



RECIPE MANUAL HEALTHY & TASTY COOKING WITH 201 AUTOCOOK MENUS

Please read this owner's manual thoroughly before operating.

MJ3281BCG

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Contents

Various Cook Functions	3
Charcoal	4~18
Indian Bread Basket	19~25
Steam Chef	26~30
Nutricare	31~53
Indian Rasoi	54~76
24 Hours	77~95
Just 4 U/Utility Corner	96~113
Usage of Accessories	114
Multi Rotisserie Assembly	115
Multi Rotisserie Installation & Cooking	116~117

Various Cook Functions

Please follow the given steps to operate cook functions (Charcoal, Indian Bread Basket, Steam Chef, Nutricare, Indian Rasoi, 24 Hours, Just 4 U / Utility Corner) in your Microwave.

Cook Functions	Charcoal	Indian Bread Basket	Steam Chef	Nutricare	Indian Rasoi	24 Hours	Just 4 U / Utility Corner
STEP-1	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear
STEP-2	Press Charcoal	Press Indian Bread Basket	Press Steam Chef	Press Nutricare	Press Indian Rasoi	Press 24 Hours	Press Just 4 U / Utility Corner
STEP-3	Turn Dial to select the food category (1 to 20)	Turn Dial to select the food category (1 to 10)	Turn Dial to select the food category (1 to 11)	Turn Dial to select the food category (1 to 44)	Turn Dial to select the food category (1 to 42)	Turn Dial to select the food category (1 to 40)	Turn Dial to select the food category (1 to 34)
STEP-4	Press start	Press start	Press start	Press start	Press start	Press start	Press start
STEP-5	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight
STEP-6	Press start	Press start	Press start	Press start	Press start	Press start	Press start

CHARCOAL

In the following example, show you how to cook **0.3Kg of Paneer Tikka**.

1. Press **STOP/CLEAR**.

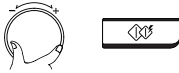


2. Press **CHARCOAL**.

The following indication is displayed "**auto**".



3. Turn **COOK MODE** until display show "**9 Paneer Tikka**". Press **START/QUICK START** for category confirmation.



4. Turn **COOK MODE** until display shows "**0.3Kg**". Press **START/QUICK START**.
When cooking you can increase or decrease cooking time by turning **COOK MODE**.



NOTE

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

Category		Weight Limit	Utensil	Instructions											
1	Murg Tandoori	1 kg	Multi Rotisserie	Whole Chicken				1 Kg							
				For Marinade											
				Hung Curd				1 Cup							
				Garlic Paste				3 Tbsp							
				Ginger Paste				1 Tbsp							
				Salt				As per taste							
				Tandoori Masala				3 Tsp							
				Cumin Powder				As per taste							
				Tandoori Color				A pinch							
				Red Chilli Powder				As per taste							
<p>Method :</p> <ol style="list-style-type: none"> Mix all the ingredient of marinade in a bowl Wash the Chicken properly & make cuts on the chicken all over. Marinate the Chicken properly coating all the places. keep marinated for 3-4 hours in refrigerator. Keep paper towel (Kitchen towel) on glass tray. Assemble the rotisserie & insert the Chicken & tie up with thread. Install the rotisserie in the microwave select category & press start. Serve with grilled onion slices, lemon wedges & onion chutney. <p>Note : For Rotisserie assembly & installation refer Pg. 115 to 117.</p>															
2	Bharwan Tamatar	0.3-0.5 kg	Multicook Tawa & High rack*	For				0.3 Kg		0.4 Kg		0.5 Kg			
				Tomato (Hollowed)				300 g		400 g		500 g			
				For Stuffing											
				Paneer (mashed)				200 g		250 g		300 g			
				Salt, Red Chilli Powder, Garam Masala, Cumin Powder				As per taste		As per taste		As per taste			
				Onion Chopped				¼ cup		¼ cup		½ cup			
				Coriander leaves Chopped				A few sprigs		A few sprigs		A few sprigs			
				Oil				¼ Tbsp		½ Tbsp		1 Tbsp			
				<p>Method :</p> <ol style="list-style-type: none"> Precook the paneer stuffing- In a MWS bowl add oil, Onions & microwave 100 % for 3 minutes. Add paneer & all the spices & coriander leaves & microwave 100% for 2 minutes Stuff the hollowed tomatoes with paneer. Grease the tomatoes with few drops of oil. Keep the Tomatoes on tawa & tawa on high rack. Select Category & weight and press start Turn over the tomato & press start. Put oil. Turn over the side again & press start. Garnish with fresh coriander leaves & serve. 											

* Refer Pg. 114 Fig. 4
MWS - Microwave safe

CHARCOAL

Category		Weight Limit	Utensil	Instructions						
3	Tandoori Aloo	0.3 ~ 0.5 kg	Multicook Tawa & High rack*	For	0.3 kg	0.4 kg	0.5 kg			
				Aloo (Cut into quarters)	300 g	400 g	500 g			
				For marinade						
				Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp			
				Garlic Paste	1 Tbsp	1 ½ Tbsp	2 Tbsp			
				Cumin Powder		As per taste				
				Red Chilli powder		As per taste				
				Salt		As per taste				
				Tandoori Masala	1 Tsp	2 Tsp	3 Tsp			
				Tandoori Color		A pinch				
				<p>Method : 1. Mix all the ingredients of marinade in a bowl. 2. Add the aloo pieces & keep for ½ hour. 3. Keep the marinated aloo on tawa & tawa on high rack. Select category & weight & press start. 4. When beeps, turn over the pieces & drizzle few drops of oil & press start again. Sprinkle chaat masala or lemon juice & serve.</p>						
4	Tandoori Gobhi	0.3 ~ 0.5 kg	Multicook Tawa & High rack*	For	0.3 kg	0.4 kg	0.5 kg			
				Cauliflower florets	300 g	400 g	500 g			
				For Marinade						
				Jeera powder	½ Tsp	1 Tsp	1 Tsp			
				Red Chilli Powder, Salt, Dhaniya Powder, Garam Masala, Anardana		As per taste				
				Tandoori Color/Haldi		A pinch				
				Oil	1 Tbsp	1½ Tbsp	2 Tbsp			
				Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp			
				<p>Method : 1. Mix together in a bowl all the ingredients of marinade. Add the cauliflower to the marinade & rub them properly with the marinade. Keep aside for 1 hours. 2. Transfer the marinated cauliflower on tawa & keep on high rack. Select category & weight and press start. 3. When beeps, drizzle few drops of oil on cauliflower & turn them over. Press start. Serve with onion rings, coriander leaves & tomato slices.</p>						

* Refer Pg. 114 Fig. 4

Category		Weight Limit	Utensil	Instructions			
5	Bharwan Bhindi	0.2 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg
				Bhindi	200 g	300 g	400 g
				Oil	¼ tbsp	½ tbsp	1 tbsp
				Jeera	¼ tsp	½ tsp	1 tsp
				Onion (chopped)	½ no.	1 no.	1no.
				Green Chillies	1 no.	2 no.	2 no.
				Ginger	¼"	¼"	½"
				Hing		A pinch	
				Tomato	½ no.	1 no.	1 no.
				For Stuffing			
				Coriander Powder	1 tsp	2 tsp	3 tsp
				Turmeric Powder	1 tsp	1½ tsp	2 tsp
				Saunf Powder	1 tsp	1½ tsp	2 tsp
				Amchoor	1 tsp	1½ tsp	2 tsp
				Red Chilli Powder, Salt		As per taste	
				Method : 1. Cut stalk of each bhindi & make lengthwise slit. 2. Combine stuffing ingredients & mix well stuff each bhindi with this mixture. 3. in MWS glass bowl add oil, jeera, onion, green chilli, ginger, tomato & hing. Select category & weight & press start. 4. When beeps, remove the bowl from microwave oven & keep the stuffed bhindi on tawa, drizzle few drops of oil on bhindis. Keep tawa on high rack 5. Press start. 6. When beeps, turn over bhindis & add the onion mixture & mix well. 7. Press start.			
6	Bharwan Baigan	0.2 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High rack	For	0.2 kg	0.3 kg	0.4 kg
				Baigan (Medium)	200 g	300 g	400 g
				For Stuffing			
				Tomato(graded)	1 no.	1½ no.	2 nos.
				Onion (chopped))	¼ cup	½ cup	1 cup.
				Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder		As per taste	
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Method : 1. Pre-prepare the stuffing-Ina microwave safe glass bowl add oil, onions, tomatoes & all spices & microwave at 100% for 3 minutes. Keep aside slit the baigans cross ways with stems intact. 2. In a MWS glass bowl add slit baigans & sprinkle some water & cover. Select category & weight & press start. 3. When beeps, Remove the bowl from microwave oven & Add the stuffing to the baigans. 4. Keep the baigans on tawa drizzle some drops of oil & keep tawa on high rack. 5. Press start. 6. When beeps, turn over again. 7. Press start.			

CHARCOAL

Category	Weight Limit	Utensil	Instructions				
7	Tandoori Jhinga	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
			King Size Prawns	200 g	300 g	400 g	500 g
			1st Marinade				
			Lemon juice	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp
			Salt, Red chilli powder	As per taste			
			Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
			2nd Marinade				
			Thick cream	2 tbsp	3 tbsp	4 tbsp	4 tbsp
			Mozarella cheese (grated)	1 tsp	2 tsp	3 tsp	4 tsp
			Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
			Red Chilli Powder	As per taste			
			Tandoori Masala	1 tsp	2 tsp	3 tsp	3½ tsp
			Cornflour	2 tsp	3 tsp	4 tsp	5 tsp
			Garam Masala	As per taste			
			Ginger Paste	2 tsp	2½ tsp	3 tsp	3½ tsp
			Tandoori Colour/Haldi	A pinch (for colour)			
			Hung Curd	1 tbsp	2 tbsp	3 tbsp	4 tbsp
<p>Method : 1. Devein & wash prawns. Marinate the prawns with 1st marinade for ½ hours. 2. Mix all the ingredients of 2nd marinade in a bowl. Pick up the prawns, discarding the lemon juice & add to the 2nd marinade & keep in refrigerator for 2-3 hours or more. 3. Transfer the marinated prawns on tawa & keep the tawa on high rack. Select category & weight & press start. 4. When beeps, drizzle few drops of oil & turn over the side. Press start. Serve in pudina chutney. Note: In case the prawns get watery drain excess water & then cook.</p>							

* Refer Pg. 114 Fig. 4

Category		Weight Limit	Utensil	Instructions			
8	Chana Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg
				Boiled Kabuli Chana (Chhole)	200 g	300 g	400 g
				Cloves	1 no.	2 nos.	2 nos.
				Pepper powder	As per taste		
				Cinnamon powder	¼ tsp	¼ tsp	½ tsp
				Garlic Cloves	2 nos.	3 nos.	3 nos.
				Salt	As per taste		
				Ginger Chopped	1 tsp.	2 tsp.	3 tsp
				Bread pieces	1 no..	2 nos.	2 nos.
				Whole red chilly	1 no	2 nos.	3 nos.
				Bread crumbs	For coating		
				<p>Method : 1. Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces, whole red chilli, to a paste. 2. Now shape the paste in the form of kababs & roll out each kababs in bread crumbs for complete coating. 3. Now keep the kababs on tawa & keep the tawa on high rack. Select category & weight & press start. 4. When beeps, turn over the side & press start.</p>			
				9	Paneer tikka	0.3 ~ 0.5 kg	Multi rotisserie
Paneer cubes (cut into 1½" cubes), Capsicum (cut into cubes), onion (cut into cube), tomato(cut into cubes, pulp removed)	300 g	400 g	500 g				
For marinade							
Hung curd	2 tbsp	3 tbsp	4 tbsp				
Ginger garlic paste	1 tbsp	1½ tbsp	2 tbsp				
Salt, Garam masala, Red Chilli powder	As per taste						
Tandoori masala	1 tsp	2 tsp	3 tsp				
Tandoori Color	A pinch						
Oil	For basting						
<p>Method : 1. Mix all the ingredients of the marinade in a bowl. 2. Make holes in the paneer pieces with the rotisserie skewers. 3. Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour. 4. Skewer all the vegetables in the rotisserie & assemble the rotisserie & install the rotisserie in the oven. Select category & weight & press start. 5. When beeps, pour some oil & press start. Note: For rotisserie assembly & installation refer Pg. 115 to 117</p>							

* Refer Pg. 114 Fig. 4

CHARCOAL

Category		Weight Limit	Utensil	Instructions							
10	Matar Kababs	0.2 ~ 0.4 kg	Multicook tawa* & High rack	For	0.2 kg	0.3 kg	0.4 kg				
				Boiled peas	200 g	300 g	400 g				
				Roasted makhanas	1 cup.	1½ cups.	2 cups.				
				Chopped green chillies	2 nos.	3 nos.	4 nos.				
				Salt, pepper, garam masala	As per taste						
				Seeds of Chhoti Elaichi	4 nos.	5 nos.	6 nos.				
				Roasted Cashewnuts	2 tbsp	3 tbsp	4 tbsp				
				Method :							
				1. Grind the boiled peas, green chillies & elaichi seeds together to a fine paste.							
				2. Grind the makhanas & cashewnuts together to a rough powder.							
3. Mix peas & makhanas paste. Add salt, pepper, garam masala.											
4. Make small balls & flatten them to get small round kababs.											
5. Keep on tawa & keep the tawa on high rack. Select category & weight & press start.											
6. When beeps, turn over & press start											
7. When beeps, turn over & press start. Sprinkle chaat masala & serve.											
11	Tandoori Mushrooms	0.2 ~ 0.5 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg	0.5 kg			
				Mushroom Buttons (stalk removed)	200 g	300 g	400 g	500 g			
				For Marinade							
				Hung Curd	1 tbsp	2 tbsp	3 tbsp	4 tbsp			
				Ginger Garlic Paste	½ tbsp	1 tbsp	2 tbsp	2½ tbsp			
				Salt, Coriander powder, cumin powder, amchoor	As per taste						
				Cornflour	¼ tsp	½ tsp	1 tsp	1½ tsp			
				Tandoori Color	A pinch						
				Method :							
				1. Mix all the ingredients of the marinade in a bowl.							
2. Prick all the mushroom buttons & add to the marinade.											
3. Keep the mushroom Marinated for 1 hour.											
4. Transfer the mushrooms on tawa & keep the tawa on high rack. Select category & weight & press start.											
5. When beeps, turn over the mushroom & press start.											
6. When beeps, turn over again & press start.											
Note: If mushroom run watery while cooking, drain water & start cooking again.											

* Refer Pg. 114 Fig. 4

Category		Weight Limit	Utensil	Instructions							
12	Arbi Tandoori	0.3 ~ 0.5 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For	0.3 kg	0.4 kg	0.5 kg				
				Arbi (Cut into slices)	300 g	400 g	500 g				
				Oil	2 tsp	3 tsp	4 tsp				
				Onion rings	1 cup	1½ cup	2 cups				
				Garam Masala, Amchoor, Salt	As per taste						
				Green Chillies (Chopped)	2 nos.	3 nos.	4 nos.				
				Ginger (shredded)	1 tsp	1½ tsp	2 tsp				
				Coriander Seeds	½ tsp	1½ tsp	1 tsp				
				For Marinade							
				Hung curd	2 tbsp	3 tbsp	4 tbsp				
				Tandoori Masala	½ tbsp	1 tbsp	1½ tbsp				
				Ginger Paste	½ tsp	½ tsp	1 tsp				
				Pepper corns (crushed)	4 nos.	5 nos.	6 nos.				
				Ajwain	½ tsp	½ tsp	1 tsp.				
				Haldi	A pinch						
				Salt	As per taste						
				Oil	½ tbsp.	½ tbsp	1 tbsp				
				Besan	½ tbsp	½ tbsp	1 tbsp				
				Method :				<ol style="list-style-type: none"> 1. Mix all the ingredients of marinade in a bowl. Add the arbi slices & keep for ½ an hour. 2. In a MWS glass bowl add oil, onion rings, shredded ginger & green chillies, garam masala, amchoor & salt. Mix well. Select Category & weight & press start 3. When beeps, remove the bowl from microwave oven, Transfer the marinated arbi on tawa & keep the tawa on high rack. 4. Press start. 5. When beeps, drizzle few drops of oil. Add onion rings mixture & turn over the slices. 6. Press start. 			

* Refer Pg. 114 Fig. 4

CHARCOAL

Category		Weight Limit	Utensil	Instructions			
13	Malai Tikka	0.3 ~ 0.5 kg	Multi rotisserie	For	0.3 kg	0.4 kg	0.5 kg
				Boneless Chicken (1½" pieces)	300 g	400 g	500 g
				Oil	For basting		
				For Marinade			
				Thick cream	¼ cup	¼ cup	½ cup
				Green cardamom powder	¼ tsp	¼ tsp	¼ tsp
				Pepper powder	As per taste		
				Garlic paste	½ tsp	½ tsp	1 tsp
				Ginger paste	1 tsp	1½ tsp	2 tsp
				Melted butter	¼ tbsp	½ tbsp	1 tbsp
				Garam masala, amchoor, jeera powder, salt	As per taste		
				Green chillies	1 no.	1 no.	2 nos.
				<p>Method : 1. Mix all the ingredients of the marinade in a bowl. Marinate Chicken & keep in refrigerator for 1 hour. 2. Grease the rotisserie skewers with some oil. Put the chicken pieces on skewers. Assemble the rotisserie. Install the rotisserie in the microwave, spread the tissue paper on the glass tray. 3. Select category & weight & press start. 4. When beeps, add 1tsp oil & again press start. Sprinkle the chaat masala & serve. Note: For rotisserie assembly & installation refer Pg. 115 to 117.</p>			
				14	Corn Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*
Boiled potatoes	2 medium	3 medium	4 medium				
Boiled sweet corns	¼ cup	½ cup	1 cup				
Onions (Chopped)	¼ cup	½ cup	1 cup				
Green chillies (Chopped)	1 no.	1 no.	2 no.				
Fresh coriander (finely chopped)	1 tbsp.	2 tbsp.	3 tbsp				
Pudina (finely chopped)	½ tbsp.	1 tbsp	1½ tbsp				
Melted butter	¼ tbsp.	½ tbsp	1 tbsp				
Garam Masala, pepper powder, salt	As per taste						
Lemon juice	2 tsp	3 tsp	3 tsp				
Bread crumbs	1 tbsp	2 tbsp	3 tbsp				
<p>Method : 1. Mash the boiled potatoes & corns. Mix well. 2. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice. 3. Make long kababs out of this mixture. 4. Keep the kababs on tawa & tawa on high rack. Select category & weight & press start. 5. When beeps, turn over & press start. 6. When beeps, turn over & press start. Serve with chutney or sauce.</p>							

Category		Weight Limit	Utensil	Instructions			
15	Kastoori Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg
				Boneless Chicken mince (Keema)	200 g	300 g	400 g
				For marinade			
				Ginger garlic paste	¼ tsp	½ tsp	1 tsp
				Lemon juice	¼ tsp	½ tsp	1 tsp
				Roasted Besan	2 tbsp	3 tbsp	4 tbsp
				Bread crumbs	2 tbsp	3 tbsp	4 tbsp
				Pepper powder, Salt, Red chilli powder		As per taste	
				Ginger finely chopped	½ tsp	½ tsp	1 tsp
				Chopped Coriander leaves	2 tbsp	3 tbsp	4 tbsp
				Oil	1 tsp	2 tsp	3 tbsp
				Choti elaichi powder	½ tsp	½ tsp	1 tsp
				Jeera	1 tsp	1 tsp	1 tsp
				Kesar (Soaked in ½ cup in milk)	½ tsp	½ tsp	1 tsp
				Method : 1. Wash the chicken mince in a strainer. Press well to squeeze out the water well. 2. Marinate the mince with all the ingredients mentioned under marinade. 3. Make flat Kababs of the mixture. 4. Keep the kababs on tawa & tawa on high rack. Select category & weight and press start. 5. When beeps, turn over the kababs & press start, Sprinkle chaat masala & serve.			

* Refer Pg. 114 Fig. 4

CHARCOAL

Category		Weight Limit	Utensil	Instructions			
16	Tikka Achaari	0.3 ~ 0.5 kg	Microwave safe (MWS) glass bowl & Multi rotisserie	For	0.3 kg	0.4 kg	0.5 kg
				Boneless mutton (Cut into 1½" pieces)	300 g	400 g	500 g
				For marinade			
				Hung curd	2 tbsp	3 tbsp	4 tbsp
				Raw papaya Paste (Green papaya, peeled, deseed & grind in a mixer)	½ tbsp	½ tbsp	1 tbsp
				Onion (Sliced)	¼ cup	½ cup.	1 cup
				Salt, Red chilli powder, Amchoor powder	As per taste		
				Saunf	2 tsp.	2 tsp	2 tsp
				Jeera	½ tsp.	½ tsp	1 tsp
				Mustard seeds	½ tsp	½ tsp	1 tsp
				Ginger garlic paste	½ tbsp	1 tbsp	1½ tbsp
				Tandoori Color	A pinch		
				Methidana	A pinch		
				<p>Method : 1. Wash & pat dry the mutton pieces. Prick them with a fork. 2. Mix all the ingredients of marinade in a bowl. Add the mutton pieces & keep for 3-4 hours in refrigerator. 3. Remove from fridge & let them come to room temperature. 4. In a MWS glass bowl add the marinated pieces. Select category & weight & press start. 5. When beeps, remove the bowl from microwave oven spread the tissue paper on glass tray & insert the mutton pieces in rotisserie skewers. Assemble the rotisseries & install in the microwave. 6. Press start. 7. When beeps, pour 1 tsp oil on the mutton pieces. 8. Press start.</p>			
<p>Note : For rotisserie assembly & installation refer Pg. 115 to 117</p>							

* Refer Pg. 114 Fig.4

Category		Weight Limit	Utensil	Instructions						
17	Mahi Tikka	0.3 ~ 0.5 kg	Multicook tawa & High rack*	For	0.3 kg	0.4 kg	0.5 kg			
				Fish fillets (Cut into 2" cubes)	300 g	400 g	500 g			
				For marinade						
				Hung Curd	2 tbsp	3 tbsp	4 tbsp			
				Thick cream	¼ cup	¼ cup	½ cup			
				Ginger garlic paste	1 tsp	2 tsp	2½ tsp			
				Ajwain	¼ tsp	½ tsp	½ tsp			
				Garam masala		As per taste				
				Salt pepper		As per taste				
				Lemon juice	1 tbsp	2 tbsp	2½ tbsp			
				Red chilli powder, salt		As per taste				
				<p>Method : 1. Rub the fish well with 3 tbsp besan & 2 tbsp lemon juice to remove the fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Pick fish all over with a forks.</p> <p>2. Mix all the ingredients of marinade. Add the fish pieces & keep aside for 3-4 hours.</p> <p>3. Transfer the marinated fish pieces to tawa & keep tawa on high rack. select category & weight & press start.</p> <p>4. When beeps, turn over the pieces & press start.</p> <p>5. When beep, turn over the pieces & press start. Sprinkle chaat masala & serve onion slices.</p> <p>Note:- In case there is excess water during cooking & drain it & restart.</p>						

* Refer Pg. 114 Fig. 4

CHARCOAL

Category		Weight Limit	Utensil	Instructions				
18	Tandoori Subzi	0.3 ~ 0.5 kg	Microwave safe (MWS) glass bowl & High rack & Multicook tawa*	For	0.3 kg	0.4 kg	0.5 kg	
				Paneer (Cut 1" inch)	300 g	400 g	500 g	
				Salt, Red chilli powder		As per taste		
				Lemon juice	1 tsp	1½ tsp	2 tsp	
				Oil	1 tbsps	1½ tbsps	2 tbsps	
				Capsicum (Cut into fine rings)	2 cups	2½ cups	3 cups	
				Onion (Cut into fine rings)	2 cups	2½ cups	3 cups	
				Black salt		As per taste		
				Tandoori Masala	2 tsp.	2½ tsp	3 tsp	
				Tandoori Color		A pinch		
				For Paste				
				Ginger	1½" piece	2" piece	2½" piece	
				Green Chillies	2 nos.	3 nos.	4 nos.	
				Jeera	1 tsp	1½ tsp	2 tsp	
				Garlic flakes (Optional)	3 nos.	4 nos.	5 nos.	
				<p>Method : 1. Grind garlic, ginger, jeera & green chillies to a thick rough paste. Do not add water. Keep the paste aside. 2. Add salt, chilli powder & lemon juice to the paste. Add the tandoori color. 3. Cut the paneer into 1" square pieces. Apply the paste on all the pieces properly.. 4. In a MWS glass bowl add oil, capsicum & onion. Select category & weight & press start. 5. When beeps, remove the bowl from microwave oven & add lemon juice, black & salt, keep aside. 6. Keep the paneer pieces on tawa & tawa on high rack. 7. Press start. 8. When beeps, add the capsicum & onion rings & mix well. Drizzle few oil drops. 9. Press start.</p>				

* Refer Pg. 114 Fig. 4

Category		Weight Limit	Utensil	Instructions	
19	Mix Veg Platter	0.5 kg	Multicook tawa & High rack*	For	0.5 Kg
				Paneer (Cut 1½" cubes)	200 g
				Mushroom buttons (trim the stalk)	100 g
				Baby corn (blanched)	25 g
				Capsicum (Cut into large cubes)	100 g
				Tomatoes (cut into quarters & deseeded)	25 g
				Onion (Cut into quarters & separated)	50 g
				For Marinade	
				Hung Curd	4 tbsp
				Thick cream	2 tbsp
				Cornflour	1 tbsp
				Ginger garlic paste	1 tbsp
				Black Salt	As per taste
				Tandoori Color	A pinch
				Tandoori masala	2 tsp
Red chilli powder, salt	as per taste				
<p>Method :</p> <ol style="list-style-type: none"> 1. Mix all the ingredients of marinade. 2. Add paneer, mushrooms, baby corns, onions & tomatoes to the marinade & mix well to coat the vegetables.. 3. Keep the marinated vegetables on tawa & tawa on high rack. Select category & press start. 4. When beeps, turn over the side & drizzle few drops of oil & press start. 5. When beep, again turn over & press start. Serve with barbeque sauce. <p>Note: In case there is excess water during the cooking process, drain it & cook.</p>					

* Refer Pg. 114 Fig. 4

CHARCOAL

Category		Weight Limit	Utensil	Instructions	
20	Fish Tandoori	0.5 kg	Multicook tawa & High rack*	For	0.5 Kg
				Pomfret	3 small sized
				For Marinade	
				Degi Mirch	2½ tsp
				Jeera	½ tsp
				Ginger paste	1 tsp
				Garlic paste	1 tsp
				Tandoori Masala	½ tsp
				Garam Masala	1½ tsp
				Amchoor	1 tsp
				Dhania Powder	1 tsp
				Lemon juice	2 tbsp
				Chaat Masala	¼ tsp
				Salt	As per taste
<p>Method : 1. Rub the fish well with besan (3tbsp), 2 tbsp lemon juice to remove fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Prick the fish all over with a fork or give shallow cuts with a knife.</p> <p>2. Mix all ingredients given under marinade. Rub the marinade well all over the fish pieces & let it marinade for 2-3 hours.</p> <p>3. Keep the marinated fish pieces on tawa & tawa on high rack. Select the category & press start.</p> <p>4. When beeps, turn over the fish & press start.</p> <p>5. When beeps, turn over again & press start.</p> <p>Sprinkle chaat masala & serve with Pudina chutney & onion rings.</p>					

* Refer Pg. 114 Fig. 4

INDIAN BREAD BASKET

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

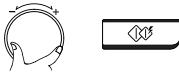
1. Press **STOP/CLEAR**.



2. Press **INDIAN BREAD BASKET**.
The following indication is displayed "**auto**".



3. Turn **COOK MODE** until display show "**1 Naan**".
Press **START/QUICK START** for category confirmation.



4. Turn **COOK MODE** until display shows "**2 Pc**".
Press **START/QUICK START**.
When cooking you can increase or decrease
cooking time by turning **COOK MODE**.



! NOTE

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

INDIAN BREAD BASKET

Category		Weight Limit	Utensil	Instructions	
1	Naan	2 No.	Multicook Tawa & Low Rack*	For	Dough
				Refined flour (Maida)	225 gms
				Curd	4 tbsp
				Milk	100 ml
				Butter	1 tbsp
				Salt	1/8 tsp
				Castor Sugar	1 tsp
				Baking powder	½ tsp
				Butter (Melted)	1 tsp
				Soda-bi-carb	¼ tsp
				Onion seeds	1 tsp
<p>Method : 1. In a bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi-carb & add to the dough. Mix it well & knead a soft dough adding the milk & water (if required). After making the dough add melted butter & knead the dough again. Keep the dough covered in a warm place for about 1-2 hours to ferment properly.</p> <p>2. Keep the tawa on low rack & keep inside the microwave. select category & press start.</p> <p>3. Divide the dough into 10 equal portions/balls. (approx. of 40 gm each). Roll out each portion in an oblong shape. Brush with melted butter & sprinkle onion seeds on the top.</p> <p>4. When beeps, keep 2 rolled out naan on the tawa & press start.</p> <p>5. Serve hot with gravy curry for your choice.</p> <p>Note: Grease the surface with little oil to prevent the naan from sticking while rolling.</p>					
2	Lachha Parantha	2 No.	Multicook Tawa & low rack*	For	Dough
				Whole wheat flour	2 cups
				Salt	½ tsp
				Ghee	2 Tbsp
				Milk	½ cup
				Water	½ cup
				<p>Method : 1. In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & then water & knead a soft dough.</p> <p>2. Keep tawa on low rack, keep inside the microwave. select category & press start.</p> <p>3. Divide the dough into 11-12 equal portion (approx of 45-46 gms). Roll out each portion to a diameter of 6" spread ½ tsp ghee/oil all over & dust some dry flour. Fold to half & again repeat the same procedure. So that you get a long strip (like a fan).</p> <p>4. Apply few drops of ghee on the strip. again roll the strip to form a ball. Roll out the ball to 5" diameter for lachha parantha.</p> <p>5. When beeps, keep 2 rolled out lachha parantha on tawa & press start.</p> <p>6. When beeps, turn the paranthas & again press start. Make all lachha paranthas following the same procedure.</p> <p>7. Apply some ghee on top (optional) & crush the parantha slightly to open up the layers. Serve hot with gravy/curry of your choice. Wrap in foil & store.</p>	

* Refer Pg. 114 Fig. 3

INDIAN BREAD BASKET

Category		Weight Limit	Utensil	Instructions	
3	Appam	1 No.	Multicook Tawa & High Rack*	For	Batter
				Rice (soaked for 5-6 hours)	1 cup
				Cooked rice (Boiled)	½ cup
				Fresh coconut shavings	2 cups
				Yeast	¼ tsp
				Coconut water	To dissolve yeast & for diluting the batter
				Salt & Sugar	As per taste
		<p>Method : 1. Grind together soaked rice, cooked rice & coconut shaving till get a fine thick paste. Do not add too much water. Instead use coconut water for grinding & diluting. Batter should have a consistency similar to dosa batter or slightly thickened.</p> <p>2. Add the yeast (diluted in 2 tbsp coconut water) & salt & sugar to taste. Allow the batter to ferment at room temperature for atleast 6-8 hours.</p> <p>3. Keep the tawa on high rack, keep inside the microwave. Select category & press start.</p> <p>4. When beeps, pour ½ cup batter (approx 100 ml) on tawa & spread evenly to a circle keep on the rack & press start.</p> <p>5. When beeps, turn the appam carefully without breaking. Press start.</p> <p>6. Serve hot with coconut chutney or veg stew.</p> <p>Note: While pouring the appam batter, try to make a thin size appam. It should not be very thick.</p>			
4	Thepla	2 No.	Steam chef without steam plate®	For	Dough
				Wheat flour	2 cups
				Curd	1 cup
				Turmeric powder	½ Tsp
				Chilli powder, coriander powders, salt	As per taste
				Oil	2 tbsp

* Refer Pg. 114 Fig. 4

® Refer Pg 114 Fig. 2

INDIAN BREAD BASKET

Category	Weight Limit	Utensil	Instructions		
5	Masala Roti	2 No.	Multicook Tawa & Low Rack*	For	Dough
				Whole wheat flour	1 cup
				Besan	3/4 cup
				Finely copped onion	1 no. (medium)
				Finely chopped green chilli	2 no.
				Black pepper powder	1 tsp
				Red chilli powder	1 tsp
				Garam Masala	½ tsp
				Ghee	1 tbsp
				Salt	As per taste
				Fresh Curd	¼ cup
				Water (to knead dough)	¼ cup
				Oil	½ tsp
				Coriander leaves (Chopped)	2 tbsp
<p>Method : 1. In a bowl combine whole wheat flour, besan, chopped onion, chopped green chillies, coriander leaves & all the spices. Rub in ghee & curds. Mix well & knead soft dough adding the water. Knead the dough again after adding oil. Keep the dough covered for 5-10 minutes.</p> <p>2. Keep the tawa on low rack. Keep inside the microwave Select category & press start.</p> <p>3. Divide the dough into 7 equal portions (approx of 60gm each). Roll out each portion into a diameter of 5 inches. use little dry flour while rolling the roti to prevent it from sticking to surface.</p> <p>4. When beeps keep 2 rolled out roties on tawa & press start.</p> <p>5. When beeps, turn & again press start. Make all the roties following the same procedure.</p> <p>6. Serve hot with pickle or curd. Wrap in foil & store.</p>					
6	Missi Roti	2 No.	Multicook Tawa & Low Rack*	For	Dough
				Wheat flour	1½ cups
				Besan	1½ cups
				Oil	4 Tbsp
				Kasuri methi, Red Chilli powder, Salt	As per taste
				Water (for dough kneading)	50 ml
				Curd	½ cup
				<p>Method : 1. In a bowl add all the ingredients of the dough & knead it by rubbing in the oil in the flour & slowly adding water to make a soft dough.</p> <p>2. Divide the dough into, 11 equal portions (each approx 50g) grease the surface on which roti will be rolled with little oil. Take the dough & roll out the roti to 5 diameter.</p> <p>3. Keep the tawa on low rack & put few drops of oil & spread. Select category & keep the tawa & low rack inside the microwave & press start.</p> <p>4. When beeps, keep the rolled out missi roties on the tawa & press start.</p> <p>5. When beeps, add ¼ tsp oil on the roties & turn over. Press start. Wrap in foil & store.</p>	

* Refer Pg. 114 Fig. 3

INDIAN BREAD BASKET

Category	Weight Limit	Utensil	Instructions																																		
7	Stuffed Naan	2 No.	Multicook tawa & Low rack*																																		
			<table border="1"> <thead> <tr> <th>For</th> <th>Dough</th> </tr> </thead> <tbody> <tr> <td>Refined flour (maida)</td> <td>225 g</td> </tr> <tr> <td>Curd</td> <td>4 tbsp</td> </tr> <tr> <td>Milk</td> <td>100 ml</td> </tr> <tr> <td>butter</td> <td>1 tbsp</td> </tr> <tr> <td>Salt</td> <td>1/8 tsp</td> </tr> <tr> <td>Castor Sugar</td> <td>1 tsp</td> </tr> <tr> <td>Baking powder</td> <td>½ tsp</td> </tr> <tr> <td>Butter (melted)</td> <td>1 tsp</td> </tr> <tr> <td>Soda-bi-carb</td> <td>¼ tsp</td> </tr> <tr> <td>Onion seeds</td> <td>1 tsp</td> </tr> <tr> <td>For filling</td> <td></td> </tr> <tr> <td>Grated Paneer</td> <td>150 g</td> </tr> <tr> <td>Chopped onions</td> <td>1 no (medium)</td> </tr> <tr> <td>Chopped green chilli</td> <td>2 nos.</td> </tr> <tr> <td>Coriander leaves (Chopped)</td> <td>A few sprigs</td> </tr> <tr> <td>Red Chilli powder, salt, garam masala, anardana powder</td> <td>As per taste</td> </tr> </tbody> </table> <p>Method :</p> <ol style="list-style-type: none"> In a bowl add all the ingredients mentioned for filling & mix well & prepare the stuffing for naan. In another bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi carb & add to the dough. Mix well & knead & soft dough adding the milk & water (if required). Add melted butter & again knead the dough. Keep the dough covered in a warm place of about 1-2 hours to ferment properly. Keep the tawa on low rack. Keep inside the microwave. Select category & press start. Divide the dough into 10-11 equal portions (approx 40 gm each) Roll out a portion & put 2 tbsp stuffing & fold from all sides & again make a ball. Roll out again to an oblong shape. Brush the top with melted butter & sprinkle onion seeds. When beeps, keep 2 rolled out naans on tawa & press start. Make all other naans following the same procedure. Serve hot with the gravy/curry of your choice. <p>Note: Grease the surface with little oil to prevent the naan from sticking to the surface while rolling.</p>	For	Dough	Refined flour (maida)	225 g	Curd	4 tbsp	Milk	100 ml	butter	1 tbsp	Salt	1/8 tsp	Castor Sugar	1 tsp	Baking powder	½ tsp	Butter (melted)	1 tsp	Soda-bi-carb	¼ tsp	Onion seeds	1 tsp	For filling		Grated Paneer	150 g	Chopped onions	1 no (medium)	Chopped green chilli	2 nos.	Coriander leaves (Chopped)	A few sprigs	Red Chilli powder, salt, garam masala, anardana powder	As per taste
For	Dough																																				
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Red Chilli powder, salt, garam masala, anardana powder	As per taste																																				

* Refer Pg. 114 Fig. 3

INDIAN BREAD BASKET

Category		Weight Limit	Utensil	Instructions	
8	Khasta Paratha	2 No.	Multicook Tawa & Low Rack*	For	Dough
				Whole wheat flour	1½ cup
				Melted butter	1/3 cup
				Salt	As per taste
				Buttermilk	½ cup
				<p>Method : 1. Mix whole wheat flour, melted butter, salt in a bowl. 2. Gradually add buttermilk to form a firm dough. Add more buttermilk (if required). 3. After kneading lightly on a floured surface, form into a smooth ball. 4. Allow the dough to rest for 20 minutes covered. Divide whole dough into 8 equal portion (45gms). 5. On a lightly floured surface, roll out each portion into 5" diameter rounds. 6. Keep the tawa on low rack & select category & keep the tawa inside the microwave & press start. 7. When beeps, put 2 parathas on tawa & press start. 8. When beeps, smear with ½ tsp oil & turn over & press start. Wrap in foil & store.</p>	
9	Rajma Paratha	2 No.	Multicook Tawa & high rack®	For	Dough
				Boiled Rajma	1/3 cup
				Whole Wheat flour (atta)	1 cup
				Soyabean flour	2 Tbsp
				Chopped green chillies	3-4 nos.
				Fresh mint leaves	8-10 nos.
				Anardana (Crushed)	1 tsp
				Red Chilli Powder	1 tsp
				Tomato Puree	2 tbsp.
				Salt	As per taste
				Oil	2 tsp
				Coriander leaves (Chopped)	2 tbsp
				Water	To knead to dough

* Refer Pg. 114 Fig. 3

® Refer Pg. 114 Fig. 4

INDIAN BREAD BASKET

Category		Weight Limit	Utensil	Instructions	
10	Pudina Parantha	2 No.	Multicook Tawa & High Rack*	For	Dough
				Whole wheat flour	1 cup
				Mint leaves	½ cup
				Salt	As per taste
				Butter	2 tbsp
				Chaat Masala	2 tsp
				Oil/ghee	2 tsp
				Dry pudina powder	1 tbsp
				Water	As required to make the dough
				<p>Method :</p> <ol style="list-style-type: none"> 1. Wash & put dry & chop mint leaves finely. 2. In a bowl combine wheat flour, mint leaves, salt, butter, chaat masala, gradually add water & knead a soft dough. Keep the dough covered for 5-7 minutes. 3. Keep the tawa on high rack. Keep inside the microwave Select category & press start. 4. Divide the dough into 5-6 equal sized portions. Roll out each dough into a diameter of 6". Spread ½ tsp oil/ghee all over & dust with some dry pudina powder fold the rolled out chapati like a fan & again make a ball & again roll out the ball to a measure of 5" diameter. 5. When beeps keep 2 rolled out paranthas on tawa & press start. 6. When beeps apply ¼ tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the similar procedure. 7. Serve them hot with curd or pickle. Wrap in foil & store. 	

* Refer Pg. 114 Fig. 4

STEAM CHEF

In the following example, show you how to cook **0.1Kg of Momos**.

1. Press **STOP/CLEAR**.

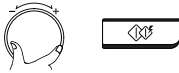


2. Press **STEAM CHEF**.

The following indication is displayed "auto".



3. Turn **COOK MODE** until display show "**1 Momos**". Press **START/QUICK START** for category confirmation.



4. Turn **COOK MODE** until display shows "**0.1Kg**". Press **START/QUICK START**.

When cooking you can increase or decrease cooking time by turning **COOK MODE**.



! NOTE

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

Category		Weight Limit	Utensil	Instructions									
1	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		
				Oil					1 tsp	2 tsp	3 tsp		
				For filling									
				Finely chopped carrot, capsicum, cabbage					1½ cup	2 cups	2½ cups		
				Salt & Pepper					As per your taste				
				Soya sauce					½ tsp	1 tsp	1½ tsp		
				Chilli sauce					½ tsp	1 tsp	1½ tsp		
				Method : 1. In bowl take maida, salt, baking powder, oil & gradually adding water knead a soft dough. Keep it covered for 15 minutes. 2. In another bowl take all ingredients of filling. Mix well. 3. Divide the dough into small equal sized balls. Roll out each ball into thin chapatis & add filling in the centre & close it giving them momos shape. Prepare all the momos in the same way. 4. In the steam chef, add water to the steam bowl, place the momos on the steam plate & cover. 5. Select category & weight. Press start. Serve them hot with schezwan sauce.									
				Note : Sprinkle some water on the momos before keeping in the microwave for steaming.									
				2	Sprouts	0.1 ~ 0.3 kg	Steam chef*	For					0.1 kg
Moong sprouts								100 g	200 g	300 g			
Chopped onion, Chopped tomato								1 cup	2 cups	2 cups			
Salt, Chaat masala, Lemon juice								As per taste					
Method : 1. In the steam chef, add water to the steam water bowl, place the moong sprouts on the steam plate and cover. 2. Select category and weight and press start. Stand for 3 minutes. Add chopped onion, tomato, salt, chaat masala and lemon juice and serve.													
3	Steamed chicken	0.1 ~ 0.5 kg	Steam chef*	For					0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Boneless chicken					100 g	200 g	300 g	400 g	500 g
				Soya sauce, 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 category and weight and press start. Stand for 3 minutes.									

* Refer Pg. 114 Fig.1

STEAM CHEF

Category		Weight Limit	Utensil	Instructions												
4	Sarson ka saag	0.1 ~ 0.4 kg	Steam chef* & Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg								
				Sarson (washed & separated leaves)	75 g	150 g	200 g	250 g								
				Palak (washed & separated leaves)	20 g	50 g	100 g	150 g								
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp								
				Onion garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp								
				Tomato (chopped)	1/2 cup	1 cup	1½ cup	2 cups								
				Salt, Red chilli powder	As per your taste											
				Water	As required											
				Method : 1. In the steam chef, add water in the steam water bowl, place sarson and palak on the steam plate and cover. Select category and weight and press start. 2. When beeps, remove the steam chef, grind it with water. 3. In a MWS bowl add oil, onion garlic paste, tomato, salt and red chilli powder and press start. Mix well. 4. When beeps, add grind sarson and palak, water (as required) to the MWS bowl. Mix well and press start. Serve it with makki ki roti.												
				5	Matar Mushroom	0.1 ~ 0.3 kg	Steam chef* & Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg					
Matar	50 g	100 g	150 g													
Mushroom (chopped)	50 g	100 g	150 g													
Oil	1 tbsp	1½ tbsp	2 tbsp													
Onion (chopped)	1/2 cup	1 cup	1 cup													
Tomato puree	2 tbsp	2½ tbsp	3 tbsp													
Salt, Red chilli powder, Garam masala	As per taste															
Method : 1. In the steam chef, add water to the steam water bowl, place the matar and chopped mushroom on the steam plate and cover. Select category and weight and press start. 2. When beeps, remove the steam chef. 3. In a MWS bowl add oil, onion, tomato puree, salt, red chilli powder, garam masala and press start. Mix well. 4. When beeps, add steamed matar and mushroom to the MWS bowl and add little water, press start. Mix well and add chopped coriander leaves and serve with roti.																
6	Boiled Egg	2-9	Steam chef*					Eggs	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.	7 nos.	8 nos.	9 nos.
								Method : 1. In the steam chef, add water to the steam water bowl, place the eggs on the steam plate and cover. 2. Select category & number and press start. Remove the shell of the eggs and sprinkle salt and pepper and serve.								

* Refer Pg. 114 Fig.1

STEAM CHEF

Category		Weight Limit	Utensil	Instructions			
7	Gajar ka Halwa	0.3 kg	Steam chef* & Microwave safe (MWS) flat glass dish	For	0.3 kg		
				Grated Gajar	300 g		
				Ghee	2 tbsp		
				Milk Powder	4 tbsp		
				Khoya	5 tbsp		
				Sugar	4 tbsp		
				Elaichi Powder and Dry Fruits	As per your taste		
<p>Method : 1. In steam chef, add water in steam water bowl. Place the grated gajar on steam plate and cover. 2. Select category & press start. 3. When beeps, transfer the steamed gajar to the MWS glass dish. Add rest of the ingredients to the grated gajar and mix well. Press start.</p>							
8	Avial	0.1 ~ 0.3 kg	Steam chef* & Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Cut vegetables (long pieces), Carrot, potato, drumstick, French beans, bottlegourd	100 g	200 g	300 g
				Oil	1 tbsp	1 tbsp	1½ tbsp
				Mustard seeds, Curry leaves, Salt, Haldi	As per taste		
				Coconut milk	½ cup	1 cup	1½ cup
				Curd (beaten)	½ cup	1 cup	1½ cup
				<p>Method : 1. In the steam chef, add the water to the steam water bowl, place the vegetables on the steam plate and cover. 2. Select category & weight and press start. 3. When beeps, remove the Steam Chef. 4. In a MWS bowl add oil, mustard seeds, curry leaves, haldi, salt. Add coconut milk and curd. Press start. 5. When beeps, add the steamed vegetables to the coconut milk and press start. Garnish with grated coconut and serve.</p>			

* Refer Pg. 114 Fig.1

STEAM CHEF

Category		Weight Limit	Utensil	Instructions						
9	Shorshe Ilish	0.3 kg	Steam chef* & Microwave safe (MWS) bowl	For				0.3 kg		
				Hilsa pieces				300 g		
				Mustard oil				1 tbsp		
				Onion				2 nos.		
				Mustard seeds and chilli paste				1½ tbsp		
				Salt, Red chilli powder				As per taste		
				<p>Method : 1) In the steam chef, add the water to the steam water bowl, place the hilsa pieces on the steam plate and cover. Select category and press start.</p> <p>2) When beeps, remove the steam chef. In a MWS bowl add mustard oil, onion, mustard seeds and chilli paste, salt, red chilli powder and press start.</p> <p>3) When beeps, add the steamed hilsa in MWS bowl, mix well and cover. Press start. serve with rice.</p>						
10	Aluvadi	0.1 ~ 0.3 kg	Steam Chef*	For				0.1 kg	0.2 kg	0.3 kg
				Arbi ke patte				100 g	200 g	300 g
				Besan				100 g	200 g	300 g
				Red chilli powder, turmeric powder, salt				As per taste		
				<p>Method : 1. Mix besan, red chilli powder, turmeric powder & salt. Add water to make batter out of it.</p> <p>2. Spread out arbi ke patte & spread a layer of besan batter on them. Roll them & tie with a thread.</p> <p>3. In steam chef, add water to the steam water bowl. Keep aluvadi on steam plate. Cover. Select category & weight and press start.</p> <p>4. Allow to stand for 5 minutes.</p> <p>5. Take out & cut into small slices & serve.</p>						
11	Rasia Muthiya	0.1 ~ 0.3 kg	Microwave safe (MWS) 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		
				<p>Method : 1. In a MWS bowl add rice & water. Select category & weight & press start.</p> <p>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.</p> <p>3. In the steam chef, add water to the steam water bowl. Keep the muthiyas on the steam plate. Cover & press start.</p> <p>4. When beeps, remove the muthiyas & add to the kadhi & serve.</p>						

* Refer Pg. 114 Fig.1

NUTRICARE

In the following example, show you how to cook **0.1Kg of Kala Chana**.

1. Press **STOP/CLEAR**.

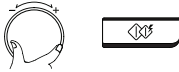


2. Press **NUTRICARE**.

The following indication is displayed "auto".



3. Turn **COOK MODE** until display show "15 Kala Chana".
Press **START/QUICK START** for category confirmation.



4. Turn **COOK MODE** until display shows "0.1Kg".
Press **START/QUICK START**.

When cooking you can increase or decrease cooking time by turning **COOK MODE**.



! NOTE

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

SALADS

Category		Weight Limit	Utensil	Instructions			
1	Beetroot Salad	0.1-0.3 Kg	Steam chef *	For	0.1 Kg	0.2 Kg	0.3 Kg
				Beetroot (sliced)	100 g	200 g	300 g
				Saunf	½ tsp	1 tsp	1 tsp
				Coriander powder, pepper powder, salt, lemon juice	As per taste		
				Method : 1. Add 300 ml water to steam water bowl, keep the steam plate. Keep the sliced beetroot pieces on the steam plate & cover. Select category & weight and press start.			
2. In a bowl take the steamed beetroot add saunf, coriander powder, pepper powder, salt & lemon juice. Toss well. Chill & serve.							
2	Cous Cous Salad	0.1-0.3 Kg	Microwave Safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Daliya	100 g	200 g	300 g
				Water	300 ml	600 ml	900 ml
				Salt	As per taste		
				Oil	Few drops		
				Vegetables (Cucumber cubes, chopped tomatoes, broccoli florets, sliced mushrooms)	2 cups	2½ cups	3 cups
				Lettuce leaves	2-3 leaves		
				For dressing			
				Pudina leaves (finely chopped)	¼ cup	½ cup	1 cup
				Lemon juice, pepper powder	As per taste		
Method : 1. In a MWS bowl take daliya (Cous cous), add water & salt & few drops of oil. Select category & weight and press start.							
2. When beeps, remove & allow the daliya to cool for sometime so that the grains separate.							
3. Now add the vegetables & press start.							
4. Mix all the ingredients of dressing in a bowl.							
5. When cooking ends, add the cous cous to the dressing bowl. Toss all the ingredients together.							
6. Spread the lettuce leaves on a plate. And transfer the cous cous salad to the plate. Chill & serve.							
3	Pasta Salad	0.2 Kg	Microwave Safe (MWS) bowl	For	0.2 Kg		
				Penne pasta	200 g		
				Water	400 ml		
				Vegetable (Grated carrot, capsicum, sliced olives, chopped spring onion)	1½ cup		
				Salt, pepper powder	As per taste		
				Olive oil	2 tsp		
				Vinegar	1 tsp		
				Oregano (optional)	As per taste		
				Curd	2 tbsp		
				Method : 1. In a MWS bowl add pasta, water & few drops of oil. Select category & press start.			
2. Wash the boiled paste under cold water to separate them.							
3. In a bowl take boiled pasta, add vegetable, salt, pepper powder, vinegar, curd, olive oil. Toss them together. Chill & serve.							

Category		Weight Limit	Utensil	Instructions						
4	Rice Salad	0.2 Kg	Microwave Safe (MWS) bowl	For				0.2 Kg		
				Basmati Rice				200 g		
				Water				400 ml		
				Apples (diced)				1 no.		
				Green peas				½ cup		
				cauliflower florets				1 cup		
				Lemon Juice, salt, pepper				As per taste		
				Lettuce leaves				2-3 leaves		
				shredded Cabbage leaves Coriander leaves				For garnishing		
				Method :				1. In a MWS bowl add rice & water. Select category & press start. 2. When beeps, remove & in another MWS bowl add peas, Cauliflower florets & ½ cup water. Cover. Press start. 3. In cooled rice add apple, green peas, cauliflower florets, salt & pepper. 4. Now add lemon juice & toss well & transfer to serving dish lined with lettuce leaves. Garnish with shredded cabbage & coriander leaves.		
5	Spring Basket Salad	0.1-0.3 Kg	Steam chef *	For				0.1 Kg	0.2 Kg	0.3 Kg
				Red cabbage leaves				20 g	40 g	60 g
				Baby corns				30 g	60 g	90 g
				Sprouts				20 g	40 g	50 g
				Black/green grapes				30 g	40 g	50 g
				Macroni (Boiled)				20 g	40 g	50 g
				For Dressing						
				Olive Oil				1 tbsp	1 tbsp	1½ tbsp
				Vinegar/lemon juice				½ tbsp	1 tbsp	1½ tbsp
				Oregano				1 tsp	1 tsp	1½ tsp
				Finely Chopped Onions				2 tbsp	3 tbsp	4 tbsp
				Salt & pepper				As per taste		
				Sugar				½ tsp	1 tsp	1 tsp
				Method :				1. Put 300ml water in steam water bowl. Put the steam plate & keep red cabbage leaves, put steam cover. Keep in microwave. Select Category & weight and press start. 2. When beeps, remove steamed cabbage leaves. Do not throw the water from the steam water bowl. Keep baby corns cut into halves & sprouts on steam plate. Cover & keep in microwave. Press start. 3. When beeps, remove from microwave. Allow to cool. 4. In a bottle or container with lid put all the ingredients of dressing & shake for 1-2 minutes till all ingredients blend well. 5. In a bowl add baby corns, grapes cut into halves, sprouts, boiled macroni & pour dressing, cover it. Mix well & fill the steamed cabbage leaves with it. 6. Serve the Salad basket chilled.		

SALADS

Category		Weight Limit	Utensil	Instructions																															
6	Chicken in Tomato Towers	0.3 Kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High Rack	<table border="1"> <tr> <td>For</td> <td colspan="3">0.3 kg</td> </tr> <tr> <td>Tomatoes</td> <td colspan="3">300 gms (3 nos.)</td> </tr> <tr> <td>Chicken Keema</td> <td colspan="3">100 gms</td> </tr> <tr> <td>Onion (finely chopped)</td> <td colspan="3">1 no.</td> </tr> <tr> <td>Salt & pepper</td> <td colspan="3">As per taste</td> </tr> </table>				For	0.3 kg			Tomatoes	300 gms (3 nos.)			Chicken Keema	100 gms			Onion (finely chopped)	1 no.			Salt & pepper	As per taste										
				For	0.3 kg																														
Tomatoes	300 gms (3 nos.)																																		
Chicken Keema	100 gms																																		
Onion (finely chopped)	1 no.																																		
Salt & pepper	As per taste																																		
<p>Method :</p> <ol style="list-style-type: none"> 1. Take tomatoes wash & clean them. Cut from top & scoop out the pulp & seeds from tomatoes for the filling. 2. In a microwave safe glass bowl put chicken keema chopped onion, salt & pepper. Mix well. Select category & press start. 3. When beeps, Remove the bowl from microwave oven. Discard excess water (if present) & adjust the seasoning. Now fill the hollowed tomatoes with chicken mixture 4. Put the filled tomatoes on multicook tawa in standing position. Place tawa on high rack. 5. Press start. 																																			
7	Tiranga Salad	0.3 Kg	Microwave Safe (MWS) flat glass dish	<table border="1"> <tr> <td>For</td> <td colspan="3">0.3 kg</td> </tr> <tr> <td>Grated carrot</td> <td colspan="3">100 g</td> </tr> <tr> <td>Grated raddish</td> <td colspan="3">100 g</td> </tr> <tr> <td>Broccoli florets</td> <td colspan="3">100 g</td> </tr> <tr> <td>Olive</td> <td colspan="3">1-2</td> </tr> <tr> <td>Salt, lemon juice</td> <td colspan="3">As per taste</td> </tr> </table>				For	0.3 kg			Grated carrot	100 g			Grated raddish	100 g			Broccoli florets	100 g			Olive	1-2			Salt, lemon juice	As per taste						
				For	0.3 kg																														
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Grated raddish	100 g																																		
Broccoli florets	100 g																																		
Olive	1-2																																		
Salt, lemon juice	As per taste																																		
<p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS flat glass dish arrange grated carrot first in form of a band, then grated raddish & then broccoli florets, sprinkle water. cover with cling film select category & press start.. 2. Add salt & lemon juice. Mix each layer separately. 3. Take olive & cut into thin slices. Now make a flower at the centre of the raddish layer with olive slices chill & serve. 																																			
8	Hari Seekh Salad	0.2-0.4 Kg	Multi rotisserie	<table border="1"> <tr> <td>For</td> <td>0.2kg</td> <td>0.3 kg</td> <td>0.4 kg</td> </tr> <tr> <td>Vegetable (Spinach leaves, broccoli, bulbs of spring onion, cabbage leave)</td> <td>200 g</td> <td>300 g</td> <td>400 g</td> </tr> <tr> <td colspan="4">For Marinade</td> </tr> <tr> <td>Hung curd</td> <td>2 tbsp</td> <td>3 tbsp</td> <td>4 tbsp</td> </tr> <tr> <td>Onion paste</td> <td>1 tbsp</td> <td>2 tbsp</td> <td>3 tbsp</td> </tr> <tr> <td>Garam Masala, Amchoor, Salt</td> <td colspan="2">As per taste</td> <td></td> </tr> <tr> <td>Oil</td> <td colspan="3">For basting</td> </tr> </table>				For	0.2kg	0.3 kg	0.4 kg	Vegetable (Spinach leaves, broccoli, bulbs of spring onion, cabbage leave)	200 g	300 g	400 g	For Marinade				Hung curd	2 tbsp	3 tbsp	4 tbsp	Onion paste	1 tbsp	2 tbsp	3 tbsp	Garam Masala, Amchoor, Salt	As per taste			Oil	For basting		
				For	0.2kg	0.3 kg	0.4 kg																												
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Onion paste	1 tbsp	2 tbsp	3 tbsp																																
Garam Masala, Amchoor, Salt	As per taste																																		
Oil	For basting																																		
<p>Method :</p> <ol style="list-style-type: none"> 1. Mix all the ingredients of marinade in a bowl. 2. Take one vegetable at a time and spread the marinade on each vegetable or leaf on both the sides thoroughly. Mix well leave aside for 1 hour mixing at least twice in between. 3. Oil & wipe the skewers of the rotisserie. 4. Skewer the vegetables-thread them starting with broccoli, then fold a cabbage leaf & insert, fold a spinach leaf one & then fold again (like a pan) & insert, then insert a whole spring onion & then again another folded cabbage leaf & spinach leaf in the same skewer, Repeat the same for all the skewers. 5. Install the rotisserie in the oven. 6. Select category & weight & press start. Serve hot. 																																			

Category		Weight Limit	Utensil	Instructions			
9	Crunchy Chicken Salad	0.5 Kg	Steam Chef * & Multicook Tawa * & High rack	For	0.5 Kg		
				Boneless Chicken	300 g		
				Vegetables (Boiled peas sweet corns, chopped tomato)	200 g		
				Lettuce leaves	For garnishing		
				Eggs	2 nos.		
				Lemon juice	2 tbsp		
				Salt	As per taste		
				Poppy seeds	4 tsp		
				Olive oil	1 tbsp		
				<p>Method : 1. In a bowl mix lemon juice, salt & poppy seeds. Now take each piece of boneless chicken & thoroughly coat with poppy seeds. 2. In another bowl mix boiled peas sweet corns, chopped tomatoes, add some salt, red chilli powder, lemon juice, olive oil. Adjust the seasoning as per your taste. Mix well. 3. Add 300 ml water to the steam water bowl, keep the steam plate & place the eggs on the steam plate cover select category & press start. 4. When beeps remove the steam chef from microwave oven. 5. Now keep the marinated boneless chicken pieces on tawa. Keep the tawa on high rack. 6. Press start. 7. When beeps, turn over the side. 8. Press start. 9. Line a serving dish with lettuce leaves. 10. Transfer the chicken pieces & vegetable to serving dish. Toss them over. Garnish with slices of boiled eggs & serve.</p>			
10	Babycorn and Bean salad	0.1-0.3 Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Babycorn	50 g	100 g	150 g
				Bean	50 g	100 g	150 g
				Salt, lemon juice, pepper powder (Optional)	As per taste		
				<p>Method : 1. In a MWS bowl add babycorn & beans together. Add some water cover. 2. Select category & weight & press start. 3. Add salt, lemon juice, pepper powder. Mix well & serve.</p>			
11	Carrot and peas Salad	0.1-0.3 Kg	Microwave safe (MWS)Bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Carrot	50 g	100 g	150 g
				Peas	50 g	100 g	150 g
				Salt, lemon juice, pepper powder (Optional)	As per taste		
				<p>Method : 1. In a MWS bowl add carrot & peas together. Add some water cover. 2. Select Category & weight & press start 3. Add salt, lemon juice, pepper powder. Mix well & Serve.</p>			

* Refer Pg. 114 Fig. 1

* Refer Pg. 114 Fig. 4

SALADS

Category		Weight Limit	Utensil	Instructions			
12	Whole Wheat & Mint Salad	0.1-0.3 Kg	Microwave safe (MWS) bowl & Steam chef	For	0.1 Kg	0.2 Kg	0.3 Kg
				Whole wheat (Soaked in hot water for 2 hours)	100 g	200 g	300 g
				Mint leaves	1 cup	1½ cups	2 cups
				Sprouted Chana	100 g	200 g	300 g
				Green Chilli	1 no.	2 nos.	3 nos.
				Ginger	As per taste		
				Salt & pepper	As per taste.		
				Lemon Juice	1 tsp	1½ tsp	2 tsp
				Water (with salt)	200 ml	400 ml	600 ml
				<p>Method : 1. In a microwave safe bowl put soaked whole wheat & salty water. Select category & weight. Press start. 2. When beeps, remove & drain the whole wheat & allow to cool. 3. Add 300ml water to the steam water bowl. Keep the steam plate & place sprouted chana on the steam plate, cover. Press start. When beeps remove & allow to cool. 4. In a mixer, put clean mint leaves, ginger, green chillies, lemon juice & make a smooth paste. 5. In a bowl put whole wheat, sprouted chana, mint paste, salt, pepper & lemon-juice. Mix well. Serve chilled.</p>			
13	Bread Salad	0.1-0.3 Kg	High rack	For	0.1 Kg	0.2 Kg	0.3 Kg
				Whole wheat bread slices	2 nos.	3 nos.	4 nos.
				Tomatoes (seedless & cut in pieces)	¼ cup	½ cup	1 cup
				Cucumber (Cut in pieces)	¼ cup	½ cup	1 cup
				Steamed french beans	¼ cup	½ cup	1 cup
				Fresh basil leaves	A few sprigs		
				For Salad Dressing			
				Olive Oil	1 tbsp	1½ tbsp	2 tbsp
				Vinegar	½ tsp	1 tsp	1½ tsp
				Salt, pepper & Sugar	As per taste		
<p>Method : 1. Take bread slices (0.1kg/0.2kg/0.3kg) & keep on high rack. Select Category & weight. Press start. 2. When beeps, turn bread slices. Again press start. Remove from microwave allow to cool. Cut the slices into croutons. 3. Put all the ingredients of salad dressing in a bowl cover the bowl & shake well to make the dressing for salad. 4. In a bowl put cut tomatoes, cucumber, french beans, basil leaves & bread croutons. Pour dressing over the ingredients. Mix well & serve immediately (before the bread croutons gets soggy)</p>							

Category		Weight Limit	Utensil	Instructions								
14	Lemon Chicken	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg			
				Boneless Chicken	100 g	200 g	300 g	400 g	500 g			
				Soya sauce	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp			
				Corn flour	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp			
				Water	½ cup	½ cup	½ cup	1 cup	1 cup			
				Salt, pepper & sugar	As per taste							
				Garlic paste	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
				Lemon juice	2 tsp	3 tsp	4 tsp	4 tsp	5 tsp			
				Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp			
				<p>Method : 1. Mix boneless chicken, soya sauce, salt & pepper, garlic paste & lemon juice in a bowl. Refrigerate for ½ hour. 2. In a MWS bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select category & weight & press start. 3. When beeps, mix well. Cover & press start. Allow to stand for 3 minutes.</p>								
15	Kala Chana	0.1 ~ 0.5 kg	Steam chef* without steam plate & Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg			
				Soaked Kala Chana	100 g	200 g	300 g	400 g	500 g			
				Water	300 ml							
				Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp			
				Onion chopped	½ cup	1 cup	1½ cup	2 cups	2½ cups			
				Salt, Chaat masala, Red chilli powder, hara dhania	As per taste							
				<p>Method : 1. Soak chana overnight, add water to the steam water bowl put soaked chanas in it and cover. Select category and weight and press start. 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. 3. When beeps, add chanas to the MWS bowl along with little water and press start. Mix well. Serve hot. Note: Do not use steam plate in step 1.</p>								

* Refer Pg. 114 Fig. 2

HEALTH PLUS

Category		Weight Limit	Utensil	Instructions						
16	Karela Subzi	0.3 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa	Chopped Karela		0.3 kg				
				Oil		2 tbsp				
				Chopped Onion		1 cup				
				Water		As required				
				Rai, Jeera, Hing & Haldi		For tempering				
				Salt, Sugar, Garam Masala, Dhania, Jeera Powder		As per your taste				
				Grated Coconut & Hara Dhania		For garnishing				
				<p>Method : 1. In a Microwave safe glass bowl take Oil add Rai, Jeera, Hing, Haldi & Chopped Onion. Select category & weight and press start. 2. When beeps, add Chopped Karela, some water, salt, sugar, masala, dhania-jeera powder & cover. Press start.. 3. When beeps, remove the bowl from microwave oven transfer subzi to a multicook tawa, stir well. Place on High Rack. 4. Press start.</p> <p>Note : Before cooking, scrap & rub the karela with salt & keep aside for 2-3 hours.</p>						
17	Machi Kali Mirch	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	Pomfret (fish category)		0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Salt, Lemon Juice & Kali Mirch Powder		To marinate as per your taste				
				Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic		As required				
				<p>Method : 1. Take Pomfret Slices as per weight (0.1 kg/ 0.2 kg/ 0.3 kg/ 0.4 kg/ 0.5 kg) and marinate with salt, lemon juice, and kali mirch powder (as per taste) for one hour. 2. In Microwave Safe bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select category & weight and press start. 3. When beeps, open door and add marinated fish, salt to taste and some water. Cover & press start. 4. Give standing time for 5 minutes.</p>						

* Refer Pg. 114 Fig. 4

Category		Weight Limit	Utensil	Instructions							
18	Nutrinuggets	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg				
				Soaked and boiled nutrinuggets	50 g	100 g	150 g				
				Potato	50 g	100 g	150 g				
				Oil	1 tbsp	1½ tbsp	2 tbsp				
				Jeera	As per taste						
				Chopped onion	1/2 cup	1 cup	1½ cup				
				Tomato puree	2 tbsp	3 tbsp	4 tbsp				
				Salt, garam masala, red chilli powder, haldi, dhanial powder	As per taste						
				Water	1½ cup	2 cup	2½ cup				
				Chopped coriander leaves	For garnishing						
				Method :				1. In a MWS bowl add oil, jeera, onion. Select category and weight and press start. Mix well.			
								2. When beeps, add tomato puree, nutrinuggets, potato, salt, red chilli powder, haldi, dhanial powder and add ½ the amount of water mentioned per weight (For eg. For 100g, add 1 cup of water). Cover and press start. Mix well.			
								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.			
19	Soyabean Curry	0.2 kg	Microwave safe (MWS) bowl	For	0.2 kg						
				Soyabean (soaked overnight)	200 g						
				Oil	1½ tbsp						
				Chopped onions	1 cup						
				Tomato puree	½ cup						
				Chopped green chillies	1 tbsp						
				Red chilli powder, garam masala, coriander powder, salt	As per taste						
				Water	200 ml						
				Coriander leaves	For garnishing						
				Method :				1. In a MWS bowl add oil, chopped onions. Select category and press start. Mix well.			
				2. When beeps, in the same bowl add tomato puree and haldi and press start. Mix well.							
				3. When beeps, add chopped green chillies, red chilli powder, garam masala, coriander powder, salt, soyabean and water Press start. Garnish with coriander leaves and serve hot.							

HEALTH PLUS

Category		Weight Limit	Utensil	Instructions								
20	Curd Brinjal	0.1 kg ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg			
				Brinjal (cut into pieces)	100 g	200 g	300 g	400 g	500 g			
				Curd	100 g	200 g	300 g	400 g	500 g			
				Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4 tbsp			
				Curry leaves	A few sprigs							
				Mustard & cumin seeds	1 tsp	2 tsp	3 tsp	4 tsp	4 tsp			
				Salt	As per taste							
				Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	4 tsp			
				Method : 1. In a MWS bowl add oil & brinjal. Cover. Select category & weight and press start. 2. When beeps, remove & in another MWS bowl add oil, mustard & cumin seeds, curry leaves & chopped ginger. Press start. 3. When beeps, add brinjal, curd & salt. Mix well & press start.								
				21	Fish Bharta	0.3 kg	Microwave safe (MWS) bowl & Steam chef*	For	0.3 kg			
Fish (Fillet)	300 g											
Mustard oil	1 tbsp											
Mustard seeds	1 tsp											
Chopped onion	1 cup											
Red chilli powder, haldi, garam masala, salt	As per taste											
Method : 1. In steam chef add water to the steam water bowl. Place the fish pieces on the steam plate & cover. Select category and press start. 2. When beeps, remove & mash the fish. In a MWS bowl, add oil, chopped onions, mashed fish, red chilli powder, garam masala, haldi, salt. Cover and press start.												

* Refer Pg. 114 Fig. 1

Category		Weight Limit	Utensil	Instructions					
22	Soya Idli	4-8 Nos.	Microwave safe (MWS) Idli Steamer* & Microwave safe (MWS) bowl	Rice	100 g				
				Urad	4 tbsp				
				Soyabean granules	4 tbsp				
				Water	As required				
				Salt	As per taste				
				For	4 nos.	5 nos.	6 nos.	7 nos.	8 nos.
				Oil	1 tsp	2 tsp	2½ tsp	3 tsp	4 tsp
				Chopped vegetables (capsicum & onion)	½ cup	1 cup	1½ cup	2 cups	2½ cups
				Curry leaves	A few sprigs				
				Mustard seeds	As required				
				Red chilli powder	As per taste				
				Tomato sauce	2 tbsp				
				Water	¼ cup				
				<p>Method : 1. Wash & soak rice, urad daal & soyabeans granules for 4 hours. 2. Grind, mix & ferment for 8 to 10 hours. Grind the mixture to paste consistency. (You can use the same batter for making 4, 5, 6, 7, 8 idlies) 3. Grease idli stand with little oil. Put idli batter in it. Add ½ cup water in the steamer. Keep the idli stand & cover. Select category & number and press start. 4. When beeps, remove. In a microwave safe bowl add oil, mustard seeds, curry leaves & chopped vegetables. Press start. 5. When beeps, mix well. Add red chilli powder, tomato sauce, water. Mix well. Add the idlies. Mix well to coat the idlies with sauce. Cover & press start.</p>					
23	Bathua Raita	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	
				Chopped bathua	25 g	50 g	75 g	100 g	
				Water	50 ml	75 ml	100 ml	125 ml	
				Beaten curd	3 tbsp	4 tbsp	5 tbsp	6 tbsp	
				Salt, roasted cumin seed powder	As per taste				
				<p>Method : 1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select category & weight and press start. 2. When beeps, remove. 3. In a bowl add water, beaten curd, bathua leaves & mix well. Add salt & roasted cumin seed powder. 4. Mix well & refrigerate it for some time & serve.</p>					

* Provided with Start Up Kit.

HEALTH PLUS

Category	Weight Limit	Utensil	Instructions					
24	Spinach Dal	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
			Dehusked soaked lentils (at least for 2 hours)	100 g	200 g	300 g	400 g	500 g
			Onions chopped	½ cup	1 cup	1 cup	1½ cup	2 cups
			Spinach chopped	1 cup	1½ cup	2 cup	2 cup	2½ cups
			Oil	1 tbsp	2 tbsp	2 tbsp	2½ tbsp	2½ tbsp
			Cumin seeds	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
			Ginger & green chillies (chopped)	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp
			Water	300 ml	500 ml	700 ml	800 ml	900 ml
			Turmeric, salt	As per taste				
			Lemon juice	1 tsp	2 tsp	3 tsp	3½ tsp	4 tsp
			Coriander leaves	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp
<p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS bowl put soaked dal (lentils), water, turmeric powder. Select category & weight and press start. 2. When beeps, in another MWS bowl put oil, chopped onions, cumin seeds, chopped ginger & green chillies, chopped spinach. Mix well and press start. 3. When beeps, mix well & add boiled lentils. Mix again & press start. 4. Garnish with coriander leaves & serve hot. 								

Category		Weight Limit	Utensil	Instructions					
25	Chicken Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg				
				Boneless chicken	300 g				
				Oil	½ tbsp				
				Chopped garlic	2 tsp				
				Salt & pepper powder	As per taste				
				Maida	3 tbsp				
				Water	600 ml (3 cups)				
				Fresh cream	For garnishing				
				Method :		1. In a MWS bowl add chicken pieces, chopped garlic and water. Select category and press start. 2. When beeps, remove & strain stock. In another MWS glass bowl add oil, cumin seeds and maida and press start. 3. When beeps, add the chicken stock, salt, pepper and press start. Garnish with fresh cream and serve hot.			
				26	Tamatar Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
Chopped tomato	300 g								
Oil	1 tbsp								
Ginger garlic paste	2 tbsp								
Jeera, bay leaf, salt, garam masala, sugar	As per taste								
Water	600 ml (3 cups)								
Coriander leaves	For garnishing								
Method :		1. In a MWS glass bowl add tomatoes cut into quarters with water, select category and press start. 2. When beeps, grind and strain the whole stock. 3. In another MWS glass bowl add oil, ginger garlic paste, jeera, bay leaf and press start. Mix well. 4. When beeps, add the strained stock, season with salt, garam masala and press start. Add sugar if very sour. Garnish with coriander leaves and serve hot.							

SOUP

Category		Weight Limit	Utensil	Instructions	
27	Sweet Corn Soup	0.6 kg	Microwave Safe (MWS) Glass Bowl	For	0.6 kg
				Sweet Corn	200 g
				Water	600 ml (3 cups)
				Oil	1 tsp
				Cornflour	2 tbsp & ½ cup water
				Salt, Sugar and Kali Mirch and Green Chilli	As per your taste
				<p>Method : 1. Grind sweet corn with water and put in MWS Glass Bowl. Select category & press start. 2. When beeps, remove, in another MWS glass bowl put oil, green chilli & press start. 3. When beeps, add corn mixture in it. Mix cornflour with ½ cup water and mix with it. Add salt, sugar, kali mirch and press start.</p>	
28	Mushroom Soup	0.6 kg	Microwave Safe (MWS) Glass Bowl	For	0.6 kg
				Mushroom	120 g
				Potato	1 No.
				Cabbage	50 g
				Onion	1 small
				Water	600 ml (3 cups)
				Salt, Black Pepper	As per your taste
				Oil	1 tsp
				Grated cheese	As per requirement
				<p>Method : 1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select category & press start. 2. When beeps, remove the bowl. Allow to cool & separate the mushrooms & grind the remaining stock & strain it. 3. In a MWS glass bowl, add oil, chopped mushrooms, salt & pepper and then add the stock & press start. Garnish with grated cheese & serve.</p>	

Category		Weight Limit	Utensil	Instructions	
29	Rasam	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Tomato	300 g
				Tamarind pulp	50 g
				Salt & Jaggery	As per taste
				Green chillies	2 nos.
				Coriander & curry leaves	For garnishing
				Chopped garlic	2-3 flakes
				Coriander seeds, cumin seeds, cinnamon, hing	As per taste
				Water	600 ml (3 cups)
				Oil	1 tbsp
<p>Method : 1. In a MWS glass bowl add chopped tomato & water. Select category & press start. 2. When beeps, remove & cool. Grind & strain it. 3. In a MWS glass bowl add oil, coriander seeds, cumin seeds, cinnamon, hing, chopped garlic, green chillies, salt & jaggery & strained tomato stock. Press start. 4. When beeps, strain it again & add more water (if required), tamarind pulp. Press start. 5. Garnish with coriander & curry leaves & serve.</p>					
30	Hot & Sour Soup	0.6 kg	Microwave Safe (MWS) Glass Bowl	For	0.6 kg
				Water	600 ml (3 cups)
				Chilli sauce	1 tbsp
				Soya sauce	2 tbsp
				Vinegar	As per taste
				Chopped vegetables (capsicum, spring onions, carrots, cabbage)	100 g
				Tomato sauce	2 tbsp
				Cornflour	2 tbsp & ½ cup water
				Salt, pepper, sugar	As per taste
				Ajinomoto	1 pinch
Paneer	50 g				
<p>Method : 1. In a MWS glass bowl add water, chili sauce, soya sauce, vinegar, sugar, salt, pepper powder and ajinomoto. Select category & press start. 2. When beeps, stir well & add all the chopped vegetables, except paneer. Press start. 3. When beeps, stir well & add corn flour, tomato sauce, paneer pieces & press start.</p>					

SOUP

Category		Weight Limit	Utensil	Instructions	
31	Tomato Soup	0.6 kg	Microwave Safe (MWS) Glass Bowl	For	0.6 kg
				Chopped Tomato	100 g
				Chopped Carrot	25 g
				Chopped Onion	1 small
				Chopped Ginger, Garlic	1 tsp
				Salt, Sugar, Pepper	As per your taste
				Cornflour & Oil / Butter	2 tbsp / 1 tsp
				Water	600 ml (3 cups)
				<p>Method : 1. In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along with water. Keep in Microwave. Select category & weight and press start.</p> <p>2. When beeps, grind and strain it</p> <p>3. In another bowl add oil/butter and stock and then put the bowl in Microwave and press start. When beep, add sugar, salt, black pepper as per your taste and cornflour paste which is made up by mixing the half cup of cold water. Stir well & press start.</p> <p>4. Garnish with bread croutons, coriander (green dhania) and fresh cream and serve hot.</p>	
				32	Mulligtawny Soup
Cooked rice	50 g				
Dehusked lentil	30 g				
Apples (peeled & sliced)	½ no.				
Carrot	50 g				
Onion	50 g				
Veg stock/water	600 ml (3 cups)				
Salt & pepper	To taste				
Butter	1 tsp				
Curry powder	1 tsp				
Lemon juice	1 tsp				
<p>Method : 1. In MWS glass bowl add butter, carrot, onion & apples. Mix well. Select category & weight and press start.</p> <p>2. When, beep, mix well, add cooked rice, lentils & water and press start.</p> <p>3. When, beep, mix well, allow to cool. Blend & strain. In the same MWS glass bowl add the strained stock, salt, pepper, curry powder & lemon juice. Press start.</p>					

Category		Weight Limit	Utensil	Instructions	
33	Tom Yum Kung	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Small sized prawns	10-12 nos.
				Mushrooms (sliced)	5-6 nos.
				Lemon grass stem	4 inch stalk
				Lime leaves	5-6 nos.
				Coriander fresh chopped	A few sprigs
				Fish sauce	2 tbsp
				Thai red curry paste	2 tbsp
				Lemon juice	1 tbsp
				Veg stock/chicken stock	600 ml (3 cups)
				Green/red chillies	3 nos.
				Salt & pepper	To taste
				<p>Method : 1. In a MWS glass bowl put head & shells of prawns, green/red chillies (cut into 2), salt, roughly crushed lemon grass, lime leaves & stock. Mix well. Select category & press start. 2. When beeps, strain the stock. Add cleaned prawns, fish sauce, pepper, thai red curry paste. Stir well & press start. 3. Add lemon juice & adjust the seasoning. Serve piping hot.</p>	
34	Sichuan Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Boneless chicken pieces	100 g
				Carrot (grated)	1 no.
				Capsicum (chopped)	½ no.
				Cabbage (shredded)	½ no.
				Mushrooms (sliced)	4-5 nos.
				Paneer (pieces)	50 g
				Spring onions (bulb & greens)	1-2 nos.
				Peppercorns (freshly crushed)	4-5 nos.
				Chicken stock	600 ml (3 cups)
				Cornflour	3 tbsp & ¼ cup
				Salt & sugar	To taste
				Vinegar	2 tbsp
Red chilli paste	1 tbsp				
<p>Method : 1. Put chicken pieces, cabbage, carrot, capsicum, mushrooms, spring onion bulbs, peppercorns and chicken stock in a MWS glass bowl. Select category and press start. 2. When beeps, take the bowl out & add red chilli paste, vinegar, salt & sugar, cornflour dissolved in ¼ cup cold water & paneer pieces. Stir well & press start. 3. Garnish with greens of spring onions. Adjust seasonings & serve hot.</p>					

CONTINENTAL

Category		Weight Limit	Utensil	Instructions									
35	Pasta	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack*	Penne Pasta	0.1 kg	0.2 kg	0.3 kg						
				Butter	1 tbsp	2 tbsp	3 tbsp						
				Onion Chopped	2 tbsp	3 tbsp	4 tbsp						
				Garlic Chopped	1 tsp	2 tsp	3 tsp						
				Chopped Palak leaves	50 g	75 g	100 g						
				Water	400 ml	800 ml	1200 ml						
				Cream	½ cup	1 cup	1½ cup						
				Grated Cheese	4 tbsp	5 tbsp	6 tbsp						
				Nutmeg Powder	1 pinch								
				Oregano	¼ tsp	½ tsp	¾ tsp						
				Salt & Pepper	As per your taste								
				Method : 1. In MWS glass bowl take pasta with water & oil drops. Select category & weight press start. 2. When beeps, remove the bowl from microwave oven drain water from pasta. In MWS flat glass dish add butter, onion, garlic & Palak, mix well 3. Press start. 4. When beeps, add cream, nutmeg powder, oregano, salt & pepper and boiled pasta, mix well & sprinkle grated cheese on the top & keep the vessel on high rack. 5. Press start. 6. Serve pasta hot.									
				36	Veg Au Gratin	0.1 ~ 0.5 kg	Microwave safe (MWS) flat glass dish & High rack*	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
								Mix Vegetables - Carrot, Cauliflower, French Beans (cut into small pieces), Sweet Corns, Green peas etc.	100 g	200 g	300 g	400 g	500 g
Maida	1 tbsp	2 tbsp	3 tbsp					4 tbsp	5 tbsp				
Butter	1 tbsp	2 tbsp	3 tbsp					4 tbsp	5 tbsp				
Milk	½ cup	1 cup	1 cup					1½ cup	1½ cup				
Grated Cheese	2 tbsp	4 tbsp	6 tbsp					8 tbsp	10 tbsp				
Salt, & Pepper	As per your taste												
Method : 1. In a MWS flat glass dish take butter, milk vegetables & maida. Mix well. Select category & weight and press start. 2. When beeps, mix well add salt & pepper. Mix well. 3. Spread grated cheese on it & keep the MWS flat glass dish on high rack. Press start.													

* Refer Pg. 114 Fig.7

Category		Weight Limit	Utensil	Instructions						
37	Baked Mushrooms	0.1 ~ 0.5 kg	Microwave safe (MWS) flat glass dish & High Rack®	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	
				Mushrooms	100 g	200 g	300 g	400 g	500 g	
				White Sauce	50 ml	100 ml	150 ml	200 ml	250 ml	
				Cheese (grated), Salt, Kali Mirch	As per requirement					
				Butter	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp	
				Method : 1. In MWS flat glass dish put all the ingredients except cheese, mix well. Select category & weight, press start. 2. When beeps, spread grated cheese on the top of the mixture. Place the MWS flat glass dish on high rack. 3. Press Start. 4. Serve baked mushrooms hot.						
38	Potato dumplings	0.3 kg	Steam chef * & Microwave safe (MWS) flat glass dish	For	0.3 kg					
				Maida	3-4 tbsp					
				Boiled & grated potato	100 g					
				Grated paneer	75 g					
				Salt, pepper, nutmeg powder	As per taste					
				Finely chopped spinach	1 cup					
				Butter & finely chopped garlic	1 tbsp each					
				Pizza sauce	4 tbsp					
Method : 1. Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough. 2. In the steam chef, add water to the steam water bowl, place the dumplings on the steam plate and cover. Select category and press start. 3. When beeps, take out the dumplings from the steam chef. 4. Allow them to cool. In a microwave safe flat glass dish add butter and put the dumplings in it, mix and press start.										

* Refer Pg. 114 Fig.1

® Refer Pg. 114 Fig.7

CONTINENTAL

Category		Weight Limit	Utensil	Instructions				
39	Lasaneya	0.3 kg	Microwave safe (MWS) flat glass dish & High Rack*	Lasaneya Sheets (cooked)		150 gm		
				White Sauce		1 cup		
				Pizza Sauce		½ cup		
				Mix Vegetables (boiled) - Egg plant, Zukini, Broccoli, Mushrooms, Sweet Corns etc.		2 cups		
				Oil		2 tbsp		
				Oregano, Salt & Black Pepper		As per your taste		
				Grated Cheese		5 tbsp		
				<p>Method : 1. Except Lasaneya sheets and cheese mix all the ingredients in MWS flat glass dish. Select category & press start. 2. When beeps, remove the MWS flat glass dish from microwave oven. In another MWS flat glass dish arrange lasaneya sheet in the bottom. Then spread vegetable mixture on it againkeep another lasaneya sheet on it and make layers of sheets and vegetable mixture. 3. Press start. 4. When beeps, spread grated cheese on the top & place the glass dish on high rack. 5. Press start. 6. Serve hot.</p>				
40	Macaroni	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	Macaroni		0.1 kg	0.2 kg	0.3 kg
				Water		400 ml	800 ml	1200 ml
				Butter		1 tbsp	2 tbsp	3 tbsp
				Spring Onion Chopped		2 tbsp	3 tbsp	4 tbsp
				Garlic Chopped		1 tsp	2 tsp	3 tsp
				Mushrooms Chopped		3 Nos.	4 Nos.	5 Nos.
				Tomato Sauce		2 tbsp	3 tbsp	4 tbsp
				Chilli Sauce		1 tsp	2 tsp	3 tsp
				Salt, Sugar, Pepper & Oregano		As per your taste		
				<p>Method : 1. In MWS bowl take Macaroni with water & add few oil drops. Select category & weight press start. 2. When beeps, drain water from it. In MWS bowl add all other ingredients with boiled Macaroni, mix well & press start.</p>				

* Refer Pg. 114 Fig.7

Category		Weight Limit	Utensil	Instructions							
41	Chilli Veg	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg				
				Paneer pieces	100 g	200 g	300 g				
				Chopped Capsicum & onion	½ cup	1 cup	1½ cup				
				Chopped green chillies	1 no.	2 nos.	3 nos.				
				Ginger garlic paste	½ tbsp	1 tbsp	1 ½ tbsp				
				Oil	½ tsp	1 tsp	1½ tsp				
				Soya sauce	1 tsp	1½ tsp	2 tsp				
				Cornflour	1 tbsp	1½ tbsp	2 tbsp				
				Green chilli sauce	1 tbsp	2 tbsp	3 tbsp				
				Salt & Pepper	As per your taste						
				Water	½ cup	1 cup	1 cup				
				Ajinomoto	A pinch						
				<p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover. 2. Select category & weight press start. 3. When beeps, mix well & add paneer pieces, soya sauce, chilli sauce, cornflour (mixed with ½ cup water), water, salt, pepper & ajinomoto and press start. 4. Mix well & serve. 							

CONTINENTAL

Category		Weight Limit	Utensil	Instructions	
42	Thai Chicken	0.5 kg.	Microwave safe (MWS) bowl	Boneless chicken	500 gm
				Red curry paste	2 tbsp
				Sugar	1 tsp
				Soya sauce	2 tbsp
				Salt	To taste
				Chopped garlic	1 tsp
				Blanched Broccoli (florets)	1 cup
				Peanuts (Roasted & crushed)	¼ cup
				Oil	2 tbsp
				Red chilli paste	1 tsp
				For Sauce	
				Butter	2 tbsp
				Maida	2 tbsp
				Milk	1 cup
				Salt & pepper	To taste
<p>Method : 1. In a MWS bowl put oil, garlic, sugar, soya sauce, red curry paste, broccoli, chicken pieces, mix well. Select category and press start. 2. when beeps, remove. Add red chilli paste crushed peanuts, sauce of milk, maida, butter, mix well press start.</p>					

Category		Weight Limit	Utensil	Instructions						
43	Sweet & Sour Veg	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg			
				Cut vegetables (Baby corns cut lengthwise, Broccoli florets, Mushroom pieces, Pineapple slices, Capsicum)	100 g	200 g	300 g			
				Oil	½ tbsp	1 tbsp	1½ tbsp			
				Chopped spring onion & garlic	¼ cup	½ cup	1 cup			
				Red chilli paste	¼ tsp	¼ tsp	½ tsp			
				Tomato Ketchup	¼ cup	¼ cup	½ cup			
				Vinegar	As per taste					
				Sugar	½ tsp	1 tsp	1 tsp			
				Salt	As per taste					
				Ajinomoto	¼ tsp	¼ tsp	½ tsp			
				Soya sauce	1 tsp	1 tsp	1 tsp			
				Pineapple juice	¼ cup	¼ cup	½ cup			
				Water	1 cup	1 cup	1 cup			
				Cornflour	2 tbsp mixed with ½ cup water					
				Method : 1. In a microwave safe bowl add oil, chopped spring onions & garlic, red chilli paste. Select category & weight and press start. 2. When beeps, mix well & cut vegetables, tomato ketchup, vinegar, salt, sugar, ajinomoto, soya sauce, pineapple juice, water & cornflour. Mix well, press start. Stand for 5 minutes.						
				44	Mediterranean Crostini	0.3 kg.	Low rack	French bread	6 slices	
Black olives (sliced)	¼ cup									
Cheese (grated)	½ cup									
Butter	2 tbsp									
To be mixed together for the marinated tomatoes :										
Tomatoes (sliced)	2 nos.									
Basil leaves (freshly chopped)	1 tsp									
Garlic (chopped)	1 tsp									
Olive oil	2 tsp									
Salt & freshly crushed pepper corns	As per taste									
Method : 1. In a bowl, put all the ingredients of marinade & mix well. Keep it for 15-20 minutes. 2. Butter the bread slices. Top each slice with 2-3 slices of marinated tomatoes. Put chopped olives & sprinkle grated cheese on top. 3. Select the category & press start. 4. When beeps, keep the bread slices on low rack. Keep the rack in microwave & press start.										

INDIAN RASOI

In the following example, show you how to cook **0.3Kg of Butter Chicken**.

1. Press **STOP/CLEAR**.

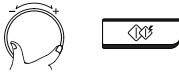


2. Press **INDIAN RASOI**.

The following indication is displayed "**auto**".



3. Turn **COOK MODE** until display show "**13 Butter Chicken**". Press **START/QUICK START** for category confirmation.



4. Turn **COOK MODE** until display shows "**0.3Kg**". Press **START/QUICK START**.

When cooking you can increase or decrease cooking time by turning **COOK MODE**.



! NOTE

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

Category	Weight Limit	Utensil	Instructions						
1	Mix Veg	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Mix Veg. (Carrot, Cauliflower, peas, beans, potato)	100 g (Total)	200 g (Total)	300 g (Total)	400 g (Total)	500 g (Total)
				Oil	¼ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
				Onion (chopped)	½ cup	1 cup	1½ cup	2 cup	2 cup
				Tomato (chopped)	¼ cup	1 cup	1½ cup	1½ cup	1½ cup
				Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder	As per taste				
				Method : 1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select category & weight and press start.					
				2. When beeps, remove & mix well. Add vegetable & some water. Cover & press start.					
				3. When beeps, mix well. Cover & press start. Garnish with coriander leaves.					
				2	Kadhai Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	Paneer	0.1 kg
Capsicum & Onion (sliced)	½ cup	1 cup	1½ cup					2 cup	2½ cup
Onion Paste	3 tbsp	4 tbsp	5 tbsp					6 tbsp	6½ tbsp
Tomato Puree	2 tbsp	3 tbsp	4 tbsp					4½ tbsp	5 tbsp
Ginger-Garlic Paste, Salt & Sugar	To taste								
Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala	To taste								
Butter	1½ tbsp	2 tbsp	3 tbsp					3½ tbsp	4 tbsp
Fresh Cream	1 tbsp	2 tbsp	3 tbsp					4 tbsp	5 tbsp
Method : 1. In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum & onion. Mix well, cover. Select category & weight and press start.									
2. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt, sugar and paneer cubes, mix well and press start. Stand for 5 minutes. Garnish with hara dhania and serve hot.									

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions			
3	Dal Tadka	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg
				Dal (soaked for 2 hours)	200 g	300 g	400 g
				Water	400 ml	600 ml	800 ml
				Oil	2 tbsp	2½ tbsp	3 tbsp
				Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch	To taste		
				Salt, dhania powder	To taste		
				Method : 1. Take dal in Microwave Safe bowl, add Water, Haldi & Hing. 2. Select category & weight and press start to cook. 3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves, salt, dhania jeera powder, hara dhania, kasuri methi (optional). Press start. 4. When beeps, add dal, water (if required), mix well & again press start.			
4	Sambhar	0.2 kg	Microwave safe (MWS) bowl	Arhar Dal (Soaked for 2 hrs)	200 g		
				Oil	2 tbsp		
				Onion chopped	1 medium		
				Tomato chopped	1 medium		
				Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin	1 cup		
				Boiled Water	400 ml		
				Imli pulp, Green Chilli, Sambhar Masala, Salt, Gud	As per your taste		
				Method : 1. Soak dal for 2 hours, In Microwave Safe Bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select category and press start. 2. When beeps, in another Microwave Safe Bowl take oil, add rai, hing, curry leaves, dhania, red chilli. Press start. 3. When beeps, mash dal very well and add to tadka. Add imli pulp sambhar masala, gud and some water (if required). Press start. Stand for 5 minutes. Garnish with coconut and hara dhania and serve with Idli.			

Category		Weight Limit	Utensil	Instructions			
5	Dum Aloo	0.1 ~ 0.3 kg	Steam chef * without steam plate & Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Aloo (small & pricked)	100 g	200 g	300 g
				Oil	2 tbsp	3 tbsp	3 tbsp
				Jeera, pepper seeds, cloves, hing		As required	
				Onion paste	1 tbsp	1½ tbsp	1½ tbsp
				ginger garlic paste	1tsp	1½ tsp	1½ tsp
				Tomato puree	1 tbsp	2 tbsp	3 tbsp
				Curd	½ cup	1 cup	1 cup
				Turmeric powder, red chilli powder, deghi mirch, salt, garam masala, saunf powder		As per taste	
				Coriander leaves		For garnishing	
				Method : 1. In steam chef put small pricked potatoes with oil (½ the amount mentioned per weight) and cover. Select category & weight and press start.			
				2. When beeps, in a microwave safe bowl add oil (remaining half amount) jeera, pepper seeds. cloves, hing, onion paste, ginger garlic paste, tomato puree and press start.			
				3. When beeps, in the same bowl add the curd, turmeric powder, red chilli powder/deggi mirch, salt, garam masala, saunf powder and potatoes, press start. Stand for 3 minutes. Garnish with coriander leaves			
Note : Do not use steam plate in step 1.							
6	Kadhi	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				Besan	25 g	50 g	75 g
				Curd / matha	1/2 cup	1 cup	1½ cup
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Rai, cumin seeds		As per taste	
				Chopped onions	1 cup	1½ cup	1½ cup
				Salt, red chilli powder, haldi, coriander powder, amchur		As per taste	
				Water	2 cups	3 cups	4 cups
				Method : 1. In a MWS bowl add oil, rai, jeera, chopped onion. Select category & weight and press start.			
				2. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (½ the amount mentioned per weight). Mix & press start.			
				3. When beeps, mix & add remaining water & press start. Pour tempering & serve.			

* Refer Pg. 114 Fig. 2

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions			
7	Baati *	0.4 kg	Multicook tawa & Low rack*	For	0.4 kg		
				Wheat flour	200 g		
				Suji	50 g		
				Melted ghee	75 ml (5 tbsp)		
				Jeera	½ tsp		
				Ajwain	¼ tsp		
				Baking powder	¼ tsp		
				Salt	As per taste		
				Haldi	As required		
				Method : 1. In a bowl mix all the ingredients, but ghee only 3 tbsp. Knead the dough with little warm water to make it like poori dough. Cover and keep for half an hour. 2. Make medium sized balls of the dough. Keep them on tawa & keep the tawa on low rack. Keep aside. 3. Select category & press start. 4. When beeps, keep the tawa & low rack & press start. 5. When beeps, change over the side. Press start. Dip the baati in melted ghee & serve with dal.			
8	Ukadiche Modak	0.1 ~ 0.3 kg	Steam Chef®	For	0.1 kg	0.2 kg	0.3 kg
				Rice flour	100 g	200 g	300 g
				Water	For making the dough		
				For filling			
				Grated coconut	4 tbsp	5 tbsp	6 tbsp
				Jaggery (Gud)	2 tbsp	3 tbsp	4 tbsp
				Elaichi powder	1 tsp	2 tsp	3 tsp
				Method : 1) Make a dough with rice flour & water. 2) Roll out the dough, put filling of grated coconut, jaggery (gud) & elaichi powder filling. Wrap them like momos. 3) In steam chef, add water (300 ml) to the steam water bowl. Put the modaks on the steam plate & cover. 4. Select category & weight and press start. 5. Allow to stand for 3 minutes.			

* Refer Pg. 114 Fig.3

® Refer Pg. 114 Fig.1

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

Category		Weight Limit	Utensil	Instructions					
9	Dalma	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg				
				Moong dal (soaked for 2 hours)	300 g				
				Water	600 ml				
				Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato)	2 cups				
				For tadka					
				Oil	2 tbsp				
				Bay leaves, jeera, dry chillies, salt, haldi	As per taste				
				Grated coconut	4 tbsp				
				Chopped onion	1 no.				
				Method :		1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select category & press start. 2. When beeps, in another MWS bowl add oil, bay leaves, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start. 3. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start.			
10	Pithla	0.6 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish	For	0.6 kg				
				Besan	½ cup				
				Oil	1½ tbsp				
				Ginger, garlic, green chillies (chopped)	1 tsp each				
				Onion, Tomato (chopped)	1 no. each				
				Coriander chopped	A few sprigs				
				Water	2 cups (400 ml)				
				Salt, turmeric powder, garam masala, red chilli powder	As per taste				
				Method :		1. In a MWS flat glass dish put besan. Select category & press start. 2. When beeps, remove & in another MWS glass bowl put oil, chopped ginger, garlic, green chilli, chopped onion & tomato, turmeric powder, garam masala, red chilli powder. Mix well & press start. 3. When beeps, mix besan with masala & add water & salt. Mix well. Keep MWS glass bowl in microwave & press start. 4. Stir well. Garnish with fresh coriander & serve.			

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions							
11	Panchmel Ki Subzi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg				
				Chopped vegetables (Gavarfali, chawli, shimla mirch, kheera, gajar)	100 g	200 g	300 g				
				Oil	½ tbsp	1 tbsp	2 tbsp				
				Jeera	½ tsp	1 tsp	1 tsp				
				Onion	½ cup	½ cup	1 cup				
				Ginger & green chilli paste	1 tsp	1½ tsp	2 tsp				
				Coriander powder, amchur, haldi & salt		As per taste					
				Method :				1. In a MWS bowl add oil, jeera, onion, ginger & green chilli paste. Mix well.			
								2. Select category & weight and press start.			
								3. When beeps, mix well & add the chopped vegetables & little water. Cover and press start.			
				4. When beeps, mix well & add coriander powder, amchur, haldi & salt. Press start. Allow to stand for 5 minutes.							
12	Gujarati Tuvar Dal	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg						
				Tuvar dal / Arhar dal (soaked for 2 hours)	300 g						
				Water	600 ml						
				Oil	1 tbsp						
				Mustard seeds	½ tsp						
				Jeera	½ tsp						
				Finely chopped ginger	1 tbsp						
				Slit green chillies	3 nos.						
				Curry leaves	A few						
				Chopped tomato	2 nos.						
				Chopped onion	1 no.						
				Hing	A pinch						
				Salt, turmeric powder, red chilli powder	As per taste						
				Jaggery (Gud)	As per taste						
				Method :				1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select category & press start.			
				2. When beeps, remove the dal.							
				3. In another MWS bowl add oil, mustard seeds, jeera, finely chopped ginger, slit green chillies, curry leaves, chopped onions, red chilli powder. Mix well & press start.							
				4. When beeps, remove the bowl & add these ingredients to the dal. Add tomato, jaggery & mix well. Press start. Squeeze lemon juice & serve.							

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions							
13	Butter Chicken	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg				
				Chicken (boneless)	300 g	400 g	500 g				
				Ginger garlic paste	2 tbsp	2½ tbsp	3 tbsp				
				Tomato puree	½ cup	1 cup	1 cup				
				Chopped onions	1 no.	1 no.	2 nos.				
				Garam masala, dhania powder, jeera powder, kasuri methi, red chilli powder, salt	As per taste						
				Kaju paste	2 tbsp	2½ tbsp	3 tbsp				
				Fresh cream	1 cup	1½ cup	1½ cup				
				Butter	2 tbsp	3 tbsp	3½ tbsp				
				Oil	2 tbsp	2½ tbsp	2½ tbsp				
				Slit green chillies	3 nos.	4 nos.	5 nos.				
				Method : 1. In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select category & weight & press start. 2. When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well & cover. Press start. 3. When beeps, mix well, add kaju paste, cream & butter. Mix well & cover. Press start. 4. Garnish with slit chillies.							
				14	Beans Porial	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
French beans (cut evenly)	100 g	200 g	300 g								
Oil	1 tsp	1 tsp	2 tsp								
Mustard seeds	¼ tsp	½ tsp	½ tsp								
Urad dhal	¼ tsp	½ tsp	½ tsp								
Grated coconut	2 tbsp	3 tbsp	4 tbsp								
Green chillies	1 no.	2 nos.	3 nos.								
Salt	As per taste										
Method : 1. In a MWS bowl add oil, mustard seeds, urad dal, green chillies & salt. Select category & weight and press start. 2. When beeps, add beans, sprinkle little water. Cover & press start. 3. Add grated coconut, cover & stand for 3 minutes.											

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions			
15	Goan Potato Curry	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				Boiled potato	300 g	400 g	500 g
				Boiled mix veg (capsicum, cauliflower, carrot, peas)	100 g	150 g	200 g
				Chopped onion	1 no.	2 nos.	3 nos.
				Oil	1½ tbsp	2 tbsp	2 tbsp
				Mustard seeds	1 tsp	1½ tsp	2 tsp
				Grated coconut	2 tbsp	2½ tbsp	3 tbsp
				Coconut milk	1 cup	1½ cup	1½ cup
				Tomato puree	½ cup	1 cup	1 cup
				Kaju powder	1 tbsp	2 tbsp	3 tbsp
				Salt, red chilli powder		As per taste	
				Fresh cream	2 tbsp	3 tbsp	4 tbsp
				Coriander		A few sprigs	
				<p>Method : 1. In a MWS bowl add oil, mustard seeds & chopped onion. Select category & weight and press start. 2. When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder & press start. 3. When beeps, mix well & add boiled potato & mix vegetables & fresh cream. Press start. Give standing time of 3 minutes. 4. Garnish with chopped coriander leaves & serve.</p>			

Category		Weight Limit	Utensil	Instructions	
16	Veg Handva	0.3 kg	Microwave safe (MWS) flat glass dish & Low rack & High rack	For	0.3 kg
				Rice	200 g (1 cup)
				Urad Dal (Dehusked)	2 tbsps
				Sour curd	½ cup
				Boiled vegetables (Potato, Carrots, Peas, Palak)	2 cups
				Oil	1 tsp
				Lemon juice	2 tsp
				Soda bi carb	A pinch
				Chilli powder, turmeric powder, salt	As per taste
				Ginger & chilli paste	1 tsp
				Mustard seeds	1 tsp
				Curry leaves	A few sprigs
				Hing	¼ tsp
				Method :	

INDIAN CUISINE

Category	Weight Limit	Utensil	Instructions									
17	Kashmiri Kaju Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg			
				Paneer pieces	100 g	200 g	300 g	400 g	500 g			
				Kaju paste	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp			
				Sliced onions	½ no.	1 nos.	1½ nos.	1½ nos.	2 nos.			
				Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp			
				Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp			
				Chilli powder	As per taste							
				Khus Khus paste	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp			
				Tomato puree	½ cup	1 cup	1½ cup	2 cup	2 cup			
				Milk	¼ cup	½ cup	1 cup	1½ cup	1½ cup			
				Garam masala & salt	As per taste							
				Method :				1. In a MWS bowl add oil, onion slices, chopped ginger & garlic. Select category & weight and press start.				
								2. When beeps, mix well, add khus khus paste, kaju paste, tomato puree, chilli powder, garam masala & salt and press start.				
								3. When beeps, mix well, add paneer pieces and milk. Press start. Stand for 3 minutes.				
18	Kadhai Chicken	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg			
				Boneless chicken	100 g	200 g	300 g	400 g	500 g			
				Oil	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp			
				Methidana	¼ tsp	¼ tsp	1 tsp	1 tsp	1 tsp			
				Onion slices	1 no.	2 nos.	3 nos.	3 nos.	3½ nos.			
				Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp			
				Dhania powder, red chilli powder salt	As per taste							
				Tomato puree	¼ cup	½ cup	1 cup	1½ cup	1½ cup			
				Hara dhania	A few sprigs							
				Capsicum	1 no.	1½ nos.	2 nos.	2 nos.	2 nos.			
				Ginger (finely sliced)	1 tsp	2 tsp	3 tsp	4 tsp	4½ tsp			
				Cream	For garnishing							
				Method :				1. In Microwave Safe Bowl add oil, methidana, onion slices, garlic, dhanian powder, red chilli powder, chicken & salt. Cover. Select category & weight and press start.				
								2. When beeps, mix well & add tomato puree, hara dhana, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes.				
				3. Add cream. Mix well. Serve hot.								

Category		Weight Limit	Utensil	Instructions			
19	Baigan Ka Bhartha	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				Baingan (Chopped in big pieces)	300 g	400 g	500 g
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Chopped onions	1 cup	1½ cup	2 cup
				Chopped green chillies	3 nos.	4 nos.	5 nos.
				Chopped ginger	1 tbsp	1½ tbsp	2 tbsp
				Chopped tomato	2 nos.	3 nos.	4 nos.
				Tomato puree	4 tbsp	5 tbsp	6 tbsp
				Salt, dhania powder, garam masala, red chilli powder, haldi	As per taste		
				Chopped coriander leaves	A few sprigs		
				Method : 1. In a MWS bowl add peeled & chopped baigan. Sprinkle some water. Cover. Select category & weight and press start.			
				2. When beeps, remove & mash the baigan well.			
				3. In another MWS bowl add oil, chopped onion, green chillies, ginger, tomato, tomato puree, salt, dhania powder, garam masala, red chilli powder, haldi. Mix well. Cover & press start.			
				4. When beeps, mix well. Add the mashed baingan & mix well. Press start. Allow to stand for 3 minutes. Garnish with coriander leaves.			
20	Kofta Curry	0.1-0.3 kg	Microwavesafe flat glass dish & Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Grated Lauki	100 g	200 g	300 g
				Besan	1 tbsp	2 tbsp	3 tbsp
				Chopped Onion	½ cup	1 cup	1 cup
				Tomato puree	¼ cup	½ cup	1 cup
				Chopped garlic	1 tsp	1½ tsp	2 tsp
				Chopped Ginger	1 tsp	1½ tsp	2 tsp
				Coriander power, haldi, garam masala, red chilli powder, jeera, salt	As per taste		
				Oil	½ tbsp	1 tbsp	1½ tbsp
				Water	½ cup	1 cup	1½ cup
				Lemon juice	As per taste		
				Method : 1. In a bowl mix grated lauki, besan, salt & haldi together. Mix well & prepare balls of medium size out of the mixture.			
				2. Grease a MWS flat glass dish & keep the koftas on it select category & weight & press start.			
				3. When beeps, remove in a MWS bowl add oil, jeera, onion, garlic & ginger & press start.			
4. When beeps, mix well, add tomato puree, coriander power, garam masala, red chilli powder, salt, water. Add koftas & press start. Stand for 5 minutes. Squeeze lemon juice & serve.							

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions			
21	Aloo Gobhi	0.3-0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				Potatoes (chopped)	150 g	200 g	250 g
				Cauliflower florets	150 g	200 g	250 g
				Oil	1 tbsp	2 tbsp	3 tbsp
				Jeera	1 tbsp	1 tbsp	1 tbsp
				Chopped onion	½ cup	½ cup	1 cup
				Chopped green chillies	1 no	2 nos.	3 nos.
				Coriander powder, red chilli powder, haldi, salt, garam masala	As per taste		
				Coriander leaves	A few sprigs		
				Method : 1. In a MWS bowl add oil, jeera, chopped onion, green chillies, mix well. Select Category & weight & press start.			
				2. When beeps, mix well and add potatoes (chopped in medium sizes), cauliflower florets, coriander powder, red chilli powder, haldi, salt, garam masala & mix well. Add some water Cover. Press start.			
				3. When beeps, mix well & add coriander leaves and cover. Press start. Allow to stand for 15 mins with cover inside the microwave. Garnish with coriander leaves & serve.			
22	Matar Paneer	0.2-0.4 kg	Microwave safe (MWS) bowl	For	0.2 Kg	0.3 Kg	0.4 Kg
				Matar	100 g	150 g	200 g
				Paneer Cubes	100 g	150 g	200 g
				Oil	1 tbsp	1½tbsp	2 tbsp
				Tomato puree	¼ cup	½ cup	1 cup
				Chopped Onion	1 tbsp	1½ tbsp	2 tbsp
				Chopped Ginger	1 tsp	1½ tsp	2 tsp
				Chopped garlic	1 tsp	1½ tsp	2 tsp
				Jeera powder, salt, haldi, red chilli powder, garam masala	As per taste		
				Coriander leaves	A few sprigs		
				Water	¼ cup	½ cup	1 cup
				Method : 1. In a MWS bowl add oil, chopped ginger, garlic, onion. Mix well select category & weight & press start.			
2. When beeps, mix well, add paneer cubes, peas, tomato puree, jeera, powder, salt, haldi, red chilli powder, garam masala. Mix well cover. Press Start.							
3. When beeps, mix well, add water, coriander leaves & cover. Press start. Stand for 5 minutes.							

Category		Weight Limit	Utensil	Instructions						
23	Gatte Ki Subzi	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg			
				For making gattas						
				Besan	100 g	125 g	150 g			
				Red chilli powder, haldi, dhania powder, salt		As per taste				
				Water		As required				
				For Subzi						
				Oil	1 tbsp	1½ tbsp	2 tbsp			
				Rai, jeera	2 tsp	2 tsp	3 tsp			
				Curry leaves		A few				
				Sour curd	1 cup	1 cup	1½ cup			
				Red chilli powder, haldi, dhaniya powder, salt		As per taste				
				Tomato puree	¼ cup	½ cup	1 cup			
				Method : 1. In a bowl mix besan, red chilli powder, haldi, dhania powder, salt. Add water, little oil and make it like a chapati dough. 2. After making the dough break the dough into different pieces and make the rolls out of those pieces. 3. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover. 4. Select category & weight and press start. 5. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices. 6. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhaniya powder, haldi, salt. Cover & press start. 7. When beeps, add beaten curd, gattas & haldi. Mix well & press start.						

SWEET CORNER

Category		Weight Limit	Utensil	Instructions			
24	Suji Halwa	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	Suji	0.1 kg	0.2 kg	0.3 kg
				Ghee (melted)	2 tbsp	3 tbsp	4 tbsp
				Water	300 ml	600 ml	900 ml
				Sugar	100 g	200 g	300 g
				Cashewnuts, Kishmish, Kesar Elaichi Powder	As per your taste		
<p>Method : 1. In Microwave safe glass bowl take Suji, add ghee, mix it together. Select category & weight and press start. 2. When beeps, stir it and press start. Allow to cool. 3. When beeps, add water, sugar, cashewnuts, kishmish, kesar, Elaichi powder, mix it well and press start. Stand for 5 minutes. Serve hot.</p>							
25	Besan Ladoo	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	Besan	0.1 kg	0.2 kg	0.3 kg
				Ghee (melted)	3 tbsp	5 tbsp	7 tbsp
				Powder Sugar	50 g	100 g	150 g
				Elaichi Powder	1/2 tsp	1 tsp	1 tsp
				<p>Method : 1. In Microwave safe flat glass dish take besan and ghee. Select category & weight and press start. 2. When beeps, stir it & press start. 3. When beeps, stir it & press start. 4. Allow to cool. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size. Note : For binding the ladoo use ghee.</p>			
26	Kheer	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Milk	100 ml	200 ml	300 ml
				Milkmaid	150 ml	200 ml	300 ml
				Seviyaan (roasted)	20 gm	40 gm	60 gm
				Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp
				Kesar & Elaichi Powder	As per your taste		
<p>Method : 1. In Microwave Safe Glass Bowl add milk, milkmaid & mix well. Select category and weight & press start. 2. When beeps, add Badam Pista pieces, Kesar Elaichi Powder & Seviyaan. Mix well and press start. 3. When beeps, mix it well. Add more milk (if required) & press start. Stand for 5 minutes. Serve hot or chilled. Note : The bowl should be filled at 1/4 level of the total volume.</p>							

Category		Weight Limit	Utensil	Instructions			
27	Payasam	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Broken Rice (soaked for 2 hour)	100 g	200 g	300 g
				Milk & Water	300 ml	500 ml	700 ml
				Sugar	75 g	150 g	200 g
				Kesar, elaichi powder dry fruits	As per taste		
				Ghee	1 tbsp	1½ tbsp	2 tbsp
				Method :			
<ol style="list-style-type: none"> 1. In a MWS bowl take ghee, soaked rice, milk, sugar & water & cover it. 2. Select category & weight and press start. 3. When beeps, add more milk, dry fruits, kesar, elaichi powder. Mix well & press start. Stand for 5 minutes. Sprinkle kewada jal on it. Serve hot or chilled. 							
28	Mysore Pak	0.3 Kg	Microwave safe (MWS) flat glass dish	For	0.3 Kg		
				Besan	100 g		
				Melted ghee	100 ml		
				Powdered Sugar	100 g		
				Milk	¼ cup		
				Method :			
<ol style="list-style-type: none"> 1. In a MWS flat glass dish add besan. Select Category & press start. 2. When beeps, mix well & add melted ghee, powdered sugar. Mix very well while adding. Press start. 3. When beeps, mix well & add milk. Press start. Allow to cool & cut into pieces & serve. 							
29	Nariyal Burfi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Grated coconut	100 g	200 g	300 g
				Milkmaid	½ cup	1 cup	1½ cup
				Milk powder	3 tbsp	4 tbsp	5 tbsp
				Ghee	1 tsp	2 tsp	3 tsp
				Elaichi powder	1 tsp	2 tsp	3 tsp
				Method :			
<ol style="list-style-type: none"> 1. In a MWS bowl add ghee & fresh grated coconut. Mix well. 2. Select category & weight and press start. 3. When beeps, add milkmaid, milk powder, elaichi powder & press start. 4. When beeps, remove & spread the mixture onto a greased thali & allow to set for 1 hour. Cut into rectangles & store in a air tight container 							

SWEET CORNER

Category		Weight Limit	Utensil	Instructions			
30	Sandesh	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg
				Paneer (grated)	200 g	300 g	400 g
				Milkmaid	50 g	75 g	100 g
				Rose water	1 tbsp	1½ tbsp	2 tbsp
				Elaichi seeds	½ tsp	1 tsp	1½ tsp
				Chopped pista	A few		
				Khoa (mashed)	100 gm	150 gm	200 gm
				Method : 1. In a MWS bowl add grated paneer, khoa, rose water & milkmaid. Mix well. 2. Select menu & weight and press start. 3. When beeps, stir well & press start. 4. Allow to cool. Hang in Muslin cloth for 20 minutes if it is too wet. Make balls out of the mixture & roll them in elaichi powder & chopped pista. Refrigerate till set.			
31	Seviyan Zarda	0.2 kg	Microwave safe (MWS) glass bowl	Roasted Seviyan	200 g		
				Sugar	5 tbsp		
				Water	1 cup		
				Rose essence	A few drops		
				Almonds	A few		
				Chopped pista	A few		
				Elaichi powder	½ tsp		
				Ghee	1 ½ tbsp		
Method : 1. In a MWS glass bowl add sugar & water. Select category & press start. 2. When beeps, add rose essence, cardamom powder, seviyan to the bowl. Press start. Give standing time of 3 minutes. Garnish with almonds & pista & serve.							

Category		Weight Limit	Utensil	Instructions				
32	Burfi	0.3 kg	Microwave safe (MWS) flat glass dish	For		0.3 kg		
				Milk powder		100 g		
				Milkmaid		150 ml		
				Cream		100 ml		
				Chopped almonds & pistas		As required		
<p>Method : 1. In a bowl mix milk powder, milkmaid & cream. Beat well till smooth. 2. Pour the mixture in a MWS flat glass dish. Select category & press start. 3. When beeps, mix well (remove lumps if formed). Press start. 4. When beeps, mix well & press start. 5. Remove, allow to cool & refrigerate till set. After setting cut into pieces & sprinkle chopped almonds & pistas & serve.</p>								
33	Kalakand	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	Grated Paneer		0.1 kg	0.2 kg	0.3 kg
				Milkmaid		50 ml	100 ml	200 ml
				Milk Powder		2 tbsp	3 tbsp	4 tbsp
				Cornflour		1/2 tsp	1 tsp	1 tsp
				Elaichi Powder		1/2 tsp	1 tsp	1 tsp
				<p>Method : 1. In Microwave Safe Bowl take grated paneer, milkmaid, milk powder, cornflour, Elaichi powder. Mix well, select category & weight and press start. 2. When beeps, mix it again and press start. 3. When set cut into pieces. Garnish with dry fruits.</p>				

RICE DELIGHT

Category		Weight Limit	Utensil	Instructions									
34	Chicken Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg				
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g				
				Boneless chicken	100 g	200 g	300 g	400 g	500 g				
				For Marinade									
				Hung curd	½ cup	1 cup	1½ cup	2 cup	2½ cup				
				Tomato puree	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp				
				Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp				
				Salt, garam masala, coriander powder, red chilli powder, turmeric powder	As per taste								
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp				
				Onion	½ cup	1 cup	1 cup	1½ cup	1½ cup				
				Salt	If required								
				Coriander leaves	A few springs								
				Water	200 ml	400 ml	600 ml	650 ml	750 ml				
				Method : 1. Marinade the chicken & keep it in refrigerator for 1 hour. 2. In a MWS bowl add oil, chopped onions & marinated chicken & cover. Select category & weight and press start. 3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover & press start. Stand for 5 minutes. Serve hot.									
				35	Gosht Dum Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g					400 g	500 g				
Boneless mutton	100 g	200 g	300 g					400 g	500 g				
Oil	1 tbsp	1½ tbsp	2 tbsp					2½ tbsp	3 tbsp				
Chopped onion	½ cup	1 cup	1 cup					1½ cup	1½ cup				
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp					2 tbsp	2 tbsp				
Jeera, laung, tej patta, salt, red chilli powder, garam masala	As per taste												
Water	200 ml	400 ml	600 ml					650 ml	750 ml				
Method : 1. In a MWS bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton & cover. Select category & weight and press start. 2. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala & cover. Press start. Stand for 5 minutes. Serve hot.													

Category	Weight Limit	Utensil	Instructions										
36	Malabar Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg				
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g				
				Boneless chicken	100 g	200 g	300 g	400 g	500 g				
				For Marinade									
				Salt, red chilli powder, turmeric powder			As per taste						
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp				
				Salt, biryani masala			As per taste						
				Curd	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp				
				Sliced tomato	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.				
				Sliced onion	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.				
				Water	200 ml	400 ml	600 ml	650 ml	750 ml				
				Method : 1. Marinade the chicken & refrigerate it for 1 hour.									
				2. In a MWS bowl add oil, onion, chopped coriander & mint leaves, biryani masala & salt. Mix, select category & weight & press start.									
				3. When beeps, remove the bowl & in another MWS bowl add soaked rice, water, tomato, curd, mix & cover. Press start.									
4. When beeps, add the marinated chicken to the first bowl. Cover & press start. Stand for 5 minutes. Serve hot.													
37	Pineapple Fried Rice	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg				
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g				
				Oil	1 tbsp	1½ tbsp	2 tbsp	½2 tbsp	3 tbsp				
				Mix veg - Peas, french beans, carrots, capsicum	½ cup	1 cup	1½ cup	2 cup	2½ cup				
				Pineapple (chopped)	½ cup	1 cup	1 cup	1½ cup	2 cup				
				Ajinomoto			A pinch						
				Red chilli powder, chilli sauce, soya sauce			As per taste						
				Water	200 ml	400 ml	600 ml	650 ml	750 ml				
				Method : 1. In a MWS bowl add oil, mix vegetables, ajinomoto, red chilli powder, soy sauce, chilli sauce. Mix & select category & weight & press start.									
				2. When beeps, remove, in another MWS bowl add rice & water & press start.									
3. When beeps, add the boiled rice to the vegetables, add pineapple pieces. Mix & press start. Stand for 5 minutes.													

RICE DELIGHT

Category		Weight Limit	Utensil	Instructions					
38	Veg Pulao	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
				Water	200 ml	400 ml	600 ml	650 ml	750 ml
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Jeera, laung, tej patta, salt, garam masala, red chilli powder	As per taste				
				Mix veg - Gobhi, matar, gajar, french beans etc.	½ cup	1 cup	1½ cup	2 cup	2½ cup
				Method :					
				1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables. 2. Select category & weight and press start. 3. When beeps, mix well & add rice, water, salt, garam masala, red chilli powder. Press start. Mix well. Stand for 5 minutes.					
39	Veg Tahiri	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
				Water	200 ml	400 ml	600 ml	650 ml	750 ml
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Jeera, laung, tej patta, salt, garam masala, haldi, red chilli powder	As per taste				
				Mix veg - Gobhi, matar, gajar, tomato, potato etc.	½ cup	1 cup	1½ cup	2 cup	2½ cup
				Method :					
				1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables. 2. Select category & weight and press start. 3. When beeps, mix well & add rice, water, salt, garam masala, haldi, red chilli powder. Press start. Mix well. Stand for 5 minutes. Serve hot.					

RICE DELIGHT

Category		Weight Limit	Utensil	Instructions									
40	Pepper Rice	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg	0.4 Kg	0.5 Kg				
				Soaked Rice (2 hours)	100 g	200 g	300 g	400 g	500 g				
				Water	200 ml	400 ml	600 ml	650 ml	750 ml				
				Dry coconut	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp				
				Green chilli (Chopped)	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.				
				Garlic (Chopped)	2 cloves	3 cloves	4 cloves	5 cloves	6 cloves				
				Ghee	1 tbsp	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp				
				Salt	As per taste								
				Black pepper powder	As per taste								
				Seasoning									
				Mustard seeds	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp				
				Black gram dal	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp				
				Bengal gram dal	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp				
				Curry leaves	A few leaves								
				Dry Red Chilli	1 no.	2 nos.	3 nos.	4 nos.	5 nos.				
				Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp				
				<p>Method : 1. In a MWS bowl add oil, dry red chilli, green chilli, chopped garlic, mustard seeds, black gram dal, Bengal gram dal, curry leaves. Select category & weight and press start.</p> <p>2. When beeps, add soaked rice, water, ghee, salt, black pepper powder. Mix well & press start. Stand for 5 minutes. Add grated coconut & serve hot.</p>									
				41	Zafrani Pulao	01 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg	0.4 Kg	0.5 Kg
								Basmati rice	100 g	200 g	300 g	400 g	500 g
								Melted ghee	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Nutmeg powder, cardamom powder	As per taste												
Sugar	1 tbsp	1½ tbsp	2 tbsp					2½ tbsp	3 tbsp				
Saffron (Kesar)	A pinch												
Warm milk	1 tbsp	2 tbsp	3 tbsp					4 tbsp	5 tbsp				
Water	150 ml	300 ml	350 ml					650 ml	750 ml				
Kishmish, Kaju	As per required												
<p>Method : 1. In a MWS bowl add ghee & rice. Mix well. select category & weight and press start.</p> <p>2. When beeps, mix well add nutmeg powder, cardamom powder, kishmish, kaju, sugar, saffron mixed with warm milk, water. Press start. Stand for 5 minutes. Garnish with kishmish & kaju and serve.</p>													

RICE DELIGHT

Category		Weight Limit	Utensil	Instructions									
42	Bengali Biryani	0.1 ~ 0.5 Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg	0.4 Kg	0.5 Kg				
				Basmati Rice (Cooked)	100 g	200 g	300 g	400 g	500 g				
				Fish (Hilsa)	250 g	350 g	450 g	550 g	650 g				
				Desi Ghee	1 tbsp	2 tbsp	2 tbsp	3 tbsp	3 tbsp				
				Onion (sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.				
				Ginger-garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp				
				Red chilli powder, salt, turmeric powder, cumin powder, garam masala	As per taste								
				Black pepper corns, cloves, cinnamon, bayleaf, cardamom (green)	As per requirement								
				Hung curd	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	4 tbsp				
				Oil	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp				
				Water	200 ml	400 ml	600 ml	650 ml	750 ml				
				<p>Method :</p> <ol style="list-style-type: none"> 1. In a bowl take hung curd, ginger-garlic paste, oil, all the spices, mix well & make a paste for marinade. Apply this marinade on fish pieces evenly keep the marinated fish in refrigerator for atleast 1-1½ hours. 2. In a MWS bowl take soaked rice, water, select category & weight & press start. 3. When beeps remove rice from microwave. In another MWS bowl take sliced onions, desi ghee, black pepper corns, cloves, cinnamon stick, bay leaf, cardamom, mix well. Press start. 4. When beeps add the cooked onions to rice, add marinated fish pieces, salt. Mix well, cover & press start. Allow to stand for 5-10 minutes. 5. Serve hot with curd or gravy of your choice. 									

24 HOURS

In the following example, show you how to cook **0.1Kg of Pav Bhaji**.

1. Press **STOP/CLEAR**.

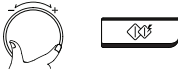


2. Press **24 HOURS**.

The following indication is displayed "**auto**".



3. Turn **COOK MODE** until display show "**8 PAV BHAJI**". Press **START/QUICK START** for category confirmation.



4. Turn **COOK MODE** until display shows "**0.1Kg**". Press **START/QUICK START**.

When cooking you can increase or decrease cooking time by turning **COOK MODE**.



! NOTE

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

BREAKFAST

Category		Weight Limit	Utensil	Instructions							
1	Poha	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg				
				Poha (washed)	100 g	200 g	300 g				
				Oil	1 tbsp	1½ tbsp	2 tbsp				
				Rai, jeera, hing, haldi, curry leaves	As per taste						
				Chopped onion	1/2 cup	1 cup	1½ cup				
				Green chillies	1 No.	2 Nos.	3 Nos.				
				Salt, red chilli powder, garam masala, sugar	As per taste						
				Grated coconut & hara dhania	For garnishing						
				Method :				1. In a MWS glass bowl add oil, rai, jeera, curry leaves. Select category & weight and press start.			
								2. When beeps, add onion, green chillies, hing, haldi. Mix & press start.			
				3. When beeps, add washed poha, salt, red chilli powder, garam masala & sugar. Mix & press start. Squeeze lemon juice. Garnish with grated coconut & hara dhania & serve.							
2	Upma	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg				
				Suji	100 g	200 g	300 g				
				Oil	1 tbsp	2 tbsp	3 tbsp				
				Water	200 ml	400 ml	600 ml				
				Salt & sugar	As per taste						
				Onion	1 No.	2 Nos.	2 Nos.				
				Green chilli	2 No.	3 Nos.	3 Nos.				
				Rai, jeera, hing, curry leaves, urad dal	As per taste						
				Lemon juice	As per taste						
				Method :				1. In a MWS glass bowl add oil, rai, jeera, urad dal, green chilli, suji. Mix well			
				2. Select category & weight and press start.							
				3. When beeps, add onions, stir well & press start.							
				4. When beeps, add water, sugar, salt, lemon juice. Mix well & press start. Stand for 5 minutes.							

Category		Weight Limit	Utensil	Instructions							
3	Besan Cheela	1 No.	Multicook Tawa & High Rack*	Besan				1 cup (120 g)			
				Water				200 ml			
				Chopped green chillies				2 nos.			
				Chopped coriander leaves				2 tbsp			
				Salt, Red chilli powder, garam masala, haldi				As per taste			
				Method :							
				1. In a bowl take besan, salt, red chilli powder, Garam masala, haldi, chopped coriander & green chillies. Mix & gradually add water in small amounts to make a batter for cheela without any lumps.							
2. Grease the tawa with 2-3 drops of oil, keep on high rack. Select category & press start.											
3. When beeps, pour ½ cup (approx 100 ml) batter on the tawa & spread evenly, make a circle. Keep on rack & press start.											
4. When beeps, smear ¼ tsp oil on cheela, spread oil evenly & turn & press start.											
5. Serve cheela hot with tomato Ketchup or mint Chutney.											
4	Daliya	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For				0.1 kg	0.2 kg	0.3 kg	
				Daliya				100 g	200 g	300 g	
				Sugar or gud				75 g	150 g	200 g	
				Ghee (melted)				1 tbsp	2 tbsp	3 tbsp	
				Water				300 ml	600 ml	900 ml	
				Elaichi powder, nutmeg powder, cashewnuts				As per taste			
				Milk				As required			
				Method :							
				1. In a MWS bowl, add daliya & ghee. Mix well.							
				2. Select category & weight & press start.							
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.											
Note: If you are using gud for sweetness then add nutmeg powder & add elaichi powder if using sugar for sweetness.											

* Refer Pg. 114 Fig.4

BREAKFAST

Category		Weight Limit	Utensil	Instructions					
5	Sabudana Khichdi	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Sabudana (soaked for 2 hours)	100 g	200 g	300 g	400 g	500 g
				Oil	½ tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Rai, salt, lemon juice, chopped green chillies	As per taste				
				Potatoes (boiled & chopped)	1 No.	2 Nos.	3 Nos.	3 Nos.	4 Nos.
				Coriander leaves	A few springs				
				Method : 1. In a MWS bowl add oil, rai, green chillies & coriander leaves. Mix. Select category & weight and press start. 2. When beeps, mix, add boiled potatoes, soaked sabudana. Mix & press start. Squeeze lemon juice & serve.					
6	Veg Sandwich	0.1 ~ 0.3 kg	High rack	For	0.1 kg	0.2 kg	0.3 kg		
				Bread slices	100 g (2 slices)	200 g (4 slices)	300 g (6 slices)		
				Butter	1 tbsp	2 tbsp	4 tbsp		
				Sauce / spread	1½ tbsp	3 tbsp	4 tbsp		
				Chopped vegetables (onion, tomato, capsicum)	2 tbsp	4 tbsp	6 tbsp		
				Grated cheese	2 tbsp	4 tbsp	6 tbsp		
				Salt & pepper	As per taste				
				Method : 1. On a bread slice apply butter, layer with sauce, spread chopped vegetables, sprinkle grated cheese. Cover it with the other bread slice. 2. Keep the sandwich on high rack. Select category & weight and press start. 3. When beeps, change the side of the sandwich & again press start.					
7	Ven Pongal	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Rice (soaked for 1 hour)	50 g	100 g	150 g	200 g	250 g
				Moong dal (soaked for 2 hours)	50 g	100 g	150 g	200 g	250 g
				Water	200 ml	400 ml	600 ml	800 ml	1000 ml
				Ghee	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2 tbsp
				Cashewnuts, pepper, jeera & salt	As per taste				
				Method : 1. In a MWS bowl add soaked rice, moong dal, water, salt & few drops of ghee. Select category & weight and press start. 2. When beeps, stir well & add more water (if required). Press start. 3. When beeps, stir well & remove. In another MWS bowl add ghee, cashewnuts, jeera & pepper. Press start. 4. When beeps, pour over cooked pongal.					

Category		Weight Limit	Utensil	Instructions			
8	Pav Bhaji	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & High rack	For	0.1 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 required		
				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 :			
				<ol style="list-style-type: none"> 1. In a MWS glass bowl take oil, garlic paste, chopped onion, chopped tomato. Mix well & select category & weight and press start. 2. When beeps, add vegetables, water, red chilli powder, pav bhaji masala, salt. Mix well & press start. 3. When beeps, remove the bowl from microwave oven mash it well, add butter & lemon juice. Garnish with coriander leaves keep the bowl a side. 4. For grilling pav-bhaji buns: Cut each bun in centre, apply butter, arrange on high rack. 5. Press start. 6. Serve with bhaji. 			
				9	Dhokla	0.3 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl & Microwave safe (MWS) idli steamer*
Besan	100 g						
Warm water	100 ml						
Curd	4 tbsp						
Green chilli & ginger paste	2 tsp						
Salt & sugar	As per taste						
Fruit salt / Mitha Soda	¼ tsp						
Oil, rai, curry leaves, water	For tempering						
Grated coconut	For garnishing						
Yellow colour / Haldi	As required						
Method :							
<ol style="list-style-type: none"> 1. Mix besan, curd, sugar, salt, water, green chilli-ginger paste, yellow color, fruit salt together. Mix well. Keep for 5-10 minutes. 2. Pour the mixture in MWS safe flat glass dish. Add ½ cup water to the steamer, keep the flat glass dish, cover. Select category & weight and press start. 3. Add the tempering to the dhokla & cover. Stand for 5 minutes. Garnish with grated coconut & serve. 							
Note : For tempering in a MWS bowl add oil, rai & curry leaves. Microwave at 100% for 2 minutes. Add some water & dissolve sugar.							

* Provided with Start Up Kit.

SNACKS

Category		Weight Limit	Utensil	Instructions				
10	Peanuts	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	For	0.1 kg	0.2 kg	0.3 kg	
				Peanuts	100 g	200 g	300 g	
				Oil	As required			
				Method : 1. In a microwave safe flat glass dish add drops of oil, peanuts. Mix well. 2. Select category & weight & press start. 3. When beeps, stir it & press start. 4. Serve plain or with chaat masala.				
11	Murmura	0.1 kg	Microwave safe (MWS) glass bowl	For	0.1 kg			
				Murmura	100 g			
				Roasted peanuts	As required			
				Oil	1 tbsp			
				Jeera	1 tsp			
				Salt, chaat masala	As per taste			
				Haldi	¼ tsp			
Method : 1. In a MWS glass bowl add oil, jeera, haldi. Select category & press start. 2. When beeps, add murmura. Mix & press start. 3. When beeps, add roasted peanuts, salt, chaat masala & serve.								
12	Chana Chaat	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl & Steam chef* without steam plate	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				Kala chana (soaked overnight)	100 g	200 g	300 g	400 g
				Water	300 ml			
				Oil	1 tsp	2 tsp	3 tsp	4 tsp
				Jeera, hing	1 tsp	1½ tsp	2 tsp	2 tsp
				Chopped onion	½ cup	1 cup	1 cup	1½ cup
				Boiled potato	1 no.	2 nos.	3 nos.	3 nos.
				Salt, red chilli powder, chaat masala, lemon juice, imli chatni	As per taste			
				Method : 1. In steam chef, add water to the steam water bowl, add the soaked chana. Cover. Select category & weight and press start. 2. When beeps, remove & drain water from the chanas. In a MWS bowl add oil, jeera, hing & chopped onion and press start. 3. Add boiled chanas, salt, red chilli powder, chaat masala, lemon juice, imli chutney, boiled potato. Mix well & serve. Note : Do not use steam plate in Step 1.				

* Refer Pg. 114 Fig. 2

Category		Weight Limit	Utensil	Instructions					
13	Paneer Bhurji	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Paneer (mashed)	100 g	200 g	300 g	400 g	500 g
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Chopped capsicum	1 no.	2 nos.	3 nos.	4 nos.	4 nos.
				Chopped onion	½ cup	1 cup	1 cup	1½ cup	2 cup
				Coriander leaves	A few sprigs				
				Coriander powder, jeera powder, red chilli powder, salt	As per taste				
				Method : 1. In a MWS bowl add oil, onion & capsicum. Select category & weight and press start.					
				2. When beeps, mix well & add paneer, coriander leaves, coriander powder, jeera powder, red chilli powder & salt. Mix well & press start.					
				3. Serve with toast or wrapped in roti.					
14	Khandvi	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg				
				Besan	100 g				
				Water	1 cup				
				Curd	1 cup				
				Salt	As per taste				
				Green chilli & ginger paste	As per taste				
				Chopped coriander leaves	A few sprigs				
				Rai seeds (spluttered)	½ tsp				
				Grated coconut	As required				
				Method : 1. In a MWS bowl mix besan, water, curd, salt & green chilli & ginger paste together. Mix well. Cover.					
2. Select category & press start.									
3. When beeps, stir well & press start.									
4. When beeps, stir well & press start.									
5. Spread the batter on a greased smooth flat kitchen slab. Allow to cool, cut into lengthwise strips.									
6. Roll the strips, garnish with spluttered rai, coriander leaves & grated coconut & serve.									

SNACKS

Category		Weight Limit	Utensil	Instructions			
15	Batata Vada	0.1 ~ 0.3 kg	Multicook tawa & High rack*	For	0.1 kg	0.2 kg	0.3 kg
				Boiled potatoes	100 g	200 g	300 g
				Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp
				Chopped green chillies	2 nos.	2 nos.	3 nos.
				Chopped onion	1 no.	1½ no.	2 nos.
				Salt, red chilli powder, garam masala, chaat masala	As per taste		
				Roasted jeera	1 tsp	1½ tsp	2 tsp
				Method : 1. Mix all the ingredients together. Make big vadas of the mixture. 2. Arrange the vada on the tawa. Keep the tawa on high rack. 3. Select category & weight & press start. 4. When beeps, turn over the vadas & press start.			
16	Cottage Honey Toast	0.1 ~ 0.3 kg	High rack	For	0.1 kg	0.2 kg	0.3 kg
				Bread slices	2 nos.	4 nos.	6 nos.
				Grated cottage cheese	As required		
				Cinnamon powder	As required		
				Method : 1. Spread cottage cheese & cinnamon powder on the bread slices. Keep on high rack. Select category & weight & press start. 2. When beeps, turn over the slices & press start. 3. Drizzle honey on slices & serve.			
17	Tokri Chaat	0.1 ~ 0.3 kg	Metal muffin case & High rack	For	0.1 kg	0.2 kg	0.3 kg
				Bread slices	2 nos.	4 nos.	6 nos.
				For filling			
				Moong sprouts, pomegranate, cucumber, onion, boiled potato, chopped mango	1 cup	1½ cup	2 cups
				Salt, chaat masala, imli chutney, lemon juice	As per taste		
				Method : 1. In a bowl mix all the ingredients for filling & keep aside. 2. On a rolling board keep the bread slice and with the help of a rolling pin roll out the bread thinly. Take muffin cases & arrange the bread slices in them. 3. Place the muffin case on high rack. Select category & weight and press start. 4. When beeps, take out the bread slices & turn over & keep on high rack & press start. 5. Remove, allow to cool. Put the ingredients for filling inside the tokri & serve.			

* Refer Pg. 114 Fig. 4

Category		Weight Limit	Utensil	Instructions							
18	Spicy Baby Corn	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg				
				Baby corn (cut lengthwise)	100 g	200 g	300 g				
				Lemon juice		As per taste					
				Sugar, salt		As per taste					
				Oil	1 tsp	1½ tsp	2 tsp				
				For paste							
				Chopped coriander leaves	1 cup	1½ cup	2 cups				
				Chopped ginger	½ tsp	1 tsp	1½ tsp				
				Garlic cloves	1 no.	2 nos.	3 nos.				
				Chopped green chillies	1 no.	2 nos.	3 nos.				
				Chopped onion	½ cup	1 cup	1 cup				
				Cumin seeds		As required					
				Method :				1. Grind chopped coriander leaves, ginger, garlic cloves, green chillies, onion & cumin seeds together to prepare the paste.			
								2. In a MWS bowl add oil, baby corns, sugar, salt & paste. Mix well. Cover. Select category & weight & press start.			
				3. Allow to stand for 3 minutes.							
19	Namak® Paras	15 Nos.	Multicook tawa* & low rack	For	0.1 kg	0.2 kg	0.3 kg				
				Maida	100 g	200 g	300 g				
				Oil	2 tbsp	3 tbsp	4 tbsp				
				Ajwain	1 tsp	2 tsp	3 tsp				
				Water		As required to knead the dough					
				Method :				1. In a bowl put all the ingredients of namak pare & make a soft dough adding required amount of water. Keep for 15-30 minutes, covered with cloth.			
				2. Select category & weight and press start.							
				3. Roll out the dough & make a ½" thick circle & cut them into small thin rectangular strips. Keep them on tawa.							
				4. When beeps, keep tawa on low rack & press start. Give a standing time of 5 minutes.							
				5. Let them cool completely before storing them in air-tight container.							

* Refer Pg. 114 Fig. 3

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

SNACKS

Category		Weight Limit	Utensil	Instructions			
20	Herb Potatoes	0.3-0.5 Kg	MWS Microwave safe (MWS) glass Bowl & Multicook tawa* & High rack	For	0.3 Kg	0.4 Kg	0.5 Kg
				Baby Potatoes (boiled)	300 g	400 g	500 g
				Dill/saunf	1 tsp	2 tsp	3 tsp
				Butter	1 tsp	1½ tsp	2 tsp
				Chopped parsley	1 tbsp	2 tbsp	3 tbsp
				Cheese (grated)	4 tbsp	5 tbsp	6 tbsp
				Salt & pepper	As per taste		
				Method : 1. In a MWS glass bowl put butter, dill/saunf, chopped parsley, mix & keep in microwave. Select Category & press start.			
				2. When beeps remove the bowl from microwave oven, mix boiled potatoes with above mixture, salt & pepper. Put the potato mixture in tawa sprinkle grated cheese on the top. Keep on high rack.			
				3. Press start.			
21	Papdi®	10 Nos.	Multicook tawa & Low rack #	Wheat flour	½ cup		
				Cumin seeds	½ tsp		
				Salt	¼ tsp		
				Oil	1 tsp		
				Water	As required		
				Method : 1. Combine all the ingredients in a bowl. Make a soft dough adding required amount of water.			
2. Select category & press start.							
3. Take small amount of dough (equal proportion for all papdis) & roll out papdis prick with a fork & keep on tawa. Keep the tawa on low rack & press start.							
4. Give a standing time of 5 minutes. Remove & store in an air tight container.							

® Do not put anything in the oven during preheat mode.

* Refer Pg. 114 Fig. 4

Refer Pg. 114 Fig. 3

CHILD'S FAVOURITE

Category		Weight Limit	Utensil	Instructions			
22	Corn Chaat	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Sweet corn	100 g	200 g	300 g
				Mix fruits (Pomegranate, cucumber, apple)	½ cup	1 cup	1½ cup
				Salt, red chilli powder, chaat masala, lemon juice	As per taste		
				Method : 1. In a MWS bowl add some water & sweet corns. Select category & weight and press start. 2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.			
23	Vermicelli Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Roasted vermicelli	100 g	200 g	300 g
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Rai, urad dal, curry leaves	As per taste		
				Chopped onion	½ cup	1 cup	1 cup
				Chopped tomato	1 No.	2 Nos.	3 Nos.
				Salt, red chilli powder, haldi, garam masala	As per taste		
				Water	400 ml	800 ml	1200 ml
				Lemon juice	As per taste		
				Method : 1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix. Select category & weight and press start. 2. When beeps, mix & add tomato. Press start. 3. When beeps, mix & add vermicelli, water, salt, red chilli powder, haldi, garam masala. Press start. Stand for 3 minutes. 4. Squeeze lemon, mix & serve.			

CHILD'S FAVOURITE

Category	Weight Limit	Utensil	Instructions				
24	Omelette	0.2-0.4 Kg	Steam chef without steam plate*	For	0.2 Kg	0.3 Kg	0.4 Kg
				Eggs	2 nos.	3 nos.	4 nos.
				Oil	1 tsp	2 tsp	3 tsp
				Chopped Tomato onion coriander leaves	½ cup	1 cup	1 cup
				Method : 1. Beat the eggs well & add salt, pepper & coriander leaves. Add chopped onion, tomato & coriander leaves. 2. Grease the steam water bowl with oil, add the egg batter in the steam water bowl cover. Select category & weight and press start. 3. When beeps, turn over the omelette & press start. Allow to stand for 3 minutes.			
25	Pizza®	0.3 kg	Low rack & High rack	Pizza base	1 Big Pizza base		
				Topping	3 tbsp		
				Mix Vegetables - Tomato, Capsicum, Onion	1 cup		
				Grated Cheese	1/2 cup		
				Oregano & Chilli flakes (Optional)	As per your taste		
Method : 1. Select category & press start to preheat. 2. Spread pizza topping on pizza base, spread chopped vegetables on it. Sprinkle grated cheese. 3. When beeps, place the pizza on low rack & press start. 4. When beeps, transfer the pizza on high rack & press start.							
26	Garlic Bread®	0.3 kg	Low Rack	Bread slices (French Bread)	4 pcs		
				Butter	5 tbsp		
				Garlic paste	2 tbsp		
				Grated cheese	4 tbsp		
				Salt, kali mirchi powder, Oregano, chilli flakes	As per your taste		
Method : 1. Mix butter, garlic paste, grated cheese, salt, kali mirchi powder and oregano together. Apply this mixture to both sides of bread slices. 2. Select category & press start. 3. When beeps, keep the bread slices on low rack & press start. Note : Use French bread to make garlic bread.							

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

* Refer Pg. 114 Fig. 2

CHILD'S FAVOURITE

Category		Weight Limit	Utensil	Instructions			
27	Bread Pudding	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	For	0.1 kg	0.2 kg	0.3 kg
				Bread slices	2 Nos.	3 Nos.	4 Nos.
				Milk (for dipping the bread)	½ cup	1 cup	1½ cup
				Egg	1 Nos.	2 Nos.	2 Nos.
				Vanilla Essence	½ tsp	¾ tsp	1 tsp
				Sugar	3 tbsp	4 tbsp	5 tbsp
				Dry fruits	As per your taste		
<p>Method : 1. Make small pieces of Bread slices. Beat the egg very well . Mix all the ingredient very well. 2. Pour this mixture into MWS flat glass dish. Select category and weight. Press start.</p>							
28	Cheesy Nachos	0.3 kg	Microwave safe (MWS) flat glass dish	For	0.3 kg		
				Nachos	300 g		
				Grated cheese	1 cup		
				Pizza sauce	6 tbsp		
				Chopped onion, tomato	2 cups		
<p>Method : 1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select category & press start.</p>							
29	Chocolate balls	0.3 kg	Microwave safe (MWS) glass bowl	Milkmaid	1 cup		
				Marie biscuit powder	1 cup		
				Milk powder	½ cup		
				Bournvita	½ cup		
				Grated coconut	½ cup		
<p>Method : 1. In a MWS safe glass bowl add milkmaid, marie biscuit powder, milk powder, bournvita. Mix well. Select category & press start. 2. Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut. 3. Keep in refrigerator for half an hour.</p>							

CHILD'S FAVOURITE

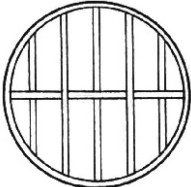
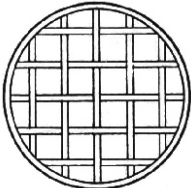
Category		Weight Limit	Utensil	Instructions			
30	Strawberry Custard	0.5 kg	Microwave safe (MWS) bowl	For	0.5 kg		
				Milk	500 ml		
				Strawberry custard powder	3 tbsp		
				Sugar	50 g		
				Strawberry pieces	As required		
				Method : 1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well. 2. Select category & press start. 3. When beeps, stir well. Press start. 4. When beeps, stir well. Press start. Allow to set in refrigerator.			
31	Veg Burger	0.1 ~ 0.3 kg	Multicook tawa & High rack*	For	0.1 kg	0.2 kg	0.3 kg
				Burger buns	1 no.	2 nos.	3 nos.
				For Tikkis			
				Potatoes (boiled)	100 g	200 g	300 g
				Boiled peas	¼ cup	½ cup	1 cup
				Chopped ginger	1 tsp	2 tsp	3 tsp
				Green chillies	1 no.	2 nos.	3 nos.
				Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp
				Salt, red chilli powder, garam masala, chaat masala	As per taste		
				Cornflour	For binding		
				Tomato slices	1 no.	2 nos.	3 nos.
				Onion slices	2 no.	4 nos.	6 nos.
				Cheese slices	1 no.	2 nos.	3 nos.
				Butter	1 tsp	2 tsp	3 tsp
				Tomato sauce	1 tbsp	2 tbsp	3 tbsp
				Method : 1. In a bowl mix all the ingredients for tikkis & prepare round & flat tikkis out of it. 2. Slit the buns into two halves. Apply the butter inside the buns. 3. Keep the tikkis on the tawa. Keep on high rack. Select category & weight and press start. 4. When beeps, turn over the tikkis & press start. 5. When beeps, remove the tikkis. Now apply tomato sauce on one half of the bun. Keep the cheese slice, tikki, onion slices and then tomato & cheese slices & cover with the second half of the bun. 6. Now keep the burger on high rack & press start.			

* Refer Pg. 114 Fig. 4

CHILD'S FAVOURITE

Category	Weight Limit	Utensil	Instructions		
32	Choco Bars	0.2 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish	Chocolate chips	½ cup
				Oats (crushed)	1 cup
				Honey	3 tbsp
				Brown sugar	4 tbsp
				Butter (softened)	8 tbsp
				Chopped nuts (almonds, pistachio, walnut)	As required
				<p>Method : 1. In a microwave safe glass bowl put oats, half amount of butter (4 tbsp), honey and brown sugar. mix well. Select category and press start.</p> <p>2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter.</p> <p>3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmly with spoon.</p> <p>4. In MWS glass bowl add rest of the butter, chocolate chips. Mix & press start.</p> <p>5. When beeps, pour this mixture on oats & sprinkle chopped nuts</p> <p>6. Cut into rectangle bars when set & serve chilled.</p>	

CHILD'S FAVOURITE

Category		Weight Limit	Utensil	Instructions					
33	Apple® Pie	0.6 kg	Metal cake tin* & Low rack	For	0.6 kg				
 <p>Fig -1</p>  <p>Fig -2</p>				Apple Filling					
				Apples (peeled, cleaned & sliced thinly)		4 large sized			
				White sugar		¼ cup			
				Brown sugar		¼ cup			
				Lemon juice		1 tsp			
				Cinnamon powder		1 tsp			
				nutmeg powder		¼ tsp			
				Salt		¼ tsp			
				Softened butter		2 tbsps			
				Cornflour		2 tbsps			
				Short Crust Pastry					
				Maida		2½ cup (300 g)			
				Salt		½ tsp			
				Sugar (granulated)		2 tbsps			
				Unsalted butter (chilled & cut into 1 inch pieces)		1 cup (225 g)			
				Ice water		¼ - ½ cup (60-120 ml)			
				Method :					
				1. Put maida, salt, sugar in a food processor/mixer. Grind it well. Take it in a bowl. Add chilled cubes of butter. Rub with hand to make bread crumb texture or till soft & well granulated.					
				2. Add ¼ cup ice water to make a soft dough when pinched. Roll out the dough into 2 equal parts. Make disc shapes.					
				2. Cover with plastic wrap & keep refrigerated at least for 30 minutes.					
3. When chilled, roll out one disc into big shape & place in a greased cake tin, covering it from the edges. Again keep in refrigerator.									
4. Take all the ingredients of apple filling in a mixer. Grind it to make a puree without any water. Pour this mixture in the cake tin.									
5. Roll out the second chilled disc & cut out long strips of ½ inch width. Cover the pie dish with these strips, arranging crossways as shown in figure 1 & figure 2.									
6. Seal the edges & wet them with water. Cover the edges with foil paper to avoid over burning.									
7. Select the category & press start. When beeps, place the cake tin on low rack & press start. When beeps, give a standing time of 5-10 minutes. Cool & serve in pieces.									

* Refer Pg. 114 Fig. 6

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

Category		Weight Limit	Utensil	Instructions	
34	Chocolate [®] Cake	0.4 kg	Metal Cake Tin* & Low Rack	For	0.4 kg
				Maida	110 g
				Baking powder	¼ tsp
				Cocoa powder	50 g
				Curd	70 ml
				Powder sugar	100 g
				Egg	1 no.
				Vanilla essence	¼ tsp
				Oil	50 ml
				<p>Method : 1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. 2. Sieve maida, baking powder & cocoa powder together. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Add oil. Combine all, beat well. If required add milk to the batter to adjust the consistency. 4. Grease a metal cake tin or line with butter paper. Add the cake batter. 5. Select category & press start. 6. When beeps, put the cake tin on low rack & keep in microwave & press start.</p>	
35	Lamington [®] Cake	0.4 kg	Low rack & Metal cake tin* & Microwave safe (MWS) bowl	For	0.4 kg
				Maida	100 g
				Powdered sugar	75 g
				Butter	75 g
				Eggs	1 No.
				Baking powder	1 tsp
				Vanilla essence	1 tsp
				For Lamington solution - Coco powder	2 tbsp
				Water	2 cups
				Desiccated coconut	As required
<p>Method : 1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin. 2. Select category, press start. When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep. 3. In MWS bowl add water and coco powder and put in the microwave. Press start. When it gives a beep remove and cool. Cut the cake in to squares and dip the pieces in the coco solution on all sides. Roll these in the desiccated coconut and serve.</p>					

* Refer Pg. 114 Fig. 6

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

BAKERY

Category	Weight Limit	Utensil	Instructions		
36	Doughnuts®	0.2 kg	Multicook tawa* & Low rack	For	0.2 kg
				Maida	200 g
				Yeast	½ tsp
				Warm milk	100 ml
				Powdered sugar	50 g
				Nutmeg powder	A pinch
				Egg	½ (beaten)
				Vanilla essence	¼ tsp
				Butter	1 tbsp
				<p>Method : 1. Dissolve yeast in milk & set aside for 5 minutes to prepare yeast mixture 2. Add sugar & butter to milk & dissolve. Add to yeast mixture. 3. Now add maida, egg, vanilla essence & nutmeg powder & make a soft dough. Keep it covered for 1 hour. Roll out the dough to ½ inch thickness. Cut it with a doughnut cutter. 4. Select category & press start. When beeps arrange the doughnuts on tawa & keep tawa on low rack & press start.</p> <p>Note : If the dough is too dry add milk & if too soft then add maida.</p>	
37	Nan Khatai®	0.4 kg	Multicook tawa* & Low rack	For	0.4 kg
				Maida	150 g
				Suji	50 g
				Powdered sugar	85 g
				Vanilla essence	1 tsp
				Butter	100 g
				Almonds & cashewnuts	A few
				<p>Method : 1. Cream the butter & sugar together till it turns fluffy. 2. Add vanilla essence followed by maida & suji. 3. Make a dough out of this mixture. 4. Make medium sized balls & put cashewnut on the top of each piece. Arrange them on tawa & keep aside. 5. Select category & press start. When beeps, keep the tawa on low rack & press start.</p>	

* Refer Pg. 114 Fig. 3

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

Category		Weight Limit	Utensil	Instructions	
38	Whole Wheat® Cookies	0.3 kg	Multicook tawa & Low rack*	For	0.3 kg
				Whole wheat flour	200 g
				Brown sugar	100 g
				Granulated sugar	50 g
				Butter	100 g
				Egg	1 No.
				Vanilla essence	½ tsp
				Baking powder	½ tsp
<p>Method : 1. In a bowl cream brown sugar, butter, granulated sugar together and beat till fluffy. Add egg, vanilla essence, baking powder. Finally add flour and make a soft dough. 2. Roll out the dough and cut with a cookie cutter. 3. Select category, press start. When beeps, put the cookies on tawa & tawa on low rack. Press start to bake. Remove when it gives a beep.</p>					
39	Chena Poda®	0.3 kg	Low rack & Microwave safe (MWS) flat glass dish	For	0.3 kg
				Chena	300 g
				Sugar	100 g
				Suji	20 g
				<p>Method : 1. Mix chena, sugar & suji together adding little water. 2. Transfer this mixture to MWS flat glass dish. 3. Select category & press start. 4. When beeps, place the MWS flat glass dish on low rack. Press start.</p>	
40	Vanilla® Cake	0.4 kg	Metal Cake Tin* & Low Rack	For	0.4 kg
				Maida	110 g
				Baking powder	¼ tsp
				Curd	70 ml
				Powdered sugar	100 g
				Egg	1 no.
				Vanilla essence	¼ tsp
				<p>Method : 1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. 2. Sieve maida, baking powder together. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well. For dropping consistency add milk to the batter. 4. Grease a metal cake tin or line with butter paper. Add the cake batter. 5. Select category & press start. 6. When beeps, put the cake tin on low rack & keep in microwave & press start.</p>	

* Refer Pg. 114 Fig. 3

* Refer Pg. 114 Fig. 6

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

JUST 4 U / UTILITY CORNER

In the following example, show you how to cook **8 Pc of Samosa**.

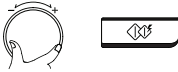
1. Press **STOP/CLEAR**.



2. Press **JUST 4 U / UTILITY CORNER**.
The following indication is displayed "auto".



3. Turn **COOK MODE** until display show "**28 SAMOSA**".
Press **START/QUICK START** for category confirmation.



4. Turn **COOK MODE** until display shows "**8 Pc**".
Press **START/QUICK START**.
When cooking you can increase or decrease cooking time by turning **COOK MODE**.



! NOTE

- JUST 4 U / UTILITY CORNER cook menus are programmed.
- JUST 4 U / UTILITY CORNER cook allows you to cook most of your favourite food by selecting the food type and the weight of the food.

Category		Weight Limit	Utensil	Instructions
1	Keep warm	0.3 kg	Microwave safe (MWS) bowl	<p>Method : 1. Any cooked food with cover (Rice, Dal, Subzi, Halwa, Upma etc.) Select category & press start. 2. When beeps, mix well & press start. When beeps, mix well & press start.</p> <p>विधि : 1. ढका हुआ कोई भी व्यंजन (चावल, दाल, सब्जी, हलवा, उपमा इत्यादि) वर्ग चुनें और स्टार्ट दबाएं। 2. बीप सुनाई देने पर अच्छी तरह मिलाएं और स्टार्ट दबाएं। बीप सुनाई देने पर अच्छी तरह मिलाएं और स्टार्ट दबाएं।</p>
2	Steam clean	0.3 kg	Microwave safe (MWS) bowl	<p>Method : 1. Take water in MWS bowl, add vinegar or lemon juice. Select category & press start. 2. When beeps, wipe out with salt & clean napkin. Press start. 3. Again wipe out. Take out the plug.</p> <p>विधि : 1. माइक्रोवेव सेफ बाउल में सिरका या नींबू रस लें। वर्ग चुनकर स्टार्ट दबाएं। 2. बीप सुनाई देने पर नमक और साफ नैपकिन से पोंछें। स्टार्ट दबाएं। 3. दोबारा से पोंछें और प्लग बाहर निकाल लें।</p>
3	Defrost Veg	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	<p>Veg - (Paneer, Green Peas, Corn etc.)</p> <p>Method : 1. Take in Microwave Safe Bowl, select category & weight and press start. 2. When beeps, turn the food. Press start.</p> <p>विधि : 1. माइक्रोवेव सेफ बाउल में लेकर वर्ग एवं वजन चुनें और स्टार्ट दबाएं। 2. बीप सुनाई देने पर खाने को पलट दें। स्टार्ट दबाएं।</p>
4	Defrost Non Veg	0.5 ~ 1.0 kg	Microwave safe (MWS) bowl	<p>Non-Veg - (Chicken, Mutton etc.)</p> <p>Method : 1. Take in Microwave Safe Bowl, select category & weight and press start. 2. When beeps, turn the food. Press start.</p> <p>विधि : 1. माइक्रोवेव सेफ बाउल में लेकर वर्ग एवं वजन चुनें और स्टार्ट दबाएं। 2. बीप सुनाई देने पर खाने को पलट दें। स्टार्ट दबाएं।</p>
5	Dehumidification	0.3 kg	Microwave safe (MWS) bowl	<p>Namkin, Biscuits, Bhujia, Papad and Wafers etc.</p> <p>Method : 1. In MWS bowl add the food to be dehumidified. Select category and press start.</p> <p>विधि : 1. खाना सुखाने के लिए उसे माइक्रोवेव सेफ बाउल में रखें। वर्ग चुनकर स्टार्ट दबाएं।</p>
6	Light Disinfect		Microwave safe (MWS) glass utensil & Empty cavity	<p>Method : 1. Sterilize Microwave safe glass utensil - Keep the empty utensil & select category & press start. 2. Clean the cavity - Keep the cavity empty. Select category & press start. When time ends (beeps), clean the cavity with a damp cloth.</p> <p>Note : The oven has a special function Light Disinfect which allows to sterilize the MWS glass utensil thereby giving a hygiene & clean utensils/cavity.</p> <p>विधि : 1. माइक्रोवेव सेफ ग्लास बर्तनों को कीटाणुमुक्त करना - खाली बर्तन को ओवन में रखकर वर्ग चुनें और स्टार्ट दबाएं। 2. खोह की सफाई करना - खोह को खाली रखें। वर्ग चुनकर स्टार्ट दबाएं। समय की समाप्ति पर (बीप सुनाई देने पर) खोह को गीले कपड़े से साफ कर दें।</p> <p>नोट : ओवन में एक विशिष्ट प्रक्रिया लाइट डिसइन्फैक्ट होती है जो माइक्रोवेव सेफ ग्लास युटेंसिल को कीटाणुमुक्त कर देता है और फलस्वरूप स्वास्थ्य प्रदान करता है और बर्तनों/खोह की सफाई करता है।</p>

BODY CARE

Category		Weight Limit	Utensil	Instructions	
7	Body massage oil	0.2 kg	Microwave safe (MWS) glass bowl	For	0.2 kg
				Garlic	10 pods
				Ajwain	½ tsp
				Cloves	2-3 nos.
				Almonds	3-4 nos.
				Mustard oil	1 cup
<p>Method : 1. In a MWS glass bowl put all the ingredients. Select category and press start. 2. Remove when it gives a beep. Keep it for 2 hours. 3. Strain and store in a glass a jar.</p>					

FERMENTATION

Category		Weight Limit	Utensil	Instructions	
8	Pizza base *	0.2 kg	Low rack* & Multicook tawa	For	0.2 kg
				Maida	200 g
				Yeast	1 tbsp
				Salt	1/2 tsp
				Sugar	1 tsp
				Water	As required
<p>Method : 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 minutes. Select category and press start. 2. When beeps, keep the pizza base on tawa & on low rack. Press start. Remove when it gives a beep.</p>					
9	Flavoured Yoghurt *	0.6 kg	Microwave safe (MWS) glass bowl & Low rack®	Curd	200 ml
				Milkmaid	100 ml
				Fresh cream	200 ml
				Flavours (Vanilla, Strawberry, Pineapple essence)	As per choice (½ tsp)
				<p>Method : 1. In a MWS glass bowl mix all the ingredients. Beat well till smooth. 2. Select category & press start. 3. When beeps, keep the MWS glass bowl on low rack & keep it in microwave. Press start. 4. When cooking ends, take out & allow to come to room temperature. Keep in freezer for 1 hour.</p> <p>Note : In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple yoghurt, add pineapple slices at the time of serving.</p>	

* Refer Pg. 114 Fig. 3

® Refer Pg. 114 Fig. 5

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

FERMENTATION

Category		Weight Limit	Utensil	Instructions	
10	Masala Paneer	0.5 kg	Microwave safe (MWS) glass bowl	For	0.5 kg
				Milk	500 ml
				Curd	2 tbsp
				Coriander powder	1 tbsp
				Jeera powder	1 tsp
<p>Method : 1. In MWS glass bowl add milk. Select category and press start. 2. When it gives a beep, remove and add curd, coriander and jeera powder. Press start. When beeps, remove and strain and press in a muslin cloth.</p>					
11	Yeast dough	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg
				Maida	300 g
				Yeast	1 tbsp
				Salt	½ tsp
				Sugar	1 tsp
				Water	As required
<p>Method : 1. In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. 2. Select category and press start. Rest for 3 minutes. Now remove.</p>					

Category		Weight Limit	Utensil	Instructions					
12	Fish Cutlet	0.4 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa	For	0.4 kg				
				Fish fillet	350 g				
				Boiled potato	2 Nos.				
				Bread crumbs	1 cup				
				Oil	2 tbsp				
				Chilli powder, turmeric, ginger garlic paste, salt	As per taste				
				Garam masala powder	1 tsp				
				Coriander leaves	A few sprigs				
				Method :		1. In a MWS glass bowl take fish fillet add 1 cup water. Select category & press start. Mash the fish. 2. Remove the bowl from microwave oven. 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. 3. Press start. 4. When beeps, turn them over. 5. Press start. 6. Remove and serve with lemon wedges & mint chutney.			
				13	Fish Masala	0.2 kg	Microwave safe (MWS) bowl	For	0.2 kg
Pomphret pieces	200 g								
Onions	2 Nos.								
Tomato	1 No.								
Oil	2 tbsp								
Chilli powder, turmeric, ginger garlic paste, salt, saunf powder	As per taste								
Garam masala powder	1 tsp								
Dhaniya and jeera powder	2 tsp								
Coriander leaves	2 tbsp								
Method :		1. In MWS bowl take oil and chopped onion. Select category and press start. 2. When beeps, remove and add pomphret pieces and tomato. Press start. 3. When beeps, add all the other ingredients and 1 cup water and mix well. Press start. When beeps, remove and garnish with coriander leaves.							

* Refer Pg. 114 Fig. 4

SEA FOOD

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

Category		Weight Limit	Utensil	Instructions	
16	Crab Curry	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg
				Crab pieces	250 g
				Ginger garlic paste	2 tbsp
				Water	1 cup
				Salt, dhania-jeera powder, garam masala, chilli powder, turmeric	As per taste
				Oil	2 tbsp
				Chopped onion	½ no.
				Coconut milk	2 tbsp
				Method :	
17	Shrimps in Garlic Butter	0.4 Kg	Microwave safe (MWS) bowl	Shrimps (Small)	400 g
				Butter	4 tbsp
				Parsley (chopped)	A few sprigs
				Garlic paste	3 tbsp
				Mustard paste	1 tbsp
				Lemon juice	1 tbsp
				Pepper corns (Roughly crushed)	8-10 nos.
				Salt	To taste
				Method :	

BABY FOOD

Category		Weight Limit	Utensil	Instructions			
18	Apple Custard	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Apple	100 g	200 g	300 g
				Sugar	1 tbsp	2 tbsp	3 tbsp
				Method : 1. Mix all the ingredients in a MWS glass bowl. Select category & weight and press start. 2. When beeps, mix well & press start.			
19	Fruit Dessert	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Apple, banana	100 g	200 g	300 g
				Orange juice	1 tbsp	2 tbsp	3 tbsp
				Sugar	1 tbsp	2 tbsp	3 tbsp
Method : 1. Put the peeled apple & banana pieces, orange juice & sugar in a MWS glass bowl. Select category & weight & press start. 2. When beeps, remove & mash well. Cover & press start.							
20	Home made Cereal	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Rice	50 g	100 g	150 g
				Moong daal	50 g	100 g	150 g
				Salt, jeera powder, almonds (optional)	As per taste		
				Ghee	1 tsp	2 tsp	3 tsp
				Groundnuts	1 tbsp	2 tbsp	3 tbsp
				Poha	1 tbsp	2 tbsp	3 tbsp
				Daliya	1 tbsp	2 tbsp	3 tbsp
				Method : 1. Soak rice for 1 hour. In a MWS glass bowl put all the ingredients. Keep it in microwave. Select category & weight and press start. 2. When beeps, remove and grind it in a mixer to a powder. You can store this mixture in a fridge. Take 2 tsp of this powder, add water, salt, jeera powder and mix. Put this in microwave and press start. 3. When beeps, remove it.			

Category		Weight Limit	Utensil	Instructions			
21	Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Soaked rice	50 g	75 g	100 g
				Moong daal	25 g	50 g	75 g
				Salt, jeera powder (optional)	As per taste		
				Ghee	1 tsp	2 tsp	3 tsp
				Water	200ml	400 ml	600 ml
				<p>Method : 1. Soak rice for 1 hour. In a MWS glass bowl put ghee, rice, daal & water. Keep it in microwave. Select category & weight & press start. 2. When beeps, remove and add salt, jeera powder and cover. Put this in microwave and press start. 3. When beeps, remove and add some water if required. Mix well and put this in microwave and press start.</p>			
22	Raggi Kheer	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg		
				Raggi powder	2 tbsp		
				Milk	1 cup		
				Sugar	As per taste		
				Ghee	1 tsp		
				Water	½ cup		
				<p>Method : 1. Put Raggi powder and water in MWS glass bowl and keep in microwave. Select category and press start. 2. When beeps, remove and add sugar, milk and ghee. Mix well. Put this in microwave and press start.</p>			

HEALTHY FRY

Category		Weight Limit	Utensil	Instructions			
23	Chicken Nuggets	0.1-0.3 Kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High Rack	For	0.1 Kg	0.2 Kg	0.3 Kg
				Boneless Chicken	100 g	150 g	200 g
				Bread slice	1no.	2no.	2no.
				Pepper corns	4-5	5-6	6-7
				Cloves	2-3	3-4	4-5
				Garlic paste	½ tsp	1 tsp	1½ tsp
				Olive oil	1 tsp	1½ tsp	2 tsp
				Salt	As per taste		
				Chopped garlic	2 cloves	3 cloves	4 cloves
				<p>Method :</p> <ol style="list-style-type: none"> 1. In a microwave safe glass bowl put boneless chicken, pepper corns, clones, olive oil, chopped garlic. Mix well & cover. Select Category & weight. press start. 2. When beeps, remove the bowl from microwave oven. allow to cool & grind everything in a mixer. Take out in the bowl add salt, crumbled bread slices. Mix well. 3. Make small round shaped nuggets from the mixture. Keep on tawa. Place the tawa on high rack. 4. Press start. 5. When beeps, turn the nuggets. 6. Press start. 7. Serve them hot with tomato Ketchup & shredded salad. <p>Note: If the mixture of nuggets is too dry, them sprinkle few drops of water to it.</p>			
24	Aloo Chips	0.2 Kg	Microwave glass tray	For	0.2 Kg		
				Potato (very thinly sliced)	200 g		
				Oil	A few drops		
				Salt, Chaat masala (optional)	As per taste		
				<p>Method :</p> <ol style="list-style-type: none"> 1. In a bowl mix very thinly sliced potatoes, salt, chaat masala. 2. Put few drop of oil on the glass tray of the microwave oven & smear it properly throughout. 3. Spread the potato slices throughout the glass tray. select category & press start. Allow the glass tray to cool down. Remove the chips & serve. 			

* Refer Pg. 114 Fig. 4

Category		Weight Limit	Utensil	Instructions					
25	Bread Pakora	4 nos.	Multicook tawa* & High Rack	For	Batter				
				Besan	1 cup (130 gms)				
				Water	200 ml				
				Salt, haldi, garam masala, red chilli powder,	As per taste				
				For filling					
				Boiled potatoes	2 nos. (medium)				
				Chopped green chillies	2 nos.				
				Chopped Coriander	1 tbsp				
				Chopped ginger	1 tsp				
				Salt, garam masala, red chilli powder	As per taste				
				Bread slices	4 nos.				
				Oil	1 tsp				
				Method :		<ol style="list-style-type: none"> 1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well. 2. In another bowl put besan & all spices & gradually add water & make a smooth batter for bread pakoras without any lumps. 3. Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure. 4. Keep the tawa on high rack. Select category the press start. 5. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start. 6. When beeps, turn the bread pakoras. Sprinkle 1 tsp oil on all & press start. Serve hot with tomato ketchup. 			
				26	Paneer Pakora	0.4 Kg	Multicook tawa* & High rack	Paneer (Cut into 1.5" cubes)	400 gm
For Batter									
Besan	1 cup (130 g)								
Water	200 ml								
Salt, red chilli powder, haldi, garam masala	As per taste								
Oil	2 tsp								
Method :		<ol style="list-style-type: none"> 1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. . 2. Keep the tawa on high rack. keep inside microwave. Select category & press start. 3. When beeps, place all paneer pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start. 4. When beeps, turn the pakoras & pour 2tsp oil on all pakoras & again press start. 5. Serve hot with Chutney or Sauce. 							

* Refer Pg. 114 Fig. 4

HEALTHY FRY

Category	Weight Limit	Utensil	Instructions																				
27	Gujia	10 nos.	Multicook tawa* & Low rack																				
			<table border="1"> <thead> <tr> <th colspan="2">For dough</th> </tr> </thead> <tbody> <tr> <td>Maida</td> <td>100 g</td> </tr> <tr> <td>Desi ghee</td> <td>1 tbsp & 1 tsp</td> </tr> <tr> <td>Water</td> <td>To knead the dough</td> </tr> <tr> <th colspan="2">For Stuffing</th> </tr> <tr> <td>Grated Khoya</td> <td>50 g</td> </tr> <tr> <td>Dessicated coconut</td> <td>50 g</td> </tr> <tr> <td>Powdered Sugar</td> <td>50 g</td> </tr> <tr> <td>Elaichi powder</td> <td>1 tsp</td> </tr> <tr> <td>Kishmish, Chopped, Almonds, Cashew nuts</td> <td>As required</td> </tr> </tbody> </table> <p>Method :</p> <ol style="list-style-type: none"> In a bowl put all the ingredients of stuffing & mix well. In another bowl put maida, 1 tbsp ghee, gradually add water & knead a soft dough for gujias. Put 1tsp ghee in dough & knead again & keep the dough covered for 15-20 minutes. Divide the dough in small balls of equal size & roll out each ball into a thin circle. *Place the rolled out circle in a *gujiya mould & fill the centre with stuffing (as required). Close the gujiya mould carefully & press firmly at edges to seal them properly. remove the excess part of the dough bulging out of the mould. Remove the gujiya from the mould. Prepare all the gujias in the similar way. Grease the tawa with ¼ tsp oil. Keep on low rack. keep in the microwave. Select category & press start. When beeps, place the gujias on tawa & keep on low rack. Press start. when beeps, turn the gujias, sprinkle 3 tsp ghee/oil on all the gujias & Press start. <p>*Note:- Grease the surface with 1-2 drops of oil before rolling the circle for gujias. * Not provided with the start up kit.</p>	For dough		Maida	100 g	Desi ghee	1 tbsp & 1 tsp	Water	To knead the dough	For Stuffing		Grated Khoya	50 g	Dessicated coconut	50 g	Powdered Sugar	50 g	Elaichi powder	1 tsp	Kishmish, Chopped, Almonds, Cashew nuts	As required
For dough																							
Maida	100 g																						
Desi ghee	1 tbsp & 1 tsp																						
Water	To knead the dough																						
For Stuffing																							
Grated Khoya	50 g																						
Dessicated coconut	50 g																						
Powdered Sugar	50 g																						
Elaichi powder	1 tsp																						
Kishmish, Chopped, Almonds, Cashew nuts	As required																						

* Refer Pg. 114 Fig. 3

Category		Weight Limit	Utensil	Instructions				
28	Samosa	8 Nos.	Multicook tawa & Low rack*	For Dough				
				Wheat flour (Refined)	1 cup			
				Melted ghee	½ tbsp			
				Oil	for kneading			
				Salt	½ tsp			
				For stuffing				
				Boiled potatoes	2 cup			
				Boiled peas	½ cup			
				Ginger-green chilli paste	1 tsp			
				Amchoor	1½ tsp			
				Red chilli powder	1 tsp			
				Finely chopped Coriander leaves	2 tbsp			
				Jeera	1 tsp			
				Oil	2¼ tsp			
				Method : 1. Preparation for stuffing - In a MWS glass bowl add oil, jeera, microwave 100% of 3 minutes. Add boiled & mashed potatoes, green chilli & ginger paste, salt, amchoor, red chilli powder, green peas & coriander leaves. Mix well & microwave 100% for 3 minutes. Allow cool.				
				2. For dough - Combine all the ingredients together in a bowl & knead into a firm dough using enough water. Keep aside covered for 15 minutes Knead again using oil until smooth.				
3. Prepare medium size 8 chapaties out of the dough Divide each chapati into 2 halves, make a cone from each half. Stuff each cone with the portion of stuffing. seal the edges carefully using little water. Keep aside.								
4. Grease the tawa with ¼ tsp oil. Keep on low rack & keep the it inside the microwave. Select category & press start.								
5. When beeps, keep the samosas on the tawa & press start.								
6. When beeps, pour 2 tsp oil on all the samosas & turn over. Press start. Serve with chutney.								

* Refer Pg. 114 Fig. 3

GO! CHINA

Category		Weight Limit	Utensil	Instructions				
29	Chilli Chicken	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				Boneless chicken	100 g	200 g	300 g	400 g
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Chopped ginger garlic	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
				Chopped onions	½ No.	1 No.	1 No.	2 No.
				Chopped green chillies	½ tbsp	1 tbsp	2 tbsp	2½ tbsp
				Capsicum	½ no.	1 no.	2 nos.	2 nos.
				Soya sauce	½ tbsp	½ tbsp	1 tbsp	1½ tbsp
				Chilli sauce	½ tbsp	½ tbsp	1 tbsp	1½ tbsp
				Vinegar	½ tbsp	½ tbsp	1 tbsp	1½ tbsp
				Salt, sugar & pepper	As per taste			
				Cornflour (mixed with ½ cup water)	1 tbsp	1 tbsp	1 tbsp	1½ tbsp
				Method : 1. In a MWS bowl add oil, chopped ginger, garlic, boneless chicken, soya sauce, chilli sauce and cover. Select category & weight & press start. 2. When beeps add, chopped onions, capsicum, chopped green chillies, vinegar, salt, sugar, pepper, cornflour mixed with water. Cover & press start. Stand for 5 minutes. Serve.				
30	Hakka Noodles	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	01 kg	0.2 kg	0.3 kg	
				Hakka noodles	100 g	200 g	300 g	
				Water	400 ml	800 ml	1200 ml	
				Oil	1 tbsp	1½ tbsp	2 tbsp	
				Chopped veg - carrot, peas, french beans, capsicum	1 cup	1½ cup	2 cup	
				Ajinomoto	A pinch			
				Salt, red chilli powder, green chilli sauce	As per taste			
				Method : 1. In a MWS bowl add hakka noodles, water & few drops of oil. Select category & weight & press start. 2. When beeps, remove drain water & wash & separate the noodles under running water. 3. In another MWS bowl add oil, mix vegetables, ajinomoto, salt, red chilli powder, green chilli sauce. Mix well & press start. 4. When beeps, add noodles to the bowl. Mix & press start.				

Category		Weight Limit	Utensil	Instructions							
31	Honey Chilli Potatoes	0.2 ~ 0.4 kg	High rack* & Multi cook tawa & Microwave safe (MWS) glass bowl	For	0.2 kg	0.3 kg	0.4 kg				
				Potatoes (peeled and cut long)	200 g	300 g	400 g				
				Oil	1 tbsp	2 tbsp	2½ tbsp				
				Chopped garlic	½ tbsp	1 tbsp	1½ tbsp				
				Salt, red chilli powder	As per taste						
				Ajinomoto, orange color	A pinch						
				Vinegar	¼ tbsp	½ tbsp	1 tbsp				
				Red chilli sauce	As per taste						
				Tomato sauce	2 tbsp	3 tbsp	4 tbsp				
				Honey	½ tbsp	1½ tbsp	2 tbsp				
				Maida	1-2 tsp (mixed with some water)						
				Cornflour	2 tbsp (mixed with 1 cup water)						
				Method :				1. Mix the maida with potatoes. Arrange them on tawa & keep on high rack. Select category & weight and press start.			
								2. When beeps, turn over the potatoes & press start..			
				3. When beeps remove the high rack & tawa from microwave oven, In a MWS glass bowl add oil, chopped garlic, salt, red chilli powder, ajinomoto, vinegar, red chilli sauce, tomato sauce, cornflour, water (1 cup) & honey.							
				4. Press start.							
				5. Mix with the potatoes with sauce, stand for 5 minutes & serve.							
32	Veg in hot garlic sauce	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	01 kg	0.2 kg	0.3 kg				
				Mix veg - Cauliflower florets, capsicum, baby corns, beans	100 g	200 g	300 g				
				Oil	1 tbsp	1½ tbsp	1½ tbsp				
				Chopped garlic, ginger, green chillies	1 tbsp	2 tbsp	2 tbsp				
				Corn flour	1 tbsp	1½ tbsp	2 tbsp				
				Pepper, salt, sugar	As per taste						
				Ajinomoto	A pinch						
				Oregano (optional)	As per taste						
				Water	2 cups	3 cups	3 cups				
				Method :				1. Cut the capsicum & cauliflower into medium sized pieces, baby corns & french beans into small sized pieces.			
								2. In a MWS bowl add oil, chopped onion, ginger, green chillies. Select category & weight and press start.			
				3. When beeps, mix & add vegetables, pepper, salt, sugar, cornflour mixed with water, ajinomoto. Press start. Stand for 5 minutes. Serve.							

* Refer Pg. 114 Fig. 4













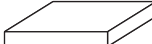


GO! CHINA

Category		Weight Limit	Utensil	Instructions	
33	Schezwan Chicken	0.5 kg	Microwave safe (MWS) bowl	For	0.5 kg
				Boneless chicken	500 g
				Dry red chillies	8 nos.
				Garlic paste	4 tsp
				Tomato ketchup	5 tbsp
				Vinegar	2 tsp
				Red chilli sauce	2 tbsp
				Ajinomoto (optional)	¼ tsp
				Sugar & salt	As per taste
				Spring onions (with greens)	1 cup
				Cornflour (mixed with ¼ cup water)	2 tsp
Oil	3 tbsp				
<p>Method : 1. In a MWS bowl mix together oil, garlic paste, dry red chillies, chicken pieces, tomato ketchup, ajinomoto, vinegar, red chilli paste, sugar. Mix well. Select category & press start 2. When beeps, mix well and add spring onions, cornflour, salt. Mix well & press start.</p>					

Category		Weight Limit	Utensil	Instructions	
34	Veg Manchurian	0.6 Kg	Steam chef * & Microwave safe (MWS) bowl	For Manchurian Balls	
				Grated Cabbage	1 cup
				Grated carrots	3/4 cup
				Grated cauliflower	½ cup
				Cornflour	3 tbsp
				Maida	1 tbsp
				Ajinomoto	¼ tsp
				Salt & pepper	As per taste
				For Manchurian Sauce	
				Chopped ginger	1 tsp
				Chopped green chilli	1 no.
				Chopped Onion	½ no.
				Soya sauce	1 tbsp
				Tomato sauce	2 tbsp
				Vinegar	2 tsp
				Pepper, Salt, Cornflour	As per taste
				Oil	1 tbsp
				Method :	
				1. Mix all the ingredients of Manchurian balls in a bowl. Make balls of medium size of the mixture.	
				2. Add 300 ml to the steam water bowl. Keep the steam plate & keep the balls on the steam plate & cover. Select category & press start.	
3. When beeps, remove & allow to cool.					
4. In a MWS bowl oil, ginger, green chilli, onion, soya sauce, tomato sauce, vinegar, pepper, salt, mix well & press start.					
5. When beeps mix well add cornflour, 1½ cups water. Press start. Add Manchurian ball. Stand for 3 minutes & serve.					

* Refer Pg. 114 Fig. 1

USAGE OF ACCESSORIES/UTENSILS

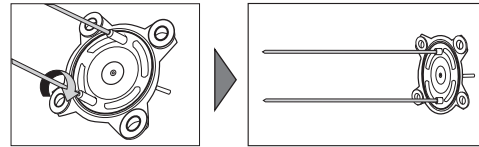
- 1)  +  +  = Steam Chef
- 2)  +  = Steam Chef without Steam Plate
- 3)  +  6)  + 
Low rack Multi cook tawa Low rack Metal cake tin
(Not provided with LG Kit)
- 4)  +  7)  + 
High rack Multi cook tawa High rack Microwave flat glass dish
(Not provided with LG Kit)
- 5)  + 
Low rack Microwave safe glass bowl
(Not provided with LG Kit)

Multi Rotisserie - Assembly

CAUTION

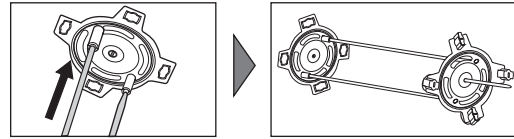
Rotisserie is not a toy.
Keep the Rotisserie away
from the child.

1
Screw the barbecue bars into the right plate.



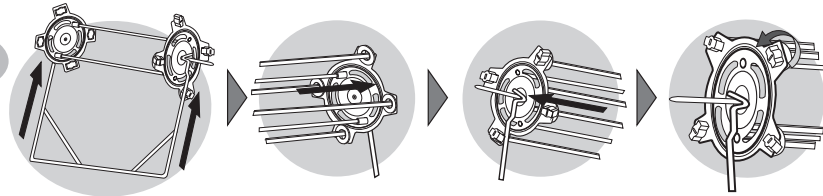
Screw the barbecue bar clockwise
into the right plate

2
Assemble the left plate



Push barbecue bars into left plate.

3
Assemble skewers



Install the handle on the
rotisserie.

Insert the pointed edge of
the skewer into hole on
the right plate.

Insert the other edge
of the skewer into a
hole on the left plate.

Turn it counterclockwise until
it's fixed. Repeat 4 times until
rotisserie is assembled.

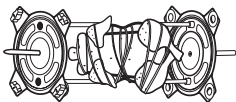
Multi Rotisserie - Installation & Cooking

In the following example, show you how to cook 1kg of Murg Tandoori (1).

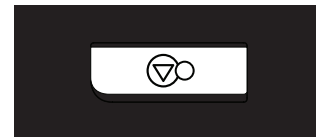
Don't hold the chicken vertically while blacing it inside the rotisserie. (as show in the picture)



Tie chicken's feet, wings and body with a cotton thread before cooking whole chicken as show in the picture.



Press **Stop/Clear**.



Press **Charcoal**



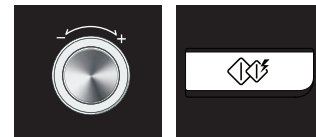
Turn **Dial** knob until display shows "**1 Murg Tandoori**".

Press **Start** for category(murg tandoori) confirmation.

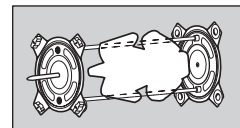
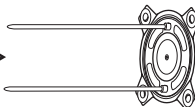
Turn the dial for selecting the weight.

The display shows "**1.0 kg**".

Press **start**.



Prepare foods with the rotisserie.

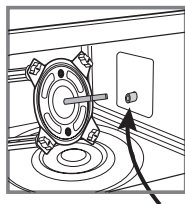


Multi Rotisserie - Installation & Cooking

To Clean ROTISSERIE

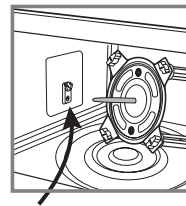
When cooking is completed, separate the ROTISSERIE from the food. Take care when handling ROTISSERIE, food stuff as it is very hot. During cooking it is normal for the ROTISSERIE to be stained from the food. Simply clean the ROTISSERIE with a warm soapy water and a soft cloth. If the ROTISSERIE remain stained after washing, soak utensils in hot soapy water for a few minutes. Do not use metal scouring pads. They will scratch the surface .

Insert the shaft of right plate into the shaft of motor.



The shaft of motor

Put the shaft of left plate on the holder of rotisserie.



The holder of rotisserie

Press **Start**.

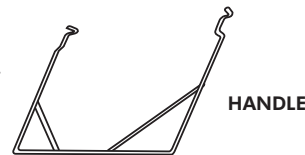
After cooking hold the rotisserie bar of both side with the handle and lift up the left end lightly and pull out from the right end.

NOTE:

1. The rotisserie cooking is convenient for grilling of meat and poultry. All the surface of the food will become even brown without overturning.
2. The rotisserie cooking can be used in Grill mode, Convection mode.
3. The rotisserie bar is used for rotisserie cooking only. After rotisserie cooking is finished remove the rotisserie bar and store with other accessories.

CAUTION

1. **DO NOT USE THE ROTISSERIE WITH NO LOAD, IT WILL DAMAGE THE OVEN.**
2. It is recommended to remove the grease from the turntable every time before cooking. Hot grease on the turntable may cause smoke.





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