LG
Life's Good

# OWNER'S MANUAL

# MICROWAVE OVEN

PLEASE READ THIS OWNER'S MANUAL THOROUGHLY BEFORE OPERATING.

MC8188HRC

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## How the Microwave Function Works

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

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

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

# *A very safe appliance*

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


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Congratulations on becoming the proud owner of an LG Microwave oven. You can now cook almost anything in it. And that's what makes it India's first choice. In choosing it, you too have chosen health for your family and friends. Besides, as it cooks food fast, it also gives you more time to spend with them.

Our chefs conduct Microwave Cookery Classes to help you get started. Register for free and learn to cook some great dishes. You'll also get some tips on maintaining and cleaning your oven. And should you ever feel the need to talk to someone about anything that concerns your LG microwave oven, please feel free to call our Healthwave Experts. You'll find their numbers on the back.

Now go ahead, and cook up some magic in your LG Healthwave Microwave Ovens.

Complimentary Cookery Class Coupon



Class 1

Complimentary Cookery Class Coupon



Class 2

Complimentary Cookery Class Coupon



Class 3

# ***Important Safety*** Instructions

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

This is the safety alert symbol. This symbol alerts you to potential hazards that can kill or hurt you and others.
All safety messages will follow the safety alert symbol and either the word "WARNING" or "CAUTION". These word means :

**WARNING** This symbol will alert you to hazards or unsafe practices which could cause serious bodily harm or death.

**CAUTION** This symbol will alert you to hazards or unsafe practices which could cause bodily injury or property damage.

## WARNING

**1. Do not attempt to tamper with, or make any adjustments or repairs to the door, door seals, control panel, safety interlock switches or any other part of the oven which would involve the removal of any cover protecting against exposure to microwave energy. Do not operate the oven if the door seals and adjacent parts of the microwave oven are faulty. Repairs should only be undertaken by a qualified service technician.**

- Unlike other appliances, the microwave oven is a high-voltage and a high-electrical-current piece of equipment. Improper use or repair could result in harmful exposure to excessive microwave energy or in electric shock.

**2. Do not use the oven for the purpose of dehumidification. (ex. Operating the microwave oven with wet newspapers, clothes, toys, electric devices, pet or child etc.)**

- It can be the cause of serious damage to safety such as a fire, a burn or a sudden death due to an electric shock.

**3. The appliance is not intended for use by young children or elderly persons. Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.**

- Improper use may cause damage such as a fire, electric shock or burn.

**4. Accessible parts may become hot during use. Young children should be kept away.**

- They may get a burn.

**5. Liquids or other foods must not be heated in sealed containers since they are liable to explode. Remove the plastic wrapping from food before cooking or defrosting. Note though that in some cases food should be covered with plastic film, for heating or cooking.**

- They could burst.

**6. Be certain to use proper accessories on each operation mode, refer to the guide page 12.**

- Improper use could result in damage to your oven and accessories, or could make spark and a fire.

**7. The children should not allow to play with accessories or hang down from the door handle.**

- They may get hurt.

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

# ***Important Safety*** Instructions

## ⚠ CAUTION

**1. You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. It is important not to tamper with the safety interlocks.**

- It could result in harmful exposure to excessive microwave energy. (Safety interlocks automatically switch off any cooking activity when the door is opened.)

**2. Do not place any object (such as kitchen towels, napkins, etc.) between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.**

- It could result in harmful exposure to excessive microwave energy.

**3. Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.**

- It could result in harmful exposure to excessive microwave energy.

**4. Please ensure cooking times are correctly set, Small amounts of food require shorter cooking or heating time.**

- Over cooking may result in the food catching on fire and subsequent damage to your oven.

**5. When heating liquids, e.g. soups, sauces and beverages in your microwave oven,**

*** Avoid using straight sided containers with narrow necks.**

*** Do not overheat.**

*** Stir the liquid before placing the container in the oven and again halfway through the heating time.**

*** After heating, let it stand in the oven for a short time; stir or shake it again carefully and check the temperature of it before consuming to avoid burns (especially, contents of feeding bottles and baby food jars).**

- Be careful when handling the container. Microwave heating of beverages can result in delayed eruptive boiling without evidence of bubbling. This could result in hot liquids suddenly boiling over.

**6. An exhaust outlet is located on the top, bottom or side of the oven. Don't block the outlet.**

- It could result in damage to your oven and poor cooking results.

**7. Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.**

- Improper use could result in damage to your oven.

**8. Do not cook food wrapped in paper towels, unless your cook book contains instructions for the food you are cooking. And do not use newspaper in place of paper towels for cooking.**

- Improper use can cause an explosion or a fire.

# *Important Safety* Instructions

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide do not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

## ⚠ CAUTION

**9. Do not use wooden containers and ceramic containers that have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Check that the utensils are suitable for use in microwave ovens before use.**

- They may heat-up and char. Metal objects in particular may arc in the oven, which can cause serious damage.

**10. Do not use recycled paper products.**

- They may contain impurities which may cause sparks and/or fires when used in cooking.

**11. Do not rinse the tray and rack by placing it in water just after cooking. This may cause breakage or damage.**

- Improper use could result in damage to your oven.

**12. Be certain to place the oven so the front of the door is 8 cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance.**

- Improper use could result in bodily injury and oven damage.

**13. Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetable.**

- They could burst.

**14. Do not cook eggs in their shell. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.**

- Pressure will build up inside the egg which will burst.

**15. Do not attempt deep fat frying in your oven.**

- This could result in a sudden boil over of the hot liquid.

**16. If smoke is observed, switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.**

- It can cause serious damage such as a fire or electric shock.

**17. When food is heated or cooked in disposable containers made of plastic, paper or other combustible materials, keep an eye on the oven and check it frequently.**

- Your food may be poured due to the possibility of container deterioration, which also can cause a fire.

**18. The temperature of accessible surfaces may be high when the appliance is operating. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, before clearing make sure they are not hot.**

- As they will become hot, there is the danger of a burn unless wearing thick culinary gloves.

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

# ***Important Safety*** Instructions

## ⚠ CAUTION

**19. The oven should be cleaned regularly and any food deposits should be removed.**

- Failure to maintain the oven in a clean condition could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

**20. Only use the temperature probe recommended for this oven.**

- You can not ascertain that the temperature is accurate with an unsuitable temperature probe.

**21. If there are heating elements, the appliance becomes hot during use. Care should be taken to avoid touching the heating elements inside the oven.**

- There is danger of a burn.

**22. Follow exact directions given by each manufacturer for their popcorn product. Do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested times, discontinue cooking. Never use a brown paper bag for popping corn. Never attempt to pop leftover kernels.**

- Overcooking could result in the corn catching a fire.

**23. This appliance must be earthed.**

**The wires in the mains lead are colored in accordance with the following codes**
**BLUE ~ Neutral**
**BROWN ~ Live**
**GREEN & YELLOW ~ Earth**

**As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug proceed as follows:**

**The wire which is colored BLUE must be connected to the terminal which is marked with the letter N or Colored BLACK.**
**The wire which is colored BROWN must be connected to the terminal which is marked with the letter L or colored RED.**
**The wire which is colored GREEN & YELLOW or GREEN must be connected to the terminal which is marked with the letter E or ⏚ .**

**If the supply cord is damaged, it must be replaced by the manufacturer, a service agent or a similarly qualified person in order to avoid potential hazards.**

- Improper use may cause serious electric damage.

# ***Important Safety*** Instructions

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

## ⚠ CAUTION

**24. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass.**

- They can scratch the surface, which may result in the glass shattering.

**25. This oven should not be used for commercial catering purposes.**

- Improper use could result in damage to your oven.

**26. The microwave oven must be operated with the decorative door open.**

- If the door is closed while operating, the airflow will get worse possibly resulting in a fire or damage to your oven and the cabinet.

**27. The connection may be achieved by having the plug accessible or by incorporating a switch in the fixed wiring in accordance with the wiring rules.**

- Using improper plug or switch can cause an electric shock or a fire.

## Precautions for avoiding possible exposure to excessive microwave energy.

You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. These safety interlocks automatically switch off any cooking activity when the door is opened; which in the operation of microwave function could result in harmful exposure to microwave energy.
**It is important not to tamper with the safety interlocks.**

Do not place any object between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.

Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

Your oven should not be adjusted or repaired by anyone except qualified service personnel.

## ⚠ WARNING

**Please ensure cooking times are correctly set as over cooking may result in the FOOD catching fire and subsequent damage to your oven.**

When heating liquids, e.g. soups, sauces and beverages in your oven with microwave function, delayed eruptive boiling can occur without evidence of bubbling. This could result in hot liquids suddenly boiling over. To prevent this possibility the following steps should be taken:

1 Avoid using straight - sided containers with narrow necks.

2 Do not overheat.

3 Stir the liquid before placing the container in the oven and again halfway through the heating time.

4 After heating, let it stand in the oven for a short time; stir or shake it (especially the contents of feeding bottles and baby food jars) again carefully and check the temperature of it before consuming to avoid burns (especially, contents of feeding bottles and baby food jars).
Be careful when handling the container.

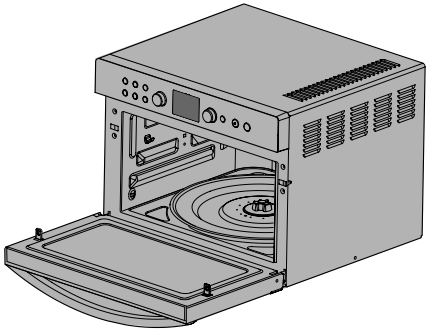
## ⚠ WARNING

**Always allow food to stand after being cooked by microwaves. Check the temperature of the food before consumption. Especially contents of feeding bottles and baby food jars.**

# Unpacking & Installing

By following the basic steps on these two pages you will be able to quickly check that your oven is operating correctly. Please pay particular attention to the guidelines on where to install your oven. When unpacking your oven make sure you remove all accessories and packing materials. Check to make sure that your oven has not been damaged during shipping.

**1** Unpack your oven and place it on a flat level surface.





**Square tray**



**Multi Cook Tawa**



**Steam cover**



**Square rack**



**Low rack**



**Steam plate**



**High rack**



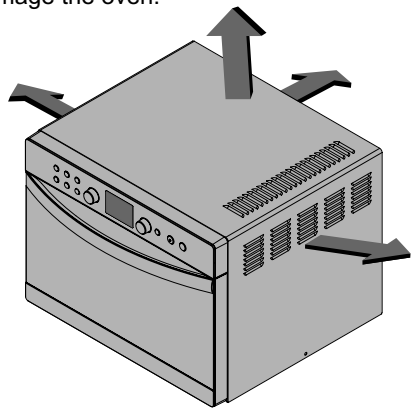
**Glass tray**
**Rotating ring**



**Steam water bowl**

**2** Place the oven on the level location of your choice with more than 85cm height but make sure there is at least 20cm of space on the top and 10cm at the rear for proper ventilation. The front of the oven should be at least 8cm from the edge of the surface to prevent tipping.

An exhaust outlet is located on bottom or side of the oven. Blocking the outlet can damage the oven.



*** THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES.**

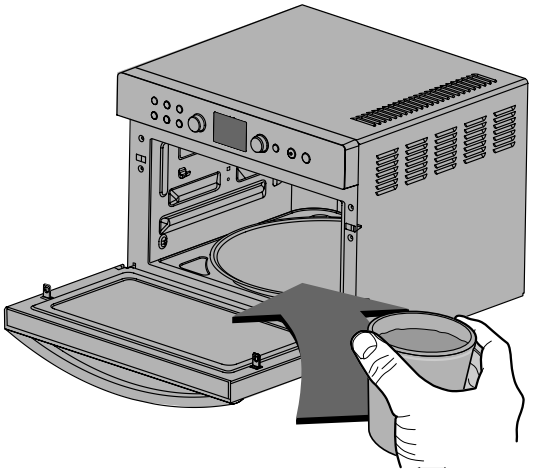
*** THIS OVEN CAN BE USED AS BUILT-IN TYPE.**

*** MUST USE THE BUILT-IN KIT THATIS MADE BY LG ELECTRONICS.**

3 Plug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket. **If your oven does not operate properly, unplug it from the electrical socket and then plug it back in.**

4 Open your oven door by pulling the DOOR HANDLE. Place the ROTATING RING inside the oven and place the GLASSTRAY on top.

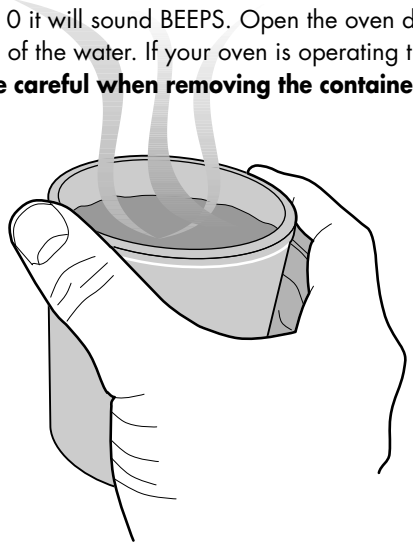
5 Fill a **microwave safe container** with 300 ml (1/2 pint) of water. Place on the GLASSTRAY and close the oven door. If you have any doubts about what type of container to use please refer to Page 99.



6 Press the **Stop/Clear** button, and press the **Start/Quick Start** button one time to set 30 seconds of cooking time.



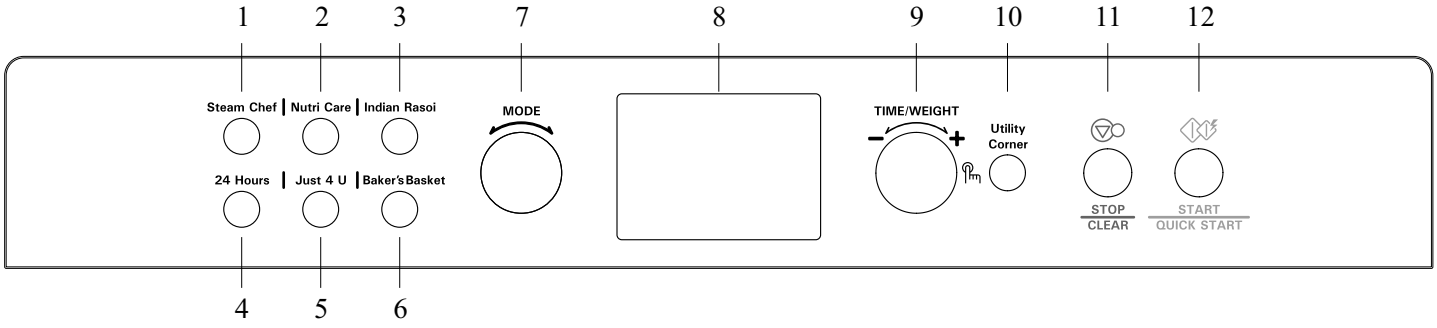

7 The **DISPLAY** will count down from 30 seconds. When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water. If your oven is operating the water should be warm. **Be careful when removing the container it may be hot.**



**YOUR OVEN IS NOW INSTALLED**

8 The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption in order to avoid burns.

# Control Panel




**1. STEAM CHEF** : To steam cook food. (St1~St24)

**2. NUTRI CARE** : To cook Health Plus, Soup, Continental food categories. (HP1~HP9; So1~So8; Co1~Co6)

**3. INDIAN RASOI** : To cook Indian Cuisine, Tawa corner food categories. (IC1~IC18; tC1~tC7)

**4. 24 HOURS** : To cook Breakfast, Snacks, Child's Favourite food categories. (bF1~bF7; Sn1~Sn8;CF1~CF7)

**5. JUST 4 U** : To cook Sea Food, Go! China food categories. (SF1~SF7;OC1~OC4)

**6. BAKERS BASKET** : To bake the selected food. (Bt1~bt15)

**7. MODE** : To select the cooking & function categories.

**8. DISPLAY WINDOW** : To show cooking time, temperature, power level & cooking categories.

**9. TIME/WEIGHT** : Increase/decrease weight/time/temp during the cooking process.

**10. UTILITY CORNER** :

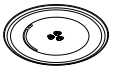
- To perform the desired function. (UC1,UC2,UC5,UC6)
- To perform the desired function by selecting the weight of the food. (UC3,UC4)

**11. STOP/CLEAR** : To stand by/stop cook functionality.

**12. START/QUICK START :**

- To begin the cook operations.
- The quick start feature allows you to 30 seconds interval of high power cooking with a touch of the quick start button.

# Method To Use Accessories As Per Mode

| | Microwave | Grill | Convection | Grill combi | Conv combi | | |
|---|---|---|---|---|---|---|---|
| Square tray  | — | — | O | — | O | | |
| Square rack  | — | — | O | — | — | | |
| Multi Cook Tawa  | O | O | — | O | O | | |
| Steam Chef  | O | — | — | — | — | | |
| High rack  | — | O | O | O | O | | |
| Low rack  | — | O | O | O | O | | |
| Glass tray  | O | O | O | O | O | | |

**Caution : Use accessories in accordance with cooking guides!**

O : Acceptable

— : Not Acceptable

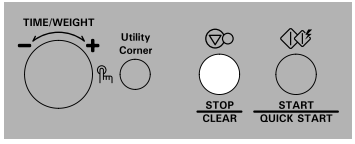
# ***Child***
# Lock

*In the following example I will show you how to set the child lock.*



Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place.
However your child can still open the oven door.

1 Press **STOP/CLEAR**.

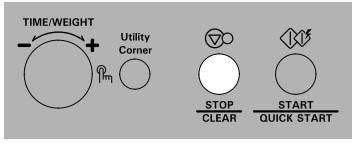



2 Press and hold **STOP/CLEAR** until "**L**" appears on the display and BEEP sounds.

The **CHILD LOCK** is now set.

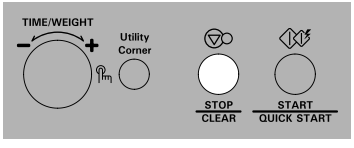
The time will disappear on the display

If any button is pressed, "**L**" will appear on the display.




3 To cancel **CHILD LOCK** press and hold **STOP/CLEAR** until "**L**" and disappears.

You will hear BEEP when it's unlocked.



*In the following example I will show you how to cook some food on 400W power for 5 minutes.*



Your oven has five microwave Power settings. High power is automatically selected and turning of **TIME/WEIGHT** will select a different power level.

Food to be cooked should be placed in a Microwave-safe utensils.

Please do not use the following accessories.



**High rack**



**Low rack**



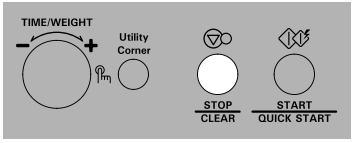
**Square rack**



**Square tray**

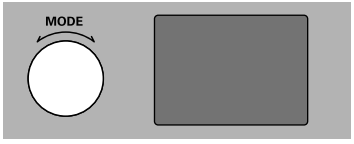
1 Make sure that you have correctly installed your oven as described earlier in this book.

Press **STOP/CLEAR**.



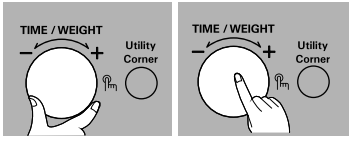

2 Turn **MODE** to select Microwave.

The following indication is displayed: "≋".



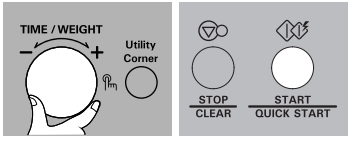

3 Turn TIME/WEIGHT until display shows "400W".

Press **TIME/WEIGHT** for power confirmation.




4 Turn **TIME/WEIGHT** until display shows "5:00".

Press **START/QUICK START**.



# *Micro Power*

## Level

*This oven is equipped with 5 power levels to give you maximum flexibility and control over cooking.*
*The table below shows some examples of food and their recommended cooking power levels for use with this oven.*



| *POWER LEVEL* | *OUTPUT* | *USE* | *ACCESSORY* |
|---|---|---|---|
| **HIGH** | 1000 W | * Boil Water<br>* Brown minced beef<br>* Cook poultry pieces, fish, vegetables<br>* Cook tender cuts meat | Microwave-safe plate |
| **MEDIUM HIGH** | 800 W | * All reheating<br>* Roast meat and poultry<br>* Cook mushrooms and shellfish<br>* Cook foods containing cheese and eggs | |
| **MEDIUM** | 600 W | * Bake cakes and scones<br>* Prepare eggs<br>* Cook custard<br>* Prepare rice, soup | |
| **DEFROST/ MEDIUM LOW** | 400 W | * All thawing<br>* Melt butter and chocolate<br>* Cook less tender cuts of meat | |
| **LOW** | 200 W | * Soften butter & cheese<br>* Soften ice cream<br>* Raise yeast-based dough | |

In the following example I will show you how to use the Grill to cook some food for 12 minutes.



This feature will allow you to brown and crisp food quickly.

For the best result use the following accessories.



**High rack**



**High rack + Multi Cook Tawa**

Please do not use the following accessories.



**Square rack**

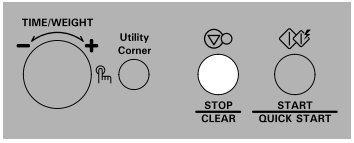


**Square tray**



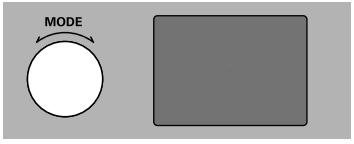
**Steam cover**

1 Press **STOP/CLEAR**.

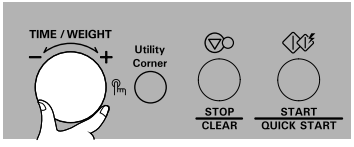



2 Turn **MODE** to select **Grill**.

The following indication is displayed: " ".

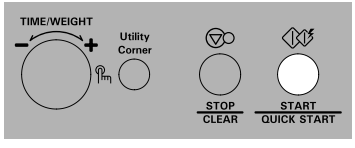



3 Turn **TIME/WEIGHT** until display shows "12:00".




4 Press **START/QUICK START**.

**Always use oven gloves when removing the food and accessories after cooking as the oven & accessoories will be very hot.**



# Grill Combi
## Cooking

In the following example I will show you how to programme your oven with micro power 400W and grill for a cooking time of 25 minutes.

Your oven has a combination cooking feature which allows you to cook food with **Heater** and **Microwave** . This generally means it takes less time to cook your food.

You can set three kinds of micro power level (200W, 400W, and 600W) in grill combi mode.

For the best result use the following accessories.



**High/Low rack**



**High/Low rack + Multi Cook Tawa**

Please do not use the following accessories.



**Square rack**

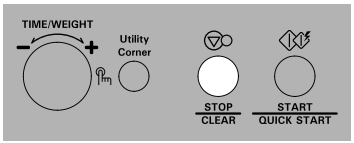


**Square tray**



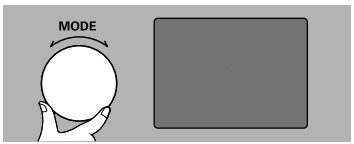
**Steam cover**

1 Press **STOP/CLEAR**.



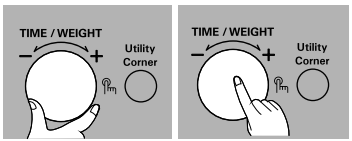

2 Turn **MODE** to select **Grill Combi** .

The following indications are displayed: “ ≋ “, “ ⁓ “.

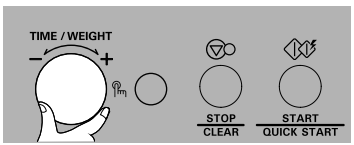



3 Turn **TIME/WEIGHT** until display shows “400W”.

Press **TIME/WEIGHT** for power confirmation.

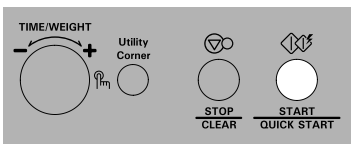



4 Turn **TIME/WEIGHT** until display shows “25:00”.




5 Press **START/QUICK START**.

**Always use oven gloves when removing the food and accessories after cooking as the oven & accessoories will be very hot.**



# Convection

## Preheat

*In the following example I will show you how to preheat the oven to a temperature of 200°C.*



The convection oven has a temperature range of 40°C and 100°C ~ 230°C (180°C is automatically available when convection mode is selected).

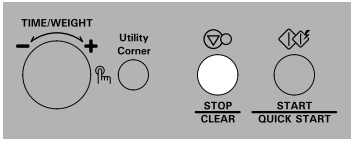
The oven has a ferment function at the oven temperature of 40°C. You may wait until the oven is cool because you cannot use a ferment function if the oven temperature is over 40°C.

Your oven will take a few minutes to reach the selected temperature.

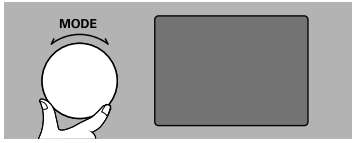
Once it has reached correct temperature, your oven will BEEP to let you know that it has reached the correct temperature.

Then place your food in your oven and tell your oven to start cooking.

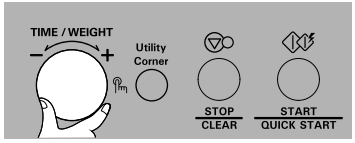
1 Press **STOP/CLEAR**.



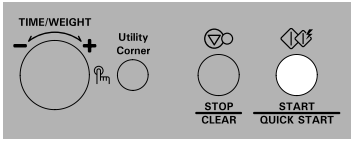

2 Turn **MODE** to select **Conv**.
The following indication is displayed: "".




3 Turn **TIME/WEIGHT** until display shows "200°C".




4 Press **START/QUICK START**.
Preheating will be started with displaying " Pr-H".

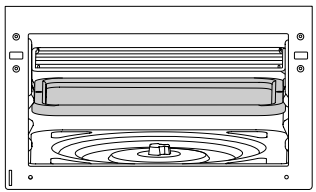


# *Convection*
## Cooking

*In the following example, I will show you how to cook some food at a temperature of 230°C for 50 minutes.*

If you do not set a temperature your oven will automatically select 180 °C, the cooking temperature can be changed by turning **TIME/WEIGHT**.

**FOR TWO LEVEL COOKING**



1. **When cooking on two levels use both the shelves supplied, with the square tray on the lower level and the square rack on the upper level.**
2. **When cooking on two levels, remove other accessories(glass tray, rotating ring).**

**FOR ONE LEVEL COOKING**

For the best result, please use the following accessories.



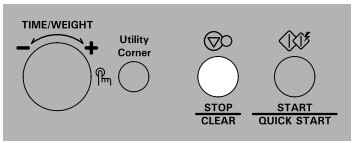
**Low rack**



**Square tray**

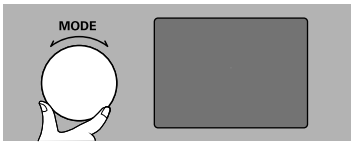
1 Press **STOP/CLEAR**.

The metal tray or metal rack must be used during convection cooking.



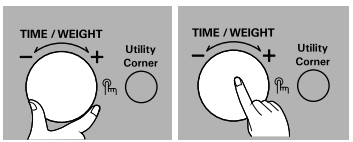

2 Turn **MODE** to select **Conv**.

The following indication is displayed: "".

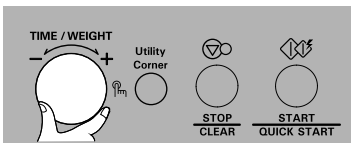



3 Turn **TIME/WEIGHT** until display shows "230°C".

Press **TIME/WEIGHT** for temperature confirmation.

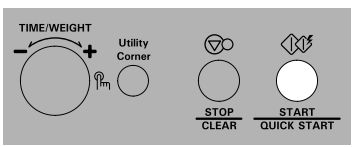



4 Turn **TIME/WEIGHT** until display shows "50:00".




5 Press **START/QUICK START**.

***Always use oven gloves when removing the food and accessories after cooking as the oven & accessories will be very hot.***



In the following example I will show you how to programme your oven with micro power 300W and at a convection temperature 200 °C for a cooking time of 25 minutes.



You can set three kinds of micro power level (200W, 300W and 400W).

For the best result, use the following accessories.



**High/Low Rack**



**High/Low rack + Multi Cook Tawa**



**Square tray**

Please do not use the following accessories.

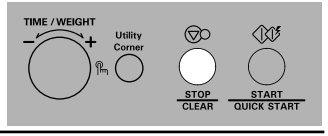


**Square rack**



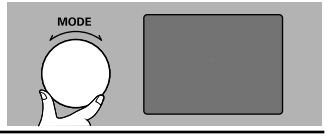
**Steam cover**

1 Press **STOP/CLEAR**.



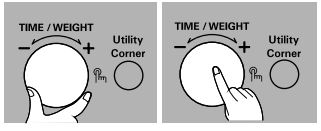

2 Turn **MODE** to select Conv. Combi

The following indications are displayed: “ ≋ “, “ ✣ “.



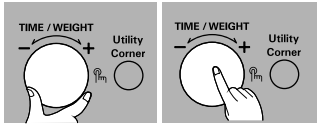

3 Turn **TIME/WEIGHT** until display shows “300W”.

Press **TIME/WEIGHT** for power confirmation.

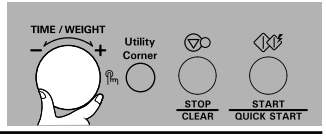



4 Turn **TIME/WEIGHT** until display shows “200°C”.

Press **TIME/WEIGHT** for temperature confirmation.

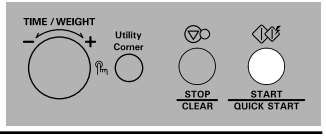



5 Turn **TIME/WEIGHT** until display shows “25:00”.




6 Press **START/QUICK START**.

**Always use oven gloves when removing the food and accessories after cooking as the oven & accessoories will be very hot.**



# *Quick*
# Start

*In the following example I will show you how to set 2 minutes of cooking on high power (1000W).*



The **QUICK START** feature allows you to set 30 second intervals of HIGH power (1000W) cooking by pressing the **START/QUICK START** button.

Food to be cooked should be placed in a Microwave-safe utensils.

Please do not use the following accessories.



**High rack**



**Low rack**

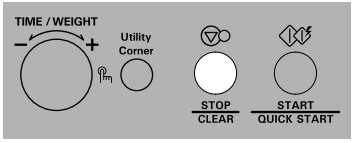


**Square rack**



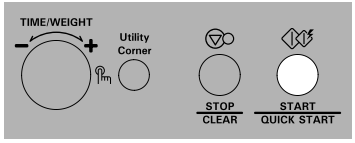
**Square tray**

1 Press **STOP/CLEAR**.




2 Press **START/QUICK START** four times to select 2 minutes on HIGH power (1000W).

Your oven will start before you have finished the fourth press.



# More or Less

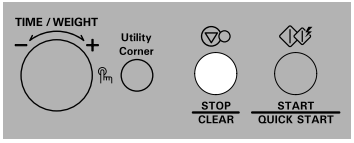
*In the following example I will show you how to change the preset COOK programmes for a longer or shorter cooking time.*



If you find that your food is over or undercooked when using the preset COOK programme, you can increase or decrease cooking time by turning the **TIME/WEIGHT**.

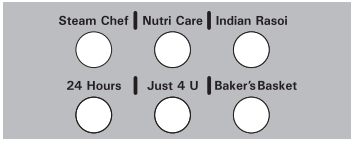
You can lengthen or shorten the cooking time(except defrost mode) at any point by turning the **TIME/WEIGHT**.

1 Press **STOP/CLEAR**.




2 Set the required preset **COOK** programme.

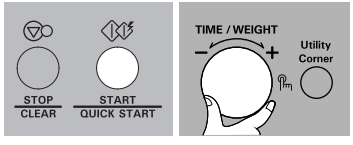
Select weight of food.




3 Press **START/QUICK START**.

Turn **TIME/WEIGHT**.

The cooking time will increase or decrease.



# ***Keep***
# Warming

*In the following example I will show you how to keep warming at the temperature of 90°C for 30 minutes.*

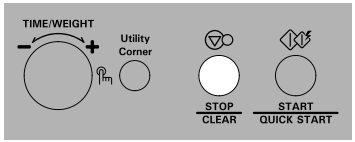


The oven has a temperature range of 30°C ~ 90°C, when keep warming is selected.
When you press keep warming, 60°C is set initially.

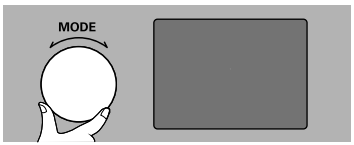
Your oven will take a few minutes to reach the selected tempeature.

Once it has reached the correct temperature, your oven will BEEP.

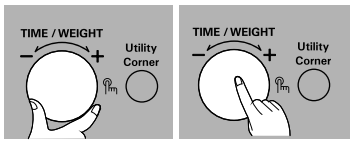
1 Press **STOP/CLEAR**.



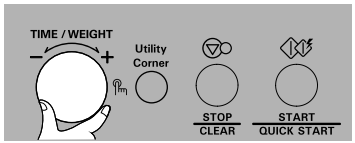

2 Turn **MODE** until display shows "60°C".
The following indication is displayed: "[fan]".



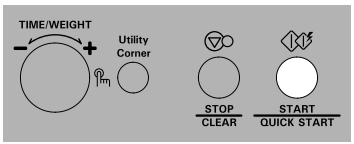

3 Turn **TIME/WEIGHT** until display shows "90°C".
Press **TIME/WEIGHT** for temperature confirmation.




4 Turn **TIME/WEIGHT** until display shows "30:00".




5 Press **START/QUICK START**.



# STEAM CHEF (St)

# Steam Chef (St)

| Menu | | Weight Limit | Utensil | Instructions |
|---|---|---|---|---|

**St1 Momos** — 0.1 ~ 0.3 kg — Steam chef*

| **For** | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Maida | 100 g | 200 g | 300 g |
| Salt | As per your taste | | |
| Water | For making dough | | |
| Baking powder | ¼ tsp | ½ tsp | ½ tsp |
| **For filling** | | | |
| Boiled mix veg (carrot, peas, capsicum, potato) | 1 cup | 1½ cup | 2 cup |
| Soya sauce, Chilli sauce | As per your taste | | |
| Salt, pepper, garam masala | As per your taste | | |

**Method :** 1. In a bowl take maida, add salt, baking powder and water, prepare a soft dough. Keep it for 15 minutes.
2. Roll out the dough into thin chapattis and add the filling in the centre and wrap it like a bag. Prepare all the momos in the same way.
3. In the steam chef, add water to the steam water bowl, place the momos on the steam plate and cover.
4. Select menu and weight, press start. Serve with schzewan sauce.

**St2 Sprouts** — 0.1 ~ 0.3 kg — Steam chef*

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Moong sprouts | 100 g | 200 g | 300 g |
| Chopped onion, Chopped tomato | 1 | 2 | 2 |
| Salt, Chaat masala, Lemon juice | As per taste | | |

**Method :** 1. In the steam chef, add water to the steam water bowl, place the moong sprouts on the steam plate and cover.
2. Select menu and weight and press start. Stand for 3 minutes. Add chopped onion, tomato, salt, chaat masala and lemon juice and serve.

**St3 Steamed fish** — 0.1 ~ 0.3 kg — Steam chef*

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Fish fillet | 100 g | 200 g | 300 g |
| Salt, Pepper, Lemon juice, Spring onion (chopped | As per taste | | |

**Method :** 1. In the steam chef, add water to the steam water bowl, place the fish on the steam plate and cover. Select menu and weight and press start. Stand for 3 minutes.
2. Add salt, pepper, lemon juice and garnish with chopped spring onions and serve.

**St4 Steamed chicken** — 0.1 ~ 0.3 kg — Steam chef*

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Boneless chicken | 100 g | 200 g | 300 g |
| Soya sauce, salt, pepper | As per taste | | |

**Method :** 1. Marinate the chicken with soya sauce, salt, pepper and keep it in refrigerator for 1 an hour.
2. In the steam chef, add the water to the steam water bowl, place the marinated chicken on the steam plate and cover.
3. Select menu and weight and press start. Stand for 3 minutes.

*** MWS - Microwave Safe**

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>St5</td><td>Steamed Veg</td><td>0.1 ~ 0.3 kg</td><td>Steam chef*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Chopped vegetables ( Capsicum, carrots, peas, beans)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
</table>
<u>Method</u> : 1. In the steam chef, add water to the steam water bowl, place the chopped vegetables on the steam plate and cover.<br>2. Select menu and weight and press start. Sprinkle salt and pepper as per taste and serve.
</td></tr>
<tr><td>St6</td><td>Sweet corn</td><td>0.1 ~ 0.3 kg</td><td>Steam chef*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Sweat corn</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Salt, Red chilli powder, Chaat masala, Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In the steam chef, add water to the steam water bowl, place the chopped sweet corns on the steam plate and cover.<br>2. Select menu and weight and press start.<br>Sprinkle salt, red chilli powder, chaat masala and lemon juice and serve.
</td></tr>
<tr><td>St7</td><td>Boiled Egg</td><td>2-9No</td><td>Steam chef*</td><td>
<table>
<tr><td>Eggs</td><td>2</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr>
</table>
<u>Method</u> : 1. In the steam chef, add water to the steam water bowl, place the eggs on the steam plate and cover.<br>2. Select menu and weight & press start.<br><br>Remove the shell of the eggs and sprinkle salt and pepper and serve.
</td></tr>
<tr><td>St8</td><td>Gajar ka Halwa</td><td>0.3 kg</td><td>Steam chef*<br>&<br>Microwave safe flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Grated Gajar</td><td>300 g</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>
<u>Method</u> : 1. In steam chef, add water in steam water bowl. Place the grated gajar on steam plate and cover.<br>2. Select menu and weight and weight & press start.<br>3..When beeps, transfer the steamed gajar to the MWS* glass dish. Add rest of the ingredients to the grated gajar and mix well.<br>Press start.
</td></tr>
</table>

*** Refer Page 97, Fig 1**

# Steam Chef (St)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>St9</td><td>Keema Balls</td><td>0.1 ~ 0.3 kg</td><td>Steam chef*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Chicken Keema</td><td>75 g</td><td>125 g</td><td>175 g</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>
<u>Method</u> : 1. Mix all the ingredients together. Make Keema balls from it.<br>2. In the steam chef, add water in steam water bowl.<br>3. Place the keema balls over the steam plate and cover.<br>4. Select menu and weight, press start.
</td></tr>
<tr><td>St10</td><td>Avial</td><td>0.1 ~ 0.3 kg</td><td>Steam chef* & Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Cut vegetables (long pieces), Carrot, potato, drumstick, French beans, bottlegourd</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Mustard seeds, Curry leaves, Salt, Haldi</td><td colspan="3">As per taste</td></tr>
<tr><td>Coconut milk</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Curd (beaten)</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
</table>
<u>Method</u> : 1. In the steam chef, add the water to the steam water bowl, place the vegetables on the steam plate and cover. Press start. Allow to stand for 3 minutes.<br>2. Select menu and weight and press start.<br>3. When beeps, remove the Steam Chef.<br>4. In a MWS bowl add 1tbsp oil, mustard seeds, curry leaves, haldi, salt. Add coconut milk and curd.<br>5. When beeps, add the steamed vegetables to the coconut milk and press start. Garnish with grated coconut and serve.
</td></tr>
<tr><td>St11</td><td>Steamed bhutta</td><td>1~2 No.</td><td>Steam chef*</td><td>
<table>
<tr><td>Bhutta</td><td>1 No.</td><td>2 No.</td></tr>
<tr><td>Salt, Chaat masala, Lemon juice</td><td colspan="2">As per taste</td></tr>
</table>
<u>Method</u> : 1. In the steam chef, add water to the steam water bowl, break one bhutta into two pieces and place on the steam plate and cover.<br>2. Select menu and weight and press start. Sprinkle salt, chaat masala and lemon juice and serve.
</td></tr>
</table>

*** Refer Page 97, Fig 1**

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>St12</td><td>Methi Muthiya</td><td>0.1 ~ 0.3 kg</td><td>Steam chef*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.2 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 bi carb</td><td>1/4 tsp</td><td>1/2 tsp</td><td>3/4 tsp</td></tr>
<tr><td colspan="2">Ginger garlic chilli paste</td><td colspan="2">As per your taste</td></tr>
<tr><td colspan="2">Dhaniya powder, Hali, Salt, Sugar</td><td colspan="2">As per your taste</td></tr>
</table>
<u>Method</u> : 1. Mix all the ingredients. Add some water and make a soft dough. Make small balls from this dough.<br>2. In the steam chef, add water to the steam water bowl, place the muthiyas on the steam plate and cover.<br>3. Select menu and weight press start
</td></tr>
<tr><td>St13</td><td>Sarson ka saag</td><td>0.1 ~ 0.3 kg</td><td>Steam chef*<br>&<br>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Sarson (washed & separated leaves)</td><td>75 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Palak (washed & separated leaves)</td><td>20 g</td><td>50 g</td><td>100 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Onion garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Tomato (chopped)</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Salt, Red chilli powder</td><td colspan="3">As per your taste</td></tr>
<tr><td>Water</td><td colspan="3">As required</td></tr>
</table>
<u>Method</u> : 1. In the steam chef, add water in the steam water bowl, place sarson and palak on the steam plate and cover. Select menu and weight and press start. Allow it to stand for 3 mins.<br>2. When beeps, remove the steam chef, grind it with water.<br>3. In a MWS bowl add oil, onion garlic paste, tomato, salt and red chilli powder and press start. Mix well.<br>4. When beeps, add grind sarson and palak, water (as required) to the MWS bowl. Mix well and press start. Serve it with makki ki roti.
</td></tr>
</table>

*** Refer Page 97, Fig 1**

# Steam Chef (St)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>St14</td><td>Shorshe Ilish</td><td>0.3 kg</td><td>Steam chef*<br>&<br>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Hilsa pieces</td><td>300 g</td></tr>
<tr><td>Mustard oil</td><td>1 tbsp</td></tr>
<tr><td>Onion</td><td>2 nos.</td></tr>
<tr><td>Mustard seeds and chilli paste</td><td>1½ tbsp</td></tr>
<tr><td>Salt, Red chilli powder</td><td>As per taste</td></tr>
</table>
<u>Method</u> : 1) In the steam chef, add the water to the steam water bowl, place the hilsa pieces on the steam plate and cover. Select menu and press start. Stand for 3 minutes.<br>2) When beeps, remove the steam chef. In a MWS bowl add mustard oil, onion, mustard and chilli paste, salt, red chilli powder and press start.<br>3) When beeps, add the steamed hilsa in MWS bowl, mix well and cover. Press start. serve with rice.
</td></tr>
<tr><td>St15</td><td>Matar Mushroom</td><td>0.1 ~ 0.3 kg</td><td>Steam chef*<br>&<br>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Matar</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Mushroom (chopped)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Onion (chopped)</td><td>1/2 cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Tomato puree</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In the steam chef, add water to the steam water bowl, place the matar and chopped mushroom on the steam place and cover. Select menu and weight and press start.<br>2. When beeps, remove the steam chef.<br>3. In a MWS bowl add oil, onion, tomato puree, salt, red chilli powder, garam masala and press start. Mix well.<br>4. When beeps, add steamed matar and mushroom to the mws bowl and add little water, press start. Mix well and add chopped coriander leaves and serve with roti.
</td></tr>
</table>

*** Refer Page 97, Fig 1**

## St16 Bhafouri

Weight Limit: 0.2 ~ 0.4 kg

Utensil: Steam Chef*

| For | 0.2 kg | 0.3 kg | 0.4 kg |
|---|---|---|---|
| Mix dal paste (Moong dal, Urad dal) | 200 g | 300 g | 400 g |
| Ginger- garlic paste | 1 tbsp | 1½ tbsp | 2 tbsp |
| Hing | | A pinch | |
| Mitha soda | ¼ tsp | ¼ tsp | ½ tsp |
| Salt | | As per taste | |

**Method :** 1. Mix all the ingredients together & make balls out of the mixture.
2. In the steam chef, add water to the steam water bowl, keep bhafouri on steam plate. Cover. Select menu & weight & press start.

Allow to stand for 3 minutes.

## St17 Rasia Muthiya

Weight Limit: 0.1 ~ 0.3 kg

Utensil: Microwave safe bowl & Steam chef*

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Basmati rice (soaked for 1 hour) | 100 g | 200 g | 300 g |
| Water | 200 ml | 400 ml | 600 ml |
| Ginger-garlic paste | ½ tbsp | 1 tbsp | 1½ tbsp |
| Hing | | A pinch | |
| Besan | 1 tbsp | 2 tbsp | 3 tbsp |
| Kadhi | | As required | |

**Method :** 1. In a MWS bowl add rice & water. Select menu & weight & 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 steam chef, add water to the steam water bowl. Keep the muthiyas on the steam plate. Cover & press start.
4. When beeps, remove the muthiyas & add to the kadhi & serve.

## St18 Steamed Cauliflower

Weight Limit: 0.1 ~ 0.3 kg

Utensil: Steam chef*

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Cauliflower florets | 100 g | 200 g | 300 g |
| Onion paste | 1 tbsp | 2 tbsp | 3 tbsp |
| Ginger garlic paste, | ½ tbsp | 1 tbsp | 1½ tbsp |
| Red chilli, dhania, coriander, turmeric (powdered), garam masala, salt, sugar | | As per taste | |
| Tomato puree | 2 tbsp | 3 tbsp | 4 tbsp |
| Curd | 100 ml | 150 ml | 200 ml |

**Method :** 1. Mix all the ingredients together except cauliflower. Add cauliflower & marinate for 1 hour.
2. In steam chef, add water to the steam water bowl.
3. Now keep the marinated cauliflower on the steam plate & cover. Select menu & weight & press start.
4. Allow to stand for 5 minutes.

*** Refer Page 97, Fig 1**

# Steam Chef (St)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>St19</td><td>Aluvadi</td><td>0.1 ~ 0.3 kg</td><td>Steam Chef*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Arbi ke patte</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Besan</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Red chilli powder, turmeric powder, salt</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. Mix besan, red chilli powder, turmeric powder & salt. Add water to make batter out of it.<br>2. Spread out arbi ke patte & spread a layer of besan batter on them. Roll them & tie with a thread.<br>3. In steam chef, add water to the steam water bowl. Keep aluvadi on steam plate. Cover. Select menu & weight & press start.<br>4. Allow to stand for 5 minutes.<br>5. Take out & cut into small slices & serve.
</td></tr>
<tr><td>St20</td><td>Kothimbir Vadi</td><td>0.1 ~ 0.3 kg</td><td>Steam chef*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Kothimbir (Hara Dhaniya)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Besan</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Suji</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Red chilli powder, salt, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
</table>
<u>Method</u> : 1. Mix all the ingredients together & make vadis out of it.<br>2. In steam chef, add water to the steam water bowl. Place the vadis on the steam plate. Cover. Select menu & weight & press start.<br>3. Allow to stand for 3 minutes.
</td></tr>
<tr><td>St21</td><td>Fara</td><td>0.1 ~ 0.3 kg</td><td>Steam chef*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Rice flour</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>For filling :</td><td></td><td></td><td></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>
<u>Method</u> : 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 gujia.<br>2. In steam chef, add water to the steam water bowl. Place the faras on the steam plate. Cover. Select menu & weight & press start.<br>3. Allow to stand for 5 minutes.
</td></tr>
</table>

*** Refer Page 97, Fig 1**

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>St22</td><td>Steamed Peas</td><td>0.1 ~ 0.3 kg</td><td>Steam Chef*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Shelled peas</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Salt & Chaat masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Butter</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
</table>
<u>Method</u> : 1. In steam chef, add water to the steam water bowl, place the peas on the steam plate & cover. Select menu & weight & press start.<br>2. When beeps, remove & add butter, salt & chaat masala & serve.
</td></tr>
<tr><td>St23</td><td>Idiyappam</td><td>0.2 ~ 0.4 kg</td><td>Steam chef*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Rice flour</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In a bowl add rice flour, salt & add water to make rice flour paste.<br>2. Put the rice flour paste in the idiyappam die.<br>3. In steam chef, add water to the steam water bowl, on the steam plate pour the idiyappam paste in the die to prepare the idiyappams. Select menu & weight & press start.<br>4. Allow to stand for 3 minutes.
</td></tr>
<tr><td>St24</td><td>Shakarkandi</td><td>0.2 ~ 0.5 kg</td><td>Steam chef*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Shakarkandi (peeled & sliced)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Salt, red chilli powder & lemon juice</td><td colspan="4">As per taste</td></tr>
</table>
<u>Method</u> : 1. In steam chef, add water to the steam water bowl, place the shakarkandi on the steam plate & cover. Select menu & weight & press start.<br>2. When beeps, remove & add salt, red chilli powder & lemon juice & serve.
</td></tr>
</table>

*** Refer Page 97, Fig 1**

# NUTRI CARE

1. **Health Plus (HP)**
2. **Soup (So)**
3. **Continental (Co)**

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP1</td><td>Lemon Chicken</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Lemon juice</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Honey</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Kali mirch powder</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
</table>
<u>Method</u> : 1. Marinate chicken with kali mirch powder, salt, lemon juice. Keep for onehour in refrigerator.<br>2. In MWS bowl take olive oil, marinated chicken and mix well. Select menu & weight and press start.<br>3. When beeps, turn the chicken pieces, press start. Stand for 5 minutes. Mix honey and serve hot.
</td></tr>
<tr><td>HP2</td><td>Kala Chana</td><td>0.1 ~ 0.3 kg</td><td>Steam chef* without steam plate & Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Soaked Kala Chana</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>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Onion chopped</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Salt, Chaat masala, Red chilli powder, hara dhania</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. Soak chana overnight, add water to the steam water bowl put soaked chanas in it and cover. Select menu and weight and press start. Allow to stand for 3 mins.<br>2. When beeps, remove & drain the water. In a MWS bowl add oil, chopped onion,salt, chaat masala, red chilli powder and hara dhania and press start. Mix well.<br>3. When beeps, add chanas to the mws bowl along with little hot water and press start. Mix well. Serve hot.<br>Note: Do not use steam plate in step 1.
</td></tr>
<tr><td>HP3</td><td>Karela Subzi</td><td>0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Chopped karela</td><td>300 g</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
<tr><td>Rai, jeera, hing & haldi</td><td>For tempering</td></tr>
<tr><td>Salt, sugar, garam masala, dhania powder, jeera powder</td><td>As per taste</td></tr>
<tr><td>Grated coconut</td><td>For garnishing</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, rai, jeera, hing, haldi. Select menu and press start.<br>2. When beeps, add the chopped karela & cover. Press start.<br>3. When beeps, add some water, salt, sugar, garam masala, dhania powder, jeera powder and cover. Press start. Allow it to stand for 5 mins. Garnish with grated coconut and serve.
</td></tr>
</table>

# Health Plus (HP)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP4</td><td>Machi kali mirch</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Pomfret (fish category)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Salt, Lemon juice, Kli mich powder</td><td colspan="3">To marinate as per taste</td></tr>
<tr><td>Oil, chopped onion, chopped tomato, chopped garlic</td><td colspan="3">As required</td></tr>
</table>
<u>Method</u> : 1. Take Pomfret slices as per weight either (0.1kg/0.2kg/0.3kg) and marinate with salt, lemon juice, kali mirch as per taste for 1 hour.<br>2. In a MWS bowl add oil, chopped onion, chopped tomato, chopped garlic and press start. Mix well. Select menu & weight & press start.<br>3. When beeps, mix well, add marinated fish and salt to taste and some water. Press start. Allow to stand for 5 mins.
</td></tr>
<tr><td>HP5</td><td>Nutri nuggets</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Soaked and boiled nutrinuggets</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Potato</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped onion</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Tomato puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt, garam masala, red chilli powder, haldi, dhania powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>2 cup</td><td>2½ cup</td><td>3 cup</td></tr>
<tr><td>Chopped coriander leaves</td><td colspan="3">For garnishing</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, jeera, onion. Select menu and weight and press start. Mix well.<br>2. When beeps, add tomato puree,nutrinuggets, potato, salt, red chilli powder, haldi, dhania powder and add ½ the amount of water mentioned per weigh(For eg. For 100g, add 1 cup of water) and press start. Mix well.<br>3. When beeps, add the remaining amount of water and press start. Mix well. Allow to stand for 3 minutes. Garnish with coriander leaves & serve hot with roti.
</td></tr>
<tr><td>HP6</td><td>Soyabean curry</td><td>0.2 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Soyabean (soaked overnight)</td><td>200 g</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
<tr><td>Chopped onions</td><td>1 cup</td></tr>
<tr><td>Tomato puree</td><td>2 tbsp</td></tr>
<tr><td>Chopped green chillies</td><td>1 tbsp</td></tr>
<tr><td>Red chilli powder, garam masala, coriander powder, salt</td><td>As per taste</td></tr>
<tr><td>Water</td><td>300 ml</td></tr>
<tr><td>Coriander leaves</td><td>For garnishing</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, chopped onions. Select menu and press start. Mix well.<br>2. When beeps, in the same bowl add tomato puree and haldi and press start. Mix well.<br>3. When beeps, add chopped green chillies, red chilli powder, garam masala, coriander powder, salt, soyabean and water. Garnish with coriander leaves and serve hot.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP7</td><td>Curd Brinjal</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Brinjal</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Curd</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Curry leaves</td><td colspan="3">A few sprigs</td></tr>
<tr><td>Mustard & cumin seeds</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped giner</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil & brinjal. Cover. Select menu & weight & press start.<br>2. When beeps, remove & in another MWS bowl add oil, mustard & cumin seeds, curry leaves & chopped ginger. Press start.<br>3. When beeps, add brinjal, curd & salt. Mix well & press start.
</td></tr>
<tr><td>HP8</td><td>Fish Bhartha</td><td>0.3 kg</td><td>Steam chef* & Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Fish (Rohu)</td><td>300 g</td></tr>
<tr><td>Mustard oil</td><td>1 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td></tr>
<tr><td>Chopped onion</td><td>1 cup</td></tr>
<tr><td>Red chilli powder, haldi, garam masala, salt</td><td>As per taste</td></tr>
</table>
<u>Method</u> : 1. In steam chef add water, place the fish pieces on steam plate & cover. Select menu & press start.<br>2. When beeps, remove & in a MWS bowl add mustard oil, chopped onions, steamed fish, red chilli powder, garam masala, haldi & salt. Cover & press start.
</td></tr>
<tr><td>HP9</td><td>Leaf Rolls</td><td>0.2 ~ 0.4 kg</td><td>Steam chef*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Palak leaves</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Cabbage leaves</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>For Filling</td><td colspan="3"></td></tr>
<tr><td>Boiled veg (potato, capsicum, carrot, frensh beans, sprouts)</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr>
<tr><td>Chopped onion</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Salt, chaat masala, lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In a bowl mix boiled vegetables, chopped onions, salt, chaat masala & lemon juice.<br>2. In steam chef, add water to the steam water bowl. Place palak & cabbage leaves on steam plate & cover.<br>3. Select menu & weight & press start.<br>4. When beeps, remove the leaves from the steam chef. Spread the filling on leaves & roll them. Make all the rolls in the same way.<br>5. Place the rolls in steam chef. Press start.
</td></tr>
</table>

*** Refer Page 97, Fig 1**

# Soup (So)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So1</td><td>Chicken Shorba</td><td>0.3 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Boneless chicken</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1/2 tbsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td></tr>
<tr><td>Salt & pepper powder</td><td>As per taste</td></tr>
<tr><td>Maida</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>2 cups</td></tr>
<tr><td>Fresh cream</td><td>For garnishing</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add chicken pieces, chopped garlic and water. Select menu and press start.<br>2. When beeps, remove & strain stock. In another mws glass bowl add oil, cumin seeds and maida and press start.<br>3. When beeps, add the chicken stock, salt, pepper and press start. Garnish with fresh cream and serve hot.
</td></tr>
<tr><td>So2</td><td>Tamatar Shorba</td><td>0.3 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Chopped tomato</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1/2 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td></tr>
<tr><td>Jeera, bay leaf, salt, garam masala, sugar</td><td>As per taste</td></tr>
<tr><td>Water</td><td>2 cups</td></tr>
<tr><td>Coriander leaves</td><td>For garnishing</td></tr>
</table>
<u>Method</u> : 1. In a MWS glass bowl add tomatoes cut into quarters with some water, select menu and press start.<br>2. When beeps, grind and strain the whole stock and add water as your requirement.<br>3. In another MWS glass bowl add 1/2 tbsp oil, ginger garlic paste, jeera, bay leaf and press start. Mix well.<br>4. When beeps, add the strained stock, season with salt, garam masala and press start.Add sugar if very sour.<br>Garnish with coriander leaves and serve hot.
</td></tr>
<tr><td>So3</td><td>Sweet Corn Soup</td><td>0.3 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Sweet Corn</td><td>200 g</td></tr>
<tr><td>Water</td><td>2 cups</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Corn flour</td><td>2 tbsp</td></tr>
<tr><td>Salt, sugar,kali mirch, chopped onion and green chilli</td><td>As per taste</td></tr>
</table>
<u>Method</u> : 1. Grind sweet corn with some water. Put in MWS glass bowl along with 2 cups water. Select menu & press start. Strain the stock.<br>2. When beeps, remove in another MWS glass bowl add oil, green chilli and onion. Press start.<br>3. When beeps, add the stock in it. Mix corn flour with 1/2 cup water and add to the stock.<br>Add 2 cups water as your requirement, salt, sugar, kali mirch and press start. Serve hot.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So4</td><td>Mushroom Soup</td><td>0.2 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Mushrooms</td><td>100 g</td></tr>
<tr><td>Potato</td><td>1 No.</td></tr>
<tr><td>Cabbage (chopped)</td><td>50 g</td></tr>
<tr><td>Onion (chopped)</td><td>1 small</td></tr>
<tr><td>Tomato sauce</td><td>2 tbsp</td></tr>
<tr><td>Corn flour</td><td>2 tbsp</td></tr>
<tr><td>Salt, sugar, pepper (black)</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>2 cups</td></tr>
</table>
<u>Method</u> : 1. In MWS glass bowl put potato in small pieces, chopped cabbage and onion with 2 cups of water. Select menu and press start.<br>2. When beeps, take the bowl out & grind the stock. After grinding the stock, strain it and add water (if required).<br>3. In another bowl add oil, chopped mushroom and press start.<br>4. When beeps, add strained stock. Mix corn flour with ½ cup water & add to the stock. Add salt, black pepper, sugar and tomato sauce and press start. Serve hot garnish with grated cheese.
</td></tr>
<tr><td>So5</td><td>Corn Basil & Fusili Soup</td><td>0.3 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3Kg</td></tr>
<tr><td>Cream style corns</td><td>100 g</td></tr>
<tr><td>Basil</td><td>10 leaves</td></tr>
<tr><td>Fusili</td><td>10 leaves</td></tr>
<tr><td>Tomato puree</td><td>2 tbsp</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td></tr>
<tr><td>Chopped garlic</td><td>1 tbsp</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td></tr>
<tr><td>Water</td><td>2 cups</td></tr>
</table>
<u>Method</u> : 1. In a MWS glass bowl add oil, chopped onion, garlic. Select menu & press start.<br>2. When beeps, mix well & add water, cream style corns, basil leaves, fusili leaves, tomato puree. Press start.<br>3. Garnish with grated cheese & basil leaves.
</td></tr>
</table>

# Soup (So)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So6</td><td>Rasam</td><td>0.3 kg</td><td>Microwave Safe bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Tomato</td><td>300 g</td></tr>
<tr><td>Tamarind pulp</td><td>50 g</td></tr>
<tr><td>Salt & Jaggery</td><td>As per taste</td></tr>
<tr><td>Green chillies</td><td>2 nos.</td></tr>
<tr><td>Chopped onions</td><td>3 nos.</td></tr>
<tr><td>Coriander & curry leaves</td><td>For garnishing</td></tr>
<tr><td>Chopped garlic</td><td>2-3 flakes</td></tr>
<tr><td>Coriander seeds, cumin seeds, cinnamon, hing</td><td>As per taste</td></tr>
<tr><td>Water</td><td>2 cups</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add chopped tomato & water. Select menu & press start.<br>2. When beeps, remove & cool. Grind & strain it.<br>3. In a MWS bowl add oil, coriander seeds, cumin seeds, cinnamon, hing, chopped garlic, green chillies, salt & jaggery & strained tomato stock. Press start.<br>4. When beeps, add water (if required) & tamarind pulp. Press start.<br>5. Garnish with coriander & curry leaves & serve.
</td></tr>
<tr><td>So7</td><td>Chicken Tortilla Soup</td><td>0.3 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Chicken pieces (boneless)</td><td>200 g</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>4 cups</td></tr>
<tr><td>Salt, pepper powder, green chillies</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Tortilla pieces</td><td>10-15 nos.</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl put water and chicken pieces. Cover and keep it in Microwave. Select menu and press start to cook.<br>2. When it gives a beep, remove.<br>3. In another bowl add oil and ginger garlic paste & press start.<br>4. When it gives a beep, add chicken stalk, salt, pepper powder, green chilli and 1 cup water. Press start.<br>5. Serve with tortilla pieces.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So8</td><td>Wonton Soup</td><td>0.3 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Chopped cabbage, carrot, capsicum, french beans</td><td>100 g each</td></tr>
<tr><td>Ginger paste</td><td>1 tsp</td></tr>
<tr><td>Garlic paste</td><td>1 tsp</td></tr>
<tr><td>Spinach in pieces</td><td>10 leaves</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Salt, sugar, pepper powder</td><td>As per taste</td></tr>
<tr><td>Water</td><td>2 cups</td></tr>
<tr><td>Ready wonton</td><td>6-7 pieces</td></tr>
</table>
<u>Method</u> : 1. In MWS glass bowl add oil and vegetables, ginger-garlic paste. Select menu & press start.<br>
2. When beeps, add salt, pepper, sugar & water as per your requirement and put in Microwave and press start.<br>
How to make Wonton :<br>
Maida -1 cup, Salt - 1 pinch, Oil - 1 tsp<br>
Method : Mix all the ingredients in the bowl and make dough with too warm water. After that cover the bowl and leave the mixture for 10-15 minutes.<br>
For Stuffing :<br>
Cabbage, carrot, capsicum which is cut in long pieces<br>
Method : Mix all the ingredients for stuffing. Make a small puree of wonton and put the small quantity of stuffing in between them and then cover the puree and press it.<br>
3. When beeps, mix well & press start.<br>
Add wonton & serve.
</td></tr>
</table>

# Continental (Co)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co1</td><td>Pasta</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl<br>&<br>Microwave* safe flat glass dish<br>&<br>High rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Penne pasta</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Butter</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chopped onion</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Chopped garlic</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped palak leaves</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Hot water</td><td>400 ml</td><td>800 ml</td><td>1200 ml</td></tr>
<tr><td>Cream</td><td>1/1 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Grated cheese</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Nutmeg powder, oregano, salt & pepper</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In a MWS safe bowl take pasta, add water (sufficient to boil the pasta) & few drops of oil. Select menu and weight and press start.<br>2. When beeps, drain water from the pasta, wash & separate under running water. In a MWS flat glass dish add butter, onion, garlic and palak. Mix well and press start.<br>3. When beeps, add cream, nutmeg powder, oregano, salt, pepper, boiled pasta, some hot water. Mix well and sprinkle grated cheese. Keep the vessel on high rack and press start.
</td></tr>
<tr><td>Co2</td><td>Veg au gratin</td><td>0.2 kg</td><td>Microwave safe flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Mix vegetables (cut gajar, gobhi, french beans, sweet corns, peas etc.)</td><td>200 g</td></tr>
<tr><td>Maida</td><td>2 tbsp</td></tr>
<tr><td>Butter</td><td>2 tsp</td></tr>
<tr><td>Milk</td><td>2 cups</td></tr>
<tr><td>Hot water</td><td>1/2 cup</td></tr>
<tr><td>Grated cheese</td><td>4 tbsp</td></tr>
<tr><td>Salt, sugar, pepper</td><td>As per taste</td></tr>
</table>
<u>Method</u> : 1. In a MWS flat glass dish take butter, vegetables & maida, mix well.<br>2. Select menu and press start.<br>3. When beeps, add milk, hot water, salt, sugar & pepper. Mix well & press start.<br>4. When beeps, mix well and spread grated cheese on it and press start.
</td></tr>
<tr><td>Co3</td><td>Baked Mushroom</td><td>0.1 ~ 0.3 kg</td><td>Microwave* safe flat glass dish<br>&<br>High rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Mushrooms</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>White sauce</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Cheese (grated), salt, pepper</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In mws flat glass dish put all the ingredients except cheese, mix well.<br>2. Select menu and weight & press start.<br>3. When beeps, keep on high rack. Spread grated cheese on the top of the mixture and press start.
</td></tr>
</table>

*Refer Page 97, Fig1.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co4</td><td>Potato dumpling</td><td>0.3 kg</td><td>Steam chef * & Microwave safe flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>3-4 tbsp</td></tr>
<tr><td>Boiled & grated potato</td><td>100 gms</td></tr>
<tr><td>Grated paneer</td><td>75 gms</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>
<u>Method</u> : 1. Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough.<br>2. In the steam chef, add water to the steam water bowl, place the dumplings on the steam plate and cover. Select menu and press start.<br>3. When beeps, take out the dumplings from the steam chef.<br>4. Allow them to cool. In a microwave safe flat glass dish add butter and put the dumplings in it and press start.
</td></tr>
<tr><td>Co5</td><td>Lasaneya</td><td>0.3 kg</td><td>Microwave safe flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Lasagne sheets (cooked)</td><td>150 g</td></tr>
<tr><td>White sauce</td><td>1 cup</td></tr>
<tr><td>Pizza sauce</td><td>1/2 cup</td></tr>
<tr><td>Mix veg (boiled) - Egg plant, zucchini, broccoli, mushrooms, sweet corns</td><td>2 cups</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Oregano, salt & pepper</td><td>As per taste</td></tr>
<tr><td>Grated cheese</td><td>4 tbsp</td></tr>
</table>
<u>Method</u> : 1. Except lasagne and cheese add all the ingredients in MWS flat glass dish. Select menu and press start.<br>2. When beeps, in same dish arrange lasagne sheets in the bottom. Then spread vegetable mixture on it and make layers of sheets and vegetable mixture.<br>3. When beeps, spread the grated cheese and press start.
</td></tr>
<tr><td>Co6</td><td>Macaroni</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Macaroni</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Hot water</td><td>400 ml</td><td>800 ml</td><td>1200 ml</td></tr>
<tr><td>Butter</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Spring onion chopped</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Garlic chopped</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Mushroom chopped</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
<tr><td>Tomato sauce</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chilli sauce</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Salt, sugar, pepper & oregano</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In MWS bowl take Macaroni with hot water. Select menu & weight & press start.<br>2. When beeps, drain water from it. In MWS bowl add all the ingredients with boiled Macaroni, mix well and press start.
</td></tr>
</table>

*Refer Page 97, Fig1.

# INDIAN RASOI

1. Indian Cuisine (IC)
2. Sweet Corner (SC)
3. Rice Delight (rd)
4. Tawa Corner (tC)

## IC1 Mix Veg

Weight Limit: 0.1 ~ 0.3 kg

Utensil: Microwave safe bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Onion, garlic, carrot, cauliflower, capsicum | 100 g | 200 g | 300 g |
| Salt, red chilli powder | As per taste | | |
| Corn flour | 1 tbsp | 2 tbsp | 2 tbsp |
| Water | 1/2 cup | 1 cup | 1½ cup |
| Soya sauce | 1 tbsp | 2 tbsp | 3 tbsp |
| Tomato sauce | 1 tbsp | 2 tbsp | 3 tbsp |
| Vinegar | 1/2 tsp | 1/2 tsp | 1 tsp |
| Brown sugar | 1/2 tsp | 1/2 tsp | 1 tsp |
| Ajinomoto | 1 pinch | 1 pinch | 1 pinch |
| Oil | 1 tbsp | 1 tbsp | 1½ tbsp |

**Method :**
1. In a MWS bowl mix all the vegetables and keep aside.
2. In another bowl add oil, all other ingredients. Mix it well, & press start by selecting the menu & desired weight.
3. When beeps, stir the bowl.
4. Now add vegetables to the bowl and continue cooking again. Allow stand for 3 minutes.

## IC2 Kadhai Paneer

Weight Limit: 0.1 ~ 0.3 kg

Utensil: Microwave safe bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Paneer | 100 g | 200 g | 300 g |
| Onion paste | 3 tbsp | 3 tbsp | 5 tbsp |
| Tomato puree | 1½ tbsp | 2 tbsp | 3 tbsp |
| Ginger garlic paste, salt & sugar | As per taste | | |
| Red chilli powder, haldi, kasuri methi, garam masala | As per taste | | |
| Butter | 1 tbsp | 1 tbsp | 1 tbsp |
| Fresh cream | 1 tbsp | 1½ tbsp | 2 tbsp |
| Oil | 1 tbsp | 1 tbsp | 1½ tbsp |

**Method :**
1) In a MWS safe bowl take oil, onion paste, ginger garlic paste, mix well. Select menu & weight press start.
2) When beeps, add tomato puree, butter, fresh cream,haldi, red chilli powder, garam masala, kasuri methi, salt, sugar, paneer cubes, mix well & press start. Garnish with hara dhania & serve hot.

# Indian Cuisine (IC)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th colspan="4">Instructions</th></tr>
<tr><td>IC3</td><td>Dal tadka</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe bowl</td><td colspan="4">
<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>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Rai, jeera, kasuri methi, hara dhania, heeng, haldi, green chilli</td><td colspan="3">As per taste</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. Take dal in a MWS bowl, add water, haldi & hing. Select menu & weight & press start.<br>2. When beeps, remove & in another bowl add oil, rai, jeera, green chillies, curry leaves & press start.<br>3. When beeps, add dal, little water (if required), salt, hara dhania, kasuri methi(optional), lemon juice & press start.
</td></tr>
<tr><td>IC4</td><td>Sambhar</td><td>0.2 kg</td><td>Microwave safe bowl</td><td colspan="4">
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Arhar dal (soaked overnight)</td><td>200 g</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
<tr><td>Chopped onion</td><td>1 medium</td></tr>
<tr><td>Chopped tomato</td><td>1 medium</td></tr>
<tr><td>Mix vegetables - Chopped drumsticks, ghiya, brinjal, red pumpkin</td><td>1 cup</td></tr>
<tr><td>Water</td><td>400 ml</td></tr>
<tr><td>Imli pulp, green chilli, sambhar masala, gud and salt</td><td>As per taste</td></tr>
</table>
<u>Method</u> : 1. Soak dal overnight, in a MWS bowl take dal, haldi, onion, green chilli, tomato, mix vegetables & water. Select menu & press start.<br>2. When beeps, remove & in another MWS bowl add oil, rai, hing, curry leaves, dhania, red chilli powder. Press start.<br>3. Mash dal very well & add to tadka. Add imli pulp, sambhar masala, gud & some water (if required). Press start. Stand for 5 minutes. Garnish with coconut & hara dhania & serve with idli.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC5</td><td>Dum Aloo</td><td>0.1 ~ 0.3 kg</td><td>Steam Chef* without steam plate & Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>01 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Aloo (small & pricked)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Jeera, pepper seeds, cloves, hing</td><td colspan="3">As required</td></tr>
<tr><td>Onion paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>1½ tbsp</td></tr>
<tr><td>ginger garlic paste</td><td>1tsp</td><td>1½ tsp</td><td>1½ tsp</td></tr>
<tr><td>Tomato puree</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Curd</td><td>1/2 cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Turmeric powder, red chilli powder, degchi mirch, salt, garam masala, saunf powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Coriander leaves</td><td colspan="3">For garnishing</td></tr>
</table>
<u>Method</u> : 1. In steam chef put small pricked potatoes with oil (1/2 the amount mentioned per weight) and cover. Select menu & weight and press start.<br>2. When beeps, in a MWS bowl add oil (remaining half amount) jeera, pepper seeds. cloves, hing, onion paste, ginger garlic paste, tomato puree and press start.<br>3. When beeps, in the same bowl add the curd, tumeric powder, red chilli powder/deghi mirch, salt, garam masala, suanf powder and potatoes, press start. Stand for 3 minutes. Garnish with coriander leaves<br>Note : Do not use steam plate in step 1.
</td></tr>
<tr><td>IC6</td><td>Jeera Aloo</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Potato (boiled)</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>1 tbsp</td></tr>
<tr><td>Jeera</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td><td>As per taste</td><td>As per taste</td></tr>
<tr><td>Red chilli powder, haldi, garam masala, dhania powder, coriander leaves</td><td>As per taste</td><td>As per taste</td><td>As per taste</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, jeera, salt, dhania powder, garam masala, coriander leaves, red chilli powder. Select menu and weight & press start.<br>2. When beeps, add potatoes to the bowl and press start. Squeeze lemon juice & serve.
</td></tr>
</table>

*** Refer Page 97, Fig 2**

# Indian Cuisine (IC)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC7</td><td>Kadhi</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Besan</td><td>25 g</td><td>50 g</td><td>75 g</td></tr>
<tr><td>Curd / matha</td><td>1/2 cup</td><td>1 cup</td><td>1½ 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>
<u>Method</u> : 1) In a MWS bowl add oil, rai, jeera, chopped onion. Select menu & weight & press start.<br>2) When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (1/2 the amount mentioned per weight). Mix & press start.<br>3) When beeps, mix & add remaining water & press start. Pour tempering & serve.
</td></tr>
<tr><td>IC8</td><td>Baati</td><td>0.2 ~ 0.4 kg</td><td>High rack*<br>&<br>Multi Cook Tawa</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.43 kg</td></tr>
<tr><td>Atta</td><td>150 g</td><td>200 g</td><td>250 g</td></tr>
<tr><td>Besan</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Haldi & 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 colspan="3">For kneading</td></tr>
</table>
<u>Method</u> : 1. Mix atta, besan, ginger garlic paste, salt & turmeric powder, little oil. Add water for kneading the dough. Make big balls out of the dough.<br>2. Grease the tawa & place the baati over it. Place the tawa on high rack. Select menu & weight & press start.<br>3. When beeps, turn the side & press start.
</td></tr>
</table>

*** Refer Page 97, Fig 4**

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC9</td><td>Ukadiche Modak</td><td>0.1 ~ 0.3 kg</td><td>Steam Chef*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Rice flour</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td colspan="3">For making the dough</td></tr>
<tr><td>For filling</td><td colspan="3"></td></tr>
<tr><td>Grated coconut</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Jaggery (Gud)</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Elaichi powder</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
</table>
<u>Method</u> : 1) Make a dough with rice flour & water.<br>2) Roll out the dough, put filling of grated coconut, jaggery (gud) & elaichi powder filling. Wrap them like momos.<br>3) In steam chef, add water to the steam water bowl. Put the modaks on the steam plate & cover.<br>4. Select menu & weight & press start.<br>5. Allow to stand for 3 minutes.
</td></tr>
<tr><td>IC10</td><td>Dalma</td><td>0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Moong dal (soaked for 1 hour)</td><td>300 g</td></tr>
<tr><td>Water</td><td>600 ml</td></tr>
<tr><td>Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato)</td><td>2 cups</td></tr>
<tr><td>For tadka</td><td></td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Bay leafs, jeera, dry chillies, salt, haldi</td><td>As per taste</td></tr>
<tr><td>Grated coconut</td><td>4 tbsp</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select menu & press start.<br>2. When beeps, in another bowl add oil, bay leafs, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start.<br>3. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start.
</td></tr>
</table>

*** Refer Page 97, Fig 4**

# Indian Cuisine (IC)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC11</td><td>Bhindi Fry</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Bhindi (cut lengthwise)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Ajwain</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Salt, red chilli powder, dhania powder, garam masala, haldi</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1) In a MWS bowl add oil, ajwain & chopped onion & mix well. Select menu & weight & press start.<br>2) When beeps, add bhindi, salt, red chilli powder, dhania powder, garam masala & hadli. Cover & press start.<br>3) Allow to stand for 3 minutes.
</td></tr>
<tr><td>IC12</td><td>Panchmel ki Subzi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Chopped vegetables (Gavarifali, chawli, shimla mirch, kheera, gajar)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Onion</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Ginger & green chilli paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Coriander powder, amchur, haldi & salt</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, jeera, onion, ginger & green chilli paste. Mix well.<br>2. Select menu & weight & press start.<br>3. When beeps, mix well & add the chopped vegetables & little water. Cover and press start.<br>4. When beeps, mix well & add coriander powder, amchur, haldi & salt. Press start. Allow to stand for 5 minutes.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC13</td><td>Gujarati Tuvar Dal</td><td>0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Tuar dal / Arhar dal (soaked for 2 hours)</td><td>300 g</td></tr>
<tr><td>Water</td><td>600 ml</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td></tr>
<tr><td>Jeera</td><td>½ tsp</td></tr>
<tr><td>Finely chopped ginger</td><td>1 tbsp</td></tr>
<tr><td>Slit green chillies</td><td>3 nos.</td></tr>
<tr><td>Curry leaves</td><td>A few</td></tr>
<tr><td>Chopped tomato</td><td>2 nos.</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td></tr>
<tr><td>Hing</td><td>A pinch</td></tr>
<tr><td>Salt, turmeric powder, red chilli powder</td><td>As per taste</td></tr>
<tr><td>Jaggery (Gud)</td><td>As per taste</td></tr>
</table>
<u>Method</u> : 1) In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select menu & press start.<br>2) When beeps, remove the dal.<br>3) In another MWS bowl add oil, mustard seeds, jeera, finely chopped ginger, slit green chillies, curry leaves, chopped onions, red chilli powder. Mix well & press start.<br>4. When beeps, remove the bowl & add these ingredients to the dal. Add tomato, jaggery & mix well. Press start. Squeeze lemon juie & serve.
</td></tr>
<tr><td>IC14</td><td>Butter Chicken</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Chicken (boneless)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Ginger garlic paste</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Chopped onions</td><td>1 no.</td><td>1 no.</td><td>2 nos.</td></tr>
<tr><td>Garam masala, dhania powder, jeera powder, kasuri methi, red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Kaju paste</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Fresh cream</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Butter</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td></tr>
<tr><td>Oil</td><td>2 tbsp</td><td>2½ tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Slit green chillies</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder. Mix well. Select menu & weight & press start.<br>2. When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well & cover. Press start.<br>3. When beeps, mix well, add kaju paste, cream & butter. Mix well & cover. Press start.<br>4. Garnish with slit chillies & press start.
</td></tr>
</table>

# Indian Cuisine (IC)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC15</td><td>Beans Porial</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>French beans (cut evenly)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td></tr>
<tr><td>Mustard seeds</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Urad dhal</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Grated coconut</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1) In a MWS bowl add oil, mustard seeds & urad dhal. Select menu & weight & press start.<br>2) When beeps, add beans, sprinkle little water & cover. Press start.<br>3) When beeps, mix well & add grated coconut, green chillies & salt. Cover & press start.<br>Allow to standfor 3 minutes.
</td></tr>
<tr><td>IC16</td><td>Goan Potato Curry</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boiled potato</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Boiled mix veg (capsicum, cauliflower, carrot, peas)</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Grated coconut</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Coconut milk</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Kaju powder</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Salt, red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Fresh cream</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Coriander</td><td colspan="3">A few sprigs</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, mustard seeds & chopped onion. Select menu & weight & press start.<br>2. When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder & press start.<br>3. When beeps, mix well & add boiled potato & mix vegetables & fresh cream. Press start. Give standing time of 3 minutes.<br>4. Garnish with chopped coriander leaves & serve.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC17</td><td>Veg Handva</td><td>0.3 kg</td><td>Microwave safe flat glass dish & High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Suji</td><td>200 g</td></tr>
<tr><td>Besan</td><td>100 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Salt, red chilli powder, turmeric powder, mustard seeds</td><td>As per taste</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td></tr>
<tr><td>Chopped green chillies</td><td>3 nos.</td></tr>
<tr><td>Chopped vegetables (carrots, green peas)</td><td>½ cup</td></tr>
<tr><td>Curd</td><td>1 cup</td></tr>
<tr><td>Eno</td><td>¼ tsp</td></tr>
</table>
<u>Method</u> : 1. In a bowl add suji, besan, oil, salt, red chilli powder, turmeric powder, mustard seeds, ginger garlic past, chopped green chillies, chopped vegetables, curd.<br>2. Add water to adjust the batter to medium consistency. Add Eno to the batter. Mix well.<br>3. Pour the batter into the MWS flat glass dish & cover. Select menu & press start.<br>4. When beeps, remove the cover & grease with few drops of oil. Place the dish on high rack. Press start.
</td></tr>
<tr><td>IC18</td><td>Kashmiri Kaju Paneer</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Paneer pieces</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Kaju</td><td>¼ cup</td><td>½ cup</td><td>½ cup</td></tr>
<tr><td>Sliced onions</td><td>½ no.</td><td>1 nos.</td><td>1½ nos.</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Khus Khus paste</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Milk</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Garam masala & salt</td><td></td><td>As per taste</td><td></td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, mustard seeds & chopped onion. Select menu & weight & press start.<br>2. When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder & press start.<br>3. When beeps, mix well & add boiled potato & mix vegetables & fresh cream. Press start. Give standing time of 3 minutes.<br>4. Garnish with chopped coriander leaves & serve.
</td></tr>
</table>

*Refer Page 97, Fig7.

# Sweet Corner (SC)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SC1</td><td>Suji Halwa</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>01 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Suji</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Ghee (melted)</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Water</td><td>300 ml</td><td>600 ml</td><td>900 ml</td></tr>
<tr><td>Sugar</td><td>100 gms</td><td>200 gms</td><td>300 gms</td></tr>
<tr><td>Cashewnuts, kishmish, kesar, elaichi powder</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In a MWS glass bowl add ghee & suji, mix well. Select menu & weight & press start.<br>2. When beeps, stir well & press start.<br>3. Add water, sugar, cashewnuts, kishmish, kesar, elaichi powder & press start. Mix well & serve.
</td></tr>
<tr><td>SC2</td><td>Besan Ladoo</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>01 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Besan</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Ghee (melted)</td><td>2 tbsp</td><td>4 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Powder sugar</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Elaichi</td><td>1 tsp</td><td>As per taste</td><td>2 tsp</td></tr>
</table>
<u>Method</u> : 1. In MWS glass bowl add ghee & besan, mix well. Select menu & weight & press start.<br>2. When beeps, stir it & press start.<br>3. Allow it to cool. Add powdered sugar & elaichi powder. Make ladoos out of it.<br>Note: If the ladoo mixture does not bind, grease your hands with ghee & prepare them.
</td></tr>
<tr><td>SC3</td><td>Shahi Tukda</td><td>0.1 ~ 0.3 kg</td><td>High rack*<br>&<br>Microwave safe flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Bread slices</td><td>2 Nos.</td><td>4 Nos.</td><td>8 Nos.</td></tr>
<tr><td>Milkmaid</td><td>50 ml</td><td>100 ml</td><td>200 ml</td></tr>
<tr><td>Milk</td><td>25 ml</td><td>50 ml</td><td>75 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>1 tbsp</td><td>3 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Kesar, elaichi powder</td><td>As per taste</td><td>As per taste</td><td>As per taste</td></tr>
</table>
<u>Method</u> : 1. Arrange bread slices on high rack. Select menu & weight & press start.<br>2. When beeps, turn the slices & press start.<br>3. Mix milkmaid, milk, sugar, dry fruits & kesar elaichi powder. Place the bread slices in MWS flat glass dish. Pour the mixture.<br>4. Press start.<br>5. Serve hot.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SC4</td><td>Kheer</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Milk</td><td>100 ml</td><td>200 ml</td><td>300 ml</td></tr>
<tr><td>Seviyan (roasted)</td><td>10 g</td><td>20 g</td><td>30 g</td></tr>
<tr><td>Sugar</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Badam paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Kesar & elaichi powder</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl take milk & select menu & weight & press start.<br>2. When beeps, add seviyan to the bowl & press start.<br>3. When beeps, add almond paste, sugar, kesar & elaichi powder & press start. Garnish with dry fruits & serve hot or chilled.
</td></tr>
<tr><td>SC5</td><td>Payasam</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Milk + Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td></tr>
<tr><td>Sugar</td><td>75 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Kesar, elaichi powder dry fruits</td><td colspan="3">As per taste</td></tr>
<tr><td>Ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl take ghee, soaked rice, milk & water & cover it.<br>2. Select menu & weight & press start.<br>3. When beeps, add more milk, dry fruits, kesar, elaichi powder. Mix well & press start. Stand for 5 minutes. Sprinkle kewada jal on it. Serve hot or chilled.
</td></tr>
<tr><td>SC6</td><td>Mysore Pak</td><td>0.1 kg</td><td>Microwave safe flat glass dish<br>&<br>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td></tr>
<tr><td>Besan</td><td>100 gms</td></tr>
<tr><td>Sugar</td><td>100 gms</td></tr>
<tr><td>Ghee</td><td>1/2 cup</td></tr>
<tr><td>Water</td><td>100 ml</td></tr>
<tr><td>Cardamom powder</td><td>1 tsp</td></tr>
</table>
<u>Method</u> : 1. In a MWS flat glass dish add besan .Select menu & press start.<br>2. When beeps, remove & in another MWS safe glass bowl add water & sugar. Press start.<br>3. When beeps, add sugar to the besan stirring continuously. After this add melted ghee, stirring continuously. Pour the mixture in a mws flat glass dish. Press start.<br>4. Allow to cool. Cut it into square shape pieces & serve.<br>Note: For stirring take the help of one more person.
</td></tr>
</table>

# Sweet Corner (SC)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SC7</td><td>Nariyal Ki Burfi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Grated coconut</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Milkmaid</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Milk powder</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Elaichi powder</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add ghee & fresh grated coconut. Mix well.<br>2. Select menu & weight & press start.<br>3. When beeps, add milkmaid, milk powder, elaichi powder & press start.<br>4. When beeps, remove & spread the mixture onto a greased thali & allow to set for 1 hour. Cut into rectangles & store in a air tight container
</td></tr>
<tr><td>SC8</td><td>Kaddu Kheer</td><td>0.5 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Milk</td><td>300 ml</td></tr>
<tr><td>Grated kaddu</td><td>200 g</td></tr>
<tr><td>Sugar</td><td>150 g</td></tr>
<tr><td>Dry fruits (Kaju, kishmish, pista)</td><td>As required</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add milk & grated kaddu. Select menu & press start.<br>2. When beeps, mix well & add sugar. Press start.<br>3. When beeps, mix well & add dry fruits. Press start.
</td></tr>
<tr><td>SC9</td><td>Sandesh</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Paneer</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Milkmaid</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Rose water</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Elaichi seeds</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Chopped pista</td><td colspan="3">A few</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add grated paneer & milkmaid. Mix well.<br>2. Select menu & weight & press start.<br>3. When beeps, stir well & press start.<br>4. Allow to cool. Make balls out of the mixture & roll them in elaichi powder & chopped pista.
</td></tr>
</table>

| Menu | | Weight Limit | Utensil | Instructions |
|---|---|---|---|---|

**rd1 — Chicken Biryani** | 0.1 ~ 0.3 kg | Microwave safe bowl

| For | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Basmati rice (soaked for 1 hour) | 100 g | 200 g | 300 g |
| Boneless chicken | 100 g | 200 g | 300 g |
| For Marinade | | | |
| Hung curd | 1/2 cup | 1 cup | 1½ cup |
| Tomato puree | 2 tbsp | 3 tbsp | 4 tbsp |
| Ginger garlic paste | 1 tbsp | 1½ tbsp | 1½ tbsp |
| Salt, garam masala, coriander powder, red chilli powder, turmeric powder | As per taste | | |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp |
| Onion | 1/2 cup | 1 cup | 1 cup |
| Salt | If required | | |
| Coriander leaves | A few springs | | |
| Water | 200 ml | 400 ml | 600 ml |

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

**rd2 — Ghosht Dum Biryani** | 0.1 ~ 0.3 kg | Microwave safe bowl

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

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

# Rice Delight (rd)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>rd3</td><td>Malabar Biryani</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td></tr>
<tr><td>Salt, red chilli powder, turmeric powder</td><td></td><td>As per taste</td><td></td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Salt, biryani masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Curd</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Sliced tomato</td><td>1 No.</td><td>1 No.</td><td>2 Nos.</td></tr>
<tr><td>Sliced onion</td><td>1 No.</td><td>1 No.</td><td>2 Nos.</td></tr>
<tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td></tr>
</table>
<u>Method</u> : 1. Marinade the chicken & refrigerate it for 1 hour.<br>2. In a MWS bowl add oil, onion, chopped coriander & mint leaves, biryani masala & salt. Mix, select menu & weight & press start.<br>3. When beeps, remove the bowl & in another MWS bowl add soaked rice, water, tomato, curd, mix & cover. Press start.<br>4. When beeps, add the marinated chicken & all the other ingredients together. Cover & press start. Stand for 5 minutes. Serve hot.
</td></tr>
<tr><td>rd4</td><td>Pineapple Fried Rice</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>01 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>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Mix veg - Peas, french beans, carrots, capsicum</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Pineapple (chopped)</td><td>1/2 cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Ajinomoto</td><td colspan="3">A pinch</td></tr>
<tr><td>Red chilli powder, chilli sauce, soya sauce</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, mix vegetables, ajinomoto, red chilli powder, soy sauce, chilli sauce.<br>Mix & select menu & weight & press start.<br>2. When beeps, remove, in another MWS bowl add rice & water & press start.<br>3. When beeps, add the boiled rice to the vegetables, add pineapple pieces . Mix & press start.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>rd5</td><td>Veg Pulao</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>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>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Jeera, laung, tej patta, salt, garam masala, red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Mix veg - Gobhi, matar, gajar, french beans etc.</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.<br>2. Select menu & weight & press start.<br>3. When beeps, mix well & add rice, water, salt, garam masala, red chilli powder. Press start. Mix well. Stand for 5 minutes.
</td></tr>
<tr><td>rd6</td><td>Veg Tahiri</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>01 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>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Jeera, laung, tej patta, salt, garam masala, haldi, red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Mix veg - Gobhi, maer, gajar, tomato, potato etc.</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.<br>2. Select menu & weight & press start.<br>3. When beeps, mix well & add rice, water, salt, garam masala, haldi, red chilli powder. Press start. Mix well. Stand for 5 minutes. Serve hot.
</td></tr>
</table>

# Tawa Corner (tC)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>tC1</td><td>Paneer Tikka</td><td>0.1 ~ 0.3 kg</td><td>High rack*<br>&<br>Multi cook tawa</td><td>
<table>
<tr><td>For</td><td>01 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Paneer cubes</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>For Marinade</td><td colspan="3"></td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala</td><td colspan="3">To taste</td></tr>
<tr><td>Lemon juice</td><td>1 tbsp</td><td>1 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Red color (edible)</td><td colspan="3">1 pinch</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>2 tbsp</td></tr>
</table>
<u>Method</u> : 1) Mix all the ingredients of marinade thoroughly.<br>2) Add paneer pieces to it and refrigerate it for 1 hour.<br>3) Keep the pieces on the tawa on high rack, apply little oil on it. Press start by selecting the menu & desired weight.<br>4) When beep turn over the pieces and press start again.
</td></tr>
<tr><td>tC2</td><td>Murg Tandoori</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl<br>&<br>High rack*<br>&<br>Multi cook tawa</td><td>
<table>
<tr><td>For</td><td>01 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boneless chicken pieces</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>For Marinade</td><td colspan="3"></td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala, chaat masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Lemon juice</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Red color (edible)</td><td colspan="3">1 pinch</td></tr>
</table>
<u>Method</u> : 1. Wash chicken pieces & mix with all the ingredients of the marinade. Refrigerate it for 1 hour.<br>2. In a MWS bowl add chicken pieces. Select menu & weight & press start.<br>3. When beeps, arrange chicken pieces on greased tawa apply oil on each piece. Keep the tawa on high rack & press start.
</td></tr>
</table>

*** Refer Page 97, Fig 4**

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>tC3</td><td>Tandoori Subzi</td><td>0.2 kg</td><td>Microwave safe bowl<br>&<br>High rack*<br>&<br>Multi cook tawa</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Mix veg - Bhindi, cauliflower, brinjals, mushrooms, potato, paneer cubes</td><td>200 g</td></tr>
<tr><td>Onion paste</td><td>2 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tsp</td></tr>
<tr><td>Tomato puree</td><td>1/2 cup</td></tr>
<tr><td>Salt, red chilli powder, garam masala, chaat masala, haldi</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Hara dhania</td><td>For garnishing</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl take oil, onion paste, ginger garlic paste.<br>2. Select menu & press start.<br>3. When beeps, add vegetables, red chilli powder, haldi, garam masala, chat masala, salt, tomato puree & mix well. Press start.<br>4. When beeps, transfer this mixture to tawa, spread evenly on greased tawa. Keep tawa on high rack & press start.<br>Serve with tandoori nan.
</td></tr>
<tr><td>tC4</td><td>Hara Bhara Kabab</td><td>0.3 kg</td><td>High rack*<br>&<br>Multi cook tawa</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Potatoes (boiled & grated)</td><td>200 g</td></tr>
<tr><td>Peas (boiled & mashed)</td><td>1/2 cup</td></tr>
<tr><td>Coriander leaves</td><td>A few springs</td></tr>
<tr><td>Kasuri methi</td><td>2 tbsp</td></tr>
<tr><td>Salt, red chilli powder, chaat masala, garam masala</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
</table>
<u>Method</u> : 1. Mix all the ingredients together & make a dough. Make flat kababs out of it.<br>2. Grease the tawa & place on high rack. Now arrange the kababs on the greased tawa. Select menu & press start.<br>3. When beeps, turn over the kababs & again press start.<br>Serve with coriander chutney or tomato sauce.
</td></tr>
</table>

*** Refer Page 97, Fig 4**

# Tawa Corner (tC)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>tC5</td><td>Shaami Kabab</td><td>0.3 kg</td><td>Microwave safe bowl<br>&<br>High rack*<br>&<br>Multi cook tawa</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Minced mutton</td><td>300 g</td></tr>
<tr><td>Soaked bengal gram</td><td>50 g</td></tr>
<tr><td>Roasted cumin seeds</td><td>As per taste</td></tr>
<tr><td>Salt, red chilli powder, chaat masala, coriander powder</td><td>As per taste</td></tr>
<tr><td>Chopped onion</td><td>2 Nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>A few springs</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add minced mutton. Select menu and press start.<br>2. Grind the cooked mutton bengal gram, cumin seeds, coriander powder, salt and chilli powder, chaat masala, chopped coriander and onion. Make long flat kababs of the paste.<br>3. Place the kababs on greased tawa and high rack. Press start.<br>4. Turn over the kababs and again press start.<br>Note: For binding roll the kababs in maida.
</td></tr>
<tr><td>tC6</td><td>Mutton Tikka</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl<br>&<br>High rack*<br>&<br>Multi cook tawa</td><td>
<table>
<tr><td>For</td><td>01 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boneless mutton pieces</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Salt, red chilli powder, haldi, garam masala, chaat masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Lemon juice</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Red color (edible)</td><td colspan="3">1 pinch</td></tr>
</table>
<u>Method</u> : 1. Wash the mutton pieces & mix with ginger garlic paste, curd,salt, lemon juice, garam masala, chaat masala, red chilli powder. Refrigerate for 1 hour.<br>2. In a MWS bowl take this mixture & select menu & weight & press start.<br>3. When beeps, arrange the cooked mutton pieces on greased tawa on high rack & press start.<br>4. When beeps, turn over the mutton pieces & press start again. Serve with nan or roti.
</td></tr>
</table>

*** Refer Page 97, Fig 4**

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>tC7</td>
<td>Chicken Lollipops</td>
<td>0.1 ~ 0.3 kg</td>
<td>Microwave safe bowl<br>&<br>High rack*<br>&<br>Multi cook tawa</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Chicken keema</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Red chilli powder, garam masala, amchur powder, salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Bread crumbs</td><td colspan="3">For coating the lollipops</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl take the chicken keema & cover. Select menu & weight & press start.<br>2. When beeps, mix the cooked chicken keema with boiled potatoes, ginger garlic paste, red chilli powder, garam masala, amchur powder, salt.<br>3. Coat the lollipops with breadcrumbs.<br>4. Arrange the lollipops on greased tawa. Place the tawa on high rack. Press start.<br>5. When beeps, turn the lollipops & press start.<br>Serve with chutney or sauce.
</td>
</tr>
</table>

*** Refer Page 97, Fig 4**

# 24 HOURS

1. **Breakfast (bF)**
2. **Snacks (Sn)**
3. **Child's Favourite (CF)**

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bF1</td><td>Poha</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>01 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Poha (washed)</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>½ tbsp</td></tr>
<tr><td>Rai, jeera, hing, haldi, curry leaves</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped onion</td><td>1/2 cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Green chillies</td><td>1 No.</td><td>2 Nos.</td><td>3 Nos.</td></tr>
<tr><td>Salt,red chilli powder, garam masala, sugar</td><td colspan="3">As per taste</td></tr>
<tr><td>Grated coconut & hara dhania</td><td colspan="3">For garnishing</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, rai, jeera, curry leaves. Select menu & weight & press start.<br>2. When beeps, add onion, green chillies, hing, haldi. Mix & press start.<br>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.
</td></tr>
<tr><td>bF2</td><td>Upma</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>01 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Suji</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td></tr>
<tr><td>Sat & sugar</td><td colspan="3">As per taste</td></tr>
<tr><td>Onion</td><td>1 No.</td><td>2 Nos.</td><td>2 Nos.</td></tr>
<tr><td>Green chilli</td><td>2 No.</td><td>3 Nos.</td><td>3 Nos.</td></tr>
<tr><td>Rai, jeera, hing, curry leacves, urad dal</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, rai, jeera, urad dal, green chilli, suji. Mix well<br>2. Select menu & weight & press start.<br>3. When beeps, add onions, stir well & press start.<br>4. When beeps, add water, sugar, salt, lemon juice. Mix well & press start. Stand for 5 minutes.
</td></tr>
</table>

# Breakfast (bF)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bF3</td><td>Daliya</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Daliya</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Sugar or gud</td><td>75 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Ghee (melted)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Water</td><td>300 ml</td><td>600 ml</td><td>900 ml</td></tr>
<tr><td>Elaichi powder, nutmeg powder, chashewnuts</td><td colspan="3">As per taste</td></tr>
<tr><td>Milk</td><td colspan="3">As required</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl, add dalia & ghee. Mix well.<br>2. Select menu & weight & press start.<br>3. When beeps, mix, add water, sugar or gud, elaichi, powder/nutmeg powder, cashewnuts. Mix well & press start. Stand for 5 minutes. Serve with hot milk.<br>Note: If you are using gud for sweetness then add nutmeg powder & add elaichi powder if using sugar for sweetness.
</td></tr>
<tr><td>bF4</td><td>Paratha</td><td>0.2 kg</td><td>High rack* & Multi cook tawa</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Atta</td><td>200 g</td></tr>
<tr><td>Water</td><td>For making dough</td></tr>
<tr><td>Oil/Ghee</td><td>2 tbsp</td></tr>
<tr><td>For stuffing (choose one) : Aloo, paneer, mooli, methi</td><td>As per taste</td></tr>
</table>
<u>Method</u> : 1. Mix all the ingredients & prepare dough.<br>2. Select menu, keep tawa on high rack & press start.<br>3. When beeps, keep parantha brush with oil & press start.<br>4. When beeps, turn over the parantha & press start. Serve hot with pickle or raita.
</td></tr>
<tr><td>bF5</td><td>Sabut Dana Khichdi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Sabudana (soaked for 2 hours)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Rai, salt, lemon juice, chopped green chillies</td><td colspan="3">As per taste</td></tr>
<tr><td>Potatoes (boiled & chopped)</td><td>1 No.</td><td>2 Nos.</td><td>3 Nos.</td></tr>
<tr><td>Coriander leaves</td><td colspan="3">A few springs</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, rai, green chillies. Mix, select menu & weight & press start.<br>2. When beeps, mix, add boiled potatoes, soaked sago, coriander leaves. Mix & press start. Squeeze lemon juice & serve.
</td></tr>
</table>

*** Refer Page 97, Fig 4**

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>bF6</td>
<td>Veg Sandwich</td>
<td>0.1 ~ 0.3 kg</td>
<td>High rack*<br>&<br>Multi Cook Tawa</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Bread slices</td><td>100 g (2 slices)</td><td>200 g (4 slices)</td><td>300 g (6 slices)</td></tr>
<tr><td>Butter</td><td>1 tbsp</td><td>2 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Sauce / spread</td><td>1½ tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Chopped vegetables (onion, tomato, capsicum)</td><td>2 tbsp</td><td>4 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Grated cheese</td><td>2 tbsp</td><td>4 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Salt & pepper</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. On a bread slice apply butter, layer with sauce, spread chopped vegetables, sprinkle grated cheese. Cover it with the other bread slice.<br>2. Keep the sandwich on the tawa & on high rack. Select menu & weight & press start.<br>3. When beeps, change the side of the sandwich & again press start.
</td>
</tr>
<tr>
<td>bF7</td>
<td>Ven Pongal</td>
<td>0.1 ~ 0.3 kg</td>
<td>Microwave safe bowl</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Rice (soaked for 1 hour)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Moong dal (soaked for 2 hours)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td></tr>
<tr><td>Ghee</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Cashewnuts, pepper, jeera & salt</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add soaked rice, moong dal, water, salt & few drops of ghee. Select menu & weight & press start.<br>2. When beeps, stir well & add more water (if required). Press start.<br>3. When beeps, stir well & remove. In another MWS bowl add ghee, cashewnuts, jeera & pepper. Press start.<br>4. When beeps, pour over cooked pongal.
</td>
</tr>
</table>

*** Refer Page 97, Fig 4**

# Snacks (Sn)

| Menu | | Weight Limit | Utensil | Instructions |
|---|---|---|---|---|

**Sn1 Pav Bhaji**

Weight Limit: 0.1 ~ 0.3 kg

Utensil: Microwave safe bowl & High rack* & Multi cook tawa

| For | 01 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Mix veg (chopped) - Potato, Cauliflower, Capsicum, Green Peas | 100 g | 200 g | 300 g |
| Oil | 1 tbsp | 2 tbsp | 2 tbsp |
| Chopped onion | 1 No. | 2 Nos. | 2 Nos. |
| Chopped tomato | 1 No. | 2 No. | 3 Nos. |
| Water | As per taste | | |
| Pav bhaji masala | 1 tsp | 1½ tsp | 2 tsp |
| Garlic paste | 1 tsp | 1½ tsp | 2 tsp |
| Red chilli powder, salt, lemon juice, butter | As per taste | | |
| Hara dhania | For garnishing | | |

**Method :**
1. In a MWS bowl take oil, garlic paste, chopped onion, chopped tomato. Mix well & select menu & weight & press start.
2. When beeps, add vegetables, water, red chilli powder, pav bhaji masala, salt. Mix well & press start.
3. When beeps, remove mash it well, add butter & lemon juice. Garnish with coriander leaves.
4. For grilling pav-bhaji buns: Cut each bun in centre,apply butter, arrange on tawa on high rack. Press start. Serve with bhaji.

**Sn2 Dhokla**

Weight Limit: 0.1 ~ 0.3 kg

Utensil: Microwave safe flat glass dish & Microwave safe bowl

| For | 01 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| Besan | 100 g | 200 g | 300 g |
| Warm water | 50 ml | 75 ml | 100 ml |
| Curd | 2 tbsp | 3 tbsp | 4 tbsp |
| Green chilli & ginger paste | 1 tsp | 1½ tsp | 2 tsp |
| Salt & sugar | As per taste | | |
| Fruit salt | 1 tsp | 1½ tsp | 2 tsp |
| Oil, rai, curry leaves, water | For tempering | | |
| Grated coconut | For garnishing | | |

**Method :**
1; Mix besan, curd, sugar, salt, water, green chilli-ginger paste, yellow color, fruit salt together. Mix well. Keep for 5-10 minutes.
2. Pour the mixture in MWS flat glass dish. Select menu & weight & press start.
3. When beep, in another MWS bowl add oil, rai & curry leaves & press start. Add some water to the tempering.
4. Add this tempering to the dhokla & cover. Stand for 5 minutes. Garnish with grated coconut & serve.

*** Refer Page 97, Fig 4**

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Sn3</td><td>Peanuts</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Peanuts</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td colspan="3">As required</td></tr>
</table>
<u>Method</u> : 1. In a MWS glass bowl add little oil, peanuts. Mix well.<br>2. Select menu & press start.<br>3. When beeps, stir it & press start.<br>4. Serve plain or with chaat masala.
</td></tr>
<tr><td>Sn4</td><td>Murmura</td><td>0.1 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td></tr>
<tr><td>Murmura</td><td>100 g</td></tr>
<tr><td>Roasted peanuts</td><td>As required</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Salt, chaat masala</td><td>As per taste</td></tr>
</table>
<u>Method</u> : 1. In a MWS glass bowl add oil, jeera. Select menu & press start.<br>2. When beeps, add murmura. Mix & press start.<br>3. When beeps, add roasted peanuts, salt, chaat masala & serve.
</td></tr>
<tr><td>Sn5</td><td>Chana chaat</td><td>0.1 ~ 0.3 kg</td><td>Steam chef* without steam plate* & Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Kala chana (soaked overnight)</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>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Jeera, hing</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Chopped onion</td><td>1/2 cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Boiled potato</td><td>1 No.</td><td>2 Nos.</td><td>3 Nos.</td></tr>
<tr><td>Salt, red chilli powder, chaat masala, lemon juice, imli chatni</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1) In steam chef add soaked chana & water. Select menu & weight & press start.<br>2) When beeps, remove & drain water from the chanas. In a MWS bowl add oil, jeera, hing & press start.<br>3) When beeps, add boiled chanas, salt, red chilli powder, chaat masala, lemon juice, imli chatni, chopped onion, boiled potato. Mix well & serve.<br>Note: Do not use steam plate in step 1.
</td></tr>
</table>

*** Refer Page 97, Fig 2**

# Snacks (Sn)

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Sn6</td><td>Paneer Bhurji</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Paneer (mashed)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped capsicum</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>Coriander leaves</td><td colspan="3">A few sprigs</td></tr>
<tr><td>Coriader powder, jeera powder, red chilli powder, salt</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, onion & capsicum. Select menu & weight & press start.<br>2. When beeps, mix well & add paneer, coriander leaves, coriander powder, jeera powder, red chilli powder & salt. Mix well & press start.<br>3. Serve with toast or wrapped in roti.
</td></tr>
<tr><td>Sn7</td><td>Bharwaan Shimla Mirch</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Shimla mirch (scooped)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>For stuffing</td><td></td><td></td><td></td></tr>
<tr><td>Boiled potatoes</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Boiled peas</td><td>½ cup</td><td>1 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>Chopped giner</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Chopped coriander leaves</td><td colspan="3">A few sprigs</td></tr>
<tr><td>Amchur powder, coriander powder, garam masala, jeera powder & 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>
</table>
<u>Method</u> : 1. Mix the boiled potato, peas, chopped green chillies, ginger & coriander leaves together. Add amchur powder, coriander powder, garam masala, jeera powder & salt. Mix well.<br>2. Fill this stuffing in the scooped shimla mirch.<br>3. Grease the shimla mirch with little oil. Keep the stuffed shimla mirch in a MWS bowl. Cover & press start.
</td></tr>
</table>

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Sn8</td><td>Khandvi</td><td>0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Besan</td><td>150 g</td></tr>
<tr><td>Curd</td><td>150 g</td></tr>
<tr><td>Water</td><td>150 ml</td></tr>
<tr><td>Chilli ginger paste</td><td>½ tsp</td></tr>
<tr><td>Turmeric powder</td><td>2 pinch</td></tr>
<tr><td>Asafoetida</td><td>A pinch</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Grated coconut</td><td>3 tbsp</td></tr>
<tr><td>Chopped coriander</td><td>2 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
</table>
<u>Method</u> : 1. Mix the flour, curd mixture, chilli ginger paste, turmeric powder, asafoetida & salt very well in a large bowl.<br>2. In a MWS bowl take the mixture. Select menu & press start.<br>3. When beeps, spread the mixture on a smooth kitchen platform or surface. Allow to cool for 2 or 3 minutes.<br>4. Slit the Khandvi lengthwise. Carefully roll out the each strip.<br>5. In a MWS bowl add oil, mustard seeds & press start. Sprinkle the seasoning, coconut & coriander leaves.
</td></tr>
</table>

# Child's Favourite (CF)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF1</td><td>Corn Chaat</td><td>0.1 ~ 0.3 kg</td><td>Steam chef*</td><td>
<table>
<tr><td>For</td><td>01 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>Water</td><td>50 ml</td><td>100 ml</td><td>150 ml</td></tr>
<tr><td>Salt, red chilli powder, chaat masala, lemon juice</td><td colspan="3">As per taste</td></tr>
<tr><td>Mix fruits (Pomegranate, cucumber, apple)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
</table>
<u>Method</u> : 1. In the steam chef, add water to the steam water bowl, place sweet corns on the steam plate & cover. Select menu & weight & press start.<br>2. When beeps, transfer the corns in a bowl add salt, red chilli powder, chaat masala, lemon juice & mix fruits. Mix well & serve.
</td></tr>
<tr><td>CF2</td><td>Vermicelli Khichdi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Roasted vermicelli</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbps</td><td>1½ tbps</td><td>2 tbps</td></tr>
<tr><td>Rai, urad dal, curry leaves</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Chopped tomato</td><td>1 No.</td><td>2 Nos.</td><td>3 Nos.</td></tr>
<tr><td>Salt, red chilli powder, haldi, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>400 ml</td><td>800 ml</td><td>1200 ml</td></tr>
<tr><td>Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix & select menu & weight & press start.<br>2. When beeps, mix & add tomato. Press start.<br>3. When beeps, mix & add vermicelli, water, salt, red chili powder, haldi, garam masala. Press start. Stand for 3 minutes.<br>4. Squeeze lemon, mix & serve.
</td></tr>
<tr><td>CF3</td><td>Omelette</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Eggs</td><td>2 Nos.</td><td>3 Nos.</td><td>4 Nos.</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Chopped onion, tomato, coriander leaves</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Salt, pepper</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. Beat the eggs well & add salt, pepper & coriander leaves. Select menu & weight & press start.<br>2. Add oil, tomato & onion to MWS flat glass dish. Select menu & weight & press start.<br>3. When beeps, add the egg mixture. Press start. Allow to stand for 3 minutes.
</td></tr>
</table>

*Refer Page 97, Fig1.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF4</td><td>Pizza</td><td>0.3 kg</td><td>Low rack*<br>&<br>Multi cook tawa*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Pizza base</td><td>1 big</td></tr>
<tr><td>Pizza toppings</td><td>3 tbps</td></tr>
<tr><td>Mix vegetables - Tomato, capsicum, onion</td><td>1 cup</td></tr>
<tr><td>Grated cheese</td><td>1½ cup</td></tr>
<tr><td>Oregano & chilli flakes (optional)</td><td>As per taste</td></tr>
</table>
<u>Method</u> : 1. For pizza, on the pizza base spread pizza topping, mix vegetables, grated cheese.<br>2. Select the menu & press start<br>3. When beeps, keep the pizza on the tawa & place on low rack. Press start.<br>Serve with sprinked oregano & chilli flakes.
</td></tr>
<tr><td>CF5</td><td>Garlic bread</td><td>0.1 ~ 0.3 kg</td><td>High rack</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Bread slices</td><td>2 Nos.</td><td>4 Nos.</td><td>6 Nos.</td></tr>
<tr><td>Butter</td><td>2½ tbsp</td><td>5 tbsp</td><td>7 tbsp</td></tr>
<tr><td>Garlic paste</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Coriander leaves (finely chopped)</td><td colspan="3">A few sprigs</td></tr>
<tr><td>Salt, pepper</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. Mix all the ingredients except bread & make paste.<br>2. Spread this paste on both sides of the bread slices.<br>3. Place the bread slices on high rack. Select menu & weight & press start.<br>4. When beeps, turn over the slices & again press start.
</td></tr>
</table>

*Refer Page 97, Fig3.

# Child's Favourite (CF)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF6</td><td>Bread Pudding</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Bread slices</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Milk (for dipping the breads)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Egg</td><td>1 no.</td><td>2 ns.</td><td>2 nos.</td></tr>
<tr><td>Vanilla essene</td><td>½ tsp</td><td>¾ tsp</td><td>1 tsp</td></tr>
<tr><td>Sugar</td><td></td><td>4 tbsp</td><td></td></tr>
<tr><td>Dry fruits</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. Make small pieces of bread slices. Beat the egg very well. Mix all the ingredients very well.<br>2. Pour this mixture into MWS flat glass dish. Select menu and weight. Press start.
</td></tr>
<tr><td>CF7</td><td>Cheesy Nachos</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Nachos</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Grated cheese</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Pizza sauce</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Chopped onion & tomato</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr>
</table>
<u>Method</u> : 1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select menu & weight & press start.
</td></tr>
</table>

# JUST 4 U

1. **Sea Food (SF)**
2. **Baby Food (bb)**
3. **Go ! China (OC)**

# Sea Food (SF)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SF1</td><td>Roasted Prawns</td><td>0.2 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Prawns</td><td>200 g</td></tr>
<tr><td>Onions</td><td>2 Nos.</td></tr>
<tr><td>Tomato</td><td>1 No.</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Chilli powder, turmeric, ginger garlic paste, salt</td><td>As per taste</td></tr>
<tr><td>Garam masala powder</td><td>1 tsp</td></tr>
<tr><td>Dhaniya and jeera powder</td><td>2 tsp</td></tr>
<tr><td>Coriander leaves</td><td>A few sprigs</td></tr>
</table>
<u>Method</u> : 1. In MWS bowl take oil and chopped onion. Select menu and press start.<br>2. When beeps, remove and add prawn and tomato. Press start.<br>3. When beeps, add all the other ingredients and mix well. Press start. When beeps remove and garnish with coriander leaves.
</td></tr>
<tr><td>SF2</td><td>Fish Cutlet</td><td>0.4 kg</td><td>Microwave safe bowl<br>&<br>High rack*<br>&<br>Multi cook tawa*</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Fish fillet</td><td>350 g</td></tr>
<tr><td>Boiled potato</td><td>2 Nos.</td></tr>
<tr><td>Bread crumbs</td><td>1 cup</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Chilli powder, turmeric, ginger garlic paste, salt</td><td>As per taste</td></tr>
<tr><td>Garam masala powder</td><td>1 tsp</td></tr>
<tr><td>Coriander leaves</td><td>A few sprigs</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl take fish fillet add 1 cup water. Select menu & press start. Mash the fish.<br>2. Add all the other ingredients except oil and mix well with boiled and mashed fish. Make cutlets and roll them in bread crumbs. Put them on tawa, put some oil around the cutlets. Keep this on high rack and press start.<br>3. When beeps, remove and turn them over. Press start.<br>4. When beeps, remove and garnish with coriander leaves.
</td></tr>
</table>

*** Refer Page 97, Fig 4**

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SF3</td><td>Crab Curry</td><td>0.3 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Crab pieces</td><td>250 g</td></tr>
<tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>1 cup</td></tr>
<tr><td>Salt, dhania-jeera powder, garam masala, chilli powder, turmeric</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Chopped onion</td><td>½ no.</td></tr>
<tr><td>Coconut milk</td><td>2 tbsp</td></tr>
</table>
<u>Method</u> : 1. In a MWS glass bowl add oil, onion, ginger garlic paste. Select menu and press start.<br>2. When beeps, remove, mix well add crab and 1 cup water and press start.<br>3. When beeps, add coconut milk, salt, garam masala, dhania jeera powder, chilli powder, turmeric powder and press start. Mix well & serve hot with rice.
</td></tr>
<tr><td>SF4</td><td>Fish Masala</td><td>0.2 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Pomphret pieces</td><td>200 g</td></tr>
<tr><td>Onions</td><td>2 Nos.</td></tr>
<tr><td>Tomato</td><td>1 No.</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Chilli powder, turmeric, ginger garlic paste, salt, saunf powder</td><td>As per taste</td></tr>
<tr><td>Garam masala powder</td><td>1 tsp</td></tr>
<tr><td>Dhaniya and jeer powder</td><td>2 tsp</td></tr>
<tr><td>Coriander leaves</td><td>2 tbsp</td></tr>
</table>
<u>Method</u> : 1. In MWS bowl take oil and chopped onion. Select menu and press start.<br>2. When beeps, remove and add pomphret pieces and tomato. Press start.<br>3. When beeps, add all the other ingredients and 2 cups water and mix well. Press start. When beeps, remove and garnish with coriander leaves.
</td></tr>
</table>

# Sea Food (SF)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SF5</td><td>Fish Pulusu</td><td>0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Koramatta fish pieces</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr>
<tr><td>Methi seeds</td><td>1 tsp</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td></tr>
<tr><td>Fish masala</td><td>1 tbsp</td></tr>
<tr><td>Tamarind pulp</td><td>50 g</td></tr>
<tr><td>Red chilli powder, dhaniya powder, haldi & salt</td><td>As per taste</td></tr>
<tr><td>Lemon juice</td><td>As per taste</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, ginger garlic paste, methi seeds, fish pieces, lemon juice & cover. Select menu & weight & press start.<br>2. When beeps,mix well & add chopped onions & fish masala. Cover & press start.<br>3. When beeps, mix well & add tamarind pulp. Cover and press start. Allow to stand for 3 minutes.
</td></tr>
<tr><td>SF6</td><td>Coconut Prawn</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Prawns</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Mustard oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Rai paste</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Green chilli paste</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Turmeric powder, sugar & salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Pulpy green coconut (remove the coconut water)</td><td>1 no.</td><td>1 no.</td><td>1 no.</td></tr>
</table>
<u>Method</u> : 1. Marinate the prawn with rai paste, mustard oil, turmeric powder, green chilli paste, sugar & salt for 1 hour.<br>2. Take the coconut kernel & scoop out the creamy pulp with a spoon. Divide the coconut lengthwise into 2 halves.<br>3. Put the marinated prawns inside the kernel & cover with the other half kernel. Keep this in a MWS bowl. Select menu & weight & press start.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>SF7</td>
<td>Kappa<br>Ayala</td>
<td>0.3 kg</td>
<td>Microwave<br>safe glass bowl</td>
<td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Surmany fish</td><td>300 g</td></tr>
<tr><td>Kappa pieces</td><td>2 nos.</td></tr>
<tr><td>Coconut milk</td><td>1 cup</td></tr>
<tr><td>Coconut oil</td><td>2 tbsp</td></tr>
<tr><td>Chilli powder, turmeric, ginger garlic paste, salt, pepper powder</td><td>As per taste</td></tr>
<tr><td>Onion</td><td>1 no.</td></tr>
<tr><td>Dhaniya & jeera powder</td><td>As per taste</td></tr>
<tr><td>Coriander leaves</td><td>A few</td></tr>
</table>
<u>Method</u> : 1. In a MWS glass bowl add oil & chopped onion. Select menu & press start.<br>2. When beeps,remove & add chopped kappa & fish pieces. Press start.<br>3. When beeps, add all the other ingredients & press start.<br>Garnish with coriander leaves & serve.
</td>
</tr>
</table>

# Baby Food (bb)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bb1</td><td>Apple Custard</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>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>
<u>Method</u> : 1. Mix all the ingredients in a MWS glass bowl. Select menu & weight & press start.<br>2. When beeps, mix well & press start.
</td></tr>
<tr><td>bb2</td><td>Fruit Dessert</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>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>
<u>Method</u> : 1. Put the peeled apple & banana pieces, orange juice & sugar in a MWS glass bowl. Select menu & weight & press start.<br>2. When beeps, remove & mash well. Cover & press start.
</td></tr>
<tr><td>bb3</td><td>Home made Cereal</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Rice</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Moong daal</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Salt, jeera powder, almonds (optional)</td><td colspan="2">As per taste</td><td></td></tr>
<tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Groundnuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Poha</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Daliya</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
<u>Method</u> : 1. Soak rice for 1 hour. In a MWS glass bowl put all the ingredients except water. Keep it in microwave. Select menu & weight and press start.<br>2. When beeps, remove and grind it in a mixer to a powder. You can store this mixture in a fridge. Take 2 tbsp of this powder, add water, salt, jeera powder and mix. Put this in microwave and press start.<br>3. When beeps, remove it.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bb4</td><td>Khichdi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Soaked rice</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Moong daal</td><td>25 g</td><td>50 g</td><td>75 g</td></tr>
<tr><td>Salt, jeera powder (optional)</td><td colspan="3">As per taste</td></tr>
<tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Water</td><td>3 cups</td><td>5 cups</td><td>6 cups</td></tr>
</table>
<u>Method</u> : 1. Soak rice for 1 hour. In a MWS glass bowl put ghee, rice and daal. Keep it in microwave. Select menu & weight & press start.<br>2. When beeps, remove and add water, salt, jeera powder and cover. Put this in microwave and press start.<br>3. When beeps, remove and add some water if required. Mix well and put this in microwave and press start.
</td></tr>
<tr><td>bb5</td><td>Raggi Kheer</td><td>0.1 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td></tr>
<tr><td>Raggi powder</td><td>2 tbsp</td></tr>
<tr><td>Milk</td><td>1 cup</td></tr>
<tr><td>Sugar</td><td>As per taste</td></tr>
<tr><td>Ghee</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>½ cup</td></tr>
</table>
<u>Method</u> : 1. Put Raggi powder and water in MWS glass bowl and keep in microwave. Select menu and press start.<br>2. When beeps, remove and add sugar, milk and ghee. Mix well. Put this in microwave and press start.<br>3. When beeps, remove it.
</td></tr>
</table>

# Go! China (OC)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>OC1</td><td>Chilli Chicken</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped ginger garlic</td><td>1/2 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Chopped onions</td><td>1/2 No.</td><td>1 No.</td><td>1 No.</td></tr>
<tr><td>Chopped green chillies</td><td>1/2 tbsp</td><td>1 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Capsicum</td><td>1/2 no.</td><td>1 no.</td><td>2 nos.</td></tr>
<tr><td>Soya sauce</td><td>1/2 tbsp</td><td>1/2 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Chilli sauce</td><td>1/2 tbsp</td><td>1/2 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Vinegar</td><td>1/2 tbsp</td><td>1/2 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Salt, sugar & pepper</td><td>As per taste</td><td>As per taste</td><td>As per taste</td></tr>
<tr><td>Corn flour</td><td>1 btsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add oil, chopped ginger, garlic, boneless chicken, soyasauce, chilli sauce and cover. Select menu & weight & press start.<br>2. When beeps add, chopped onions, capsicum, chopped green chillies, vinegar, salt, sugar, pepper, cornflour mixed with water. Cover & press start. Serve.
</td></tr>
<tr><td>OC2</td><td>Hakka Noodles</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>01 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Hakka noodles</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>400 ml</td><td>800 ml</td><td>1200 ml</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped veg - carrot, peas, french beans, capsicum</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Ajinomoto</td><td colspan="3">A pinch</td></tr>
<tr><td>Salt, red chilli powder, green chilli sauce</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method</u> : 1. In a MWS bowl add hakka noodles, water & few drops of oil. Select menu & weight & press start.<br>2. When beeps, remove drain water & wash & separate the noodles under running water.<br>3. In another MWS bowl add oil, mix vegetables, ajinomoto, salt, red chilli powder, green chilli sauce. Mix well & press start.<br>4. When beeps, add noodles to the bowl. Mix & press start.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>OC3</td><td>Honey Chilli Potatoes</td><td>0.3 kg</td><td>High rack*<br>&<br>Multi cook tawa*<br>&<br>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Potatoes (peeled and cut long)</td><td>300 g</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tbsp</td></tr>
<tr><td>Salt, red chilli powder</td><td>As per taste</td></tr>
<tr><td>Ajinomoto, orange color</td><td>A pinch</td></tr>
<tr><td>Vinegar</td><td>1/2 tbsp</td></tr>
<tr><td>Red chilli sauce</td><td>As per taste</td></tr>
<tr><td>Tomato sauce</td><td>3 tbsp</td></tr>
<tr><td>Honey</td><td>1½ tbsp</td></tr>
<tr><td>Maida</td><td>1-2 tsp</td></tr>
</table>
<u>Method</u> : 1. Mix the maida with potatoes. Arrange them on tawa & keep on high rack, add 1 tbsp oil. Select menu & press start.<br>2. When beeps, remove.<br>3. In a MWS glass bowl add 1tbsp oil, chopped garlic, salt, red chilli powder, ajinomoto, vinegar, red chilli sauce, tomato sauce. Select menu & press start.<br>4. When beeps, stir well & add a little water (as required), honey. Mix well & press start.<br>5. Mix the potatoes with sauce & serve.
</td></tr>
<tr><td>OC4</td><td>Veg in hot garlic sauce</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>01 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Mix veg - Cauliflower florets, capsicum, baby corns, beans</td><td>100 gms</td><td>200 gms</td><td>300 gms</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Chopped garlic, giner, green chillies</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Corn flour</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Pepper, salt, sugar</td><td colspan="3">A pinch</td></tr>
<tr><td>Ajinomoto</td><td colspan="3">A pinch</td></tr>
<tr><td>Oregano (optional)</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>2 cups</td><td>3 cups</td><td>3 cups</td></tr>
</table>
<u>Method</u> : 1. Cut the capsicum & cauliflower into medium sized pieces, baby corns & french beans into small sized pieces.<br>2. In a MWS bowl add oil, chopped onion, ginger, green chillies. Select menu & weight & press start.<br>3. When beeps, mix & add vegetables, pepper, salt, sugar, cornflour mixed with ½ cup water, ajinomoto, water. Press start. Stand for 5 minutes.<br>4. Sprinkle oregano & serve.
</td></tr>
</table>

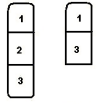
*Refer Page 97, Fig 4.

# BAKER'S BASKET (bt)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bt1</td><td>Brownie</td><td>0.3 kg</td><td>Low rack*<br>&<br>metal cake tin*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>125 g</td></tr>
<tr><td>Condensed milk</td><td>150 g</td></tr>
<tr><td>Butter</td><td>100 g</td></tr>
<tr><td>Almonds, Wallnuts</td><td>As per taste</td></tr>
<tr><td>Soda by carb</td><td>1/2 tsp</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Chocolate Essence</td><td>1 tsp</td></tr>
<tr><td>Coco powder</td><td>2 tbsp</td></tr>
</table>
<u>Method</u> : 1. Sieve maida, baking powder and soda. In a bowl add milkmaid and butter and beat well.<br>Add maida, coco powder, essence and mix. For spoon dropping consistency add milk or water.<br>2. Select menu & press start. When beeps, put the tin with batter on low rack. Press start to bake. Remove when it gives a beep.
</td></tr>
<tr><td>bt2</td><td>Cheese Straw</td><td>0.2 kg</td><td>Low rack*<br>&<br>metal cake tin*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Grated cheese</td><td>25 g</td></tr>
<tr><td>Butter</td><td>50 g</td></tr>
<tr><td>Cold water</td><td>As required</td></tr>
<tr><td>Pepper powder</td><td>1/4 tsp</td></tr>
<tr><td>Baking powder</td><td>1/8 tsp</td></tr>
<tr><td>Chilli powder</td><td>1/2 tsp</td></tr>
<tr><td>Salt</td><td>1/4 tsp</td></tr>
</table>
<u>Method</u> : 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 c.m. roti and cut thin strips. Twist them and put in the metal cake tin.<br>2. Select menu & press start. When beeps, put the tin on low rack. Press start to bake. Remove when it gives a beep.
</td></tr>
<tr><td>bt3</td><td>Muffins</td><td>0.2 kg</td><td>Low rack<br>&<br>metal muffin tray</td><td>
<table>
<tr><td>For</td><td>0.2 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>Almonds, Wallnuts</td><td>As per taste</td></tr>
<tr><td>Egg</td><td>1 No.</td></tr>
<tr><td>Baking powder</td><td>1/2 tsp</td></tr>
<tr><td>Almond essence</td><td>1/2 tsp</td></tr>
</table>
<u>Method</u> : 1. Sieve maida, baking powder . In a bowl add powdered sugar and butter and beat well. Add maida, essence and mix.<br>For spoon dropping consistency add milk or water. Pour in to the greased muffin tray and sprinkle chopped almonds / walnuts.<br>2. Select menu & press start. When beeps, put the tray on low rack. Press start to bake. Remove when it gives a beep.
</td></tr>
</table>

*** Refer Page 97, Fig 6**

# Baker's Basket (bt)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>bt4</td>
<td>Patties</td>
<td>0.2 kg</td>
<td>Square Tray<br><br></td>
<td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>200 g</td></tr>
<tr><td>Salt</td><td>1/2 tsp</td></tr>
<tr><td>Cold fat (Butter or margarine)</td><td>100 g</td></tr>
<tr><td>Cold water</td><td>For making dough</td></tr>
<tr><td>Dry mix vegetables for stuffing</td><td>As required</td></tr>
</table>
<u>Method</u> : 1. Sieve the flour with salt. Divide the fat into three equal portions. Rub one portion into the flour to get a bread crumb texture, add salt & make a dough of rolling consistency with iced water.<br>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.<br>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).<br>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.<br>5. Roll out the dough 1/4” thick & put the stuff. Fold it back. Prepare all the patties in same way.<br>6. Select menu & press start. When beeps, arrange the patties on square tray & press start.
</td>
</tr>
<tr>
<td>bt5</td>
<td>Walnut Cake</td>
<td>0.25 kg</td>
<td>Low rack*<br>&<br>metal cake tin*</td>
<td>
<table>
<tr><td>For</td><td>0.25 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Powdered suger</td><td>80 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Eggs</td><td>2 Nos.</td></tr>
<tr><td>Wallnut pieces</td><td>3 tbsp</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
<tr><td>Chopped dates</td><td>4 tbsp</td></tr>
</table>
<u>Method</u> : 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 dates to maida. Mix well. Add walnuts. Add maida mixed with dates to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.<br>2. Select menu, press start. When beeps, put the tin on low rack. Press start to bake. Remove when it gives a beep.
</td>
</tr>
</table>

*Refer Page 97, Fig 6.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bt6</td><td>Swiss Roll</td><td>0.3 kg</td><td>Low rack*<br>&<br>metal cake tin*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>80 g</td></tr>
<tr><td>Condensed milk</td><td>100 g</td></tr>
<tr><td>Butter</td><td>50 g</td></tr>
<tr><td>Soda bi carb</td><td>1/8 tsp</td></tr>
<tr><td>Baking powder</td><td>1/2 tsp</td></tr>
<tr><td>Vanilla Essence</td><td>1/2 tsp</td></tr>
<tr><td>Mix fruit jam</td><td>2 tbsp</td></tr>
</table>
<u>Method</u> : 1. Sieve maida, baking powder and soda. In a bowl add milkmaid and butter and beat well. Add maida, essence and mix. For spoon dropping consistency add milk or water. Place the butter paper at the bottom of the tray and pour the batter on it.<br>2. Select menu, press start. When beeps, put the tin on low rack. Press start to bake. Remove when it gives a beep. Remove this cake on another butter paper and spread mix fruit jam over it. Roll it and cut slices.
</td></tr>
<tr><td>bt7</td><td>Carrot Cake</td><td>0.3 kg</td><td>Low rack*<br>&<br>metal cake tin*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Powdered suger</td><td>75 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Eggs</td><td>2 Nos.</td></tr>
<tr><td>Grated carrots</td><td>1 cup</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
<tr><td>Chopped dates</td><td>2 tbsp</td></tr>
</table>
<u>Method</u> : 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 dates and carrot to maida. Mix well. Add maida mixed with dates and carrot to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.<br>2. Select menu, press start. When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.
</td></tr>
</table>

*Refer Page 97 **Fig 6**

# Baker's Basket (bt)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bt8</td><td>Chocolate Cake</td><td>0.3 kg</td><td>Low rack*<br>&<br>metal cake tin*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Powdered sugar</td><td>80 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Eggs</td><td>2 Nos.</td></tr>
<tr><td>Chopped almonds</td><td>3 tbsp</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Chocolate essence</td><td>1 tsp</td></tr>
<tr><td>Coco powder</td><td>2 tbsp</td></tr>
</table>
<u>Method</u> : 1. Sieve maida, baking powder. Mix coco powder with ½ cup hot water. In a bowl add powdered sugar and butter and beat well. Add eggs and essence and again beat well. Add almonds to maida. Mix well. Add maida mixed with almonds to this. Mix it well. Add coco solution to it and again mix well. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.<br>2. Select menu, press start. When there is a beep put the tin in microwave low rack. Press start to bake. Remove when it gives a beep.
</td></tr>
<tr><td>bt9</td><td>Lamington Cake</td><td>0.3 kg</td><td>Low rack*<br>&<br>metal cake tin*<br>&<br>Microwave safe bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>80 g</td></tr>
<tr><td>Powdered suger</td><td>75 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Eggs</td><td>2 Nos.</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>
<u>Method</u> : 1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.<br>2. Select menu, press start. When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.<br>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.
</td></tr>
</table>

*** Refer Page 97, Fig 6**

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bt10</td><td>Doughnut</td><td>0.4 kg</td><td>Square Tray</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>200 g</td></tr>
<tr><td>Yeast</td><td>1/2 tbsp</td></tr>
<tr><td>Luke warm milk</td><td>100 ml</td></tr>
<tr><td>Granulated sugar</td><td>50 g</td></tr>
<tr><td>Nutmeg powder</td><td>100 g</td></tr>
<tr><td>Egg</td><td>1/2 Pc</td></tr>
<tr><td>Vanilla essence</td><td>1/2 cup</td></tr>
<tr><td>Butter</td><td>1 tbsp</td></tr>
</table>
<u>Method</u> : 1. Dissolve yeast in milk & set aside for 5 minutes to prepare yeast mixture<br>2. Add sugar & butter to milk & dissolve. Add to yeast mixture.<br>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.<br>4. Select menu & press start. When beeps arrange the doughnuts on square tray & press start.<br><br>Note : If the dough is too dry add milk & if too soft then add maida.
</td></tr>
<tr><td>bt11</td><td>Jeera Biscuits</td><td>0.2 kg</td><td>Square Tray</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>120 g</td></tr>
<tr><td>Powdered 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>
<u>Method</u> : 1. Sieve maida, baking powder and soda. In a bowl add powdered sugar and butter and beat well. Add maida, jeera powder, ajwain and make a soft dough with little water.Roll a thick roti and cut cookies with the cutter. Prick with a fork. Arrange on square tray.<br>2. Select menu & press start. When beeps, keep the tray & press start to bake. Remove when it gives a beep. Allow them to cool.
</td></tr>
</table>

# Baker's Basket (bt)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bt12</td><td>Naan Khatai</td><td>0.2 kg</td><td>Square Tray</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>150 g</td></tr>
<tr><td>Suji</td><td>50 g</td></tr>
<tr><td>Powdered sugar</td><td>85 g</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
<tr><td>Butter</td><td>100 g</td></tr>
<tr><td>Almonds & cashewnuts</td><td>A few</td></tr>
</table>
<u>Method</u> : 1. Cream the butter & sugar together till it turns fluffy.<br>2. Add vanilla essence followed by maida & suji.<br>3. Make a dough out of this mixture.<br>4. Roll out a medium sized ball & put cashewnut on the top of each piece. Arrange them on square tray.<br>5. Select menu & press start. When beeps, place the square tray & press start.
</td></tr>
<tr><td>bt13</td><td>Whole Wheat Cookies</td><td>0.3 kg</td><td>Square Tray</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Whole wheat flour</td><td>200 g</td></tr>
<tr><td>Brown suger</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>1/2 tsp</td></tr>
<tr><td>Baking powder</td><td>1/2 tsp</td></tr>
</table>
<u>Method</u> : 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.<br>2. Roll out the dough and cut with a cookie cutter.<br>3. Select menu, press start. When beeps, put the cookies on square tray. Press start to bake. Remove when it gives a beep.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bt14</td><td>Chena Poda</td><td>0.2 kg</td><td>Low rack<br>&<br>Microwave safe flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Chena</td><td>200 g</td></tr>
<tr><td>Sugar</td><td>100 g</td></tr>
<tr><td>Suji</td><td>20 g</td></tr>
</table>
<u>Method</u> : 1. Mix chena, sugar & suji together adding little water.<br>2. Transfer this mixture to MWS flat glass dish.<br>3. Select menu & press start.<br>4. When beeps, place the MWS flat glass dish on low rack. Press start.
</td></tr>
<tr><td>bt15</td><td>Masala Biscuits</td><td>0.2 kg</td><td>Square Tray</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>120 g</td></tr>
<tr><td>Butter</td><td>50 g</td></tr>
<tr><td>Sugar</td><td>50 g</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Salt, chilli powder, coriander powder</td><td>As per taste</td></tr>
</table>
<u>Method</u> : 1. Sieve maida & baking powder together. Cream butter & sugar together.<br>2. Add maida to the butter & cream mixure. Add salt, chilli powder & coriander powder. Mix them well adding little water (if required) to form a soft dough.<br>3. Roll out the dough & shape into biscuits with the help of a biscuit cutter.<br>4. Select menu & press start.<br>5. When beeps, keep the biscuits on the square tray & press start.
</td></tr>
</table>

# UTILITY CORNER

1. Utility Corner (UC)
2. Body Care (bC)
3. Fermentation (FE)

| Menu | | Weight Limit | Utensil | Instructions |
|---|---|---|---|---|
| UC1 | Keep warm | 0.3 kg | Mircowave safe bowl | **Method :** 1. Any cooked food with cover (rice, dal, subzi, halwa, upma etc.). Select menu & press start. |
| UC2 | Steam clean | 0.3 kg | Mircowave safe bowl | **Method :** 1. Take water in a MWS bowl, add vinegar & lemon juice in it. Select menu & press start. |
| UC3 | Defrost veg | 0.2 ~ 0.5 kg | Mircowave safe bowl | **Method :** Veg (Paneer, green peas, sweet corn etc.)<br>1. Take vegetables in a MWS bowl. Select menu & weight & press start. |
| UC4 | Defrost non-veg | 0.5 ~ 1.0 kg | Mircowave safe bowl | **Method :** Non-veg- (Chicken, mutton)<br>1. Take in a MWS bowl, select menu & press start. |
| UC5 | De-humidification | 0.3 kg | Empty cavity | **Method :** Namkeen, biscuits, papad, bhujia, wafers etc.<br>1. In a MWS bowl add the food to be dehumidified. Select menu & press start. |
| UC6 | Light disinfect | 0.1 kg | Microwave safe glass utensil & Empty cavity | **Method :** 1. Sterilize Microwave safe glass utensil - Keep the empty utensil & select menu & press start.<br>2. Clean the cavity - Keep the cavity empty. Select menu & press start. When time ends (beeps), clean the cavity with a damp cloth.<br>**Note :** The oven has a special function **Light Disinfect** which allows to sterilize the MWS glass utensil thereby giving a hygiene & clean utensils/cavity. |

# Body Care (bC)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bC1</td><td>Body massage oil</td><td>0.2 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Garlic</td><td>10 pods</td></tr>
<tr><td>Ajwain</td><td>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>
<u>Method</u> : 1. In a MWS glass bowl put all the ingredients. Select menu and press start.<br>2. Remove when it gives a beep. Keep it for 2 hours.<br>3. Strain and store in a glass a jar.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>FE1</td><td>Pizza base</td><td>0.2 kg</td><td>Low rack*<br>&<br>Multi cook tawa</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>200 g</td></tr>
<tr><td>Yeast</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>1/2 tsp</td></tr>
<tr><td>Sugar</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
</table>
<u>Method</u> : 1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Keep for half hour. Roll a roti, prick with a fork and rest for 5 mins. Select menu and press start.<br>2. When beeps, keep the pizza base on tawa & on low rack. Press start. Remove when it gives a beep.
</td></tr>
<tr><td>FE2</td><td>Yoghurt</td><td>0.3 kg</td><td>Low rack*<br>&<br>Microwave safe glass bowl*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Milk</td><td>300 ml</td></tr>
<tr><td>Curd</td><td>2 tbsp</td></tr>
<tr><td>Sugar</td><td>3 tbsp</td></tr>
<tr><td>Pink food colour</td><td>1/4 tsp</td></tr>
<tr><td>Strawberry essence</td><td>1/4 tsp</td></tr>
</table>
<u>Method</u> : 1. Put lukewarm milk in MWS glass bowl. Add curd, sugar, colour, essence to it. Stir it very well. Select menu and press start.<br>2. When it gives a beep put the bowl in lower rack. Press start. Remove and cool. Refrigerate it.
</td></tr>
</table>

*Refer Page 97, Fig **5**

# Fermentation (FE)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>FE3</td><td>Masala Paneer</td><td>0.5 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Milk</td><td>500 ml</td></tr>
<tr><td>Curd</td><td>2 tbsp</td></tr>
<tr><td>Coriander</td><td>1 tbsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
</table>
<u>Method</u> : 1. In MWS glass bowl add milk. Select menu and press start.<br>2. When it gives a beep, remove and add curd, coriander and jeera. Press start.<br>When beeps, remove and strain and press in a muslin cloth.
</td></tr>
<tr><td>FE4</td><td>Yeast dough</td><td>0.25 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.25 kg</td></tr>
<tr><td>Maida</td><td>250 ml</td></tr>
<tr><td>Yeast</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>1.2 tsp</td></tr>
<tr><td>Sugar</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
</table>
<u>Method</u> : 1. In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough.<br>2. Select menu and press start. When beeps, rest for 3 minutes. Now remove.
</td></tr>
</table>

*** Refer Pg 97, Fig 3.**

1)  +  +  = Steam Chef

**Steam water bowl** **Steam plate** **Steam cover**

2)  +  = Steam Chef without Steam Plate

**Steam water bowl** **Steam cover**

3)  + 

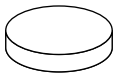
**Low rack** **Multi cook tawa**

4)  + 

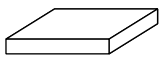
**High rack** **Multi cook tawa**

5)  + 

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

6)  + 

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

7)  + 

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

# *EZ*
# Clean

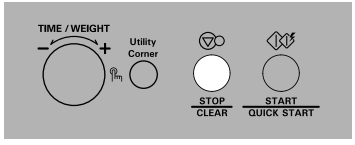
*In the following example I will show you how to remove smells from the oven.*



The oven has a special function to remove smells in the oven.

You can use the EZ Clean function without food in the oven.

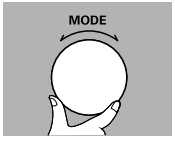
1 Press **STOP/CLEAR**

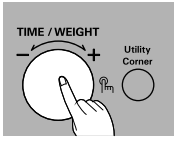



2 Turn **MODE** until display shows "230°C"

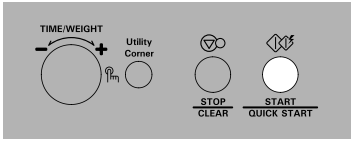
The following indication is displayed: "❄↑"

Press **TIME/WEIGHT** for mode confirmation.




3 Press **START/QUICK START**



# *Microwave-Safe* Utensils

**Never use metal or metal trimmed utensils in using microwave function**

Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning. Most heat resistant non metallic cooking utensils are safe for use in your oven. However, some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there's a simple way to find out if it can be used in the microwave.
Place the utensil in question next to a glass bowl filled with water in using microwave function. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave~safe. However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in using microwave function. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in the microwave. Just read through the following checklist.

**Dinner plates**

Many kinds of dinnerware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test.

**Glassware**

Glassware that is heat-resistant is microwave-safe. This would include all brands of oven tempered glass cookware. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.

**Plastic storage containers**

These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

**Paper**

Paper plates and containers are convenient and safe to use in using microwave function, provided that the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods such as beef are cooked. In general, avoid coloured paper products as the colour may run. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave.

**Plastic cooking bags**

Provided they are made specially for cooking, cooking bags are microwave safe. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in using microwave function, as they will melt and rupture.

**Plastic microwave cookware**

A variety of shapes and sizes of microwave cookware are available. For the most part, you can probably use items you already have on hand rather than investing in new kitchen equipment.

**Pottery, stoneware and ceramic**

Containers made of these materials are usually fine for use in using microwave function, but they should be tested to be sure.

## CAUTION

Some items with high lead or iron content are not suitable as cooking utensils.
Utensils should be checked to ensure that they are suitable for use in the microwave.

# *Food Characteristics &*
# Microwave Cooking

**Keeping an eye on things**

The recipes in the book have been formulated with great care, but your success in preparing them depends on how much attention you pay to the food as it cooks. Always watch your food while it cooks. Your microwave function is equipped with a light that turns on automatically when the oven is in operation so that you can see inside and check the progress of your food. Directions given in recipes to elevate, stir, and the like should be thought of as the minimum steps recommended. If the food seems to be cooking unevenly, simply make the necessary adjustments you think appropriate to correct the problem.

**Factors affecting microwave cooking times**

Many factors affect cooking times. The temperature of ingredients used in a recipe makes a big difference in cooking times. For example, a cake made with ice-cold butter, milk, and eggs will take considerably longer to bake than one made with ingredients that are at room temperature. All of the recipes in this book give a range of cooking times. In general, you will find that the food remains under-cooked at the lower end of the time range, and you may sometimes want to cook your food beyond the maximum time given, according to personal preference. The governing philosophy of this book is that it is best for a recipe to be conservative in giving cooking times because overcooked food is ruined for good. Some of the recipes, particularly those for bread, cake, and custards, recommend that food be removed from the oven when they are slightly undercooked. This is not a mistake. When allowed to stand, usually covered, these foods will continue to cook outside of the oven as the heat trapped within the outer portions of the food gradually travels inward. If the food is left in the oven until it is cooked all the way through, the outer portions will become overcooked or even burnt. You will become increasingly skillful in estimating both cooking and standing times for various foods.

**Density of food**

Light, porous food such as cakes and breads cook more quickly than heavy, dense foods such as roasts and casseroles. You must take care when microwaving porous food so that the outer edges do not become dry and brittle.

**Height of food**

The upper portion of tall foods, particularly roasts, will cook more quickly than the lower portion. Therefore, it is wise to turn tall food several during cooking.

**Moisture content of food**

Since the heat generated from microwaves causes moisture to evaporate, relatively dry food such as roasts and some vegetables should either be sprinkled with water prior to cooking or covered to retain moisture.

**Bone and fat content of food**

Bones conduct heat and fat cooks more quickly than meat. Care must be taken when cooking bony or fatty cuts of meat in order to prevent unevenly or overcooked meat.

**Quantity of food**

The number of microwaves in your oven remains constant regardless of how much food is being cooked. Therefore, the more food you place in the oven, the longer the cooking time. Remember to decrease cooking times by at least one third when halving a recipe.

**Shape of food**

Microwaves penetrate only about 2 cm into food, the interior portion of thick foods are cooked as the heat generated on the outside travels inward. Only the outer edge of food is cooked by microwave energy; the rest is cooked by conduction. The worst possible shape for a food that is to be microwaved is a thick square. The corners will burn long before the centre is even warm . Round thin foods and ring shaped foods cook most successfully in the microwave.

**Covering**

A cover traps heat and steam which causes food to cook more quickly. Use a lid or microwave cling film with a corner folded back to prevent splitting.

**Browning**

Meats and poultry that are cooked fifteen minutes or longer will brown lightly in their own fat. Foods that are cooked for a shorter period of time may be brushed with a browning sauce such as worcestershire sauce, soy sauce or barbecue sauce to achieve an appetizing colour. Since relatively small amounts of browning sauces are added to food, the original flavour of the recipe is not altered.

**Covering with greaseproof paper**

It is a looser cover than a lid or cling film, the food may dry out slightly. But because it makes a looser cover than a lid or clingfilm, it allows the food to dry out slightly.

**Arranging and spacing**

Individual foods such as baked potatoes, small cakes and hors d'oeuvres will heat more evenly if placed in the oven an equal distance apart, preferably in a circular pattern. Never stack foods on top of one another.

**Stirring**
Stirring is one of the most important of all microwaving techniques. In conventional cooking, food is stirred for the purpose of blending. Microwaved food, however, is stirred in order to spread and redistribute heat. Always stir from the outside towards the centre as the outside of the food heats first.

**Turning over**
Large, tall foods such as roasts and whole chickens should be turned so that the top and bottom will cook evenly. It is also a good idea to turn cut up chicken and chops.

**Placing thicker portions facing outwards**
Since microwaves are attracted to the outside portion of food, it makes sense to place thicker portions of meat, poultry and fish to the outer edge of the baking dish. This way, thicker portions will receive the most microwave energy and the food will cook evenly.

**Shielding**
Strips of aluminium foil (which block microwaves) can be placed over the corners or edges of square and rectangular foods to prevent those portions from overcooking. Never use too much foil and make sure the foil is secured to the dish or it may cause 'arcing' in the oven.

**Elevating**
Thick or dense foods can be elevated so that microwaves can be absorbed by the underside and centre of the foods.

**Piercing**
Foods enclosed in a shell, skin or membrane are likely to burst in the oven unless they are pierced prior to cooking. Such foods include yolks and whites of eggs, clams and oysters and whole vegetables and fruits.

**Testing if cooked**
Food cooks so quickly in a oven, it is necessary to test it frequently. Some foods are left in the microwave until completely cooked, but most foods, including meats and poultry, are removed from the oven while still slightly undercooked and allowed to finish cooking during standing time. The internal temperature of foods will rise between 5°F (3°C) and 15°F (8°C) during standing time.

**Standing time**
Foods are often allowed to stand for 3 to 10 minutes after being removed from the oven. Usually the foods are covered during standing time to retain heat unless they are supposed to be dry in texture (some cakes and biscuits, for example). Standing allows foods to finish cooking and also helps flavour blend and develop.

## *To Clean Your Oven*

**1. Keep the inside of the oven clean**
Food spatters or spilled liquids stick to oven walls and between the seal and door surfaces. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The metal tray can be washed by hand or in the dishwasher.

**2. Keep the outside of the oven clean**
Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings. To clean control panel, open the door to prevent the oven from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press Stop/Clear after cleaning.

**3.** If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.

**4.** The door and door seals should be kept clean. Use only warm, soapy water, rinse then dry thoroughly.
DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS.
Metal parts will be easier to maintain if wiped frequently with a damp cloth.

**5.** Do not use steam cleaners.

**6.** Unplug your oven from the electrical socket when you clean control panel with wet cloth or spray water on control glass to clean. If it is not unpluggld, this product can be operated by touching the Quick Start button.

# *Questions &*
# Answers

**Q WhatÕs wrong when the oven light will not glow?**

A There may be several reasons why the oven light will not glow. Either the light bulb has blown or the electric circuit has failed.

**Q Does microwave energy pass through the viewing screen in the door?**

A No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.

**Q Why does the beep tone sound when a button on the Control Panel is touched?**

A The beep tone sounds to assure that the setting is being properly entered.

**Q Will the microwave function be damaged if it operates empty?**

A Yes Never run it empty.

**Q Why do eggs sometimes pop?**

A When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.

**Q Why is standing time recommended after microwave cooking is over?**

A After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.

**Q Why doesn't my oven always cook as fast as the cooking guide says?**

A Check your cooking guide again to make sure you've followed directions correctly, and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, chosen to help prevent overcooking, the most common problem in getting used to this oven. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgement along with the cooking guide suggestions to test food conditions, just as you would do with a conventional cooker.

# WARRANTY CARD

The Microwave comes with 12 months warranty on all parts except plastic parts from the date of purchase of the product provided always that the warranty card bears the rubber stamp, date and signature of our authorized dealer.

1. The warranty is confined to the first purchaser of the Microwave only & is non-transferable.
2. Repairs or replacement will be carried out by the dealer from whom the product has been purchased or through the Authorized Service Centre of LGEIL . In case the customer shifts the place of residence during warranty period, it is advised to contact Authorized Service Centre directly or call our help line (toll free).
3. Repair under warranty shall be carried out by an authorized service personnel only. The details of centralized help lines are attached.
4. For units installed beyond municipal limits of the jurisdiction of company's Authorized Service Centre, it is responsibility of the purchaser to contact the nearest authorized service centre and bring the unit to the authorized service at its own cost and risk. All expense incurred in collecting the units or parts thereof from the company's authorized service centre, as well as expenses incurred with deputing of service personnel/technician toward conveyance and other incidentals etc. will be borne by the customer. Local charges for transportation and handling charges may vary from location to location. Customer are advised to verify before. In case the customer desires to bring the unit on its own to the Authorized Service Centre, the same shall be at its own risks & consequences.
5. The concerned authorized service centre will advise the customer whether to effect the repairs at site or at the authorized service centre.
6. Call registered with the centralized helpline/Authorized service centre, wherein only cleaning of the unit/parts in the unit due to dust accumulation on portions of the units are not to be considered as defects.
7. Incase of repairs or replacement of any part/s of the unit, this warranty will thereafter continue and remain in force only for the unexpired period of the warranty. Replacement of parts would be purely at the discretion of LGEIL alone. In case the replacement of the entire unit is being made, (subject to the sole discretion of LGEIL, the same model has been discontinued, it shall be replaced with the model of price equivalent at the time of purchase.
8. In case of any damage to the product/customer abuse/repairs by unauthorized personnels / misuse detected/ by the Authorized Service Centre personnel, the warranty conditions are not applicable and repairs will be done subject to availability of parts only under warranty period.
9. This warranty shall not cover any consequential or resulting liability, damage or lose to property or life arising directly or indirectly out of any defect in the Microwave. The company's obligation under this warranty shall be limited to repair or providing replacement of defective parts only under the warranty period.
10. The company or its Authorized Service Centre reserves the right to retain any part/s or component replaced its discretion in the event of defect being noticed in the equipment during warranty period.
11. While the company will make every effort to carry out repairs at the earliest, it however is made expressly clear that the company is under no obligation to do so in a specified period of time.
12. Warranty dose not cover accessories external to the equipment supplied by dealer.
13. If any coloured internal or external components are replaced, there will be commitment to ensure that the shades match with the original or other components. The replaced shades, patterns, tints may vary from the customer's unit due to continuous usage of the unit. Any matching components changed at changed at customer's request will be chargeable basis except the component which actually needed.
14. The unit shall be operated with variation ± 5% of rated voltage / fluctuation beyond specified tolerance will not be covered under warranty.

## CUSTOMER DETAILS

MODEL NO. :

SERIAL NO. :

DATE OF PURCHASE :

CUSTOMER NAME & ADDRESS

TEL. :

DEALER NAME & ADDRESS

TEL. :

Customer's Signature

Dealer's Signature

This warranty is no applicable in any of the following cases:

1. The warranty card is not completed properly at the time of purchase.
2. The completed warranty card is not presented to authorized service personnel at the of the product.
3. The product is not operated according to instructions given in the Operating Instruction Booklet.
4. Defects are caused by improper or reckless use, which shall be determined by the company personnel.
5. Any repair work is carried out by persons other than authorized service personnel.
6. Defects are caused by due to causes beyond control like lightening abnormal voltage, acts of god or while in transit to service centre or purchaser's residence.
7. The warranty is not valid in case, the serial number is deleted, defected or altered. Damage to the product or any part/s due to transportation or shifting is not covered by warranty.
8. This warranty will automatically terminate on the expiry of the warranty period of 12 months, even if the Micro Wave may not be in use for any time during the warranty period for any reason.
9. Only courts is state of Delhi and place where LGEIL has it's branch office shall have the jurisdiction for setting any claims, disputes under the warranty.

# For any further information, please contact LGEIL Branches

| BRANCH | BRANCH OFFICE ADDRESS | PHONE NO. / FAX NO. |
|---|---|---|
| *Ahmedabad* | LGEIL, 233-234, Platinum Plaza, Nr. Judges Bunglow Cross Road, Bodakdev, Ahmedabad-54 | 40040013-14 |
| *Asansol* | LGEIL, Block-E, Ist Floor, P C Chattarjee Market, Rambandhu Tala, GT Road (E) Asansol-713303 | 3292009/3292010 (Fax) 2215170 |
| *Aurangabad* | LGEIL, 302 CIDCO No. 3, Opp. Hotel Ramgiri, Jalna Road, Aurangabad-431003 | 5625705 / (Fax) 2474055/32095436/32095437/32095438 |
| *Bangalore* | LGEIL, No. 914, 2nd Floor, Shri Venkateshwara Complex, Opp. IBP Petrol Bunk, 80ft Road, 6th Block, Koramangala - Banglore - 560095 | 41145145/41144750/41144751 |
| *Bhopal* | LG Electronics India Private Limited, 2nd Floor, Alankar Complex, Plot No. 10, M.P. Nagar, Zone-II, Bhopal-462011 | 4262847/4229861 (Fax) 4262848 |
| *Bhubaneshwar* | LGEIL, Plot No. 02,1st Flr., Bapuji Nagar, Bhubaneshwar-751009 | 2531430, 2534280 |
| *Calcutta* | LGEIL, 1, Ho-Chi-Min-Sarani, 6th Floor, Metro Towers, Calcutta-700071 | 22883254 (51) Fax |
| *Chandigarh* | LGEIL, SCO No. 142-143, 3rd Floor, Sector-34A, Chandigarh-160002 | 5087389\90 (Fax) 5089107 |
| *Chennai* | LGEIL, AA11, 2nd Avenue, Fatima Tower, Anna Nagar West, Chennai-600040 | 65510501~04 (Fax) 26203506 |
| *Cochin* | LGEIL, 40/1270, Vasudeva Buildings, T.D. Road, Ernakulam Cochin-682011 | 2369765,2369743, 2370744, 4027444, 4027555, 2360977 (Fax) |
| *Coimbatore* | LGEIL, 250A, Sanganur Main Road, Kannappa Nagar, Coimbatore-641027 | 2332197, 2332195 |
| *Delhi* | LGEIL, A-27, Mohan Co-operative, Industrial Estate, New Delhi | 26991412/11/13 (Fax) 26991410 |
| *Dehradun* | LGEIL, M-22, Commercial Motors Compound, Mohabewala Indl. Area, Delhi-Saharanpur Road, Dehradun (Uttarakhand) | 2644213/283 |
| *Gurgaon* | LGEIL, IInd Flr, A Block, Centre Point Bldg, Sushant Lok , Ph-I, Gurgaon-122001 | 4047461- 62 - 63/4272867, 4047460 (Fax) |
| *Ghaziabad* | LGEIL, J-10, RDC Rajnagar, Ghaziabad - 201001 | 9811354152/3/64/65/266 |
| *Guwahati* | LGEIL, Shantineer Bhawan, C K Aggarwal Path, Chenikurthi, Guwahati-781003 | 2663895/2666958/2665983/2668984 (Telefax) |
| *Hyderabad* | LGEIL, 1st Floor, Survey No. 54, Pulla Reddy Building, Vikarampuri, Main Road, Kharkhana, Secunderabad-500009 | 27207504, 05, 06/27204094 27201462 (Fax) |
| *Hubli* | LGEIL, 1 Floor, Above Bellad & Co., Near Bannigida Busstop, Gokul Road, Hubli-580030 | 4250251/52 |
| *Indore* | LGEIL, 3rd flr., 304 Bansi Trade Centre, 581/5 M.G. Road, Indore-452003 | 4065523~24, 4082157 (Fax) |
| *Jaipur* | LGEIL, B-71, Sahakar Marg, Lal Kothi Scheme, Jaipur-302015 | 5111118/5113028/5105392, 5111540 (Fax) |
| *Jammu* | LGEIL, Plot No. 52, Yard No. 6,Transport Nagar, Narwal, Jammu-180006 | 2477420, 2477419, 2474396, 2474384 |
| *Jodhpur* | LGEIL, 22(1-A)/21(2-B)/2, RIICO Heavy Industrial Area, Jodhpur-342003 | 2742384, 392 / 5120030 (Fax) |
| *Karnal* | LG Electronics India Pvt Ltd, Super Tyre Building, Near New Anaj Mandi, Opp. New World Restauarnt, G.T. Road Karnal, Haryana | 2219201,2219202 (Telefax) |
| *Lucknow* | LGEIL, B-537, Hari Kunj, Keshav Nagar, Sitapur Road, Lucknow-226020 | 2757538,39,2759121 (Fax) 2757559 |
| *Ludhiana* | LGEIL, Village Jhande, Near Badowal Railway Station, Opp. Ferozpur Road, Ludhiana. | 2804412 - 19 |
| *Mumbai(N & S)* | LGEIL, Trade Star, 4th Floor, A Wing, J.B. Nagar, Andheri Kurla Road, Andheri (E) Mumbai-400059 | 28352882-2887 / 28352889 (Fax) |
| *Nagpur* | LGEIL, 5A, Road No.13, Behind Msrtc Workshop, MIDC Hinga, Nagpur-440016 | 235120, 235122, Fax : 234401 |
| *Patna* | LGEIL, 2nd Floor, Ankit Chandra Deep Complex, Bander Bageecha, Near Samrat Hotel, Patna-800001. | 3298714, 2541845 (Fax) |
| *Pune* | LGEIL, 105/106, Premium Point, GM Road, Opp. Modern High School, IIIrd Floor, Shivaji Marg, Pune-411005 | 66030100,732/733/734/735, 66030740 (Fax) |
| *Rajkot* | LGEIL, Sanskruti Apartment, Opp. Dr. Ambedkar Bhawan, Near Atithi Chowk, Akshar Road , Rajkot - 360004 | 2481499,2467692 (Fax) |
| *Raipur* | 613 to 616 , 6th Floor, Offizo, Magneto - The Mall, GE Road, Raipur - 492001 | 4053171/4037470 (Fax) 4038426/10/11 |
| *Ranchi* | LGEIL, 402, Commerce Tower, Opp. Gel Church Complex, Main Road, Ranchi | 3294026, 2331815 |
| *Surat* | LGEIL, 1001-1004, Ascon Plaza, IInd Flr, Anand Mahal Road, Behind Bhulka Bhavan School, Adajan, Surat-395009 | 2730982/83, 2730984 (Fax) |
| *Thane* | LGEIL, Gall Shop No - 206,207, 2nd Floor, Sai Plaza , Above Vijay Sales Opp. Cine Wonder Mall, Ghodbunder Road , Thane(West)-400607 | 25472633/2637 25472602(Fax) |
| *Varanasi* | LGEIL, Pama Complex, DLW, Lahartara Road, Shivdaspur, Manduadih, Varanasi, UP-221002 | 2373432/36/37 |
| *Vijaywada* | LGEIL, Door No. 32-2/1-7, Ratnamamba Street, Prajasakti Nagar, Vijaywada-520010, Andhra Pradesh | 2497283/87, (Fax) 2497284 |
| *Warangal* | LGEIL, House No. 1-8-598/1, First Floor, Beside HDFC Bank, Nakkalgutta, Hanamakonda-506001 (Warangal) | 2551453 |
| *Kozhikode* | 3/568, Thripuri Building, Wayanadu Road, First Floor,Near K.S.F.E, East Nadakkavu, Calicut-673011 | 2366755, 2366756, 2366678, (Fax) 2766678 |

**Email: lgservice@lgindia.com**
**Visit us at www.lgindia.com**

LG Electronics

## Technical Specification

| | | MC8188HRC |
|---|---|---|
| Power Input | | 230 V~ 50 Hz |
| Output | | 1000 W (IEC60705 rating standard) |
| Microwave Frequency | | 2450 MHz |
| Outside Dimension | | 474 mm(W) x 380 mm(H) x 564 mm(D) |
| Power Consumption | Max. | 3000watt |
| | Microwave | 1500watt |
| | Grill | 1250(Max. 2650) watt |
| | Convection | 1500(Max. 2650) watt |
| | Combination | Max. 3000 watt |


LG
Life's Good