crushed ginger/cardamom (optional). Select menu & weight. Press start.
2. When beeps, add milk & sugar. Press start. Serve hot.
1 cup tea = 150mL approx
Note : 1-4 indicates the number of tea that can be prepared
</td></tr>
<tr><td>dd2</td><td>Coffee</td><td>1-4</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>1 cup</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr>
<tr><td>Water</td><td>60 mL</td><td>120 mL</td><td>180 mL</td><td>240 mL</td></tr>
<tr><td>Coffee</td><td colspan="4">½ tsp (Each cup)</td></tr>
<tr><td>Milk</td><td>120 mL</td><td>150 mL</td><td>225 mL</td><td>300 mL</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>
<u>Method :</u>
1. In a MWS glass bowl add water. Select menu & weight & press start.
2. Meanwhile in each cup add 1/2tsp coffee (with few water drops) & sugar. Beat well.
3. When beeps, add milk to boiling water. Press start.
4. Add milk to each cup & serve hot.
1 cup coffee = 150mL approx
Note: 1-4 indicates the number of coffee that can be prepared
</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>
1. In a MWS glass bowl add milk and lemon juice/vinegar. Select menu & press start.
2. When it gives beeps, stir it & again press start.
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>
1. In a MWS glass bowl add milk. Select menu & press start.
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>
1. In a MWS glass bowl add milk and select menu & press start.
2. When beeps add starter culture of curd for inoculation & stir it. Again press start.
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>
1. In a MWS glass bowl mix all the ingredients. Beat well till smooth.
2. Select menu & press start. (Preheat process)
3. When beeps, keep the MWS glass bowl on low rack & keep it in microwave. Press start.
4. When cooking ends, take out & allow to come to room temperature. Keep in refrigerator for 1 hour.
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 111, Fig. 3

Cooking Aid

In the following example, show you how to cook 0.2 kg Pizza Base.

1. Press STOP/CLEAR.

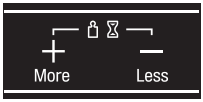


2. **Press Cooking Aid.**



The display will show "UC1"

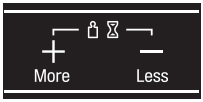
3. **Keep Pressing "+More" until display show "UC6"**



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.

Cooking Aid

<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>
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>
Veg - (Paneer, Green Peas, Corn etc.)
1. Take in MWS Bowl, select menu & weight and press start.
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>
Non-Veg - (Chicken, Mutton etc.)
1. Take in MWS Bowl, select menu & weight and press start.
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>
Namkin, Biscuits, Bhujia, Papad and Wafers etc.
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>
1. Sterilize Microwave safe glass utensil - Keep the empty utensil & select menu & press start.
2. Clean the cavity - Keep the cavity empty. Select menu & press start. When time ends (beeps), clean the cavity with a damp cloth.
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>Pizza base@</td><td>0.2 kg</td><td>Low Rack#
&
Multicook Tawa</td><td><table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>200 g</td></tr><tr><td>Yeast</td><td>1 tbsp</td></tr><tr><td>Salt</td><td>1/2 tsp</td></tr><tr><td>Sugar</td><td>1 tsp</td></tr><tr><td>Water</td><td>As required</td></tr></table><u>Method :</u>
1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Keep for half hour. Roll a roti, prick with a fork and rest for 5 mins. Select menu and press start. (Preheat process)
2. When beeps, keep the pizza base on tawa & on low rack. Press start. Remove when it gives a beep.</td></tr>
<tr><td>UC7</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>
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>
</table>

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

#Refer Page 111, Fig. 1

Steam Clean

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

1. Press STOP/CLEAR.



2. Press Stteam 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.



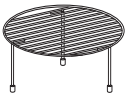
NOTE

- Steam Clean menu is programmed.

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

1)  + 

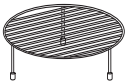
Low rack Multi cook tawa

2)  + 

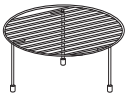
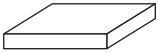
High rack Multi cook tawa

3)  + 

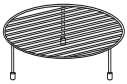
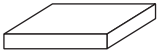
Low rack Microwave safe glass bowl
(Not provided with LG Kit)

4)  + 

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

5)  + 

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

6)  + 

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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