LG
Life's Good

OWNER'S MANUAL

MICROWAVE OVEN

PLEASE READ THIS OWNER'S MANUAL THOROUGHLY BEFORE OPERATING.

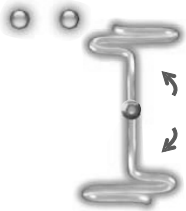
MH6589DRL

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New Grill Function

Function	Instructions
Lower Mode 	In lower grill mode, only the heating element below is used. This function is particularly suitable for finishing off pies or pizzas.
Rotating Mode 	In rotating grill mode, top and movable heating elements are used. By rotating heating element continuously, it is also possible to bake cookies or bars

Function	Instructions
Speed Mode 	In speed grill mode, entire heating elements above are used. This function enables the browning of the recipes like tikkis.
Double Mode 	In double grill mode, the heating elements above and below are used. This function is suitable for cooking tikkas, kababs and pizzas.

Precautions to avoid 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 case of a microwave oven 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 microwave oven, delayed eruptive boiling can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. 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, allow to stand in the oven for a short time, stir or shake them(especially the contents of feeding bottles and baby food jars) again carefully and check the temperature of them before consumption 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 and check the temperature of them before consumption. Especially contents of feeding bottles and baby food jars.

Safety Precautions

1. Do not attempt to tamper with, or make any adjustments or repairs to the door, control panel, safety interlock switches or any other part of the oven. Repairs should only be undertaken by a qualified service technician.
2. Do not operate the oven when empty (except Pre-heat Mode). 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.
3. Do not operate the oven with a kitchen towel, a napkin or any other obstruction between the door and the front edges of the oven.
4. Do not use recycled paper products.
5. Do not rinse the turntable by placing it in water just after cooking.
6. 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.
7. Do not cook eggs in their shell.
8. Do not attempt deep fat frying in your oven.
9. Remove the plastic wrapping from food before defrosting.
10. If smoke is observed, switch off or disconnected the oven from the power supply and keep the oven door closed.
11. 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.
12. Liquids or other foods must not be heated in sealed containers.
13. Always use gloves when removing dish from oven.
14. Do not cover the ventilation slots.
15. Never use metal or metal trimmed utensils in your microwave oven.

Safety Precautions

- Either use earth or use exclusive 230V socket with earth.
- Do not bend power cord forcefully or break.
- Do not pull out power cord.
- Do not use several power plug in one socket at the same time.
- Do not plug in or pull out power cord with wet hand.
- Do not spray water inside and outside of microwave oven.
- Plug out power cord during cleaning or maintenance of set.
- Do not heat up the food more than necessary.
- Do not use microwave oven other than cooking or sterilization such as cloth drying etc.
- Do not insert pin or steel wire etc. into inside/out side of case.
- Please be careful during taking the food since high temp. water or soup may be overflow to cause burn.
- Do not plug in power cord when socket hole is loose or plug is damaged.
- Do not use oven while some foreign material is attached on the door.
- Do not place the water container on the set.
- Do not place heavy things on the set & do not cover the set with cloth while using.
- Do not install the set in the damp space or water sputtering area.
- Do not let children hang onto oven door.
- Do not heat the unpeeled fruit or bottle with lid.
- Do not hold food or accessories as soon as cooking is over.
- Plug out oven if it is not used for long duration.
- Install microwave oven in the well ventilated, flat place.

There is danger of blast if covered bottle, sealed food, egg, and chestnut etc. are cooked inside oven.

Contents

How the Microwave Oven Works

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

These microwaves enter the cooking area through openings inside the oven. A turntable or tray is located at the bottom of 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

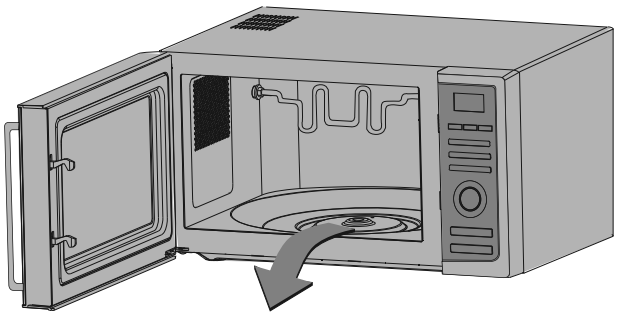
Your microwave oven is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no "left over" energy to harm you when you eat your food.

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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 guidance on where to install your oven. When unpacking your oven make sure you remove all accessories and packing. Check to make sure that your oven has not been damaged during delivery.

Unpacking & Installing

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

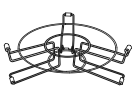




GRILL TRAY



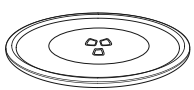
ROTATING RING



RACK

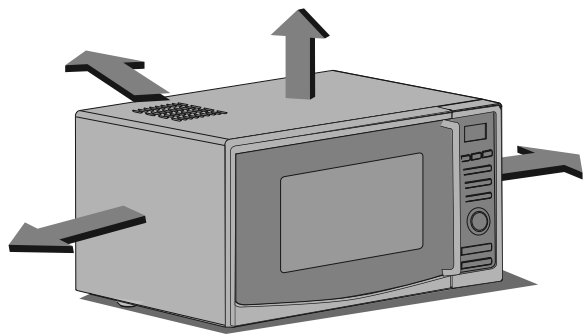


HANDLE



GLASS TRAY

2 Place the oven in the level location of your choice with more than 85cm height but make sure there is at least 30cm 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 top or side of the oven. Blocking the outlet can damage the oven.



THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES

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 GLASS TRAY on top.

5 Fill a microwave safe container with 300 ml (1/2 pint) of water. Place on the GLASS TRAY and close the oven door. If you have any doubts about what type of container to use please refer to page 46.



6 Press the STOP/CLEAR button, and press the 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

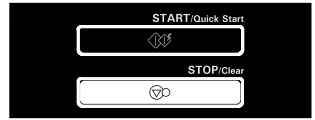
8 The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Child Lock

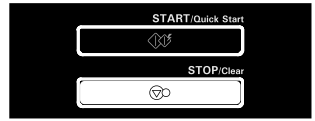


Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place.
However your child can still open the oven door.

1 Press **STOP/CLEAR.**



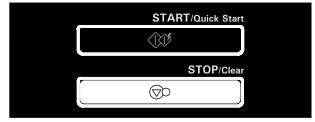
2 Press and hold **STOP/CLEAR** until "**L**" appears on the display and BEEP sounds.
The **CHILD LOCK** is now set.



3 **"L"** remains on the display to let you know that **CHILD LOCK** is set.



4 To cancel **CHILD LOCK** press and hold **STOP/CLEAR** until "**L**" disappears.
You will hear BEEP when it's released.



Micro Power
Cooking

In the following example I will show you how to cook some food on 80% power for 5 minutes and 30 seconds.



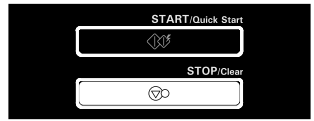
Your oven has five microwave Power settings. High power is automatically selected but repeated presses of the **POWER** key will select a different power level .

POWER	%	Power Output
HIGH MAX	100% (P-HI)	850W
MEDIUM HIGH	80% (P-80)	680W
MEDIUM	60% (P-60)	510W
DEFROST MEDIUM LOW	40% (P-40)	340W
LOW	20% (P-20)	170W

1

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

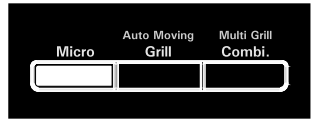
Press **STOP/CLEAR.**



2

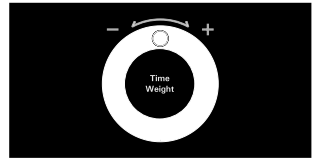
Press **Micro** twice to select the 80% power.

"680" appears on the display.



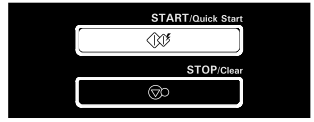
3

Turn **DIAL** until display shows "5:30".



4

Press **START**.



Micro Power Level

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

POWER LEVEL	USE	*POWER LEVEL (%)*	POWER OUTPUT
HIGH	* Boil Water * Brown minced beef * Cook poultry pieces, fish, vegetables * Cook tender cuts of meat	100%	850W
MEDIUM HIGH	* All reheating * Roast meat and poultry * Cook mushrooms and shellfish * Cook foods containing cheese and eggs	80%	680W
MEDIUM	* Bake cakes and scones * Prepare eggs * Cook custard * Prepare rice, soup	60%	510W
DEFROST/ MEDIUM LOW	* All thawing * Melt butter and chocolate * Cook less tender cuts of meat	40%	340W
LOW	* Soften butter & cheese * Soften ice cream * Raise yeast dough	20%	170W



Quick
Start

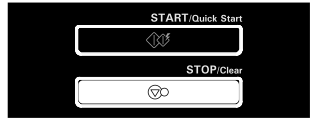
In the following example I will show you how to set 2 minutes of cooking on high power.



The **QUICK START** feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the **START** button.

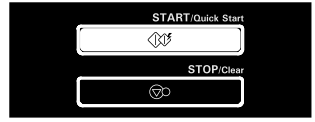
1

Press **STOP/CLEAR .**



2

Press **START** four times to select 2 minutes on HIGH power.
Your oven will start before you have finished the fourth press.



3

During **QUICK START** cooking, you can extend the cooking time by repeatedly pressing the **START** button.

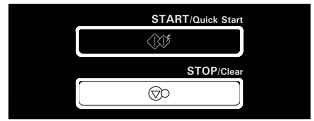
In the following example I will show you how to programme your oven with Auto Moving Grill for a cooking time of 6 minutes.



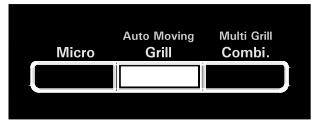
This feature will allow you to brown and crisp food quickly.

Display	Category	Status	Power (W)
ro-G	Auto Moving Grill		2000

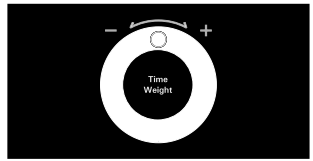
1 Press **STOP/CLEAR.**



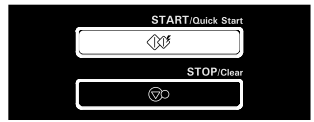
2 Press **Auto Moving Grill**, "ro-G" appears on the display.



3 Turn DIAL until display shows"6:00".



4 Press **START.**



Multi Grill Combi

Cooking

In the following example I will show you how to programme your oven with lower grill for cooking tiime of 6 minutes.

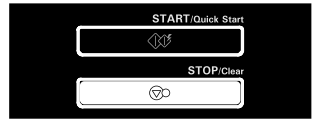


Your oven has a combination cooking feature which allows you to cook food with **heater** and **microwave** at the same time or alternately. This generally means it takes less time to cook your food.

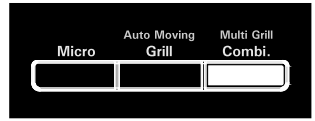
The **sheath heater** grills the surface of the food while **microwave** heats inside. Moreover, preheating your oven is not necessary.

Display	Category	Press Grill	Status	Power(W)
SP-G	Speed Grill	1 time		2000
do-G	Double Grill	2 times		2000
Lo-G	Lower Grill	3 times		1000

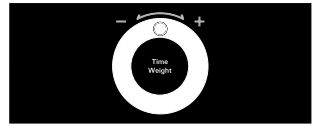
1 Press **STOP/CLEAR .**



2 Press **Multi Grill Combi** to select Lower Grill mode.

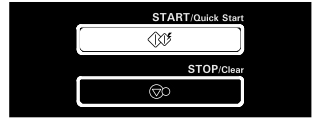


3 Turn **DIAL** until display show “6:00”.



4 Press **START**.

Be careful when removing your food because the container will be hot!



In the following example I will show you how to programme your oven with combi mode Co-3 for a cooking time of 25 minutes.

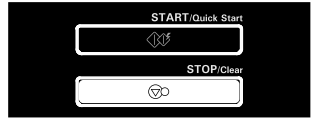


Your oven has a combination cooking feature which allows you to cook food with **heater** and **microwave** at the same time or alternately. This generally means it takes less time to cook your food.

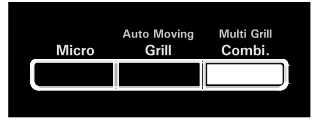
The **sheath heater** grills the surface of the food while **microwave** heats inside. Moreover, preheating your oven is not necessary.

The **sheath heater** will keep "UP" always.

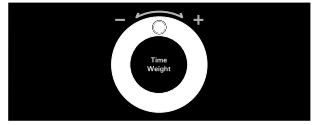
1 Press **STOP/CLEAR .**



2 Press **Multi Grill Combi** to select Combi-3 mode.

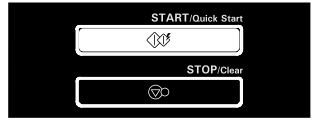


3 Turn **DIAL** until display show "25:00".



4 Press **START**.

Be careful when removing your food because the container will be hot!



Combination Cooking Mode

CATEGORY	MICRO POWER (%)	SHEATH HEATER POWER (%)
Co-1	20	80
Co-2	40	60
Co-3	60	40

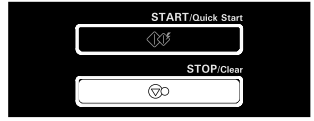
Light
Disinfect

In the following example I will show you how to programme your oven with Light Disinfect function.

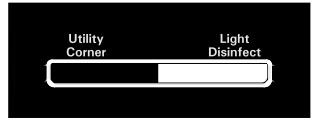


The oven has a special function **Light Disinfect** which allows you to sterilize the Microwave Safe Glass Utensils thereby giving a hygienic and clean utensils/cavity.

Press **STOP/CLEAR.**



Press **Light Disinfect.**



Procedure :

1. **Sterilize Microwave Safe Glass Untensil** : Keep the empty utensil and press the button **Light Disinfect.**
2. **Clean the cavity** : Keep the cavity empty and press the button **Light Disinfect**.
   When time ends (beeps), clean the cavity with a damp cloth.

Note : The Light Disinfect does not disinfect the food, so do not put food in the utensils.

NUTRI CARE

1. Health Plus (HP)
2. Soup (So)

Health Plus (HP)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP1</td><td>Kala Chana</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl</td><td>
<table>
<tr><td>Kala Chana (soaked overnight)</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</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, Chat Masala, Red Chilli Powder, Hara Dhania</td><td colspan="3">As per your taste</td></tr>
</table>
<u>Method :</u> 1. Soak chana overnight, in a MWS bowl put soaked chanas with water & cover. Select menu and weight and press start.
2. When beeps, remove & drain the water.
3. In a *MWS bowl add oil, chopped onion,salt, chaat masala, red chilli powder and hara dhania and press start. Mix well. Press start.
4. When beeps, add chanas to the bowl along with little hot water and press start. Mix well. Give standing time of 3 minutes. Serve hot.
</td></tr>
<tr><td>HP2</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.
2. When beeps, add the chopped karela. Cover and press start.
3. When beeps, add some water, salt, sugar, garam masala, dhania powder, jeera powder. Cover and press start. Allow it to stand for 5 mins. Garnish with grated coconut and serve.
</td></tr>
</table>

***MWS = Microwave Safe**

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP3</td><td>Moong Dal</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>Moong dal (soaked for 1 hour)</td><td>200 g</td></tr>
<tr><td>Water</td><td>400 ml</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Hari Mirch</td><td>2-3 nos.</td></tr>
<tr><td>Curry leaves</td><td>5-6 nos.</td></tr>
<tr><td>Salt, Dhania powder, Jeera powder,Haldi, Hing,Kasuri methi, Lemon juice, Hara dhania</td><td>As per taste</td></tr>
</table>
<u>Method :</u> 1. Take dal in a MWS bowl, add water, haldi & hing.
2. Select menu & press start.
3. When beeps, take another MWS bowl add oil, jeera, hari mirch, curry leaves & press start.
When beeps, add dal, water (if required), salt, dhania powder, jeera powder, hara dhania, kasuri methi (optional) lemon juice & press start.
</td></tr>
<tr><td>HP4</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 tnsp</td></tr>
</table>
<u>Method :</u> 1. Marinate the chicken with kali mirch powder, salt, lemon juice. Keep for one hour in refrigerator.
2. In a MWS bowl take olive oil, marinated chicken & mix well. Cover. Select menu & weight & press start.
When beeps, turn the chicken pieces, cover & press start. Stand for 5 minutes mix with honey & serve hot.
</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>So1</td><td>Tomato 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>Chopped tomato</td><td>100 g</td></tr>
<tr><td>Chopped carrot</td><td>25 g</td></tr>
<tr><td>Chopped onion</td><td>1 small</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td></tr>
<tr><td>Salt, sugar, pepper</td><td>As per taste</td></tr>
<tr><td>Cornflour</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>2 cup</td></tr>
<tr><td>Oil / Butter</td><td>2 tbsp</td></tr>
</table>
<u>Method :</u> From Stock (Boiled Vegetables)
1. In MWS glass bowl add chopped tomato, chopped onion, ginger, garlic and carrot with 2 cup of water. After that put the MWS bowl in Microwave. Select the menu and then press start.
2. When beeps, grind and strain the whole stock and add water as per your requirement.
3. In another bowl add oil/butter and stock and then put the bowl in Microwave and press start.
4. When beeps, add sugar, salt, black pepper as per your taste and cornflour paste which is made up by mixing the half cup of cold water and add the grinded stock.
Serve hot and garnish with bread croutones, coriander (green dhania) and fresh cream.
</td></tr>
<tr><td>So2</td><td>Chicken 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>Boneless chicken</td><td>300 g</td></tr>
<tr><td>Ginger paste</td><td>1 tsp</td></tr>
<tr><td>Garlic paste</td><td>1 tsp</td></tr>
<tr><td>Salt & pepper powder</td><td>As per taste</td></tr>
<tr><td>Cornflour paste</td><td>2 tbsp + ½ cup of water</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 water & add chicken pieces. Select menu & press start.
2. When beeps, remove.
3. In another MWS glass bowl add oil, ginger-garlic paste, chicken stock, salt, pepper, green chillies, water & 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>So3</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>Cornflour</td><td>2 tbsp</td></tr>
<tr><td>Salt, sugar, pepper (black)</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Water</td><td>1 cup</td></tr>
</table>
<u>Method :</u> 1. In MWS glass bowl put potato in small pieces, chopped cabbage and onion with 1 cup of water. Select menu and press start.
2. When beeps, take the bowl out & grind the stock. After grinding the stock, strain it and add water (if required).
3. In another MWS glass bowl add oil, chopped mushroom and press start.
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>So4</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>Cornflour</td><td>2 tbsp</td></tr>
<tr><td>Salt, sugar and 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.
2. When beeps, remove & in another MWS glass bowl add oil, green chilli and onion. Press start.
3. When beeps, add the stock in it. Mix corn flour with 1/2 cup water and add to the stock. Add salt, sugar, kali mirch and press start. Serve hot.
</td></tr>
</table>

INDIAN RASOI

1. Indian Cuisine (IC)
2. Sweets Corner (SC)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC1</td><td>Gajar Ka Halwa</td><td>0.3 kg</td><td>Microwave safe glass bowl + MWS Idli Steamer*</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 & dry fruits</td><td>As per taste</td></tr>
</table>
<u>Method :</u> 1. In MWS glass bowl take all the ingredients and mix well.
2. Place the bowl in Idli Steamer. Select menu & press start.
</td></tr>
<tr><td>IC2</td><td>Mix Veg</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>Onion, Garlic, Carrot, cauliflower, Capsicum</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Salt, red chilli powder</td><td></td><td>As per taste</td><td></td></tr>
<tr><td>Cornflour</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Soya sauce</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Tomato sauce</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Vinegar</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Brown sugar</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Ajinomoto</td><td>1 pinch</td><td>1 pinch</td><td>1 pinch</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
</table>
<u>Method :</u> 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. Now add vegetables to the bowl and continue cooking again. Allow stand for 3 minutes.
</td></tr>
</table>

***Provided in Starter Kit**

Indian Cuisine (IC)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC3</td><td>Veg 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>Water</td><td>200ml</td><td>400 ml</td><td>600 ml</td></tr>
<tr><td>Ghee</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Laung, Elaichi, Dalchini, Pepper, Tej patta, Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Mix Vegetables- (Gobhi, Mutter, Gajar, French Beans)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
</table>
<u>Method :</u> 1. In a MWS bowl add oil, laung, dalchini, elaichi, tej patta, pepper corns, mix vegetables. Select menu & weight & press start.
2. When beeps, add water, soaked rice & salt. Mix well & cover. Press start.
3. Allow to stand for 5 minutes when cooking ends. Serve hot with raita or salad.
</td></tr>
<tr><td>IC4</td><td>Kadhai 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>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Methidana</td><td>¼ tsp</td><td>¼ tsp</td><td>1 tsp</td></tr>
<tr><td>Onion slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Dhania powder, red hilli powder, salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Hara dhania</td><td colspan="3">A few sprigs</td></tr>
<tr><td>Capsicum</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Ginger (finely sliced)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Cream</td><td colspan="3">For garnishing</td></tr>
</table>
<u>Method :</u> 1. In a MWS bowl add oil, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover.
Select menu & weight & press start.
2. When beeps, mix well & add tomato puree, hara dhania, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes.
3. Add cream. Mix well & serve hot.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC5</td><td>Kadhai 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</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Onion paste</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Tomato puree</td><td>1½ tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Ginger garlic paste, salt & sugar</td><td colspan="3">As per taste</td></tr>
<tr><td>Red chilli powder, Haldi, Kasuri methi, Garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Butter</td><td>1 tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Freshs cream</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
</table>
<u>Method :</u> 1. In a MWS 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.
</td></tr>
<tr><td>IC6</td><td>Baati</td><td>0.2 ~ 0.4 kg</td><td>Grill Tray
+
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>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>½ tbsp</td><td>½ 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.
2. Grease the grill tray & place the baati over it. Place the tray on rack. Select menu & weight & 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>IC7</td><td>Malai Khumb</td><td>0.1 ~ 0.3 kg</td><td>Grill Tray
+
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 (Big size)</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>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Thick cream</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Grated cheese</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Cornflour</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Ginger paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Salt, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped coriander</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>½ tbsp</td><td>½ tbsp</td></tr>
</table>
<u>Method :</u> 1. Mix all the other ingredients of the marinade. Marinate the mushroom in this mixture.
2. Grease the grill tray with oil. Place the marinated mushrooms on the tray & place the tray on rack.
3. Select menu & weight & press start.
4. When beeps, turn over the mushrooms. Press start.
</td></tr>
<tr><td>IC8</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>½ 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 powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr>
</table>
<u>Method :</u> 1. In a MWS bowl add oil, rai, jeera, chopped onion. Select menu & weight & press start.
2. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (1/2 the amount mentioned per weight). Mix & press start.
3. When beeps, mix & add remaining water & press start. Pour tempering & serve.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SC1</td><td>Shahi Tukda</td><td>0.1 ~ 0.3 kg</td><td>Grill Tray
+
Rack
+
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>6 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 colspan="3">As per taste</td></tr>
</table>
<u>Method :</u> 1. Arrange bread slices on grill tray & on rack. Select menu & weight & press start.
2. When beeps, remove.
3. Mix milkmaid, milk, sugar, dry fruits & kesar elaichi powder. Place the bread slices in MWS flat glass dish. Pour the mixture.
4. Press start.
</td></tr>
<tr><td>SC2</td><td>Kalakand</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>Grated Paneer</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Milkmaid</td><td>50 g</td><td>100 g</td><td>200 g</td></tr>
<tr><td>Milk powder</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Cornflour</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Elaichi powder</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Kesar</td><td colspan="3">A few</td></tr>
</table>
<u>Method :</u> 1. In a MWS flat glass dish take grated paneer, milkmaid, milk powder, corn flour, elaichi powder, kesar. Mix well.
Select menu & weight & press start.
2. When beeps, mix it again & press start.
3. Garnish with dry fruits when set cut into pieces.
</td></tr>
<tr><td>SC3</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.
2. When beeps, add seviyan to the bowl & press start.
3. When beeps, add almond paste, sugar, kesar & elaichi powder & press start. Garnish with dry fruits & serve hot or chilled.
</td></tr>
</table>

TANDOORI DELIGHT (td)

Tandoori Delight (td)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>td1</td><td>Fish Tandoori</td><td>0.1 ~ 0.3 kg</td><td>Grill Tray
+
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>Fish fillets</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>Lemon juice</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Ginger garlic paste</td><td colspan="3">As per taste</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala, Chaat Masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Eatable Red Color</td><td colspan="3">A pinch</td></tr>
</table>
<u>Method :</u> 1. Wash the fish fillets, mix all the ingredients & coat this mixture to fish fillets evenly, keep for 1 hour in refrigerator.
2. Arrange the fish fillets on the greased grill tray. Keep the tray on rack.
3. Select menu & weight & press start.
4. When beeps, turn the pieces & press start.
</td></tr>
<tr><td>td2</td><td>Tandoori Subzi</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl
+
Grill Tray
+
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>Mix veg- Bhindi, cauliflower, brinjals, mushrooms, potato, paneer cubes</td><td>100 g (cut into medium sized pieces)</td><td>200 g (cut into medium sized pieces)</td><td>300 g (cut into medium sized pieces)</td></tr>
<tr><td>Onion paste</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>2 tsp</td></tr>
<tr><td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Salt, red chilli powder, garam masala, chaat masala, haldi</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Hara dhania</td><td colspan="3">For garnishing</td></tr>
</table>
<u>Method :</u> 1. In a MWS bowl take oil, onion paste, ginger garlic paste.
2. Select menu & weight & press start.
3. When beeps, add vegetables, red chilli powder, haldi, garam masala, chat masala, salt, tomato puree & mix well. Press start.
4. When beeps, transfer this mixture to greased grill tray, place on rack. Press start. Serve with tandoori nan.
</td></tr>
</table>

Tandoori Delight (td)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>td3</td><td>Paneer Tikka</td><td>0.1 ~ 0.3 kg</td><td>Grill Tray + Rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Paneer cubes</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">As per taste</td></tr>
<tr><td>Lemon juice</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Red color (edible)</td><td colspan="3">A pinch</td></tr>
<tr><td>Lemon juice</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td></tr>
</table>
<u>Method :</u> 1. Mix all the ingredients of marinade thoroughly.
2. Add paneer, capsicum, tomato pieces to it and refrigerate it for 1 hour.
3. Arrange paneer, capsicum, tomato pieces on the grill tray & place on rack. Select menu & weight & press start.
4. When ready pour lemon juice& serve.
</td></tr>
<tr><td>td4</td><td>Chicken Tikka</td><td>0.1 ~ 0.3 kg</td><td>Grill Tray + Rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boneless chicken 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 colspan="3">As per taste</td></tr>
<tr><td>Salt,Red chilli powder, Garam Masala, Chaat Masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Eatabale red color</td><td colspan="3">A pinch</td></tr>
</table>
<u>Method :</u> 1. Wash the chicken pieces & mix all the ingredients of marinade. Keep for 1 hour in refrigerator.
2. Arrange the chicken pieces on greased grill tray. Keep the grill tray on rack. Select menu & weight & press start.
3. When beeps, turn over the pieces. Press start.
</td></tr>
</table>

Tandoori Delight (td)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>td5</td><td>Hara Bhara Kababs</td><td>0.1 ~ 0.3 kg</td><td>Grill Tray
+
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>Potatoes (boiled & grated)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Peas (boiled & mashed)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Palak leaves (boiled)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Coriander leaves</td><td colspan="3">A few sprigs</td></tr>
<tr><td>Chopped onion</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Salt, red chilli powder, chaat masala, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td colspan="3">For greasing the tray</td></tr>
</table>
<u>Method :</u> 1. Mix all the ingredients together & make a dough. Make flat kababs out of it.
2. Grease the grill tray. Select menu & weight & press start.
3. When beeps, turn over the kababs & again press start. Serve with coriander chutney or tomato sauce.
</td></tr>
<tr><td>td6</td><td>French Toast</td><td>0.1 ~ 0.3 kg</td><td>Grill Tray
+
Rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Bread slices</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr>
<tr><td>Eggs</td><td>1 no.</td><td>1 no.</td><td>2 nos.</td></tr>
<tr><td>Milk</td><td colspan="3">For dipping the bread</td></tr>
</table>
<u>Method :</u> 1. Combine egg and milk. Dip bread slice in mixture. Turn until well coated and let the bread soak for at least one minute.
2. Place bread on grill tray and keep the tray on rack. Select menu & weight & press start.
3. When beeps, turn over the slices. Press start.
4. Sprinkle with cinnamon. Serve.
</td></tr>
<tr><td>td7</td><td>Veg Sandwich</td><td>0.1 ~ 0.3 kg</td><td>Grill Tray
+
Rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Bread slices</td><td>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>Sauce / Spread</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.
2. Keep the sandwich on grill tray & keep the tray on rack. 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>td8</td><td>French Fries</td><td>0.3 ~ 0.5 kg</td><td>Grill Tray
+
Rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Potato (sliced & cut lengthwise)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
</table>
<u>Method :</u> 1. Grease the grill tray with some oil. Arrange the french fries on the tray & keep on rack.
2. Select menu & weight & press start.
3. Add salt & serve.
</td></tr>
<tr><td>td9</td><td>Fresh Pizza</td><td>0.3 kg</td><td>Grill Tray
+
Rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Flour</td><td>300 g</td></tr>
<tr><td>Yeast</td><td>½ tsp</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Warm water</td><td>For kneading the dough</td></tr>
<tr><td>Pizza topping</td><td>4 tbsp</td></tr>
<tr><td>Chopped vegetables (Onion, capsicum, tomato)</td><td>1 cup</td></tr>
<tr><td>Grated cheese</td><td>5 tbsp</td></tr>
</table>
<u>Method :</u> 1. Combine the flour, yeast, sugar,salt & warm water.
2. Add oil & knead the dough well. Shape into a ball & place in a bowl. Cover. Leave the dough to rise Until it has doubled the size.
3. Knead the dough & roll it out unto a circle.
4. Keep the dough on grill tray & place the tray on rack. Select menu & weight & press start.
5. When beeps, spread the pizza topping, chopped vegetables & grated cheese. Press start.
6. Sprinkle oregano & chilli flakes(if required) & serve.
</td></tr>
</table>

Tandoori Delight (td)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>td10</td><td>Cheese
&
Herb Stick</td><td>0.3 kg</td><td>Grill Tray
+
Rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Wheat flour (refined)</td><td>300 g</td></tr>
<tr><td>Salt, mustard powder</td><td>As per taste</td></tr>
<tr><td>Herbs (Oregano)</td><td>25 g</td></tr>
<tr><td>Fried onion (chopped)</td><td>1 no.</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Chheddar cheese</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>For making the dough</td></tr>
</table>
<u>Method :</u> 1. Sift the flour, salt and mustard powder into a mixing bowl. Stir in the yeast and herbs. Set aside 1 tbsp of the cheese. Add the rest to the flour mixture and make a well in the centre. Add the water with the fried onions and oil; gradually incorporate the flour and mix to a soft dough, adding a little extra water if necessary.
2. Turn the dough onto a floured surface and knead for 5 minutes until smooth and elastic. Divide the mixture in half and roll each piece into a stick 30cm/12in in length.
3. Place each stick on grill tray. Keep the grill tray on rack. Select menu & press start.
4. When beeps, turn over the sticks & press start.
</td></tr>
<tr><td>td11</td><td>Cheese
Straw</td><td>0.3 kg</td><td>Grill Tray
+
Rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>200 g</td></tr>
<tr><td>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>¼ tsp</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Chilli powder</td><td>½ tsp</td></tr>
<tr><td>Salt</td><td>¼ 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 on grill tray. Keep the tray on rack.
2. Select menu & press start.
</td></tr>
</table>

24 HOURS

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

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Sn1</td><td>Pav Bhaji</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl + Grill tray + 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>Mix vegetables (chopped)- Potato, Cauliflower, Capsicum, Green peas</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Chopped tomato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Water</td><td colspan="3">As required</td></tr>
<tr><td>Pav bhaji msasala</td><td>1 bsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Red chilli powder, salt, lemon juice, butter</td><td colspan="3">As per taste</td></tr>
<tr><td>Hara dhania</td><td>1 tbsp</td><td>For garnishing</td><td>3 tbsp</td></tr>
</table>
<u>Method :</u> 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 grill tray on rack. Press start. Serve with bhaji.
</td></tr>
<tr><td>Sn2</td><td>Corn Chaat</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>Sweet corn</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Mix fruits (Pomegranate, cucumber, apple)</td><td>½ cup</td><td>1 cup</td><td>2 cup</td></tr>
<tr><td>Salt, red chilli powder, chaat masala, lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u> 1. In a MWS bowl add some water & sweet corns. Select menu & weight & press start.
2. When beeps, transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.
</td></tr>
<tr><td>Sn3</td><td>Dhokla</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe bowl + 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>Besan</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Warm water</td><td>50 ml</td><td>75 ml</td><td>100 ml</td></tr>
<tr><td>Curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Green chilli & ginger paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Salt & sugar</td><td colspan="3">As per taste</td></tr>
<tr><td>Fruit salt</td><td>1 tsp</td><td>1½ tsp</td><td>2 bsp</td></tr>
<tr><td>Oil, rai, curry leaves, water</td><td colspan="3">For tempering</td></tr>
<tr><td>Grated coconut</td><td colspan="3">For garnishing</td></tr>
</table>
<u>Method :</u> 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 greased MWS flat glass dish. Select menu & weight & press start.
3. When beeps, in another MWS bowl add oil, rai & curry leaves & press start. Add some water to the tempering. Add this tempering to the dhokla & cover. Stand for 5 minutes. Garnish with grated coconut & serve.
</td></tr>
</table>

Snacks (Sn)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Sn4</td><td>Whole Wheat Cookies</td><td>0.2 kg</td><td>Grill tray
+
Rack</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Whole wheat flour</td><td>100 g</td></tr>
<tr><td>Brown sugar</td><td>100 g</td></tr>
<tr><td>Granulated sugar</td><td>50 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Egg</td><td>½</td></tr>
<tr><td>Vanilla essence</td><td>½ tsp</td></tr>
<tr><td>Baking powder</td><td>½ 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.
2. Roll out the dough and cut with a cookie cutter.
3. Select menu & press start. When beeps, put the cookies on grill tray & on rack. Press start.
</td></tr>
<tr><td>Sn5</td><td>Batata Vada</td><td>0.1 ~ 0.3 kg</td><td>Grill tray
+
Rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boiled potatoes</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td><td>1½ no.</td><td>2 nos.</td></tr>
<tr><td>Salt, red chilli powder, garam masala, chaat masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Roasted jeera</td><td>1 tsp</td><td>1½ tsp</td><td>2 bsp</td></tr>
</table>
<u>Method :</u> 1. Mix all the ingredients together. Make big vadas of the mixture.
2. Grease the grill tray with some oil. Arrange the vada on the tray. Keep the tray on rack.
3. Select menu & weight & press start.
4. When beeps, turn over the vadas & press start.
</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>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></td><td>As per taste</td><td></td></tr>
</table>
<u>Method :</u> 1. Beat the eggs well & add salt, pepper & coriander leaves.
2. Add oil to the MWS flat glass dish. Add the chopped tomato & onion. Select menu & weight & press start.
3. When beeps, add the egg mixture & press start. Allow to stand for 3 minutes.
</td></tr>
<tr><td>CF2</td><td>Garlic Bread</td><td>0.1 ~ 0.3 kg</td><td>Grill tray
+
Rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Bread slices</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr>
<tr><td>Butter</td><td>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.
2. Spread this paste on both sides of the bread slices.
3. Place the bread slices on grill tray & on rack. Select menu & weight & press start.
4. When beeps, turn over the slices & again press start.
</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>CF3</td><td>Cake</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>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>Egg</td><td>1 no.</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
</table>
<u>Method :</u> 1. Sieve maida, baking powder.
2. In a bowl add powdered sugar and butter and beat well. Add maida, essence and mix.
3. For spoon dropping consistency add milk or water. Pour in MWS glass bowl. Select menu & press start.
4. Stand for 3 minutes.
</td></tr>
<tr><td>CF4</td><td>Veg Burger</td><td>0.1 ~ 0.3 kg</td><td>Grill tray
+
Rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Buns</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr>
<tr><td>Potatoes</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Boiled peas</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Green chillis</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala, chaat masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Tomato sauce</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Cheese slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Onion rings</td><td colspan="3">As required</td></tr>
</table>
<u>Method :</u> 1. Mix boiled potatoes, peas, coriander leaves, chopped ginger, green chillies, salt, red chilli powder, garam masala & chaat masala together. Prepare tikkis out of the mixture.
2. Grease the grill tray, arrange the tikkis. Keep the tray on rack. Select menu & weight & press start.
3. When beeps, turn over the tikkis. Press start.
4. When beeps, remove the tikkis.
5. Take the one bun piece, spread the tomato sauce, layer with cheese slice, place the tikkis, onion rings. Cover with the other bun piece. To hold the burger together pierce a toothpick in the centre.
6. Keep the burger on tray & on the rack. 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>bF1</td><td>Poha</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>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>1½ 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>½ 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>
</table>
<u>Method :</u> 1. In a MWS bowl add oil, rai, jeera, curry leaves. Select menu & weight & press start.
2. When beeps, add onion, green chillies, hing, haldi. Mix & press start.
3. When beeps, add washed poha, salt, red chilli powder, garam masala. 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>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Suji</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>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>Salt & 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 chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Rai, jeera, hing, curry leaves, 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.
2. Select menu & weight & press start.
3. When beeps, add onions, stir well & press start.
4. When beeps, add water, sugar, salt, lemon juice. Mix well & press start. Stand for 5 minutes.
</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>Veg Cutlet</td><td>0.1 ~ 0.3 kg</td><td>Grill Tray + Rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boiled Vegetables-(Potato, Cauliflower, Carrots, green peas)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Cornflour</td><td colspan="3">2 tbsp - 3 tbsp</td></tr>
<tr><td>Bread crumbs</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>½ tsp</td><td>½ tsp</td><td>1½ tsp</td></tr>
<tr><td>Chilli paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Salt, garam masala</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. Mix all the ingredients except bread crumbs together. Shape them into flat cutlets. Brush the cutlets with oil.
2. Coat with bread crumbs. Arrange the cutlets on grill tray. Keep on the rack.
3. Select menu & weight & press start.
4. When beeps, turn over & press start.
</td></tr>
<tr><td>bF4</td><td>Aloo Tikki</td><td>0.1 ~ 0.3 kg</td><td>Grill Tray + 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>Potatoes</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Boiled peas</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala, chaat masala</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u> 1. Mix boiled potatoes, peas, coriander leaves, chopped ginger, green chillies, salt, red chilli powder, garam masala & chaat masala together. Prepare tikkis out of the mixture.
2. Grease the grill tray, arrange the tikkis. Keep the tray on rack. Select menu & weight & press start.
3. When beeps, turn over the tikkis. Press start.
</td></tr>
</table>

UTILITY CORNER

1. Utility Corner (UC)
2. Fermentation (FE)

Utility Corner (UC)

Menu		Weight Limit	Utensil	Instructions
UC1	Keep warm	0.3 kg	Microwave 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	Microwave safe bowl	Method : 1. Take water in a MWS bowl, add vinegar & lemon juice in it. Select menu & press start. 2. When beeps, clean with a dry cloth & again press start.
UC3	Auto Defrost-Veg	0.2 ~ 0.5 kg	Microwave safe bowl	Method : Veg (Paneer, green peas, sweet corn etc.) 1. Take vegetables in a MWS bowl. Select menu & weight & press start. 2. When beeps, mix well & press start.
UC4	Auto Defrost-Nonveg	0.5 ~ 1.0 kg	Microwave safe bowl	Method : Non-veg- (Chicken, mutton) 1). Take in a MWS bowl, select menu & weight & press start. 2). When beeps, mix well & press start.
UC5	De-humidification	0.3 kg	Microwave safe bowl	Method : Namkeen, biscuits, papad, bhujia, wafers etc. 1) In a MWS bowl add the food to be dehumidified. Select menu & press start.

Fermentation (FE)

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>FE1</td><td>Yoghurt</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>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>¼ tsp</td></tr>
<tr><td>Strawberry essence</td><td>¼ 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.
2. When it gives a beep, stir well. Press start.
3. When it gives a beep, again stir well. Press start
Remove and cool. Refrigerate it.
</td></tr>
<tr><td>FE2</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.
2. When it gives a beep, remove and add curd, coriander and jeera. Press start. When beeps, remove and strain and press in a muslin cloth.
</td></tr>
<tr><td>FE3</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 g</td></tr>
<tr><td>Yeast</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>½ tsp</td></tr>
<tr><td>Sugar</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
</table>
<u>Method :</u> 1. In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough.
2. Select menu and press start. When beeps, rest for 3 minutes. Now remove.
</td></tr>
</table>

Important safety instructions

Read carefully and keep for future reference

WARNING

Please ensure cooking times are correctly set as over cooking may result in FIRE and subsequent DAMAGE to the OVEN.

1 Do not attempt to tamper with, or make any adjustments or repairs to the door, control panel, safety interlock switches or any other part of the oven. It is hazardous for anyone to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy. Repairs should only be undertaken by a qualified service technician.

2 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.

3 Do not dry clothes in the microwave oven, which may become carbonized or burned if heated too long.

4 Do not cook food wrapped in paper towels, unless your cook book contains instructions, for the food you are cooking.

5 Do not use newspaper in place of paper towels for cooking.

6 Do not use wooden containers. They may heat-up and char. Do not use ceramic containers which have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Metal objects in the oven may arc, which can cause serious damage.

7 Do not operate the oven with a kitchen towel, a napkin or any other obstruction between the door and the front edges of the oven, which may cause microwave energy leakage.

8 Do not use recycled paper products since they may contain impurities which may cause sparks and/or fires when used in cooking.

9 Do not rinse the turntable by placing it in water just after cooking. This may cause breakage or damage.

10 Small amounts of food require shorter cooking or heating time. If normal times are allowed they may overheat and burn.

11 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.

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

13 Do not cook eggs in their shell. Pressure will build up inside the egg which will burst.

14 Do not attempt deep fat frying in your oven.

15 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.

16 If the oven door or door seals are damaged, the oven must not be operated until it has been repaired by a qualified service technician.

17 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.

18 When food is heated or cooked in disposable containers of plastic, paper or other combustible materials, check the oven frequently due to the possibility of the food container is deteriorating.

19 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.

20 Liquids or other foods must not be heated in sealed containers since they are liable to explode.

21 Do not operate the oven, if the door seals and adjacent parts of the microwave oven are faulty, until the oven has been repaired by a qualified service technician.

22 Check the utensils are suitable for use in microwave ovens before use.

23 Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, unless wearing thick oven gloves, as they will become hot. Before clearing make sure they are not hot.

WARNING

Please ensure cooking times are correctly set as over cooking may result in FIRE and subsequent DAMAGE to the OVEN.

Important safety instructions

Read carefully and keep for future reference

24 Only use utensils that are suitable for use in microwave ovens.

25 When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

26 If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

27 Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handing the container.

28 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.

29 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.

30 Details for cleaning door seals, cavities and adjacent parts.

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

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

33 Only use the temperature probe recommended for this oven (for appliances having a facility to use a temperature-sensing probe).

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

35 The appliance is not intended for use by young children or infirm persons without supervision.

WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

WARNING: 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.

Microwave-safe
Utensils

Never use metal or metal trimmed utensils in your microwave oven

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 microwave 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 your microwave oven.

Place the utensil in question next to a glass bowl filled with water in the microwave oven. 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 the microwave oven. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in your microwave oven. Just read through the following checklist.

Dinner plates

Many kinds of dinner-ware 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 your microwave oven, 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 bacon 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 oven.

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 your microwave oven, 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 your microwave oven, but they should be tested to be sure.

CAUTION

Some items with high lead or iron content are not suitable for cooking utensils.

Utensils should be checked to ensure that they are suitable for use in microwave ovens.

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 oven 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. While 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 skilful 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 that the outer edges do not become dry and brittle.

Height of food

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

Moisture content of food

Since the heat generated from microwaves tends to evaporate moisture, 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 that they do not cook unevenly and do not become overcooked.

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 in 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 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

Greaseproofing effectively prevents spattering and helps food retain some heat. 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.

Food characteristics &
Microwave cooking

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 microwave 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^{0}F (3^{0}C) and 15^{0}F (8^{0}C) during standing time.

Standing time
Foods are often allowed to stand for 3 to 10 minutes after being removed from the microwave 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 seal and door surface. 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 glass 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 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 microwave 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.

Q What's wrong when the oven light will not glow?
A There may be several reasons why the oven light will not glow.
Light bulb has blown
Door is not closed

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 pad on the Control Panel is touched?
A The beep tone sounds to assure that the setting is being properly entered.

Q Will the microwave oven be damaged if it operates empty?
A Yes Never run it empty or without the glass tray.

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 Is it possible to pop corn in a microwave oven?
A Yes, if using one of the two methods described below
1 Popcorn-popping utensils designed specifically for microwave cooking.
2 Prepackaged commercial microwave popcorn that contains specific times and power outputs needed for an acceptable final product.

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. OVERCOOKING COULD RESULT IN THE CORN CATCHING FIRE.

CAUTION
NEVER USE A BROWN PAPER BAG FOR POPPING CORN. NEVER ATTEMPT TO POP LEFTOVER KERNELS.

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 a microwave 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 condition, lust as you would do with a conventional cooker.

Plug wiring informations

Technical Specifications

Warning

This appliance must be earthed

The wires in this 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 or its service agent or a similarly qualified person in order to avoid a hazard;

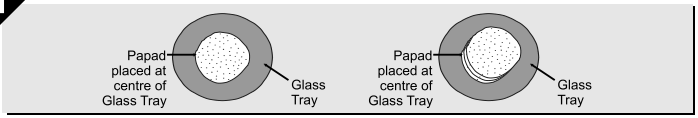
Technical Specification

	MH6589DRL
Power Input	230 V AC /50Hz
Output	850 W (IEC60705 rating standard)
Microwave Frequency	2450 MHz
Outside Dimension	507 mm(W) X 283mm(H) X 43 5mm(D)
Power Consumption Microwave	1250 Watts
Grill	1000 W (Max 2000 W)
Combination	2200 Watts

Two Recipes
for starter

NOTE : The time variation during cooking of recipe depends upon the ingredients, method adopted & type of food category

1



1. ROASTED PAPAD

Procedure :

Papad:
1. Place the raw papad at the centre of Glass Tray, as shown in the picture above.
2. Select Micro-100% Power Level and Cook time.
3. After Papad cooking give standing time of 30-45 seconds.

To Cook Multiple Papads :
*Place Multiple papads over one another, as shown in the picture above.

Crispy Papad :
1. Press Quick Start without papad.
2. Sprinkle little water or oil over the papad.
3. After beep, place the papad at the centre and press Start.

***Note :** The cooking time may vary –
a. As per the composition of the papad material.
b. As per the Quantity of papad used.

2



2. POP CORN : Place the pop corn bag to the glass tray properly as instructed on packing. Use Quick Start to set 3~4 minutes. Remove the bag after poping sound has stopped. Take care that bag corners do not touch sides while rotating.

Note : Attend poping process carefully. Do not overheat as cause flash fire.


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