LG
Life's Good

ENGLISH

RECIPE MANUAL

MICROWAVE OVEN

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

MJEN326PK

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Please follow the given steps to operate cook functions (Charcoal/Indian Cuisine, Healthy Heart, Indian Roti Basket/Ghee, Diet Fry / Low Calorie , Kids' / Pasteurize Milk) in your Microwave.

Cook Functions	Charcoal/ Indian Cuisine	Healthy Heart	Indian Roti Basket/ Ghee	Diet Fry / Low Calorie	Kids' / Pasteurize Milk
STEP-1	Press STOP/Cancel	Press STOP/Cancel	Press STOP/Cancel	Press STOP/Cancel	Press STOP/Cancel
STEP-2	Charcoal/ Indian Cuisine	Healthy Heart	Indian Roti Basket/ Ghee	Diet Fry / Low Calorie	Kids' / Pasteurize Milk
STEP-3	Turn Dial to select the food category (1-1 to 1-35) (2-1 to 2-41) (3-1 to 3-25) (4-1 to 4-15) (5-1 to 5-17)	Turn dial to Select the food category (1 to 30)	Turn dial to Select the food category (1-1 to 1-28) (2-1 to 2-4)	Turn Dial to select the food category (1-1 to 1-29) (2-1 to 2-15) (3-1 to 3-20) (4-1 to 4-26) (5-1 to 5-19)	Turn Dial to select the food category (1-1 to 1-32) (2-1 to 2-28) (3-1 to 3-23) (4-1 to 4-8) (5-1 to 5-4) (6-1 to 6-2)
STEP-4	Press START/ Select / +30seconds	Press START/ Select / +30seconds	Press START/ Select / +30seconds	Press START/ Select / +30seconds	Press START/ Select / +30seconds
STEP-5	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight
STEP-6	Press START/ Select / +30seconds	Press START/ Select / +30seconds	Press START/ Select / +30seconds	Press START/ Select / +30seconds	Press START/ Select / +30seconds

401 Recipes List

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Charcoal/Indian Cuisine

In the following example, show you how to cook
0.4Kg of TANDOORI ALOO.

1. Press STOP/Cancel

2. Press Charcoal/Indian Cuisine.

   The display will show "1" .

3. Turn DIAL until display show "1-3".

   Press START /Select /+30seconds for category confirmation.

4. Turn DIAL until display shows "0.4Kg".

5. Press START /Select /+30seconds

6. When cooking you can increase or decrease
   cooking time by turning DIAL.

NOTE

- Charcoal/Indian Cuisine menus are programmed.
- Charcoal/Indian Cuisine menus allows you to cook your favourite food by selecting food & weight of food.

Charcoal

Category		Weight Limit	Utensil	Instructions
1-1	MURG TANDOORI	1 kg	Rotisserie##	

Whole Chicken	1 Kg
For Marinade	
Hung Curd	1 Cup
Garlic Paste	3 Tbsp
Ginger Paste	1 Tbsp
Salt	As per taste
Tandoori Masala	3 Tsp
Cumin Powder	As per taste
Tandoori Color	A pinch
Red Chilli Powder	As per taste

Method :
1. Mix all the ingredient of marinade in a bowl
2. Wash the Chicken properly & make cuts on the chicken all over.
3. Marinade the Chicken properly coating all the places. keep marinated for 3-4 hours in refrigerator.
4. Keep paper towel (Kitchen towel) on glass tray.
5. Assemble the rotisserie & insert the Chicken & tie up with thread.
6. Install the rotisserie in the microwave select category & press start. Serve with grilled onion slices, lemon wedges & onion chutney.
   Note : For Rotisserie installation refer Pg. 145.

Category		Weight Limit	Utensil	Instructions
1-2	BHARWAN TAMATAR	0.3-0.5 kg	Multicook Tawa & High rack*	

For	0.3 Kg	0.4 Kg	0.5 Kg
Tomato (Hollowed)	300 g	400 g	500 g
For Stuffing			
Paneer (mashed)	200 g	250 g	300 g
Salt, Red Chilli Powder, Garam Masala, Cumin Powder	As per taste		
Onion Chopped	¼ cup	¼ cup	½ cup
Coriander leaves Chopped	A few sprigs		
Oil	¼ Tbsp	½ Tbsp	1 Tbsp

Method :
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.

Category		Weight Limit	Utensil	Instructions
1-3	TANDOORI ALOO	0.3 ~ 0.5 kg	Multicook Tawa & High rack*	

For	0.3 kg	0.4 kg	0.5 kg
Aloo (Cut into quarters)	300 g	400 g	500 g
For marinade			
Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp
Garlic Paste	1 Tbsp	1 ½ Tbsp	2 Tbsp
Cumin Powder	As per taste		
Red Chilli powder	As per taste		
Salt	As per taste		
Tandoori Masala	1 Tsp	2 Tsp	3 Tsp
Tandoori Color	A pinch		

Method :
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.

Refer page 145, fig
* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-4	TANDOORI GOBHI	0.3 ~ 0.5 kg	Multicook Tawa & High rack*	

For	0.3 Kg	0.4 Kg	0.5 Kg
Caulifower florets	300 g	400 g	500 g
For Marinade			
Jeera powder	½ Tsp	1 Tsp	1 Tsp
Red Chilli Powder, Salt, Dhaniya Powder, Garam Masala, Anardana	As per taste		
Tandoori Color/Haldi	A pinch		
Oil	1 Tbsp	1½ Tbsp	2 Tbsp
Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp

Method :
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.

Category		Weight Limit	Utensil	Instructions
1-5	BHARWAN BHINDI	0.2 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	

For	0.2 kg	0.3 kg	0.4 kg
Bhindi	200 g	300 g	400 g
Oil	¼ tbsp	½ tbsp	1 tbsp
Jeera	¼ tsp	½ tsp	1 tsp
Onion (chopped)	½ no.	1 no.	1no.
Green Chillies	1 no.	2 no.	2 no.
Ginger	¼"	¼"	½"
Hing	A pinch		
Tomato	½ no.	1 no.	1 no.
For Stuffing			
Coriander Powder	1 tsp	2 tsp	3 tsp
Turmeric Powder	1 tsp	1½ tsp	2 tsp
Saunf Powder	1 tsp	1½ tsp	2 tsp
Amchoor	1 tsp	1½ tsp	2 tsp
Red Chilli Powder, Salt	As per taste		

Method :
1. Cut stalk of each bhindi & make lengthwise slit.
2. Combine stuffing ingredients & mix well stuff each bhindi with this mixture.
3. In MWS glass bowl add oil, jeera, onion, green chilli, ginger, tomato & hing. Select category & weight & press start.
4. When beeps, remove the bowl from microwave oven & keep the stuffed bhindi on tawa, drizzle few drops of oil on bhindis. Keep tawa on high rack.
5. Press start.
6. When beeps, turn over bhindis & add the onion mixture & mix well.
7. Press start.

Category		Weight Limit	Utensil	Instructions
1-6	BHARWAN BAIGAN	0.2 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High rack	

For	0.2 kg	0.3 kg	0.4 kg
Baigan (Medium)	200 g	300 g	400 g
For Stuffing			
Tomato(grated)	1 no.	1½ no.	2 nos.
Onion (chopped))	¼ cup	½ cup	1 cup.
Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder	As per taste		
Oil	1 tbsp	1½ tbsp	2 tbsp

Method :
1. Pre-prepare the stuffing - In a MWS glass bowl add oil, onions, tomatoes & all spices & microwave at 100% for 3 minutes. Keep aside slit the baigans cross ways with stems intact.
2. In a MWS glass bowl add slit baigans & sprinkle some water & cover. Select category & weight & press start.
3. When beeps, Remove the bowl from microwave oven & Add the stuffing to the baigans.
4. Keep the baigans on tawa drizzle some drops of oil & keep tawa on high rack.
5. Press start.
6. When beeps, turn over again.
7. Press start.

* Refer page 144, fig 2

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Category		Weight Limit	Utensil	Instructions

1-7 TANDOORI JHINGA

Weight Limit: 0.2 ~ 0.5 kg

Utensil: Multicook tawa & High rack*

For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
King Size Prawns	200 g	300 g	400 g	500 g
Ist Marinade				
Lemon juice	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp
Salt, Red chilli powder	As per taste			
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
2nd Marinade				
Thick cream	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Mozarella cheese (grated)	1 tsp	2 tsp	3 tsp	4 tsp
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Red Chilli Powder	As per taste			
Tandoori Masala	1 tsp	2 tsp	3 tsp	3½ tsp
Cornflour	2 tsp	3 tsp	4 tsp	5 tsp
Garam Masala	As per taste			
Ginger Paste	2 tsp	2½ tsp	3 tsp	3½ tsp
Tandoori Colour/Haldi	A pinch (for colour)			
Hung Curd	1 tbsp	2 tbsp	3 tbsp	4 tbsp

Method :
1. Devein & wash prawns. Marinate the prawns with 1st marinade for ½ hours.
2. Mix all the ingredients of 2nd marinade in a bowl. Pick up the prawns, discarding the lemon juice & add to the 2nd marinade & keep in refrigerator for 2-3 hours or more.
3. Transfer the marinated prawns on tawa & keep the tawa on high rack. Select category & weight and press start.
4. When beeps, drizzle few drops of oil & turn over the side. Press start. Serve in pudina chutney.
   Note: In case the prawns get watery drain excess water & then cook.

1-8 CHANA KABABS

Weight Limit: 0.2 ~ 0.4 kg

Utensil: Multicook tawa & High rack*

For	0.2 kg	0.3 kg	0.4 kg
Boiled Kabuli Chana (Chhole)	200 g	300 g	400 g
Cloves	1 no.	2 nos.	2 nos.
Pepper powder	As per taste		
Cinnamon powder	¼ tsp	¼ tsp	½ tsp
Garlic Cloves	2 nos.	3 nos.	3 nos.
Salt	As per taste		
Ginger Chopped	1 tsp.	2 tsp.	3 tsp
Bread pieces	1 no.	2 nos.	2 nos.
Whole red chilly	1 no	2 nos.	3 nos.
Bread crumbs	For coating		

Method :
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 category & weight & press start.
4. When beeps, turn over the side & press start.

1-9 PANEER TIKKA

Weight Limit: 0.3 kg

Utensil: Rotisserie##

For	0.3 kg
Paneer cubes (cut into 1½" cubes), Capsicum (cut into cubes), onion (cut into cube), tomato(cut into cubes, pulp removed)	300 g
For marinade	
Hung curd	2 tbsp
Ginger garlic paste	1 tbsp
Salt, Garam masala, Red Chilli powder	As per taste
Tandoori masala	1 tsp
Tandoori Color	A pinch
Oil	For basting

Method :
1. Mix all the ingredients of the marinade in a bowl.
2. Make holes in the paneer pieces with the rotisserie skewers.
3. Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour.
4. Skewer all the vegetables in the rotisserie & assemble the rotisserie & install the rotisserie in the oven. Select category & press start.
5. When beeps, pour some oil & press start.
   Note: For rotisserie installation refer Pg. 145.

Refer page 145, fig
* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-10	MATAR KABABS	0.2 ~ 0.4 kg	Multicook tawa* & High rack	

For	0.2 kg	0.3 kg	0.4 kg
Boiled peas	200 g	300 g	400 g
Roasted makhanas	1 cup.	1½ cups.	2 cups.
Chopped green chillies	2 nos.	3 nos.	4 nos.
Salt, pepper, garam masala	As per taste		
Seeds of Chhoti Elaichi	4 nos.	5 nos.	6 nos.
Roasted Cashewnuts	2 tbsp	3 tbsp	4 tbsp

Method :
1. Grind the boiled peas, green chillies & elaichi seeds together to a fine paste.
2. Grind the makhanas & cashewnuts together to a rough powder.
3. Mix peas & makhanas paste. Add salt, pepper, garam masala.
4. Make small balls & flatten them to get small round kababs.
5. Keep on tawa & keep the tawa on high rack. Select category & weight and press start.
6. When beeps, turn over & press start
7. When beeps, turn over & press start.
   Sprinkle chaat masala & serve.

1-11	TANDOORI MUSH-ROOMS	0.2 ~ 0.5 kg	Multicook tawa & High rack*	

For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Mushroom Buttons (stalk removed)	200 g	300 g	400 g	500 g
For Marinade				
Hung Curd	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Ginger Garlic Paste	½ tbsp	1 tbsp	2 tbsp	2½ tbsp
Salt, Coriander powder, cumin powder, amchoor	As per taste			
Cornflour	¼ tsp	½ tsp	1 tsp	1½ tsp
Tandoori Color	A pinch			

Method :
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.

1-12	ARBI TANDOORI	0.3 ~ 0.5 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	

For	0.3 kg	0.4 kg	0.5 kg
Arbi (Cut into slices)	300 g	400 g	500 g
Oil	2 tsp	3 tsp	4 tsp
Onion rings	1 cup	1½ cup	2 cups
Garam Masala, Amchoor, Salt	As per taste		
Green Chillies (Chopped)	2 nos.	3 nos.	4 nos.
Ginger (shredded)	1 tsp	1½ tsp	2 tsp
Coriander Seeds	½ tsp	1½ tsp	1 tsp
For Marinade			
Hung curd	2 tbsp	3 tbsp	4 tbsp
Tandoori Masala	½ tbsp	1 tbsp	1½ tbsp
Ginger Paste	½ tsp	½ tsp	1 tsp
Pepper corns (crushed)	4 nos.	5 nos.	6 nos.
Ajwain	½ tsp	½ tsp	1 tsp.
Haldi	A pinch		
Salt	As per taste		
Oil	½ tbsp.	½ tbsp	1 tbsp
Besan	½ tbsp	½ tbsp	1 tbsp

Method :
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.

* Refer page 144, fig 2

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Category		Weight Limit	Utensil	Instructions
1-13	MALAI TIKKA	0.3 kg	Rotisserie##	

For	0.3 kg
Boneless Chicken (1½" pieces)	300 g
Oil	For basting
For Marinade	
Thick cream	¼ cup
Green cardamom powder	¼ tsp
Pepper powder	As per taste
Garlic paste	½ tsp
Ginger paste	1 tsp
Melted butter	¼ tbsp
Garam masala, amchoor, jeera powder, salt	As per taste
Green chillies	1 no.

Method :
1. Mix all the ingredients of the marinade in a bowl. Marinate Chicken & keep in refrigerator for 1 hour.
2. Grease the rotisserie skewers with some oil. Put the chicken pieces on skewers. Assemble the rotisserie. Install the rotisserie in the microwave, spread the tissue paper on the glass tray.
3. Select category & press start.
4. When beeps, add 1tsp oil & again press start.
   Sprinkle the chaat masala & serve.
   Note: For rotisserie installation refer Pg. 145.

1-14	CORN KABABS	0.2 ~ 0.4 kg	Multicook tawa & High rack*

For	0.2 kg	0.3 kg	0.4 kg
Boiled potatoes	2 medium	3 medium	4 medium
Boiled sweet corns	¼ cup	½ cup	1 cup
Onions (Chopped)	¼ cup	½ cup	1 cup
Green chillies (Chopped)	1 no.	1 no.	2 no.
Fresh coriander (finely chopped)	1 tbsp.	2 tbsp.	3 tbsp
Pudina (finely chopped)	½ tbsp.	1 tbsp	1½ tbsp
Melted butter	¼ tbsp.	½ tbsp	1 tbsp
Garam Masala, pepper powder, salt	As per taste		
Lemon juice	2 tsp	3 tsp	3 tsp
Bread crumbs	1 tbsp	2 tbsp	3 tbsp

Method :
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.

1-15	KASTOORI KABAB	0.2 ~ 0.4 kg	Multicook tawa & High rack*

For	0.2 kg	0.3 kg	0.4 kg
Boneless Chicken mince (Keema)	200 g	300 g	400 g
For marinade			
Ginger garlic paste	¼ tbsp	½ tbsp	1 tbsp
Lemon juice	¼ tbsp	½ tbsp	1 tbsp
Roasted besan	2 tbsp	3 tbsp	4 tbsp
Bread crumbs	2 tbsp	3 tbsp	4 tbsp
Pepper powder, Salt, Red chilli powder	As per taste		
Ginger finely chopped	½ tsp	½ tsp	1 tsp
Chopped Coriander leaves	2 tbsp	3 tbsp	4 tbsp
Oil	1 tsp	2 tsp	3 tbsp
Choti elaichi powder	½ tsp	½ tsp	1 tsp
Jeera	1 tsp	1 tsp	1 tsp
Kesar (Soaked in ½ cup in milk)	½ tsp	½ tsp	1 tsp

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 kababs on tawa & tawa on high rack. Select category & weight and press start.
5. When beeps, turn over the kababs & press start,
   Sprinkle chaat masala & serve.

Refer page 145, fig
* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-16	TIKKA ACHAARI	0.3 kg	Microwave safe (MWS) glass bowl & Rotisserie##	

For	0.3 kg
Boneless mutton (Cut into 1½" pieces)	300 g
For marinade	
Hung curd	2 tbsp
Raw papaya Paste (Green papaya, peeled, deseed & grind in a mixer	½ tbsp
Onion (Sliced)	¼ cup
Salt, Red chilli powder, Amchoor powder	As per taste
Saunf	2 tsp.
Jeera	½ tsp.
Mustard seeds	½ tsp
Ginger garlic paste	½ tbsp
Tandoori Color	A pinch
Methidana	A pinch

Method :
1. Wash & pat dry the mutton pieces. Prick them with a fork.
2. Mix all the ingredients of marinade in a bowl. Add the mutton pieces & keep for 3-4 hours in refrigerator.
3. Remove from fridge & let them come to room temperature.
4. In a MWS glass bowl add the marinated pieces. Select category & press start.
5. When beeps, remove the bowl from microwave oven, spread the tissue paper on glass tray & insert the mutton pieces in rotisserie skewers. Assemble the rotisseries & install in the microwave.
6. Press start.
7. When beeps, pour 1 tsp oil on the mutton pieces.
8. Press start.
   Note : For rotisserie installation refer Pg. 113.

1-17	MAHI TIKKA	0.3 ~ 0.5 kg	Multicook tawa & High rack*	

For	0.3 kg	0.4 kg	0.5 kg
Fish fillets (Cut into 2" cubes)	300 g	400 g	500 g
For marinade			
Hung Curd	2 tbsp	3 tbsp	4 tbsp
Thick cream	¼ cup	¼ cup	½ cup
Ginger garlic paste	1 tsp	2 tsp	2½ tsp
Ajwain	¼ tsp	½ tsp	½ tsp
Garam masala	As per taste		
Salt pepper	As per taste		
Lemon juice	1 tbsp	2 tbsp	2½ tbsp
Red chilli powder, salt	As per taste		

Method :
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.

Refer page 145, fig
* Refer page 144, fig 2

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Category		Weight Limit	Utensil	Instructions
1-18	TANDOORI SUBZI	0.3 ~ 0.5 kg	Microwave safe (MWS) glass bowl & High rack & Multicook tawa*	

For	0.3 kg	0.4 kg	0.5 kg
Paneer (Cut 1" inch)	300 g	400 g	500 g
Salt, Red chilli powder	As per taste		
Lemon juice	1 tsp	1½ tsp	2 tsp
Oil	1 tbsp	1½ tbsp	2 tbsp
Capsicum (Cut into fine rings)	2 cups	2½ cups	3 cups
Onion (Cut into fine rings)	2 cups	2½ cups	3 cups
Black salt	As per taste		
Tandoori Masala	2 tsp.	2½ tsp	3 tsp
Tandoori Color	A pinch		
For Paste			
Ginger	1½" piece	2" piece	2½" piece
Green Chillies	2 nos.	3 nos.	4 nos.
Jeera	1 tsp	1½ tsp	2 tsp
Garlic flakes (Optional)	3 nos.	4 nos.	5 nos.

Method :
1. Grind garlic, ginger, jeera & green chillies to a thick rough paste. Do not add water. Keep the paste aside.
2. Add salt, chilli powder & lemon juice to the paste. Add the tandoori color.
3. Cut the paneer into 1" square pieces. Apply the paste on all the pieces properly.
4. In a MWS glass bowl add oil, capsicum & onion. Select category & weight & press start.
5. When beeps, remove the bowl from microwave oven & add lemon juice, black & salt, keep aside.
6. Keep the paneer pieces on tawa & tawa on high rack.
7. Press start.
8. When beeps, add the capsicum & onion rings & mix well. Drizzle few oil drops.
9. Press start.

1-19	MIX VEG PLATTER	0.5 kg	Multicook tawa & High rack*	

For	0.5 Kg
Paneer (Cut 1½" cubes)	200 g
Mushroom buttons (trim the stalk)	100 g
Baby corn (blanched)	25 g
Capsicum (Cut into large cubes)	100 g
Tomatoes (cut into quarters & deseeded)	25 g
Onion (Cut into quarters & separated)	50 g
For Marinade	
Hung Curd	4 tbsp
Thick cream	2 tbsp
Cornflour	1 tbsp
Ginger garlic paste	1 tbsp
Black Salt	As per taste
Tandoori Color	A pinch
Tandoori masala	2 tsp
Red chilli powder, salt	as per taste

Method :
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.

* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-20	FISH TANDOORI	0.5 kg	Multicook tawa & High rack*	

For	0.5 Kg
Pomfret	3 small sized
For Marinade	
Degi Mirch	2½ tsp
Jeera	½ tsp
Ginger paste	1 tsp
Garlic paste	1 tsp
Tandoori Masala	½ tsp
Garam Masala	1½ tsp
Amchoor	1 tsp
Dhania Powder	1 tsp
Lemon juice	2 tbsp
Chaat Masala	¼ tsp
Salt	As per taste

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 category & 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.

1-21	FALDARI KABABS	0.4 kg	Multicook tawa & High rack*	

For	0.4 Kg
Boiled & mashed raw bananas	2 nos.
Boiled & mashed shakarkandi	2 nos.
Peeled & grated apple	½ cup
Fresh coriander (chopped)	2 tbsp
Fresh mint leaves (chopped)	2 tbsp
Green chillies (chopped)	2 nos.
Ginger (chopped)	2 tsp
Bread crumbs	½ cup
Salt, red chilli powder, jeera powder	As per taste
For stuffing	
Chopped almonds	2 tbsp
Chopped cashewnuts	2 tbsp
Chopped raisins	2 tbsp

Method :
1. In a bowl take chopped almonds, cashewnuts & raisins for stuffing. Mix well & keep aside for later use.
2. In another bowl take boiled & mashed banana, shakarkandi, grated apple, chopped coriander & mint leaves, chopped ginger & green chillies & all the spices. Mix well. When the mixture cools down, add bread crumbs & mix well to make a dough for kababs.
3. Divide the dough into 10 equal portions. Make round balls. Flatten each ball & fill stuffing (as required) in the center & again re-shape into round kababs.
4. Place kababs on tawa & tawa on high rack. Put both inside the microwave. Select category & press start.
5. When beeps, turnover the kababs & press start.
6. When beeps, again turnover the kababs & press start. Serve kababs hot with chutney of your choice.

* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-22	SPICY CHICKEN KABABS	0.2 ~ 0.4 kg	Multicook tawa & High rack*	

For	0.2 kg	0.3 kg	0.4 kg
Boneless chicken (cut into 1½" pieces)	200 g	300 g	400 g
For Marinade			
Barbeque sauce	1 tbsp	1½ tbsp	2 tbsp
Olive oil	½ tsp	1 tsp	1 tsp
Garlic powder / Ginger paste	1 tsp	1½ tsp	2 tsp
Red chilli flakes	1 tsp	1 tsp	1 tsp
Black pepper (freshly crushed)	½ tsp	½ tsp	1 tsp
Onion paste	1 tbsp	1½ tbsp	2 tbsp
Oregano	½ tsp	1 tbsp	1 tbsp
Thyme	½ tsp	½ tsp	1 tsp
Cumin powder	1 tsp	1½ tsp	1½ tsp
Salt	As per taste		

Method :
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.

1-23	CHILKA KABABS	0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	

For	0.4 Kg
Chana dal (soaked overnight)	200 g
Snake gourd peels (roughly chopped)	½ cup
Pumpkin peels (roughly chopped)	½ cup
Whole black pepper	¼ tsp
Dried red chilli	1 no.
Laung	3-4 nos.
Black cardamom	1 no.
Cinnamon	1" piece
Water	½ cup
Oil	½ tsp
Javitri	1 no.
Fresh coriander leaves	2 tbsp
Salt	As per taste

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 category & 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.

1-24	JIMIKAND KE KABABS	0.2 ~ 0.4 kg	Multicook tawa & High rack*	

For	0.2 kg	0.3 kg	0.4 kg
Jimikand (boiled & grated)	1 cup	1½ cup	2 cups
Fresh bread (crumbled)	2 nos.	3 nos.	4 nos.
Green chilli (chopped)	2 nos.	3 nos.	4 nos.
Cornflour	1 tbsp	1½ tbsp	2 tbsp
Coriander leaves (chopped)	As required		
Anardana powder	¼ tsp	½ tsp	½ tsp
Salt, red chilli powder, garam masala	As per taste		

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 category & 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.

* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-25	KAJU KABABS	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	

For	0.1 kg	0.2 kg	0.3 kg
Potato (cut into pieces)	½ no.	1 no.	1½ no.
Onion (chopped)	½ no.	1 no.	1 no.
Peas (shelled)	3 tbsp	4 tbsp	4 tbsp
Cauliflower (florets)	½ cup	½ cup	¾ cup
Ginger-garlic paste	½ tsp	1 tsp	1 tsp
Kaju powder	2 tbsp	4 tbsp	5 tbsp
Fresh bread crumbs (sides removed)	3 slices	4 slices	4 slices
Green chilli (chopped)	1 no.	2 nos.	2 nos.
Tomato ketchup	½ tsp	1 tsp	1 tsp
Salt, red chilli powder, garam masala	As per taste		
Coriander leaves (chopped)	1 tbsp	1½ tbsp	2 tbsp

Method :

1. In a MWS glass bowl take cut potatoes, chopped onion, peas & cauliflower. Put ½ cjup water & cover. Select category & 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.

1-26	MUTTON AND TOMATO KABABS	0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	

For	0.3 Kg
Minced mutton	300 g
Badi Elaichi	1 no.
Dalchini	2" piece
Laung	3-4 nos.
Whole black pepper	8 to10 nos.
Dried red chilli	2 nos.
Bread crumbs	¼ cup
Green chilli (chopped)	2 nos.
Coriander (chopped)	2 tbsp
Lemon juice (optional)	1 tsp
Salt, red chilli powder, garam masala	As per taste
Tomatoes (cut into big pieces)	2 nos.

Method :

1. In a MWS glass bowl take minced mutton, laung, badi elaichi, cinnamon, dried red chilli, whole black peppers. Mix well & cover. Select category 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.

* Refer page 144, fig 2

Charcoal

Category		Weight Limit	Utensil	Instructions
1-27	DAHI KABABS	0.2 ~ 0.4 kg	Multicook tawa & High rack*	

For	0.2 kg	0.3 kg	0.4 kg
Boiled potatoes	100 g	200 g	250 g
Boiled peas	50 g	75 g	100 g
Chopped & boiled spinach	2 tbsp	3 tbsp	4 tbsp
Hung curd	2 tbsp	3 tbsp	4 tbsp
Grated ginger	1 tsp	1½ tsp	2 tsp
Chopped green chillies	½ tbsp	1 tbsp	1½ tbsp
Chopped almonds	½ tbsp	1 tbsp	1½ tbsp
Chopped raisins	½ tbsp	1 tbsp	1½ tbsp
Besan	1 tbsp	2 tbsp	3 tbsp
Chopped coriander leaves	1 tbsp	2 tbsp	3 tbsp
Salt, garam masala, red chilli powder	As per taste		
Oil	1 tsp	1 tsp	1 tsp
Cornflour	For coating		

Method :
1. In a bowl mix all the ingredients except oil & cornflour. Mix well while mashing the potatoes & peas. Make flat kababs & roll each kabab in cornflour.
2. Keep the kababs on tawa & keep the tawa on high rack. Select category & weight and press start.
3. When beeps, turn over the kababs, pour the oil & press start.
4. When beeps, turn over again & press start. Serve with coriander chutney.

1-28	CHICKEN LOLLIPOPS	0.1 ~ 0.3Kg	Multicook tawa* & High rack

For	0.1 kg	0.2 kg	0.3 kg
Chicken keema	100 g	200 g	300 g
Boiled potato	1 No.	2 No.	3 No.
Ginger garlic paste	1 tbsp	1½ tbsp	2 tbsp
Red chilli powder, garam masala, amchur powder, salt	As per taste		
Bread crumbs	For coating the loll1pops		

Method :
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 category and press start.
4. When beeps, turn the lollipops & press start. Serve with chutney or sauce.

1-29	TANDOORI FRUIT CHAAT	0.2 kg	Rotisserie##

For	0.2 Kg
Sweet potatoes	2 No.
Star Fruit	1 no.
Pineapple	100 g
Green apple	1 no.
For Marination	
Olive oil	2 tbsp
Vinegar	½cup
Powder sugar	6 tsp
Anaardana	5 tbsp
Roasted cumin powder	1 tbsp
Black salt, peppercorn, chaat masala, garam masala	As per taste
Kashmiri mirch	2 tsp

Method :
1. Take olive oil in a bowl & add vinegar, powder sugar, anardana powder, garam masala, roasted cumin powder, kashmiri mirch, & black salt and crushed peppercorn. Mix it well.
2. Marinate boiled sweet potatoes, green apple, pineapple & star fruit in the prepared mixture for about an hour.
3. Grease the rotisserie with some oil. Put fruit pieces on skewer. And install the rotisserie in microwave.
4. Select menu & press start.
5. Use rotisserie handle to take out of the microwave oven. Sprinkle chaat masala and serve.

Refer page 145, fig
* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-30	CHICKEN SAUTE	0.2 ~ 0.4 kg	Multicook tawa & High rack*	

For	0.2 kg	0.3 kg	0.4 kg
Supreme chicken peices	200 g	300 g	400 g
For Marination			
Ginger garlic paste	2 tbsp	3 tbsp	4 tbsp
Olive oil	2 tbsp	3 tbsp	4 tbsp
Black pepper	1 tsp	1½ tsp	2 tsp
Thyme/Basil leaves	½ tbsp	1 tbsp	1½ tbsp
Salt	As per taste		

Method :
1. Mix all the ingredients of marinade in a bowl. Marinade the chicken pieces & keep in refrigerator for one hour.
2. Adjust the wooden skewers inside the chicken pieces(1 skew in 1 piece).
3. Transfer the chicken pieces on tawa & keep the tawa on high rack. Select menu & weight and press start.
4. When beeps, turn over the pieces & press start.
5. When beeps, turn over again & press start.

1-31	STUFFED MUSHROOM	10 Pcs.	Multicook tawa & High rack*	

For	10 pcs
Mushroom (Stem remove)	300 g
For Stuffing	
Cheese (soften)	200 g
Salt, Red Chilli Powder, Onion Powder, Black pepper	As per taste
Minced garlic	¼ cup
Cayenne pepper	As per taste
Oil	¼ tbsp

Method :
1. Clean mushrooms with damp paper towel. Carefully break off stems.
2. Mix cheese salt, red chilli powder, onion powder, black pepper, minced garlic & cayenne pepper and prepare mushroom stuffing.
3. Using a little spoon fill each mushroom cap with generous amount of stuffing.
4. Now keep the tawa on high rack. Select category & weight & press start.
5. When beep, transfer mushroom on oil greased tawa and keep inside microwave. Press start.
6. When beep, again press start.

1-32	TOFU TIKKA	0.5 kg	Multicook tawa & Low rack#	

For	0.5 kg
Tofu cubes (cut into 1½" cubes), Capsicum (cut into cubes), onion (cut into cube), tomato(cut into cubes, pulp removed)	500 g
For marinade	
Hung curd	2 tbsp
Ginger garlic paste	1 tbsp
Salt, Garam masala, Red Chilli powder	As per taste
Tandoori masala	1 tsp
Tandoori Color	A pinch
Oil	For basting

Method :
1. Mix all the ingredients of the marinade in a bowl. Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour.
2. Now keep the tawa on low rack. Select category & weight & press start.
3. Now keep the tikka on tawa. Press start.
4. When beeps, turn over the side & pour some oil. Press start.

* Refer page 144, fig 2
# Refer page 144, fig 1

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Category		Weight Limit	Utensil	Instructions
1-33	STUFFED CAPSICUM	0.5 kg	Multicook Tawa & Low rack#	

For	0.5 kg
Capsicum (Hollowed)	500 g
For Stuffing	
Paneer (mashed)	200 g
Salt, Red Chilli Powder, Garam Masala, Cumin Powder	As per taste
Onion Chopped	¼ cup
Coriander leaves Chopped	As per taste
Oil	¼ tbsp

Method :
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 capsicum with paneer.
3. Grease the capsicum with few drops of oil.
4. Keep tawa on low rack. Select Category & weight and press start(Pre-heat mode).
5. Keep the capsicum on tawa & press start.
6. When beeps brush with oil & press start again.
7. Garnish with fresh coriander leaves & serve.

1-34	PUTTA TIKKA	0.5 kg	Multicook tawa & Low rack#

For	0.5 kg
Diced Mutton	500 g
For marinade	
Degi Mirch	2½ tsp
Jeera	½ tsp
Ginger paste	1 tsp
Garlic paste	1 tsp
Tandoori Masala	½ tsp
Garam Masala	1½ tsp
Amchoor	1 tsp
Dhania Powder	1 tsp
Curd	50 g
Lemon juice	2 tbsp
Chaat Masala	¼ tsp
Salt	As per taste

Method :
1. Mix all ingredients given under marinade. Rub the marinade well all over the mutton pieces & let it marinade for 2-3 hours.
2. Now keep the tawa on low rack. Select category & weight & press start.
3. Keep the marinated mutton pieces on tawa. Press start.
4. When beeps, turn over the mutton pieces & press start.
5. Sprinkle chaat masala & serve with Pudina chutney & onion rings.

1-35	RESHMI TIKKA	0.5 kg	Multicook tawa & Low rack#

For	0.5 kg
Diced Chicken	500 g
For marinade	
Degi Mirch	2½ tsp
Jeera	½ tsp
Ginger paste	1 tsp
Garlic paste	1 tsp
Tandoori Masala	½ tsp
Garam Masala	1½ tsp
Amchoor	1 tsp
Malai	50 g
Curd	50 g
Dhania Powder	1 tsp
Lemon juice	2 tbsp
Chaat Masala	¼ tsp
Salt	As per taste

Method :
1. Mix all ingredients given under marinade. Rub the marinade well all over the chicken pieces & let it marinade for 2-3 hours.
2. Now keep the tawa on low rack. Select category & weight & press start.
3. Keep the marinated chicken pieces on tawa. Press start.
4. When beeps, turn over the chicken pieces & press start.
5. Sprinkle chaat masala & serve with Pudina chutney & onion rings.

* Refer page 144, fig 1

Category		Weight Limit	Utensil	Instructions
2-1	MIX VEG	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Mix Veg. (Carrot, Cauliflower, peas, beans, potato)	100 g (Total)	200 g (Total)	300 g (Total)	400 g (Total)	500 g (Total)
Oil	¼ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Onion (chopped)	½ cup	1 cup	1½ cup	2 cup	2 cup
Tomato (chopped)	¼ cup	1 cup	1½ cup	1½ cup	1½ cup
Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder	As per taste				

Method :
1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select category & 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.

Category		Weight Limit	Utensil	Instructions
2-2	KADHAI PANEER	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

Paneer	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Capsicum & Onion (sliced)	½ cup	1 cup	1½ cup	2 cup	2½ cup
Onion Paste	3 tbsp	4 tbsp	5 tbsp	6 tbsp	6½ tbsp
Tomato Puree	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp
Ginger-Garlic Paste, Salt & Sugar	To taste				
Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala	To taste				
Butter	1½ tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp
Fresh Cream	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp

Method :
1. In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum & onion. Mix well, cover. Select category & weight and press start.
2. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt, sugar and paneer cubes, mix well and press start. Stand for 5 minutes. Garnish with hara dhania and serve hot.

Category		Weight Limit	Utensil	Instructions
2-3	DAL TADKA	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	

For	0.2 kg	0.3 kg	0.4 kg
Dal (soaked for 2 hours)	200 g	300 g	400 g
Water	400 ml	600 ml	800 ml
Oil	2 tbsp	2½ tbsp	3 tbsp
Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch	To taste		
Salt, dhania powder	To taste		

Method :
1. Take dal in Microwave Safe bowl, add Water, Haldi & Hing.
2. Select category & weight and press start to cook.
3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves, salt, dhania jeera powder, hara dhania, kasuri methi (optional). Press start.
4. When beeps, add dal, water (if required), mix well & again press start.

Category		Weight Limit	Utensil	Instructions
2-4	SAMBHAR	0.2 kg	Microwave safe (MWS) bowl	

Arhar Dal (Soaked for 2 hrs)	200 g
Oil	2 tbsp
Onion chopped	1 medium
Tomato chopped	1 medium
Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin	1 cup
Boiled Water	400 ml
Imli pulp, Green Chilli, Sambhar Masala, Salt, Gud	As per your taste

Method :
1. Soak dal for 2 hours, In Microwave Safe Bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select category and press start.
2. When beeps, in another Microwave Safe Bowl take oil, add rai, hing, curry leaves, dhania, red chilli. 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 minutes. Garnish with coconut and hara dhania and serve with Idli.

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Category		Weight Limit	Utensil	Instructions
2-5	DUM ALOO	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Boiled Aloo (small)	100 g	200 g	300 g	400 g	500 g
Oil	2 tbsp	3 tbsp	3 tbsp	3½ tbsp	3½ tbsp
Jeera, pepper seeds, cloves, hing	As required				
Onion paste	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp
Ginger & garlic paste	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
Tomato puree	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Curd	½ cup	1 cup	1 cup	1½ cup	1½ cup
Turmeric powder, red chilli powder, deghi mirch, salt, garam masala, saunf powder	As per taste				

Method :
1. In a MWS bowl add oil, jeera, pepper seeds, cloves, hing, onion paste, ginger garlic paste. Mix well.
2. Select category & 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. Cover & press start.
5. Allow to stand for 3 minutes.

2-6	KADHI	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl

For	0.3 kg	0.4 kg	0.5 kg
Besan	25 g	50 g	75 g
Curd / matha	1/2 cup	1 cup	1½ cup
Oil	1 tbsp	1½ tbsp	2 tbsp
Rai, cumin seeds	As per taste		
Chopped onions	1 cup	1½ cup	1½ cup
Salt, red chilli powder, haldi, coriander powder, amchur	As per taste		
Water	2 cups	3 cups	4 cups

Method :
1. In a MWS bowl add oil, rai, jeera, chopped onion. Select category & weight and press start.
2. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (½ the amount mentioned per weight). Mix & press start.
3. When beeps, mix & add remaining water & press start. Pour tempering & serve.

2-7	BAATI	0.4 kg	Multicook tawa & Low rack# & High rack*

For	0.4 kg
Wheat flour	200 g
Suji	50 g
Melted ghee	75 ml (5 tbsp)
Jeera	½ tsp
Ajwain	¼ tsp
Baking powder	¼ tsp
Salt	As per taste
Haldi	As required

Method :
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 the tawa on low rack. Keep aside.
3. Select category & press start.
4. When beeps, keep the tawa & low rack & press start.
5. When beeps, keep the tawa on high rack.Press start. Dip the baati in melted ghee & serve with dal.

Refer page 144, fig 1
* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
2-8	DALMA	0.3 kg	Microwave safe (MWS) bowl	

For	0.3 kg
Moong dal (soaked for 2 hours)	300 g
Water	600 ml
Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato)	2 cups
For tadka	
Oil	2 tbsp
Bay leafs, jeera, dry chillies, salt, haldi	As per taste
Grated coconut	4 tbsp
Chopped onion	1 no.

Method :
1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select category & 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.

2-9	PITHLA	0.6 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish

For	0.6 kg
Besan	½ cup
Oil	1½ tbsp
Ginger, garlic, green chillies (chopped)	1 tsp each
Onion, Tomato (chopped)	1 no. each
Coriander chopped	A few sprigs
Water	2 cups (400 ml)
Salt, turmeric powder, garam masala, red chilli powder	As per taste

Method :
1. In a MWS flat glass dish put besan. Select category & 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.

2-10	PANCHMEL KI SABZI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Chopped vegetables (Gavarfali, chawli, shimla mirch, kheera, gajar)	100 g	200 g	300 g
Oil	½ tbsp	1 tbsp	2 tbsp
Jeera	½ tsp	1 tsp	1 tsp
Onion	½ cup	½ cup	1 cup
Ginger & green chilli paste	1 tsp	1½ tsp	2 tsp
Coriander powder, amchur, haldi & salt	As per taste		

Method :
1. In a MWS bowl add oil, jeera, onion, ginger & green chilli paste. Mix well.
2. Select category & 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.

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Category		Weight Limit	Utensil	Instructions
2-11	GUJARATI TUVAR DAL	0.3 kg	Microwave safe (MWS) bowl	

For	0.3 kg
Tuvar dal / Arhar dal (soaked for 2 hours)	300 g
Water	600 ml
Oil	1 tbsp
Mustard seeds	½ tsp
Jeera	½ tsp
Finely chopped ginger	1 tbsp
Slit green chillies	3 nos.
Curry leaves	A few
Chopped tomato	2 nos.
Chopped onion	1 no.
Hing	A pinch
Salt, turmeric powder, red chilli powder	As per taste
Jaggery (Gud)	As per taste

Method :
1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select category & 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.

2-12	BUTTER CHICKEN	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl

For	0.3 kg	0.4 kg	0.5 kg
Chicken (boneless)	300 g	400 g	500 g
Ginger garlic paste	2 tbsp	2½ tbsp	3 tbsp
Tomato puree	½ cup	1 cup	1 cup
Chopped onions	1 no.	1 no.	2 nos.
Garam masala, dhania powder, jeera powder, kasuri methi, red chilli powder, salt	As per taste		
Kaju paste	2 tbsp	2½ tbsp	3 tbsp
Fresh cream	1 cup	1½ cup	1½ cup
Butter	2 tbsp	3 tbsp	3½ tbsp
Oil	2 tbsp	2½ tbsp	2½ tbsp
Slit green chillies	3 nos.	4 nos.	5 nos.

Method :
1. In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select category & 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.

2-13	BEANS PORIAL	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
French beans (cut evenly)	100 g	200 g	300 g
Oil	1 tsp	1 tsp	2 tsp
Mustard seeds	¼ tsp	½ tsp	½ tsp
Urad dhal	¼ tsp	½ tsp	½ tsp
Grated coconut	2 tbsp	3 tbsp	4 tbsp
Green chillies	1 no.	2 nos.	3 nos.
Salt	As per taste		

Method :
1. In a MWS bowl add oil, mustard seeds, urad dal, green chillies & salt. Select category & weight and press start.
2. When beeps, add beans, sprinkle little water. Cover & press start.
3. Add grated coconut, cover & stand for 3 minutes.

Category		Weight Limit	Utensil	Instructions
2-14	GOAN POTATO CURRY	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.3 kg	0.4 kg	0.5 kg
Boiled potato	300 g	400 g	500 g
Boiled mix veg (capsicum, cauliflower, carrot, peas)	100 g	150 g	200 g
Chopped onion	1 no.	2 nos.	3 nos.
Oil	1½ tbsp	2 tbsp	2 tbsp
Mustard seeds	1 tsp	1½ tsp	2 tsp
Grated coconut	2 tbsp	2½ tbsp	3 tbsp
Coconut milk	1 cup	1½ cup	1½ cup
Tomato puree	½ cup	1 cup	1 cup
Kaju powder	1 tbsp	2 tbsp	3 tbsp
Salt, red chilli powder	As per taste		
Fresh cream	2 tbsp	3 tbsp	4 tbsp
Coriander	A few sprigs		

Method :
1. In a MWS bowl add oil, mustard seeds & chopped onion. Select category & weight and 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.

2-15	VEG HANDVA@	0.3 kg	Microwave safe (MWS) flat glass dish & Low rack & High rack**	

For	0.3 kg
Rice	200 g (1 cup)
Urad Dal (Dehusked)	2 tbsp
Sour curd	½ cup
Boiled vegetables (Potato, Carrots, Peas, Palak)	2 cups
Oil	1 tsp
Lemon juice	2 tsp
Soda bi carb	A pinch
Chilli powder, turmeric powder, salt	As per taste
Ginger & chilli paste	1 tsp
Mustard seeds	1 tsp
Curry leaves	A few sprigs
Hing	¼ tsp

Method :
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. Keep aside.
7. Select category & press start. (Pre-heat 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.

@ Do not put anything in the oven during Pre-heat mode.
** Refer page 144, fig 5

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Category		Weight Limit	Utensil	Instructions
2-16	KASHMIRI KAJU PANEER	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Paneer pieces	100 g	200 g	300 g	400 g	500 g
Kaju paste	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp
Sliced onions	½ no.	1 nos.	1½ nos.	1½ nos.	2 nos.
Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
Chilli powder	As per taste				
Khus Khus paste	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Tomato puree	½ cup	1 cup	1½ cup	2 cup	2 cup
Milk	¼ cup	½ cup	1 cup	1½ cup	1½ cup
Garam masala & salt	As per taste				

Method :
1. In a MWS bowl add oil, onion slices, chopped ginger & garlic. Select category & 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.

2-17	KADHAI CHICKEN	0.1 ~ 0.5 kg	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
Oil	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp
Methidana	¼ tsp	¼ tsp	1 tsp	1 tsp	1 tsp
Onion slices	1 no.	2 nos.	3 nos.	3 nos.	3½ nos.
Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
Dhania powder, red chilli powder salt	As per taste				
Tomato puree	¼ cup	½ cup	1 cup	1½ cup	1½ cup
Hara dhania	A few sprigs				
Capsicum	1 no.	1½ nos.	2 nos.	2 nos.	2 nos.
Ginger (finely sliced)	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4½ tbsp
Cream	For garnishing				

Method :
1. In Microwave Safe Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select category & weight and press start.
2. When beeps, mix well & add tomato puree, hara dhana, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes.
3. Add cream. Mix well. Serve hot.

2-18	BAIGAN KA BHARTA	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.3 kg	0.4 kg	0.5 kg
Baingan (Chopped in big pieces)	300 g	400 g	500 g
Oil	1 tbsp	1½ tbsp	2 tbsp
Chopped onions	1 cup	1½ cup	2 cup
Chopped green chillies	3 nos.	4 nos.	5 nos.
Chopped ginger	1 tbsp	1½ tbsp	2 tbsp
Chopped tomato	2 nos.	3 nos.	4 nos.
Tomato puree	4 tbsp	5 tbsp	6 tbsp
Salt, dhania powder, garam masala, red chilli powder, haldi	As per taste		
Chopped coriander leaves	A few sprigs		

Method :
1. In a MWS bowl add peeled & chopped baigan. Sprinkle some water. Cover. Select category & 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.

Category		Weight Limit	Utensil	Instructions
2-19	KOFTA CURRY	0.1-0.3 kg	Microwavesafe (MWS) flat glass dish & Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Grated Lauki	100 g	200 g	300 g
Besan	1 tbsp	2 tbsp	3 tbsp
Chopped Onion	½ cup	1 cup	1 cup
Tomato puree	¼ cup	½ cup	1 cup
Chopped garlic	1 tsp	1½ tsp	2 tsp
Chopped Ginger	1 tsp	1½ tsp	2 tsp
Coriander power, haldi, garam masala red chilli powder, jeera, salt	As per taste		
Oil	½ tbsp	1 tbsp	1½ tbsp
Water	½ cup	1 cup	1½ cup
Lemon juice	As per taste		

Method :
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 power, garam masala, red chilli powder, salt, water. Add koftas & press start. Stand for 5 minutes. Squeeze lemon juice & serve.

2-20	ALOO GOBHI	0.3-0.5 kg	Microwave safe (MWS) bowl

For	0.3 kg	0.4 kg	0.5 kg
Potatoes (chopped)	150 g	200 g	250 g
Cauliflower florets	150 g	200 g	250 g
Oil	1 tbsp	2 tbsp	3 tbsp
Jeera	1 tbsp	1 tbsp	1 tbsp
Chopped onion	½ cup	½ cup	1 cup
Chopped green chillies	1 no	2 nos.	3 nos.
Coriander powder, red chilli powder, haldi, salt, garam masala	As per taste		
Coriander leaves	A few sprigs		

Method :
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.

2-21	MATAR PANEER	0.2-0.4 kg	Microwave safe (MWS) bowl

For	0.2 Kg	0.3 Kg	0.4 Kg
Matar	100 g	150 g	200 g
Paneer Cubes	100 g	150 g	200 g
Oil	1 tbsp	1½tbsp	2 tbsp
Tomato puree	¼ cup	½ cup	1 cup
Chopped Onion	1 tbsp	1½ tbsp	2 tbsp
Chopped Ginger	1 tsp	1½ tsp	2 tsp
Chopped garlic	1 tsp	1½ tsp	2 tsp
Jeera powder, salt, haldi, red chilli powder, garam masala	As per taste		
Coriander leaves	A few sprigs		
Water	¼ cup	½ cup	1 cup

Method :
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.

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Category		Weight Limit	Utensil	Instructions
2-22	GATTE KI SABZI	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.3 kg	0.4 kg	0.5 kg
For making gattas			
Besan	100 g	125 g	150 g
Red chilli powder, haldi, dhania powder, salt	As per taste		
Water	As required		
For Subzi			
Oil	1 tbsp	1½ tbsp	2 tbsp
Rai, jeera	2 tsp	2 tsp	3 tsp
Curry leaves	A few		
Sour curd	1 cup	1 cup	1½ cup
Red chilli powder, haldi, dhaniya powder, salt	As per taste		
Tomato puree	¼ cup	½ cup	1 cup

Method :
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 category & 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.

2-23	EGG CURRY	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Boiled eggs	2 nos.	4 nos.	6 nos.
Onions (chopped)	2 nos.	3 nos.	4 nos.
Green chilli	1 no.	2 nos.	3 nos.
Garlic (pods)	6-7 nos.	8-10 nos.	10-12 nos.
Ginger (chopped)	1 tbsp	1½ tbsp	2 tbsp
Tomato puree	3 tbsp	5 tbsp	6 tbsp
Water	½ cup	1 cup	1½ cup
Green peas (shelled)	¼ cup	½ cup	1 cup
Salt, red chilli powder, garam masala, turmeric powder, dhania powder	As per taste		
Oil	2 tbsp	3 tbsp	3 tbsp
Coriander leaves	A few sprigs		

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 category & 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.

2-24	JHINGA MATAR CURRY	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl

For	0.2 Kg	0.3 Kg	0.4 Kg
Prawns (deviened & cleaned)	50 g	100 g	150 g
Peas (shelled)	½ cup	1 cup	1 cup
Water	¼ cup	½ cup	1 cup
Salt, red chilli power, garam masala	As per taste		
Oil	1 tbsp	1½ tbsp	2 tbsp
For Paste			
Onions	1 no.	2 nos.	2½ nos.
Green chilli	1 no.	2 nos.	2 nos.
Coriander powder, turmeric powder	As per taste		
Ginger (chopped)	1 tsp	1½ tsp	2 tsp

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 category & 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.

Category		Weight Limit	Utensil	Instructions
2-25	DUM TANGRI	0.6 kg	Microwave safe (MWS) glass bowl & High rack	

For	0.6 kg
Chicken legs	5 nos.
For Marinade	
Hung curd	4 tbsp
Fresh cream	1 tbsp
Ginger-garlic paste	1 tsp
Oil	½ tbsp
Tandoori chicken masala	1 tbsp
Kasoori methi	As required
Salt, red chilli powder, garam masala, black pepper powder	As per taste
For Gravy	
Fresh tomato paste	5 tbsp
Onion paste	5 tbsp
Tomato puree	3 tbsp
Ginger-garlic paste	1 tsp
Oil	2 tbsp
Fresh coriander leaves (chopped)	As required
Salt, red chilli power, garam masala, dhaniya powder	As per taste

Method :
1. Take chicken legs, wash, clean & pat dry them with kitchen towel. Make cuts on legs with a sharp knife & keep aside.
2. 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.
3. After marination is done, keep the marinated chicken legs on high rack. Place tissue paper on the glass tray to absorb all drippings. Keep high rack with chicken legs in the microwave. Select category & press start.
4. When beeps, turn the chicken legs & press start.
5. When beeps, remove chicken legs & high rack from microwave & keep aside. In a MWS glass bowl take all the ingredients given for gravy. Mix well & press start.
6. Take chicken legs & roll in the gravy. Mix well & serve hot with butter naan or laccha parantha.

2-26	MAKKI KORMA	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Corns	100 g	200 g	300 g
Peas	¼ cup	½ cup	½ cup
Onion (chopped)	1 no.	2 nos.	2 nos.
Tomato (chopped)	1 no.	2 nos.	2 nos.
Green chilli (chopped)	1 no.	2 nos.	3 nos.
Beaten curd	4 tbsp	6 tbsp	8 tbsp
Water (for boiling)	½ cup	1 cup	1 cup
Water (for cooking)	¼ cup	½ cup	1 cup
Salt, red chilli power, turmeric powder, garam masala	As per taste		
Oil	½ tbsp	1 tbsp	1½ tbsp

Method :
1. In a MWS glass bowl put corns, peas, water (for boiling) & stir. Select category & 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.

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Category		Weight Limit	Utensil	Instructions
2-27	LITTI	6 Pc	Multicook tawa & Low rack#	

For	Dough
Whole wheat flour	1 cup
Curd	¼ cup
Desi ghee	2 tbsp
Ajwain	1 tsp
Salt	As per taste
Baking soda	A pinch
Water (to knead the dough)	¼ cup
For Stuffing	
Sattu	½ cup
Chopped onion	½ cup
Chopped coriander	½ cup
Chopped green chilli	1 tbsp
Chopped ginger	1 tsp
Mustard oil	1 tbsp
Red chilli pickle masala	1 tbsp
Lemon juice	1 tsp
Salt, red chilli powder, garam masala	As per taste

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 gms each). Now fill the stuffing (1-2 tbsp) & make round shape balls.
4. Keep multicook tawa on low rack & keep tawa and rack inside the microwave. Select category and press start.
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.

2-28	CHOKHA	0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	

For	0.3 kg
Brinjal (peeled & chopped)	300 g
Onion (chopped)	1 no.
Tomato (de-seeded & cut into pieces)	3 nos.
Green chilli (chopped)	2 nos.
Coriander leaves (chopped)	2 tbsp
Ginger (chopped)	1 tsp
Mustard oil	½ tbsp
Salt, red chilli powder	As per taste

Method :
1. In a MWS glass bowl take peeled & chopped brinjal pieces. Sprinkle some water. Select category & 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.

2-29	METHI ALOO	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	

For	0.2 kg	0.3 kg	0.4 kg
Methi leaves (chopped)	2 cups	3 cups	4 cups
Big size potato (cut in pieces)	1 no.	2 nos.	3 nos.
Tomato (chopped)	1 no.	2 nos.	3 nos.
Oil	1 tbsp	1½ tbsp	2 tbsp
Green chilli (chopped)	1 no.	2 nos.	2 nos.
Salt, red chilli powder, haldi, garam masala	As per taste		

Method :
1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & 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.

Refer page 144, fig 1
* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
2-30	KADDU KI SABZI	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Kaddu (cut into pieces)	200 g	300 g	400 g	500 g
Chopped tomato	1 no.	2 nos.	3 nos.	4 nos.
Chopped green chilli	1 no.	2 nos.	3 nos.	4 nos.
Finely chopped ginger	½ tsp	½ tsp	1 tsp	1 tsp
Chopped coriander leaves	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Salt, red chilli power, garam masala, amchoor, turmeric powder	As per taste			

Method :
1. In a MWS bowl take kaddu pieces, sprinkle some water & cover. Select category & 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.

2-31	PALAK KEEMA	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Palak leaves (chopped)	1½ cup	2½ cups	3½ cups
Chicken keema	½ cup	1 cup	1½ cup
Chopped onion	1 no.	2 nos.	3 nos.
Tomatoes	2 nos.	3 nos.	4 nos.
Dry red chillies	2 nos.	3 nos.	4 nos.
Ginger (chopped)	½ tsp	1 tsp	1 tsp
Garlic (chopped)	½ tsp	1 tsp	1 tsp
Salt	As per taste		
Oil	1 tbsp	1½ tbsp	2 tbsp
Kalonji	¼ tsp	½ tsp	½ tsp
Saunf	¼ tsp	½ tsp	½ tsp
Jeera	¼ tsp	½ tsp	½ tsp
Methi dana	¼ tsp	½ tsp	½ tsp

Method :
1. In a spice blender take tomatoes (cut into pieces), chopped ginger, chopped garlic, dry red chilli, a pinch of salt & make a puree of it. Keep aside for later use.
2. In a MWS bowl take oil, saunf, jeera, kalonji & methi dana, chopped onions. Mix well. Select category & weight and press start.
3. When beeps, stir well & add chicken keema & tomato puree. Mix & cover and press start.
4. When beeps, stir well. Add chopped palak leaves, salt & press start. Serve hot with butter naan or tandoori roti.

2-32	PANEER PISTA HARYALI	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	

For	0.2 kg	0.3 kg	0.4 kg
Paneer (cut into cubes)	200 g	300 g	400 g
Pista (skin removed)	2 tbsp	3 tbsp	4 tbsp
Coriander leaves	¼ cup	½ cup	½ cup
Milk	¼ cup	½ cup	½ cup
Salt & pepper	As per taste		
Onion	2 nos.	3 nos.	4 nos.
Green chilli (chopped)	2 nos.	3 nos.	4 nos.
Oil	1 tbsp	2 tbsp	2½ tbsp
Dhania powder	½ tbsp	1 tbsp	1 tbsp
Garlic (chopped)	1 tsp	1½ tsp	1½ tsp
Water	½ cup	1 cup	1 cup

Method :
1. Peel & cut onions into 4 pieces. Put pista & chopped onion in a MWS bowl. Put water & cover. Select category & weight and press start.
2. When beeps, remove from microwave & cool. Grind boiled onion pieces, pista along with water, salt, pepper, dhania powder, coriander leaves, green chilli, garlic to a fine green paste.
3. Put the prepared paste in the same MWS bowl, put oil & milk, mix well & press start.
4. When beeps, mix again, put paneer cubes & mix. Adjust seasoning. Press start. Garnish with fresh cream. Serve hot.

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Category		Weight Limit	Utensil	Instructions
2-33	BANDH-GOBHI MATAR	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.3 kg	0.4 kg	0.5 kg
Cabbage leaves (chopped)	300g	400g	500g
Peas	1 cup	1 cup	½ cup
Tomato (chopped)	2 nos.	3 nos.	3 nos.
Oil	1½ tbsp	2 tbsp	2 tbsp
Green chilli (chopped)	2 nos.	2 nos.	2 nos.
Salt, red chilli powder, haldi, garam masala	As per taste		

Method :
1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add peas. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add chopped cabbages leaves & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.

2-34	MUSHROOM CHILLI	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.3 kg	0.4 kg	0.5 kg
Mushroom (chopped)	300g	400g	500g
Onion (chopped)	1 cup	1 cup	½ cup
Tomato (chopped)	2 nos.	3 nos.	3 nos.
Oil	1½ tbsp	2 tbsp	2 tbsp
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp
Green chilli (chopped)	2 nos.	2 nos.	2 nos.
Salt, red chilli powder, garam masala	As per taste		

Method :
1. In a MWS bowl take oil, ginger garlic paste, chopped green chilli & chopped onion. Mix well. Select category & weight and press start.
2. When beeps, mix & add chopped tomato. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add chopped mushroom & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.

2-35	KALONJI ALOO	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.3 kg	0.4 kg	0.5 kg
Boiled Potato (chopped)	300g	400g	500g
Kalonji	1 tbsp	1 tbsp	1½ tbsp
Tomato (chopped)	2 nos.	3 nos.	3 nos.
Oil	1½ tbsp	2 tbsp	2 tbsp
Green chilli (chopped)	2 nos.	2 nos.	2 nos.
Salt, red chilli powder, garam masala, haldi	As per taste		

Method :
1. In a MWS bowl take oil, chopped green chilli & add kalolnji & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add potato. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add all the spices. Mix well & cover. Press start. Give standing time for 2 minutes. Serve hot with chappati or parantha.

2-36	DAHI ALOO	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.3 kg	0.4 kg	0.5 kg
Boiled Potato (chopped)	300g	400g	500g
Fresh Curd	1 Cup	1 Cup	1½ Cup
Tomato (chopped)	2 nos.	3 nos.	3 nos.
Besan	2 tbsp	2 tbsp	3 tbsp
Water	1 Cup	1 Cup	1½ Cup
Oil	1½ tbsp	2 tbsp	2 tbsp
Green chilli (chopped)	2 nos.	2 nos.	2 nos.
Salt, red chilli powder, garam masala, haldi, jeera	As per taste		

Method :
1. In a MWS bowl take oil, chopped green chilli, jeera & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add potato, besan & water. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add curd & all the spices. Mix well & cover. Press start. Give standing time for 2 minutes. Serve hot with chappati or parantha.

Category		Weight Limit	Utensil	Instructions
2-37	ALOO SHIMLA-MIRCH	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.3 kg	0.4 kg	0.5 kg
Potato (chopped)	300g	400g	500g
Capsicum (chopped)	1 cup	1 cup	½ cup
Tomato (chopped)	2 nos.	3 nos.	3 nos.
Oil	1½ tbsp	2 tbsp	2 tbsp
Green chilli (chopped)	2 nos.	2 nos.	2 nos.
Salt, red chilli powder, haldi, garam masala	As per taste		

Method :
1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add potato. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add chopped capsicum & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.

Category		Weight Limit	Utensil	Instructions
2-38	PANEER BHURJI	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Paneer (mashed)	100 g	200 g	300 g	400 g	500 g
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Chopped capsicum	1 no.	2 nos.	3 nos.	4 nos.	4 nos.
Chopped onion	½ cup	1 cup	1 cup	1½ cup	2 cup
Coriander leaves	A few sprigs				
Coriander powder, jeera powder, red chilli powder, salt	As per taste				

Method :
1. In a MWS bowl add oil, onion & capsicum. Select category & weight and press start.
2. When beeps, mix well & add paneer, coriander leaves, coriander powder, jeera powder, red chilli powder & salt. Mix well & press start.
3. Serve with toast or wrapped in roti.

Category		Weight Limit	Utensil	Instructions
2-39	SCRAMBLED EGGS	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	

For	0.2 kg	0.3 kg	0.4 kg
Eggs	2 nos.	3 nos.	4 nos.
Milk	2 tbsp	3 tbsp	4 tbsp
Salt, pepper	As per taste		
Butter / oil	For greasing		
Coriander leaves (chopped)	For garnishing		

Method :
1. Grease a MWS flat glass dish with butter or oil.
2. In another bowl lightly beat eggs, milk, salt & pepper together.
3. Now pour the egg mixture in greased MWS flat glass dish. Select category & weight and press start.
4. When beeps, mix well & again press start. Stand for 3 minutes. Mix well & garnish with chopped coriander leaves & serve.

Category		Weight Limit	Utensil	Instructions
2-40	MUSHROOM CAPSICUM	0.5 kg	Microwave Safe (MWS) Bowl	

For	0.5 kg
Mushroom (chopped)	500g
Capsicum (chopped)	½ cup
Tomato (chopped)	3 nos.
Oil	2 tbsp
Ginger garlic paste	1½ tbsp
Green chilli (chopped)	2 nos.
Salt, red chilli powder, garam masala	As per taste

Method :
1. In a MWS bowl take oil, ginger garlic paste, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add mushrooms. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add chopped capsicum & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.

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Category		Weight Limit	Utensil	Instructions
2-41	MURI GHANTO	0.5 kg	Microwave safe (MWS) bowl	

For	0.5 kg
Potato (chopped)	500g
Capsicum (chopped)	½ cup
Tomato (chopped)	3 nos.
Oil	2 tbsp
Green chilli (chopped)	2 nos.
Salt, red chilli powder, haldi, garam masala	As per taste

Method :

1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add potato. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add chopped capsicum & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.

Category		Weight Limit	Utensil	Instructions
3-1	CHICKEN BIRYANI	0.1 ~ 0.5 kg	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	½ 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	½ cup	1 cup	1 cup	1½ cup	1½ cup
Salt	If required				
Coriander leaves	A few springs				
Water	200 ml	400 ml	600 ml	650 ml	750 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 category & weight and press start.
3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover & press start. Stand for 5 minutes. Serve hot.

3-2	GOSHT DUM BIRYANI	0.1 ~ 0.5 kg	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 category & 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.

3-3	MALABAR BIRYANI	0.1 ~ 0.5 kg	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
Salt, 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 category & 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

Category		Weight Limit	Utensil	Instructions
3-4	PINEAPPLE FRIED RICE	0.1 ~ 0.5 kg	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
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Mix veg - Peas, french beans, carrots, capsicum	½ cup	1 cup	1½ cup	2 cup	2½ cup
Pineapple (chopped)	½ cup	1 cup	1 cup	1½ cup	2 cup
Ajinomoto	A pinch				
Red chilli powder, chilli sauce, soya sauce	As per taste				
Water	200 ml	400 ml	600 ml	650 ml	750 ml

Method :
1. In a MWS bowl add oil, mix vegetables, ajinomoto, red chilli powder, soy sauce, chilli sauce. Mix & select category & 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.

3-5	VEG PULAO	0.1 ~ 0.5 kg	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
Water	200 ml	400 ml	600 ml	650 ml	750 ml
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Jeera, laung, tej patta, salt, garam masala, red chilli powder	As per taste				
Mix veg - Gobhi, matar, gajar, french beans etc.	½ cup	1 cup	1½ cup	2 cup	2½ cup

Method :
1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.
2. Select category & 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.

3-6	VEG TAHIRI	0.1 ~ 0.5 kg	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
Water	200 ml	400 ml	600 ml	650 ml	750 ml
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Jeera, laung, tej patta, salt, garam masala, haldi, red chilli powder	As per taste				
Mix veg - Gobhi, matar, gajar, tomato, potato etc.	½ cup	1 cup	1½ cup	2 cup	2½ cup

Method :
1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.
2. Select category & weight and 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.

3-7	PEPPER RICE	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Soaked Rice (2 hours)	100 g	200 g	300 g	400 g	500 g
Water	200 ml	400 ml	600 ml	650 ml	750 ml
Dry coconut	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp
Green chilli (Chopped)	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.
Garlic (Chopped)	2 cloves	3 cloves	4 cloves	5 cloves	6 cloves
Ghee	1 tbsp	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp
Salt	As per taste				
Black pepper powder	As per taste				
Seasoning					
Mustard seeds	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
Black gram dal	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
Bengal gram dal	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
Curry leaves	A few leaves				
Dry Red Chilli	1 no.	2 nos.	3 nos.	4 nos.	5 nos.
Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp

Method :
1. In a MWS bowl add oil, dry red chilli, green chilli, chopped garlic, mustard seeds, black gram dal, Bengal gram dal, curry leaves. Select category & weight and press start.
2. When beeps, add soaked rice, water, ghee, salt, black pepper powder. Mix well & press start. Stand for 5 minutes. Add grated coconut & serve hot.

Category		Weight Limit	Utensil	Instructions
3-8	ZAFRANI PULAO	01 ~ 0.5 kg	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 category & 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.

3-9	BENGALI BIRYANI	0.1 ~ 0.5 Kg	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, turmerics 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 category & 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.

3-10	KHUMB PULAO	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl

For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati Rice (Soaked)	100 g	200 g	300 g	400 g	500 g
Sliced mushrooms	50 g	100 g	150 g	200 g	250 g
Water	100 ml	200 ml	300 ml	325 ml	375 ml
Milk	100 ml	200 ml	300 ml	325 ml	375 ml
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Chopped spring onions	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.
Chopped garlic	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Salt, pepper	As per taste				

Method :
1. In a MWS bowl add oil, chopped garlic & spring onions. Select category & weight and press start.
2. When beeps, mix well & add mushrooms. Press start.
3. When beeps, mix well & add rice, milk, water, salt & pepper. Press start. Stand for 3 minutes.

Rice Delight

Category		Weight Limit	Utensil	Instructions
3-11	TIRANGA PULAO	0.2 ~ 0.4Kg	Microwave safe (MWS) bowl & Microwave safe (MWS) glass bowl	

For	0.2 Kg	0.3 Kg	0.4 Kg
Rice (soaked for 1 hour)	200 g	300 g	400 g
Water	350 ml	500 ml	650 ml
Salt	As per taste		
For Red Mixture			
Beat root (grated)	½ cup	1 cup	1 cup
Onion (sliced)	½ nos.	1 no.	1 no.
Oil / ghee	½ tbsp	1 tbsp	1 tbsp
Salt	As per taste		
Laung, dalchini, chhoti elaichi	As requite		
For White Mixture			
Cashewnuts (broken into pieces)	1 tbsp	2 tbsp	3 tbsp
Oil / ghee	½ tbsp	1 tbsp	1½ tbsp
For Green Mixture			
Mint leaves	½ cup	1cup	1 cup
Coriander leaves	½ cup	1cup	1 cup
Onion	1 no.	2 nos.	3 nos.
Green chilli	1 no.	2 nos.	3 nos.
Garlic paste	½ tsp	1 tsp	1 tsp
Salt	As per taste		

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 ¼ salt. Select category & 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.

3-12	EGG BIRYANI	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	

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

Method :
1. In a MWS bowl take soaked rice, water. Select category & 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.

Category		Weight Limit	Utensil	Instructions
3-13	ACHARI CHANA PULAO	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Soaked rice	100 g	200 g	300 g
Soaked & boiled kabuli chana	½ cup	1 cup	1½ cup
Sliced onions	½ cup	1 cup	1½ cup
Water	200 ml	350 ml	500 ml
Ginger-garlic paste	½ tsp	1 tsp	1½ tsp
Desi ghee	1 tbsp	1½ tbsp	2 tbsp
Laung, chhoti elaichi, badi elaichi, saunf, jeera	As per requirement		
Salt, red chilli powder, garam masala, haldi	As per taste		
Mango pickle paste	1 tbsp	1½ tbsp	2 tbsp
Slit green chilli	1 no.	2 nos.	2 nos.

Method :
1. In a MWS bowl take soaked rice & water. Select category & 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.

Category		Weight Limit	Utensil	Instructions
3-14	METHI RICE	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	

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

Method :
1. In a MWS bowl take soaked rice & water. Select category & 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.

Category		Weight Limit	Utensil	Instructions
3-15	COCONUT RICE	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Rice (soaked for 1 hour)	100 g	200 g	1 cup
Coconut (grated)	¼ cup	½ cup	0.3 Kg
Coconut milk	100 ml	200 ml	300 ml
Water	100 ml	150 ml	200 ml
Oil	1 tbsp	2 tbsp	2 tbsp
Chopped cashewnuts	1 tbsp	2 tbsp	3 tbsp
Mustard seeds	½ tsp	1 tsp	1 tsp
Curry leaves	10 nos.	15 nos.	20 nos.
Chopped green chilli	2 nos.	3 nos.	3 nos.
Salt & pepper	As per taste		
Finely chopped ginger	1 tsp	1½ tsp	2 tsp
Beaten curd	1 tbsp	2 tbsp	3 tbsp

Method :
1. In a MWS bowl take soaked rice coconut milk & water. Select category & 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.

Rice Delight

Category		Weight Limit	Utensil	Instructions
3-16	CURD RICE	0.1 ~ 0.5 Kg	Microwave safe (MWS) glass bowl	

For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati Rice (Soaked)	100 g	200 g	300 g	400 g	500 g
Water	200 ml	400 ml	600 ml	650 ml	750 ml
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
Urad dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
Chana dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
Curry leaves	A few leaves				
Green chillies (chopped)	2 nos.	2 nos.	3 nos.	3 nos.	3 nos.
Grated ginger	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
Curd	½ cup	½ cup	1cup	1 cup	1½ cup
Milk	¼ cup	¼ cup	½ cup	½ cup	1 cup
Coriander leaves (chopped)	A few sprigs				

Method :
1. In a MWS glass bowl add oil, mustard seeds, urad dal, chana dal. Select category & 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.

3-17	KEEMA PULAO	0.3 kg	Microwave safe (MWS) bowl	

For	0.3kg
Basmati rice (soaked for 1 hour)	200 g
Minced Keema	100 g
Black cardamom	4 No.
Salt, red chilli powder, turmeric powder	As per taste
Oil	1 tbsp
Salt, biryani masala	As per taste
Ginger garlic paste	1 tbsp
Sliced tomato	1 No.
Sliced onion	1 No.
Water	200 ml

Method :
1. In a MWS bowl add oil, ginger garlic paste & spring onions. Select category & weight and press start.
2. When beeps, add keema & biryani masala, tomato, black cardamom. Press start.
3. When beeps, mix well & add rice, water, salt & pepper. Press start. Stand for 3 minutes.

3-18	TOMATO PULAO	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Chopped tomato	2 nos.	3 nos.	4 nos.
Rice (soaked for 1 hour)	100 g	200 g	300 g
Water	200 ml	350 ml	500 ml
Onions (Big sized sliced)	1 no.	2 nos.	2 nos.
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp
Ginger-garlic paste	½ tsp	1 tsp	1 tsp
Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste		
Biryani masala	½ tsp	1 tsp	1 tsp
Slit green chillies	1 no.	2 nos.	2 nos.

Method :
1. In a MWS bowl take soaked rice, water. Select category & 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, chopped tomatos & all the spices. Mix very well & press start.
3. When beeps, add boiled rice to the sliced onions. Mix well. Press start.
4. Serve tomato pulao hot with plain curd or raita.

Category		Weight Limit	Utensil	Instructions
3-19	PANEER FRIED RICE	0.1 ~ 0.5Kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg	0.4 Kg	0.5 Kg
Paneer (cubes)	½ cup	1 cup	1½ cup	1½ cup	2cup
Rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
Water	200 ml	350 ml	500 ml	650 ml	800 ml
Onions (Big sized sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Ginger-garlic paste	½ tsp	1 tsp	1 tsp	2 tsp	2 tsp
Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste				
Biryani masala	½ tsp	1 tsp	1 tsp	2 tsp	2 tsp
Slit green chillies	1 no.	2 nos.	2 nos.	3 nos.	3 nos.

Method :
1. In a MWS bowl take soaked rice, water. Select category & 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, paneer cubes & all the spices. Mix very well & press start.
3. When beeps, add boiled rice to the sliced onions. Mix well. Press start.
4. Serve paneer fried rice hot with plain curd or raita.

Category		Weight Limit	Utensil	Instructions
3-20	CHILLI GARLIC RICE	0.2 ~ 0.5 kg	Microwave safe (MWS) glass bowl	

For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Rice (soaked)	200 g	300 g	400 g	500 g
Water	400 ml	600 ml	650 ml	750 ml
Oil	2 tsp	2½ tsp	3 tsp	3½ tsp
Ghee	2 tsp	2½ tsp	3 tsp	3½ tsp
Jeera	1 tsp	1½ tsp	2 tsp	2½ tsp
Chopped garlic	1 tsp	1½ tsp	2 tsp	2½ tsp
Garlic paste	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Chopped green chillies	3 nos.	4 nos.	5 nos.	6 nos.
Chopped coriander leaves	½ cup	1 cup	1½ cup	2 cup
Chilli sauce	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Salt	As per taste			

Method :
1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.
2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, coriander leaves, garlic paste. Mix well & press start.
3. When beeps, add cooked rice, chilli sauce, salt. Mix well & press start.

Category		Weight Limit	Utensil	Instructions
3-21	MUSHROOM BIRYANI	0.1 ~ 0.5 kg	Microwave safe (MWS) glass bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Rice (soaked)	100 g	200 g	300 g	400 g	500 g
Water	200 g	400 ml	600 ml	650 ml	750 ml
Oil	1 tsp	2 tsp	2½ tsp	3 tsp	3½ tsp
Ghee	1 tsp	2 tsp	2½ tsp	3 tsp	3½ tsp
Jeera & Red Chillies powder	1 tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
Chopped garlic	1 tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
Garlic paste	½ tsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Chopped green chillies	1 nos.	3 nos.	4 nos.	5 nos.	6 nos.
Chopped coriander leaves	½ cup	½ cup	1 cup	1½ cup	2 cup
Chopped Mushroom	1 cup	1 cup	2 cup	2½ cup	3 cup
Salt	As per taste				

Method :
1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.
2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, chopped mushroom, coriander leaves, garlic paste. Mix well & press start.
3. When beeps, add cooked rice, chilli sauce, salt. Mix well & press start.

Rice Delight

Category		Weight Limit	Utensil	Instructions
3-22	YAKHNI PULAO	0.3 kg	Microwave safe (MWS) glass bowl	

For	0.3 kg
Rice (soaked)	300 g
Water	600 ml
Oil	2½ tsp
Ghee	2½ tsp
Jeera & Red Chillies powder	1½ tsp
Chopped garlic	1½ tsp
Garlic paste	1 tbsp
Chopped green chillies	4 nos.
Chopped coriander leaves	1 cup
Chicken Cut into 2 inch pieces	2 cup
Yoghurt	1 cup
Green Cardamom, Fennel Seeds	1½ tsp
Salt	As per taste

Method :
1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.
2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, chicken pieces, coriander leaves, garlic paste. Mix well & press start.
3. When beeps, add cooked rice, Yoghurt, green cardamom, Fennel seeds, salt. Mix well & press start.

3-23	PALAK PULAO	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl

For	0.1 kg	0.2 kg	0.3 kg
Rice (soaked)	100 g	200 g	300 g
Water	200 ml	400 ml	600 ml
Oil	1 tsp	2 tsp	2½ tsp
Ghee	1 tsp	2 tsp	2½ tsp
Jeera & Red Chillies powder	1 tsp	1 tsp	1½ tsp
Chopped garlic	1 tsp	1 tsp	1½ tsp
Garlic paste	½ tbsp	½ tbsp	1 tbsp
Chopped green chillies	2 nos.	3 nos.	4 nos.
Chopped coriander leaves	½ cup	½ cup	1 cup
Corn Kernels & Spinach(chopped)	½ cup	1 cup	2 cup
Yoghurt	½ cup	½ cup	1 cup
Green Cardamom, Fennel Seeds	1 tsp	1 tsp	1½ tsp
Salt	As per taste		

Method :
1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.
2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, corn kernels & spinach(chopped), coriander leaves, garlic paste. Mix well & press start.
3. When beeps, add cooked rice, Yoghurt, green cardamom, Fennel seeds, salt. Mix well & press start.

3-24	VANGI BHAT	0.1 ~ 0.5 kg	Microwave safe (MWS) glass bowl

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Rice (soaked)	100 g	200 g	300 g	400 g	500 g
Water	200 ml	400 ml	600 ml	650 ml	750 ml
Oil	1 tsp	2 tsp	2½ tsp	3 tsp	3½ tsp
Ghee	1 tsp	2 tsp	2½ tsp	3 tsp	3½ tsp
Jeera & Red Chillies powder	1 tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
Chopped garlic	1 tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
Garlic paste	½ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Chopped green chillies	1nos.	3 nos.	4 nos.	5 nos.	6 nos.
Chopped coriander leaves	½ cup	½ cup	1 cup	1½ cup	2 cup
Chopped Brinjal	½ cup	1 cup	2 cup	2½ cup	3 cup
Peas	½ cup	½ cup	1 cup	1½ cup	2 cup
Green Cardamom, Fennel Seeds	1 tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
Salt	As per taste				

Method :
1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.
2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, brinjal, coriander leaves, garlic paste. Mix well & press start.
3. When beeps, add cooked rice, peas, green cardamom, Fennel seeds, salt. Mix well & press start.

Category		Weight Limit	Utensil	Instructions
3-25	ZARDA PULAO	0.2 ~ 0.5 kg	Microwave safe (MWS) glass bowl	

For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Rice (soaked)	200 g	300 g	400 g	500 g
Water	400 ml	600 ml	650 ml	750 ml
Oil	2 tsp	2½ tsp	3 tsp	3½ tsp
Ghee	2 tsp	2½ tsp	3 tsp	3½ tsp
Lemon juice	1 tsp	1½ tsp	2 tsp	2½ tsp
Green & Black Cardamoms	1 tsp	1½ tsp	2 tsp	2½ tsp
Sugar	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Saffron	Pinch			
Chopped mixed nuts	½ cup	1 cup	1½ cup	2 cup
Chopped coconuts	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Salt	As per taste			

Method :

1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.
2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, coriander leaves, garlic paste. Mix well & press start.
3. When beeps, add cooked rice, suger, lemon juice, soaked saffron, chopped coconuts. Mix well & press start.

Chatpat Corner

Category		Weight Limit	Utensil	Instructions
4-1	APPLE TOMATO CHUTNEY	0.3 kg	Microwave Safe (MWS) Glass Bowl	Apple pieces: 150 g Tomato pieces: 150 g Green chillies, Salt, Sugar: As per your taste Oil: 2 tbsp For Tempering : Rai, Jeera, Hing etc. **Method :** 1. In a MWS glass bowl put apple, tomato, green chillies, salt and sugar and keep it in Microwave. Select category 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.
4-2	LEMON PICKLE	0.3 kg	Microwave Safe (MWS) Glass Bowl	Lemon pieces: 150 g Sugar: 150 g Chilli powder, Salt: As per your taste For Tempering : Rai, Jeera, Hing etc. **Method :** 1. Cut lemon and remove seeds. In MWS glass bowl add lemon pieces, sugar, salt and chilli powder. Select category and press start. Store it in a bottle after it cools.
4-3	MIX VEG. PICKLE	0.3 kg	Microwave Safe (MWS) Glass Bowl	For: 0.3 kg Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas): 300 g Lemon juice: 2 tbsp Salt, Chilli powder, Sugar, Pickle Masala: As per your taste Oil: 2 tbsp For tempering : Rai, Jeera, Hing etc.: As required **Method :** 1. In a MWS glass bowl put vegetables cut in long strips. Cover and keep it in Microwave. Select category 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.
4-4	PIZZA SAUCE	0.3 kg	Microwave Safe (MWS) Glass Bowl	Tomato: 200 g Onion: 1 No. Salt, Sugar, Ajwain, Oregano, Basil leaves: As per your taste Garlic pods: 7-8 nos. Oil: 2 tbsp **Method :** 1. In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select category & 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.
4-5	TOMATO SAUCE	0.5 kg	Microwave Safe (MWS) Glass Bowl	Tomato: 500 g Onion: 1 No. Chilli powder, Salt, Sugar: As per your taste Chopped ginger and garlic: 2 tbsp Garam masala: 1 tsp **Method :** 1. In a MWS glass bowl put tomato pieces, cover and keep it in a Microwave. Select category & 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.

Category		Weight Limit	Utensil	Instructions
4-6	MASALA CHUTNEY	0.3 kg	Microwave Safe (MWS) Glass Bowl	**Chana Daal, Urad Daal** — 100 g each **Grated dry coconut** — 100 g **Sesame, Salt, Sugar, Turmeric, Dhaniya powder, Jeera powder, Curry leaves, Methi seeds** — As per your taste **Oil** — 1 tsp **Method :** 1. In a MWS bowl put daals and keep it in Microwave. Select category & 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 Idly, Parantha or Rice.
4-7	LEHSUN KI CHUTNEY	0.2 kg	Microwave safe (MWS) bowl	**Chopped tomatoes** — 2 nos. **Chopped garlic** — 20 g **Chopped green chillies** — 2 nos. **Chopped onion** — ½ cup **Oil** — 2 tsp **Jeera** — 1 tsp **Haldi, red chilli powder, salt** — As per taste **Water** — ¼ cup **Method :** 1. In a MWS bowl mix all the ingredients. Select category & press start. 2. Remove when cooking ends. Allow to cool. Grind it & serve as an accompaniment.
4-8	MANCHU-RIAN SAUCE	0.3 kg	Microwave safe (MWS) bowl	**For** — 0.3 kg **Water** — 1½ cups (300 ml) **Vinegar sauce** — 1 tbsp **Soya sauce** — 1 tsp **Tomato sauce** — ½ cup **Ajinomoto** — A pinch **Cornflour** — 2 tbsp + ½ cup water **Method :** 1. In a MWS bowl add all the ingredients. Select category & press start.
4-9	AAM KI CHUTNEY	0.3 kg	Microwave safe (MWS) bowl	**For** — 0.3 kg **Aam (peeled & chopped)** — 300 g **Kishmish (seedless & chopped)** — 25 g **Chopped ginger & garlic** — 2 tsp **Tamarind pulp** — 1 tbsp **Salt & sugar** — As per taste **Method :** 1. In a MWS bowl mix all the ingredients. Cover. Select category & press start.
4-10	COCONUT CHUTNEY	0.3 kg	Microwave Safe (MWS) Glass Bowl	**For** — 0.3 kg **Fresh grated coconut** — 300 g **Chopped green chillies** — 2 nos. **Chopped ginger** — ½ tbsp **Roasted split gram dal (optional)** — 1 tbsp **Salt** — As per taste **For tempering** **Oil** — 1 tbsp **Mustard seeds** — ½ tsp **Broken dry red chillies** — 1 no. **Curry leaves** — A few **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 category & press start. 3. Pour the tempering over the chutney & serve.

Chatpat Corner

Category		Weight Limit	Utensil	Instructions
4-11	TIL KI CHUTNEY	0.2 kg	Microwave Safe (MWS) Glass Bowl	

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

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

4-12	CHANA CHAAT	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl

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

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

4-13	ALOO KAND CHAAT	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

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

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

4-14	AMLA CHUTNEY	0.5 kg	Microwave Safe (MWS) Glass Bowl

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

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

Category		Weight Limit	Utensil	Instructions
4-15	BAINGAN CHUTNEY	0.5 kg	Microwave Safe (MWS) Glass Bowl	

Baingan (Whole)	500 g
Amchoor powder	As per required
Green chillies, Salt, Sugar	As per your taste
Oil	2 tbsp
For Tempering : Rai, Jeera, Hing etc.	

Method :

1. In a MWS glass bowl keep baingan & press start.
2. When beeps, allow to cool and peel off the skin. In another MWS glass bowl add oil and tempering and press start.
3. When beeps, add mashed baingan and green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook.

Cooking Aid

Category		Weight Limit	Utensil	Instructions
5-1	KEEP WARM	0.3 kg	Microwave safe (MWS) bowl	**Method :** 1. Any cooked food with cover (Rice, Dal, Subzi, Halwa, Upma etc.) Select category & press start. 2. When beeps, mix well & press start. When beeps, mix well & press start.
5-2	DEFROST VEG	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	Veg - (Paneer, Green Peas, Corn etc.) **Method :** 1. Take in Microwave Safe Bowl, select category & weight and press start. 2. When beeps, turn the food. Press start.
5-3	DEFROST NON VEG	0.5 ~ 1.0 kg	Microwave safe (MWS) bowl	Non-Veg - (Chicken, Mutton etc.) **Method :** 1. Take in Microwave Safe Bowl, select category & weight and press start. 2. When beeps, turn the food. Press start.
5-4	DEHUMIDI-FICATION	0.3 kg	Microwave safe (MWS) bowl	Namkin, Biscuits, Bhujia, Papad and Wafers etc. Method : 1. In MWS bowl add the food to be dehumidified. Select category and press start.
5-5	LIGHT DISINFECT		Microwave safe (MWS) glass utensil & Empty cavity	Namkin, Biscuits, Bhujia, Papad and Wafers etc. **Method :** 1. Sterilize Microwave safe glass utensil - Keep the empty utensil & select category & press start. 2. Clean the cavity - Keep the cavity empty. Select category & 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.
5-6	BODY MASSAGE OIL	0.2 kg	Microwave safe (MWS) glass bowl	For: 0.2 kg Garlic: 10 pods Ajwain: ½ tsp Cloves: 2-3 nos. Almonds: 3-4 nos. Mustard oil: 1 cup **Method :** 1. In a MWS glass bowl put all the ingredients. Select category and press start. 2. Remove when it gives a beep. Keep it for 2 hours. 3. Strain and store in a glass a jar.
5-7	PIZZA BASE@	0.2 kg	Low rack# & Multicook tawa	For: 0.2 kg Maida: 200 g Yeast: 1 tbsp Salt: 1/2 tsp Sugar: 1 tsp Water: As required **Method :** 1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Roll out the dough to 6" to 7"& keep on dusted tawa. Prick with a fork.Keep for half to 1 hour in a dark place. 2. Select category & press start. (Pre-heat process) 3. When beeps, keep the tawa on low rack. Press start.
5-8	YEAST DOUGH	0.3 kg	Microwave safe (MWS) glass bowl	For: 0.3 kg Maida: 300 g Yeast: 1 tbsp Salt: ½ tsp Sugar: 1 tsp Water: As required **Method :** 1. In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. 2. Select category and press start. Rest for 3 minutes. Now remove.

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 144, fig 1

Category		Weight Limit	Utensil	Instructions
5-9	BOIL POTATOES	0.3 kg	Glass tray	For: 0.3 kg Potato: 300 g **Method :** 1. Take potatoes and pierce with fork or knife from all side & keep in a microwave on a glass tray. And press start. 2. Boiled potatoes are ready for use.
5-10	LEMON SQUEEZE	5 Pcs	Glass tray	Lemon: 5 pcs **Method :** 1. Take 5 no. of lemons & keep on glass tray of microwave oven. 2. Now select menu & press start. 3. When beeps, take out lemons & squeeze it to get more juice out of them.
5-11	GARLIC PEEL	10 Cloves	Glass tray	Garlic Cloves: 10 nos **Method :** 1. Take 10 cloves of garlic & keep in MWS glass tray of microwave oven. 2. Select menu & press start. 3. When beeps, take out cloves will slide right out of their skin, hassle free.
5-12	TEAR FREE ONIONS	5 Pcs	Glass tray	Onions: 10 nos **Method :** 1. Take 5 onions & pierce it with knife & keep in MWS glass tray of microwave oven. 2. Select menu & press start. 3. When beeps, take out onions & peel it off & chop easily without getting tears in eyes.
5-13	CRISPY NUTS	0.1 kg	Microwave safe (MWS) flat glass dish	For: 0.1 kg Nuts: 100 g Oil: As required **Method :** 1. In a microwave safe flat glass dish add drops of oil, nuts. Mix well. 2. Select category & weight & press start. 3. Serve plain or with chaat masala.
5-14	SMOOTH HONEY	0.3 kg	Microwave safe (MWS) glass Utensils	For: 0.3 kg Crystallized Honey: 300 g **Method :** 1. Keep Crystallize honey in a microwave safe glass utensil or jar in microwave & press start. 2. Smooth and free flowing honey ready to use.
5-15	STALE TO FRESH BREAD	2 Pc	Microwave safe (MWS) Rotating Glass tray	For: 2 Pc Stale or hard bread: 2 Pc **Method :** 1. Keep hardened bread or refrigerated bread enveloped in damped cotton cloth in a microwave glass tray. Press start. 2. Hardened bread turns soft & fresh.
5-16	MELTING CHOCOLATE	0.1 Kg	Microwave safe (MWS) Flat Glass Dish.	For: 0.1 Kg **Method :** 1. Chocolate chips or squares of baking chocolate may be used. 2. Unwrap and place food on a a MWS flat glass dish. 3. Place food in the oven. Choose the menu and weight press start. 4. After cooking, stir to complete melting.

Steam Clean

Category		Weight Limit	Utensil	Instructions
5-17	STEAM CLEAN	0.3 kg	Microwave safe (MWS) bowl	**Method :** 1. Take water in MWS bowl, add vinegar or lemon juice. Select category & press start. 2. When beeps, wipe out with clean napkin. Press start. 3. Again wipe out. Take out the plug.

Mantras for Heart Friendly Recipes by Heart Care Foundation of India

1. Dry fruits such as almonds, cashew nuts have zero cholesterol. Foods of plant in origin have zero cholesterol.
2. Artificial ghee is Vanaspati ghee, which is made by hydrogenation of oil and is bad for the heart. It increases levels of the "bad" LDL cholesterol and reduces levels of the "good" HDL cholesterol.
3. Limit the intake of trans fats in diet.
4. Clarified butter (desi ghee) increases the LDL "bad" cholesterol but does not reduce the HDL "good" cholesterol and is better than trans fats.
5. White meat and sea foods are better than red meat.
6. Whole wheat is better than simple wheat; simple wheat is better than broken wheat and broken wheat is better than refined flour (maida).
7. Eat seasonal and locally grown vegetables and fruits.
8. Include all seven colors and six tastes in diet.
9. Eat a variety of fruits and vegetables, in moderation.
10. Do not consume more than 5 g of common salt (sodium chloride) in a day.
11. Soak pulses (dal) overnight or slow boil them to reduce bloating in the abdomen and retain folic acid.
12. Potatoes/Carrot/Radish (vegetables grown underground): Soak them in water before use for few hours or slow boil them to reduce adverse effects like bloating.
13. Asafoetida (hing) is added to any recipe to reduce flatulence.
14. Brown rice is better than white rice.
15. Methi leaves are added to any sweet vegetable (such as potato). It has anti-insulin resistance action.
16. Wheat sensitive people should switch to millets such as pearl millet (bajra), sorghum (jowar) and finger millet (ragi). They are gluten-free.
17. Fruit-based flours such as buckwheat (kuttu), water chestnut (singhara), jungle rice/barnyard millet (samak chawal), amaranth (rajgira) are gluten-free.
18. Besan is gluten-free.
19. Thinner you cut the vegetables, more will be the surface area and more will be the oil absorbed. Boil vegetables separately and cook the masala separately.
20. All bitter and green vegetables (except sweet peas) reduce insulin resistance.
21. Drink low-fat milk or soya, almond or cashew nut milk.
22. Wheat and gluten sensitive people may also not tolerate oats, corn and dairy products.
23. Broccoli and zucchini have anti-cancer properties.
24. Patients with celiac disease cannot take wheat, barley, rye as they contain gluten.
25. Barley beer has gluten. Whiskey is often gluten-free.
26. Onion and garlic are heart and diabetes friendly. They reduce cholesterol levels in the blood.
27. Tofu (prepared from soya milk) lowers cholesterol and helps to restore hormonal imbalance in women.
28. Til or sesame seeds are high in calcium and can be added to any food.
29. Patients with wheat sensitivity should avoid corn flour.
30. Cinnamon (dalchini) and curry leaves (kadi patta) reduce insulin resistance.
31. Consume a variety of oils in your diet.
32. Coffee in moderation is good for health.
33. People who cannot tolerate milk can often tolerate curd.
34. One gram of carbohydrate and protein produces 4 calories and 1g of fat generates 9 calories.
35. Jaggery is better than brown sugar and brown sugar is better than white sugar.
36. Stevia is a plant-based sweetner and can be consumed.
37. Take 30 mL of liquid per kg body weight per day.
38. One egg a day is not unhealthy.
39. Not more than 500 g of butter, oil and ghee in a month should be consumed per person.
40. Black tea and black coffee are better than tea or coffee with added milk or sugar.

Healthy Heart

In the following example, show you how to cook 8 PC of Wheat Rava Idli.

1. Press STOP/Cancel

2. Press Healthy Heart.

3. Display will show "**1**"

4. Press START/Select /+30seconds for menu confirmations. Display will show '4PC'

5. Turn Dial and display show " 8 PC "

6. Press START /Select/+30seconds

While cooking you can increase or decrease cooking time by turning Dial.

NOTE

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

Category		Weight Limit	Utensil	Instructions
1	WHEAT RAVA IDLI	4 Pc , 8 Pc	Microwave safe (MWS) Idli stand & Microwave safe (MWS) bowl	

Wheat rava	100 g
Urad	½ tbsp
Chana dal	4 tbsp
Water	As required
Salt	As per taste
Olive oil	2 tsp
Curry leaves	A few sprigs
Mustard seeds	½ tsp
Red chilli powder	As per taste
Curd	1½ cup
Eno/Fruit salt	1 tsp

Method :
1. Wash & soak urad dal, chana dal, pepper and jeera.
2. Grind, mix & ferment for 8-10 hours. Grind the mixture to paste consistency (You can use the same batter for making 4 , 8 idlis). Now mix the rava and curd.
3. Grease the MWS idli stand with little oil and put idli batter in it. Add ½ cup water in MWS bowl. Keep the Idli stand in MWS bowl & cover. Select & number and press start.
4. After the beep, give standing time of 5 minutes and then remove.

2	CHANA DAL PANCAKE	1 Pc	Multicook tawa & High rack*	

Chana dal	100 g
Fenugreek leaves, chopped	½ cup
Spinach, chopped	½ cup
Carrot, grated	½ cup
Coconut, grated	1 tsp
Coriander leaves, chopped	1 tsp
Ginger, grated	1 tsp
Chopped green chillies	½ tsp
Olive oil	1 tbsp
Salt	As per taste

Method :
1. Grind soaked chana dal into a coarse paste adding a little water if required.
2. Add fenugreek leaves, spinach, carrot, curry leaves, ginger, green chillies and salt. Mix well.
3. Select menu and press start (preheat process).
4. Take a spoonful of batter and spread on the tawa and make a pancake of approximately. 5" diameter (125 mm).
5. After beep, put tawa on high rack and press start.
6. When beeps, turn the pancake by greasing with oil.

3	MOONG DAL CHEELA	1 Pc	Multicook tawa & High rack*	

Moong dal	200 g
Crushed tofu mixed with chaat masala	1 tsp
Capsicum (Green) and cabbage, chopped	1 tsp
Onion, chopped	½ tsp
Cashew nuts (chopped)	1 tsp
Salt	As per taste
Ghee	1 tsp

Method :
1. Soak the moong dal overnight and grind it with some salt into a consistent flowing batter and press start.
2. Keep tawa on high rack and press start (preheat). After preheating is over, spread some batter in a circular motion over tawa and press start again.
3. After the beep, turn the cheela by greasing with ghee and press start.
4. Add cashew nuts and chopped vegetables and onions.
5. Serve with mint chutney.

4	SPINACH AND TOFU TOAST	2 Pc	High rack	

Brown bread slices	4 nos
To be mixed into a Spinach and Tofu Spread	
Spinach chopped (blanched)	¾ cup
Tofu	¼ cup
Hung curd	2 tbsp
Green chillies finely chopped	1½ tsp
Salt and black pepper	As per taste

Method :
1. Mix spinach and tofu into paste by adding all the ingredients.
2. Now keep the bread slices on high rack and press start. After the beep, turn the slices and again press start.
3. Spread a portion of mixture on each bread slices and cut them diagonally.
4. Serve with coffee or tea.

*Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
5	QUINOA VEG UPMA	0.3 kg	Microwave safe (MWS) glass bowl	

Quinoa	1 cup
Olive oil	2 tsp
Mustard seeds	1 tsp
Asafoetida (hing)	a pinch
Curry leaves	2-3 nos.
Green chillies, finely chopped	2 tsp
Onions, finely chopped	¼ cup
Carrots, grated	½ cup
Salt	As per taste
Red chilli powder	As per taste
Coriander finely chopped	¼ cup
Water	4 cup

Method :
1. In MWS bowl, add oil, mustard seeds, asafoetida, curry leaves, green chillies, onion, carrots and press start.
2. After beep, add quinoa and salt, mix well and press start again.
3. When beeps, add water and coriander leaves and press start again.
4. After beep is over, mix well and cover and keep aside for 2-3 minutes.
5. Serve hot.

6	RICE AND MOONG DAL IDLI	4 Pc , 8 Pc	Microwave safe (MWS) Idli Stand & Microwave safe (MWS) bowl	

Brown rice	1 cup
Green moong dal (split)	½ cup
Fenugreek (methi) seeds	¼ tsp
Carrot grated	½ cup
Spring onions finely chopped	½ cup
Salt	As per taste
Eno/Fruit salt	1 tsp

Method :
1. Soak the rice, moong dal and fenugreek seeds in a deep bowl with enough water for 5-6 hours.
2. Drain and blend in a mixer to a smooth paste using little water.
3. Transfer the mixture into a bowl; add the carrots, spring onion whites and greens and salt and mix well.
4. Just before steaming, add fruit salt to the batter and pour 2 tsp of water over it.
5. When the bubbles form, mix gently.
6. Put a little batter into each greased idli mould and select category and menu and press start.(You can use the same batter for making 4 , 8 idlis)
7. Serve with sambhar or chutney.

7	BUCKWHEAT PORRIDGE	0.3 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish	

Buckwheat (kuttu)	½ cup
Almond milk	½ cup
Maple syrup or honey	2 tsp
Chopped green apple	½ cup

Method :
1. Take 3/4 cup of water in a MWS glass dish. Select category and menu. Press start.
2. When beeps, add buckwheat and salt. Mix well and press start.
3. When beeps, transfer the cooked buckwheat into a deep bowl. Add the almond milk and whisk well.
4. Add honey and mix well.
5. Top it evenly with the chopped apples. Press start again.

Category		Weight Limit	Utensil	Instructions
8	METHI MISSI ROTI	2 Pc	Multicook tawa & Low rack#	

Gram flour (besan)	1 cup
Plain flour	¼ cup
Whole wheat flour	¾ cup
Finely chopped onions	½ cup
Shredded fenugreek (methi) leaves	½ cup
Finely chopped green chillies	1 tsp
Carom seeds (ajwain)	½ tsp
Salt	As per taste
Oil for kneading	1/8 tsp
Whole wheat flour	For dusting

Method :
1. Combine all the ingredients together in a bowl and knead into a firm dough using enough warm water. Keep aside for 30 minutes under a wet muslin cloth.
2. Knead again using ghee till smooth and divide into two equal portions.
3. Roll out each portion into a thin circle of 125 mm (5") in diameter using a little flour for rolling.
4. Select category and press start (preheat). Keep tawa on low rack inside microwave.
5. When beeps, keep roti on tawa and press start again.
6. After beep, turn the roti, apply ghee and press start again.
7. Serve hot.

9	GRILLED VEGGIE ZUCCHINI	0.3 kg	Microwave safe (MWS) glass bowl & High rack	

Zucchini, sliced	1 cup
Carrots, raw, chopped	1 cup
Mushrooms	1 cup
Capsicum (yellow, red, green)	1 cup
Olive oil	2 tbsp
Pepper (black)	1 tbsp
Italian herb seasoning mix	2 tsp
Salt	1 tsp

Method :
1. Cut all the vegetables in slices.
2. Put olive oil in a glass bowl and add all vegetables. Mix and press start.
3. After beep, mix it again and sprinkle salt and seasoning mix and press start again, transferring the vegetables on high rack and tawa.
4. Sprinkle more herbs as per your taste.

10	SOYA BHURJI	0.3 kg	Microwave safe (MWS) glass bowl	

Soya granules	¾ cup
Olive oil	2 tsp
Cumin seeds (jeera)	1 tsp
Finely chopped garlic (lehsun)	1 tsp
Finely chopped green chillies	1 tsp
Finely chopped ginger (adrak)	½ tsp
Finely chopped onions	¼ cup
Finely chopped capsicum (green/yellow)	½ cup
Chopped tomatoes	¼ cup
Turmeric powder (haldi)	½ tsp
Chilli powder	¼ tsp
Garam masala	½ tsp
Salt	As per taste
Finely chopped coriander (dhania)	2 tbsp

Method :
1. To soak the soya granules, combine the soya granules, salt and 1½ cup of warm water together in a bowl and keep aside for 5-7 minutes.
2. Squeeze the soya granules thoroughly, retain them and discard the drained water. After soaking, the granules are approximately 1½ cup.
3. In a MWS bowl, add the cumin seeds, finely chopped garlic, green chillies and ginger and keep inside microwave oven (MWO). Select category, menu, weight and press start.
4. When the MWO beeps, add finely chopped onions and capsicum. Then add tomatoes, turmeric powder, chilli powder, garam masala, salt and ¼ cup of water and press start again.
5. When beeps, add the soaked soya granules, mix well and press start.
6. Serve hot.

Refer page 144, fig 1

Category		Weight Limit	Utensil	Instructions
11	BROWN RICE RISOTTO	0.3 kg	Microwave safe (MWS) glass bowl	

Brown rice	2 cups
Water	5 cups
Finely chopped onions	¼ cup
Finely chopped garlic (lehsun)	2 tsp
Finely chopped Bell peppers (red, green and yellow)	½ cup
Corn flour	2 tsp
Low-fat milk	1 cup
Salt	As per taste
Dry red chilli flakes	1½ tsp
Dried oregano	2 tsp
Grated mozzarella cheese	2 tsp

Method :
1. Dissolve the corn flour in one tablespoon of warm milk and keep aside.
2. In a MWS bowl, add onions and garlic, bell peppers. Select menu and press start.
3. When the microwave beeps, put brown rice in another MWS bowl with water and press start again.
4. After beep is over, add milk, corn flour mixture, salt, oregano, chilli flakes and cheese and press start again.
5. Serve hot.

12	KADHAI TOFU	0.3 kg	Microwave safe (MWS) glass bowl	

Olive oil	2 tsp
Ginger-garlic (adrak-lehsun) paste	2 tsp
Finely chopped onions	½ cup
Turmeric powder (haldi)	¼ tsp
Coriander-cumin (dhania-jeera) powder	1 tsp
Chilli powder	1 tsp
Garam masala	1 tsp
Dried fenugreek leaves (kasuri methi)	1 tsp
Fresh tomato puree	½ cup
Sliced capsicum	¼ cup
Tofu, cut into thick strips	300 g
Sugar	½ tsp
Low-fat cream	2 tbsp
Salt	As per taste
Chopped coriander for garnishing	2 tbsp

Method :
1. In a MWS bowl, add oil, ginger-garlic paste and onions, turmeric powder, coriander-curmin seeds powder, chilli powder, garam masala and dried fenugreek leaves. Select menu and press start.
2. After the beep, add the tomato puree and ¼ cup of water and press start again.
3. When the microwave beeps, add the capsicum, tofu, sugar, cream, salt and ¼ cup of water. Mix lightly and press start again.
4. Garnish with coriander and serve hot.

Category		Weight Limit	Utensil	Instructions
13	DHANSAK DAL VEG	0.3 kg	Microwave safe (MWS) glass bowl	

Toovar (arhar) dal, washed and drained	½ cup
Split yellow gram (peeli moong dal), washed and drained	2 tsp
Split red lentil (masoor dal), washed and drained	2 tsp
Split black lentils (urad dal), washed and drained	2 tsp
Chopped brinjals (baingan)	¼ cup
Chopped bottle gourd (lauki)	¼ cup
Chopped red pumpkin (kaddu)	¼ cup
Finely chopped spring onions (whites and greens)	¼ cup
Chopped tomatoes	½ cup
Salt	As per taste
Tamarind pulp (imli)	2 tbsp
To be ground into a smooth paste (using 2 tbsp water)	
Garlic (lehsun) cloves	4 pcs
Whole kashmiri dry red chillies	3 pcs
Coriander (dhania) seeds	1 tsp
Cumin seeds (jeera)	½ tsp
Green chilli	1 pc
Pepper corns (kali mirch)	4 pcs
Cloves (laung)	4 pcs
Cardamom (elaichi)	1 pcs
Chopped coriander (dhania)	1 tbsp

Method :

1. Combine the toovar dal, yellow moong dal, masoor dal, urad dal, 2 cups of water, potatoes, brinjal, bottle gourd, red pumpkin, tomatoes, spring onions (whites and greens) and salt in a MWS bowl and cover. Press start. After beeps, let it cool.
2. Blend in a mixer to smoothen the dal-vegetable mixture. Keep aside after cooling.
3. When the microwave beeps, add the prepared paste in another MWS bowl and press start again.
4. Now add the dal-vegetable mixture, ½ cup water, mix well and add tamarind pulp. Press start again, stirring once in between.
5. Serve hot.

14	TOMATO METHI RICE	0.3 kg	Microwave safe (MWS) glass bowl	

Rice	300 g
Water	500 mL
Onion, thinly sliced	1 pc
Ginger	1 inch
Garlic cloves	4 pc
Tomato, finely chopped	3 pc
Fenugreek (Methi) leaves, roughly chopped	2 cups
Red chilli powder	1 tsp
Coriander (dhania) powder	2 tsp
Garam masala powder	1 tsp
Cinnamon (dalchini) stick	1 pc
Cloves (laung)	2 pc
Cardamom (elaichi) pods/seeds	1 pc
Ghee	2 tbsp
Salt	As per taste

Method :

1. In a MWS bowl, add rice and water. Cover. Select category and menu. Press start.
2. When beeps, in another MWS bowl, add ghee, onion, ginger, garlic, cinnamon sticks, cloves, cardamom, tomatoes, red chillies, coriander, garam masala powder, chopped methi and press start again.
3. When beeps, mix well, then add rice and cooked masala and again mix well. Press start again (add more water if dry).
4. Serve hot.

Category		Weight Limit	Utensil	Instructions
15	HEALTHY RAGI PIZZA	0.2 kg	Multicook tawa & Low rack# & High rack*	

Cheese (mozzarella + processed) grated	6 tbsp
Millet (ragi) flour	½ cup
Refined flour (maida)	½ cup + for dusting
Oil	For greasing
Salt	½ tsp + to taste
Fresh yeast	7 g
Sugar	½ tsp
Green capsicum	1 small pc
Red capsicum	1 small pc
Yellow capsicum	1 small pc
Pizza sauce	2-3 tbsp
Yellow zucchini sliced	½ small
Green zucchini sliced	½ small
Corn kernels	2 tbsp
Black olive slices	As required

Method
1. Sift together refined flour, millet flour and ½ tsp salt into a bowl.
2. Take yeast in another bowl. Add some warm water and sugar, mix well and set aside till it activates.
3. Make a well in the flour mixture and pour the activated yeast in it. Mix and knead into a soft dough using water as required. Place in a bowl, cover with a damp muslin cloth and set aside in a warm place to prove.
4. Cut the capsicum into small pieces (juliennes).
5. Dust the worktop with some refined flour, place the proved dough on it and knock it back. Roll out into a medium thick square, dusting with flour.
6. Place the square on the greased baking tray. Spread pizza sauce on it and top with 3 tbsps mixed cheese, zucchini slices (reserve some), capsicum and corn kernels. Sprinkle some salt and top with remaining mixed cheese. Prepare a funny face using the reserved zucchini slices, capsicum juliennes and olive slices (eyes).
7. Now select category and weight & press start (preheat).
8. When the microwave beeps, keep the pizza on tawa and low rack and press start.
9. After the beep, keep the tawa on high rack and press start again.

Category		Weight Limit	Utensil	Instructions
16	SAFFRON POTATOES	0.3 kg	Multicook tawa & High rack*	

Potatoes (cut into wedges)	4 large pcs
Olive oil	1 tbsp
Saffron strands (crushed properly)	1 pinch
Salt	As per taste
Chilli flakes	1 tsp

Method :
1. Cut the potatoes in wedges.
2. Add the salt, pepper, saffron, seasoning to coat the potatoes. Now keep in MWO on tawa on low rack. Select category and press start.
3. After beep is over, turn the wedges and press start again.
4. Serve with ketchup.

Category		Weight Limit	Utensil	Instructions
17	BROCCOLI TIKKI	0.3 kg	Microwave safe (MWS) glass bowl	

Broccoli	500 g
Potatoes, washed with skin on	4 medium
Oil	1 tbsp
Cumin powder	2 tsp
Coriander seeds	1 tsp
Salt	1 tsp
Green chillies, finely chopped	2 pcs
Turmeric	½ tsp
Chaat masala	1 tsp
Spring onions	3 pcs
Fresh coriander	Handful

Method :
1. Add shredded broccoli and mashed potatoes. Sprinkle in salt, red chilli powder, chaat masala, cumin powder.
2. Now make tikkis out of it.
3. Keep the tikkis on high rack on tawa. Select category and press start.
4. When the microwave beeps, turn tikkis, oil brush them and press start again.
5. When beeps, turn again and press start.

Refer page 144, fig 1
* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
18	FLAVORED SOYA MILK	500 ml	Microwave safe (MWS) glass bowl	**Soya beans** 1 cup **Water** 3 cup **Vanilla essence** 1 drop **Method** 1. Wash and soak the soya beans in water for at least 3 hours. 2. Drain out all the water. 3. Blend in a mixer with 3 cups of water to a fine puree. 4. Strain through a fine strainer to extract the milk. 5. Now add vanilla essence. Select category and press start. 6. Drink it hot.
19	CARROT & MOONG DAL SOUP	0.3 kg	Microwave safe (MWS) glass bowl	**Chopped carrots** 1 cup **Split green gram (hara moong dal) washed and drained** ½ cup **Olive oil** 1 tsp **Black peppercorns (kali mirch)** 4-5 pcs **Sliced onions** ½ cup **Finely chopped garlic (lehsun)** 2 tsp **Chopped tomatoes** ¼ cup **Low-fat milk (99.7% fat-free)** ¾ cup **Salt** As per taste **Freshly ground black pepper** 1 tsp **Method :** 1. Add the cumin seeds, onions, garlic paste and turmeric powder in a MWS bowl and keep in MWO. Select category and press start. 2. Add the carrots, green moong dal, salt and ½ cup of water and mix well. Press start again. After the beep, grind the paste. 3. Add the coriander-cumin seeds powder and chilli powder and mix well. Add milk, cover and press start again. 4. Serve hot.
20	GLUTEN-FREE PASTA	0.3 kg	Microwave safe (MWS) glass bowl	**For the Sauce** 4 large pcs **Fresh tomato puree** ½ cup **Olive oil** 2 tsp **Finely chopped onions** 1 cup **Finely chopped garlic (lehsun)** 1 tbsp **Chilli powder** ½ tsp **Sugar** 1 tsp **Salt** As per taste **Other Ingredients** 1 tbsp **Olive oil** 1 tsp **Finely chopped garlic lehsun)** 2 tsp **Finely chopped capsicum (green, yellow, red)** ¼ cup **Dry red chilli flakes (paprika)** ¼ tsp **Gluten-free pasta (readily available)** 3 cups **Mushroom, zucchini** ¼ cup **Method :** 1. Take gluten-free pasta in a MWS bowl, add oil and salt. Select category and press start. 2. After the beep, strain the pasta. 3. Now add onion, garlic, oil, capsicum, mushroom, zucchini and press start again. 4. When beeps, mix pasta, cooked vegetables and add tomato puree and press start. 5. Serve hot.
21	GARLIC CELERY COAST	4 Pcs	Multicook tawa & High rack*	**Whole wheat bread slices** 4 pcs **For the Celery Garlic Spread** **Chopped celery (ajmoda)** ¼ cup **Rough chopped garlic (lehsun)** 2 tsp **Low-fat butter** 1 tsp **Salt** As per taste **Method :** 1. For the celery garlic spread, combine all the ingredients and blend in a mixer to a coarse paste without using water. Divide it into 4 equal portions and keep aside. 2. Place the bread slices on a clean, dry surface and apply 1 portion of celery garlic spread evenly on each bread slice. 3. Now select category and weight and press start (preheat). 4. When beeps, keep the bread slices on tawa + high rack and press start again. 5. Have them with coffee or tea (low sugar).

* Refer Page 144, Fig. 2

Category		Weight Limit	Utensil	Instructions
22	MASOOR PULAO	0.3 kg	Microwave safe (MWS) glass bowl	

For the Rice	
Brown rice, soaked for 15 minutes and drained	1 cup
Bay leaves (tej patta)	2 pcs
Cinnamon stick	2 pcs
Cloves (laung)	4 pcs
Cardamoms	2 pcs
Brown rice	½ cup
Masoor dal	¾ cup
Water	5 cup
Low-fat milk	½ cup
For the Garnish	
Finely chopped coriander (dhania)	1 tsp

Method :
1. In a MWS bowl, add rice, masoor dal and water. Select category and press start.
2. When the microwave beeps, add onion, tomatoes, cumin seeds, coriander, cloves, cinnamon, cardamom, ginger-garlic paste in a MWS bowl and press start again.
3. After the beep, add low-fat milk, rice-dal mixture and cooked paste in a bowl and mix well. Press start again (add water if required).
4. Serve with curd or raita.

Category		Weight Limit	Utensil	Instructions
23	KALE & CHICKPEA CURRY	0.3 kg	Microwave safe (MWS) glass bowl	

Olive oil	1-2 tbsp
Mustard seeds	½ tsp
Onion, diced	1 large pc
Garlic cloves, crushed	4 pcs
Tomatoes, diced	4 plum
Chickpeas (Kabuli chana) drained and rinsed	200 g
Salt	As per taste
Coriander seeds, crushed	1 heaped tsp
Green chilli, chopped	1 pc
Red chilli powder	1 tsp
Turmeric	1 tsp
Kale, chopped	200 g
Green chilli, sliced for garnish	1 pc

Method :
1. In a MWS bowl, add chickpeas (soaked overnight). Select category and press start (You can use boiled chickpeas too).
2. After the microwave beeps, add oil, mustard seeds, cumin seeds, onion, garlic, tomatoes, kale, green chilli in another bowl and press start again (Add some water if required).
3. When the microwave beeps, mix the chickpeas and cooked mixture. Cover and press start again (Give standing time of 10 minutes).
4. Curry is ready to be served.

Category		Weight Limit	Utensil	Instructions
24	STUFFED KARELA	4 Pcs	Microwave safe (MWS) glass bowl & High rack & Multicook Tawa*	

Bitter gourd (karela)	4 pcs
Cumin seeds, crushed	1 tsp
Onion, finely chopped	1 large pc
Mustard oil	3 tbsp
Cloves garlic, finely chopped	4 pcs
Ginger, finely chopped	3 cm piece
Salt	1 tsp
Chillies, chopped	2 pcs
Turmeric	1 tsp
Amchoor	1 tsp
Coriander seeds, crushed	1 tsp
Fennel seeds, crushed	1 tsp
Besan	1 tbsp

Method :
1. Prepare the karela by washing and drying them; use a peeler to peel off the bumpy green skin and keep in a bowl.
2. Slice open the tummy of each karela without going all the way through and scrape out the insides including the seeds using a teaspoon into the same bowl. This will make the stuffing.
3. In a MWS bowl add oil, cumin seeds, ginger, garlic and onions, amchoor, fennel, coriander, chilli, salt and turmeric. Select category and press start.
4. Once cooled, use a spoon or your hands and stuff the skins with equal amounts of the mixture. Hands are better as you will also cover the outside with the juices and oils from the stuffing as well.
5. Press the stuffing into the skins. You can use a little cotton thread to wrap around each to hold in the stuffing.
6. Now keep the stuffed the karelas on the greased multicook tawa & high rack and press start again.
7. When beeps, brush it with oil and turn the karelas & press start again.
8. After beep, remove the tawa and serve hot.

* Refer Page 144, Fig. 2

Category		Weight Limit	Utensil	Instructions
25	GWARFALI KI SUBZI	0.2 kg	Microwave safe (MWS) glass bowl	

Cluster beans (gawarfali), cut into 25 mm (1" pieces)	2 cups
Oil	2 tsp
Cumin seeds (jeera)	½ tsp
Chopped onions	½ cup
Garlic (lehsun) paste	1 tsp
Turmeric powder (haldi)	¼ tsp
Salt	As per taste
Coriander-cumin seeds (dhania-jeera) powder	2 tsp
Chilli powder	1 tsp

Method :
1. Add the cumin seeds, onions, garlic paste and turmeric powder in a MWS bowl and keep in MWO. Select category and weight and press start.
2. When the microwave beeps, add the cluster beans, salt and cup of water and mix well. Add the coriander-cumin powder and chilli powder and mix well. Cover and press start again.
3. When beeps, remove and mix. Cover and press start again.
4. Serve hot.

26	FLAX SEED UTTAPAM	1 Pc	Multicook tawa & High rack*	

Semolina (sooji) flour	½ cup
Flax seed flour	½ cup
Bengal gram flour (besan)	2 tbsp
Lemon juice	1 tsp
Baking powder	1 pinch
Salt	As per taste
Oil (for greasing and cooking)	¼ tsp
To be mixed into a Topping	
Chopped onions	¼ cup
Chopped tomatoes	¼ cup
Chopped capsicum	¼ cup
Finely chopped green chillies	1 tsp
Finely chopped coriander (dhania)	2 tbsp
Salt	As per taste

Method :
1. Combine the semolina flour, flax seed flour, besan and ½ cup of water in a deep bowl. Mix well using a whisk. Cover it with a lid and keep aside for 15 minutes.
2. Add the lemon juice, baking soda, 5 tbsp of water and salt and mix well.
3. Pour a ladleful of the batter on the tawa, spread in a circular motion to make a 125 mm. (5") thick uttapam.
4. Now select category and press start (preheat).
5. After preheat is over, keep tawa on high rack with batter on it and press start.
6. After beep, turn the uttapam by greasing or brushing with little oil/ghee and press start again.
7. Now add the topping on the uttapam according to your taste.

27	WHOLE WHEAT VEGETABLE KHICHDI	0.3 kg	Microwave safe (MWS) glass bowl	

Whole wheat, soaked for 6 hours (drained and ground into a paste)	½ cup
Moong dal (soaked for 15-20 minutes and drained)	½ cup
Oil	1 tsp
Peppercorns (kali mirch)	2 pcs
Cloves (laung)	2 pcs
Cinnamon (dalchini) stick	1 inch
Cumin seeds (jeera)	1 tsp
Asafoetida (hing)	1 pinch
Thinly sliced onions	¼ cup
Mixed vegetables (french beans, carrots and green peas)	1 cup
Salt	As per taste
Turmeric powder (haldi)	½ tsp
Chilli powder	1½ tsp
Coriander and cumin	1½ tsp
Water	3½ cup
For the Garnish	
Finely chopped coriander	1 tbsp

Method :
1. In a MWS bowl, add oil, peppercorns, cloves, cumin seeds, cinnamon, asafoetida and onions. Select category and press start.
2. When the microwave beeps, add turmeric powder, coriander-cumin seeds, chilli powder, mixed vegetables and press start again.
3. When the microwave beeps, add ground wheat + moong dal paste followed by salt and adding water. Cover and press start again.

* Refer Page 144, Fig. 2

Healthy Heart

Dinner

Category		Weight Limit	Utensil	Instructions
28	BROWN RICE DALIYA	0.3 kg	Microwave safe (MWS) glass bowl	

Brown basmati rice soaked for 15 minutes, then drained	½ cups
Water	3 cups
Pure ghee	1 tbsp
Almond milk	2.5-3 cups
Raw cashews	3-4 tbsp
Stevia	3 drops
Chopped raw nuts like cashews, pistachios	2-3 tbsp
Currants or raisins	2-3 tbsp

Method :
1. In a MWS bowl, take brown rice and water. Select category and press start.
2. When beeps, add ghee & almond milk in another MWS bowl and press start again.
3. After the beep, add nuts, cashews, stevia, raisins. Cover and press start again. (More water or milk may be added if required).
4. Serve warm or chilled. Garnish with almond/pistachio slivers.

Healthy Heart

Supplement

Category		Weight Limit	Utensil	Instructions
29	ROASTED GARLIC	0.2 kg	Multicook tawa & High rack*	

Raw garlic	200 g
Olive oil	For brushing
Salt and pepper	As per taste

Method :
1. Cut the top off each head of garlic, exposing the cloves within.
2. Place the garlic heads on tawa and drizzle with olive oil. Sprinkle lightly with salt and pepper.
3. Pour in about 1½ tbsp water for each head of garlic.
4. Keep the tawa on high rack and press start.
5. When beeps, remove the tawa.
6. It can be consumed directly or as side dish.

Category		Weight Limit	Utensil	Instructions
30	ROASTED FLAX SEEDS	0.2 kg	Multicook tawa & High rack*	

Flax seed	200 g
Olive oil	For brushing

Method :
1. Take flax seeds and spread over metal tray.
2. Apply oil brushing over the seeds.
3. Now select category and press start (preheat).
4. When beeps keep the tawa and rack inside MWO.
5. After the beep, remove the tawa and let them cool.
6. Roasted flax seeds can be consumed directly on can be crushed into powder.

* Refer Page 144, Fig. 2

Indian Roti Basket/Ghee

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

1. Press STOP/Cancel.

2. Press Indian Roti Basket/Ghee.

3. Turn DIAL until display show "1-1".

Press START/ Select /+30seconds for category confirmation. Preheat will start.

4. When cooking you can increase or decrease cooking time by turning DIAL.

Ghee

1. Press Indian Roti Basket/Ghee twice.

2. The display will show 2.
3. Turn dial untill display shows ‘2-1’

4. Press START /Select /+30seconds for menu confirmation.

NOTE

- Indian Roti Basket/Ghee menus are programmed.
- Indian Roti Basket/Ghee menus allows you to cook your favourite food by selecting food & weight of food.

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions
1-1	NAAN	2 Pc	Multicook Tawa & Low Rack#	

For	Dough
Refined flour (Maida)	225 gms
Curd	4 tbsp
Milk	100 ml
Butter	1 tbsp
Salt	1/8 tsp
Castor Sugar	1 tsp
Baking powder	½ tsp
Butter (Melted)	1 tsp
Soda-bi-carb	¼ tsp
Onion seeds	1 tsp

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 category & press start.
3. Divide the dough into 10 equal portions/balls. (approx. of 40 gm 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.

1-2	LACHHA PARANTHA	2 Pc	Multicook Tawa & low rack#	

For	Dough
Whole wheat flour	2 cups
Salt	½ tsp
Ghee	2 Tbsp
Milk	½ cup
Water	½ cup

Method :
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 45-46 gms). Roll out each portion to a diameter of 6" 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 5" diameter for laccha parantha.
5. When beeps, keep 2 rolled out laccha parantha 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.

1-3	APPAM	1 Pc	Multicook Tawa & High Rack*	

For	Batter
Rice (soaked for 5-6 hours)	1 cup
Cooked rice (Boiled)	½ cup
Fresh coconut shavings	2 cups
Yeast	¼ tsp
Coconut water	To dissolve yeast & for diluting the batter
Salt & Sugar	As per taste

Method :
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.

Refer page 144, fig 1
* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-4	DAAL PARANTHA	2 Pc	Multicook Tawa & High Rack*	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Mixing	
Boiled & mashed Daal	1 cup
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste

Method :
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 mixing and mix with dough.
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 & 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.

1-5	MASALA ROTI	2 Pc	Multicook Tawa & Low Rack#	

For	Dough
Whole wheat flour	1 cup
Besan	3/4 cup
Finely copped onion	1 no. (medium)
Finely chopped green chilli	2 no.
Black pepper powder	1 tsp
Red chilli powder	1 tsp
Garam Masala	½ tsp
Ghee	1 tbsp
Salt	As per taste
Fresh Curd	¼ cup
Water (to knead dough)	¼ cup
Oil	½ tsp
Coriander leaves (Chopped)	2 tbsp

Method :
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 60gm each). Roll out each portion into a diameter of 5 inches. 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.

1-6	MISSI ROTI	2 Pc	Multicook Tawa & low rack#	

For	Dough
Wheat flour	1½ cups
Besan	1½ cups
Oil	4 Tbsp
Kasuri methi, Red Chilli powder, Salt	As per taste
Water (for dough kneading)	50 ml
Curd	½ cup

Method :
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 50g) grease the surface on which roti will be rolled with little oil. Take the dough & roll out the roti to 5 diameter.
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.

Refer page 144, fig 1
* Refer page 144, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions
1-7	STUFFED NAAN	2 Pc	Multicook Tawa & Low Rack#	

For	Dough
Refined flour (maida)	225 g
Curd	4 tbsp
Milk	100 ml
Butter	1 tbsp
Salt	1/8 tsp
Castor Sugar	1 tsp
Baking powder	½ tsp
Butter (melted)	1 tsp
Soda-bi-carb	¼ tsp
Onion seeds	1 tsp
For filling	
Grated Paneer	150 g
Chopped onions	1 no (medium)
Chopped green chilli	2 nos.
Coriander leaves (Chopped)	A few sprigs
Red Chilli powder, salt, garam masala, anardana powder	As per taste

Method :
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 40 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.

1-8	KHASTA PARANTHA	2 Pc	Multicook Tawa & Low Rack#	

For	Dough
Whole wheat flour	1½ cup
Melted butter	1/3 cup
Salt	As per taste
Buttermilk	½ cup

Method :
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 (45gms).
5. On a lightly floured surface, roll out each portion into 5" diameter rounds.
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.

Refer page 144, fig 1

Category		Weight Limit	Utensil	Instructions
1-9	PUDINA PARANTHA	2 Pc	Multicook Tawa & High Rack*	

For	Dough
Whole wheat flour	1 cup
Mint leaves	½ cup
Salt	As per taste
Butter	2 tbsp
Chaat Masala	2 tsp
Oil/ghee	2 tsp
Dry pudina powder	1 tbsp
Water	As required to make the dough

Method :
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 a diameter of 6". 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.

Category		Weight Limit	Utensil	Instructions
1-10	RAJMA PARANTHA	2 Pc	Multicook Tawa & High rack*	

For	Dough
Boiled Rajma	1/3 cup
Whole Wheat flour (atta)	1 cup
Soyabean flour	2 Tbsp
Chopped green chillies	3-4 nos.
Fresh mint leaves	8-10 nos.
Anardana (Crushed)	1 tsp
Red Chilli Powder	1 tsp
Tomato Puree	2 tbsp.
Salt	As per taste
Oil	2 tsp
Coriander leaves (Chopped)	2 tbsp
Water	To knead to dough

Method :
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 45gms). Roll out each dough into 5" diameter circle.
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.

* Refer page 144, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions
1-11	PANEER PARANTHA	2 Pc	Multicook Tawa & High Rack*	

For	Dough
Whole wheat flour (atta)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough	1 cup (200 ml)
For stuffing	
Grated paneer	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, red chilli powder, garam masala	As per taste
Anardana powder	1 tsp

Method :

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 to 5" diameter.
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.

Category		Weight Limit	Utensil	Instructions
1-12	KULCHE	2 Pc	Multicook Tawa & Low Rack#	

For	Dough
Maida	1 cup
Salt	A pinch
Fresh cream	2 tbsp
Lukewarm water	50 ml
Sugar	1 tbsp
Dry yeast	1 tsp
Oil	½ tsp
Kalonji (onion seeds)	As required
Coriander leaves	As required

Method :

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 a diameter of 5". 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.
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.

Refer page 144, fig 1
* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-13	ALOO PARANTHA	2 Pc	Multi cook Tawa + High rack*	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Boiled & mashed potato	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :
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.

1-14	PALAK PARANTHA	2 Pc	Multi cook Tawa + High rack*	

For Dough	
Whole wheat flour(aata)	2 cups
Palak (boiled)	250 g
Green chilli chopped	2 nos.
Ajwain	1/4 tsp
Hing	A pinch
Salt, Red chilli powder, Garam masala	As per taste
Oil/Ghee	2 tsp
Water	To knead dough

Method :
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.
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.

* Refer page 144, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions
1-15	GOBHI PARANTHA	2 Pc	Multi cook Tawa + High rack*	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Grated Gobhi	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :
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.

1-16	AJWAIN PARANTHA	2 Pc	Multi cook Tawa + High rack*	

For Dough	
Whole wheat flour(aata)	2 cups
Ajwain	2 tsp
Salt, Red chilli powder, Garam masala	As per taste
Water	To knead dough

Method :
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.

1-17	PYAAZ PARANTHA	2 Pc	Multi cook Tawa + High rack*	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Grated Pyaaz	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp

Method :
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.

* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-18	CHATPATA PARANTHA	2 Pc	Multi cook Tawa + High rack*	**For Dough** Whole wheat flour(aata): 2 cups Amchoor: 1/2 tsp Chaat Masala: 1 tsp Salt, Red chilli powder, Garam masala: As per taste Water: To knead dough **Method :** 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.
1-19	ALOO GOBHI PARANTHA	2 Pc	Multi cook Tawa + High rack*	**For Dough** Whole wheat flour(aata): 2 cups Desi ghee: 1 tbsp + 1 tsp Salt: A pinch Water (to knead dough): 1 cup (200 ml) **For Stuffing** Boiled & mashed potato: 1 cup Boiled & grated gobhi: 1 cup Chopped green chilli (deseeded): 3 nos. Chopped coriander leaves: 2 tbsp Salt, Red chilli powder, Garam masala: As per taste Anardana powder: 1 tsp **Method :** 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.
1-20	METHI PARANTHA	2 Pc	Multi cook Tawa + High rack*	**For Dough** Whole wheat flour(aata): 2 cups Desi ghee: 1 tbsp + 1 tsp Salt: A pinch Water (to knead dough): 1 cup (200 ml) **For Stuffing** Chopped Methi: 2 cups Chopped green chilli (deseeded): 3 nos. Salt, Red chilli powder, Garam masala: As per taste Water: To knead dough **Method :** 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.

* Refer page 144, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions
1-21	CABBAGE PARANTHA	2 Pc	Multi cook Tawa + High rack*	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Grated Cabbage	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :

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.

Category		Weight Limit	Utensil	Instructions
1-22	CORN PARANTHA	2 Pc	Multi cook Tawa + High rack*	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Boiled & mashed corns	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :

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.

* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-23	CARROT PARANTHA	2 Pc	Multi cook Tawa + High rack*	
1-24	PEA PARANTHA	2 Pc	Multi cook Tawa + High rack*	

1-23 CARROT PARANTHA

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Grated Carrot	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :

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.

1-24 PEA PARANTHA

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Boiled & mashed pea	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :

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.

* Refer page 144, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions
1-25	MUSHROOM PARANTHA	2 Pc	Multi cook Tawa + High rack*	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Boiled & mashed Mushrooms	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :

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.

1-26	MIX VEG PARANTHA	2 Pc	Multi cook Tawa + High rack*	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Boiled & mashed Vegetables	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :

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.

* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-27	BATHUA PARANTHA	2 Pc	Multi cook Tawa + High rack*	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Chopped Bathua	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :
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.

1-28	RADISH PARANTHA	2 Pc	Multi cook Tawa + High rack*	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Grated Radish	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :
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.

* Refer page 144, fig 2

Ghee

Category		Weight Limit	Utensil	Instructions
2-1	GHEE	500 g	Microwave safe (MWS) glass bowl	Malai/Cream (Collected over 10 days): 500g Cold water: As required **Method :** 1. In a big vessel put all the malai & blend with a hand mixer till it solidifies into butter & separates from residual liquid. 2. Wash this white butter in cold water as couple of times, so as to remove any remaining smell of milk. 3. Now collect all the butter in a MWS glass bowl & keep in the microwave. Select menu & press start. 4. When beeps, stir it properly with the spoon (not plastic) & again press start. 5. After beeps, allow it to stand for 5 minutes & then strain it through stainless steel strainer into a glass jar & then store it.
2-2	GHEE SHAKKAR	500 g	Microwave safe (MWS) glass bowl	Bhura/shakkar (Grinded sugar): 500g Ghee: 300 g **Method :** 1. In MWS glass bowl add bhura and 150g ghee. Mix them well. 2. Select category & weight and press start. 3. When beeps, add remaining ghee and mix well and again press start. 4. Mix properly and serve, after dish is ready.
2-3	GUDH SHAKKAR	500 g	Microwave safe (MWS) glass bowl	Gudh (powdered): 500g Ghee: 300 g **Method :** 1. In MWS glass bowl add powdered gudh and 150g ghee. Mix them well. 2. Select category & weight and press start. 3. When beeps, add remaining ghee and mix well and again press start. 4. Mix properly and serve, after dish is ready.
2-4	PANJIRI	500 g	Microwave safe (MWS) glass bowl	Whole wheat flour: 500g Ghee: 300 g Roasted nuts: 100 g **Method :** 1. In MWS glass bowl add whole wheat flour and 150g ghee. Mix them well. 2. Select category & weight and press start. 3. When beeps, add remaining ghee and mix well and again press start. 4. Mix properly and add roasted nuts and serve.

Diet Fry/Low Calorie

In the following example, show you how to cook 0.4Kg of CHICKEN 65.

1. Press STOP/Cancel.

2. Press Diet Fry/Low Calorie.

   The display will show "1".

3. Turn DIAL until display show "1-8".

   Press START /Select /+30seconds.for category confirmation.

4. Turn DIAL until display shows "0.4Kg".

5. Press START / Select /+30seconds.

6. When cooking you can increase or decrease cooking time by turning DIAL.

NOTE

- Diet Fry/Low Calorie menus are programmed.
- Diet Fry/Low Calorie menus allows you to cook your favorite food by selecting food & weight of food.

Diet Fry

Category		Weight Limit	Utensil	Instructions
1-1	CHICKEN NUGGETS	0.1-0.3 Kg	Microwave safe (MWS) glass bowl & Multcook tawa & High Rack#	

For	0.1 kg	0.2 kg	0.3 kg
Boneless Chicken	100 g	150 g	200 g
Bread slice	1 no.	2 nos.	2 nos.
Pepper corns	4-5	5-6	6-7
Cloves	2-3	3-4	4-5
Garlic paste	½ tsp	1 tsp	1½ tsp
Olive oil	1 tsp	1½ tsp	2 tsp
Salt	As per taste		
Chopped garlic	2 cloves	3 cloves	4 cloves

Method :
1. In a MWS glass bowl put boneless chicken, pepper corns, clones, olive oil, chopped garlic. Mix well & cover. Select Category & weight. press start.
2. When beeps, remove the bowl from microwave oven. 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.
4. Press start.
5. When beeps, turn the nuggets
6. Press start.
7. 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.

1-2	ALOO CHIPS	0.2 Kg	Microwave glass tray

For	0.2 Kg
Potato (very thinly sliced)	200 g
Oil	A few drops
Salt, Chaat masala (optional)	As per taste

Method :
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 category & press start. Allow the glass tray to cool down. Remove the chips & serve.

1-3	BREAD PAKORA	4 Pc	Multicook tawa & High Rack#

For	Batter
Besan	1 cup (130 gms)
Water	200 ml
Salt, haldi, garam masala, red chilli powder,	As per taste
For filling	
Boiled potatoes	2 nos. (medium)
Chopped green chillies	2 nos.
Chopped Coriander	1 tbsp
Chopped ginger	1 tsp
Salt, garam masala, red chilli powder	As per taste
Bread slices	4 nos.
Oil	2 tsp

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 category the press start.
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.

* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-4	PANEER PAKORA	0.4 Kg	Multicook tawa* & High rack	

Paneer (Cut into 1.5" cubes)	400 gm
For Batter	
Besan	1 cup (130 g)
Water	200 ml
Salt, red chilli powder, haldi, garam masala	As per taste
Oil	2 tsp

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 category & press start.
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 2tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.

1-5	GUJIYA	10 Pc	Multicook tawa & Low rack# & High rack*	

For dough	
Maida	100 g
Desi ghee	1 tbsp & 1 tsp
Water	To knead the dough
For stuffing	
Grated Khoya	50 g
Dessicated coconut	50 g
Powdered Sugar	50 g
Elaichi powder	1 tsp
Kishmish, Chopped, Almonds, Cashew nuts	As required

Method :
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 gujias. 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 *gujia mould & fill the centre with stuffing (as required). Close the gujia mould carefully & press firmly at edges to seal them properly. remove the excess part of the dough bulging out of the mould. Remove the gujia from the mould. Prepare all the gujias in the similar way. Brush the gujias with 2tsp oil.
4. Grease the tawa with ¼ tsp oil. Keep on low rack. keep in the microwave. Select category & press start.
5. When beeps, place the gujias on tawa & keep on low rack. Press start.
6. when beeps, keep the tawa on high rack, sprinkle 1 tsp ghee/oil on all the gujias & Press start.

***Note:** Grease the surface with 1-2 drops of oil before rolling the circle for gujias.
*Not provided with the start up kit.

Refer page 144, fig 1
* Refer page 144, fig 2

Diet Fry

Category		Weight Limit	Utensil	Instructions
1-6	SAMOSA	8 Pc	Multicook tawa & Low rack# & High rack*	

For Dough	
Wheat flour (Refined)	1 cup
Melted ghee	½ tbsp
Oil	for kneading
Salt	½ tsp
For stuffing	
Boiled potatoes	2 cup
Boiled peas	½ cup
Ginger-green chilli paste	1 tsp
Amchoor	1½ tsp
Red chilli powder	1 tsp
Finely chopped Coriander leaves	2 tbsp
Jeera	1 tsp
Oil	2¼ tsp

Method :
1. Preparation for stuffing - In a MWS 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. For dough - 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 8 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. Brush the samosas with 2tsp oil.
4. Grease the tawa with ¼ tsp oil. Keep on low rack & keep the it inside the microwave. Select category & press start.
5. When beeps, keep the samosas on the tawa. Keep tawa on low rack & press start.
6. When beeps, keep the tawa on high rack. Pour 1tsp oil on all the samosas & turn over. Press start. Serve with chutney.

1-7	MASALA VADA	5 Pc	Multicook tawa & Low rack#	

Soaked chana dal	1 cup
Chopped onions, chopped green chillies	½ cup
Grated ginger	1 tsp
Cumin seeds	1 tbsp
Chopped garlic	1 tbsp
Chopped coriander leaves	3 tbsp
Salt	As per taste
Red chillies	As per taste
Oil	2 tsp

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 category & press start.
5. When beeps, pour 1 tbsp of paste & spread a little. Same way prepare all the 5 vadas. Press start.
6. When beeps, pour 1 tsp oil on vadas & keep the tawa on high rack. Press start. Serve with sambhar or coconut chutney.

Refer page 144, fig 1
* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-8	CHICKEN 65	0.2 ~ 0.4 kg	Multicook tawa & High rack* & Microwave safe (MWS) glass bowl	

For	0.2 kg	0.3 kg	0.4 kg
Chicken boneless (cut in 1½" pieces)	200 g	300 g	400 g
Oil	1 tbsp	1½ tbsp	2 tbsp
Curry leaves	As required		
Split green chilli	3 nos.	4 nos.	5 nos.
Mustard seeds	1 tsp	1½ tsp	2 tsp
Tomato ketchup	3 tbsp	4 tbsp	5 tbsp
Lime juice (optional)	1 tsp	2 tsp	3 tsp
For Marinade			
Hung curd	1 tbsp	1½ tbsp	2 tbsp
Maida	1 tbsp	1½ tbsp	2 tbsp
Cornflour	1 tsp	1½ tsp	2 tsp
Egg (beaten)	½ no.	1 no.	1 no.
Red food colour	A pinch		
Ginger-garlic paste	As required		
Salt, turmeric powder	As per taste		
Red chilli powder	1 tsp	1½ tstp	1½ tsp

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 category & 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.

1-9	STUFFED ALOO PATTIES	6 Pc	Multicook tawa & High rack*	

For Patties	
Boiled & mashed potatoes	2 cups
Cornflour	1 tbsp
Finely chopped green chilli	2 nos.
Salt	As per taste
Oil	1 tsp
For Stuffing	
Oil	2 tsp
Boiled green pea	½ cup
Ginger & green chilli paste	2 tsp
Chopped coriander leaves	2 tbsp
Cumin seeds	1 tsp
Salt, red chilli powder, garam masala	As per taste
Lemon juice (optional)	2 tbsp

Method :
1. Pre-Preparation for Stuffing : In a MWS 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 category & press start.
6. When beeps, turn over the patties & again press start. Serve stuffed aloo patties hot with mint chutney or tomato ketchup.

* Refer page 144, fig 2

Diet Fry

Category		Weight Limit	Utensil	Instructions
1-10	MUSHROOM ROLLS	16 Pc	Multicook tawa & Low rack#	

For Stuffing	
Mushroom (finely chopped)	1½ cup
Onions (chopped)	4 tbsp
Green chilli (chopped)	2 nos.
Butter (melted)	2 tbsp
Fresh cream	4 tbsp
Maida	1 tbsp
Boiled peas	½ cup
Lemon juice	1 tsp
Coriander leaves (chopped)	3 tbsp
Garlic paste	½ tsp
Salt, black pepper powder	As per taste
For Rolls	
Bread slices (white)	8 nos.
Butter / oil	For basting
Oil (for greasing)	½ tsp

Method :
1. Pre-Preparation for Stuffing : In a MWS 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 category & press start.
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.

1-11	SABUDANA VADA	0.1 ~ 0.3 kg	Multicook tawa & High rack*	

For	0.1 kg	0.2 kg	0.3 kg
Boiled potato	1 no.	2 nos.	3 nos.
Sabudana (soaked for at least 1 hour)	½ cup	¾ cup	1 cup
Roasted & crushed peanuts	1 tbsp	2 tbsp	3 tbsp
Chopped green chilli	1 no.	2 nos.	3 nos.
Finely chopped ginger	¼ tsp	½ tsp	1 tsp
Fresh curry leaves	As required		
Coriander leaves (chopped)	½ tbsp	1 tbsp	1½ tbsp
Salt	As per taste		

Method :
1. In a bowl take all the ingredientgs & 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 category & 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.

Refer page 144, fig 1
* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-12	FISH AMRITSARI	0.3 kg	Multicook tawa & High rack*	

For	0.3 kg
Boneless fish (cut into 2" pieces)	250 g
Lemon juice	1 tsp
Salt	¼ tsp
For Batter	
Egg (beaten)	1 no.
Besan	2 tbsp
Hung curd	2 tbsp
Ajwain	1 tsp
Ginger-garlic paste	½ tbsp
Lemon juice	1 no.
Salt, red chilli powder, garam masala, chaat masala, turmeric powder	As per taste
Bread crumbs (for coating)	1 cup
Oil (for basting)	1 tbsp

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 category & 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.

1-13	BATATA VADA	0.1 ~ 0.3 kg	Multicook tawa & High rack*	

For	0.1 kg	0.2 kg	0.3 kg
Boiled potatoes	100 g	200 g	300 g
Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp
Chopped green chillies	2 nos.	2 nos.	3 nos.
Chopped onion	1 no.	1½ no.	2 nos.
Salt, red chilli powder, garam masala, chaat masala	As per taste		
Roasted jeera	1 tsp	1½ tsp	2 tsp

Method :
1. Mix all the ingredients together. Make big vadas of the mixture.
2. Grease the multicook tawa with some oil. Arrange the vada on the tawa. Keep the tawa on high rack.
3. Select category & weight and press start.
4. When beeps, turn over the vadas & press start.

1-14	PYAAZ PAKORA	0.1 kg	Multicook tawa & High rack*	

For	0.1 kg
Pyaaz (Cut into rings)	100 g
For Batter	
Besan	1 cup (130 g)
Water	200 mL
Salt, Red chilli powder, haldi, garam masala	As per taste
Oil	2 tsp

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, tum the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.
   Cut into 1.5" cubes)

* Refer page 144, fig 2

Diet Fry

Category		Weight Limit	Utensil	Instructions
1-15	MIRCHI VADA	0.2 kg	Multicook tawa & High rack*	

For	0.2 kg
Mirchi (blanched)	200 g
For filling	
Boiled potatoes	2 nos. (medium)
Chopped green chillies	2 nos.
Chopped coriander	1 tbsp
Chopped ginger	1 tsp
Salt, garam masala, red chilli powder	As per taste
For Batter	
Besan	1 cup (130 g)
Water	200 mL
Salt, red chilli powder, haldi, garam masala	As per taste
Oil	2 tsp

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 theMirchi 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.

Category		Weight Limit	Utensil	Instructions
1-16	ALOO BHAJI	0.1 kg	Multicook tawa & High rack*	

For	0.1 kg
Potato (cube)	100 g
For batter	
Besan	1 cup (130 g)
Water	200 mL
Salt, red chilli powder, haldi, garam masala	As per taste
Oil	2 tsp

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, tum the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.

Category		Weight Limit	Utensil	Instructions
1-17	SOYABEAN TIKKI	5 pc.	Multicook tawa & High rack*	

For	5 pc.
Boiled potato	1 no.
Soyabean (soaked for at least 1 hour)	½ cup
Roasted & crushed penuts	1 tbsp
Chopped green chilli	1 no.
Finely chopped ginger	¼ tsp
Fresh curry leaves	As required
Coriander leaves (chopped)	½ tbsp
Salt	As per taste

Method :
1. In a bowl take all the ingredientgs & mix wen. Make mixture for Tikki. Divide the dough in equalparts & 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, tum the Tikkis & press start.
4. When beeps, again tum the Tikkis & press start. Serve them hot with the chutney of your choice.

* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-18	OATS CUTLET	5 pc.	Multicook tawa & High rack*	For: 5 pc Boiled potato: 1 no. Oats (roasted): ½ cup Grated carrot: ½ cup Chopped green chilli: 1 no. Finely chopped ginger: ¼ tsp Fresh curry leaves: As required Coriander leaves (chopped): ½ tbsp Salt: As per taste **Method :** 1. In a bowl take all the ingredientgs & 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, tum the Tikkis & press start. 4. When beeps, again tum the Tikkis & press start. Serve them hot with the chutney of your choice.
1-19	METHI MASALA VADA	5 pc.	Multicook tawa & High rack*	For: 5 pc Boiled potato: 1 no. Methi chopped: ½ cup Chana dal soaked for 1 hr.: 1 cup Chopped green chilli: 1 no. Finely chopped ginger: ¼ tsp Fresh curry leaves: As required Coriander leaves (chopped): ½ tbsp Salt: As per taste **Method :** 1. In a bowl take all the ingredientgs & mix well. Make mixture for Methi Masala. Divide the dough in aqua|parts & make round & flat 2. Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start. 3. When beeps, tum the vadas & press start. 4. When beeps, again tum the vadas & press start. Serve them hot with the chutney of your choice.
1-20	POHA PATTIES	5 pc.	Multicook tawa & High rack*	For: 5 pc Boiled potato: 1 no. Poha soaked: 1 cup Yoghurt: 2 tbsp Chopped green chilli: 1 no. Finely chopped ginger: ¼ tsp Fresh curry leaves: As required Coriander leaves (chopped): ½ tbsp Salt: As per taste **Method :** 1. In a bowl take all the ingredientgs & 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 Paule & press start. 4. When beeps, again tum the Poha Paule & press start. Serve them hot with the chutney of your choice.

* Refer page 144, fig 2

Diet Fry

Category		Weight Limit	Utensil	Instructions
1-21	FRENCH TOAST	2 pc.	Multicook tawa & High rack*	

For	2 pc
Egg	4 nos.
Salt, haldi, garam masala, red chilli powder	As per taste
For filling	
Boiled potatoes	2 nos. (medium)
Chopped green chillies	2 nos
Chopped coriander leaves	1 tbsp
Chopped ginger	1 tsp
Salt, garam masala, red chilli powder	As per taste
Bread slices	4 nos.
Oil	2 tsp

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 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.
3. Keep the tawa on high rack. Select menu the press start.(Preheat process)
4. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start.
5. When beeps, turn the bread Toast Sprinkle 2 tsp oil on all & press start.
6. Serve hot with tomato ketchup.

1-22	BUFF VADA	5 pc.	Multicook tawa & High rack*

For	5 pc
Boiled potato	2 no.
Coconut (grated)	1 cup
Roasted crushed peanuts	1 tbsp
Chopped green chilli	1 no.
Finely chopped ginger	¼ tsp
Fresh curry leaves	As required
Coriander leaves (chopped)	½ tbsp
Salt	As per taste

Method :
1. In a bowl take all the ingredientgs & 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.

1-23	PALAK TIKKI	5 pc.	Multicook tawa & High rack*

For	5 pc
Boiled potato	1 no.
Palak (chopped)	½ cup
Corn flour	½ cup
Chopped green chilli	1 no.
Finely chopped ginger	¼ tsp
Fresh curry leaves	As required
Coriander leaves (chopped)	½ tbsp
Salt	As per taste

Method :
1. In a bowl take all the ingredientgs & mix well. Make mixture for palak tikki. Divide the dough in equal parts & make round & flat.
2. Take the multicook tawa & keep the tikki on tawa. Keep tawa on 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.

* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-24	CORN ALOO TIKKI	5 pc.	Multicook tawa & High rack*	

For	5 pc
Boiled potato	1 no.
Corn (boiled & crushed)	1 cup
Corn flour	½ cup
Chopped green chilli	1 no.
Finely chopped ginger	¼ tsp
Fresh curry leaves	As required
Coriander leaves (chopped)	½ tbsp
Salt	As per taste

Method :
1. In a bowl take all the ingredients & mix well. Make mixture for aloo tikki. Divide the dough in equal parts & make round & flat.
2. Take the multicook tawa & high rack & put 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.

1-25	MIX VEG BHAJIA	0.2 kg	Multicook tawa & High rack*	

For	0.2 kg
Potatoe (rings)	1 no.
Cauliflower (florets)	25 g
Onion (rings)	25 g
For batter	
Besan	1 cup (130 g)
Water	200 mL
Salt, red chilli powder, haldi, garam masala	As per taste
Oil	2 tsp

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.

1-26	PUNJABI MATHI	0.2 kg	Multicook tawa & High rack*	

For	0.2 kg
Maida	1 cup
Semolina	¼ cup
Carom seeds	½ tsp
Kasuri Methi	1 tsp
Black peppercorn (Crushed)	½ tsp
Ghee	3 tbsp
Salt	As per taste
Water	1/3 cup + ½ tbsp

Method :
1. Take Maida, semolina, Carom seeds, Kasuri Methi, Black Peppercorn (Crushed), Ghee, Salt in bowl.
2. Mix all the ingredients together using finger until turns crumbly .
3. Add water in small steps and knead in to firm dough. It should be harder than Paratha dough.
4. Cover with Muslin cloth and keep aside for 20 minutes.
5. Knead dough again for a minute and take out portion on rolling board and slightly press using your palm and make round shape.
6. Make pricks on a flat matthi using fork.
7. Now select category and press start(Preheat).
8. Keep tawa on high rack and place matthi on tawa and press start.
9. When beeps ,turn matthis and brush with ghee and press start again.

* Refer page 144, fig 2

Diet Fry

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-27</td><td>FAFDA</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>Besan</td><td>1 Cup.</td></tr>
<tr><td>Ajwain</td><td>3 tsp</td></tr>
<tr><td>Papad khar</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
<tr><td>Water</td><td>Required for making dough</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. Add all the ingredientgs & make a dough and keep it aside for 10 minutes after covering .
2. Make a long sheet like scale on flat surface.
3. Now select category and weight, keep tawa and rack inside MWO. Press start(Preheat).
4. When beeps, arrange prepared fafda on tawa properly and press start again.
5. After Beeps, turn over the fafda by brushing with oil and press start again.
6. Fafda is ready, serve with tea or coffee.
</td></tr>
<tr><td>1-28</td><td>THATTAI SNACKS</td><td>8 pc.</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>8 pc</td></tr>
<tr><td>Rice (Soaked for 3 hours)</td><td>1 Cup</td></tr>
<tr><td>Fried Channa Dal</td><td>1 Cup</td></tr>
<tr><td>Butter / Vanaspati</td><td>100 Gram</td></tr>
<tr><td>Sesame</td><td>1 table spoon .</td></tr>
<tr><td>Heeng</td><td>2 Pinch</td></tr>
<tr><td>Chilli Powder</td><td>1 Tsp</td></tr>
<tr><td>Ajwain</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. Take the Soaked rice and grind the rice to make smooth taste.
2. Grind the chana Dal to make powder.
3. Now mix all the ingredients and knead to make thick dough.
4. Make round shape balls out of it and press with both hands to flatten them.
5. Place it in microwave glass tray in round shape.
6. Select menu and press start.
7. When beeps, give the standing time of 5 min.
</td></tr>
</table>

* Refer page 144, fig 2
# Refer page 144, fig 1

Category		Weight Limit	Utensil	Instructions
1-29	DAHI OATS VADA	6 pc.	Low rack	

For	6 pc.
Oats	1 Cup
Rava	1 Cup
curd	1 Cup
sprouts	1 Cup
Jeera powder	1 tsp
Chat masala	1 tsp
Promegranate	1 Cup
Coriander	Cup
Salt	As per taste

Method :

1. Mix oats, rava ,curd, sprouts, and salt together and prepare batter
2. pour the batter in to silicone muffin moulds .
3. Select menu and weight and press start (preheat) do not keep anything in the own during preheat process.
4. When beeps, keep the rack with silicone moulds inside MWO and press start.
5. Serve hot with Chutney or Sauce and Curd with Pomegranate.

Salads

Category		Weight Limit	Utensil	Instructions
2-1	BEETROOT SALAD	0.1 ~ 0.3 Kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	

For	0.1 Kg	0.2 Kg	0.3 Kg
Beetroot (sliced)	100 g	200 g	300 g
Saunf	½ tsp	1 tsp	1 tsp
Coriander powder, pepper powder, salt, lemon juice	As per taste		

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 category & 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.

Category		Weight Limit	Utensil	Instructions
2-2	COUS COUS SALAD	0.1 ~ 0.3 Kg	Microwave Safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Daliya	100 g	200 g	300 g
Water	300 ml	600 ml	900 ml
Salt	As per taste		
Oil	Few drops		
Vegetables (Cucumber cubes, chopped tomatoes, broccoli florets, sliced mushrooms)	2 cups	2½ cups	3 cups
Lettuce leaves	2-3 leaves		
For dressing			
Pudina leaves (finely chopped)	¼ cup	½ cup	1 cup
Lemon juice, pepper powder	As per taste		

Method :
1. In a MWS bowl take daliya (Cous cous), add water & salt & few drops of oil. Select category & weight and press start.
2. When beeps, remove & allow the daliya 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.

Category		Weight Limit	Utensil	Instructions
2-3	PASTA SALAD	0.2 Kg	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 powder	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 category & press start.
2. Wash the boiled paste under cold water to separate them.
3. In a bowl take boiled pasta, add vegetable, salt, pepper powder, vinegar, curd, olive oil. Toss them together. Chill & serve.

Category		Weight Limit	Utensil	Instructions
2-4	RICE SALAD	0.2 Kg	Microwave Safe (MWS) bowl	

For	0.2 Kg
Basmati Rice	200 g
Water	400 ml
Apples (diced)	1 no.
Green peas	½ cup
Cauliflower florets	1 cup
Lemon Juice, salt, pepper	As per taste
Lettuce leaves	2-3 leaves
Shredded Cabbage leaves Coriander leaves	For garnishing

Method :
1. In a MWS bowl add rice & water. Select category & 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.

Category		Weight Limit	Utensil	Instructions
2-5	CHICKEN IN TOMATO TOWERS	0.3 Kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High Rack	

For	0.3 kg
Tomatoes	300 g (3 nos.)
Chicken Keema	100 g
Onion (finely chopped)	1 no.
Salt & pepper	As per taste

Method :
1. Take tomatoes wash & clean them. Cut from top & scoop out the pulp & seeds from tomatoes for the filling.
2. In a MWS glass bowl put chicken keema chopped onion, salt & pepper. Mix well. Select category & press start.
3. When beeps, Remove the bowl from microwave oven. Discard excess water (if present) & adjust the seasoning. Now fill the hollowed omatoes with chicken mixture.
4. Put the filled tomatoes on multicook tawa in standing position. Place tawa on high rack
5. Press start.

2-6	TIRANGA SALAD	0.3 Kg	Microwave Safe (MWS) flat glass dish	

For	0.3 kg
Grated carrot	100 g
Grated raddish	100 g
Broccoli florets	100 g
Olive	1-2
Salt, lemon juice	As per taste

Method :
1. In a MWS flat glass dish arrange grated carrot first in form of a band, then grated raddish & then broccoli florets, sprinkle water. cover with cling film select category & press start.
2. Add salt & lemon juice. Mix each layer separately.
3. Take olive & cut into thin slices. Now make a flower at the centre of the raddish layer with olive slices chill & serve.

2-7	HARI SEEKH SALAD	0.3 Kg	Rotisserie##	

For	0.3 kg
Vegetable (Spinach leaves, broccoli, bulbs of spring onion, cabbage leave)	300 g
For Marinade	
Hung curd	3 tbsp
Onion paste	2 tbsp
Garam Masala, Amchoor, Salt	As per taste
Oil	For basting

Method :
1. Mix all the ingredients of marinade in a bowl.
2. Take one vegetable at a time and spread the marinade on each vegetable or leaf on both the sides thoroughly. Mix well leave aside for 1 hour mixing at least twice in between.
3. Oil & wipe the skewers of the rotisserie.
4. Skewer the vegetables-thread them starting with broccoli, then fold a cabbage leaf & insert, fold a spinach leaf one & then fold again (like a pan) & insert, then insert a whole spring onion & then again another folded cabbage leaf & spinach leaf in the same skewer, Repeat the same for all the skewers.
5. Install the rotisserie in the oven. (Refer Pg. 145)
6. Select category & press start. Serve hot.

2-8	BABYCORN AND BEAN SALAD	0.1 ~ 0.3 Kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Babycorn	50 g	100 g	150 g
Bean	50 g	100 g	150 g
Salt, lemon juice, pepper powder (Optional)	As per taste		

Method :
1. In a MWS bowl add babycom & beans together. Add some water cover.
2. Select category & weight & press start.
3. Add salt, lemon juice, pepper powder. Mix well & serve.

Refer page 145, fig
* Refer page 144, fig 2

Salads

Category		Weight Limit	Utensil	Instructions
2-9	CARROT AND PEAS SALAD	0.1 ~ 0.3 Kg	Microwave safe (MWS) Bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Carrot	50 g	100 g	150 g
Peas	50 g	100 g	150 g
Salt, lemon juice, pepper powder (Optional)	As per taste		

Method :
1. In a MWS bowl add carrot & peas together. Add some water cover.
2. Select Category & weight & press start
3. Add salt, lemon juice, pepper powder. Mix well & Serve.

2-10	PAPAYA LACHCHA SALAD	0.1 ~ 0.3 Kg	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	1 no.	Few drops	3 nos.

Method :
1. In a MWS bowl add papaya slices, sugar, some wter, cardamom essence. Select category and weight & press start.

2-11	WHOLE WHEAT AND MINT SALAD	0.1 ~ 0.3 Kg	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 microwave safe bowl put soaked whole wheat & salty water. Select category & 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.

2-12	BREAD SALAD	0.1 ~ 0.3 Kg	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 Category & 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)

Category		Weight Limit	Utensil	Instructions
2-13	SPRING BASKET SALAD	0.1-0.3 Kg	Microwave safe (MWS) Bowl & Microwave safe (MWS) flat glass dish	

For	0.1 Kg	0.2 Kg	0.3 Kg
Red cabbage leaves	20 g	40 g	60 g
Baby corns	30 g	60 g	90 g
Sprouts	20 g	40 g	50 g
Black/green grapes	30 g	40 g	50 g
Macroni (Boiled)	20 g	40 g	50 g
For Dressing			
Olive Oil	1 tbsp	1 tbsp	1½ tbsp
Vinegar/lemon juice	½ tbsp	1 tbsp	1½ tbsp
Oregano	1 tsp	1 tsp	1½ tsp
Finely Chopped Onions	2 tbsp	3 tbsp	4 tbsp
Salt & pepper	As per taste		
Sugar	½ tsp	1 tsp	1 tsp

Method :
1. Keep red cabbage leaves in MWS flat glass dish. Keep in MWS bowl & cover. Keep in microwave. Select category & weight and press start.
2. When beeps, remove steamed cabbage leaves. Do not throw the water from the MWS bowl. Keep baby corns cut into halves & sprouts in MWS flat glass dish. Cover & keep in microwave. Press start.
3. Remove from microwave. Allow to cool.
4. In a bottle or container with lid put all the ingredients of dressing & shake for 1-2 minutes till all ingredients blend well.
5. In a bowl add baby corns, grapes cut into halves, sprouts, boiled macroni & pour dressing, cover it. Mix well & fill the steamed cabbage leaves with it.
6. Serve the Salad basket chilled.

2-14	CRUNCHY CHICKEN SALAD	0.5 Kg	Multicook Tawa* & High rack	

For	0.5 Kg
Boneless Chicken	300 g
Vegetables (Boiled peas sweet corns, chopped tomato)	200 g
Lettuce leaves	For garnishing
Boiled Eggs	2 nos.
Lemon juice	2 tbsp
Salt	As pet taste
Poppy seeds	4 tsp
Olive oil	1 tbsp

Method :
1. In a bowl mix lemon juice, salt & poppy seeds. Now take each piece of boneless chicken & throughly coat with poppy seeds.
2. In another bowl mix boiled peas sweet corns, chopped tomatoes, add some salt, red chilli powder, lemon juice, olive oil. Adjust the seasoning as per your taste. Mix well.
5. Now keep the marinated boneless chicken pieces on tawa. Keep the tawa on high rack. Select category & press start.
6. When beeps, turn over the side & press start.
7. Line a serving dish with lettuce leaves.
8. Transfer the chicken pieces & vegetable to serving dish. Toss them over. Garnish with slices of boiled eggs & serve.

2-15	BROCCOLI SALAD	0.5 Kg	Microwave safe (MWS) bowl	

For	500 g
Broccoli florets	500 g
Olive oil	2 tbsp
Lemon Juice	2 tbsp
Salt, Pepper	As per taste
Sugar	1 tbsp
Lettuce leaves	For garnishing

Method :
1. In a MWS safe bowl add broccoli florets & add some water and cover it.
2. Select menu & press start.
3. When beeps, add olive oil, lemon juice, salt, pepper & sugar to the broccoli florets & press start.
4. Now garnish with lettuce leaves and serve.

* Refer page 144, fig 2

Soups

Category		Weight Limit	Utensil	Instructions
3-1	CHICKEN SHORBA	0.6 kg	Microwave safe (MWS) glass bowl	For: 0.6 kg Boneless chicken: 300 g Oil: ½ tbsp Chopped garlic: 2 tsp Salt & pepper powder: As per taste Maida: 3 tbsp Water: 600 ml (3 cups) Fresh cream: For garnishing **Method :** 1. In a MWS bowl add chicken pieces, chopped garlic and water. Select category 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.
3-2	TAMATAR SHORBA	0.6 kg	Microwave safe (MWS) glass bowl	For: 0.6 kg Chopped tomato: 300 g Oil: 1 tbsp Ginger garlic paste: 2 tbsp Jeera, bay leaf, salt, garam masala, sugar: As per taste Water: 600 ml (3 cups) Coriander leaves: For garnishing **Method :** 1. In a MWS glass bowl add tomatoes cut into quarters with water, select category 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.
3-3	SWEET CORN SOUP	0.6 kg	Microwave safe (MWS) glass bowl	For: 0.6 kg Sweet Corn: 200 g Water: 600 ml (3 cups) Oil: 1 tsp Cornflour: 2 tbsp & ½ cup water Salt, Sugar and Kali Mirch and Green Chilli: As per your taste **Method :** 1. Grind sweet corn with water and put in MWS Glass Bowl. Select category & press start. 2. When beeps, remove, in another MWS glass 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, kali mirch and press start.
3-4	MUSHROOM SOUP	0.6 kg	Microwave safe (MWS) glass bowl	For: 0.6 kg Mushroom: 120 g Potato: 1 No. Cabbage: 50 g Onion: 1 small Water: 600 ml (3 cups) Salt, Black Pepper: As per your taste Oil: 1 tsp Grated cheese: As per requirement **Method :** 1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select category & 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, chopped mushrooms, salt & pepper and then add the stock & press start. Garnish with grated cheese & serve.

Category		Weight Limit	Utensil	Instructions
3-5	RASAM	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Tomato	300 g
Tamarind pulp	50 g
Salt & Jaggery	As per taste
Green chillies	2 nos.
Coriander & curry leaves	For garnishing
Chopped garlic	2-3 flakes
Coriander seeds, cumin seeds, cinnamon, hing	As per taste
Water	600 ml (3 cups)
Oil	1 tbsp

Method :
1. In a MWS glass bowl add chopped tomato & water. Select category & press start.
2. When beeps, remove & cool. Grind & strain it.
3. In a MWS glass 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.

Category		Weight Limit	Utensil	Instructions
3-6	HOT & SOUR SOUP	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Water	600 ml (3 cups)
Chilli sauce	1 tbsp
Soya sauce	2 tbsp
Vinegar	As per taste
Chopped vegetables (capsicum, spring onions, carrots, cabbage)	100 g
Tomato sauce	2 tbsp
Cornflour	2 tbsp & ½ cup water
Salt, pepper, sugar	As per taste
Ajinomoto	1 pinch
Paneer	50 g

Method :
1. In a MWS glass bowl add water, chili sauce, soya sauce, vinegar, sugar, salt, pepper powder and ajinomoto. Select category & 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.

Category		Weight Limit	Utensil	Instructions
3-7	TOMATO SOUP	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Chopped Tomato	100 g
Chopped Carrot	25 g
Chopped Onion	1 small
Chopped Ginger, Garlic	1 tsp
Salt, Sugar, Pepper	As per your taste
Cornflour & Oil / Butter	2 tbsp / 1 tsp
Water	600 ml (3 cups)

Method :
1. In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along water. Keep in Microwave. Select category & weight and press start.
2. When beeps, grind and strain it.
3. In another 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 your 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.

Soups

Category		Weight Limit	Utensil	Instructions
3-8	MULLIGA-TAWNY SOUP	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Cooked rice	50 g
Dehusked lentil	30 g
Apples (pealed & sliced)	½ no.
Carrot	50 g
Onion	50 g
Veg stock/water	600 ml (3 cups)
Salt & pepper	To taste
Butter	1 tsp
Curry powder	1 tsp
Lemon juice	1 tsp

Method :
1. In MWS glass bowl add butter, carrot, onion & apples. Mix well. Select category & 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.

Category		Weight Limit	Utensil	Instructions
3-9	TOM YUM KUNG	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Small sized prawns	10-12 nos.
Mushrooms (sliced)	5-6 nos.
Lemon grass stem	4 inch stalk
Lime leaves	5-6 nos.
Coriander fresh chopped	A few sprigs
Fish sauce	2 tbsp
Thai red curry paste	2 tbsp
Lemon juice	1 tbsp
Veg stock/chicken stock	600 ml (3 cups)
Green/red chillies	3 nos.
Salt & pepper	To taste

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 category & 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.

Category		Weight Limit	Utensil	Instructions
3-10	SICHUAN SOUP	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Boneless chicken pieces	100 g
Carrot (grated)	1 no.
Capsicum (chopped)	½ no.
Cabbage (shredded)	½ no.
Mushrooms (sliced)	4-5 nos.
Paneer (pieces)	50 g
Spring onions (bulb & greens)	1-2 nos.
Peppercorns (freshly crushed)	4-5 nos.
Chicken stock	600 ml (3 cups)
Cornflour	3 tbsp & ¼ cup
Salt & sugar	To taste
Vinegar	2 tbsp
Red chilli paste	1 tbsp

Method :
1. Put chicken pieces, cabbage, carrot, capsicum, mushrooms, spring onion bulbs, peppercorns and chicken stock in a MWS glass bowl. Select category and press start.
2. When beeps, take the bowl out & add red chilli paste, vinegar, salt & sugar, cornflour dissolved in ¼ cup cold water & paneer pieces. Stir well & press start.
3. Garnish with greens of spring onions. Adjust seasonings & serve hot.

Category		Weight Limit	Utensil	Instructions
3-11	PALAK MAKAI SHORBA	0.6 kg	Microwave safe (MWS) glass bowl	For: 0.6 kg Palak (chopped): 200 g Water: 600 ml (3 cups) Maggie tastemaker: 1 cube Corn Niblets: ½ cup Chopped onion: ½ cup Jeera: 1 tsp Butter: 1 tbsp Milk: ¼ cup **Method :** 1. In a MWS glass bowl add chopped palak & little water. Select category & 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.
3-12	RAJMA SOUP	0.6 kg	Microwave safe (MWS) glass bowl	For: 0.6 kg Water: 600 ml Rajma (boiled): 1 cup (170 g) Oil: ½ tbsp Garlic cloves (chopped): 2 nos. Onion (chopped): ½ cup Tomato (chopped): ½ cup Coriander (chopped): ¼ cup Salt, pepper, red chilli powder: As per taste Lemon juice: 1 tbsp **Method :** 1. Grind the boiled rajma. Add water & strain it. 2. In a MWS glass bowl add oil, garlic, onion, tomato. Mix well. Select category & 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.
3-13	SHAHI SHORBA	0.6 kg	Microwave safe (MWS) glass bowl	For: 0.6 kg Onions (finely chopped): 2 nos. Walnuts (coarsely chopped): ¼ cup Mint paste: 1 tbsp Whole wheat flour: 2 tbsp Butter: 2 tbsp Salt, black pepper powder, garam masala: As per taste **Method :** 1. In a MWS glass bowl take butter & chopped onion. Mix well. Select category & 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.

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Category		Weight Limit	Utensil	Instructions
3-14	BOMBAY CURRY SOUP	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Water	500 ml (2½ cups)
Soaked masoor dal (dehusked)	200 g
Chopped tomato	2 nos.
Chopped onions	1 no.
Crushed garlic	3-4 cloves
Oil	1 tbsp
Curry powder	As per taste
Salt, red chilli powder	As per taste
Coriander leaves	For garnishing

Method :
1. In a MWS glass bowl add soaked masoor dal, tomato & water. Select category & 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.

Category		Weight Limit	Utensil	Instructions
3-15	BADAM SOUP	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Badam (soaked & blanched)	50 g
Fresh basil leaves (Tulsi)	8-10 nos.
Water	3 cups (600 ml)
Cinnamon	1" stick
Elaichi (green)	2-3 nos.
Cloves	2-3 nos.
Sugar	½ tsp
Cornflour	½ tbsp
Salt & pepper powder	As per taste

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 category & 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.

Category		Weight Limit	Utensil	Instructions
3-16	LIMBU DHANIA SHORBA	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Water	600 ml
Oil	½ tbsp
Shredded cabbage	1 cup
Chopped carrot	½ cup
Celery	½ cup
Spring onions	½ cup
Ginger (grated)	1 tsp
Chopped garlic	3 nos.
Bayleaf	2 nos.
Cloves	2 nos.
Pepper corns	3 nos.
Besan	2 tbsp (dissolved in ¼ cup water)
Lemon juice	2 tbsp
Coriander leaves (chopped)	½ cup
Salt	As per taste

Method :
1. In a MWS glass bowl add oil, cabbage, carrot, celery, spring onions, ginger, garlic, bayleaves, cloves, peppercorns. Mix well. Select category & 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.

Category		Weight Limit	Utensil	Instructions
3-17	MUTTON SHORBA	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Boneless mutton	300 g
Water	600 ml (3 cup)
Oil	1 tbsp
Chopped onion	1 nos.
Chopped garlic	3 cloves
Chilli flakes salt	As per taste
Chopped & skinned tomato	2 nos.
Cinnamon	½ " Stick
Cardamom	1 nos.
Cumin seeds	1 tsp
Saffron	A few
Dry mint leaves	½ cup
Beaten curd	½ cup

Method :
1. In a MWS glass bowl add oil, onion, garlic mutton & chilli flakes, salt. Mix well & cover.
2. Select category & 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.

3-18	DAL SHORBA	0.6 kg	Microwave safe (MWS) glass bowl

For	0.6 kg
Soaked urad dal (dehusked)	½ cup
Olive oil	1 tsp
Chopped green chillies	2 no.
Ginger paste	1 tsp
Garlic paste	1 tsp
Chopped onion	1 no.
Salt turmeric powder, onion powder, sugar	As per taste
Lemon juice	As per taste
Water	600 ml (3 cup)

Method :
1. In a MWS glass bowl add oil, green chillies, ginger paste, garlic paste. Mix well.
2. Select category & 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

3-19	CHICKEN SOUP	0.6 kg	Microwave Safe (MWS) Glass Bowl

For	0.6 kg
Boneless Chicken	300 g
Ginger Paste	1 tsp
Salt & Pepper Powder	As per your taste
Cornflour Paste	2 tbsp + 1/2 cup of water
Oil	1 tsp
Water	600 ml (3 cups)

Method :
1. In Microwave safe glass bowl put water & add chicken pieces. Select category & press start.
2. When beeps, remove.
3. In another microwave safe glass bowl add oil, ginger-garlic paste, chicken stock, salt, pepper, cornflour paste, green chillies & 1 cup water. Press start.

Soups

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>3-20</td><td>WONTON SOUP</td><td>0.6 kg</td><td>Microwave safe 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 powder</td><td>As per taste</td></tr>
<tr><td>Water</td><td>600 ml (3 cup)</td></tr>
<tr><td>Ready wonton</td><td>6-7 pieces</td></tr>
</table>
Method :
1. In MWS glass bowl add oil and vegetables, ginger-garlic paste. Select category & 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 too warm 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>

Category		Weight Limit	Utensil	Instructions
4-1	PASTA	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack**	

Penne Pasta	0.1 Kg	0.2 Kg	0.3 Kg
Butter	1 tbsp	2 tbsp	3 tbsp
Onion Chopped	2 tbsp	3 tbsp	4 tbsp
Garlic Chopped	1 tsp	2 tsp	3 tsp
Chopped Palak leaves	50 g	75 g	100 g
Water	400 ml	800 ml	1200 ml
Cream	½ cup	1 cup	1½ cup
Grated Cheese	4 tbsp	5 tbsp	6 tbsp
Nutmeg Powder	1 pinch		
Oregano	¼ tsp	½ tsp	¾ tsp
Salt & Pepper	As per your taste		

Method :
1. In MWS glass bowl take pasta with water & oil drops. Select category & weight press start.
2. When beeps, remove the bowl from microwave oven, drain water from pasta. In MWS flat glass dish add butter, onion, garlic & Palak, mix well.
3. Press start.
4. When beeps, add cream, nutmeg powder, oregano, salt & pepper and boiled pasta, mix well & sprinkle grated cheese on the top & keep the vessel on high rack.
5. Press start.

4-2	VEG AU GRATIN	0.1 ~ 0.5 kg	Microwave safe (MWS) flat glass dish & High rack**

For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Mix Vegetables - Carrot, Cauliflower, French Beans (cut into small pieces), Sweet Corns, Green peas etc.	100 g	200 g	300 g	400 g	500 g
Maida	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Butter	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Milk	½ cup	1 cup	1 cup	1½ cup	1½ cup
Grated Cheese	2 tbsp	4 tbsp	6 tbsp	8 tbsp	10 tbsp
Salt, & Pepper	As per your taste				

Method :
1. In a MWS flat glass dish take butter, milk, vegetables & maida. Mix well. Select category & weight and press start.
2. When beeps, mix well & add salt & pepper. Mix well.
3. Spread grated cheese on it & keep the MWS flat glass dish on high rack.
4. Press start.

4-3	BAKED MUSHROOM	0.1 ~ 0.5 kg	Microwave safe (MWS) flat glass dish & High Rack**

For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Mushrooms	100 g	200 g	300 g	400 g	500 g
White Sauce	50 ml	100 ml	150 ml	200 ml	250 ml
Cheese (grated), Salt, Kali Mirch	As per requirement				
Butter	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp

Method :
1. In MWS flat glass dish put all the ingredients except cheese, mix well. Select category & weight, press start.
2. When beeps, spread grated cheese on the top of the mixture. Place the MWS flat glass dish on high rack.
3. Press Start.

4-4	POTATO DUMPLING	0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish

For	0.3 kg
Maida	3-4 tbsp
Boiled & grated potato	100 g
Grated paneer	75 g
Salt, pepper, nutmeg powder	As per taste
Finely chopped spinach	1 cup
Butter & finely chopped garlic	1 tbsp each
Pizza sauce	4 tbsp

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 category and press start.
3. When beeps, take out the dumplings.
4. Allow them to cool. In a microwave safe flat glass dish add butter and put the dumplings in it and press start.

** Refer page 144, fig 5

Continental

Category		Weight Limit	Utensil	Instructions
4-5	LASANEYA	0.3 kg	Microwave safe (MWS) flat glass dish & High Rack**	

Lasaneya Sheets (cooked)	150 gm
White Sauce	1 cup
Pizza Sauce	½ cup
Mix Vegetables (boiled) - Egg plant, Zukini, Brocolli, Mushrooms, Sweet Corns etc.	2 cups
Oil	2 tbsp
Oregano, Salt & Black Pepper	As per your taste
Grated Cheese	5 tbsp

Method :
1. Except Lasaneya sheets and cheese mix all the ingredients in MWS flat glass dishl. Select category & press start.
2. When beeps, remove the MWS flat glass dish from microwave oven. In MWS flat glass dish arrange lasaneya sheet in the bottom. Then spread vegetable mixture on it again keep another lasaneya sheet on it and make layers of sheets and vegetable mixture.
3. Press start.
4. When beeps, spread grated cheese on the top & place the glass dish on high rack.
5. Press start.
6. Serve hot.

Category		Weight Limit	Utensil	Instructions
4-6	MACARONI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

Macaroni	0.1 Kg	0.2 Kg	0.3 Kg
Water	400 ml	800 ml	1200 ml
Butter	1 tbsp	2 tbsp	3 tbsp
Spring Onion Chopped	2 tbsp	3 tbsp	4 tbsp
Garlic Chopped	1 tsp	2 tsp	3 tsp
Mushrooms Chopped	3 Nos.	4 Nos.	5 Nos.
Tomato Sauce	2 tbsp	3 tbsp	4 tbsp
Chilli Sauce	1 tsp	2 tsp	3 tsp
Salt, Sugar, Pepper & Oregano	As per your taste		

Method :
1. In a MWS flat glass dish take butter, milk, vegetables & maida. Mix well. Select category & weight and press start.
2. When beeps, mix well & add salt & pepper. Mix well.
3. Spread grated cheese on it & keep the MWS flat glass dish on high rack.
4. Press start.

Category		Weight Limit	Utensil	Instructions
4-7	CHILLI VEG	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Paneer pieces	100 g	200 g	300 g
Chopped Capsicum & onion	½ cup	1 cup	1½ cup
Chopped green chillies	1 no.	2 nos.	3 nos.
Ginger garlic paste	½ tbsp	1 tbsp	1½ tbsp
Oil	½ tsp	1 tsp	1½ tsp
Soya sauce	1 tsp	1½ tsp	2 tsp
Cornflour	1 tbsp	1½ tbsp	2 tbsp
Green chilli sauce	1 tbsp	2 tbsp	3 tbsp
Salt & Pepper	As per your taste		
Water	½ cup	1 cup	1 cup

Method :
1 In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover.
2. Select category & weight press start.
3. When beeps, mix well & add paneer pieces, soya sauce, chilli sauce, cornflour (mixed with ½ cup water), water, salt, pepper & press start.
4. Mix well & serve.

** Refer page 144, fig 5

Category		Weight Limit	Utensil	Instructions
4-8	THAI CHICKEN	0.5 kg.	Microwave safe (MWS) bowl	

Boneless chicken	500 gm
Red curry paste	2 tbsp
Sugar	1 tsp
Soya sauce	2 tbsp
Salt	To taste
Chopped garlic	1 tsp
Blanched Broccoli (florets)	1 cup
Peanuts (Roasted & crushed)	¼ cup
Oil	2 tbsp
Red chilli paste	1 tsp
For Sauce	
Butter	2 tbsp
Maida	2 tbsp
Milk	1 cup
Salt & pepper	To taste

Method :
1. In a MWS bowl put oil, garlic, sugar, soya sauce, red curry paste, broccoli, chicken pieces, mix well. Select category and press start.
2. When beeps, remove. Add red chilli paste crushed peanuts, sauce of milk, maida, butter, mix well press start.

Category		Weight Limit	Utensil	Instructions
4-9	SWEET & SOUR VEG	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Cut vegetables (Baby corns cut lengthwise, Broccoli florets,Mushroom pieces, Pineapple slices, Capsicum)	100 g	200 g	300 g
Oil	½ tbsp	1 tbsp	1½ tbsp
Chopped spring onion & garlic	¼ cup	½ cup	1 cup
Red chilli paste	¼ tsp	¼ tsp	½ tsp
Tomato Ketchup	¼ cup	¼ cup	½ cup
Vinegar	As per taste		
Sugar	½ tsp	1 tsp	1 tsp
Salt	As per taste		
Soya sauce	1 tsp	1 tsp	1 tsp
Pineapple juice	¼ cup	¼ cup	½ cup
Water	1 cup	1 cup	1 cup
Cornflour	2 tbsp mixed with ½ cup water		

Method :
1. In a microwave safe bowl add oil, chopped spring onions & garlic, red chilli paste. Select category & weight and press start.
2. When beeps, mix well & cut vegetables, tomato ketchup, vinegar, salt, sugar, soya sauce, pineapple juice, water & cornflour. Mix well, press start. Stand for 5 minutes.

Category		Weight Limit	Utensil	Instructions
4-10	MEDITERRA-NEAN CROSTINI@	0.3 kg.	Low rack	

French bread	6 slices
Black olives (sliced)	¼ cup
Cheese (grated)	½ cup
Butter	2 tbsp
To be mixed together for the marinated tomatoes :	
Tomatoes (sliced)	2 nos.
Basil leaves (freshly chopped)	1 tsp
Garlic (chopped)	1 tsp
Olive oil	2 tsp
Salt & freshly crushed pepper corns	As per taste

Method :
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 category & press start. (Pre-heat process)
4. When beeps, keep the bread slices on low rack. Keep the rack in microwave & press start.

@ Do not put anything in the oven during Pre-heat mode.

Continental

Category		Weight Limit	Utensil	Instructions
4-11	RISOTTO RICE	0.1 ~ 0.4 kg.	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Arborio rice (soaked)	100 g	200 g	300 g	400 g
Water	200 ml	400 ml	600 ml	650 ml
Chopped carrots	¼ cup	½ cup	1 cup	1½ cup
Chopped garlic	1 tsp	1½ tsp	2 tsp	2½ tsp
Peas	¼ cup	½ cup	1 cup	1½ cup
Sliced mushroom	¼ cup	½ cup	1 cup	1½ cup
Chopped coriander leaves/parseley	As required			
Spinach (blended & pureed)	¼ cup	½ cup	1 cup	1 cup
Tomato puree	1/3 cup	½ cup	1 cup	1 cup
Fresh cream	3 tbsp	4 tbsp	5 tbsp	6 tbsp
Olive oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Grated cheese	As required			
Salt	As per taste			

Method :
1. In a MWS bowl add olive oil, garlic, mushrooms, peas, carrots & tomato puree. Mix well. Select category & weight and press start.
2. When beeps, mix well & add rice. Mix well and press start.
3. When beeps, mix well & add water & salt. Press start.
4. Mix well & stand for 5 minutes.
5. Add spinach, tomato puree, cream, grated cheese & chopped coriander/parseley & serve.

Category		Weight Limit	Utensil	Instructions
4-12	SPAGHETTI WITH TOMATO SAUCE	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Spaghetti noodles	100 g	200 g	300 g
Water	400 ml	800 ml	1200 ml
Olive oil	1 tbsp	1½ tbsp	2 tbsp
Chopped garlic	1 tbsp	1½ tbsp	2 tbsp
Chopped tomatoes	1 cup	1½ cup	2 cup
Chopped mushrooms	¼ cup	½ cup	1 cup
Chopped onion	½ cup	1 cup	1½ cup
Sliced olives (pitted)	5 nos.	6 nos.	7 nos.
Fresh basil	As required		
Parmesan cheese	As required		
Salt, pepper, oregano & chilli flakes	As per taste		

Method :
1. In a MWS bowl add spaghetti noodles, water & few drops of oil. Select category & weight and press start.
2. When beeps, remove & drain the water. Wash the noodles under running water to separate.
3. In another MWS bowl add olive oil, garlic, olives, onions, mushrooms, chopped tomatoes, salt, peppers, oregano & chilli flakes. Press start.
4. When beeps, mix well & add the spaghetti. Mix well & press start. Rip all the basil over it & spread grated parmesan cheese & serve.

Category		Weight Limit	Utensil	Instructions
4-13	COTTAGE CHEESE TORTELLINI	8 Pc	Microwave safe (MWS) bowl	

For	Dough
Maida	1 cup
Egg	1 no.
Olive oil	1 tbsp
Salt	As per taste
Water (to knead the dough)	As required
For Stuffing	
Blanched spinach	½ cup
Paneer (roughly mashed)	100 g
Olive oil	1 tbsp
Garlic (minced)	1 tbsp
Salt & pepper	As per taste
For Sauce	
Blanced tomatoes (skin removed)	5 nos.
Garlic pods	8-10 nos.
Coriander leaves (fresh)	1 tbsp
Olive oil	1 tbsp
Chilli flakes	1 tsp
Oregano	½ tsp
Salt, pepper	As per taste

Method :
Pre-Preparation for Stuffing :
1. In a MWS glass bowl take olive oil & minced garlic, mix and microwave 100% for 2 minutes. Add mashed paneer & blanced & chopped spinach, salt & pepper. Mix well & microwave 100 % for 2 minutes.
2. In another bowl take maida, salt, beaten egg & olive oil. Mix well & knead a firm dough adding enough water. Cover & keep aside for 10-15 minutes.
3. Divide the dough into 5-6 equal sized balls & roll out each ball into a long & rectangular strip (approx. 2.5" broad) & cut into squares.
4. Fill each square shape with spinach & cottage cheese stuffing (1 tsp). Wet the edges with little water & cover with another square & seal it by pressing tightly. There should be no air-bubble left within. Make all tortellinis following same procedure.
5. Take 500 ml water in a MWS bowl & keep inside the microwave. Select category & press start.
6. When beeps, put the tortellinis in the boiling water. Cover & press start.
7. When beeps, remove & strain the tortellinis & place in a serving dish & keep aside covered.
8. Blend together blanced tomatoes, garlic pods, coriander leaves with a blender. Take this puree in a MWS bowl, add olive oil, salt, pepper oregano & chilli flakes. Mix well & press start.
9. When cooking ends, pour this sauce over the cooked tortellini & serve hot.

Category		Weight Limit	Utensil	Instructions
4-14	MEXICAN CORN RICE	0.1 ~ 0.4 kg.	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & Low rack	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Rice	100 g	200 g	300 g	400 g
Cloves	2 nos.	3 nos.	4 nos.	5 nos.
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Water	200 ml	400 ml	600 ml	650 ml
Butter	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Sweet corns	¼ cup	½ cup	1 cup	1½ cup
Hot sauce*	¼ cup	½ cup	1 cup	1½ cup
Cheese cubes	1 no.	2 nos.	3 nos.	4 nos.
Salt (if required)	As per taste			
Red chilli powder (if required)	As per taste			
Tomato (chopped)	2 nos.	3 nos.	4 nos.	5 nos.

Method :
1. In a MWS glass bowl add rice, cloves, water. Select category & weight and press start.
2. When beeps, remove the bowl & keep aside after mixing.
3. In another MWS glass bowl add butter & sweet corns & press start.
4. When beeps, add hot sauce, cooked rice, cheese cubes, salt & red chilli power (if required). Mix well. Now take a MWS flat glass dish & spread chopped tomatoes at the bottom, now layer with cooked rice & press it down properly. Cover with aluminium foil. Keep the MWS flat glass dish on low rack& press start.
   *Note : For Hot Sauce - In a MWS glass bowl take 8 blanded & pureed tomatoes, 4 tbsp butter, 1 cup chopped onions, salt, red chilli powder, oregano, sugar, chilli sauce (as per taste), 1 tbsp garlic paste, 2 tbsp tomato sauce, a pinch ajwain. Mix well & microwave at 100% for 5 minutes.

Category		Weight Limit	Utensil	Instructions
4-15	BROCCOLI IN BUTTER SAUCE	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) glass dish	

For	0.1 Kg	0.2 Kg	0.3 Kg
Broccoli	100 g	200 g	300 g
Milk	½ cup	1 cup	1½ cup
Fresh cream	¼ cup	½ cup	¾ cup
Onion (chopped)	1 no.	2 nos.	3 nos.
Garlic (chopped)	½ tsp	1 tsp	1 tsp
Mustard powder	½ tsp	1 tsp	1 tsp
Butter (melted)	1 tbsp	1½ tbsp	2 tbsp
Salt & pepper powder	As per taste		
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp

Method :
1. In a MWS bowl take broccoli florets. Sprinkle some water & cover. Select category & weight and press start.
2. When beeps, remove broccoli & keep aside. In a MWS flat glass dish take butter, chopper garlic, chopped onions. Mix well & press start.
3. When beeps, stir & add milk, fresh cream, mustard powder, coriander, salt & pepper powder & broccoli. Mix & press start.

4-16	SHRIMPS IN GARLIC BUTTER	0.4 Kg	Microwave safe (MWS) bowl	

Shrimps (Small)	400 g
Butter	4 tbsp
Parsley (chopped)	A few sprigs
Garlic paste	3 tbsp
Mustard paste	1 tbsp
Lemon juice	1 tbsp
Pepper corns (Roughly crushed)	8-10 nos.
Salt	To taste

Method :
1. Remove heads and shells of shrimps & clean and drain thoroughly.
2. In a MWS bowl place shrimps, garlic paste, mustard paste, butter, parsley, lemon juice, pepper corns (Crush) & salt mix well Select Category & press start.
3. When beeps. Remove and serve hot.

4-17	CHILLI CHICKEN	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Boneless chicken	100 g	200 g	300 g	400 g
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Chopped ginger garlic	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Chopped onions	½ No.	1 No.	1 No.	2 No.
Chopped green chillies	½ tbsp	1 tbsp	2 tbsp	2½ tbsp
Capsicum	½ no.	1 no.	2 nos.	2 nos.
Soya sauce	½ tbsp	½ tbsp	1 tbsp	1½ tbsp
Chilli sauce	½ tbsp	½ tbsp	1 tbsp	1½ tbsp
Vinegar	½ tbsp	½ tbsp	1 tbsp	1½ tbsp
Salt, sugar & pepper	As per taste			
Cornflour (mixed with ½ cup water)	1 tbsp	1 tbsp	1 tbsp	1½ tbsp

Method :
1. In a MWS bowl add oil, chopped ginger, garlic, boneless chicken, soya sauce, chilli sauce and cover. Select category & weight & press start.
2. When beeps add, chopped onions, capsicum, chopped green chillies, vinegar, salt, sugar, pepper, cornflour mixed with water. Cover & press start. Stand for 5 minutes. Serve.

4-18	HAKKA NOODLES	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Hakka noodles	100 g	200 g	300 g
Water	400 ml	800 ml	1200 ml
Oil	1 tbsp	1½ tbsp	2 tbsp
Chopped veg - carrot, peas, french beans, capsicum	1 cup	1½ cup	2 cup
Salt, red chilli powder, green chilli sauce	As per taste		

Method :
1. In a MWS bowl add hakka noodles, water & few drops of oil. Select category & weight & press start.
2. When beeps, remove drain water & wash & separate the noodles under running water.
3. In another MWS bowl add oil, mix vegetables, salt, red chilli powder, green chilli sauce. Mix well & press start.
4. When beeps, add noodles to the bowl. Mix & press start.

Category		Weight Limit	Utensil	Instructions
4-19	VEG IN HOT GARLIC SAUCE	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Mix veg - Cauliflower florets, capsicum, baby corns, beans	100 g	200 g	300 g
Oil	1 tbsp	1½ tbsp	1½ tbsp
Chopped garlic, ginger, green chillies	1 tbsp	2 tbsp	2 tbsp
Corn flour	1 tbsp	1½ tbsp	2 tbsp
Pepper, salt, sugar	As per taste		
Oregano (optional)	As per taste		
Water	2 cups	3 cups	3 cups

Method :
1. Cut the capsicum & cauliflower into medium sized pieces, baby corns & french beans into small sized pieces.
2. In a MWS bowl add oil, chopped onion, ginger, green chillies. Select category & weight and press start.
3. When beeps, mix & add vegetables, pepper, salt, sugar, cornflour mixed with water. Press start. Stand for 5 minutes. Serve.

4-20	SCHEZWAN CHICKEN	0.5 kg	Microwave safe (MWS) bowl	

For	0.5 kg
Boneless chicken	500 g
Dry red chillies	8 nos.
Garlic paste	4 tsp
Tomato ketchup	5 tbsp
Vinegar	2 tsp
Red chilli sauce	2 tbsp
Sugar & salt	As per taste
Spring onions (with greens)	1 cup
Cornflour (mixed with ¼ cup water)	2 tsp
Oil	3 tbsp

Method :
1. In a MWS bowl mix together oil, garlic paste, dry red chillies, chicken pieces, tomato ketchup, vinegar, red chilli paste, sugar. Mix well. Select category & press start.
2. When beeps, mix well and add spring onions, cornflour, salt. Mix well & press start.

4-21	VEG MANCHURIAN	0.6 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	

For Manchurian Balls	
Grated Cabbage	1 cup
Grated carrots	3/4 cup
Grated cauliflower	½ cup
Cornflour	3 tbsp
Maida	1 tbsp
Salt & pepper	As per taste
For Manchurian Sauce	
Chopped ginger	1 tsp
Chopped green chilli	1 no.
Chopped Onion	½ no.
Soya sauce	1 tbsp
Tomato sauce	2 tbsp
Vinegar	2 tsp
Pepper, Salt, Cornflour	As per taste
Oil	1 tbsp

Method :
1. Mix all the ingredients of Manchurian balls in a bowl. Make balls of medium size from the mixture.
2. In a MWS flat glass dish keep the manchurian balls.
3. When beeps, remove & allow to cool.
4. In a MWS bowl oil, ginger, green chilli, onion, soya sauce, tomato sauce, vinegar, pepper, salt, mix well & press start.
5. When beeps mix well add cornflour mixed with 1½ cups water. Press start. Add Manchurian ball. Stand for 3 minutes & serve hot with steamed rice or fried rice.

Continental

Category		Weight Limit	Utensil	Instructions
4-22	CHILLI SOY NUGGETS	0.4 kg	Multicook tawa & High rack* & Microwave safe (MWS) glass bowl	

For	0.4 kg
Soyabean nuggets (soaked in hot water for 1 hour & squeezed)	150 g
Oil	2½ tbsp
Capsicum (cut in long strips)	¼ cup
Spring onions (cut into pieces)	¼ cup
Blanched tomatoes	3 nos.
Garlic pods	7-8 nos.
Soya sauce	2 tsp
Vinegar	1 tsp
Cornflour (mixed with ½ water)	1½ tsp
Chilli sauce	1 tbsp
Salt, red chilli powder, black pepper powder	As per taste

Method :
1. Pre-Preparation of Sauce : Puree tomatoes & garlic pods in a blender. In a MWS glass bowl take 2 tbsp oil & all the vegetables. Mix well & microwave 100% for 2 minutes. Add tomato puree, soya sauce, chilli sauce, vinegar, cornflour (mixed with ½ cup water) & all the spices. Mix well & microwave 100% for 3 minutes. Sauce is ready.
2. Take soaked & squeezed soyabean nuggets in a bowl & pour ½ tbsp oil & mix well. Put all soya nuggets on tawa. Keep tawa & high rack inside the microwave. Select category & press start.
3. When beeps, turnover the soya nuggets & again press start.
4. When beeps, transfer roasted soya nuggets in the sauce & stir well. Press start. Serve them hot with steamed rice.

4-23	STEAMED EGG WITH TOFU	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	

For	0.1 kg	0.2 kg	0.3 kg
Tofu (cut into chunks)	50 g	100 g	150 g
Egg	1 no.	2 nos.	3 nos.
Sesame oil	½ tsp	1 tsp	1 tsp
Light soya sauce	½ tsp	1 tsp	1 tsp
Red chilli (chopped)	1 no.	1 no.	1 no.
Spring onion (chopped)	1 tbsp	2 tbsp	3 tbsp
Boiled egg yolk (cut into pieces)	1 no.	2 nos.	2 nos.
Salt & pepper	A pinch		

Method :
1. In a bowl take sesame oil, soya sauce, black pepper powder, salt & egg. Beat well with blender. Mix toju chunks into it & mix.
2. Put this mixture in a MWS flat glass dish. Sprinkle chopped spring onions & chopped red chilli on top. Now put boiled egg yolk (cut in pieces) on top. Cover the flat dish with plastic film.
3. Keep the MWS flat glass dish in the microwave. Select category & weight and press start.
4. Give standing time of 5 minutes & serve hot.

4-24	ALMOND & VEGETABLES STIR FRY	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

For	0.1 kg	0.2 kg	0.3 kg
Broccoli (cut into florets)	50 g	100 g	150 g
Red capsicum (cut into big square pieces)	¼ cup	½ cup	¾ cup
Garlic (chopped)	½ tsp	1 tsp	1 tsp
Ginger (chopped)	½ tsp	1 tsp	1 tsp
Onions (sliced)	1 no.	1½ no.	2 nos.
Slivered almonds	2 tbsp	3 tbsp	4 tbsp
Canola oil	1 tbsp	1½ tbsp	2 tbsp
For Sauce			
Soya sauce	1 tsp	1½ tsp	2 tsp
Water	3 tbsp	6 tbsp	9 tbsp
Sesame oil	½ tsp	1 tsp	1½ tsp
Sugar	1 tsp	2 tsp	3 tsp
Cornflour	½ tsp	1 tsp	1½ tsp
Salt & black pepper powder	As per taste		

Method :
1. In a MWS glass bowl take canola oil, chopped ginger- garlic, sliced onions. Select category & weight and press start.
2. In a small bowl, take sugar, cornflour. Add water, soya sauce, sesame oil & mix well. Make a smooth paste.
3. When beeps, add broccoli, red capsicum, slivered almonds. Mix well & press start.
4. When beeps, add the sauce & stir well. Press start. Serve stir fried vegetables hot.

* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
4-25	MIX SAUCE PASTA	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack**	

For	0.1 kg	0.2 kg	0.3 kg
Penne Pasta	100 g	200 g	300 g
Butter	1 tbsp	2 tbsp	3 tbsp
Onion Chopped	2 tbsp	3 tbsp	4 tbsp
Garlic Chopped	1 tsp	2 tsp	3 tsp
Chopped vegetables	50 g	75 g	100 g
Water	400 ml	800 ml	1200 ml
White sauce	½ cup	1 cup	1½ cup
Grated Cheese	4 tbsp	5 tbsp	6 tbsp
Nutmeg Powder	1 pinch		
Oregano	¼ tsp	½ tsp	¾ tsp
Salt & Pepper	As per your taste		

Method :
1. In MWS glass bowl take pasta with water & oil drops. Select category & weight press start.
2. When beeps, remove the bowl from microwave oven, drain water from pasta. In MWS flat glass dish add butter, onion, garlic & chopped vegetables & mix well.
3. Press start.
4. When beeps, add white sauce and tomato puree, nutmeg powder, oregano, salt & pepper and boiled pasta, mix well & sprinkle grated cheese on the top & keep the vessel on high rack.5. Press start.

Category		Weight Limit	Utensil	Instructions
4-26	PRAWN MAGIC	0.5 Kg	Microwave safe (MWS) glass bowl & Multicook Tawa & High rack*	

For	0.5 kg
Parwal	400 g
Prawn	300 g
Onion Chopped	2 cup
Tomato	1 cup
Lemon	1 pc.
Bay Leaves	2-3
Elaichi	2-3
Raisin	1 tbsp
Lal Mirch	1 tsp
Black Pepper	¼ tsp
Tumeric	¼ tsp
Salt & sugar	As per taste
Butter/ Ghee/Oil	2 tbsp
Fresh cream	½ tsp
Coconut Milk	½ tsp
Ginger Paste	½ tsp
Tomato Ketchup	1 tsp
Coconut Water	½ tsp

Method :
1. Peel off all parwal and wash the prawn properly.
2. Remove all the seeds carefully from parwals.
3. Keep tawa inside MWO after arranging parwals on the tawa. Now select menu and press start. Simultaneously prepare the mixture using chopped onion, tomato, salt, sugar, turmeric ,Red and black Pepper, and mix prawns with salt and turmeric.
4. When beeps, removes the tawa and fill parwal with the prawn stuffing and seal the stuffing side with flour dough.
5 Now take a MWS bowl add oil bay leaves, elaichi, ginger garlic paste, chopped onion, and press start
6 When beeps, add all the stuffed parwal fresh cream, coconut milk, coconut water and sugar and press start again.
7. After beep is over garnish with lemon slices and cream

* Refer page 144, fig 2
** Refer page 144, fig 5

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Category		Weight Limit	Utensil	Instructions
5-1	KHEEMA BALLS	0.1 ~ 0.3 kg.	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Chicken Kheema	75 gms	125 gms	175 gms
Boiled & Mashed Potato	1 No.	2 No.	3 No.
Ginger, Garlic Paste, Salt, Garam Masala, Hara Dhania Lemon Juice	As per your taste		
Besan	1 tsp	2 tsp	3 tsp

Method :
1. Mix all the ingredients together. Make balls from it. Place the balls in greased MWS flat glass dish. Add ½ cup water to the MWS bowl. Place the MWS glass dish inside the bowl. Cover. Select category & weight and press start.

5-2	GAJAR KA HALWA	0.3 kg	Microwave Safe (MWS) Glass Bowl & Microwave safe (MWS) bowl	

For	0.3 kg
Grated Gajar	300 gms
Ghee	2 tbsp
Milk Powder	4 tbsp
Khoya	5 tbsp
Sugar	4 tbsp
Elaichi Powder and Dry Fruits	As per your taste

Method :
1. In a MWS glass bowl take all the ingredients & mix well.
2. Add ½ cup water to the MWS bowl.
3. Keep the MWS glass bowl in the bowl. Cover. Select category & press start.

5-3	SHAKAR-KANDI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	

Shakarkandi	0.1 Kg	0.2 Kg	0.3 Kg
Salt & Chat Masala	As per your taste		

Method :
1. In MWS bowl add ½ water. Keep the peeled off shakarkandi in MWS flat glass dish & put in the bowl. Cover. Select category & weight & press start.
2. After steaming sprinkle some salt & chaat masala & serve

5-4	METHI MUTHIYA	0.1 ~ 0.3 kg	Microwave Safe (MWS) bowl & Microwave safe (MWS) flat glass dish	

For	0.1 Kg	0.2 Kg	0.3 Kg
Methi Leaves	1/2 cup	3/4 cup	1 cup
Atta	1/4 cup	1/2 cup	3/4 cup
Besan	2 tbsp	3 tbsp	4 tbsp
Suji	1 tbsp	1½ tbsp	3/4 tbsp
Soda Bicarb	1/4 tsp	1/2 tsp	3/4 tsp
Ginger garlic chilli paste, Dhaniya Powder, Haldi, Salt, Sugar	As per your taste		

Method :
1. Mix all the ingredients. Add some water and make a soft dough. Make small rolls from this mixture. Place rolls on MWS flat glass dish.
2. Add ½ cup water to the bowl. Keep the MWS flat glass dish in MWS bowl. Cover. Select category & weight and Press start.

5-5	KOTHIMBIR VADI	0.1 ~ 0.3 kg	Microwave safe (MWS) Bowl & Microwave safe (MWS) flat glass dish	

For	0.1 Kg	0.2 Kg	0.3 Kg
Kothimbir (Hara Dhaniya)	100 g	200 g	300 g
Besan	½ cup	1 cup	1½ cup
Suji	2 tbsp	3 tbsp	4 tbsp
Red chilli powder, salt, garam masala	As per taste		
Baking powder	½ tsp	½ tsp	1 tsp

Method :
1. Mix all the ingredients together & make vadis out of it.
2. In MWS bowl, add ½ cup water. Place the vadis on MWS flat glass dish. Keep in the bowl & cover. Select category & weight and press start.
3. Allow to stand for 3 minutes.

Category		Weight Limit	Utensil	Instructions
5-6	SPROUTS	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	For: 0.1 Kg / 0.2 Kg / 0.3 Kg Moong sprouts: 100 g / 200 g / 300 g Chopped onion, Chopped tomato: 1 cup / 2 cups / 2 cups Salt, Chaat masala, Lemon juice: As per taste **Method :** 1. In a MWS bowl, add ½ cup water, put moong sprouts In MWS flat glass dish. Keep in the MWS bowl and cover. 2. Select category and weight and press start. Stand for 3 minutes. Add chopped onion, tomato, salt, chaat masala and lemon juice and serve.
5-7	STEAMED VEG	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	For: 0.1 Kg / 0.2 Kg / 0.3 Kg Chopped vegetables (Capsicum, carrots, peas, beans): 100 g / 200 g / 300 g **Method :** 1. In the MWS bowl, add ½ cup water. Put the chopped vegetables in the MWS flat glass dish, Keep in the bowl & cover. 2. Select category and weight and press start. Sprinkle salt and pepper as per taste and serve.
5-8	RASIA MUTHIYA	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	For: 0.1 Kg / 0.2 Kg / 0.3 Kg Basmati rice (soaked for 1 hour): 100 g / 200 g / 300 g Water: 200 ml / 400 ml / 600 ml Ginger-garlic paste: ½ tbsp / 1 tbsp / 1½ tbsp Hing: A pinch Besan: 1 tbsp / 2 tbsp / 3 tbsp Kadhi: As required **Method :** 1. In a MWS bowl add rice & water. Select category & weight and press start. 2. When beeps, take out the cooked rice. Add ginger garlic paste, hing, besan. Mash well with rice. Make balls out of the rice mixture. 3. In the MWS bowl, add ½ water to the bowl. Keep the muthiyas on the MWS flat glass dish. Keep in the bowl. Cover & press start. 4. When beeps, remove the muthiyas & add to the kadhi & serve.
5-9	STEAMED CAULI-FLOWER	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish.	For: 0.1 Kg / 0.2 Kg / 0.3 Kg Cauliflower florets: 100 g / 200 g / 300 g Onion paste: 1 tbsp / 2 tbsp / 3 tbsp Ginger garlic paste,: ½ tbsp / 1 tbsp / 1½ tbsp Red chilli, dhania, coriander, turmeric (powdered), garam masala, salt, sugar: As per taste Tomato puree: 2 tbsp / 3 tbsp / 4 tbsp Curd: 100 ml / 150 ml / 200 ml **Method :** 1. Mix all the ingredients together except cauliflower. Add cauliflower & marinate for 1 hour. 2. In MWS bowl, add ½ cup water. 3. Now keep the marinated cauliflower on the MWS flat glass dish. Keep in the MWS bowl & cover. Select category & weight and press start. 4. Allow to stand for 5 minutes.

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Category		Weight Limit	Utensil	Instructions
5-10	SARSON KA SAAG	0.1 ~ 0.4 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Sarson (washed & separated leaves)	75 g	150 g	200 g	250 g
Palak (washed & separated leaves)	20 g	50 g	100 g	150 g
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Onion garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp
Tomato (chopped)	1/2 cup	1 cup	1½ cup	2 cups
Salt, Red chilli powder	As per your taste			
Water	As required			

Method :
1. In the MWS bowl, add ½ water. Place sarson and palak in the MWS flat glass dish. Keep the MWS flat glass dish in MWS bowl & cover. Select category and weight and press start.
2. When beeps, remove the MWS bowl, grind the steamed sarson & Palak with water
3. In a MWS bowl add oil, onion garlic paste, tomato, salt and red chilli powder and press start. Mix well.
4. When beeps, add grind sarson and palak, water (as required) to the MWS bowl. Mix well and press start. Serve it with makki ki roti.

5-11	BHAFOURI	0.1 ~ 0.2 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand*

For	0.1 Kg	0.2 Kg
Mix dal paste (Moong dal, Urad dal)	100 g	200 g
Ginger- garlic paste	½ tbsp	1 tbsp
Hing	A pinch	
Mitha soda	1/8 tsp	¼ tsp
Salt	As per taste	

Method :
1. Mix all the ingredients together & make balls out of the mixture.
2. In MWS bowl, add ½ cup water. Keep the balls in MWS idli stand and keep it inside the bowl. Cover. Select category & weight and press start. Allow to stand for 3 minutes.

5-12	STEAMED PEAS	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl

For	0.1 Kg	0.2 Kg	0.3 Kg
Shelled peas	100 g	200 g	300 g
Salt & Chaat masala	As per taste		
Butter	½ tbsp	1 tbsp	1½ tbsp

Method :
1. In MWS bowl, add ½ cup water to the MWS bowl, place put the peas in MWS flat glass dish. Keep in MWS bowl & cover. Select category & weight & press start.
2. Remove & add butter, salt & chaat masala & serve.

5-13	MATAR MUSHROOM	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl

For	0.1 Kg	0.2 Kg	0.3 Kg
Matar	50 g	100 g	150 g
Mushroom (chopped)	50 g	100 g	150 g
Oil	1 tbsp	1½ tbsp	2 tbsp
Onion (chopped)	1/2 cup	1 cup	1 cup
Tomato puree	2 tbsp	2½ tbsp	3 tbsp
Salt, Red chilli powder, Garam masala	As per taste		

Method :
1. Add ½ cup water to MWS bowl. bowl, place the matar and chopped mushroom on the MWS flat glass dish, keep in MWS bowl and cover. Select category and weight and press start.
2. When beeps, remove.
3. In a MWS bowl add oil, onion, tomato puree, salt, red chilli powder, garam masala and press start. Mix well.
4. When beeps, add steamed matar and mushroom to the MWS bowl and add little water, press start. Mix well and add chopped coriander leaves and serve with roti.

5-14	AVIAL	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl

For	0.1 Kg	0.2 Kg	0.3 Kg
Cut vegetables (long pieces), Carrot, potato, drumstick, French beans, bottlegourd	100 g	200 g	300 g
Oil	1 tbsp	1 tbsp	1½ tbsp
Mustard seeds, Curry leaves, Salt, Haldi	As per taste		
Coconut milk	1/2 cup	1 cup	1½ cup
Curd (beaten)	1/2 cup	1 cup	1½ cup

Method :
1. Add ½ cup water to MWS bowl, place the vegetables in MWS flat glass dish & keep in MWS bowl and cover. Press start.
2. Select category and weight and press start.
3. When beeps, remove the all from microwave oven.
4. When beeps, in a MWS bowl add 1tbsp oil, mustard seeds, curry leaves, haldi, salt. Add coconut milk and curd.
5. When beeps, add the steamed vegetables to the coconut milk and press start. Garnish with grated coconut and serve.

Category		Weight Limit	Utensil	Instructions
5-15	SHORSHE ILISH	0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	For: 0.3 kg Hilsa pieces: 300 g Mustard oil: 1 tbsp Onion: 2 nos. Mustard seeds and chilli paste: 1½ tbsp Salt, Red chilli powder: As per taste **Method :** 1. Add ½ cup water to MWS bowl, place the hilsa pieces in MWS flat glass dish & keep in MWS bowl and cover. Select category and press start. Stand for 3 minutes. 2. When beeps, remove all from microwave oven.. In a MWS bowl add mustard oil, onion, mustard and chilli paste, salt, red chilli powder and press start. 3. When beeps, add the steamed hilsa in MWS bowl, mix well and cover. Press start. Serve with rice.
5-16	FARA	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	For: 0.1 kg / 0.2 kg / 0.3 kg Rice flour: 100 g / 200 g / 300 g **For filling :** Boiled chana dal: 50 g / 75 g / 100 g Red chilli power, Salt: As per taste **Method :** 1. Mix rice flour with water to prepare a dough. Roll out the dough. Place the filling of chana dal, red chilli power & salt in the centre & fold it like gujiya. 2. In MWS bowl, add ½ cup water to the MWS bowl, place put the gujiya in MWS flat glass dish. Keep in MWS bowl & cover. Select category & weight & press start.
5-17	SPINACH	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	For: 0.1 Kg / 0.2 Kg / 0.3 Kg Spinach Washed: 100 g / 200 g / 300 g Salt , Chaat masala & Lemon Juice: As per taste Butter: ½ tbsp / 1 tbsp / 1½ tbsp **Method :** 1. In MWS bowl, add ½ cup water to the MWS bowl, place spinach in MWS flat glass dish. Keep in MWS bowl & cover. Select category & weight & press start. 2. Remove & add butter, salt & chaat masala & serve.
5-18	STEAMED CUCUMBER	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	For: 0.1 Kg / 0.2 Kg / 0.3 Kg Cucumber: 100 g / 200 g / 300 g Salt , Chaat masala & Lemon Juice: As per taste Butter: ½ tbsp / 1 tbsp / 1½ tbsp **Method :** 1. In MWS bowl, add ½ cup water to the MWS bowl, place Cucumber in MWS flat glass dish. Keep in MWS bowl & cover. Select category & weight & press start. 2. Remove & add butter, salt & chaat masala & serve.
5-19	STEAMED BROCCOLI	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	For: 0.1 Kg / 0.2 Kg / 0.3 Kg Brocoli (Cut into pieces): 100 g / 200 g / 300 g Salt & Lemon Juice: As per taste Butter: ½ tbsp / 1 tbsp / 1½ tbsp **Method :** 1. In MWS bowl, add ½ cup water to the MWS bowl, place Brocoli in MWS flat glass dish. Keep in MWS bowl & cover. Select category & weight & press start. 2. Remove & add butter, salt & Lemon & serve.

Kids' /Pasteurize Milk

In the following example, show you how to cook 0.4Kg of OMELETTE.

1. Press STOP/Cancel.

2. Press Kids' /Pasteurize Milk.

   The display will show "1".

3. Turn DIAL until display show "1-3".

   Press START /Select /+30seconds for category confirmation.

4. Turn DIAL until display shows "0.4Kg".

5. Press START /Select /+30seconds.

6. When cooking you can increase or decrease cooking time by turning DIAL.

NOTE

- Kids' /Pasteurize Milk menus are programmed.
- Kids' /Pasteurize Milk menus allows you to cook your favourite food by selecting food & weight of food.

Category		Weight Limit	Utensil	Instructions
1-1	CORN CHAAT	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Sweet corn	100 g	200 g	300 g
Mix fruits (Pomegranate, cucumber, apple)	½ cup	1 cup	1½ cup
Salt, red chilli powder, chaat masala, lemon juice	As per taste		

Method :
1. In a MWS bowl add some water & sweet corns. Select category & weight and press start.
2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.

Category		Weight Limit	Utensil	Instructions
1-2	VERMICELLI KHICHDI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Roasted vermicelli	100 g	200 g	300 g
Oil	1 tbsp	1½ tbsp	2 tbsp
Rai, urad dal, curry leaves	As per taste		
Chopped onion	½ cup	1 cup	1 cup
Chopped tomato	1 No.	2 Nos.	3 Nos.
Salt, red chilli powder, haldi, garam masala	As per taste		
Water	400 ml	800 ml	1200 ml
Lemon juice	As per taste		

Method :
1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix. Select category & weight and press start.
2. When beeps, mix & add tomato. Press start.
3. When beeps, mix & add vermicelli, water, salt, red chilli powder, haldi, garam masala. Press start. Stand for 3 minutes.
4. Squeeze lemon, mix & serve.

Category		Weight Limit	Utensil	Instructions
1-3	OMELETTE	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	

For	0.2 kg	0.3 kg	0.4 kg
Eggs	2 Nos.	3 Nos.	4 Nos.
Oil	½ tbsp	1 tbsp	1 tbsp
Chopped onion, tomato, coriander leaves	½ cup	1 cup	1 cup
Salt, pepper	As per taste		

Method :
1. Beat the eggs well & add salt, pepper & coriander leaves.
2. Add oil, tomato & onion to MWS flat glass dish. Select category & weight and press start.
3. When beeps, add the egg mixture. Cover & press start. Allow to stand for 3 minutes.

Category		Weight Limit	Utensil	Instructions
1-4	PIZZA@	0.3 kg	Low rack & High rack	

Pizza base	1 medium pizza base
Topping	3 tbsp
Mix Vegetables - Tomato, Capsicum, Onion	1 cup
Grated Cheese	1/2 cup
Oregano & Chilli flakes (Optional)	As per your taste

Method :
1. Select category & press start. (Pre-heat process)
2. Spread pizza topping on pizza base, spread chopped vegetables on it. Sprinkle grated cheese.
3. When beeps, place the pizza on low rack & press start.
4. When beeps, transfer the pizza on high rack & press start.

@ Do not put anything in the oven during Pre-heat mode.

Child's Favourite

Category		Weight Limit	Utensil	Instructions
1-5	GARLIC BREAD@	0.3 kg	Low Rack	**Bread slices (French Bread): 4 pcs** **Butter: 5 tbsp** **Garlic paste: 2 tbsp** **Grated cheese: 4 tbsp** **Salt, kali mirchi powder, Oregano, chilli flakes: As per your taste** **Method :** 1. Mix butter, garlic paste, grated cheese, salt, kali mirchi powder and oregano together. Apply this mixture to both sides of bread slices. 2. Select category & press start. (Pre-heat process) 3. When beeps, keep the bread slices on low rack & press start. Note : Use French bread to make garlic bread.
1-6	BREAD PUDDING	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	**For: 0.1 kg / 0.2 kg / 0.3 kg** **Bread slices: 2 Nos. / 3 Nos. / 4 Nos.** **Milk (for dipping the bread): ½ cup / 1 cup / 1½ cup** **Egg: 1 Nos. / 2 Nos. / 2 Nos.** **Vanilla Essence: ½ tsp / ¾ tsp / 1 tsp** **Sugar: 3 tbsp / 4 tbsp / 5 tbsp** **Dry fruits: As per your taste** **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 category and weight. Press start.
1-7	CHEESY NACHOS	0.3 kg	Microwave safe (MWS) flat glass dish	**For: 0.3 kg** **Nachos: 300 g** **Grated cheese: 1 cup** **Pizza sauce: 6 tbsp** **Chopped onion, tomato: 2 cups** **Method :** 1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select category & press start.
1-8	CHOCOLATE BALLS	0.3 kg	Microwave safe (MWS) glass bowl	**Milkmaid: 1 cup** **Marie biscuit powder: 1 cup** **Milk powder: ½ cup** **Bournvita: ½ cup** **Grated coconut: ½ cup** **Method :** 1. In a MWS safe glass bowl add milkmaid, marie biscuit powder, milk powder, bournvita. Mix well. Select category & 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.
1-9	STRAW-BERRY CUSTARD	0.5 kg	Microwave safe (MWS) bowl	**For: 0.5 kg** **Milk: 1 cup** **Strawberry custard powder: 3 tbsp** **Sugar: 50 g** **Strawberry pieces: As required** **Method :** 1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well. 2. Select category & press start. 3. When beeps, stir well. Press start. 4. When beeps, stir well. Press start. Allow to set in refrigerator.

@ Do not put anything in the oven during Pre-heat mode.

Category		Weight Limit	Utensil	Instructions
1-10	VEG BURGER	0.1 ~ 0.3 kg	Multicook tawa & High rack*	

For	0.1 kg	0.2 kg	0.3 kg
Burger buns	1 no.	2 nos.	3 nos.
For Tikkis			
Potatoes (boiled)	100 g	200 g	300 g
Boiled peas	¼ cup	½ cup	1 cup
Chopped ginger	1 tsp	2 tsp	3 tsp
Green chillies	1 no.	2 nos.	3 nos.
Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp
Salt, red chilli powder, garam masala, chaat masala	As per taste		
Cornflour	For binding		
Tomato slices	1 no.	2 nos.	3 nos.
Onion slices	2 no.	4 nos.	6 nos.
Cheese slices	1 no.	2 nos.	3 nos.
Butter	1 tsp	2 tsp	3 tsp
Tomato sauce	1 tbsp	2 tbsp	3 tbsp

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 category & 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.

1-11	CHOCO BARS	0.2 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish	

Chocolate chips	½ cup
Oats (crushed)	1 cup
Honey	3 tbsp
Brown sugar	4 tbsp
Butter (softened)	8 tbsp
Chopped nuts (almonds, pistachio, walnut)	As required

Method :
1. In a microwave safe glass bowl put oats, half amount of butter (4 tbsp), honey and brown sugar. mix well. Select category and press start.
2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter.
3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmly 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.

1-12	MUSHROOM & PEPPER PIZZA@	0.3 kg	Multicook tawa & Low rack#	

For	0.3 kg
Pizza base	
Dry active yeast	3 g
Water	2 tbsp
Sugar	¼ tsp
Maida	60 g
Salt	¼ tsp
Oil	1 tsp
Topping	
Pizza sauce	2 tbsp
Vegetables (sliced mushroom, chopped yellow & red bell pepper)	1 cup
Grated cheese	1 cup
Oregano & chilli flakes	As per taste

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 category & press start.
7. When beeps, keep the tawa on low rack. Keep it inside the microwave oven. Press start.

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 144, fig 1
* Refer page 144, fig 2

Child's Favourite

Category		Weight Limit	Utensil	Instructions
1-13	CHEESE BREAD DELIGHT	8 Pc	High rack	

For	8 nos.
Brown bread slice (buttered)	4 nos.
Cheese slice	4 nos.
Butter (softened)	2 tbsp
Chilli flakes	1 tbsp
Salt (optional)	As per taste
Cherry tomatoes	20 nos.
For Dressing	
Olive oil	3 tbsp
Vinegar	1 tbsp
Light soya sauce	½ tsp
Chopped parsley / coriander leaves	1 tbsp
Salt, black pepper powder	As per taste

Method :
1. Take bread slices & remove its edges using a sharp bread knife. In a bowl mix together all the ingredients of dressing.
2. Take 2 buttered bread slices. Place a cheese slice on top of a bread & sprinkle some chilli flakes & salt. Cover with the second piece of bread. Press gently to stick them together. Follow same procedure to make more sandwiches like this from rest of the ingredients.
3. Cut each sandwich into 4 quarters/triangles to get 8 quarters/triangles in all.
4. Take a wooden skewer & insert 1 sandwich triangle & followed by a cherry tomato. Repeat the same step in the same skewer. So that 1 skewer has 2 triangles & 2 cherry tomatoes. Make all sandwich in the same way.
5. Brush all skewered sandwiches with the prepared dressing from all sides. Place them on high rack.
6. Keep high rack inside the microwave. Select category and press start.
7. When beeps, turn over the sandwiches carefully & again press start. Serve them hot with tomato ketchup.

1-14	NOODLE ROSTI	0.2 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	

For Rosti	
Boiled whole wheat noodles	¾ cup
Grated paneer	¼ cup
Grated mozarella cheese	¼ cup
Oil	2 tsp
Salt & pepper	As per taste
Coriander (chopped)	2 tbsp
For Topping	
Mixed shredded vegetables (carrot, cabbage, capsicum)	½ cup
Boiled bean sprouts	¼ cup
Oil	1 tbsp
Salt & pepper	As per taste
Tomato ketchup	4 tbsp

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 category & 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.

* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-15	APPLE PIE@	0.6 kg	Metal cake tin & Low rack##	

For	0.6 kg
Apple Filling	
Apples (pealed, cleaned & sliced thinly)	4 large sized
White sugar	¼ cup
Brown sugar	¼ cup
Lemon juice	1 tsp
Cinnamon powder	1 tsp
Nutmeg powder	¼ tsp
Salt	¼ tsp
Softened butter	2 tbsp
Cornflour	2 tbsp
Short Crust Pastry	
Maida	2½ cup (300 g)
Salt	½ tsp
Sugar (granulated)	2 tsbp
Unsalted butter (chilled & cut into 1 inch pieces)	1 cup (225 g)
Ice water	¼ - ½ cup (60-120 ml)

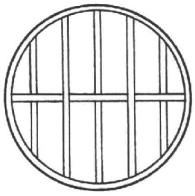


Fig -1

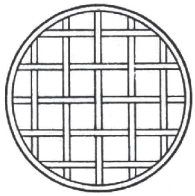


Fig -2

Method :
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 category & press start. (Pre-heat 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 becomes soft while making pie, keep the rolled dough in freezer.

1-16	APPLE CUSTARD	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl

For	0.1 kg	0.2 kg	0.3 kg
Apple	100 g	200 g	300 g
Sugar	1 tbsp	2 tbsp	3 tbsp

Method :
1. Mix all the ingredients in a MWS glass bowl. Select category & weight and press start.
2. When beeps, mix well & press start.

1-17	DHOKLA	0.3 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl

For	0.3 kg
Besan	100 g
Warm water	100 ml
Curd	4 tbsp
Green chilli & ginger paste	2 tsp
Salt & sugar	As per taste
Fruit salt / Mitha Soda	¼ tsp
Oil, rai, curry leaves, water	For tempering
Grated coconut	For garnishing
Yellow colour / Haldi	As required

Method :
1. Mix besan, curd, sugar, salt, water, green chilli-ginger paste, yellow color, fruit salt together. Mix well. Keep for 5-10 minutes.
2. Pour the mixture in MWS safe flat glass dish. Add ½ cup water to the MWS bowl, keep the flat glass dish, cover. Select category & weight and press start.
3. Add the tempering to the dhokla & cover. Stand for 5 minutes. Garnish with grated coconut & serve.
   Note : For tempering in a MWS glass bowl add oil, rai & curry leaves. Microwave at 100% for 2 minutes. Add some water & dissolve sugar.

@ Do not put anything in the oven during Pre-heat mode.
Refer page 144, fig 4

Child's Favourite

Category		Weight Limit	Utensil	Instructions
1-18	POHA	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Poha (washed)	100 g	200 g	300 g
Oil	1 tbsp	1½ tbsp	2 tbsp
Rai, jeera, hing, haldi, curry leaves	As per taste		
Chopped onion	1/2 cup	1 cup	1 cup
Green chillies	1 No.	2 Nos.	3 Nos.
Salt, red chilli powder, garam masala, sugar	As per taste		
Grated coconut & hara dhania	For garnishing		

Method :
1. In a MWS glass bowl add oil, rai, jeera, curry leaves. Select category & weight and press start.
2. When beeps, add onion, green chillies, hing, haldi. Mix & press start.
3. When beeps, add washed poha, salt, red chilli powder, garam masala & sugar. Mix & press start. Squeeze lemon juice. Garnish with grated coconut & hara dhania & serve.

1-19	UPMA	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl

For	0.1 Kg	0.2 Kg	0.3 Kg
Suji	100 g	200 g	300 g
Oil	1 tbsp	2 tbsp	3 tbsp
Water	200 ml	400 ml	600 ml
Salt & sugar	As per taste		
Onion	1 No.	2 Nos.	2 Nos.
Green chilli	2 No.	3 Nos.	3 Nos.
Rai, jeera, hing, curry leacves, urad dal	As per taste		
Lemon juice	As per taste		

Method :
1. In a MWS glass bowl add oil, rai, jeera, urad dal, green chilli, suji. Mix well.
2. Select category & weight and press start.
3. When beeps, add onions, stir well & press start.
4. When beeps, add water, sugar, salt, lemon juice. Mix well & press start. Stand for 5 minutes.

1-20	BESAN CHEELA	1 Pc	Multicook Tawa & High Rack*

Besan	1 cup (120 g)
Water	200 ml
Chopped green chillies	2 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, garam masala, haldi	As per taste

Method :
1. In a bowl take besan, salt, red chilli powder, Garam masala, haldi, chopped coriander & green chillies. Mix & gradually add water in small amounts to make a batter for cheela without any lumps.
2. Grease the tawa with 2-3 drops of oil, keep on high rack. Select category & press start.
3. When beeps, pour ½ cup (approx 100 ml) batter on the tawa & spread evenly, make a circle. Keep on rack & press start.
4. When beeps, smear ¼ tsp oil on cheela, spread oil evenly & turn & press start.
5. Serve cheela hot with tomato Ketchup or mint Chutney.

1-21	VEG SANDWICH	0.1 ~ 0.3 kg	High rack

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

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

* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
1-22	PANEER SANDWICH	0.1 ~ 0.3 kg	High rack	

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

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

Category		Weight Limit	Utensil	Instructions
1-23	MASALA CHEESE TOAST	0.1 ~ 0.3 kg	High rack	

For	0.1 kg	0.2 kg	0.3 kg
Bread slices	2 nos.	4 nos.	6 nos.
Butter	For applying on bread slices		
For Filling			
Chopped boiled vegetables - cabbage, cauliflower, green peas, french beans, capsicum	1 cup	1½ cup	2 cups
Chopped onions	1 no.	2 nos.	2 nos.
Mashed boiled potatoes	2 nos.	3 nos.	4 nos.
Chopped green chillies	1 no.	2 nos.	3 nos.
Salt, red chilli powder, garam masala	As per taste		
Chopped coriander leaves	1 tsp	2 tsp	3 tsp
Grated cheese	2 tsp	4 tsp	6 tsp

Method :
1. In a bowl add mashed boiled potatoes, boiled vegetables. Mash them well. Add chopped onion, green chillies & chopped coriander leaves. Mix well. Now add salt, red chilli powder, garam masala. Mix well.
2. Apply butter on one side of all bread slices.
3. Put the filling & grated cheese on one slice & cover with other slice. Prepare all the toasts in same way.
4. Keep the toasts on high rack. Select category & weight and press start.
5. When beeps, turn over the side & press start.

Category		Weight Limit	Utensil	Instructions
1-24	KHANDVI	0.3 kg	Microwave safe (MWS) bowl	

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

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

Category		Weight Limit	Utensil	Instructions
1-25	COTTAGE HONEY TOAST	0.1 ~ 0.3 kg	High rack	

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

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

Child's Favourite

Category		Weight Limit	Utensil	Instructions
1-26	TOKRI CHAAT	0.1 ~ 0.3 kg	Metal muffin case & High rack	

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

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

Category		Weight Limit	Utensil	Instructions
1-27	SPICY BABY CORN	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

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

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

Category		Weight Limit	Utensil	Instructions
1-28	BREAD UPMA	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Bread slices (cut into small pieces)	100 g	200 g	300 g
Oil	½ tbsp	1 tbsp	1½ tbsp
Mustard seeds	¼ tsp	½ tsp	1 tsp
Jeera	¼ tsp	½ tsp	1 tsp
Curry leaves	As required		
Onion (chopped)	¼ cup	½ cup	1 cup
Chopped green chillies	2 nos.	3 nos.	4 nos.
Chopped tomatoes	1 no.	2 nos.	3 nos.
Salt, red chilli powder, haldi	As per taste		
Lemon juice	As required		

Method :
1. In a MWS bowl add oil, mustard seeds, jeera, curry leaves & onion. Select category & weight and press start.
2. When beeps, mix well & add green chillies, tomatoes, salt, red chilli powder, haldi & lemon juice. Mix well & press start.
3. When beeps, mix well, add bread pieces & sprinkle some water. Mix well and press start.

Category		Weight Limit	Utensil	Instructions
1-29	UGGANI	0.3 kg	Microwave safe (MWS) bowl	

For	0.3 kg
Puffed rice (murmura)	150 g
Besan (roasted)	2 tbsp
Oil	1½ tbsp
Mustard seeds (spluttered)	1 tsp
Green chilli (chopped)	2 nos.
Curry leaves	8-10 nos.
Coriander leaves (chopped	2 tbsp
Onion (chopped)	2 nos.
Tomato (chopped)	2 nos.
Lemon juice (optional)	1 tbsp
Salt, turmeric powder, red chilli powder, garam masala	As per taste

Method :
1. In a bowl take puffed rice (murmura) & soak in water for 1-2 minutes. Drain all the water by lightly squeezing murmura with hands. Add roasted besan & mix well with murmura. Keep aside for later use.
2. In a MWS bowl take oil, spluttered mustard seeds, chopped green chilli, tomato, onion & curry leaves. Mix well. Select category & press start.
3. When beeps, add all the spices & stir well and again press start.
4. When beeps, add soaked murmura. Mix very well & press start. Squeeze lemon juice & sprinkle fresh coriander and serve hot.

1-30	MURMURA	0.1 kg	Microwave safe (MWS) glass bowl	

For	0.1 kg
Murmura	100 g
Roasted peanuts	As required
Oil	1 tbsp
Jeera	1 tsp
Salt, chaat masala	As per taste
Haldi	¼ tsp

Method :
1. In a MWS glass bowl add oil, jeera, haldi. Select category & press start.
2. When beeps, add murmura. Mix & press start.
3. When beeps, add roasted peanuts, salt, chaat masala & serve.

1-31	NON-VEG PIZZA@	0.3 kg	Multicook tawa & Low rack#	

For	0.3 kg
Pizza base	
Dry active yeast	3 g
Water	2 tbsp
Sugar	¼ tsp
Maida	60 g
Salt	¼ tsp
Oil	1 tsp
Topping	
Pizza sauce	2 tbsp
Chicken (sliced boneless chicken breast)	1 cup
Grated cheese	1 cup
Oregano & chilli flakes	As per taste

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 chicken & spread grated cheese. Keep aside.
6. Select category & press start.
7. When beeps, keep the tawa on low rack. Keep it inside the microwave oven. Press start.

Refer page 144, fig 1
@ Do not put anything in the over during preheat Mode.

Child's Favourite

Category		Weight Limit	Utensil	Instructions
1-32	PUFF SNACKS	8 pc.	Tawa + Low Rack#	

For	8 Pc.
Maida	2 Cup
Butter	150 Gram.
Salt	As Per Taste

Method :

1. Mix all the ingredients add only 2 tbsp of butter for now and make dough.
2. Keep the dough in Refrigerator for resting for half an hour.
3. Take the dough from Refrigerator and Roll the dough and keep the balance butter in center of the dough and cover the dough and again keep the dough in Refrigerator.
4. After 15 Minutes take out dough from Refrigerator and flatter the dough and fold it 6 times and again keep in Refrigerator.
5. Repeat the process after 15 minutes at least 3 times.
6. Make the shape as you wish to do.
7. Select menu and press start (preheat).
8. After Beeps, place the puffs in multicook tawa using low rack and press start away.

Refer page 144, fig 1

Category		Weight Limit	Utensil	Instructions
2-1	CHOCOLATE CAKE@	0.4 kg	Metal Cake Tin & Low Rack##	For: 0.4 kg Maida: 110 g Baking powder: ¼ tsp Cocoa powder: 50 g Curd: 70 ml Powder sugar: 100 g Egg: 1 no. Vanilla essence: ¼ tsp Oil: 50 ml **Method :** 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. Add oil. Combine all, beat well. If required add milk to the batter to adjust the consistency. 4. Grease a metal cake tin or line with butter paper. Add the cake batter. 5. Select category & press start. (Pre-heat process) 6. When beeps, put the cake tin on low rack & keep in microwave & press start.
2-2	LAMINGTON CAKE@	0.4 kg	Low rack & Metal cake tin## & Microwave safe (MWS) bowl	For: 0.4 kg Maida: 100 g Powdered sugar: 75 g Butter: 75 g Eggs: 1 No. Baking powder: 1 tsp Vanilla essence: 1 tsp For Lamington solution - Coco powder: 2 tbsp Water: 2 cups Desiccated coconut: As required **Method :** 1. Sieve maida, baking powder. In a bowl add powdeLred 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 category, press start. (Pre-heat process) When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep. 3. In MWS bowl add water and coco powder and 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.
2-3	DOUGHNUTS @	0.2 kg	Multicook tawa & Low rack#	For: 0.2 kg Maida: 200 g Yeast: ½ tbsp Luke warm milk: 100 ml Powdered sugar: 50 g Nutmeg powder: A pinch Egg: ½ (beaten) Vanilla essence: ¼ tsp Butter: 1 tbsp **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 category & press start. (Pre-heat 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.

@ Do not put anything in the oven during Pre-heat mode.
Refer page 144, fig 4
Refer page 144, fig 1

Bakery

Category		Weight Limit	Utensil	Instructions
2-4	NAN KHATAI@	0.4 kg	Multicook tawa & Low rack#	For 0.4 kg Maida 150 g Suji 50 g Powdered sugar 85 g Vanilla essence 1 tsp Butter 100 g Almonds & cashewnuts A few **Method :** 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. Make medium sized balls & put cashewnut on the top of each piece. Arrange them on tawa & keep aside. 5. Select category & press start. (Pre-heat process) When beeps, keep the tawa on low rack & press start.
2-5	WHOLE WHEAT COOKIES@	0.3 kg	Multicook tawa & Low rack#	For 0.3 kg Whole wheat flour 200 g Brown sugar 100 g Granulated sugar 50 g Butter 100 g Egg 1 No. Vanilla essence ½ tsp Baking powder ½ tsp **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 category, press start. (Pre-heat process) When beeps, put the cookies on tawa & tawa on low rack. Press start to bake. Remove when it gives a beep.
2-6	CHENA PODA@	0.3 kg	Low rack & Microwave safe (MWS) flat glass dish & High rack**	For 0.3 kg Chena 300 g Sugar 100 g Suji 20 g **Method :** 1. Mix chena, sugar & suji together adding little water. 2. Transfer this mixture to MWS flat glass dish. 3. Select category & press start. (Pre-heat process) 4. When beeps, place the MWS flat glass dish on low rack. Press start. 5. When beeps, keep the dish on high rack. Press start.
2-7	VANILLA CAKE@	0.4 kg	Metal Cake Tin & Low Rack##	For 0.4 kg Maida 100 g Powdered Sugar 75 g Butter 75 g Eggs 1 no. Baking Powder 1 tsp Vanilla essence 1 tsp **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 category & press start. (Pre-heat process) 3. When beeps, keep the cake tin on low rack & press start.

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 144, fig 1
Refer page 144, fig 4
** Refer page 144, fig 5

Category		Weight Limit	Utensil	Instructions
2-8	BUNS@	4 Pc	Multicook tawa & Low rack#	

For Dough	
Maida	1½ cup
Salt	1 tsp
Sugar	1 tbsp
Dry yeast	1½ tsp
Beaten egg	1 no.
Milk powder	1 tbsp
Warm water	100 ml
Oil	1 tbsp

Method :
1. In a bowl / cup take sugar & warm water and dissolve it. Add dry yeast & stir to dissoslve. 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 category & press start. (Pre-heat 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.

2-9	APPLE CUP CAKES@	0.4 kg	Metal muffin tray & Low rack	

For	0.4 kg
Maida	1 cup
Apple (peeled & pureed)	½ cup
Powdered sugar	½ cup
Brown sugar	¼ cup
Butter (softened)	50 g
Cinnamon powder, clove powder, nutmeg powder	A pinch (each)
Eggs	2 nos.
Chopped almonds	2 tbsp
Baking powder	½ tsp

Method :
1. In a dry & clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt & mix with a fork & keep aside.
2. In anaother 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 category & press start. (Pre-heat process)
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.

2-10	EGGLESS CHOCOLATE CAKE@	0.5 kg	Metal cake tin & Low rack##	

For	0.5 kg
Maida	125 g
Coco powder	2 tbsp
Baking powder	1 tsp
Soda bi carb	½ tsp
Milkmaid	200 ml
Water	100 ml
Butter (melted)	60 ml

Method :
1. Select category & press start for pre-heating.
2. Meanwhile, prepare the cake batter - sieve the maida, coco powder, baking powder, soda bi carb together.
3. Add milkmaid, water & melted butter. 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.

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 144, fig 1
Refer page 144, fig 4

Bakery

Category		Weight Limit	Utensil	Instructions
2-11	SWISS ROLL@	0.2 kg	Multicook tawa & Low Rack#	

For	0.2 kg
Maida	80 gm
Condensed Milk (Milkmaid)	100 ml
Butter	75 gm
Soda bicarb	¼ tsp
Vanilla essence	¼ tsp
Mix fruit jam	2 tbsp

Method :
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 tray. Pour the batter.
3. Select category & press start. (Pre-heat process)
4. When beeps, put the tawa on low rack & keep inside microwave. Press start.
5. Select category & press start.
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.

2-12	PATTIES@	3 Pc	Multicook tawa & Low rack# & High rack*

For	3 No.
Maida	200 g
Salt	1/2 tsp
Cold fat (Butter or margarine)	100 g
Cold water	For making dough
Dry mix vegetables for stuffing	As required

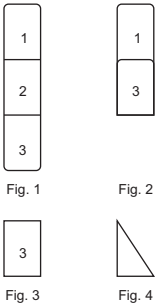


Fig. 1 Fig. 2

Fig. 3 Fig. 4

Method :
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.Divide the dough into 3 equal portions.
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 category & press start. (Pre-heat process) When beeps, arrange the patties on tawa. Keep tawa on low rack & press start.
7. When beeps, brush with 2 tsp oil. Keep the tawa on high rack & press start.
   Note : If the butter gets soft while rolling the dough, keep the rolled dough in freezer.

2-13	JEERA BISCUITS@	0.2 kg	Low rack & Multi cook tawa#

For	0.2 kg
Maida	120 g
Powdered suger	50 g
Butter	50 g
Jeera / Ajwain	As per taste
Soda bi carb	1 pinch
Baking powder	1.4 tsp
Water	As required

Method :
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 category & press start. (Pre-heat process) When beeps, keep the tawa on low rack. Keep both inside the microwave & press start to bake. Remove when it gives a beep. Allow them to cool.

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 144, fig 1
* Refer page 144, fig 2

Category		Weight Limit	Utensil	Instructions
2-14	PINWHEEL COOKIES@	0.2 kg	Multicook tawa & Low rack#	For: 0.2 kg Maida: 2½ cups Butter (melted): ½ cup Powdered sugar: ¾ cup Egg (beaten): 1 no. Coco powder: 2 tbsp Salt: A pinch Baking powder: ¼ tsp Vanilla essence: 1 tsp **Method :** 1. In a bowl take melted butter & powdered sugar. Beat well with beater till creamy & fluffy. 2. Add beaten egg & vanilla essence & again beat. Sift together maida, salt, baking powder. Add sifted flour to the beaten mixture & knead a dough. 3. Divide the dough into 2 parts. Add coco powder to one portion & knead again. Add 1 tbsp milk to knead the dough (if required). 4. Dust the kitchen slab with little flour (maida) & roll plain dough into a rectangle & roll chocolate dough in the same way. Place on top of plain rolled out dough. 5. Roll out both doughs until ½" thick. Starting from one-edge roll the doughs, give the shape of a log. Cut the cookies of ¼" thickness. 6. Select category & press start. (Pre-heat process) 7. When beeps, place cookies on the tawa. Keep tawa on low rack & keep both inside the microwave and press start. 8. When cooking ends, remove the cookies immediately from tawa & cool on a rack.
2-15	BROWNIE@	0.3 kg	Low rack & metal cake tin##	For: 0.3 kg Maida: 125 g Condensed milk: 150 g Butter: 100 g Almonds, Wallnuts: As per taste Baking powder: ¼ tsp Chocolate Essence: 1 tsp Coco powder: 2 tbsp **Method :** 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 category & press start. (Pre-heat process) When beeps, put the tin with batter on low rack. Press start to bake. Remove when it gives a beep.
2-16	MUFFINS@	0.3 kg	Low rack & metal muffin tray	For: 0.3 kg Maida: 200 g Powdered sugar: 100 g Butter: 75 g Almonds, Wallnuts: As per taste Egg: 1 No. Baking powder: 1/2 tsp Almond essence: 1/2 tsp **Method :** 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 category & press start. (Pre-heat process) When beeps, put the tray on low rack. Press start to bake. Remove when it gives a beep.

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 144, fig 1
Refer page 144, fig 4

Category		Weight Limit	Utensil	Instructions
2-17	WALNUT CAKE@	0.25 kg	Metal Cake Tin & Low Rack##	For: 0.3 kg Maida: 110 g Baking powder: ¼ tsp Walnuts: ½ cup Curd: 70 ml Powdered sugar: 170 g Egg: 1 no. Vanilla essence: ¼ tsp **Method :** 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 category & press start. (Pre-heat process) 6. When beeps, put the cake tin on low rack & keep in microwave & press start.
2-18	CARROT CAKE@	0.3 kg	Metal Cake Tin & Low Rack##	For: 0.3 kg Maida: 110 g Baking powder: ¼ tsp Grated carrot: ½ cup Curd: 70 ml Powdered suger: 170 g Egg: 1 no. Vanilla essence: ¼ tsp **Method :** 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 category & press start. (Pre-heat process) 6. When beeps, put the cake tin on low rack & keep in microwave & press start.
2-19	MASALA BISCUITS@	0.2 kg	Low rack & Multi cook tawa#	For: 0.2 kg Maida: 100 g Butter: 50 g Sugar: 50 g Baking powder: 1 tsp Salt, chilli powder, coriander powder: As per taste **Method :** 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 category & press start. (Pre-heat process) 5. When beeps, keep the biscuits on the multi cook tawa & place the tawa on low rack & press start.
2-20	CHEESE STRAW@	0.2 kg	Multicook tawa & Low rack#	For: 0.2 kg Maida: 100 g Grated cheese: 25 g Butter: 50 g Cold water: As required Pepper powder: 1/4 tsp Baking powder: 1/8 tsp Chilli powder: 1/2 tsp Salt: 1/4 tsp **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 category & press start. (Pre-heat process) When beeps, put the tawa on low rack. Press start to bake. Remove when it gives a beep.

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 144, fig 1
Refer page 144, fig 4

Category		Weight Limit	Utensil	Instructions
2-21	STRAW-BERRY CAKE@	0.25 kg	Metal Cake Tin & Low Rack##	For: 0.4 kg Maida: 100 g Powdered Sugar: 75 g Butter: 75 g Eggs: 1 no. Baking Powder: 1 tsp Strawberry essence: 1 tsp Strawberry Shreds: ½ cup **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 strawberry shreds, to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin. 2. Select category & press start. (Pre-heat process) 3. When beeps, keep the cake tin on low rack & press start.
2-22	CARAMEL CAKE@	0.25 kg	Metal Cake Tin & Low Rack##	For: 0.4 kg Maida: 100 g Powdered brown Sugar: 75 g Butter: 75 g Eggs: 1 no. Baking Powder: 1 tsp Vanilla essence: 1 tsp Walnuts: ½ cup **Method :** 1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs, essence & walnuts 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 category & press start. (Pre-heat process) 3. When beeps, keep the cake tin on low rack & press start.
2-23	TUTI-FRUTI CAKE@	0.25 kg	Metal Cake Tin & Low Rack##	For: 0.4 kg Maida: 100 g Powdered Sugar: 75 g Butter: 75 g Eggs: 1 no. Baking Powder: 1 tsp Tuti-Fruti (Fruit cherries): 1 tsp **Method :** 1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and Tuti-Fruti 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 category & press start. (Pre-heat process) 3. When beeps, keep the cake tin on low rack & press start.
2-24	ORANGE CAKE@	0.25 kg	Metal Cake Tin & Low Rack##	For: 0.4 kg Maida: 100 g Powdered Sugar: 75 g Butter: 50 g Eggs: 1 no. Baking Powder: 1 tsp Orange juice: ½ cup Lemon extract: 1 tsp **Method :** 1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs, essence, orange juice & lemon extract 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 category & press start. (Pre-heat process) 3. When beeps, keep the cake tin on low rack & press start.

@ Do not put anything in the oven during Pre-heat mode.
Refer page 144, fig 4

Bakery

Category		Weight Limit	Utensil	Instructions
2-25	CURD PUDDING CAKE	0.3 kg	MWS Bowl	For: 0.3 kg Curd: 1 Cup Condensed Milk: 1½ Cup Cherry: ½ cup Saffron: 1 tsp **Method :** 1. Mix all the ingredients together without lumps. 2. Now pour the better MWS bowl 3. Select menu and press start. 4. When beeps, give the standing time of 5 minutes.
2-26	CHEESE BUNS	0.3 kg	Multicook tawa & Low rack#	For: 0.3 kg Maida: 150 g Olive Oil: 1 tbsp Grated Cheese: ½ cup Yeast: 1 tsp Powdered sugar: 1 tsp Egg: 1 no. Water: 1 Cup **Method :** 1. In a bowl add flour, Salt, Sugar, Oil, 3 tbsp , Cheese and yeast than add ¼ cup of warm water and mix with fork. 2. Then add beaten egg ,remaining Cheese and remaining water. Mix with fork until dough starts to come together and Knead for 5 min. 3. Form the dough into a ball and cover it well and let it rise for two hours. 4. Remove the dough from bowl and on a lightly floured flat surface knead dough a couple of minutes and shape in to buns. Cover and let rise for 1 hour. 5. Select menu and press start (Preheat). 6. When beeps, put the buns on low rack & keep in microwave & press start.
2-27	CHEESE POTATO MUFFINS	6 pc.	Multicook tawa & Low rack#	For: 6 pc. Small Potatos: 7 nos. Yoghurt: ½ cup Milk: 1 Cup Oil: ½ Cup Black pepper.: ½ Tbsp Cloves Chopped Garlic.: 4 pc. Basil Leaves: 1 tbsp All Purpose Flour: ¾ Cup Grated Flour: ½ Cup Spring Onion: ½ Cup Ginger Chilli Paste: 2 Tpsp Salt: As per taste **Method :** 1. Take boiled Potatos and mash them. 2. Add Yoghurt, milk and add oil, salt, Black Pepper and other ingredients. 3. Now make soft dough and place the Material in silicon muffin moulds. 4. Select category & press start. (Pre-heat process) 5. When beeps, keep the moulds on low rack and press start again.
2-28	CHICKEN EGG MUFFINS	0.2 kg	Multicook tawa & Low rack#	For: 6 pc. Boneless Chicken Pieces: 1 Cup. Yoghurt: ½ cup Milk: 1 Cup Oil: ½ Cup Black pepper.: ½ Tbsp Cloves Chopped Garlic.: 4 pc. Basil Leaves: 1 tbsp All Purpose Flour: ¾ Cup Grated Flour: ½ Cup Spring Onion: ½ Cup Ginger Chilli Paste: 2 Tpsp Salt: As per taste **Method :** 1. Take boiled Boneless Chicken Piece and mash them. 2. Add Yoghurt, milk and add oil, salt, Black Pepper and other ingredients. 3. Now make soft dough and place the Material in silicon muffin moulds. 4. Select category & press start. (Pre-heat process) 5. When beeps, keep the moulds on low rack and press start again.

Refer page 144, fig 1

Category		Weight Limit	Utensil	Instructions
3-1	SUJI HALWA	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

Suji	0.1 kg	0.2 kg	0.3 kg
Ghee (melted)	2 tbsp	3 tbsp	4 tbsp
Water	300 ml	600 ml	900 ml
Sugar	100 g	200 g	300 g
Cashewnuts, Kishmish, Kesar Elaichi Powder	As per your taste		

Method :
1. In Microwave safe glass bowl take Suji, add ghee, mix it together. Select category & weight and press start.
2. When beeps, stir it and press start. Allow to cool.
3. When beeps, add water, sugar, cashewnuts, kishmish, kesar, Elaichi powder, mix it well and press start. Stand for 5 minutes. Serve hot.

3-2	BESAN LADOO	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish

Besan	0.1 kg	0.2 kg	0.3 kg
Ghee (melted)	3 tbsp	5 tbsp	7 tbsp
Powder Sugar	50 g	100 g	150 g
Elaichi Powder	1/2 tsp	1 tsp	1 tsp

Method :
1. In Microwave safe flat glass dish take besan and ghee. Select category & weight and press start.
2. When beeps, stir it & press start.
3. When beeps, stir it & press start.
4. Allow to cool. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size.
   Note : For binding the ladoo use ghee.

3-3	KHEER	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl

For	0.1 kg	0.2 kg	0.3 kg
Milk	100 ml	200 ml	300 ml
Milkmaid	150 ml	200 ml	300 ml
Seviyaan (roasted)	20 gm	40 gm	60 gm
Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp
Kesar & Elaichi Powder	As per taste		

Method :
1. In Microwave Safe Glass Bowl add milk, milkmaid & mix well. Select category and weight & press start.
2. When beeps, add Badam Pista pieces, Kesar Elaichi Powder & Seviyaan. 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.

3-4	PAYASAM	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Broken Rice (soaked for 2 hour)	100 g	200 g	300 g
Milk & Water	300 ml	500 ml	700 ml
Sugar	75 g	150 g	200 g
Kesar, elaichi powder dry fruits	As per taste		
Ghee	1 tbsp	1½ tbsp	2 tbsp

Method :
1. In a MWS bowl take ghee, soaked rice, milk, sugar & water & cover it.
2. Select category & weight and 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.

3-5	MYSORE PAK	0.3 Kg	Microwave safe (MWS) flat glass dish

For	0.3 Kg
Besan	100 g
Melted ghee	100 ml
Powdered Sugar	100 g
Milk	¼ cup

Method :
1. In a MWS flat glass dish add besan. Select Category & press start.
2. When beeps, mix well & add melted ghee, powdered sugar. Mix very well while adding. Press start.
3. When beeps, mix well & add milk. Press start. Allow to cool & cut into pieces & serve.

Sweet Corner

Category		Weight Limit	Utensil	Instructions
3-6	NARIYAL BURFI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Grated coconut	100 g	200 g	300 g
Milkmaid	½ cup	1 cup	1½ cup
Milk powder	3 tbsp	4 tbsp	5 tbsp
Ghee	1 tsp	2 tsp	3 tsp
Elaichi powder	1 tsp	2 tsp	3 tsp

Method :
1. In a MWS bowl add ghee & fresh grated coconut. Mix well.
2. Select category & weight and 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

3-7	SANDESH	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl

For	0.2 kg	0.3 kg	0.4 kg
Paneer (grated)	200 g	300 g	400 g
Milkmaid	50 g	75 g	100 g
Rose water	1 tbsp	1½ tbsp	2 tbsp
Elaichi seeds	½ tsp	1 tsp	1½ tsp
Chopped pista	A few		
Khoa (mashed)	100 gm	150 gm	200 gm

Method :
1. In a MWS bowl add grated paneer, khoa, rose water & milkmaid. Mix well.
2. Select menu & weight and press start.
3. When beeps, stir well & press start.
4. Allow to cool. Hang in Muslin cloth for 20 minutes if it is too wet. Make balls out of the mixture & roll them in elaichi powder & chopped pista. Refrigerate till set.

3-8	SEVIYAN ZARDA	0.2 kg	Microwave safe (MWS) glass bowl

Roasted Seviyan	200 g
Sugar	5 tbsp
Water	3 cups
Rose essence	A few drops
Almonds	A few
Chopped pista	A few
Elaichi powder	½ tsp
Ghee	1 ½ tbsp

Method :
1. In a MWS glass bowl add sugar & water. Select category & press start.
2. When beeps, add rose essence , cardamom powder, seviyan to the bowl. Press start. Give standing time of 3 minutes. Garnish with almonds & pista & serve.

3-9	BURFI	0.3 kg	Microwave safe (MWS) flat glass dish

For	0.3 kg
Milk powder	100 g
Milkmaid	100 ml
Cream	100 ml
Corn flour	4 tbsp
Chopped almonds & pistas	As required

Method :
1. In a bowl mix milk powder, corn flour, milkmaid & cream. Beat well till smooth.
2. Pour the mixture in a MWS flat glass dish. Select category & 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.

3-10	KALAKAND	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

Grated Paneer	0.1 kg	0.2 kg	0.3 kg
Milkmaid	50 ml	100 ml	200 ml
Milk Powder	2 tbsp	3 tbsp	4 tbsp
Cornflour	1/2 tsp	1 tsp	1 tsp
Elaichi Powder	1/2 tsp	1 tsp	1 tsp

Method :
1. In Microwave Safe Bowl take grated paneer, milkmaid, milk powder, cornflour, Elaichi powder. Mix well, select category & weight and press start.
2. When beeps, mix it again and press start.
3. When set cut into pieces. Garnish with dry fruits.

Category		Weight Limit	Utensil	Instructions
3-11	SHAHI RABDI	0.3 kg	Microwave safe (MWS) bowl	

For	0.3 kg
Milk	1 cup
Grated paneer	1 cup
Condensed milk	½ cup
Deshi ghee	1 tbsp
Elaichi powder	¼ tsp
Saffron	A few strands
Rose essence	A few drops
Chopped pistachios	1 tbsp
Chopped almonds (skin removed)	2 tbsp

Method :
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 category & press start.
4. Serve chilled garnished with chopped pistachios.

3-12	SHAHI TUKDA	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish & High Rack**

For	0.1 kg	0.2 kg	0.3 kg
Bread Slices	1 slice	2 slices	3 slices
Milkmaid	50 ml	100 ml	150 ml
Milk	50 ml	100 ml	125 ml
Sugar	1 tbsp	2 tbsp	3 tbsp
Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp
Kesar-Elaichi Powder	As per your taste		

Method :
1. Arrange bread slices on high rack. Select category & weight & press start.
2. When beeps, turn slices press start.
3. When beeps, mix milkmaid, milk, sugar, dry fruits and kesar elaichi powder in Microwave Safe Flat Glass Dish. Pour the mixture on slices and press start. Serve hot.

3-13	KADDU KHEER	0.5 kg	Microwave safe (MWS) glass bowl

For	0.5 kg
Milk	300 ml
Grated kaddu	200 g
Milkmaid	150 g
Dry fruits (Kaju, kishmish, pista)	As required

Method :1. n a MWS glass bowl add milk & milkmaid, grated kaddu. Select category & press start.
2. When beeps, mix well. Press start.
3. When beeps, mix well & add dry fruits. Press start. Serve it chilled or hot.

3-14	RAVA LADOO	0.5 kg	Microwave safe (MWS) glass bowl

For	0.5 kg
Roasted rava/sooji	1 cup
Grated khoya	1½ cup
Sugar	½ cup
Milk	½ cup
Kishmish	2 tbsp
Chopped almonds	2 tbsp
Desi ghee	1 tbsp
Elaichi powder (optional)	½ tsp

Method :
1. In a MWS glass bowl take sugar & milk. Mix & select category 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 khoya. Mix well & again press start.
4. Make equal sized ladoos from the mixture, when it is still warm.

** Refer page 144, fig 5

Category		Weight Limit	Utensil	Instructions
3-15	KAJU BURFI	0.4 kg	Microwave safe (MWS) glass bowl	For: 0.4 kg Kaju: 2 cups Powdered sugar: 1¼ cup Water: ½ cup **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 category & 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.
3-16	BADAM HALWA	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For: 0.1 kg / 0.2 kg / 0.3 kg Badam (soaked in hot water for 1 hour): ½ cup / 1 cup / 1½ cup Milk (for making paste): ½ cup / 1 cup / 1 cup Milk (for cooking): ½ cup / ¾ cup / 1 cup Sugar: 3 tbsp / 5 tbsp / 7 tbsp Desi ghee: 2 tbsp / 3 tbsp / 4 tbsp Slivered almonds (for garnishing): A few **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 category & 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.
3-17	SUJI KHEER	0.2 kg	Microwave safe (MWS) glass bowl	For: 0.2 kg Moong dal (dehusked): 10 g Suji: 20 g Powdered jaggery: 30 g Milk: 140 ml **Method :** 1. In a MWS glass bowl add moong dal. Select category & press start. 2. When beeps, remove & grind the dal in a grinder. Sieve the dal to get fine powder. 3. In the same MWS glass bowl add dal & suji. Press start. 4. When beeps, add powdered jaggery, milk & mix well. Press start. 5. Add more warm milk to get kheer consistency.
3-18	FRUIT DESSERT	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For: 0.1 kg / 0.2 kg / 0.3 kg Apple, banana: 100 g / 200 g / 300 g Orange juice: 1 tbsp / 2 tbsp / 3 tbsp Sugar: 1 tbsp / 2 tbsp / 3 tbsp **Method :** 1. Put the peeled apple & banana pieces, orange juice & sugar in a MWS glass bowl. Select category & weight & press start. 2. When beeps, remove & mash well. Cover & press start.
3-19	RAGGI KHEER	0.3 kg	Microwave safe (MWS) glass bowl	For: 0.3 kg Raggi powder: 2 tbsp Milk: 1 cup Milk: As per taste Ghee: 1 tsp Water: ½ cup **Method :** 1. Put Raggi powder and water in MWS glass bowl and keep in microwave. Select category and press start. 2. when beeps, remove and add sugar, milk and ghee. Mix well. Put this in microwave and press start.

Category		Weight Limit	Utensil	Instructions
3-20	FRUIT RAVA KESARI	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

Suji	0.1 kg	0.2 kg	0.3 kg
Ghee (melted)	2 tbsp	3 tbsp	4 tbsp
Water	300 ml	600 ml	900 ml
Sugar	100 g	200 g	300 g
Chopped fruits	1 Cup	1 Cup	1 Cup
Cashewnuts, Kishmish, Kesar Elaichi Powder	As per your taste		

Method :
1. In Microwave safe glass bowl take Suji, add ghee, mix it together. Select category & weight and press start.
2. When beeps, stir it and press start. Allow to cool.
3. When beeps, add water, sugar, cashewnuts, kishmish, kesar, Elaichi powder, & chopped fruits mix it well and press start. Stand for 5 minutes. Serve hot.

Category		Weight Limit	Utensil	Instructions
3-21	MUMBAI HALWA	0.3 kg	Microwave safe (MWS) glass bowl	

Corn Flour	1 cup
Water	3 cup
Edible red colour	1 tbsp
Sugar	2¼ cup
Lemon Juice	1 Cup
Ghee	4 tbsp
Chopped Cashewnut	10-12
Cardamom Powder	1 tbsp

Method :
1. Add corn flour 1 cup water, food color in bowl in mix well.
2. In another bowl take sugar, rest of water, half lemon juice and mix them. Select menu and press start .
3. when beeps,Mix both bowl contents in new bowl and add ghee, cashewnut, cardamom powder, mix all and pour mixture in a plate and let it cool.
4. Mouth- watering mumbai halwa is ready to serve.

Category		Weight Limit	Utensil	Instructions
3-22	CHOCOLATE BITES	0.3 kg	Microwave safe (MWS) glass bowl & silicon moulds	

Brown compound chocolate	100 g
Milk compound chocolate	100 g
Olive oil	3 tbsp
Coconut powder	5 tbsp
Coconut essence	5 drop

Method :
1. Break all compound chocolate and place it in MWS with 2 tbsp oil.
2. Select menu and press start. when beeps take out the bowl
3. Now grease the moulds with oil and put the mixture in the mould .
4. Refrigerate the mould for 30 minutes and serve.

Category		Weight Limit	Utensil	Instructions
3-23	PEDA PISTA	0.3 kg	Microwave safe (MWS) glass bowl	

Ghee	2 tsp
Milkmaid	200 g
Milk Powder	¾ cup
Saffron milk	½ cup
Pista	½ cup
Cardamom Powder	1 pinch

Method :
1. Add 1tbsp ghee , milkmaid, and milk powder in MWS glass bowl and mix well.
2. Select menu and press start, when beeps mix well and keep it in MWO and press start again.
3. When beeps, add saffron milk and mix it well and press start again.
4. After beep is over take out the bowl and allow it to cool down at room temperature & make small balls of it by using your hand by applying ghee on it.
5. Garnish with pistas on top.

Tea

Category		Weight Limit	Utensil	Instructions
4-1	TEA	1-4 cups	Microwave safe glass bowl	For: 1cup, 2cups, 3cups, 4cups Water: 120ml, 240ml, 360ml, 480ml Tea leaves: 1tsp, 2tsp, 3tsp, 4tsp Milk: 120ml, 150ml, 225ml, 300ml Sugar: As per taste **Method :** 1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. 2. When beeps, add milk & sugar. Press start. Serve hot. **1 cup tea = 150ml approx**
4-2	COFFEE	1-4 cups	Microwave safe glass bowl	For: 1cup, 2cups, 3cups, 4cups Water: 60ml, 120ml, 180ml, 240ml Coffee: ½ tsp (Each cup) Milk: 120ml, 150ml, 225ml, 300ml Sugar: As per taste Ginger/cardamon (crushed): As per taste(optional) **Method :** 1. In a MWS glass bowl add water. Select category & 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**
4-3	MASALA TEA	1-4 cups	Microwave safe glass bowl	For: 1cup, 2cups, 3cups, 4cups Water: 120ml, 240ml, 360ml, 480ml Tea leaves: 1tsp, 2tsp, 3tsp, 4tsp Milk: 120ml, 150ml, 225ml, 300ml Sugar: As per taste Chai masala: As per taste **Method :** 1. In a MWS glass bowl add water, tea leaves & chai masala. Select category & weight. Press start. 2. When beeps, add milk & sugar. Press start. 3. When beeps, keep it again in microwave and press start for dragging tea. 4. Serve hot. **1 cup tea = 150ml approx**
4-4	GINGER TEA	1-4 cups	Microwave safe glass bowl	For: 1cup, 2cups, 3cups, 4cups Water: 120ml, 240ml, 360ml, 480ml Tea leaves: 1tsp, 2tsp, 3tsp, 4tsp Milk: 120ml, 150ml, 225ml, 300ml Sugar: As per taste Ginger: As per taste **Method :** 1. In a MWS glass bowl add water, tea leaves & crushed ginger. Select category & weight. Press start. 2. When beeps, add milk & sugar. Press start. 3. When beeps, keep it again in microwave and press start for dragging tea. 4. Serve hot. **1 cup tea = 150ml approx**
4-5	TULSI TEA	1-4 cups	Microwave safe glass bowl	For: 1cup, 2cups, 3cups, 4cups Water: 120ml, 240ml, 360ml, 480ml Tea leaves: 1tsp, 2tsp, 3tsp, 4tsp Milk: 120ml, 150ml, 225ml, 300ml Sugar: As per taste Tulsi leaves: As per taste **Method :** 1. In a MWS glass bowl add water, tea leaves & tulsi leaves. Select category & weight. Press start. 2. When beeps, add milk & sugar. Press start. 3. When beeps, keep it again in microwave and press start for dragging tea. 4. Serve hot. **1 cup tea = 150ml approx**

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>4-6</td><td>LEMON TEA</td><td>1-4 cups</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr>
<tr><td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Lemon</td><td>½ No.</td><td>1 No.</td><td>1 No.</td><td>1½ No.</td></tr>
<tr><td>Sugar</td><td colspan="4">As per taste</td></tr>
</table>
Method :
1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start.
2. When beeps, add lemon & sugar. Press start.
Serve hot.
1 cup tea = 150ml approx
</td></tr>
<tr><td>4-7</td><td>BLACK TEA</td><td>1-4 cups</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr>
<tr><td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Sugar</td><td colspan="4">As per taste</td></tr>
</table>
Method :
1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start.
2. When beeps, add sugar. Press start.
Serve hot.
1 cup tea = 150ml approx
</td></tr>
<tr><td>4-8</td><td>GREEN TEA</td><td>1-4 cups</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr>
<tr><td>Green Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Sugar</td><td colspan="4">As per taste</td></tr>
</table>
Method :
1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start.
2. When beeps, add sugar. Press start. And allow it to for 5 minutes
Serve hot.
1 cup tea = 150ml approx
</td></tr>
</table>

Dairy Delight

Category		Weight Limit	Utensil	Instructions
5-1	PANEER	0.5 kg	Microwave safe (MWS) glass bowl	Milk: 500ml Lemon juice/Vinager: 4 tbsp **Method :** 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.
5-2	MASALA PANEER	0.5 kg	Microwave safe (MWS) glass bowl	For: 0.5 kg Milk: 500 ml Curd: 2 tbsp Coriander powder: 1 tbsp Jeera powder: 1 tsp **Method :** 1. In MWS glass bowl add milk. Select category and press start. 2. When it gives a beep, remove and add curd, coriander and jeera powder. Press start. When beeps, remove and strain and press in a muslin cloth.
5-3	CURD	0.5 kg	Microwave safe (MWS) glass bowl	Milk: 500 ml Starter curd: 2 tbsp **Method :** 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
5-4	FLAVOURED YOGHURT@	0.6 kg	Microwave safe (MWS) glass bowl & Low rack##	For: 0.6 kg Curd: 200 ml Milkmaid: 100 ml Fresh cream: 200 ml Flavours (Venilla, Strawberry, Pineapple essence): 500 ml **Method :** 1. In a MWS glass bowl mix all the ingredients. Beat well till smooth. 2. Select menu & press start. (Pre-heat 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 freezer 1 hour. **Note:** In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple youghurt, add pineapple slices t the times serving.

@ Do not put anything in the oven during Pre-heat mode.
Refer page 144, fig 3

Category		Weight Limit	Utensil	Instructions
6-1	PASTEURIZE MILK-25°C	1.0 / 1.5 / 2.0 L	Milk Pasteurization Kit**	Milk (Cow, buffalo, Packet etc) | 1.0 L | 1.5 L | 2.0 L **Method :** 1. Pour milk to the scale shown in the Milk Pasteurization kit. (Fig.1) 2. Cover with lid & close as per the directions on the kit. (Fig.2) 3. Place the kit in microwave oven. 4. Select the category & weight. 5. Press start. When pasteurization is over, use the milk for drinking, making tea or coffee etc. For opening the lid refer (Fig.3) **Tips :** 1. Milk Pasteurization kit is only for milk. Do not use for other purpose. 2. Use fresh loose or packet milk. Do not repeat pasteurization. 3. For storage, let the milk stand to cool down after pasteurization, and then keep it in a refrigerator with covered. Do not move to another container. 4. The pasteurized milk can be consumed up to 2-3 days.
6-2	PASTEURIZE MILK-4°C	1.0 / 1.5 / 2.0 L	Milk Pasteurization Kit**	Milk (Cow, buffalo, Packet etc) | 1.0 L | 1.5 L | 2.0 L **Method :** 1. Pour milk to the scale shown in the Milk Pasteurization kit. (Fig.1) 2. Cover with lid & close as per the directions on the kit. (Fig.2) 3. Place the kit in microwave oven. 4. Select the category & weight. 5. Press start. When pasteurization is over, use the milk for drinking, making tea or coffee etc. For opening the lid refer (Fig.3) **Tips :** 1. Milk Pasteurization kit is only for milk. Do not use for other purpose. 2. Use fresh loose or packet milk. Do not repeat pasteurization. 3. For storage, let the milk stand to cool down after pasteurization, and then keep it in a refrigerator with covered. Do not move to another container. 4. The pasteurized milk can be consumed up to 2-3 days.

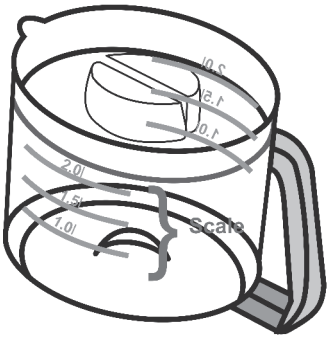


Fig.1

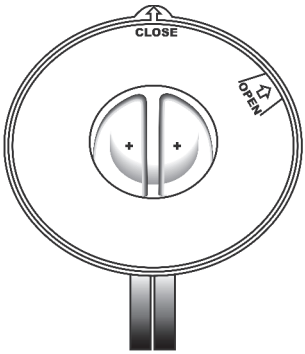


Fig.2

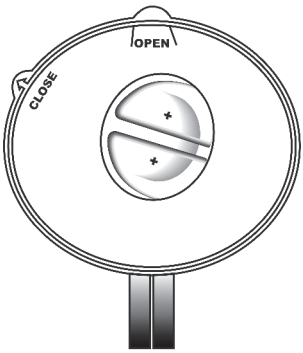


Fig.3

** Provided with the LG kit.

Usage of Accessories/Utensils

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)

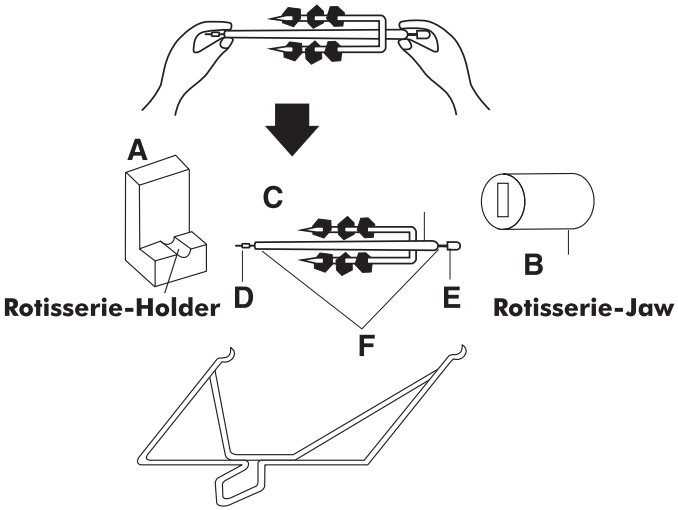
Low rack + Metal cake tin (Not provided with LG Kit)

5)

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

Never operate the oven at combination mode with rotisserie bar (without food). Do not use rotisserie bar in micro mode.

1. Position the food on the spit, ensuring that the rotisserie bar runs centrally through the food. And tie the food with thread to the bar if necessary.
2. Insert the end of the rotisserie bar (E) into the rotisserie jaw (B) on the right hand of the oven wall. Push it to the right, rotating the rotisserie bar slightly until the rotisserie-bar fits into the rotisserie jaw (B).
3. Support the other end of the rotisserie bar (D) on the hollow of the rotisserie holder (A).



List of Ingredients

Spices

English Name	Hindi Name
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
Mace	Javitri
Mustard seeds	Sarson , Rai
Nutmeg	Jaiphal
Onion seeds	Kalonji
Oregano	Oregano
Pepper	Kali Mirch
Pomegranate seeds, dried	Anardana
Poppy seeds	Khus Khus
Red Chilli	Lal Mirch
Salt	Namak
Turmeric	Haldi
Thyme	Thyme

Vegetables

English Name	Hindi 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

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

List of Ingredients

Fruits

English Name	Hindi Name
Apple	Seb
Coconut	Nariyal
Grapes	Angoor
Mango	Aam
Papaya	Papeeta
Pineapple	Anannas
Pomegranate	Anaar
Raw Banana	Kacha Kela

Cereals

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

Fats & oils

English Name	Hindi Name
Butter	Makhan
Ghee	Ghee
Oil	Tel
Olive Oil	Jaitun Ka Tel
Mustard Oil	Sarson Ka Tel
Sesame Oil	Til Ka Tel

Miscellaneous

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

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