

RECIPE MANUAL

MICROWAVE OVEN

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

MJEN326TL



MFL67281890
Rev.00_18112019

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Various Cook Functions

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

Cook Functions	Charcoal/ Indian Cuisine	Healthy Heart	Indian Roti Basket/ Ghee	Diet Fry / Low Calorie	Kids' / Dairy Delight
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' / Dairy Delight
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

Charcoal/Indian Cuisine (pg. 10-52)		
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6-2	PASTEURIZE MILK - 4°C		143

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	CHICKEN TANDOORI	1 kg	High Rack	Chicken Legs		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 Legs properly & make cuts on the chicken all over.								
3. Marinade the Chicken Legs properly coating all the places. keep marinated for 3-4 hours in refrigerator.								
4. Keep paper towel (Kitchen towel) on glass tray.								
5. place the legs on the rack in the microwave, select category & press start. Serve with grilled onion slices, lemon wedges & onion chutney.								
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.								
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 144, fig 2

Category	Weight Limit	Utensil	Instructions																																																												
1-4	TANDOORI GOBHI	0.3 ~ 0.5 kg	Multicook Tawa & High rack*																																																												
			<table> <tr> <td>For</td><td>0.3 Kg</td><td>0.4 Kg</td><td>0.5 Kg</td></tr> <tr> <td>Cauliflower florets</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr> <td colspan="4">For Marinade</td></tr> <tr> <td>Jeera powder</td><td>½ Tsp</td><td>1 Tsp</td><td>1 Tsp</td></tr> <tr> <td>Red Chilli Powder, Salt, Dhaniya Powder, Garam Masala, Anardana</td><td colspan="3">As per taste</td></tr> <tr> <td>Tandoori Color/Haldi</td><td colspan="3">A pinch</td></tr> <tr> <td>Oil</td><td>1 Tbsp</td><td>1½ Tbsp</td><td>2 Tbsp</td></tr> <tr> <td>Hung Curd</td><td>2 Tbsp</td><td>3 Tbsp</td><td>4 Tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. Transfer the marinated cauliflower on tawa & keep on high rack. Select category & weight and press start. When beeps, drizzle few drops of oil on cauliflower & turn them over. Press start. Serve with onion rings, coriander leaves & tomato slices. 	For	0.3 Kg	0.4 Kg	0.5 Kg	Cauliflower 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																												
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1-5	BHARWAN BHINDI	0.2 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*																																																												
			<table> <tr> <td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr> <td>Bhindi</td><td>200 g</td><td>300 g</td><td>400 g</td></tr> <tr> <td>Oil</td><td>¼ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr> <tr> <td>Jeera</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr> <tr> <td>Onion (chopped)</td><td>½ no.</td><td>1 no.</td><td>1no.</td></tr> <tr> <td>Green Chillies</td><td>1 no.</td><td>2 no.</td><td>2 no.</td></tr> <tr> <td>Ginger</td><td>¼"</td><td>½"</td><td>½"</td></tr> <tr> <td>Hing</td><td colspan="3">A pinch</td></tr> <tr> <td>Tomato</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr> <tr> <td colspan="4">For Stuffing</td></tr> <tr> <td>Coriander Powder</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> <tr> <td>Turmeric Powder</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Saunf Powder</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Amchoor</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Red Chilli Powder, Salt</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> Cut stalk of each bhindi & make lengthwise slit. Combine stuffing ingredients & mix well stuff each bhindi with this mixture. In MWS glass bowl add oil, jeera, onion, green chilli, ginger, tomato & hing. Select category & weight & press start. When beeps, remove the bowl from microwave oven & keep the stuffed bhindi on tawa, drizzle few drops of oil on bhandis. Keep tawa on high rack. Press start. When beeps, turn over bhandis & add the onion mixture & mix well. Press start. 	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"	½"	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		
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1-6	BHARWAN BAIGAN	0.2 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High rack																																																												
			<table> <tr> <td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr> <td>Baigan (Medium)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr> <tr> <td colspan="4">For Stuffing</td></tr> <tr> <td>Tomato(graded)</td><td>1 no.</td><td>1½ no.</td><td>2 nos.</td></tr> <tr> <td>Onion (chopped))</td><td>¼ cup</td><td>½ cup</td><td>1 cup.</td></tr> <tr> <td>Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder</td><td colspan="3">As per taste</td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. In a MWS glass bowl add slit baigans & sprinkle some water & cover. Select category & weight & press start. When beeps, Remove the bowl from microwave oven & Add the stuffing to the baigans. Keep the baigans on tawa drizzle some drops of oil & keep tawa on high rack. Press start. When beeps, turn over again. Press start. 	For	0.2 kg	0.3 kg	0.4 kg	Baigan (Medium)	200 g	300 g	400 g	For Stuffing				Tomato(graded)	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																																
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* Refer page 144, fig 2

Charcoal

Category	Weight Limit	Utensil	Instructions																																																																																					
1-7	TANDOORI JHINGA	0.2 – 0.5 kg	Multicook tawa & High rack*																																																																																					
			<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>King Size Prawns</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>1st Marinade</td><td></td><td></td><td></td><td></td></tr><tr><td>Lemon juice</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td><td>3½ tbsp</td></tr><tr><td>Salt, Red chilli powder</td><td></td><td colspan="3">As per taste</td></tr><tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>2nd Marinade</td><td></td><td></td><td></td><td></td></tr><tr><td>Thick cream</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4 tbsp</td></tr><tr><td>Mozarella cheese (grated)</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr><tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Red Chilli Powder</td><td></td><td colspan="3">As per taste</td></tr><tr><td>Tandoori Masala</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>3½ tsp</td></tr><tr><td>Cornflour</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td></tr><tr><td>Garam Masala</td><td></td><td colspan="3">As per taste</td></tr><tr><td>Ginger Paste</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr><tr><td>Tandoori Colour/Haldi</td><td></td><td colspan="3">A pinch (for colour)</td></tr><tr><td>Hung Curd</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Devein & wash prawns. Marinate the prawns with 1st marinade for ½ hours.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.Transfer the marinated prawns on tawa & keep the tawa on high rack. Select category & weight and press start.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.	For	0.2 kg	0.3 kg	0.4 kg	0.5 kg	King Size Prawns	200 g	300 g	400 g	500 g	1st 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
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1-8	CHANA KABABS	0.2 – 0.4 kg	Multicook tawa & High rack*																																																																																					
			<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Boiled Kabuli Chana (Chhole)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Cloves</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr><tr><td>Pepper powder</td><td></td><td colspan="2">As per taste</td></tr><tr><td>Cinnamon powder</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr><tr><td>Garlic Cloves</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr><tr><td>Salt</td><td></td><td colspan="2">As per taste</td></tr><tr><td>Ginger Chopped</td><td>1 tsp.</td><td>2 tsp.</td><td>3 tsp</td></tr><tr><td>Bread pieces</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr><tr><td>Whole red chilly</td><td>1 no</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Bread crumbs</td><td></td><td colspan="2">For coating</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces, whole red chilli, to a paste.Now shape the paste in the form of kababs & roll out each kababs in bread crumbs for complete coating.Now keep the kababs on tawa & keep the tawa on high rack. Select category & weight & press start.When beeps, turn over the side & press start.	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	½ 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																																										
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1-9	PANEER TIKKA	0.3 kg	Multicook tawa & High rack*																																																																																					
			<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Paneer cubes (cut into 1½" cubes), Capsicum (cut into cubes), onion (cut into cube), tomato(cut into cubes, pulp removed)</td><td>300 g</td></tr><tr><td>For marinade</td><td></td></tr><tr><td>Hung curd</td><td>2 tbsp</td></tr><tr><td>Ginger garlic paste</td><td>1 tbsp</td></tr><tr><td>Salt, Garam masala, Red Chilli powder</td><td>As per taste</td></tr><tr><td>Tandoori masala</td><td>1 tsp</td></tr><tr><td>Tandoori Color</td><td>A pinch</td></tr><tr><td>Oil</td><td>For basting</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Mix all the ingredients of the marinade in a bowl.Make holes in the paneer pieces with the rotisserie skewers.Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour. Now arrange the mixed pieces in a wooden skewer.Now keep the pieces on tawa & keep the tawa on high rack. Select category & weight & press start.When beeps, pour some oil & press start.	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																																																																			
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* Refer page 144, fig 2

Category	Weight Limit	Utensil	Instructions																																																																				
1-10	MATAR KABABS 0.2 ~ 0.4 kg	Multicook tawa* & High rack	<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Boiled peas</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Roasted makhanas</td><td>1 cup.</td><td>1½ cups.</td><td>2 cups.</td></tr><tr><td>Chopped green chillies</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Salt, pepper, garam masala</td><td colspan="3">As per taste</td></tr><tr><td>Seeds of Chhoti Elaichi</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr><tr><td>Roasted Cashewnuts</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Grind the boiled peas, green chillies & elaichi seeds together to a fine paste.Grind the makhanas & cashewnuts together to a rough powder.Mix peas & makhanas paste. Add salt, pepper, garam masala.Make small balls & flatten them to get small round kababs.Keep on tawa & keep the tawa on high rack. Select category & weight and press start.When beeps, turn over & press start.When beeps, turn over & press start. Sprinkle chaat masala & serve.	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																																								
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1-11	TANDOORI MUSH-ROOMS 0.2 ~ 0.5 kg	Multicook tawa & High rack*	<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Mushroom Buttons (stalk removed)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr></table> <p>For Marinade</p> <table><tr><td>Hung Curd</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Ginger Garlic Paste</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr><tr><td>Salt, Coriander powder, cumin powder, amchoor</td><td colspan="4">As per taste</td></tr><tr><td>Cornflour</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr><tr><td>Tandoori Color</td><td colspan="4">A pinch</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Mix all the ingredients of the marinade in a bowl.Prick all the mushroom buttons & add to the marinade.Keep the mushroom marinated for 1 hour.Transfer the mushrooms on tawa & keep the tawa on high rack. Select category & weight and press start.When beeps, turn over the mushroom & press start.When beeps, turn over again & press start. Note: If mushroom run watery while cooking, drain water & start cooking again.	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	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																																				
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1-12	ARBI TANDOORI 0.3 ~ 0.5 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	<table><tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Arbi (Cut into slices)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Oil</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr><tr><td>Onion rings</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr><tr><td>Garam Masala, Amchoor, Salt</td><td colspan="3">As per taste</td></tr><tr><td>Green Chillies (Chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Ginger (shredded)</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Coriander Seeds</td><td>½ tsp</td><td>1½ tsp</td><td>1 tsp</td></tr></table> <p>For Marinade</p> <table><tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Tandoori Masala</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Ginger Paste</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr><tr><td>Pepper corns (crushed)</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr><tr><td>Ajwain</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp.</td></tr><tr><td>Haldi</td><td colspan="3">A pinch</td></tr><tr><td>Salt</td><td colspan="3">As per taste</td></tr><tr><td>Oil</td><td>½ tbsp.</td><td>½ tbsp</td><td>1 tbsp</td></tr><tr><td>Besan</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Pre- preparation –In a MWS glass bowl arbi slices with some water. Cover & micro at 100% for 5 mins.Mix all the ingredients of marinade in a bowl. Add the arbi slices & keep for ½ an hour.In a MWS glass bowl add oil, onion rings, shredded ginger & green chillies, garam masala, amchoor & salt. Mix well. Select Category & weight & press startWhen beeps, remove the bowl from microwave oven, Transfer the marinated arbi on tawa & keep the tawa on high rack.Press start.When beeps, drizzle few drops of oil. Add onion rings mixture & turn over the slicesPress start.	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	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
For	0.3 kg	0.4 kg	0.5 kg																																																																				
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* Refer page 144, fig 2

Charcoal

Category		Weight Limit	Utensil	Instructions			
1-13	MALAI TIKKA	0.3 kg	High rack	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. Put the chicken pieces on rack.			
3. Select category & press start.							
4. When beeps, add 1tsp oil & again press start. Sprinkle the chaat masala & serve.							
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 144, fig 2

Category	Weight Limit	Utensil	Instructions			
1-16	TIKKA ACHAARI	Multicook tawa & High rack*	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 & arrange the mutton pieces on tawa. Select Category & press Start.						
6. When beeps, pour 1 tsp oil on the mutton pieces.						
7. Press start again.						
.						
1-17	MAHI TIKKA	Multicook tawa & High rack*	For	0.3 kg	0.4 kg	0.5 kg
			Fish filets (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 144, fig 2

Charcoal

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

Charcoal

Category	Weight Limit	Utensil	Instructions																																																				
1-22	SPICY CHICKEN KABABS	0.2 ~ 0.4 kg	Multicook tawa & High rack*																																																				
			<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Boneless chicken (cut into 1½" pieces)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>For Marinade</td><td></td><td></td><td></td></tr><tr><td>Barbeque sauce</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Olive oil</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Garlic powder / Ginger paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Red chilli flakes</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Black pepper (freshly crushed)</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr><tr><td>Onion paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Oregano</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Thyme</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr><tr><td>Cumin powder</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td></tr><tr><td>Salt</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Clean & wash chicken pieces & cut into 1½" cubes. Prick them with fork.In a bowl take chicken pieces & add all the ingredients of marinade & mix well. Keep covered for at least 30-45 minutes in refrigerator.Place all the marinated chicken pieces on tawa & place tawa on high rack. Keep in the microwave. Select category & weight and press start.When beeps, turn the chicken pieces. Remove excess water or liquid from the tawa (if present) & press start.Serve spicy chicken kababs hot with mint chutney or onion rings.	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 tsp	1 tsp	Thyme	½ tsp	½ tsp	1 tsp	Cumin powder	1 tsp	1½ tsp	1½ tsp	Salt	As per taste		
For	0.2 kg	0.3 kg	0.4 kg																																																				
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Thyme	½ tsp	½ tsp	1 tsp																																																				
Cumin powder	1 tsp	1½ tsp	1½ tsp																																																				
Salt	As per taste																																																						
1-23	CHILKA KABABS	0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*																																																				
			<table><tr><td>For</td><td>0.4 Kg</td></tr><tr><td>Chana dal (soaked overnight)</td><td>200 g</td></tr><tr><td>Snake gourd peels (roughly chopped)</td><td>½ cup</td></tr><tr><td>Pumpkin peels (roughly chopped)</td><td>½ cup</td></tr><tr><td>Whole black pepper</td><td>¼ tsp</td></tr><tr><td>Dried red chilli</td><td>1 no.</td></tr><tr><td>Laung</td><td>3-4 nos.</td></tr><tr><td>Black cardamom</td><td>1 no.</td></tr><tr><td>Cinnamon</td><td>1" piece</td></tr><tr><td>Water</td><td>½ cup</td></tr><tr><td>Oil</td><td>½ tsp</td></tr><tr><td>Javitri</td><td>1 no.</td></tr><tr><td>Fresh coriander leaves</td><td>2 tbsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.When beeps, take out the bowl, remove javitri & black cardamom and allow to cool the mixture.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.Grease the tawa with ½ 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.When beeps, sprinkle ½ tsp oil on all kababs and turnover the kababs and press start.Serve the kababs hot with the chutney of your choice.	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																								
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Javitri	1 no.																																																						
Fresh coriander leaves	2 tbsp																																																						
Salt	As per taste																																																						
1-24	JIMIKAND KE KABABS	0.2 ~ 0.4 kg	Multicook tawa & High rack*																																																				
			<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Jimikand (boiled & grated)</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr><tr><td>Fresh bread (crumbled)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Green chilli (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Cornflour</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Coriander leaves (chopped)</td><td colspan="3">As required</td></tr><tr><td>Anardana powder</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr><tr><td>Salt, red chilli powder, garam masala</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a bowl take boiled & grilled jimikand, chopped green chilli, coriander leaves, cornflour, anardana powder & all the spices. Mix well.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.Keep the kababs on multicook tawa. Keep tawa on high rack & keep inside the microwave. Select category & weight and press start.When beeps, turn all the kababs & press start.When beeps, again turn the kababs & press start. Serve them hot with onion rings & mint chutney.	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																						
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* Refer page 144, fig 2

Category	Weight Limit	Utensil	Instructions			
1-25	KAJU KABABS	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 cup 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	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*	<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Boiled potatoes</td><td>100 g</td><td>200 g</td><td>250 g</td></tr><tr><td>Boiled peas</td><td>50 g</td><td>75 g</td><td>100 g</td></tr><tr><td>Chopped & boiled spinach</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Grated ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Chopped green chillies</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Chopped almonds</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Chopped raisins</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Besan</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr><tr><td>Chopped coriander leaves</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr><tr><td>Salt, garam masala, red chilli powder</td><td colspan="3">As per taste</td></tr><tr><td>Oil</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Cornflour</td><td colspan="3">For coating</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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		
For	0.2 kg	0.3 kg	0.4 kg																																																								
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Oil	1 tsp	1 tsp	1 tsp																																																								
Cornflour	For coating																																																										
1-28	CHICKEN LOLLIPOPS 0.1 ~ 0.3Kg	Multicook tawa* & High rack	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Chicken keema</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Boiled potato</td><td>1 No.</td><td>2 No.</td><td>3 No.</td></tr><tr><td>Ginger garlic paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Red chilli powder, garam masala, amchur powder, salt</td><td colspan="3">As per taste</td></tr><tr><td>Bread crumbs</td><td colspan="3">For coating the lollipops</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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 lollipops																																		
For	0.1 kg	0.2 kg	0.3 kg																																																								
Chicken keema	100 g	200 g	300 g																																																								
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Red chilli powder, garam masala, amchur powder, salt	As per taste																																																										
Bread crumbs	For coating the lollipops																																																										
1-29	TANDOORI VEG PLATTER 0.2 kg	Multicook tawa* & High rack	<table><tr><td>For</td><td>0.2 Kg</td></tr><tr><td>Baby potatoes</td><td>2 No.</td></tr><tr><td>Baby Corns</td><td>2 no.</td></tr><tr><td>Paneer</td><td>100 g</td></tr><tr><td>Broccoli</td><td>1 no.</td></tr><tr><td>For Marination</td><td></td></tr><tr><td>Olive oil</td><td>2 tbsp</td></tr><tr><td>Vinegar</td><td>½cup</td></tr><tr><td>Powder sugar</td><td>6 tsp</td></tr><tr><td>Anaardana</td><td>5 tbsp</td></tr><tr><td>Roasted cumin powder</td><td>1 tbsp</td></tr><tr><td>Black salt, peppercorn, chaat masala, garam masala</td><td>As per taste</td></tr><tr><td>Kashmiri mirch</td><td>2 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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 Baby potatoes, broccoli, baby corns & paneer in the prepared mixture for about an hour.3. Now arrange the marinated vegetables on tawa with some oil. keep inside the microwave on high rack.4. Select menu & press start.5. Sprinkle chaat masala and serve.	For	0.2 Kg	Baby potatoes	2 No.	Baby Corns	2 no.	Paneer	100 g	Broccoli	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																														
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Black salt, peppercorn, chaat masala, garam masala	As per taste																																																										
Kashmiri mirch	2 tsp																																																										

* Refer page 144, fig 2

Category	Weight Limit	Utensil	Instructions																																				
1-30	CHICKEN SAUTE	0.2 – 0.4 kg	Multicook tawa & High rack*	<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Supreme chicken peices</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td colspan="4">For Marination</td></tr><tr><td>Ginger garlic paste</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Olive oil</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Black pepper</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Thyme/Basil leaves</td><td>¼ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Salt</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.				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	¼ tbsp	1 tbsp	1½ tbsp	Salt	As per taste		
For	0.2 kg	0.3 kg	0.4 kg																																				
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Black pepper	1 tsp	1½ tsp	2 tsp																																				
Thyme/Basil leaves	¼ tbsp	1 tbsp	1½ tbsp																																				
Salt	As per taste																																						
1-31	STUFFED MUSHROOM	10 Pcs.	Multicook tawa & High rack*	<table><tr><td>For</td><td>10 pcs</td></tr><tr><td>Mushroom (Stem remove)</td><td>300 g</td></tr><tr><td colspan="2">For Stuffing</td></tr><tr><td>Cheese (soften)</td><td>200 g</td></tr><tr><td>Salt, Red Chilli Powder, Onion Powder, Black pepper</td><td>As per taste</td></tr><tr><td>Minced garlic</td><td>¼ cup</td></tr><tr><td>Cayenne pepper</td><td>As per taste</td></tr><tr><td>Oil</td><td>¼ tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.				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																
For	10 pcs																																						
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Minced garlic	¼ cup																																						
Cayenne pepper	As per taste																																						
Oil	¼ tbsp																																						
1-32	TOFU TIKKA	0.5 kg	Multicook tawa & Low rack*	<table><tr><td>For</td><td>0.5 kg</td></tr><tr><td>Tofu cubes (cut into 1½" cubes), Capsicum (cut into cubes), onion (cut into cube), tomato(cut into cubes, pulp removed)</td><td>500 g</td></tr><tr><td colspan="2">For marinade</td></tr><tr><td>Hung curd</td><td>2 tbsp</td></tr><tr><td>Ginger garlic paste</td><td>1 tbsp</td></tr><tr><td>Salt, Garam masala, Red Chilli powder</td><td>As per taste</td></tr><tr><td>Tandoori masala</td><td>1 tsp</td></tr><tr><td>Tandoori Color</td><td>A pinch</td></tr><tr><td>Oil</td><td>For basting</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.				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														
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																																						
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Salt, Garam masala, Red Chilli powder	As per taste																																						
Tandoori masala	1 tsp																																						
Tandoori Color	A pinch																																						
Oil	For basting																																						

* Refer page 144, fig 2

Refer page 144, fig 1

Charcoal

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																																																
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Mix Veg. (Carrot, Cauliflower, peas, beans, potato)</td><td>100 g (Total)</td><td>200 g (Total)</td><td>300 g (Total)</td><td>400 g (Total)</td><td>500 g (Total)</td></tr><tr><td>Oil</td><td>¼ tbsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Onion (chopped)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2 cup</td></tr><tr><td>Tomato (chopped)</td><td>¼ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td><td>1½ cup</td></tr><tr><td>Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder</td><td colspan="5">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																
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																																																		
2-2	KADHAI PANEER	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl																																																
			<table><tr><td>Paneer</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Capsicum & Onion (sliced)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr><tr><td>Onion Paste</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td><td>6½ tbsp</td></tr><tr><td>Tomato Puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4½ tbsp</td><td>5 tbsp</td></tr><tr><td>Ginger-Garlic Paste, Salt & Sugar</td><td colspan="5">To taste</td></tr><tr><td>Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala</td><td colspan="5">To taste</td></tr><tr><td>Butter</td><td>1½ tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr><tr><td>Fresh Cream</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
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																																														
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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																																														
2-3	DAL TADKA	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl																																																
			<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Dal (soaked for 2 hours)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Water</td><td>400 ml</td><td>600 ml</td><td>800 ml</td></tr><tr><td>Oil</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch</td><td colspan="3">To taste</td></tr><tr><td>Salt, dhania powder</td><td colspan="3">To taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																										
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																																																		
2-4	SAMBHAR	0.2 kg	Microwave safe (MWS) bowl																																																
			<table><tr><td>Arhar Dal (Soaked for 2 hrs)</td><td>200 g</td></tr><tr><td>Oil</td><td>2 tbsp</td></tr><tr><td>Onion chopped</td><td>1 medium</td></tr><tr><td>Tomato chopped</td><td>1 medium</td></tr><tr><td>Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin</td><td>1 cup</td></tr><tr><td>Boiled Water</td><td>400 ml</td></tr><tr><td>Imli pulp, Green Chilli, Sambhar Masala, Salt, Gud</td><td>As per your taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																																		
Arhar Dal (Soaked for 2 hrs)	200 g																																																		
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Boiled Water	400 ml																																																		
Imli pulp, Green Chilli, Sambhar Masala, Salt, Gud	As per your taste																																																		

Indian Cuisine

Category	Weight Limit	Utensil	Instructions																																																						
2-5	DUM ALOO	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl <table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Boiled Aloo (small)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Oil</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>3½ tbsp</td></tr><tr><td>Jeera, pepper seeds, cloves, hing</td><td colspan="5">As required</td></tr><tr><td>Onion paste</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr><tr><td>Ginger & garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2 tsp</td></tr><tr><td>Tomato puree</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr><tr><td>Curd</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr><tr><td>Turmeric powder, red chilli powder, deghi mirch, salt, garam masala, saunf powder</td><td colspan="5">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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				
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg																																																				
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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																																																								
2-6	KADHI	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl <table><tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Besan</td><td>25 g</td><td>50 g</td><td>75 g</td></tr><tr><td>Curd / matha</td><td>1½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Rai, cumin seeds</td><td colspan="3">As per taste</td></tr><tr><td>Chopped onions</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr><tr><td>Salt, red chilli powder, haldi, coriander powder, amchur</td><td colspan="3">As per taste</td></tr><tr><td>Water</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	For	0.3 kg	0.4 kg	0.5 kg	Besan	25 g	50 g	75 g	Curd / matha	1½ 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																						
For	0.3 kg	0.4 kg	0.5 kg																																																						
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Salt, red chilli powder, haldi, coriander powder, amchur	As per taste																																																								
Water	2 cups	3 cups	4 cups																																																						
2-7	BAATI	0.4 kg	Multicook tawa & Low rack* & High rack* <table><tr><td>For</td><td>0.4 kg</td></tr><tr><td>Wheat flour</td><td>200 g</td></tr><tr><td>Suji</td><td>50 g</td></tr><tr><td>Melted ghee</td><td>75 ml (5 tbsp)</td></tr><tr><td>Jeera</td><td>½ tsp</td></tr><tr><td>Ajwain</td><td>¼ tsp</td></tr><tr><td>Baking powder</td><td>¼ tsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Haldi</td><td>As required</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																																				
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Haldi	As required																																																								

* 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	<table><tr><td>For</td><td colspan="3">0.3 kg</td></tr><tr><td>Moong dal (soaked for 2 hours)</td><td colspan="3">300 g</td></tr><tr><td>Water</td><td colspan="3">600 ml</td></tr><tr><td>Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato)</td><td colspan="3">2 cups</td></tr><tr><td>For tadka</td><td colspan="3"></td></tr><tr><td>Oil</td><td colspan="3">2 tbsp</td></tr><tr><td>Bay leaves, jeera, dry chillies, salt, haldi</td><td colspan="3">As per taste</td></tr><tr><td>Grated coconut</td><td colspan="3">4 tbsp</td></tr><tr><td>Chopped onion</td><td colspan="3">1 no.</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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 leaves, 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.				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 leaves, jeera, dry chillies, salt, haldi	As per taste			Grated coconut	4 tbsp			Chopped onion	1 no.		
For	0.3 kg																																										
Moong dal (soaked for 2 hours)	300 g																																										
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Bay leaves, jeera, dry chillies, salt, haldi	As per taste																																										
Grated coconut	4 tbsp																																										
Chopped onion	1 no.																																										
2-9	PITHLA	0.6 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish	<table><tr><td>For</td><td colspan="3">0.6 kg</td></tr><tr><td>Besan</td><td colspan="3">½ cup</td></tr><tr><td>Oil</td><td colspan="3">1½ tbsp</td></tr><tr><td>Ginger, garlic, green chillies (chopped)</td><td colspan="3">1 tsp each</td></tr><tr><td>Onion, Tomato (chopped)</td><td colspan="3">1 no. each</td></tr><tr><td>Coriander chopped</td><td colspan="3">A few sprigs</td></tr><tr><td>Water</td><td colspan="3">2 cups (400 ml)</td></tr><tr><td>Salt, turmeric powder, garam masala, red chilli powder</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.				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						
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																																										
2-10	PANCHMEL KI SABZI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Chopped vegetables (Gavarfali, chawli, shimla mirch, kheera, gajar)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td></tr><tr><td>Jeera</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Onion</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr><tr><td>Ginger & green chilli paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Coriander powder, amchur, haldi & salt</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.				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										
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																																										

Indian Cuisine

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	<table><tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Boiled potato</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Boiled mix veg (capsicum, cauliflower, carrot, peas)</td><td>100 g</td><td>150 g</td><td>200 g</td></tr><tr><td>Chopped onion</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Oil</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr><tr><td>Mustard seeds</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Grated coconut</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Coconut milk</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr><tr><td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr><tr><td>Kaju powder</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr><tr><td>Salt, red chilli powder</td><td colspan="3">As per taste</td></tr><tr><td>Fresh cream</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Coriander</td><td colspan="3">A few sprigs</td></tr></table>	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		
			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																																																	
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			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**	<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Rice</td><td>200 g (1 cup)</td></tr><tr><td>Urad Dal (Dehusked)</td><td>2 tbsp</td></tr><tr><td>Sour curd</td><td>½ cup</td></tr><tr><td>Boiled vegetables (Potato, Carrots, Peas, Palak)</td><td>2 cups</td></tr><tr><td>Oil</td><td>1 tsp</td></tr><tr><td>Lemon juice</td><td>2 tsp</td></tr><tr><td>Soda bi carb</td><td>A pinch</td></tr><tr><td>Chilli powder, turmeric powder, salt</td><td>As per taste</td></tr><tr><td>Ginger & chilli paste</td><td>1 tsp</td></tr><tr><td>Mustard seeds</td><td>1 tsp</td></tr><tr><td>Curry leaves</td><td>A few sprigs</td></tr><tr><td>Hing</td><td>¼ tsp</td></tr></table>	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																							
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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

Indian Cuisine

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, dhanias 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, dhanias 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, dhanias 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	<p>Microwavesafe (MWS) flat glass dish & Microwave safe (MWS) bowl</p> <table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Grated Lauki</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Besan</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Chopped Onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr> <tr> <td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Chopped Ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Coriander power, haldi, garam masala red chilli powder, jeera, salt</td><td colspan="3">As per taste</td></tr> <tr> <td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr> <tr> <td>Water</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Lemon juice</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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		
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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																																														
2-20	ALOO GOBHI	0.3-0.5 kg	<p>Microwave safe (MWS) bowl</p> <table> <tr> <td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Potatoes (chopped)</td><td>150 g</td><td>200 g</td><td>250 g</td></tr> <tr> <td>Cauliflower florets</td><td>150 g</td><td>200 g</td><td>250 g</td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Jeera</td><td>1 tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr> <tr> <td>Chopped onion</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Chopped green chillies</td><td>1 no</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Coriander powder, red chilli powder, haldi, salt, garam masala</td><td colspan="3">As per taste</td></tr> <tr> <td>Coriander leaves</td><td colspan="3">A few sprigs</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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										
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2-21	MATAR PANEER	0.2-0.4 kg	<p>Microwave safe (MWS) bowl</p> <table> <tr> <td>For</td><td>0.2 Kg</td><td>0.3 Kg</td><td>0.4 Kg</td></tr> <tr> <td>Matar</td><td>100 g</td><td>150 g</td><td>200 g</td></tr> <tr> <td>Paneer Cubes</td><td>100 g</td><td>150 g</td><td>200 g</td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>1½tbsp</td><td>2 tbsp</td></tr> <tr> <td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Chopped Onion</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Chopped Ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Jeera powder, salt, haldi, red chilli powder, garam masala</td><td colspan="3">As per taste</td></tr> <tr> <td>Coriander leaves</td><td colspan="3">A few sprigs</td></tr> <tr> <td>Water</td><td>¾ cup</td><td>½ cup</td><td>1 cup</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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	¾ cup	½ cup	1 cup
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Coriander leaves	A few sprigs																																														
Water	¾ cup	½ cup	1 cup																																												

Indian Cuisine

Category	Weight Limit	Utensil	Instructions																																																
2-22	GATTE KI SABZI 0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	<table> <tr> <td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>For making gattas</td><td></td><td></td><td></td></tr> <tr> <td>Besan</td><td>100 g</td><td>125 g</td><td>150 g</td></tr> <tr> <td>Red chilli powder, haldi, dhania powder, salt</td><td colspan="3">As per taste</td></tr> <tr> <td>Water</td><td colspan="3">As required</td></tr> <tr> <td>For Subzi</td><td></td><td></td><td></td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Rai, jeera</td><td>2 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> <tr> <td>Curry leaves</td><td colspan="3">A few</td></tr> <tr> <td>Sour curd</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Red chilli powder, haldi, dhanिया powder, salt</td><td colspan="3">As per taste</td></tr> <tr> <td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> In a bowl mix besan, red chilli powder, haldi, dhania powder, salt. Add water, little oil and make it like a chapati dough. After making the dough break the dough into different pieces and make the rolls out of those pieces. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover. Select category & weight and press start. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhanिया powder, haldi, salt. Cover & press start. When beeps, add beaten curd, gattas & haldi. Mix well & press start. 	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, dhanिया powder, salt	As per taste			Tomato puree	¼ cup	½ cup	1 cup
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2-23	EGG CURRY 0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Boiled eggs</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr> <tr> <td>Onions (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr> <tr> <td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Garlic (pods)</td><td>6-7 nos.</td><td>8-10 nos.</td><td>10-12 nos.</td></tr> <tr> <td>Ginger (chopped)</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Tomato puree</td><td>3 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr> <tr> <td>Water</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Green peas (shelled)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Salt, red chilli powder, garam masala, turmeric powder, dhanिया powder</td><td colspan="3">As per taste</td></tr> <tr> <td>Oil</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Coriander leaves</td><td colspan="3">A few sprigs</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> Put chopped onions, green chilli, garlic, ginger in a spice blender & make paste adding 1 tbsp water. In a MWS bowl take oil & add the paste. Mix well. Select category & weight and press start. When beeps, stir & add tomato puree, peas, water & all the spices. Mix well & press start. 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. 	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, dhanिया powder	As per taste			Oil	2 tbsp	3 tbsp	3 tbsp	Coriander leaves	A few sprigs		
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2-24	JHINGA MATAR CURRY 0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	<table> <tr> <td>For</td><td>0.2 Kg</td><td>0.3 Kg</td><td>0.4 Kg</td></tr> <tr> <td>Prawns (deviened & cleaned)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr> <tr> <td>Peas (shelled)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr> <tr> <td>Water</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Salt, red chilli power, garam masala</td><td colspan="3">As per taste</td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>For Paste</td><td></td><td></td><td></td></tr> <tr> <td>Onions</td><td>1 no.</td><td>2 nos.</td><td>2½ nos.</td></tr> <tr> <td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr> <tr> <td>Coriander powder, turmeric powder</td><td colspan="3">As per taste</td></tr> <tr> <td>Ginger (chopped)</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> Grind all together onions, green chilli, ginger, coriander powder & turmeric powder without adding any water & make a paste. In a MWS bowl take oil & paste. Mix well. Select category & weight and press start. When beeps, mix & add shelled peas, prawns, all other spices & water. Mix well & cover and press start. When beeps, remove lid & stir well. Press start. Serve hot with steamed rice. 	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				
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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 tsp	
			Tandoori chicken masala				1 tsp	
			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 atleast 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	¾ 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.								

Indian Cuisine

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/ladle & 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
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	<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Kaddu (cut into pieces)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Chopped tomato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Chopped green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Finely chopped ginger</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Chopped coriander leaves</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr><tr><td>Salt, red chilli power, garam masala, amchoor, turmeric powder</td><td colspan="4">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																			
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																																																							
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Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp																																																							
Salt, red chilli power, garam masala, amchoor, turmeric powder	As per taste																																																										
2-31	PALAK KEEMA 0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Palak leaves (chopped)</td><td>1½ cup</td><td>2½ cups</td><td>3½ cups</td></tr><tr><td>Chicken keema</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Chopped onion</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Tomatoes</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Dry red chillies</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Ginger (chopped)</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Garlic (chopped)</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Salt</td><td colspan="3">As per taste</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Kalonji</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr><tr><td>Saunf</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr><tr><td>Jeera</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr><tr><td>Methi dana</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
For	0.1 kg	0.2 kg	0.3 kg																																																								
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Oil	1 tbsp	1½ tbsp	2 tbsp																																																								
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Jeera	¼ tsp	½ tsp	½ tsp																																																								
Methi dana	¼ tsp	½ tsp	½ tsp																																																								
2-32	PANEER PISTA HARYALI 0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Paneer (cut into cubes)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Pista (skin removed)</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Coriander leaves</td><td>¼ cup</td><td>½ cup</td><td>½ cup</td></tr><tr><td>Milk</td><td>¼ cup</td><td>½ cup</td><td>½ cup</td></tr><tr><td>Salt & pepper</td><td colspan="3">As per taste</td></tr><tr><td>Onion</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Green chilli (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr><tr><td>Dhania powder</td><td>½ tsp</td><td>1 tbsp</td><td>1 tsp</td></tr><tr><td>Garlic (chopped)</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td></tr><tr><td>Water</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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 tsp	1 tbsp	1 tsp	Garlic (chopped)	1 tsp	1½ tsp	1½ tsp	Water	½ cup	1 cup	1 cup								
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																																																								
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Oil	1 tbsp	2 tbsp	2½ tbsp																																																								
Dhania powder	½ tsp	1 tbsp	1 tsp																																																								
Garlic (chopped)	1 tsp	1½ tsp	1½ tsp																																																								
Water	½ cup	1 cup	1 cup																																																								

Indian Cuisine

Category	Weight Limit	Utensil	Instructions																																				
2-33	BANDH-GOBHI MATAR 0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	<table> <tr> <td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Cabbage leaves (chopped)</td><td>300g</td><td>400g</td><td>500g</td></tr> <tr> <td>Peas</td><td>1 cup</td><td>1 cup</td><td>½ cup</td></tr> <tr> <td>Tomato (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr> <tr> <td>Oil</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr> <tr> <td>Green chilli (chopped)</td><td>2 nos.</td><td>2 nos.</td><td>2 nos.</td></tr> <tr> <td>Salt, red chilli powder, haldi, garam masala</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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										
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																																						
2-34	MUSHROOM CHILLI 0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	<table> <tr> <td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Mushroom (chopped)</td><td>300g</td><td>400g</td><td>500g</td></tr> <tr> <td>Onion (chopped)</td><td>1 cup</td><td>1 cup</td><td>½ cup</td></tr> <tr> <td>Tomato (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr> <tr> <td>Oil</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr> <tr> <td>Ginger garlic paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>1½ tbsp</td></tr> <tr> <td>Green chilli (chopped)</td><td>2 nos.</td><td>2 nos.</td><td>2 nos.</td></tr> <tr> <td>Salt, red chilli powder, garam masala</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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						
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																																						
2-35	KALONJI ALOO 0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	<table> <tr> <td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Boiled Potato (chopped)</td><td>300g</td><td>400g</td><td>500g</td></tr> <tr> <td>Kalonji</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr> <tr> <td>Tomato (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr> <tr> <td>Oil</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr> <tr> <td>Green chilli (chopped)</td><td>2 nos.</td><td>2 nos.</td><td>2 nos.</td></tr> <tr> <td>Salt, red chilli powder, garam masala, haldi</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS bowl take oil, chopped green chilli & add kalonji & 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. 	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										
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																																						
2-36	DAHI ALOO 0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	<table> <tr> <td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Boiled Potato (chopped)</td><td>300g</td><td>400g</td><td>500g</td></tr> <tr> <td>Fresh Curd</td><td>1 Cup</td><td>1 Cup</td><td>1½ Cup</td></tr> <tr> <td>Tomato (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr> <tr> <td>Besan</td><td>2 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Water</td><td>1 Cup</td><td>1 Cup</td><td>1½ Cup</td></tr> <tr> <td>Oil</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr> <tr> <td>Green chilli (chopped)</td><td>2 nos.</td><td>2 nos.</td><td>2 nos.</td></tr> <tr> <td>Salt, red chilli powder, garam masala, haldi, jeera</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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		
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																																						

Category		Weight Limit	Utensil	Instructions																																										
2-37	ALOO SHIMLA-MIRCH	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Potato (chopped)</td><td>300g</td><td>400g</td><td>500g</td></tr><tr><td>Capsicum (chopped)</td><td>1 cup</td><td>1 cup</td><td>½ cup</td></tr><tr><td>Tomato (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr><tr><td>Oil</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr><tr><td>Green chilli (chopped)</td><td>2 nos.</td><td>2 nos.</td><td>2 nos.</td></tr><tr><td>Salt, red chilli powder, haldi, garam masala</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <p>1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start.</p> <p>2. When beeps, mix & add potato. Sprinkle little water on top. Cover & press start.</p> <p>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.</p>	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																
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																																													
2-38	PANEER BHURJI	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Paneer (mashed)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Chopped capsicum</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>4 nos.</td></tr><tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr><tr><td>Coriander leaves</td><td colspan="5">A few sprigs</td></tr><tr><td>Coriander powder, jeera powder, red chilli powder, salt</td><td colspan="5">As per taste</td></tr></table> <p>Method :</p> <p>1. In a MWS bowl add oil, onion & capsicum. Select category & weight and press start.</p> <p>2. When beeps, mix well & add paneer, coriander leaves, coriander powder, jeera powder, red chilli powder & salt. Mix well & press start.</p> <p>3. Serve with toast or wrapped in roti.</p>	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				
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																																													
2-39	SCRAMBLED EGGS	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Eggs</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Milk</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Salt, pepper</td><td colspan="3">As per taste</td></tr><tr><td>Butter / oil</td><td colspan="3">For greasing</td></tr><tr><td>Coriander leaves (chopped)</td><td colspan="3">For garnishing</td></tr></table> <p>Method :</p> <p>1. Grease a MWS flat glass dish with butter or oil.</p> <p>2. In another bowl lightly beat eggs, milk, salt & pepper together.</p> <p>3. Now pour the egg mixture in greased MWS flat glass dish. Select category & weight and press start.</p> <p>4. When beeps, mix well & again press start. Stand for 3 minutes. Mix well & garnish with chopped coriander leaves & serve.</p>	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																				
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																																													
2-40	MUSHROOM CAPSICUM	0.5 kg	Microwave Safe (MWS) Bowl	<table><tr><td>For</td><td>0.5 kg</td></tr><tr><td>Mushroom (chopped)</td><td>500g</td></tr><tr><td>Capsicum (chopped)</td><td>½ cup</td></tr><tr><td>Tomato (chopped)</td><td>3 nos.</td></tr><tr><td>Oil</td><td>2 tbsp</td></tr><tr><td>Ginger garlic paste</td><td>1½ tbsp</td></tr><tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr><tr><td>Salt, red chilli powder, garam masala</td><td>As per taste</td></tr></table> <p>Method :</p> <p>1. In a MWS bowl take oil, ginger garlic paste, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start.</p> <p>2. When beeps, mix & add mushrooms. Sprinkle little water on top. Cover & press start.</p> <p>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.</p>	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																										
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																																													

Indian Cuisine

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																																																																														
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td colspan="6">For Marinade</td></tr><tr><td>Hung curd</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr><tr><td>Tomato puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr><tr><td>Ginger garlic paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr><tr><td>Salt, garam masala, coriander powder, red chilli powder, turmeric powder</td><td colspan="5">As per taste</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr><tr><td>Salt</td><td colspan="5">If required</td></tr><tr><td>Coriander leaves</td><td colspan="5">A few springs</td></tr><tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr></table> <p>Method :</p> <p>1. Marinade the chicken & keep it in refrigerator for 1 hour.</p> <p>2. In a MWS bowl add oil, chopped onions & marinated chicken & cover. Select category & weight and press start.</p> <p>3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover & press start. Stand for 5 minutes. Serve hot.</p>	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
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																																																																												
3-2	GOSHT DUM BIRYANI	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl																																																																														
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Boneless mutton</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr><tr><td>Ginger garlic paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr><tr><td>Jeera, laung, tej patta, salt, red chilli powder, garam masala</td><td colspan="5">As per taste</td></tr><tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr></table> <p>Method :</p> <p>1. In a MWS bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton & cover. Select category & weight and press start.</p> <p>2. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala & cover. Press start. Stand for 5 minutes. Serve hot.</p>	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																														
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																																																																												
3-3	MALABAR BIRYANI	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl																																																																														
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td colspan="6">For Marinade</td></tr><tr><td>Salt, red chilli powder, turmeric powder</td><td colspan="5">As per taste</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Salt, biryani masala</td><td colspan="5">As per taste</td></tr><tr><td>Curd</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Sliced tomato</td><td>1 No.</td><td>1 No.</td><td>2 Nos.</td><td>2 Nos.</td><td>3 Nos.</td></tr><tr><td>Sliced onion</td><td>1 No.</td><td>1 No.</td><td>2 Nos.</td><td>2 Nos.</td><td>3 Nos.</td></tr><tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr></table> <p>Method :</p> <p>1. Marinade the chicken & refrigerate it for 1 hour.</p> <p>2. In a MWS bowl add oil, onion, chopped coriander & mint leaves, biryani masala & salt. Mix, select category & weight & press start.</p> <p>3. When beeps, remove the bowl & in another MWS bowl add soaked rice, water, tomato, curd, mix & cover. Press start.</p> <p>4. When beeps, add the marinated chicken to the first bowl. Cover & press start. Stand for 5 minutes. Serve hot.</p>	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												
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																																																																												

Rice Delight

Category	Weight Limit	Utensil	Instructions								
3-4	PINEAPPLE FRIED RICE	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	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	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	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	01 ~ 0.5 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Basmati rice</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Melted ghee</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr><tr><td>Nutmeg powder, cardamon powder</td><td colspan="5">As per taste</td></tr><tr><td>Sugar</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Saffron (Kesar)</td><td colspan="5">A pinch</td></tr><tr><td>Warm milk</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr><tr><td>Water</td><td>150 ml</td><td>300 ml</td><td>350 ml</td><td>650 ml</td><td>750 ml</td></tr><tr><td>Kishmish, Kaju</td><td colspan="5">As per required</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																
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3-9	0.1 ~ 0.5 Kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Basmati Rice (Cooked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Fish (Hilsa)</td><td>250 g</td><td>350 g</td><td>450 g</td><td>550 g</td><td>650 g</td></tr><tr><td>Desi Ghee</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td></tr><tr><td>Onion (sliced)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr><tr><td>Ginger-garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td></tr><tr><td>Red chilli powder, salt, turmeric powder, cumin powder, garam masala</td><td colspan="5">As per taste</td></tr><tr><td>Black pepper corns, cloves, cinnamon, bayleaf, cardamom (green)</td><td colspan="5">As per requirement</td></tr><tr><td>Hung curd</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr><tr><td>Oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td></tr><tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	Basmati Rice (Cooked)	100 g	200 g	300 g	400 g	500 g	Fish (Hilsa)	250 g	350 g	450 g	550 g	650 g	Desi Ghee	1 tbsp	2 tbsp	2 tbsp	3 tbsp	3 tbsp	Onion (sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.	Ginger-garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp	Red chilli powder, salt, turmeric powder, cumin powder, garam masala	As per taste					Black pepper corns, cloves, cinnamon, bayleaf, cardamom (green)	As per requirement					Hung curd	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	4 tbsp	Oil	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp	Water	200 ml	400 ml	600 ml	650 ml	750 ml
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3-10	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Basmati Rice (Soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Sliced mushrooms</td><td>50 g</td><td>100 g</td><td>150 g</td><td>200 g</td><td>250 g</td></tr><tr><td>Water</td><td>100 ml</td><td>200 ml</td><td>300 ml</td><td>325 ml</td><td>375 ml</td></tr><tr><td>Milk</td><td>100 ml</td><td>200 ml</td><td>300 ml</td><td>325 ml</td><td>375 ml</td></tr><tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr><tr><td>Chopped spring onions</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr><tr><td>Chopped garlic</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr><tr><td>Salt, pepper</td><td colspan="5">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																
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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 require		
				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																																																				
			<table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Soaked rice</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Soaked & boiled kabuli chana</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Sliced onions</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Water</td><td>200 ml</td><td>350 ml</td><td>500 ml</td></tr> <tr> <td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> <tr> <td>Desi ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Laung, cchoti elaichi, badi elaichi, saunf, jeera</td><td colspan="3">As per requirement</td></tr> <tr> <td>Salt, red chilli powder, garam masala, haldi</td><td colspan="3">As per taste</td></tr> <tr> <td>Mango pickle paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Slit green chilli</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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, cchoti 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. 	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, cchoti 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.								
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3-14	METHI RICE	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl																																																				
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Salt, red chilli powder, garam masala	As per taste																																																						
Oil / ghee	1½ tbsp	2 tbsp	2½ tbsp																																																				
3-15	COCONUT RICE	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl																																																				
			<table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>1 cup</td></tr> <tr> <td>Coconut (grated)</td><td>¼ cup</td><td>½ cup</td><td>0.3 Kg</td></tr> <tr> <td>Coconut milk</td><td>100 ml</td><td>200 ml</td><td>300 ml</td></tr> <tr> <td>Water</td><td>100 ml</td><td>150 ml</td><td>200 ml</td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr> <tr> <td>Chopped cashewnuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Mustard seeds</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr> <tr> <td>Curry leaves</td><td>10 nos.</td><td>15 nos.</td><td>20 nos.</td></tr> <tr> <td>Chopped green chilli</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr> <tr> <td>Salt & pepper</td><td colspan="3">As per taste</td></tr> <tr> <td>Finely chopped ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Beaten curd</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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
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Beaten curd	1 tbsp	2 tbsp	3 tbsp																																																				

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 tomatoes & 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.					

Rice Delight

Category	Weight Limit	Utensil	Instructions																																																																								
3-19	PANEER FRIED RICE	0.1 ~ 0.5Kg	Microwave safe (MWS) bowl																																																																								
			<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td><td>0.4 Kg</td><td>0.5 Kg</td></tr><tr><td>Paneer (cubes)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td><td>2cup</td></tr><tr><td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Water</td><td>200 ml</td><td>350 ml</td><td>500 ml</td><td>650 ml</td><td>800 ml</td></tr><tr><td>Onions (Big sized sliced)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr><tr><td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4 tbsp</td></tr><tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td><td>2 tsp</td></tr><tr><td>Salt, red chilli powder, garam masala, dhania powder, turmeric powder</td><td colspan="5">As per taste</td></tr><tr><td>Biryani masala</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td><td>2 tsp</td></tr><tr><td>Slit green chillies</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr></table> <p>Method :</p> <p>1. In a MWS bowl take soaked rice, water. Select category & weight and press start.</p> <p>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.</p> <p>3. When beeps, add boiled rice to the sliced onions. Mix well. Press start.</p> <p>4. Serve paneer fried rice hot with plain curd or raita.</p>	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.												
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3-20	CHILLI GARLIC RICE	0.2 ~ 0.5 kg	Microwave safe (MWS) glass bowl																																																																								
			<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Rice (soaked)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Water</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr><tr><td>Oil</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr><tr><td>Ghee</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr><tr><td>Jeera</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr><tr><td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr><tr><td>Garlic paste</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Chopped green chillies</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr><tr><td>Chopped coriander leaves</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr><tr><td>Chilli sauce</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr><tr><td>Salt</td><td colspan="4">As per taste</td></tr></table> <p>Method :</p> <p>1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.</p> <p>2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, coriander leaves, garlic paste. Mix well & press start.</p> <p>3. When beeps, add cooked rice, chilli sauce, salt. Mix well & press start.</p>	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															
For	0.2 kg	0.3 kg	0.4 kg	0.5 kg																																																																							
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Chilli sauce	2 tbsp	3 tbsp	4 tbsp	5 tbsp																																																																							
Salt	As per taste																																																																										
3-21	MUSHROOM BIRYANI	0.1 ~ 0.5 kg	Microwave safe (MWS) glass bowl																																																																								
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Rice (soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Water</td><td>200 g</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr><tr><td>Oil</td><td>1 tsp</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr><tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr><tr><td>Jeera & Red Chillies powder</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr><tr><td>Chopped garlic</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr><tr><td>Garlic paste</td><td>½ tsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Chopped green chillies</td><td>1 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr><tr><td>Chopped coriander leaves</td><td>½ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr><tr><td>Chopped Mushroom</td><td>1 cup</td><td>1 cup</td><td>2 cup</td><td>2½ cup</td><td>3 cup</td></tr><tr><td>Salt</td><td colspan="5">As per taste</td></tr></table> <p>Method :</p> <p>1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.</p> <p>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.</p> <p>3. When beeps, add cooked rice, chilli sauce, salt. Mix well & press start.</p>	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				
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																																																																						
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Salt	As per taste																																																																										

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.									

Rice Delight

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.	
				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	MANCHURIAN 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	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Roasted til</td><td>½ cup</td></tr><tr><td>Tamarind paste</td><td>2 tbsp</td></tr><tr><td>Green chilli</td><td>4-5 nos.</td></tr><tr><td>Coriander leaves</td><td>2 tbsp</td></tr><tr><td>Mint leaves</td><td>1 tbsp</td></tr><tr><td>Water</td><td>½ cup</td></tr><tr><td>Garlic pods</td><td>2-3 nos.</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td colspan="2">For Tempering</td></tr><tr><td>Oil</td><td>1 tbsp</td></tr><tr><td>Cumin seeds</td><td>1 tsp</td></tr><tr><td>Curry leaves</td><td>6-7 nos.</td></tr><tr><td>Red chilli (dry)</td><td>2 nos.</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Grind together roasted til, tamarind paste, green chilli, coriander leaves, mint leaves, garlic pods, salt & water in spice grinder. Make a rough paste.In a MWS glass bowl take oil, cumin seeds, curry leaves & dried red chilli. Mix well. Select category & press start.When beeps, add the grounded paste to the tempering & mix well.	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.												
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Red chilli (dry)	2 nos.																																										
4-12	CHANA CHAAT 0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Kala chana (soaked overnight)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Water</td><td>250 ml</td><td>500 ml</td><td>750 ml</td><td>1000 ml</td></tr><tr><td>Oil</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr><tr><td>Jeera, hing</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2 tsp</td></tr><tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Boiled potato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr><tr><td>Salt, red chilli powder, chaat masala, lemon juice, imli chatni</td><td colspan="4">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a MWS bowl add soaked chana, water & cover. Select category & weight and press start.When beeps, remove & drain water from the chanas. In a MWS bowl add oil, jeera, hing & chopped onion and press start.Add boiled chanas, salt, red chilli powder, chaat masala, lemon juice, imli chutney, boiled potato. Mix well & serve.	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			
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																																										
4-13	ALOO KAND CHAAT 0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Aloo (cut in medium pieces)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr><tr><td>Jimikand (cut in medium pieces)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr><tr><td>Sugar, salt, red chilli powder, chaat masala</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a MWS bowl add aloo, jimikand & add little water Cover. Select category & weight & press start.When beeps, stir well. Cover & press start.Add sugar, salt, red chilli powder, chaat masala. Allow to stand for 3 minutes.	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																										
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																																										
4-14	AMLA CHUTNEY 0.5 kg	Microwave Safe (MWS) Glass Bowl	<table><tr><td>Amla</td><td>500 g</td></tr><tr><td>Water for boiling</td><td>As per required</td></tr><tr><td>Green chillies, Salt, Sugar</td><td>As per your taste</td></tr><tr><td>Oil</td><td>2 tbsp</td></tr><tr><td colspan="2">For Tempering : Rai, Jeera, Hing etc.</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a MWS glass bowl put amla, water & press start.When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start.When beeps, add ground mixture and green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook.	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.																															
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.																																											

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	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Garlic</td><td>10 pods</td></tr><tr><td>Ajwain</td><td>½ tsp</td></tr><tr><td>Cloves</td><td>2-3 nos.</td></tr><tr><td>Almonds</td><td>3-4 nos.</td></tr><tr><td>Mustard oil</td><td>1 cup</td></tr></table> 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.	For	0.2 kg	Garlic	10 pods	Ajwain	½ tsp	Cloves	2-3 nos.	Almonds	3-4 nos.	Mustard oil	1 cup	
For	0.2 kg																
Garlic	10 pods																
Ajwain	½ tsp																
Cloves	2-3 nos.																
Almonds	3-4 nos.																
Mustard oil	1 cup																
5-7	PIZZA BASE@	0.2 kg	Low rack* & Multicook tawa	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>200 g</td></tr><tr><td>Yeast</td><td>1 tbsp</td></tr><tr><td>Salt</td><td>1/2 tsp</td></tr><tr><td>Sugar</td><td>1 tsp</td></tr><tr><td>Water</td><td>As required</td></tr></table> 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.	For	0.2 kg	Maida	200 g	Yeast	1 tbsp	Salt	1/2 tsp	Sugar	1 tsp	Water	As required	
For	0.2 kg																
Maida	200 g																
Yeast	1 tbsp																
Salt	1/2 tsp																
Sugar	1 tsp																
Water	As required																
5-8	YEAST DOUGH	0.3 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Maida</td><td>300 g</td></tr><tr><td>Yeast</td><td>1 tbsp</td></tr><tr><td>Salt</td><td>½ tsp</td></tr><tr><td>Sugar</td><td>1 tsp</td></tr><tr><td>Water</td><td>As required</td></tr></table> Method : 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.	For	0.3 kg	Maida	300 g	Yeast	1 tbsp	Salt	½ tsp	Sugar	1 tsp	Water	As required	
For	0.3 kg																
Maida	300 g																
Yeast	1 tbsp																
Salt	½ tsp																
Sugar	1 tsp																
Water	As required																

@ 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 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

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 sweetener 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)	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 ¾ 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*																												
			<table><tr><td>Gram flour (besan)</td><td>1 cup</td></tr><tr><td>Plain flour</td><td>¼ cup</td></tr><tr><td>Whole wheat flour</td><td>¾ cup</td></tr><tr><td>Finely chopped onions</td><td>½ cup</td></tr><tr><td>Shredded fenugreek (methi) leaves</td><td>½ cup</td></tr><tr><td>Finely chopped green chillies</td><td>1 tsp</td></tr><tr><td>Carom seeds (ajwain)</td><td>½ tsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Oil for kneading</td><td>1/8 tsp</td></tr><tr><td>Whole wheat flour</td><td>For dusting</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.Knead again using ghee till smooth and divide into two equal portions.Roll out each portion into a thin circle of 125 mm (5") in diameter using a little flour for rolling.Select category and press start (preheat). Keep tawa on low rack inside microwave.When beeps, keep roti on tawa and press start again.After beep, turn the roti, apply ghee and press start again.Serve hot.	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								
Gram flour (besan)	1 cup																														
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Salt	As per taste																														
Oil for kneading	1/8 tsp																														
Whole wheat flour	For dusting																														
9	GRILLED VEGGIE ZUCCHINI	0.3 kg	Microwave safe (MWS) glass bowl & High rack																												
			<table><tr><td>Zucchini, sliced</td><td>1 cup</td></tr><tr><td>Carrots, raw, chopped</td><td>1 cup</td></tr><tr><td>Mushrooms</td><td>1 cup</td></tr><tr><td>Capsicum (yellow, red, green)</td><td>1 cup</td></tr><tr><td>Olive oil</td><td>2 tbsp</td></tr><tr><td>Pepper (black)</td><td>1 tbsp</td></tr><tr><td>Italian herb seasoning mix</td><td>2 tsp</td></tr><tr><td>Salt</td><td>1 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Cut all the vegetables in slices.Put olive oil in a glass bowl and add all vegetables. Mix and press start.After beep, mix it again and sprinkle salt and seasoning mix and press start again, transferring the vegetables on high rack and tawa.Sprinkle more herbs as per your taste.	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												
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Italian herb seasoning mix	2 tsp																														
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10	SOYA BHURJI	0.3 kg	Microwave safe (MWS) glass bowl																												
			<table><tr><td>Soya granules</td><td>¾ cup</td></tr><tr><td>Olive oil</td><td>2 tsp</td></tr><tr><td>Cumin seeds (jeera)</td><td>1 tsp</td></tr><tr><td>Finely chopped garlic (lehsun)</td><td>1 tsp</td></tr><tr><td>Finely chopped green chillies</td><td>1 tsp</td></tr><tr><td>Finely chopped ginger (adrak)</td><td>½ tsp</td></tr><tr><td>Finely chopped onions</td><td>¼ cup</td></tr><tr><td>Finely chopped capsicum (green/yellow)</td><td>½ cup</td></tr><tr><td>Chopped tomatoes</td><td>¼ cup</td></tr><tr><td>Turmeric powder (haldi)</td><td>½ tsp</td></tr><tr><td>Chilli powder</td><td>¼ tsp</td></tr><tr><td>Garam masala</td><td>½ tsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Finely chopped coriander (dhania)</td><td>2 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.Squeeze the soya granules thoroughly, retain them and discard the drained water. After soaking, the granules are approximately 1½ cup.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.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.When beeps, add the soaked soya granules, mix well and press start.Serve hot.	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
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Chilli powder	¼ tsp																														
Garam masala	½ tsp																														
Salt	As per taste																														
Finely chopped coriander (dhania)	2 tbsp																														

* 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-cumin 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	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, ¼ cup water, mix well and add tamarind pulp. Press start again, stirring once in between.
			5. Serve hot.
14	TOMATO METHI RICE	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.					
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.					
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	<table><tr><td>Soya beans</td><td>1 cup</td></tr><tr><td>Water</td><td>3 cup</td></tr><tr><td>Vanilla essence</td><td>1 drop</td></tr></table> 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.	Soya beans	1 cup	Water	3 cup	Vanilla essence	1 drop																								
Soya beans	1 cup																																	
Water	3 cup																																	
Vanilla essence	1 drop																																	
19	CARROT & MOONG DAL SOUP	0.3 kg	Microwave safe (MWS) glass bowl	<table><tr><td>Chopped carrots</td><td>1 cup</td></tr><tr><td>Split green gram (hara moong dal) washed and drained</td><td>½ cup</td></tr><tr><td>Olive oil</td><td>1 tsp</td></tr><tr><td>Black peppercorns (kali mirch)</td><td>4-5 pcs</td></tr><tr><td>Sliced onions</td><td>½ cup</td></tr><tr><td>Finely chopped garlic (lehsun)</td><td>2 tsp</td></tr><tr><td>Chopped tomatoes</td><td>¼ cup</td></tr><tr><td>Low-fat milk (99.7% fat-free)</td><td>¾ cup</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Freshly ground black pepper</td><td>1 tsp</td></tr></table> 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.	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										
Chopped carrots	1 cup																																	
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Salt	As per taste																																	
Freshly ground black pepper	1 tsp																																	
20	GLUTEN-FREE PASTA	0.3 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For the Sauce</td><td>4 large pcs</td></tr><tr><td>Fresh tomato puree</td><td>½ cup</td></tr><tr><td>Olive oil</td><td>2 tsp</td></tr><tr><td>Finely chopped onions</td><td>1 cup</td></tr><tr><td>Finely chopped garlic (lehsun)</td><td>1 tbsp</td></tr><tr><td>Chilli powder</td><td>½ tsp</td></tr><tr><td>Sugar</td><td>1 tsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Other Ingredients</td><td>1 tbsp</td></tr><tr><td>Olive oil</td><td>1 tsp</td></tr><tr><td>Finely chopped garlic lehsun)</td><td>2 tsp</td></tr><tr><td>Finely chopped capsicum (green, yellow, red)</td><td>¼ cup</td></tr><tr><td>Dry red chilli flakes (paprika)</td><td>¼ tsp</td></tr><tr><td>Gluten-free pasta (readily available)</td><td>3 cups</td></tr><tr><td>Mushroom, zucchini</td><td>¼ cup</td></tr></table> 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.	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
For the Sauce	4 large pcs																																	
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21	GARLIC CELERY TOAST	4 Pcs	Multicook tawa & High rack*	<table><tr><td>Whole wheat bread slices</td><td>4 pcs</td></tr><tr><td>For the Celery Garlic Spread</td><td></td></tr><tr><td>Chopped celery (ajmoda)</td><td>¼ cup</td></tr><tr><td>Rough chopped garlic (lehsun)</td><td>2 tsp</td></tr><tr><td>Low-fat butter</td><td>1 tsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> 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).	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																		
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Rough chopped garlic (lehsun)	2 tsp																																	
Low-fat butter	1 tsp																																	
Salt	As per taste																																	

* Refer Page 144, Fig. 2

Category	Weight Limit	Utensil	Instructions																										
22	MASOOR PULAO	0.3 kg	Microwave safe (MWS) glass bowl																										
			<table><tr><td colspan="2">For the Rice</td></tr><tr><td>Brown rice, soaked for 15 minutes and drained</td><td>1 cup</td></tr><tr><td>Bay leaves (tej patta)</td><td>2 pcs</td></tr><tr><td>Cinnamon stick</td><td>2 pcs</td></tr><tr><td>Cloves (laung)</td><td>4 pcs</td></tr><tr><td>Cardamoms</td><td>2 pcs</td></tr><tr><td>Brown rice</td><td>½ cup</td></tr><tr><td>Masoor dal</td><td>¾ cup</td></tr><tr><td>Water</td><td>5 cup</td></tr><tr><td>Low-fat milk</td><td>½ cup</td></tr><tr><td colspan="2">For the Garnish</td></tr><tr><td>Finely chopped coriander (dhania)</td><td>1 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a MWS bowl, add rice, masoor dal and water. Select category and press start.When the microwave beeps, add onion, tomatoes, cumin seeds, coriander, cloves, cinnamon, cardamom, ginger-garlic paste in a MWS bowl and press start again.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).Serve with curd or raita.	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		
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Finely chopped coriander (dhania)	1 tsp																												
23	KALE & CHICKPEA CURRY	0.3 kg	Microwave safe (MWS) glass bowl																										
			<table><tr><td>Olive oil</td><td>1-2 tbsp</td></tr><tr><td>Mustard seeds</td><td>½ tsp</td></tr><tr><td>Onion, diced</td><td>1 large pc</td></tr><tr><td>Garlic cloves, crushed</td><td>4 pcs</td></tr><tr><td>Tomatoes, diced</td><td>4 plum</td></tr><tr><td>Chickpeas (Kabuli chana) drained and rinsed</td><td>200 g</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Coriander seeds, crushed</td><td>1 heaped tsp</td></tr><tr><td>Green chilli, chopped</td><td>1 pc</td></tr><tr><td>Red chilli powder</td><td>1 tsp</td></tr><tr><td>Turmeric</td><td>1 tsp</td></tr><tr><td>Kale, chopped</td><td>200 g</td></tr><tr><td>Green chilli, sliced for garnish</td><td>1 pc</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a MWS bowl, add chickpeas (soaked overnight). Select category and press start (You can use boiled chickpeas too).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).When the microwave beeps, mix the chickpeas and cooked mixture. Cover and press start again (Give standing time of 10 minutes).Curry is ready to be served.	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
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Turmeric	1 tsp																												
Kale, chopped	200 g																												
Green chilli, sliced for garnish	1 pc																												
24	STUFFED KARELA	4 Pcs	Microwave safe (MWS) glass bowl & High rack & Multicook Tawa*																										
			<table><tr><td>Bitter gourd (karela)</td><td>4 pcs</td></tr><tr><td>Cumin seeds, crushed</td><td>1 tsp</td></tr><tr><td>Onion, finely chopped</td><td>1 large pc</td></tr><tr><td>Mustard oil</td><td>3 tbsp</td></tr><tr><td>Cloves garlic, finely chopped</td><td>4 pcs</td></tr><tr><td>Ginger, finely chopped</td><td>3 cm piece</td></tr><tr><td>Salt</td><td>1 tsp</td></tr><tr><td>Chillies, chopped</td><td>2 pcs</td></tr><tr><td>Turmeric</td><td>1 tsp</td></tr><tr><td>Amchoor</td><td>1 tsp</td></tr><tr><td>Coriander seeds, crushed</td><td>1 tsp</td></tr><tr><td>Fennel seeds, crushed</td><td>1 tsp</td></tr><tr><td>Besan</td><td>1 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Prepare the karela by washing and drying them; use a peeler to peel off the bumpy green skin and keep in a bowl.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.In a MWS bowl add oil, cumin seeds, ginger, garlic and onions, amchoor, fennel, coriander, chilli, salt and turmeric. Select category and press start.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.Press the stuffing into the skins. You can use a little cotton thread to wrap around each to hold in the stuffing.Now keep the stuffed the karelas on the greased multicook tawa & high rack and press start again.When beeps, brush it with oil and turn the karelas & press start again.After beep, remove the tawa and serve hot.	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
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Coriander seeds, crushed	1 tsp																												
Fennel seeds, crushed	1 tsp																												
Besan	1 tbsp																												

* Refer Page 144, Fig. 2

Category	Weight Limit	Utensil	Instructions																																	
25	GWARFALI KI SUBZI	0.2 kg	Microwave safe (MWS) glass bowl	<table><tr><td>Cluster beans (gawarfali), cut into 25 mm (1" pieces)</td><td>2 cups</td></tr><tr><td>Oil</td><td>2 tsp</td></tr><tr><td>Cumin seeds (jeera)</td><td>½ tsp</td></tr><tr><td>Chopped onions</td><td>½ cup</td></tr><tr><td>Garlic (lehsun) paste</td><td>1 tsp</td></tr><tr><td>Turmeric powder (haldi)</td><td>¼ tsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Coriander-cumin seeds (dhania- jeera) powder</td><td>2 tsp</td></tr><tr><td>Chilli powder</td><td>1 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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														
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Coriander-cumin seeds (dhania- jeera) powder	2 tsp																																			
Chilli powder	1 tsp																																			
26	FLAX SEED UTTAPAM	1 Pc	Multicook tawa & High rack*	<table><tr><td>Semolina (sooji) flour</td><td>½ cup</td></tr><tr><td>Flax seed flour</td><td>½ cup</td></tr><tr><td>Bengal gram flour (besan)</td><td>2 tbsp</td></tr><tr><td>Lemon juice</td><td>1 tsp</td></tr><tr><td>Baking powder</td><td>1 pinch</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Oil (for greasing and cooking)</td><td>¼ tsp</td></tr></table> <p>To be mixed into a Topping</p> <table><tr><td>Chopped onions</td><td>¼ cup</td></tr><tr><td>Chopped tomatoes</td><td>¼ cup</td></tr><tr><td>Chopped capsicum</td><td>¼ cup</td></tr><tr><td>Finely chopped green chillies</td><td>1 tsp</td></tr><tr><td>Finely chopped coriander (dhania)</td><td>2 tbsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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	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						
Semolina (sooji) flour	½ cup																																			
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Finely chopped green chillies	1 tsp																																			
Finely chopped coriander (dhania)	2 tbsp																																			
Salt	As per taste																																			
27	WHOLE WHEAT VEGETABLE KHICHDI	0.3 kg	Microwave safe (MWS) glass bowl	<table><tr><td>Whole wheat, soaked for 6 hours (drained and ground into a paste)</td><td>½ cup</td></tr><tr><td>Moong dal (soaked for 15-20 minutes and drained)</td><td>½ cup</td></tr><tr><td>Oil</td><td>1 tsp</td></tr><tr><td>Peppercorns (kali mirch)</td><td>2 pcs</td></tr><tr><td>Cloves (laung)</td><td>2 pcs</td></tr><tr><td>Cinnamon (dalchini) stick</td><td>1 inch</td></tr><tr><td>Cumin seeds (jeera)</td><td>1 tsp</td></tr><tr><td>Asafoetida (hing)</td><td>1 pinch</td></tr><tr><td>Thinly sliced onions</td><td>¼ cup</td></tr><tr><td>Mixed vegetables (french beans, carrots and green peas)</td><td>1 cup</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Turmeric powder (haldi)</td><td>½ tsp</td></tr><tr><td>Chilli powder</td><td>1½ tsp</td></tr><tr><td>Coriander and cumin</td><td>1½ tsp</td></tr><tr><td>Water</td><td>3½ cup</td></tr></table> <p>For the Garnish</p> <table><tr><td>Finely chopped coriander</td><td>1 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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	Finely chopped coriander	1 tbsp
Whole wheat, soaked for 6 hours (drained and ground into a paste)	½ cup																																			
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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																																			
Finely chopped coriander	1 tbsp																																			

* Refer Page 144, Fig. 2

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.	

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.	
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 ^a																						
			<table><tr><td>For</td><td>Dough</td></tr><tr><td>Refined flour (Maida)</td><td>225 gms</td></tr><tr><td>Curd</td><td>4 tbsp</td></tr><tr><td>Milk</td><td>100 ml</td></tr><tr><td>Butter</td><td>1 tbsp</td></tr><tr><td>Salt</td><td>1/8 tsp</td></tr><tr><td>Castor Sugar</td><td>1 tsp</td></tr><tr><td>Baking powder</td><td>½ tsp</td></tr><tr><td>Butter (Melted)</td><td>1 tsp</td></tr><tr><td>Soda-bi-carb</td><td>¼ tsp</td></tr><tr><td>Onion seeds</td><td>1 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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. <p>Note: Grease the surface with little oil to prevent the naan from sticking while rolling.</p>	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
For	Dough																								
Refined flour (Maida)	225 gms																								
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Baking powder	½ tsp																								
Butter (Melted)	1 tsp																								
Soda-bi-carb	¼ tsp																								
Onion seeds	1 tsp																								
1-2	LACHHA PARANTHA	2 Pc	Multicook Tawa & low rack ^a																						
			<table><tr><td>For</td><td>Dough</td></tr><tr><td>Whole wheat flour</td><td>2 cups</td></tr><tr><td>Salt</td><td>½ tsp</td></tr><tr><td>Ghee</td><td>2 Tbsp</td></tr><tr><td>Milk</td><td>½ cup</td></tr><tr><td>Water</td><td>½ cup</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	For	Dough	Whole wheat flour	2 cups	Salt	½ tsp	Ghee	2 Tbsp	Milk	½ cup	Water	½ cup										
For	Dough																								
Whole wheat flour	2 cups																								
Salt	½ tsp																								
Ghee	2 Tbsp																								
Milk	½ cup																								
Water	½ cup																								
1-3	APPAM	1 Pc	Multicook Tawa & High Rack ^a																						
			<table><tr><td>For</td><td>Batter</td></tr><tr><td>Rice (soaked for 5-6 hours)</td><td>1 cup</td></tr><tr><td>Cooked rice (Boiled)</td><td>½ cup</td></tr><tr><td>Fresh coconut shavings</td><td>2 cups</td></tr><tr><td>Yeast</td><td>¼ tsp</td></tr><tr><td>Coconut water</td><td>To dissolve yeast & for diluting the batter</td></tr><tr><td>Salt & Sugar</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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. <p>Note: While pouring the appam batter, try to make a thin size appam. It should not be very thick.</p>	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								
For	Batter																								
Rice (soaked for 5-6 hours)	1 cup																								
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Fresh coconut shavings	2 cups																								
Yeast	¼ tsp																								
Coconut water	To dissolve yeast & for diluting the batter																								
Salt & Sugar	As per taste																								

* Refer page 144, fig 1

* Refer page 144, fig 2

Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																													
1-4	DAAL PARANTHA	2 Pc	Multicook Tawa & High Rack*	<table><tr><td colspan="2">For Dough</td></tr><tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr><tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr><tr><td>Salt</td><td>A pinch</td></tr><tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr><tr><td colspan="2">For Mixing</td></tr><tr><td>Boiled & mashed Daal</td><td>1 cup</td></tr><tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr><tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr><tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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								
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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																															
1-5	MASALA ROTI	2 Pc	Multicook Tawa & Low Rack*	<table><tr><td>For</td><td>Dough</td></tr><tr><td>Whole wheat flour</td><td>1 cup</td></tr><tr><td>Besan</td><td>3/4 cup</td></tr><tr><td>Finely copped onion</td><td>1 no. (medium)</td></tr><tr><td>Finely chopped green chilli</td><td>2 no.</td></tr><tr><td>Black pepper powder</td><td>1 tsp</td></tr><tr><td>Red chilli powder</td><td>1 tsp</td></tr><tr><td>Garam Masala</td><td>½ tsp</td></tr><tr><td>Ghee</td><td>1 tbsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Fresh Curd</td><td>¼ cup</td></tr><tr><td>Water (to knead dough)</td><td>¼ cup</td></tr><tr><td>Oil</td><td>½ tsp</td></tr><tr><td>Coriander leaves (Chopped)</td><td>2 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
For	Dough																															
Whole wheat flour	1 cup																															
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Salt	As per taste																															
Fresh Curd	¼ cup																															
Water (to knead dough)	¼ cup																															
Oil	½ tsp																															
Coriander leaves (Chopped)	2 tbsp																															
1-6	MISSI ROTI	2 Pc	Multicook Tawa & low rack*	<table><tr><td>For</td><td>Dough</td></tr><tr><td>Wheat flour</td><td>1½ cups</td></tr><tr><td>Besan</td><td>1½ cups</td></tr><tr><td>Oil</td><td>4 Tbsp</td></tr><tr><td>Kasuri methi, Red Chilli powder, Salt</td><td>As per taste</td></tr><tr><td>Water (for dough kneading)</td><td>50 ml</td></tr><tr><td>Curd</td><td>½ cup</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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														
For	Dough																															
Wheat flour	1½ cups																															
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Oil	4 Tbsp																															
Kasuri methi, Red Chilli powder, Salt	As per taste																															
Water (for dough kneading)	50 ml																															
Curd	½ cup																															

* Refer page 144, fig 1

* Refer page 144, fig 2

Indian Roti Basket

Category	Weight Limit	Utensil	Instructions	
1-7	STUFFED NAAN	Multicook Tawa & Low Rack ^a	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	KHASHA PARANTHA	Multicook Tawa & Low Rack ^a	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 portions (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

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions																											
1-9	PUDINA PARANTHA	2 Pc	Multicook Tawa & High Rack*	<table><tr><td>For</td><td>Dough</td></tr><tr><td>Whole wheat flour</td><td>1 cup</td></tr><tr><td>Mint leaves</td><td>½ cup</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Butter</td><td>2 tbsp</td></tr><tr><td>Chaat Masala</td><td>2 tsp</td></tr><tr><td>Oil/ghee</td><td>2 tsp</td></tr><tr><td>Dry pudina powder</td><td>1 tbsp</td></tr><tr><td>Water</td><td>As required to make the dough</td></tr></table>		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								
				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.																											
1-10	RAJMA PARANTHA	2 Pc	Multicook Tawa & High rack*	<table><tr><td>For</td><td>Dough</td></tr><tr><td>Boiled Rajma</td><td>1/3 cup</td></tr><tr><td>Whole Wheat flour (atta)</td><td>1 cup</td></tr><tr><td>Soyabean flour</td><td>2 Tbsp</td></tr><tr><td>Chopped green chillies</td><td>3-4 nos.</td></tr><tr><td>Fresh mint leaves</td><td>8-10 nos.</td></tr><tr><td>Anardana (Crushed)</td><td>1 tsp</td></tr><tr><td>Red Chilli Powder</td><td>1 tsp</td></tr><tr><td>Tomato Puree</td><td>2 tbsp.</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Oil</td><td>2 tsp</td></tr><tr><td>Coriander leaves (Chopped)</td><td>2 tbsp</td></tr><tr><td>Water</td><td>To knead to dough</td></tr></table>		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
				For	Dough																										
Boiled Rajma	1/3 cup																														
Whole Wheat flour (atta)	1 cup																														
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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 tbsps + 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 tbsps
				Salt, red chilli powder, garam masala	As per taste
				Anardana powder	1 tsp
				Method :	
1. In a bowl take whole wheat flour, salt & 1 tbsps 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 tbsps 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.					
1-12	KULCHE	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				Maida	1 cup
				Salt	A pinch
				Fresh cream	2 tbsps
				Lukewarm water	50 ml
				Sugar	1 tbsps
				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

Indian Roti Basket

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
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. 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 carefully & roll it again slightly to oval shape to 15cm length.					
5. When beeps keep two rolled out paranthas on tawa & press start.					
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.					
7. Serve them hot with curd or pickle. Wrap in foil & store.					

* 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 carefully & roll it again slightly to oval shape to 15cm length.								
5. When beeps keep two rolled out paranthas on tawa & press start.								
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.								
7. Serve them hot with curd or pickle. Wrap in foil & store.								
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 carefully & roll it again slightly to oval shape to 15cm length.								
5. When beeps keep two rolled out paranthas on tawa & press start.								
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.								
7. Serve them hot with curd or pickle. Wrap in foil & store.								

* Refer page 144, fig 2

Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																								
1-18	CHATPATA PARANTHA	2 Pc	Multi cook Tawa + High rack*																								
			<table><tr><th colspan="2">For Dough</th></tr><tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr><tr><td>Amchoor</td><td>1/2 tsp</td></tr><tr><td>Chaat Masala</td><td>1 tsp</td></tr><tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr><tr><td>Water</td><td>To knead dough</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a bowl combine wheat flour, salt, amchoor, 1 tsp oil, water to knead a soft dough.Keep the tawa on high rack, keep inside microwave. Select menu & press start.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).When beeps keep 2 rolled out paranthas on tawa & press start.When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure.Serve them hot with curd or pickle. Wrap in foil & store.	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												
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																										
1-19	ALOO GOBHI PARANTHA	2 Pc	Multi cook Tawa + High rack*																								
			<table><tr><th colspan="2">For Dough</th></tr><tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr><tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr><tr><td>Salt</td><td>A pinch</td></tr><tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr></table> <table><tr><th colspan="2">For Stuffing</th></tr><tr><td>Boiled & mashed potato</td><td>1 cup</td></tr><tr><td>Boiled & grated gobi</td><td>1 cup</td></tr><tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr><tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr><tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr><tr><td>Anardana powder</td><td>1 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.In another bowl take all the ingredients of stuffing & mix well.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.Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly into 15cm ovalar length.When beeps keep two rolled out paranthas on tawa & press start.When beeps turn parantha. Press start. Make all the paranthas same procedure.Serve them hot with curd or pickle. Wrap in foil & store.	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 gobi	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
For Dough																											
Whole wheat flour(aata)	2 cups																										
Desi ghee	1 tbsp + 1 tsp																										
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Water (to knead dough)	1 cup (200 ml)																										
For Stuffing																											
Boiled & mashed potato	1 cup																										
Boiled & grated gobi	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																										
1-20	METHI PARANTHA	2 Pc	Multi cook Tawa + High rack*																								
			<table><tr><th colspan="2">For Dough</th></tr><tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr><tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr><tr><td>Salt</td><td>A pinch</td></tr><tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr></table> <table><tr><th colspan="2">For Stuffing</th></tr><tr><td>Chopped Methi</td><td>2 cups</td></tr><tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr><tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr><tr><td>Water</td><td>To knead dough</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.In another bowl take all the ingredients of stuffing & mix well.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.Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length.When beeps keep two rolled out paranthas on tawa & press start.When beeps turn paranthas. Press start. Make all the paranthas same procedure.Serve them hot with curd or pickle. Wrap in foil & store.	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				
For Dough																											
Whole wheat flour(aata)	2 cups																										
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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																										

* Refer page 144, fig 2

Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																								
1-21	CABBAGE PARANTHA	2 Pc	<div>Multi cook Tawa + High rack*</div> <table><tr><td>For Dough</td><td></td></tr><tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr><tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr><tr><td>Salt</td><td>A pinch</td></tr><tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr><tr><td>For Stuffing</td><td></td></tr><tr><td>Grated Cabbage</td><td>2 cups</td></tr><tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr><tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr><tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr><tr><td>Anardana powder</td><td>1 tsp</td></tr><tr><td>Water</td><td>To knead dough</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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 carefully & roll it again slightly to oval shape to 15cm length.5. When beeps keep two rolled out paranthas on tawa & press start.6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.7. Serve them hot with curd or pickle. Wrap in foil & store.	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
For Dough																											
Whole wheat flour(aata)	2 cups																										
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Anardana powder	1 tsp																										
Water	To knead dough																										
1-22	CORN PARANTHA	2 Pc	<div>Multi cook Tawa + High rack*</div> <table><tr><td>For Dough</td><td></td></tr><tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr><tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr><tr><td>Salt</td><td>A pinch</td></tr><tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr><tr><td>For Stuffing</td><td></td></tr><tr><td>Boiled & mashed corns</td><td>2 cups</td></tr><tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr><tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr><tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr><tr><td>Anardana powder</td><td>1 tsp</td></tr><tr><td>Water</td><td>To knead dough</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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 carefully & roll it again slightly to oval shape to 15cm length.5. When beeps keep two rolled out paranthas on tawa & press start.6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.7. Serve them hot with curd or pickle. Wrap in foil & store.	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
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																										

* Refer page 144, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
1-23	CARROT 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 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 carefully & roll it again slightly to oval shape to 15cm length.	
				5. When beeps keep two rolled out paranthas on tawa & press start.	
				6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.	
				7. Serve them hot with curd or pickle. Wrap in foil & store.	
1-24	PEA 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 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 carefully & roll it again slightly to oval shape to 15cm length.	
				5. When beeps keep two rolled out paranthas on tawa & press start.	
				6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.	
				7. Serve them hot with curd or pickle. Wrap in foil & store.	

* 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 carefully & roll it again slightly to oval shape to 15cm length.					
5. When beeps keep two rolled out paranthas on tawa & press start.					
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.					
7. Serve them hot with curd or pickle. Wrap in foil & store.					
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 carefully & roll it again slightly to oval shape to 15cm length.					
5. When beeps keep two rolled out paranthas on tawa & press start.					
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.					
7. Serve them hot with curd or pickle. Wrap in foil & store.					

* Refer page 144, fig 2

Indian Roti Basket

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 carefully & roll it again slightly to oval shape to 15cm length.					
5. When beeps keep two rolled out paranthas on tawa & press start.					
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.					
7. Serve them hot with curd or pickle. Wrap in foil & store.					
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 carefully & roll it again slightly to oval shape to 15cm length.					
5. When beeps keep two rolled out paranthas on tawa & press start.					
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.					
7. Serve them hot with curd or pickle. Wrap in foil & store.					

* 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	<table><tr><td>Microwave safe (MWS) glass bowl & Multicook tawa & High Rack[†]</td><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td></td><td>Boneless Chicken</td><td>100 g</td><td>150 g</td><td>200 g</td></tr><tr><td></td><td>Bread slice</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr><tr><td></td><td>Pepper corns</td><td>4-5</td><td>5-6</td><td>6-7</td></tr><tr><td></td><td>Cloves</td><td>2-3</td><td>3-4</td><td>4-5</td></tr><tr><td></td><td>Garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr><tr><td></td><td>Olive oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td></td><td>Salt</td><td colspan="3">As per taste</td></tr><tr><td></td><td>Chopped garlic</td><td>2 cloves</td><td>3 cloves</td><td>4 cloves</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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 nuggets6. Press start.7. Serve them hot with tomato Ketchup & shredded salad. <p>Note: If the mixture of nuggets is too dry, then sprinkle few drops of water to it.</p>	Microwave safe (MWS) glass bowl & Multicook 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
Microwave safe (MWS) glass bowl & Multicook 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																																												
1-2	ALOO CHIPS	0.2 Kg	<table><tr><td>Microwave glass tray</td><td>For</td><td>0.2 Kg</td></tr><tr><td></td><td>Potato (very thinly sliced)</td><td>200 g</td></tr><tr><td></td><td>Oil</td><td>A few drops</td></tr><tr><td></td><td>Salt, Chaat masala (optional)</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	Microwave glass tray	For	0.2 Kg		Potato (very thinly sliced)	200 g		Oil	A few drops		Salt, Chaat masala (optional)	As per taste																																	
Microwave glass tray	For	0.2 Kg																																														
	Potato (very thinly sliced)	200 g																																														
	Oil	A few drops																																														
	Salt, Chaat masala (optional)	As per taste																																														
1-3	BREAD PAKORA	4 Pc	<table><tr><td>Multicook tawa & High Rack[†]</td><td>For</td><td>Batter</td></tr><tr><td></td><td>Besan</td><td>1 cup (130 gms)</td></tr><tr><td></td><td>Water</td><td>200 ml</td></tr><tr><td></td><td>Salt, haldi, garam masala, red chilli powder,</td><td>As per taste</td></tr><tr><td></td><td>For filling</td><td></td></tr><tr><td></td><td>Boiled potatoes</td><td>2 nos. (medium)</td></tr><tr><td></td><td>Chopped green chillies</td><td>2 nos.</td></tr><tr><td></td><td>Chopped Coriander</td><td>1 tbsp</td></tr><tr><td></td><td>Chopped ginger</td><td>1 tsp</td></tr><tr><td></td><td>Salt, garam masala, red chilli powder</td><td>As per taste</td></tr><tr><td></td><td>Bread slices</td><td>4 nos.</td></tr><tr><td></td><td>Oil</td><td>2 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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									
Multicook tawa & High Rack [†]	For	Batter																																														
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	Chopped Coriander	1 tbsp																																														
	Chopped ginger	1 tsp																																														
	Salt, garam masala, red chilli powder	As per taste																																														
	Bread slices	4 nos.																																														
	Oil	2 tsp																																														

* 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																																																																				
			<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Chicken boneless (cut in 1½" pieces)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Curry leaves</td><td colspan="3">As required</td></tr><tr><td>Split green chilli</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr><tr><td>Mustard seeds</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Tomato ketchup</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr><tr><td>Lime juice (optional)</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr><tr><td colspan="4">For Marinade</td></tr><tr><td>Hung curd</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Maida</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Cornflour</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Egg (beaten)</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr><tr><td>Red food colour</td><td colspan="3">A pinch</td></tr><tr><td>Ginger-garlic paste</td><td colspan="3">As required</td></tr><tr><td>Salt, turmeric powder</td><td colspan="3">As per taste</td></tr><tr><td>Red chilli powder</td><td>1 tsp</td><td>1½ tstp</td><td>1½ tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
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1-9	STUFFED ALOO PATTIES	6 Pc	Multicook tawa & High rack*																																																																				
			<table><tr><td>For Patties</td><td></td></tr><tr><td>Boiled & mashed potatoes</td><td>2 cups</td></tr><tr><td>Cornflour</td><td>1 tbsp</td></tr><tr><td>Finely chopped green chilli</td><td>2 nos.</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Oil</td><td>1 tsp</td></tr><tr><td>For Stuffing</td><td></td></tr><tr><td>Oil</td><td>2 tsp</td></tr><tr><td>Boiled green pea</td><td>½ cup</td></tr><tr><td>Ginger & green chilli paste</td><td>2 tsp</td></tr><tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr><tr><td>Cumin seeds</td><td>1 tsp</td></tr><tr><td>Salt, red chilli powder, garam masala</td><td>As per taste</td></tr><tr><td>Lemon juice (optional)</td><td>2 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																																								
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Salt, red chilli powder, garam masala	As per taste																																																																						
Lemon juice (optional)	2 tbsp																																																																						

* 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 ingredients & mix well. Make mixture for sabudana vada. Divide the dough in equal parts & make round & flat vadas. 2. Take the multicook tawa & keep the vadas on tawa. Keep tawa on high rack & keep inside the microwave. Select 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*																												
			<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Boneless fish (cut into 2" pieces)</td><td>250 g</td></tr><tr><td>Lemon juice</td><td>1 tsp</td></tr><tr><td>Salt</td><td>¼ tsp</td></tr><tr><td>For Batter</td><td></td></tr><tr><td>Egg (beaten)</td><td>1 no.</td></tr><tr><td>Besan</td><td>2 tbsp</td></tr><tr><td>Hung curd</td><td>2 tbsp</td></tr><tr><td>Ajwain</td><td>1 tsp</td></tr><tr><td>Ginger-garlic paste</td><td>½ tsp</td></tr><tr><td>Lemon juice</td><td>1 no.</td></tr><tr><td>Salt, red chilli powder, garam masala, chaat masala, turmeric powder</td><td>As per taste</td></tr><tr><td>Bread crumbs (for coating)</td><td>1 cup</td></tr><tr><td>Oil (for basting)</td><td>1 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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 tsp	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
For	0.3 kg																														
Boneless fish (cut into 2" pieces)	250 g																														
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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																														
1-13	BATATA VADA	0.1 ~ 0.3 kg	Multicook tawa & High rack*																												
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Boiled potatoes</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Chopped coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Chopped green chillies</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Chopped onion</td><td>1 no.</td><td>1½ no.</td><td>2 nos.</td></tr><tr><td>Salt, red chilli powder, garam masala, chaat masala</td><td colspan="3">As per taste</td></tr><tr><td>Roasted jeera</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
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																												
1-14	PYAAZ PAKORA	0.1 kg	Multicook tawa & High rack*																												
			<table><tr><td>For</td><td>0.1 kg</td></tr><tr><td>Pyaz (Cut into rings)</td><td>100 g</td></tr><tr><td>For Batter</td><td></td></tr><tr><td>Besan</td><td>1 cup (130 g)</td></tr><tr><td>Water</td><td>200 mL</td></tr><tr><td>Salt, Red chilli powder, haldi, garam masala</td><td>As per taste</td></tr><tr><td>Oil</td><td>2 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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 Pyaz rings evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.5. Serve hot with Chutney or Sauce. Cut into 1.5" cubes)	For	0.1 kg	Pyaz (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														
For	0.1 kg																														
Pyaz (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																														

* 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 the Mirchi Vada coated with the batter evenly on all sides on tawa & press start. 6. When beeps, turn the Mirchi Vada Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup.	
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, turn the pakoras & pour 2 tsp oil on all pakoras & again press start. 5. Serve hot with Chutney or Sauce.	
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 ingredients & 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, turn the Tikkis & press start. 4. When beeps, again turn 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*																		
			<table><tr><td>For</td><td>5 pc</td></tr><tr><td>Boiled potato</td><td>1 no.</td></tr><tr><td>Oats (roasted)</td><td>½ cup</td></tr><tr><td>Grated carrot</td><td>½ cup</td></tr><tr><td>Chopped green chilli</td><td>1 no.</td></tr><tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr><tr><td>Fresh curry leaves</td><td>As required</td></tr><tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl take all the ingredientts & mix well. Make mixture for Oats Tikki Divide the dough in equal parts & make round & flat Oats Tikki.2. Take the multicook tawa & keep the Tikkis on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.3. When beeps, turn the Tikkis & press start.4. When beeps, again turn the Tikkis & press start. Serve them hot with the chutney of your choice.	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
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																				
1-19	METHI MASALA VADA	5 pc.	Multicook tawa & High rack*																		
			<table><tr><td>For</td><td>5 pc</td></tr><tr><td>Boiled potato</td><td>1 no.</td></tr><tr><td>Methi chopped</td><td>½ cup</td></tr><tr><td>Chana dal soaked for 1 hr.</td><td>1 cup</td></tr><tr><td>Chopped green chilli</td><td>1 no.</td></tr><tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr><tr><td>Fresh curry leaves</td><td>As required</td></tr><tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl take all the ingredientts & mix well. Make mixture for Methi Masala. Divide the dough in aqualparts & make round & flat2. Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start.3. When beeps, turn the vadas & press start.4. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice.	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
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																				
1-20	POHA PATTIES	5 pc.	Multicook tawa & High rack*																		
			<table><tr><td>For</td><td>5 pc</td></tr><tr><td>Boiled potato</td><td>1 no.</td></tr><tr><td>Poha soaked</td><td>1 cup</td></tr><tr><td>Yoghurt</td><td>2 tbsp</td></tr><tr><td>Chopped green chilli</td><td>1 no.</td></tr><tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr><tr><td>Fresh curry leaves</td><td>As required</td></tr><tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl take all the ingredientts & mix well. Make mixture for Divide the dough in equal parts & make round & flat2. 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 turn the Poha Paule & press start. Serve them hot with the chutney of your choice.	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
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																				

* Refer page 144, fig 2

Diet Fry

Category	Weight Limit	Utensil	Instructions																							
1-21	FRENCH TOAST	2 pc.	Multicook tawa & High rack*	<table><tr><td>For</td><td>2 pc</td></tr><tr><td>Egg</td><td>4 nos.</td></tr><tr><td>Salt, haldi, garam masala, red chilli powder</td><td>As per taste</td></tr><tr><td colspan="2">For filling</td></tr><tr><td>Boiled potatoes</td><td>2 nos. (medium)</td></tr><tr><td>Chopped green chillies</td><td>2 nos</td></tr><tr><td>Chopped coriander leaves</td><td>1 tbsp</td></tr><tr><td>Chopped ginger</td><td>1 tsp</td></tr><tr><td>Salt, garam masala, red chilli powder</td><td>As per taste</td></tr><tr><td>Bread slices</td><td>4 nos.</td></tr><tr><td>Oil</td><td>2 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
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Salt, haldi, garam masala, red chilli powder	As per taste																									
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Salt, garam masala, red chilli powder	As per taste																									
Bread slices	4 nos.																									
Oil	2 tsp																									
1-22	BUFF VADA	5 pc.	Multicook tawa & High rack*	<table><tr><td>For</td><td>5 pc</td></tr><tr><td>Boiled potato</td><td>2 no.</td></tr><tr><td>Coconut (grated)</td><td>1 cup</td></tr><tr><td>Roasted crushed peanuts</td><td>1 tbsp</td></tr><tr><td>Chopped green chilli</td><td>1 no.</td></tr><tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr><tr><td>Fresh curry leaves</td><td>As required</td></tr><tr><td>Coriander leaves (chopped)</td><td>½ tsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl take all the ingredients & mix well. Make mixture for vada Divide the dough in equal parts & make round & flat vada2. 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.	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 tsp	Salt	As per taste				
For	5 pc																									
Boiled potato	2 no.																									
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Fresh curry leaves	As required																									
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Salt	As per taste																									
1-23	PALAK TIKKI	5 pc.	Multicook tawa & High rack*	<table><tr><td>For</td><td>5 pc</td></tr><tr><td>Boiled potato</td><td>1 no.</td></tr><tr><td>Palak (chopped)</td><td>½ cup</td></tr><tr><td>Corn flour</td><td>½ cup</td></tr><tr><td>Chopped green chilli</td><td>1 no.</td></tr><tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr><tr><td>Fresh curry leaves</td><td>As required</td></tr><tr><td>Coriander leaves (chopped)</td><td>½ tsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl take all the ingredients & mix well. Make mixture for palak tikki. Divide the dough in equal parts & make round & flat.2. Take the multicook tawa & 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.	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 tsp	Salt	As per taste				
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 tsp																									
Salt	As per taste																									

* Refer page 144, fig 2

Category	Weight Limit	Utensil	Instructions	
1-24	CORN ALOO TIKKI	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	Multicook tawa & High rack*	For	0.2 kg
			Potatoes (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	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

Category		Weight Limit	Utensil	Instructions	
1-27	FAFDA	0.2 Kg	Multicook tawa & Low rack*	For	0.2 Kg
				Besan	1 Cup.
				Ajwain	3 tsp
				Papad khar	1 tsp
				Oil	1½ tbsp
				Water	Required for making dough
				Salt	As per taste
Method : 1. Add all the ingredients & 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 MWQ. 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.					
1-28	THATTAI SNACKS	8 pc.	Multicook tawa & High rack*	For	8 pc
				Rice (Soaked for 3 hours)	1 Cup
				Fried Channa Dal	1 Cup
				Butter / Vanaspati	100 Gram
				Sesame	1 table spoon .
				Heeng	2 Pinch
				Chilli Powder	1 Tsp
				Ajwain	½ tbsp
				Salt	As per taste
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.					

* Refer page 144, fig 2

Refer page 144, fig 1

Category		Weight Limit	Utensil	Instructions																					
1-29	DAHI OATS VADA	6 pc.	Low rack	<table><tr><td>For</td><td>6 pc.</td></tr><tr><td>Oats</td><td>1 Cup</td></tr><tr><td>Rava</td><td>1 Cup</td></tr><tr><td>curd</td><td>1 Cup</td></tr><tr><td>sprouts</td><td>1 Cup</td></tr><tr><td>Jeera powder</td><td>1 tsp</td></tr><tr><td>Chat masala</td><td>1 tsp</td></tr><tr><td>Pomegranate</td><td>1 Cup</td></tr><tr><td>Coriander</td><td>Cup</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. Mix oats, rava ,curd, sprouts, and salt together and prepare batter2. 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.	For	6 pc.	Oats	1 Cup	Rava	1 Cup	curd	1 Cup	sprouts	1 Cup	Jeera powder	1 tsp	Chat masala	1 tsp	Pomegranate	1 Cup	Coriander	Cup	Salt	As per taste	
For	6 pc.																								
Oats	1 Cup																								
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Pomegranate	1 Cup																								
Coriander	Cup																								
Salt	As per taste																								

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 <table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Beetroot (sliced)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Saunf</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Coriander powder, pepper powder, salt, lemon juice</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																										
For	0.1 Kg	0.2 Kg	0.3 Kg																																								
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Saunf	½ tsp	1 tsp	1 tsp																																								
Coriander powder, pepper powder, salt, lemon juice	As per taste																																										
2-2	COUS COUS SALAD	0.1 ~ 0.3 Kg	Microwave Safe (MWS) bowl <table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Daliya</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Water</td><td>300 ml</td><td>600 ml</td><td>900 ml</td></tr><tr><td>Salt</td><td colspan="3">As per taste</td></tr><tr><td>Oil</td><td colspan="3">Few drops</td></tr><tr><td>Vegetables (Cucumber cubes, chopped tomatoes, broccoli florets, sliced mushrooms)</td><td>2 cups</td><td>2½ cups</td><td>3 cups</td></tr><tr><td>Lettuce leaves</td><td colspan="3">2-3 leaves</td></tr><tr><td>For dressing</td><td></td><td></td><td></td></tr><tr><td>Pudina leaves (finely chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr><tr><td>Lemon juice, pepper powder</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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		
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																																										
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Vegetables (Cucumber cubes, chopped tomatoes, broccoli florets, sliced mushrooms)	2 cups	2½ cups	3 cups																																								
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For dressing																																											
Pudina leaves (finely chopped)	¼ cup	½ cup	1 cup																																								
Lemon juice, pepper powder	As per taste																																										
2-3	PASTA SALAD	0.2 Kg	Microwave Safe (MWS) bowl <table><tr><td>For</td><td>0.2 Kg</td></tr><tr><td>Penne pasta</td><td>200 g</td></tr><tr><td>Water</td><td>400 ml</td></tr><tr><td>Vegetable (Grated carrot, capsicum, sliced olives, chopped spring onion)</td><td>1½ cup</td></tr><tr><td>Salt, pepper powder</td><td>As per taste</td></tr><tr><td>Olive oil</td><td>2 tsp</td></tr><tr><td>Vinegar</td><td>1 tsp</td></tr><tr><td>Oregano (optional)</td><td>As per taste</td></tr><tr><td>Curd</td><td>2 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																						
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Oregano (optional)	As per taste																																										
Curd	2 tbsp																																										
2-4	RICE SALAD	0.2 Kg	Microwave Safe (MWS) bowl <table><tr><td>For</td><td>0.2 Kg</td></tr><tr><td>Basmati Rice</td><td>200 g</td></tr><tr><td>Water</td><td>400 ml</td></tr><tr><td>Apples (diced)</td><td>1 no.</td></tr><tr><td>Green peas</td><td>½ cup</td></tr><tr><td>Cauliflower florets</td><td>1 cup</td></tr><tr><td>Lemon Juice, salt, pepper</td><td>As per taste</td></tr><tr><td>Lettuce leaves</td><td>2-3 leaves</td></tr><tr><td>Shredded Cabbage leaves Coriander leaves</td><td>For garnishing</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																						
For	0.2 Kg																																										
Basmati Rice	200 g																																										
Water	400 ml																																										
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Lettuce leaves	2-3 leaves																																										
Shredded Cabbage leaves Coriander leaves	For garnishing																																										

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	Multicook tawa & High Rack*				
				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. 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 wooden skewer, Repeat the same for all the skewers. 5. Arrange the skewer on tawa and keep it in the oven. 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 babycorn & beans together. Add some water cover. 2. Select category & weight & press start. 3. Add salt, lemon juice, pepper powder. Mix well & serve.			

* 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	<table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Carrot</td><td>50 g</td><td>100 g</td><td>150 g</td></tr> <tr> <td>Peas</td><td>50 g</td><td>100 g</td><td>150 g</td></tr> <tr> <td>Salt, lemon juice, pepper powder (Optional)</td><td colspan="3">As per taste</td></tr> </table> <p>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.</p>	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																										
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																																										
2-10	PAPAYA LACHCHA SALAD 0.1 ~ 0.3 Kg	Microwave safe (MWS) bowl	<table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Papaya (thinly sliced)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Water</td><td colspan="3">As required</td></tr> <tr> <td>Sugar</td><td>10 g</td><td>20 g</td><td>30 g</td></tr> <tr> <td>Cardamom essence</td><td>1 no.</td><td>Few drops</td><td>3 nos.</td></tr> </table> <p>Method : 1. In a MWS bowl add papaya slices, sugar, some wter, cardamom essence. Select category and weight & press start.</p>	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.																				
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Sugar	10 g	20 g	30 g																																								
Cardamom essence	1 no.	Few drops	3 nos.																																								
2-11	WHOLE WHEAT AND MINT SALAD 0.1 ~ 0.3 Kg	Microwave safe (MWS) bowl	<table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Whole wheat (Soaked in hot water for 2 hours)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Mint leaves</td><td>1 cup</td><td>1½ cups</td><td>2 cups</td></tr> <tr> <td>Sprouted Chana</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Green Chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Ginger</td><td colspan="3">As per taste</td></tr> <tr> <td>Salt & pepper</td><td colspan="3">As per taste</td></tr> <tr> <td>Lemon Juice</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Water (with salt)</td><td>200 ml</td><td>400 ml</td><td>600 ml</td></tr> </table> <p>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.</p>	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				
For	0.1 Kg	0.2 Kg	0.3 Kg																																								
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Lemon Juice	1 tsp	1½ tsp	2 tsp																																								
Water (with salt)	200 ml	400 ml	600 ml																																								
2-12	BREAD SALAD 0.1 ~ 0.3 Kg	High rack	<table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Whole wheat bread slices</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr> <tr> <td>Tomatoes (seedless & cut in pieces)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Cucumber (Cut in pieces)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Steamed french beans</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Fresh basil leaves</td><td colspan="3">A few sprigs</td></tr> <tr> <td>For Salad Dressing</td><td></td><td></td><td></td></tr> <tr> <td>Olive Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Vinegar</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> <tr> <td>Salt, pepper & Sugar</td><td colspan="3">As per taste</td></tr> </table> <p>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)</p>	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		
For	0.1 Kg	0.2 Kg	0.3 Kg																																								
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Vinegar	½ tsp	1 tsp	1½ tsp																																								
Salt, pepper & Sugar	As per taste																																										

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																																																
			<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Red cabbage leaves</td><td>20 g</td><td>40 g</td><td>60 g</td></tr><tr><td>Baby corns</td><td>30 g</td><td>60 g</td><td>90 g</td></tr><tr><td>Sprouts</td><td>20 g</td><td>40 g</td><td>50 g</td></tr><tr><td>Black/green grapes</td><td>30 g</td><td>40 g</td><td>50 g</td></tr><tr><td>Macroni (Boiled)</td><td>20 g</td><td>40 g</td><td>50 g</td></tr></table> For Dressing <table><tr><td>Olive Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Vinegar/lemon juice</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Oregano</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr><tr><td>Finely Chopped Onions</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Salt & pepper</td><td colspan="3">As per taste</td></tr><tr><td>Sugar</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr></table> Method : <ol style="list-style-type: none">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.	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	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
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																																																
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Salt & pepper	As per taste																																																		
Sugar	½ tsp	1 tsp	1 tsp																																																
2-14	CRUNCHY CHICKEN SALAD	0.5 Kg	Multicook Tawa* & High rack																																																
			<table><tr><td>For</td><td>0.5 Kg</td></tr><tr><td>Boneless Chicken</td><td>300 g</td></tr><tr><td>Vegetables (Boiled peas sweet corns, chopped tomato)</td><td>200 g</td></tr><tr><td>Lettuce leaves</td><td>For garnishing</td></tr><tr><td>Boiled Eggs</td><td>2 nos.</td></tr><tr><td>Lemon juice</td><td>2 tbsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Poppy seeds</td><td>4 tsp</td></tr><tr><td>Olive oil</td><td>1 tbsp</td></tr></table> Method : <ol style="list-style-type: none">1. In a bowl mix lemon juice, salt & poppy seeds. Now take each piece of boneless chicken & thoroughly 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.	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 per taste	Poppy seeds	4 tsp	Olive oil	1 tbsp																														
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Boneless Chicken	300 g																																																		
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Olive oil	1 tbsp																																																		
2-15	BROCCOLI SALAD	0.5 Kg	Microwave safe (MWS) bowl																																																
			<table><tr><td>For</td><td>500 g</td></tr><tr><td>Broccoli florets</td><td>500 g</td></tr><tr><td>Olive oil</td><td>2 tbsp</td></tr><tr><td>Lemon Juice</td><td>2 tbsp</td></tr><tr><td>Salt, Pepper</td><td>As per taste</td></tr><tr><td>Sugar</td><td>1 tbsp</td></tr><tr><td>Lettuce leaves</td><td>For garnishing</td></tr></table> Method : <ol style="list-style-type: none">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.	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																																		
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Broccoli florets	500 g																																																		
Olive oil	2 tbsp																																																		
Lemon Juice	2 tbsp																																																		
Salt, Pepper	As per taste																																																		
Sugar	1 tbsp																																																		
Lettuce leaves	For garnishing																																																		

* Refer page 144, fig 2

Soups

Category	Weight Limit	Utensil	Instructions																			
3-1	CHICKEN SHORBA	0.6 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Boneless chicken</td><td>300 g</td></tr><tr><td>Oil</td><td>½ tbsp</td></tr><tr><td>Chopped garlic</td><td>2 tsp</td></tr><tr><td>Salt & pepper powder</td><td>As per taste</td></tr><tr><td>Maida</td><td>3 tbsp</td></tr><tr><td>Water</td><td>600 ml (3 cups)</td></tr><tr><td>Fresh cream</td><td>For garnishing</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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		
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																					
3-2	TAMATAR SHORBA	0.6 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Chopped tomato</td><td>300 g</td></tr><tr><td>Oil</td><td>1 tbsp</td></tr><tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr><tr><td>Jeera, bay leaf, salt, garam masala, sugar</td><td>As per taste</td></tr><tr><td>Water</td><td>600 ml (3 cups)</td></tr><tr><td>Coriander leaves</td><td>For garnishing</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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				
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																					
3-3	SWEET CORN SOUP	0.6 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Sweet Corn</td><td>200 g</td></tr><tr><td>Water</td><td>600 ml (3 cups)</td></tr><tr><td>Oil</td><td>1 tsp</td></tr><tr><td>Cornflour</td><td>2 tbsp & ½ cup water</td></tr><tr><td>Salt, Sugar and Kali Mirch and Green Chilli</td><td>As per your taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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						
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																					
3-4	MUSHROOM SOUP	0.6 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Mushroom</td><td>120 g</td></tr><tr><td>Potato</td><td>1 No.</td></tr><tr><td>Cabbage</td><td>50 g</td></tr><tr><td>Onion</td><td>1 small</td></tr><tr><td>Water</td><td>600 ml (3 cups)</td></tr><tr><td>Salt, Black Pepper</td><td>As per your taste</td></tr><tr><td>Oil</td><td>1 tsp</td></tr><tr><td>Grated cheese</td><td>As per requirement</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
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																					

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.	
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.	
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	MULLIGATAWNY SOUP	0.6 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Cooked rice</td><td>50 g</td></tr><tr><td>Dehusked lentil</td><td>30 g</td></tr><tr><td>Apples (peeled & sliced)</td><td>½ no.</td></tr><tr><td>Carrot</td><td>50 g</td></tr><tr><td>Onion</td><td>50 g</td></tr><tr><td>Veg stock/water</td><td>600 ml (3 cups)</td></tr><tr><td>Salt & pepper</td><td>To taste</td></tr><tr><td>Butter</td><td>1 tsp</td></tr><tr><td>Curry powder</td><td>1 tsp</td></tr><tr><td>Lemon juice</td><td>1 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	For	0.6 kg	Cooked rice	50 g	Dehusked lentil	30 g	Apples (peeled & 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						
For	0.6 kg																															
Cooked rice	50 g																															
Dehusked lentil	30 g																															
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Veg stock/water	600 ml (3 cups)																															
Salt & pepper	To taste																															
Butter	1 tsp																															
Curry powder	1 tsp																															
Lemon juice	1 tsp																															
3-9	TOM YUM KUNG	0.6 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Small sized prawns</td><td>10-12 nos.</td></tr><tr><td>Mushrooms (sliced)</td><td>5-6 nos.</td></tr><tr><td>Lemon grass stem</td><td>4 inch stalk</td></tr><tr><td>Lime leaves</td><td>5-6 nos.</td></tr><tr><td>Coriander fresh chopped</td><td>A few sprigs</td></tr><tr><td>Fish sauce</td><td>2 tbsp</td></tr><tr><td>Thai red curry paste</td><td>2 tbsp</td></tr><tr><td>Lemon juice</td><td>1 tbsp</td></tr><tr><td>Veg stock/chicken stock</td><td>600 ml (3 cups)</td></tr><tr><td>Green/red chillies</td><td>3 nos.</td></tr><tr><td>Salt & pepper</td><td>To taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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 piping hot.	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				
For	0.6 kg																															
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Green/red chillies	3 nos.																															
Salt & pepper	To taste																															
3-10	SICHUAN SOUP	0.6 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Boneless chicken pieces</td><td>100 g</td></tr><tr><td>Carrot (grated)</td><td>1 no.</td></tr><tr><td>Capsicum (chopped)</td><td>½ no.</td></tr><tr><td>Cabbage (shredded)</td><td>½ no.</td></tr><tr><td>Mushrooms (sliced)</td><td>4-5 nos.</td></tr><tr><td>Paneer (pieces)</td><td>50 g</td></tr><tr><td>Spring onions (bulb & greens)</td><td>1-2 nos.</td></tr><tr><td>Peppercorns (freshly crushed)</td><td>4-5 nos.</td></tr><tr><td>Chicken stock</td><td>600 ml (3 cups)</td></tr><tr><td>Cornflour</td><td>3 tbsp & ¼ cup</td></tr><tr><td>Salt & sugar</td><td>To taste</td></tr><tr><td>Vinegar</td><td>2 tbsp</td></tr><tr><td>Red chilli paste</td><td>1 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
For	0.6 kg																															
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Chicken stock	600 ml (3 cups)																															
Cornflour	3 tbsp & ¼ cup																															
Salt & sugar	To taste																															
Vinegar	2 tbsp																															
Red chilli paste	1 tbsp																															

Category	Weight Limit	Utensil	Instructions	
3-11	PALAK MAKAI SHORBA	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	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	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.	

Soups

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.					
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.					
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	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	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	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

Category		Weight Limit	Utensil	Instructions	
3-20	WONTON SOUP	0.6 kg	Microwave safe glass bowl	For	0.6 kg
				Chopped cabbage, carrot, capsicum, french beans	200 g (Total)
				Ginger paste	2 tsp
				Garlic paste	2 tsp
				Spinach in pieces	10 leaves
				Oil	1 tsp
				Salt, pepper powder	As per taste
				Water	600 ml (3 cup)
				Ready wonton	6-7 pieces
				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.	

Category	Weight Limit	Utensil	Instructions																																												
4-1	PASTA	0.1 ~ 0.3 kg	<div>Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack**</div> <table><tr><td>Penne Pasta</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Butter</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr><tr><td>Onion Chopped</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Garlic Chopped</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr><tr><td>Chopped Palak leaves</td><td>50 g</td><td>75 g</td><td>100 g</td></tr><tr><td>Water</td><td>400 ml</td><td>800 ml</td><td>1200 ml</td></tr><tr><td>Cream</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Grated Cheese</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr><tr><td>Nutmeg Powder</td><td></td><td>1 pinch</td><td></td></tr><tr><td>Oregano</td><td>¼ tsp</td><td>½ tsp</td><td>¾ tsp</td></tr><tr><td>Salt & Pepper</td><td colspan="3">As per your taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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		
Penne Pasta	0.1 Kg	0.2 Kg	0.3 Kg																																												
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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																																														
4-2	VEG AU GRATIN	0.1 ~ 0.5 kg	<div>Microwave safe (MWS) flat glass dish & High rack**</div> <table><tr><td>For</td><td>0.1 Kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Mix Vegetables - Carrot, Cauliflower, French Beans (cut into small pieces), Sweet Corns, Green peas etc.</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Maida</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr><tr><td>Butter</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr><tr><td>Milk</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr><tr><td>Grated Cheese</td><td>2 tbsp</td><td>4 tbsp</td><td>6 tbsp</td><td>8 tbsp</td><td>10 tbsp</td></tr><tr><td>Salt, & Pepper</td><td colspan="5">As per your taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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						
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																																														
4-3	BAKED MUSHROOM	0.1 ~ 0.5 kg	<div>Microwave safe (MWS) flat glass dish & High Rack**</div> <table><tr><td>For</td><td>0.1 Kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Mushrooms</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>White Sauce</td><td>50 ml</td><td>100 ml</td><td>150 ml</td><td>200 ml</td><td>250 ml</td></tr><tr><td>Cheese (grated), Salt, Kali Mirch</td><td colspan="5">As per requirement</td></tr><tr><td>Butter</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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														
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																																										
4-4	POTATO DUMPLING	0.3 kg	<div>Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish</div> <table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Maida</td><td>3-4 tbsp</td></tr><tr><td>Boiled & grated potato</td><td>100 g</td></tr><tr><td>Grated paneer</td><td>75 g</td></tr><tr><td>Salt, pepper, nutmeg powder</td><td>As per taste</td></tr><tr><td>Finely chopped spinach</td><td>1 cup</td></tr><tr><td>Butter & finely chopped garlic</td><td>1 tbsp each</td></tr><tr><td>Pizza sauce</td><td>4 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																												
For	0.3 kg																																														
Maida	3-4 tbsp																																														
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Salt, pepper, nutmeg powder	As per taste																																														
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Butter & finely chopped garlic	1 tbsp each																																														
Pizza sauce	4 tbsp																																														

** Refer page 144, fig 5

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, Broccoli, 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 dish. 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.								
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.								
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.										
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.						
				4-10	MEDITERRANEAN CROSTINI@	0.3 kg.	Low rack	French bread		
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.

Category	Weight Limit	Utensil	Instructions																																																																						
4-11	RISOTTO RICE	0.1 ~ 0.4 kg.	<div>Microwave safe (MWS) bowl</div> <table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Arborio rice (soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td></tr><tr><td>Chopped carrots</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr><tr><td>Peas</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Sliced mushroom</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Chopped coriander leaves/parseley</td><td colspan="4">As required</td></tr><tr><td>Spinach (blended & pureed)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr><tr><td>Tomato puree</td><td>1³/₈ cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr><tr><td>Fresh cream</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr><tr><td>Olive oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Grated cheese</td><td colspan="4">As required</td></tr><tr><td>Salt</td><td colspan="4">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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 / ₈ 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			
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg																																																																					
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Salt	As per taste																																																																								
4-12	SPAGHETTI WITH TOMATO SAUCE	0.1 ~ 0.3 kg.	<div>Microwave safe (MWS) bowl</div> <table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Spaghetti noodles</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Water</td><td>400 ml</td><td>800 ml</td><td>1200 ml</td></tr><tr><td>Olive oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Chopped garlic</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Chopped tomatoes</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr><tr><td>Chopped mushrooms</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr><tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Sliced olives (pitted)</td><td>5 nos.</td><td>6 nos.</td><td>7 nos.</td></tr><tr><td>Fresh basil</td><td colspan="3">As required</td></tr><tr><td>Parmesan cheese</td><td colspan="3">As required</td></tr><tr><td>Salt, pepper, oregano & chilli flakes</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																								
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Category	Weight Limit	Utensil	Instructions																																																												
4-13	COTTAGE CHEESE TORTELLINI	8 Pc Microwave safe (MWS) bowl	<table><tr><td>For</td><td>Dough</td></tr><tr><td>Maida</td><td>1 cup</td></tr><tr><td>Egg</td><td>1 no.</td></tr><tr><td>Olive oil</td><td>1 tbsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Water (to knead the dough)</td><td>As required</td></tr><tr><td colspan="2">For Stuffing</td></tr><tr><td>Blanched spinach</td><td>½ cup</td></tr><tr><td>Paneer (roughly mashed)</td><td>100 g</td></tr><tr><td>Olive oil</td><td>1 tbsp</td></tr><tr><td>Garlic (minced)</td><td>1 tbsp</td></tr><tr><td>Salt & pepper</td><td>As per taste</td></tr><tr><td colspan="2">For Sauce</td></tr><tr><td>Blanched tomatoes (skin removed)</td><td>5 nos.</td></tr><tr><td>Garlic pods</td><td>8-10 nos.</td></tr><tr><td>Coriander leaves (fresh)</td><td>1 tbsp</td></tr><tr><td>Olive oil</td><td>1 tbsp</td></tr><tr><td>Chilli flakes</td><td>1 tsp</td></tr><tr><td>Oregano</td><td>½ tsp</td></tr><tr><td>Salt, pepper</td><td>As per taste</td></tr></table> <p>Method : Pre-Preparation for Stuffing :</p> <ol style="list-style-type: none">In a MWS glass bowl take olive oil & minced garlic, mix and microwave 100% for 2 minutes. Add mashed paneer & blanched & chopped spinach, salt & pepper. Mix well & microwave 100 % for 2 minutes.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.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.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.Take 500 ml water in a MWS bowl & keep inside the microwave. Select category & press start.When beeps, put the tortellinis in the boiling water. Cover & press start.When beeps, remove & strain the tortellinis & place in a serving dish & keep aside covered.Blend together blanched 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.When cooking ends, pour this sauce over the cooked tortellini & serve hot.	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		Blanched 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																				
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4-14	MEXICAN CORN RICE	0.1 ~ 0.4 kg. Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & Low rack	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Rice</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Cloves</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr><tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td></tr><tr><td>Butter</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Sweet corns</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Hot sauce*</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Cheese cubes</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Salt (if required)</td><td colspan="4">As per taste</td></tr><tr><td>Red chilli powder (if required)</td><td colspan="4">As per taste</td></tr><tr><td>Tomato (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a MWS glass bowl add rice, cloves, water. Select category & weight and press start.When beeps, remove the bowl & keep aside after mixing.In another MWS glass bowl add butter & sweet corns & press start.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. <p>*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.</p>	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.
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg																																																											
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Tomato (chopped)	2 nos.	3 nos.	4 nos.	5 nos.																																																											

Category	Weight Limit	Utensil	Instructions																																																												
4-15	BROCCOLI IN BUTTER SAUCE	0.1 ~ 0.3 kg	<div>Microwave safe (MWS) bowl & Microwave safe (MWS) glass dish</div> <table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Broccoli</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Milk</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Fresh cream</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr><tr><td>Onion (chopped)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Garlic (chopped)</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Mustard powder</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Butter (melted)</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Salt & pepper powder</td><td colspan="3">As per taste</td></tr><tr><td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																				
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Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp																																																												
4-16	SHRIMPS IN GARLIC BUTTER	0.4 Kg	<div>Microwave safe (MWS) bowl</div> <table><tr><td>Shrimps (Small)</td><td>400 g</td></tr><tr><td>Butter</td><td>4 tbsp</td></tr><tr><td>Parsley (chopped)</td><td>A few sprigs</td></tr><tr><td>Garlic paste</td><td>3 tbsp</td></tr><tr><td>Mustard paste</td><td>1 tbsp</td></tr><tr><td>Lemon juice</td><td>1 tbsp</td></tr><tr><td>Pepper corns (Roughly crushed)</td><td>8-10 nos.</td></tr><tr><td>Salt</td><td>To taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																																												
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Salt	To taste																																																														
4-17	CHILLI CHICKEN	0.1 ~ 0.4 kg	<div>Microwave safe (MWS) bowl</div> <table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr><tr><td>Chopped ginger garlic</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Chopped onions</td><td>½ No.</td><td>1 No.</td><td>1 No.</td><td>2 No.</td></tr><tr><td>Chopped green chillies</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr><tr><td>Capsicum</td><td>½ no.</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr><tr><td>Soya sauce</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Chilli sauce</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Vinegar</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Salt, sugar & pepper</td><td colspan="4">As per taste</td></tr><tr><td>Cornflour (mixed with ½ cup water)</td><td>1 tbsp</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg																																																											
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Salt, sugar & pepper	As per taste																																																														
Cornflour (mixed with ½ cup water)	1 tbsp	1 tbsp	1 tbsp	1½ tbsp																																																											
4-18	HAKKA NOODLES	0.1 ~ 0.3 kg	<div>Microwave safe (MWS) bowl</div> <table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Hakka noodles</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Water</td><td>400 ml</td><td>800 ml</td><td>1200 ml</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Chopped veg - carrot, peas, french beans, capsicum</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr><tr><td>Salt, red chilli powder, green chilli sauce</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																																						
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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																																																														

Category	Weight Limit	Utensil	Instructions			
4-19	VEG IN HOT GARLIC SAUCE	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	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	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	For Manchurian Balls			
			Grated Cabbage	1 cup		
			Grated carrots	¾ 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 tsp					
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.						

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 tofu 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.
				Silvered 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, silvered 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.							
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	<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Chicken Kheema</td><td>75 gms</td><td>125 gms</td><td>175 gms</td></tr><tr><td>Boiled & Mashed Potato</td><td>1 No.</td><td>2 No.</td><td>3 No.</td></tr><tr><td>Ginger, Garlic Paste, Salt, Garam Masala, Hara Dhania Lemon Juice</td><td colspan="3">As per your taste</td></tr><tr><td>Besan</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr></table> <p>Method :</p> <p>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.</p>	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								
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																												
5-2	GAJAR KA HALWA 0.3 kg	Microwave Safe (MWS) Glass Bowl & Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Grated Gajar</td><td>300 gms</td></tr><tr><td>Ghee</td><td>2 tbsp</td></tr><tr><td>Milk Powder</td><td>4 tbsp</td></tr><tr><td>Khoya</td><td>5 tbsp</td></tr><tr><td>Sugar</td><td>4 tbsp</td></tr><tr><td>Elaichi Powder and Dry Fruits</td><td>As per your taste</td></tr></table> <p>Method :</p> <p>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.</p>	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														
For	0.3 kg																														
Grated Gajar	300 gms																														
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Milk Powder	4 tbsp																														
Khoya	5 tbsp																														
Sugar	4 tbsp																														
Elaichi Powder and Dry Fruits	As per your taste																														
5-3	SHAKAR-KANDI 0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	<table><tr><td>Shakarkandi</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Salt & Chat Masala</td><td colspan="3">As per your taste</td></tr></table> <p>Method :</p> <p>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</p>	Shakarkandi	0.1 Kg	0.2 Kg	0.3 Kg	Salt & Chat Masala	As per your taste																						
Shakarkandi	0.1 Kg	0.2 Kg	0.3 Kg																												
Salt & Chat Masala	As per your taste																														
5-4	METHI MUTHIYA 0.1 ~ 0.3 kg	Microwave Safe (MWS) bowl & Microwave safe (MWS) flat glass dish	<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Methi Leaves</td><td>1/2 cup</td><td>3/4 cup</td><td>1 cup</td></tr><tr><td>Atta</td><td>1/4 cup</td><td>1/2 cup</td><td>3/4 cup</td></tr><tr><td>Besan</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Suji</td><td>1 tbsp</td><td>1½ tbsp</td><td>3/4 tbsp</td></tr><tr><td>Soda Bicarb</td><td>1/4 tsp</td><td>1/2 tsp</td><td>3/4 tsp</td></tr><tr><td>Ginger garlic chilli paste, Dhaniya Powder, Haldi, Salt, Sugar</td><td colspan="3">As per your taste</td></tr></table> <p>Method :</p> <p>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.</p>	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		
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																														
5-5	KOTHIMBIR VADI 0.1 ~ 0.3 kg	Microwave safe (MWS) Bowl & Microwave safe (MWS) flat glass dish	<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Kothimbir (Hara Dhaniya)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Besan</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Suji</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Red chilli powder, salt, garam masala</td><td colspan="3">As per taste</td></tr><tr><td>Baking powder</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr></table> <p>Method :</p> <p>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.</p>	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				
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																												

Category	Weight Limit	Utensil	Instructions																												
5-6	SPROUTS	0.1 ~ 0.3 kg.	<div> <div> <div>Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish</div> </div> <table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Moong sprouts</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Chopped onion, Chopped tomato</td><td>1 cup</td><td>2 cups</td><td>2 cups</td></tr> <tr> <td>Salt, Chaat masala, Lemon juice</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. </div>	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														
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																														
5-7	STEAMED VEG	0.1 ~ 0.3 kg	<div> <div> <div>Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl</div> </div> <table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Chopped vegetables (Capsicum, carrots, peas, beans)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. </div>	For	0.1 Kg	0.2 Kg	0.3 Kg	Chopped vegetables (Capsicum, carrots, peas, beans)	100 g	200 g	300 g																				
For	0.1 Kg	0.2 Kg	0.3 Kg																												
Chopped vegetables (Capsicum, carrots, peas, beans)	100 g	200 g	300 g																												
5-8	RASIA MUTHIYA	0.1 ~ 0.3 kg	<div> <div> <div>Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish</div> </div> <table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td></tr> <tr> <td>Ginger-garlic paste</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr> <tr> <td>Hing</td><td colspan="3">A pinch</td></tr> <tr> <td>Besan</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Kadhi</td><td colspan="3">As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. </div>	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		
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																														
5-9	STEAMED CAULI-FLOWER	0.1 ~ 0.3 kg	<div> <div> <div>Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish.</div> </div> <table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Cauliflower florets</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Onion paste</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Ginger garlic paste,</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr> <tr> <td>Red chilli, dhania, coriander, turmeric (powdered), garam masala, salt, sugar</td><td colspan="3">As per taste</td></tr> <tr> <td>Tomato puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr> <tr> <td>Curd</td><td>100 ml</td><td>150 ml</td><td>200 ml</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. </div>	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
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																												

Steam Cook

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	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Sarson (washed & separated leaves)</td><td>75 g</td><td>150 g</td><td>200 g</td><td>250 g</td></tr><tr><td>Palak (washed & separated leaves)</td><td>20 g</td><td>50 g</td><td>100 g</td><td>150 g</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr><tr><td>Onion garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr><tr><td>Tomato (chopped)</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr><tr><td>Salt, Red chilli powder</td><td colspan="4">As per your taste</td></tr><tr><td>Water</td><td colspan="4">As required</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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 water3. 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.	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			
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																																										
5-11	BHAFOURI 0.1 ~ 0.2 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand*	<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td></tr><tr><td>Mix dal paste (Moong dal, Urad dal)</td><td>100 g</td><td>200 g</td></tr><tr><td>Ginger- garlic paste</td><td>½ tbsp</td><td>1 tbsp</td></tr><tr><td>Hing</td><td colspan="2">A pinch</td></tr><tr><td>Mitha soda</td><td>1/8 tsp</td><td>¼ tsp</td></tr><tr><td>Salt</td><td colspan="2">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																							
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Mitha soda	1/8 tsp	¼ tsp																																									
Salt	As per taste																																										
5-12	STEAMED PEAS 0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Shelled peas</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Salt & Chaat masala</td><td colspan="3">As per taste</td></tr><tr><td>Butter</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																								
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																																								
5-13	MATAR MUSHROOM 0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Matar</td><td>50 g</td><td>100 g</td><td>150 g</td></tr><tr><td>Mushroom (chopped)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Onion (chopped)</td><td>1/2 cup</td><td>1 cup</td><td>1 cup</td></tr><tr><td>Tomato puree</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Salt, Red chilli powder, Garam masala</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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														
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Matar	50 g	100 g	150 g																																								
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Salt, Red chilli powder, Garam masala	As per taste																																										
5-14	AVIAL 0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Cut vegetables (long pieces), Carrot, potato, drumstick, French beans, bottlegourd</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Mustard seeds, Curry leaves, Salt, Haldi</td><td colspan="3">As per taste</td></tr><tr><td>Coconut milk</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Curd (beaten)</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																
For	0.1 Kg	0.2 Kg	0.3 Kg																																								
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Category		Weight Limit	Utensil	Instructions																											
5-15	SHORSHE ILISH	0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	<table><tr><td>For</td><td colspan="3">0.3 kg</td></tr><tr><td>Hilsa pieces</td><td colspan="3">300 g</td></tr><tr><td>Mustard oil</td><td colspan="3">1 tbsp</td></tr><tr><td>Onion</td><td colspan="3">2 nos.</td></tr><tr><td>Mustard seeds and chilli paste</td><td colspan="3">1½ tbsp</td></tr><tr><td>Salt, Red chilli powder</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <p>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.</p> <p>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.</p> <p>3. When beeps, add the steamed hilsa in MWS bowl, mix well and cover. Press start. Serve with rice.</p>				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		
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																														
5-16	FARA	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Rice flour</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td colspan="4">For filling :</td></tr><tr><td>Boiled chana dal</td><td>50 g</td><td>75 g</td><td>100 g</td></tr><tr><td>Red chilli power, Salt</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <p>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.</p> <p>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.</p>				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						
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																														
5-17	SPINACH	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Spinach Washed</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Salt , Chaat masala & Lemon Juice</td><td colspan="3">As per taste</td></tr><tr><td>Butter</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr></table> <p>Method :</p> <p>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.</p> <p>2. Remove & add butter, salt & chaat masala & serve.</p>				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								
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																												
5-18	STEAMED CUCUMBER	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Cucumber</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Salt , Chaat masala & Lemon Juice</td><td colspan="3">As per taste</td></tr><tr><td>Butter</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr></table> <p>Method :</p> <p>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.</p> <p>2. Remove & add butter, salt & chaat masala & serve.</p>				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								
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																												
5-19	STEAMED BROCCOLI	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Brocoli (Cut into pieces)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Salt & Lemon Juice</td><td colspan="3">As per taste</td></tr><tr><td>Butter</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr></table> <p>Method :</p> <p>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.</p> <p>2. Remove & add butter, salt & Lemon & serve.</p>				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								
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																												

Kids' /Dairy Delight

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

1. Press STOP/Cancel.



2. Press Kids' / Dairy Delight.

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' / Dairy Delight menus are programmed.
- Kids' / Dairy Delight 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																																				
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Sweet corn</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Mix fruits (Pomegranate, cucumber, apple)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Salt, red chilli powder, chaat masala, lemon juice</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <p>1. In a MWS bowl add some water & sweet corns. Select category & weight and press start.</p> <p>2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.</p>	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																						
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																																						
1-2	VERMICELLI KHICHDI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl																																				
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Roasted vermicelli</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Rai, urad dal, curry leaves</td><td colspan="3">As per taste</td></tr><tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr><tr><td>Chopped tomato</td><td>1 No.</td><td>2 Nos.</td><td>3 Nos.</td></tr><tr><td>Salt, red chilli powder, haldi, garam masala</td><td colspan="3">As per taste</td></tr><tr><td>Water</td><td>400 ml</td><td>800 ml</td><td>1200 ml</td></tr><tr><td>Lemon juice</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <p>1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix. Select category & weight and press start.</p> <p>2. When beeps, mix & add tomato. Press start.</p> <p>3. When beeps, mix & add vermicelli, water, salt, red chilli powder, haldi, garam masala. Press start. Stand for 3 minutes.</p> <p>4. Squeeze lemon, mix & serve.</p>	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		
For	0.1 kg	0.2 kg	0.3 kg																																				
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Salt, red chilli powder, haldi, garam masala	As per taste																																						
Water	400 ml	800 ml	1200 ml																																				
Lemon juice	As per taste																																						
1-3	OMELETTE	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish																																				
			<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Eggs</td><td>2 Nos.</td><td>3 Nos.</td><td>4 Nos.</td></tr><tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr><tr><td>Chopped onion, tomato, coriander leaves</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr><tr><td>Salt, pepper</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <p>1. Beat the eggs well & add salt, pepper & coriander leaves.</p> <p>2. Add oil, tomato & onion to MWS flat glass dish. Select category & weight and press start.</p> <p>3. When beeps, add the egg mixture. Cover & press start. Allow to stand for 3 minutes.</p>	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																		
For	0.2 kg	0.3 kg	0.4 kg																																				
Eggs	2 Nos.	3 Nos.	4 Nos.																																				
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Salt, pepper	As per taste																																						
1-4	PIZZA@	0.3 kg	Low rack & High rack																																				
			<table><tr><td>Pizza base</td><td>1 medium pizza base</td></tr><tr><td>Topping</td><td>3 tbsp</td></tr><tr><td>Mix Vegetables - Tomato, Capsicum, Onion</td><td>1 cup</td></tr><tr><td>Grated Cheese</td><td>1/2 cup</td></tr><tr><td>Oregano & Chilli flakes (Optional)</td><td>As per your taste</td></tr></table> <p>Method :</p> <p>1. Select category & press start. (Pre-heat process)</p> <p>2. Spread pizza topping on pizza base, spread chopped vegetables on it. Sprinkle grated cheese.</p> <p>3. When beeps, place the pizza on low rack & press start.</p> <p>4. When beeps, transfer the pizza on high rack & press start.</p>	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																										
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Grated Cheese	1/2 cup																																						
Oregano & Chilli flakes (Optional)	As per your taste																																						

@ 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*																																																												
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Burger buns</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>For Tikkis</td><td></td><td></td><td></td></tr><tr><td>Potatoes (boiled)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Boiled peas</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr><tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr><tr><td>Green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Chopped coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Salt, red chilli powder, garam masala, chaat masala</td><td colspan="3">As per taste</td></tr><tr><td>Cornflour</td><td colspan="3">For binding</td></tr><tr><td>Tomato slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Onion slices</td><td>2 no.</td><td>4 nos.</td><td>6 nos.</td></tr><tr><td>Cheese slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Butter</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr><tr><td>Tomato sauce</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
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1-11	CHOCO BARS	0.2 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish																																																												
			<table><tr><td>Chocolate chips</td><td>½ cup</td></tr><tr><td>Oats (crushed)</td><td>1 cup</td></tr><tr><td>Honey</td><td>3 tbsp</td></tr><tr><td>Brown sugar</td><td>4 tbsp</td></tr><tr><td>Butter (softened)</td><td>8 tbsp</td></tr><tr><td>Chopped nuts (almonds, pistachio, walnut)</td><td>As required</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																																																
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1-12	MUSHROOM & PEPPER PIZZA@	0.3 kg	Multicook tawa & Low rack*																																																												
			<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Pizza base</td><td></td></tr><tr><td>Dry active yeast</td><td>3 g</td></tr><tr><td>Water</td><td>2 tbsp</td></tr><tr><td>Sugar</td><td>¼ tsp</td></tr><tr><td>Maida</td><td>60 g</td></tr><tr><td>Salt</td><td>¼ tsp</td></tr><tr><td>Oil</td><td>1 tsp</td></tr><tr><td>Topping</td><td></td></tr><tr><td>Pizza sauce</td><td>2 tbsp</td></tr><tr><td>Vegetables (sliced mushroom, chopped yellow & red bell pepper)</td><td>1 cup</td></tr><tr><td>Grated cheese</td><td>1 cup</td></tr><tr><td>Oregano & chilli flakes</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																																		
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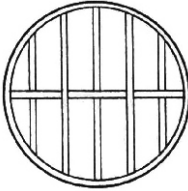
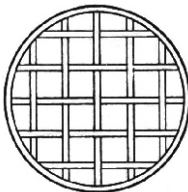
* Refer page 144, fig 1

* 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 mozzarella 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 ^{††}	<table><tr><td>For</td><td colspan="3">0.6 kg</td></tr><tr><td>Apple Filling</td><td colspan="3"></td></tr><tr><td>Apples (peeled, cleaned & sliced thinly)</td><td colspan="3">4 large sized</td></tr><tr><td>White sugar</td><td colspan="3">¼ cup</td></tr><tr><td>Brown sugar</td><td colspan="3">¼ cup</td></tr><tr><td>Lemon juice</td><td colspan="3">1 tsp</td></tr><tr><td>Cinnamon powder</td><td colspan="3">1 tsp</td></tr><tr><td>Nutmeg powder</td><td colspan="3">¼ tsp</td></tr><tr><td>Salt</td><td colspan="3">¼ tsp</td></tr><tr><td>Softened butter</td><td colspan="3">2 tbsp</td></tr><tr><td>Cornflour</td><td colspan="3">2 tbsp</td></tr><tr><td>Short Crust Pastry</td><td colspan="3"></td></tr><tr><td>Maida</td><td colspan="3">2½ cup (300 g)</td></tr><tr><td>Salt</td><td colspan="3">½ tsp</td></tr><tr><td>Sugar (granulated)</td><td colspan="3">2 tsbp</td></tr><tr><td>Unsalted butter (chilled & cut into 1 inch pieces)</td><td colspan="3">1 cup (225 g)</td></tr><tr><td>Ice water</td><td colspan="3">¼ - ½ cup (60-120 ml)</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.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.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.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.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.Seal the edges & wet them with water. Cover the edges with foil paper to avoid over burning.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. <p>Note: If the butter becomes soft while making pie, keep the rolled dough in freezer.</p>				For	0.6 kg			Apple Filling				Apples (peeled, 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)		
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<div><p>Fig -1</p><p>Fig -2</p></div>																																																																											
1-16	APPLE CUSTARD	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Apple</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Sugar</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Mix all the ingredients in a MWS glass bowl. Select category & weight and press start.When beeps, mix well & press start.				For	0.1 kg	0.2 kg	0.3 kg	Apple	100 g	200 g	300 g	Sugar	1 tbsp	2 tbsp	3 tbsp																																																								
For	0.1 kg	0.2 kg	0.3 kg																																																																								
Apple	100 g	200 g	300 g																																																																								
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1-17	DHOKLA	0.3 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	<table><tr><td>For</td><td colspan="3">0.3 kg</td></tr><tr><td>Besan</td><td colspan="3">100 g</td></tr><tr><td>Warm water</td><td colspan="3">100 ml</td></tr><tr><td>Curd</td><td colspan="3">4 tbsp</td></tr><tr><td>Green chilli & ginger paste</td><td colspan="3">2 tsp</td></tr><tr><td>Salt & sugar</td><td colspan="3">As per taste</td></tr><tr><td>Fruit salt / Mitha Soda</td><td colspan="3">¼ tsp</td></tr><tr><td>Oil, rai, curry leaves, water</td><td colspan="3">For tempering</td></tr><tr><td>Grated coconut</td><td colspan="3">For garnishing</td></tr><tr><td>Yellow colour / Haldi</td><td colspan="3">As required</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Mix besan, curd, sugar, salt, water, green chilli-ginger paste, yellow color, fruit salt together. Mix well. Keep for 5-10 minutes.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.Add the tempering to the dhokla & cover. Stand for 5 minutes. Garnish with grated coconut & serve. <p>Note : For tempering in a MWS glass bowl add oil, rai & curry leaves. Microwave at 100% for 2 minutes. Add some water & dissolve sugar.</p>				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																														
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@ 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	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Bread slices</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr><tr><td>Grated paneer</td><td>100 g</td><td>150 g</td><td>200 g</td></tr><tr><td>Chopped onion</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Cheese spread</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Salt, pepper & mustard powder</td><td colspan="3">As per taste</td></tr><tr><td>Minced ginger</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a bowl mix grated paneer, chopped onion, cheese spread, minced ginger salt, pepper & mustard together.Spread the mixture on one bread slice & cover it with the other slice. Keep the sandwich on high rack.Select category & weight & press start.When beeps, change the side & press start.	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																		
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Salt, pepper & mustard powder	As per taste																																														
Minced ginger	As per taste																																														
1-23	MASALA CHEESE TOAST 0.1 ~ 0.3 kg	High rack	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Bread slices</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr><tr><td>Butter</td><td colspan="3">For applying on bread slices</td></tr><tr><td>For Filling</td><td></td><td></td><td></td></tr><tr><td>Chopped boiled vegetables - cabbage, cauliflower, green peas, french beans, capsicum</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr><tr><td>Chopped onions</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr><tr><td>Mashed boiled potatoes</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Chopped green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Salt, red chilli powder, garam masala</td><td colspan="3">As per taste</td></tr><tr><td>Chopped coriander leaves</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr><tr><td>Grated cheese</td><td>2 tsp</td><td>4 tsp</td><td>6 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.Apply butter on one side of all bread slices.Put the filling & grated cheese on one slice & cover with other slice. Prepare all the toasts in same way.Keep the toasts on high rack. Select category & weight and press start.When beeps, turn over the side & press start.	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
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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																																												
1-24	KHANDVI 0.3 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Besan</td><td>100 g</td></tr><tr><td>Water</td><td>1 cup</td></tr><tr><td>Curd</td><td>1 cup</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Green chilli & ginger paste</td><td>As per taste</td></tr><tr><td>Chopped coriander leaves</td><td>A few sprigs</td></tr><tr><td>Rai seeds (spluttered)</td><td>½ tsp</td></tr><tr><td>Grated coconut</td><td>As required</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a MWS bowl mix besan, water, curd, salt & green chilli & ginger paste together. Mix well. Cover.Select category & press start.When beeps, stir well & press start.When beeps, stir well & press start.Spread the batter on a greased smooth flat kitchen slab. Allow to cool, cut into lengthwise strips.Roll the strips, garnish with spluttered rai, coriander leaves & grated coconut & serve.	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																										
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Rai seeds (spluttered)	½ tsp																																														
Grated coconut	As required																																														
1-25	COTTAGE HONEY TOAST 0.1 ~ 0.3 kg	High rack	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Bread slices</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr><tr><td>Grated cottage cheese</td><td colspan="3">As required</td></tr><tr><td>Cinnamon powder</td><td colspan="3">As required</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Spread cottage cheese & cinnamon powder on the bread slices. Keep on high rack. Select category & weight & press start.When beeps, turn over the slices & press start.Drizzle honey on slices & serve.	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																														
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																																														

Child's Favourite

Category	Weight Limit	Utensil	Instructions																																																
1-26	TOKRI CHAAT	0.1 ~ 0.3 kg	Metal muffin case & High rack																																																
			<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Bread slices</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr> <tr> <td>For filling</td><td></td><td></td><td></td></tr> <tr> <td>Moong sprouts, pomegranate, cucumber, onion, boiled potato, chopped mango</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr> <tr> <td>Salt, chaat masala, imli chutney, lemon juice</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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																														
For	0.1 kg	0.2 kg	0.3 kg																																																
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Salt, chaat masala, imli chutney, lemon juice	As per taste																																																		
1-27	SPICY BABY CORN	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl																																																
			<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Baby corn (cut lengthwise)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Lemon juice</td><td colspan="3">As per taste</td></tr> <tr> <td>Sugar, salt</td><td colspan="3">As per taste</td></tr> <tr> <td>Oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>For paste</td><td></td><td></td><td></td></tr> <tr> <td>Chopped coriander leaves</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr> <tr> <td>Chopped ginger</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> <tr> <td>Garlic cloves</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Chopped green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr> <tr> <td>Cumin seeds</td><td colspan="3">As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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		
For	0.1 kg	0.2 kg	0.3 kg																																																
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Cumin seeds	As required																																																		
1-28	BREAD UPMA	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl																																																
			<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Bread slices (cut into small pieces)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr> <tr> <td>Mustard seeds</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr> <tr> <td>Jeera</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr> <tr> <td>Curry leaves</td><td colspan="3">As required</td></tr> <tr> <td>Onion (chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Chopped green chillies</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr> <tr> <td>Chopped tomatoes</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Salt, red chilli powder, haldi</td><td colspan="3">As per taste</td></tr> <tr> <td>Lemon juice</td><td colspan="3">As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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						
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Salt, red chilli powder, haldi	As per taste																																																		
Lemon juice	As required																																																		

Category	Weight Limit	Utensil	Instructions																										
1-29	UGGANI	0.3 kg	Microwave safe (MWS) bowl																										
			<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Puffed rice (murmura)</td><td>150 g</td></tr><tr><td>Besan (roasted)</td><td>2 tbsp</td></tr><tr><td>Oil</td><td>1½ tbsp</td></tr><tr><td>Mustard seeds (spluttered)</td><td>1 tsp</td></tr><tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr><tr><td>Curry leaves</td><td>8-10 nos.</td></tr><tr><td>Coriander leaves (chopped)</td><td>2 tbsp</td></tr><tr><td>Onion (chopped)</td><td>2 nos.</td></tr><tr><td>Tomato (chopped)</td><td>2 nos.</td></tr><tr><td>Lemon juice (optional)</td><td>1 tbsp</td></tr><tr><td>Salt, turmeric powder, red chilli powder, garam masala</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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		
For	0.3 kg																												
Puffed rice (murmura)	150 g																												
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Lemon juice (optional)	1 tbsp																												
Salt, turmeric powder, red chilli powder, garam masala	As per taste																												
1-30	MURMURA	0.1 kg	Microwave safe (MWS) glass bowl																										
			<table><tr><td>For</td><td>0.1 kg</td></tr><tr><td>Murmura</td><td>100 g</td></tr><tr><td>Roasted peanuts</td><td>As required</td></tr><tr><td>Oil</td><td>1 tbsp</td></tr><tr><td>Jeera</td><td>1 tsp</td></tr><tr><td>Salt, chaat masala</td><td>As per taste</td></tr><tr><td>Haldi</td><td>¼ tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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												
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																												
1-31	NON-VEG PIZZA@	0.3 kg	Multicook tawa & Low rack#																										
			<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td colspan="2">Pizza base</td></tr><tr><td>Dry active yeast</td><td>3 g</td></tr><tr><td>Water</td><td>2 tbsp</td></tr><tr><td>Sugar</td><td>¼ tsp</td></tr><tr><td>Maida</td><td>60 g</td></tr><tr><td>Salt</td><td>¼ tsp</td></tr><tr><td>Oil</td><td>1 tsp</td></tr><tr><td colspan="2">Topping</td></tr><tr><td>Pizza sauce</td><td>2 tbsp</td></tr><tr><td>Chicken (sliced boneless chicken breast)</td><td>1 cup</td></tr><tr><td>Grated cheese</td><td>1 cup</td></tr><tr><td>Oregano & chilli flakes</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
For	0.3 kg																												
Pizza base																													
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Chicken (sliced boneless chicken breast)	1 cup																												
Grated cheese	1 cup																												
Oregano & chilli flakes	As per taste																												

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** <table><tr><td>For</td><td>0.4 kg</td></tr><tr><td>Maida</td><td>110 g</td></tr><tr><td>Baking powder</td><td>¼ tsp</td></tr><tr><td>Cocoa powder</td><td>50 g</td></tr><tr><td>Curd</td><td>70 ml</td></tr><tr><td>Powder sugar</td><td>100 g</td></tr><tr><td>Egg</td><td>1 no.</td></tr><tr><td>Vanilla essence</td><td>¼ tsp</td></tr><tr><td>Oil</td><td>50 ml</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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		
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																						
2-2	LAMINGTON CAKE@	0.4 kg	Low rack & Metal cake tin** & Microwave safe (MWS) bowl <table><tr><td>For</td><td>0.4 kg</td></tr><tr><td>Maida</td><td>100 g</td></tr><tr><td>Powdered sugar</td><td>75 g</td></tr><tr><td>Butter</td><td>75 g</td></tr><tr><td>Eggs</td><td>1 No.</td></tr><tr><td>Baking powder</td><td>1 tsp</td></tr><tr><td>Vanilla essence</td><td>1 tsp</td></tr><tr><td>For Lamington solution - Coco powder</td><td>2 tbsp</td></tr><tr><td>Water</td><td>2 cups</td></tr><tr><td>Desiccated coconut</td><td>As required</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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) 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.	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
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																						
2-3	DOUGHNUTS @	0.2 kg	Multicook tawa & Low rack* <table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>200 g</td></tr><tr><td>Yeast</td><td>½ tbsp</td></tr><tr><td>Luke warm milk</td><td>100 ml</td></tr><tr><td>Powdered sugar</td><td>50 g</td></tr><tr><td>Nutmeg powder</td><td>A pinch</td></tr><tr><td>Egg</td><td>½ (beaten)</td></tr><tr><td>Vanilla essence</td><td>¼ tsp</td></tr><tr><td>Butter</td><td>1 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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		
For	0.2 kg																						
Maida	200 g																						
Yeast	½ tbsp																						
Luke warm milk	100 ml																						
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Egg	½ (beaten)																						
Vanilla essence	¼ tsp																						
Butter	1 tbsp																						

@ 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*	<table><tr><td>For</td><td>0.4 kg</td></tr><tr><td>Maida</td><td>150 g</td></tr><tr><td>Suji</td><td>50 g</td></tr><tr><td>Powdered sugar</td><td>85 g</td></tr><tr><td>Vanilla essence</td><td>1 tsp</td></tr><tr><td>Butter</td><td>100 g</td></tr><tr><td>Almonds & cashewnuts</td><td>A few</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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		
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																			
2-5	WHOLE WHEAT COOKIES@	0.3 kg	Multicook tawa & Low rack*	<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Whole wheat flour</td><td>200 g</td></tr><tr><td>Brown sugar</td><td>100 g</td></tr><tr><td>Granulated sugar</td><td>50 g</td></tr><tr><td>Butter</td><td>100 g</td></tr><tr><td>Egg</td><td>1 No.</td></tr><tr><td>Vanilla essence</td><td>½ tsp</td></tr><tr><td>Baking powder</td><td>½ tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
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																			
2-6	CHENA PODA@	0.3 kg	Low rack & Microwave safe (MWS) flat glass dish & High rack**	<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Chena</td><td>300 g</td></tr><tr><td>Sugar</td><td>100 g</td></tr><tr><td>Suji</td><td>20 g</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	For	0.3 kg	Chena	300 g	Sugar	100 g	Suji	20 g								
For	0.3 kg																			
Chena	300 g																			
Sugar	100 g																			
Suji	20 g																			
2-7	VANILLA CAKE@	0.4 kg	Metal Cake Tin & Low Rack**	<table><tr><td>For</td><td>0.4 kg</td></tr><tr><td>Maida</td><td>100 g</td></tr><tr><td>Powdered Sugar</td><td>75 g</td></tr><tr><td>Butter</td><td>75 g</td></tr><tr><td>Eggs</td><td>1 no.</td></tr><tr><td>Baking Powder</td><td>1 tsp</td></tr><tr><td>Vanilla essence</td><td>1 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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	0.4 kg																			
Maida	100 g																			
Powdered Sugar	75 g																			
Butter	75 g																			
Eggs	1 no.																			
Baking Powder	1 tsp																			
Vanilla essence	1 tsp																			

@ 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@	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 dissolve. Cover & keep aside for 5-6 minutes.				
2. In another bowl take maida, salt & milk powder. Add beaten egg & mix well with hands to get a crumbly texture. Now add yeast water & knead a soft dough for buns. The dough may be a little sticky at this stage. Add oil & knead the dough again.				
3. Take multicook tawa & grease it with little oil & then dust with little flour. Divide the dough into 4 equal parts & make round shape & keep on tawa at equal distance.				
4. Cover the tawa with a lid & keep at warm & dark place for atleast 45 minutes to 1 hour.				
5. Select 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@	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 another bowl take softened butter, powdered sugar, brown sugar & beat with a electric beater till light & fluffy. Add one egg at a time & beat. Add apple puree & again mix well.				
3. Select 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@	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*	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>80 gm</td></tr><tr><td>Condensed Milk (Milkmaid)</td><td>100 ml</td></tr><tr><td>Butter</td><td>75 gm</td></tr><tr><td>Soda bicarb</td><td>¼ tsp</td></tr><tr><td>Vanilla essence</td><td>¼ tsp</td></tr><tr><td>Mix fruit jam</td><td>2 tbsp</td></tr></table>	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		
				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 : <ol style="list-style-type: none">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*	<table><tr><td>For</td><td>3 No.</td></tr><tr><td>Maida</td><td>200 g</td></tr><tr><td>Salt</td><td>1/2 tsp</td></tr><tr><td>Cold fat (Butter or margarine)</td><td>100 g</td></tr><tr><td>Cold water</td><td>For making dough</td></tr><tr><td>Dry mix vegetables for stuffing</td><td>As required</td></tr></table>	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				
				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																			
Method : <ol style="list-style-type: none">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*	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>120 g</td></tr><tr><td>Powdered suger</td><td>50 g</td></tr><tr><td>Butter</td><td>50 g</td></tr><tr><td>Jeera / Ajwain</td><td>As per taste</td></tr><tr><td>Soda bi carb</td><td>1 pinch</td></tr><tr><td>Baking powder</td><td>1.4 tsp</td></tr><tr><td>Water</td><td>As required</td></tr></table>	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
				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 : <ol style="list-style-type: none">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, Walnuts	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, Walnuts	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

Bakery

Category	Weight Limit	Utensil	Instructions	
2-17	WALNUT CAKE@	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@	Metal Cake Tin & Low Rack**	For	0.3 kg
			Maida	110 g
			Baking powder	¼ tsp
			Grated carrot	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 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@	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 mixture. 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@	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	STRAWBERRY 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	Metal 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
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																								
			<table><tr><td>Suji</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Ghee (melted)</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Water</td><td>300 ml</td><td>600 ml</td><td>900 ml</td></tr><tr><td>Sugar</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Cashewnuts, Kishmish, Kesar Elaichi Powder</td><td colspan="3">As per your taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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						
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																										
3-2	BESAN LADOO	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish																								
			<table><tr><td>Besan</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Ghee (melted)</td><td>3 tbsp</td><td>5 tbsp</td><td>7 tbsp</td></tr><tr><td>Powder Sugar</td><td>50 g</td><td>100 g</td><td>150 g</td></tr><tr><td>Elaichi Powder</td><td>1/2 tsp</td><td>1 tsp</td><td>1 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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 laddoo of same size. <p>Note : For binding the laddoo use ghee.</p>	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								
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																								
3-3	KHEER	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl																								
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Milk</td><td>100 ml</td><td>200 ml</td><td>300 ml</td></tr><tr><td>Milkmaid</td><td>150 ml</td><td>200 ml</td><td>300 ml</td></tr><tr><td>Seviyaan (roasted)</td><td>20 gm</td><td>40 gm</td><td>60 gm</td></tr><tr><td>Badam, Pista Pieces</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Kesar & Elaichi Powder</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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. <p>Note : The bowl should be filled at 1/4 level of the total volume.</p>	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		
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																										
3-4	PAYASAM	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl																								
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Broken Rice (soaked for 2 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Milk & Water</td><td>300 ml</td><td>500 ml</td><td>700 ml</td></tr><tr><td>Sugar</td><td>75 g</td><td>150 g</td><td>200 g</td></tr><tr><td>Kesar, elaichi powder dry fruits</td><td colspan="3">As per taste</td></tr><tr><td>Ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
For	0.1 kg	0.2 kg	0.3 kg																								
Broken Rice (soaked for 2 hour)	100 g	200 g	300 g																								
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Sugar	75 g	150 g	200 g																								
Kesar, elaichi powder dry fruits	As per taste																										
Ghee	1 tbsp	1½ tbsp	2 tbsp																								
3-5	MYSORE PAK	0.3 Kg	Microwave safe (MWS) flat glass dish																								
			<table><tr><td>For</td><td>0.3 Kg</td></tr><tr><td>Besan</td><td>100 g</td></tr><tr><td>Melted ghee</td><td>100 ml</td></tr><tr><td>Powdered Sugar</td><td>100 g</td></tr><tr><td>Milk</td><td>¼ cup</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	For	0.3 Kg	Besan	100 g	Melted ghee	100 ml	Powdered Sugar	100 g	Milk	¼ cup														
For	0.3 Kg																										
Besan	100 g																										
Melted ghee	100 ml																										
Powdered Sugar	100 g																										
Milk	¼ cup																										

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 thail & 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																												
			<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Milk</td><td>1 cup</td></tr><tr><td>Grated paneer</td><td>1 cup</td></tr><tr><td>Condensed milk</td><td>½ cup</td></tr><tr><td>Deshi ghee</td><td>1 tbsp</td></tr><tr><td>Elaichi powder</td><td>¼ tsp</td></tr><tr><td>Saffron</td><td>A few strands</td></tr><tr><td>Rose essence</td><td>A few drops</td></tr><tr><td>Chopped pistachios</td><td>1 tbsp</td></tr><tr><td>Chopped almonds (skin removed)</td><td>2 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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								
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																														
3-12	SHAHI TUKDA	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish & High Rack**																												
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Bread Slices</td><td>1 slice</td><td>2 slices</td><td>3 slices</td></tr><tr><td>Milkmaid</td><td>50 ml</td><td>100 ml</td><td>150 ml</td></tr><tr><td>Milk</td><td>50 ml</td><td>100 ml</td><td>125 ml</td></tr><tr><td>Sugar</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr><tr><td>Badam, Pista Pieces</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Kesar-Elaichi Powder</td><td colspan="3">As per your taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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		
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																														
3-13	KADDU KHEER	0.5 kg	Microwave safe (MWS) glass bowl																												
			<table><tr><td>For</td><td>0.5 kg</td></tr><tr><td>Milk</td><td>300 ml</td></tr><tr><td>Grated kaddu</td><td>200 g</td></tr><tr><td>Milkmaid</td><td>150 g</td></tr><tr><td>Dry fruits (Kaju, kishmish, pista)</td><td>As required</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In 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.	For	0.5 kg	Milk	300 ml	Grated kaddu	200 g	Milkmaid	150 g	Dry fruits (Kaju, kishmish, pista)	As required																		
For	0.5 kg																														
Milk	300 ml																														
Grated kaddu	200 g																														
Milkmaid	150 g																														
Dry fruits (Kaju, kishmish, pista)	As required																														
3-14	RAVA LADOO	0.5 kg	Microwave safe (MWS) glass bowl																												
			<table><tr><td>For</td><td>0.5 kg</td></tr><tr><td>Roasted rava/sooji</td><td>1 cup</td></tr><tr><td>Grated khoya</td><td>1½ cup</td></tr><tr><td>Sugar</td><td>½ cup</td></tr><tr><td>Milk</td><td>½ cup</td></tr><tr><td>Kishmish</td><td>2 tbsp</td></tr><tr><td>Chopped almonds</td><td>2 tbsp</td></tr><tr><td>Desi ghee</td><td>1 tbsp</td></tr><tr><td>Elaichi powder (optional)</td><td>½ tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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										
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																														

** Refer page 144, fig 5

Sweet Corner

Category		Weight Limit	Utensil	Instructions																															
3-15	KAJU BURFI	0.4 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td colspan="3">0.4 kg</td></tr><tr><td>Kaju</td><td colspan="3">2 cups</td></tr><tr><td>Powdered sugar</td><td colspan="3">1¼ cup</td></tr><tr><td>Water</td><td colspan="3">½ cup</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.				For	0.4 kg			Kaju	2 cups			Powdered sugar	1¼ cup			Water	½ cup														
				For	0.4 kg																														
Kaju	2 cups																																		
Powdered sugar	1¼ cup																																		
Water	½ cup																																		
3-16	BADAM HALWA	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Badam (soaked in hot water for 1 hour)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Milk (for making paste)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr><tr><td>Milk (for cooking)</td><td>½ cup</td><td>¾ cup</td><td>1 cup</td></tr><tr><td>Sugar</td><td>3 tbsp</td><td>5 tbsp</td><td>7 tbsp</td></tr><tr><td>Desi ghee</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Slivered almonds (for garnishing)</td><td colspan="3">A few</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.				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		
				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																																
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Sugar	3 tbsp	5 tbsp	7 tbsp																																
Desi ghee	2 tbsp	3 tbsp	4 tbsp																																
Slivered almonds (for garnishing)	A few																																		
3-17	SUJI KHEER	0.2 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td colspan="3">0.2 kg</td></tr><tr><td>Moong dal (dehusked)</td><td colspan="3">10 g</td></tr><tr><td>Suji</td><td colspan="3">20 g</td></tr><tr><td>Powdered jaggery</td><td colspan="3">30 g</td></tr><tr><td>Milk</td><td colspan="3">140 ml</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.				For	0.2 kg			Moong dal (dehusked)	10 g			Suji	20 g			Powdered jaggery	30 g			Milk	140 ml										
				For	0.2 kg																														
Moong dal (dehusked)	10 g																																		
Suji	20 g																																		
Powdered jaggery	30 g																																		
Milk	140 ml																																		
3-18	FRUIT DESSERT	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Apple, banana</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Orange juice</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr><tr><td>Sugar</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.				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												
				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																																
3-19	RAGGI KHEER	0.3 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td colspan="3">0.3 kg</td></tr><tr><td>Raggi powder</td><td colspan="3">2 tbsp</td></tr><tr><td>Milk</td><td colspan="3">1 cup</td></tr><tr><td>Milk</td><td colspan="3">As per taste</td></tr><tr><td>Ghee</td><td colspan="3">1 tsp</td></tr><tr><td>Water</td><td colspan="3">½ cup</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.				For	0.3 kg			Raggi powder	2 tbsp			Milk	1 cup			Milk	As per taste			Ghee	1 tsp			Water	½ cup						
				For	0.3 kg																														
Raggi powder	2 tbsp																																		
Milk	1 cup																																		
Milk	As per taste																																		
Ghee	1 tsp																																		
Water	½ cup																																		

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.			
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.							
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.			
				3-20	PEDA PISTA	0.3 kg	Microwave safe (MWS) glass bowl
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	<table border="1"> <tr> <td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr> <tr> <td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr> <tr> <td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr> <tr> <td>Milk</td><td>120ml</td><td>150ml</td><td>225ml</td><td>300ml</td></tr> <tr> <td>Sugar</td><td colspan="4">As per taste</td></tr> </table> <p>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</p>	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								
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Milk	120ml	150ml	225ml	300ml																														
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4-2	COFFEE	1-4 cups	Microwave safe glass bowl	<table border="1"> <tr> <td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr> <tr> <td>Water</td><td>60ml</td><td>120ml</td><td>180ml</td><td>240ml</td></tr> <tr> <td>Coffee</td><td colspan="4">½ tsp (Each cup)</td></tr> <tr> <td>Milk</td><td>120ml</td><td>150ml</td><td>225ml</td><td>300ml</td></tr> <tr> <td>Sugar</td><td colspan="4">As per taste</td></tr> <tr> <td>Ginger/cardamon (crushed)</td><td colspan="4">As per taste(optional)</td></tr> </table> <p>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</p>	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)			
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Ginger/cardamon (crushed)	As per taste(optional)																																	
4-3	MASALA TEA	1-4 cups	Microwave safe glass bowl	<table border="1"> <tr> <td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr> <tr> <td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr> <tr> <td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr> <tr> <td>Milk</td><td>120ml</td><td>150ml</td><td>225ml</td><td>300ml</td></tr> <tr> <td>Sugar</td><td colspan="4">As per taste</td></tr> <tr> <td>Chai masala</td><td colspan="4">As per taste</td></tr> </table> <p>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</p>	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			
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Milk	120ml	150ml	225ml	300ml																														
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Chai masala	As per taste																																	
4-4	GINGER TEA	1-4 cups	Microwave safe glass bowl	<table border="1"> <tr> <td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr> <tr> <td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr> <tr> <td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr> <tr> <td>Milk</td><td>120ml</td><td>150ml</td><td>225ml</td><td>300ml</td></tr> <tr> <td>Sugar</td><td colspan="4">As per taste</td></tr> <tr> <td>Ginger</td><td colspan="4">As per taste</td></tr> </table> <p>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</p>	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			
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Ginger	As per taste																																	
4-5	TULSI TEA	1-4 cups	Microwave safe glass bowl	<table border="1"> <tr> <td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr> <tr> <td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr> <tr> <td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr> <tr> <td>Milk</td><td>120ml</td><td>150ml</td><td>225ml</td><td>300ml</td></tr> <tr> <td>Sugar</td><td colspan="4">As per taste</td></tr> <tr> <td>Tulsi leaves</td><td colspan="4">As per taste</td></tr> </table> <p>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</p>	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			
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Tea leaves	1tsp	2tsp	3tsp	4tsp																														
Milk	120ml	150ml	225ml	300ml																														
Sugar	As per taste																																	
Tulsi leaves	As per taste																																	

Category	Weight Limit	Utensil	Instructions					
4-6	LEMON TEA	1-4 cups	Microwave safe glass bowl	For	1cup	2cups	3cups	4cups
				Water	120ml	240ml	360ml	480ml
				Tea leaves	1tsp	2tsp	3tsp	4tsp
				Lemon	½ No.	1 No.	1 No.	1½ No.
				Sugar	As per taste			
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								
4-7	BLACK TEA	1-4 cups	Microwave safe glass bowl	For	1cup	2cups	3cups	4cups
				Water	120ml	240ml	360ml	480ml
				Tea leaves	1tsp	2tsp	3tsp	4tsp
				Sugar	As per taste			
				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				
4-8	GREEN TEA	1-4 cups	Microwave safe glass bowl	For	1cup	2cups	3cups	4cups
				Water	120ml	240ml	360ml	480ml
				Green Tea leaves	1tsp	2tsp	3tsp	4tsp
				Sugar	As per taste			
				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				

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 (Vanilla, 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 yoghurt, add pineapple slices t the times serving.						

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

** Refer page 144, fig 3

Pasteurize Milk

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
				<p>Method :</p> <ol style="list-style-type: none"> 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. <p>When pasteurization is over, use the milk for drinking, making tea or coffee etc. For opening the lid refer (Fig.3)</p> <p>Tips :</p> <ol style="list-style-type: none"> 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
				<p>Method :</p> <ol style="list-style-type: none"> 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. <p>When pasteurization is over, use the milk for drinking, making tea or coffee etc. For opening the lid refer (Fig.3)</p> <p>Tips :</p> <ol style="list-style-type: none"> 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. 			

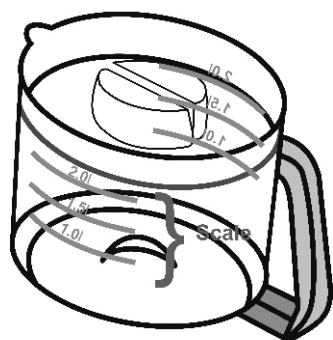


Fig.1

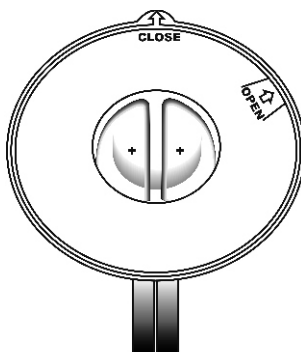


Fig.2

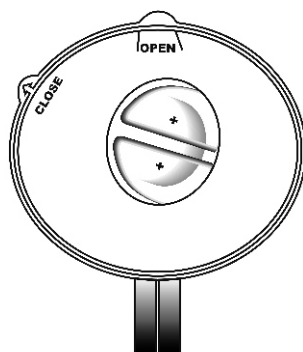






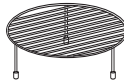





Fig.3

** Not 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)

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

List of Ingredients

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

List of Ingredients

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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