LG
Life's Good

ENGLISH

RECIPE MANUAL

MICROWAVE OVEN

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

MJ3283BCG

P/NO : MFL67281824 (00)

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Please follow the given steps to operate cook functions (Charcoal, Indian Bread Basket, Diet Fry/Steam Chef, Nutri Care/Steam Clean, Indian Rasoi, 24 Hours/Kids' Delight, Just 4 U/Utility Corner) in your Microwave.

Cook Functions	Charcoal	Indian Bread Basket	Diet Fry/ Steam Chef	Nutri Care /Steam Clean	Indian Rasoi	24 Hours/ Kids' Delight	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 Diet Fry/ Steam Chef	Press Nutri Care /Steam Clean	Press Indian Rasoi	Press 24 Hours/ Kids' Delight	Press Just 4 U /Utility Corner
STEP-3	Turn dial to select the menu (1 to 27)	Turn dial to select the menu (1 to 12)	Turn dial to select the menu (1 to 28)	Turn dial to select the menu (1 to 59)	Turn dial to select the menu (1 to 76)	Turn dial to select the menu (1 to 64)	Turn dial to select the menu (1 to 35)
STEP-4	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs
STEP-5	Turn the dial to set the weight	Turn the dial to set the weight	Turn the dial to set the weight	Turn the dial to set the weight	Turn the dial to set the weight	Turn the dial to the weight	Turn the dial to set the weight
STEP-6	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs

*** Note : If display is blank, press Stop/Clear.**
If display shows ": ", do not press Stop/Clear, go directly to step 2.

301 Recipes List

Charcoal (pg. 8-19)

Code No.	Recipe Name
1	MURG TANDOORI
2	BHARWAN TAMATAR
3	TANDOORI ALOO
4	TANDOORI GOBHI
5	BHARWAN BHINDI
6	BHARWAN BAIGAN
7	TANDOORI JHINGA
8	CHANA KABABS
9	PANEER TIKKA
10	MATAR KABABS
11	TANDOORI MUSHROOMS
12	ARBI TANDOORI
13	MALAI TIKKA
14	CORN KABABS
15	KASTOORI KABABS
16	TIKKA ACHAARI
17	MAHI TIKKA
18	TANDOORI SUBZI
19	MIX VEG PLATTER
20	FISH TANDOORI
21	FALDARI KABABS
22	SPICY CHICKEN KABABS
23	CHILKA KABABS
24	JIMIKAND KE KABABS
25	KAJU KABABS
26	MUTTON AND TOMATO KABABS
27	DAHI KABABS

Indian Bread Basket (pg. 20-25)

Code No.	Recipe Name
1	NAAN
2	LACHHA PARANTHA
3	APPAM
4	THEPLA
5	MASALA ROTI
6	MISSI ROTI
7	STUFFED NAAN
8	KHASTA PARANTHA
9	RAJMA PARANTHA
10	PUDINA PARANTHA
11	PANEER PARANTHA
12	KULCHE

Diet Fry / Steam Chef (pg. 26-36)

Code No.	Recipe Name
1	CHICKEN NUGGETS
2	ALOO CHIPS
3	BREAD PAKORA
4	PANEER PAKORA
5	GUJIA
6	SAMOSA
7	MASALA VADA
8	CHICKEN 65
9	STUFFED ALOO PATTIES
10	MUSHROOM ROLLS
11	SABUDANA VADA
12	FISH AMRITSARI

Steam Chef

13	MOMOS
14	SPROUTS
15	STEAMED CHICKEN
16	SARSON KA SAAG
17	MATAR MUSHROOM
18	BOILED EGGS
19	GAJAR KA HALWA
20	AVIAL
21	SHORSHE ILISH
22	ALUVADI
23	RASIA MUTHIYA
24	STEAMED PEAS
25	BHAFOURI
26	KEEMA BALLS
27	METHI MUTHIYA
28	FARA

Nutri Care / Steam Clean (pg. 37-57)

Salads

Code No.	Recipe Name
1	BEETROOT SALAD
2	COUS COUS SALAD
3	PASTA SALAD
4	RICE SALAD

Code No.	Recipe Name
5	SPRING BASKET SALAD
6	CHICKEN IN TOMATO TOWER
7	TIRANGA SALAD
8	HARI SEEKH SALAD
9	CRUNCHY CHICKEN SALAD
10	BABYCORN AND BEAN SALAD
11	CARROT AND PEAS SALAD
12	WHOLE WHEAT AND MINT SALAD
13	BREAD SALAD
14	PAPAYA LACHCHA SALAD
Health Plus	
15	LEMON CHICKEN
16	KALA CHANA
17	KARELA SUBZI
18	MACHI KALI MIRCH
19	NUTRINUGGETS
20	SOYABEAN CURRY
21	CURD BRINJAL
22	FISH BHARTA
23	SOYA IDLI
24	BATHUA RAITA
25	SPINACH DAL
26	HEALTHY KHICHDI
27	LEAF ROLLS
Soup	
28	CHICKEN SHORBA
29	TAMATAR SHORBA
30	SWEET CORN SOUP
31	MUSHROOM SOUP
32	RASAM
33	HOT AND SOUR SOUP
34	TOMATO SOUP
35	MULLIGATAWNY SOUP
36	TOM YUM KUNG
37	SICHUAN SOUP
38	PALAK MAKAI SHORBA
39	RAJMA SOUP
40	SHAHI SHORBA
41	BOMBAY CURRY SOUP
42	BADAM SOUP
43	LIMBU DHANIA SHORBA
Continental	
44	PASTA
45	VEG AU GRATIN
46	BAKED MUSHROOM

Code No.	Recipe Name
47	POTATO DUMPLING
48	LASANEYA
49	MACARONI
50	CHILLI VEG
51	THAI CHICKEN
52	SWEET AND SOUR VEG
53	MEDITERRANEAN CROSTINI
54	RISOTTO RICE
55	SPAGHETTI WITH TOMATO SAUCE
56	COTTAGE CHEESE TORTELLINI
57	MEXICAN CORN RICE
58	BROCCOLI IN BUTTER SAUCE
Steam Clean	
59	STEAM CLEAN

Indian Rasoi (Pg. 58-82)

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Code No.	**Recipe Name**
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2	KADHAI PANEER
3	DAL TADKA
4	SAMBHAR
5	DUM ALOO
6	KADHI
7	BAATI
8	UKADICHE MODAK
9	DALMA
10	PITHLA
11	PANCHMEL KI SUBZI
12	GUJARATI TUVAR DAL
13	BUTTER CHICKEN
14	BEANS PORIAL
15	GOAN POTATO CURRY
16	VEG HANDVA
17	KASHMIRI KAJU PANEER
18	KADHAI CHICKEN
19	BAIGAN KA BHARTA
20	KOFTA CURRY
21	ALOO GOBHI
22	MATAR PANEER
23	GATTE KI SUBZI
24	EGG CURRY
25	JHINGA MATAR CURRY

301 Recipes List

Code No.	Recipe Name
26	DUM TANGRI
27	MAKKI KORMA
28	LITTI
29	CHOKHA
30	METHI ALOO
31	KADDU KI SABZI
32	PALAK KEEMA
33	PANEER PISTA HARYALI
Sweet Corner	
34	SUJI HALWA
35	BESAN LADOO
36	KHEER
37	PAYASAM
38	MYSORE PAK
39	NARIYAL BURFI
40	SANDESH
41	SEVIYAN ZARDA
42	BURFI
43	KALAKAND
44	SHAHI RABDI
45	SHAHI TUKDA
46	KADDU KHEER
47	RAVA LADOO
48	KAJU BURFI
49	BADAM HALWA
Rice Delight	
50	CHICKEN BIRYANI
51	GOSHT DUM BIRYANI
52	MALABAR BIRYANI
53	PINEAPPLE FRIED RICE
54	VEG PULAO
55	VEG TAHIRI
56	PEPPER RICE
57	ZAFRANI PULAO
58	BENGALI BIRYANI
59	KHUMB PULAO
60	TIRANGA PULAO
61	EGG BIRYANI
62	ACHARI CHANA PULAO
63	METHI RICE
64	COCONUT RICE
65	CURD RICE
Chatpat Corner	
66	APPLE TOMATO CHUTNEY
67	LEMON PICKLE

Code No.	Recipe Name
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70	TOMATO SAUCE
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72	LEHSUN KI CHUTNEY
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74	AAM KI CHUTNEY
75	COCONUT CHUTNEY
76	TIL KI CHUTNEY

24 Hours/Kids' Delight (Pg. 83-104)

Breakfast	
Code No.	**Recipe Name**
1	POHA
2	UPMA
3	BESAN CHEELA
4	DALIYA
5	SABUDANA KHICHDI
6	VEG SANDWICH
7	VEN PONGAL
8	PANEER SANDWICH
9	USAL
10	SCRAMBLED EGGS
11	UGGANI
12	KOZHUKATTAI
13	MASALA CHEESE TOAST
14	BREAD UPMA
Snacks	
15	PAV BHAJI
16	DHOKLA
17	PEANUTS
18	MURMURA
19	CHANA CHAAT
20	PANEER BHURJI
21	KHANDVI
22	BATATA VADA
23	COTTAGE HONEY TOAST
24	TOKRI CHAAT
25	SPICY BABY CORN
26	NAMAKPARAS
27	HERB POTATOES
28	PAPDI
29	ALOO KAND CHAAT

Code No.	Recipe Name
30	KATHI ROLL
31	MISAL
32	BREAD DAHI VADA
33	CHIVDA
34	DABELI
35	PANDOLI
	Child's Favourite
36	CORN CHAAT
37	VERMICELLI KHICHDI
38	OMELETTE
39	PIZZA
40	GARLIC BREAD
41	BREAD PUDDING
42	CHEESY NACHOS
43	CHOCOLATE BALLS
44	STRAWBERRY CUSTARD
45	VEG BURGER
46	CHOCO BARS
47	APPLE PIE
48	MUSHROOM AND PEPPER PIZZA
49	CHEESE BREAD DELIGHT
50	NOODLE ROSTI
	Bakery
51	CHOCOLATE CAKE
52	LAMINGTON CAKE
53	DOUGHNUTS
54	NAN KHATAI
55	WHOLE WHEAT COOKIES
56	CHENA PODA
57	VANILLA CAKE
58	BUNS
59	APPLE CUP CAKES
60	EGGLESS CHOCOLATE CAKE
61	SWISS ROLL
62	PATTIES
63	JEERA BISCUITS
64	PINWHEEL COOKIES

Just 4 U/Utility Corner (Pg. 105-117)

	Utility Corner
Code No.	**Recipe Name**
1	KEEP WARM
2	DEFROST VEG
3	DEFROST NON-VEG
4	DE-HUMIDIFICATION
5	LIGHT DISINFECT
	Body Care
6	BODY MASSAGE OIL
	Fermentation
7	PIZZA BASE
8	FLAVOURED YOGHURT
9	MASALA PANEER
10	YEAST DOUGH
	Sea Food
11	FISH CUTLET
12	FISH MASALA
13	FISH PULUSU
14	COCONUT PRAWNS
15	CRAB CURRY
16	SHRIMPS IN GARLIC BUTTER
17	MASE KALAVAN
	Baby Food
18	APPLE CUSTARD
19	FRUITS DESSERT
20	HOME MADE CEREAL
21	KHICHDI
22	RAGGI KHEER
23	VEGETABLE MIX
24	DALIYA KHICHDI
25	SUJI KHEER
	Go! China
26	CHILLI CHICKEN
27	HAKKA NOODLES
28	HONEY CHILLI POTATOES
29	VEG IN HOT GARLIC SAUCE
30	SCHEZWAN CHICKEN
31	VEG MANCHURIAN
32	CHILLI SOY NUGGETS
33	CHILLI GARLIC RICE
34	STEAMED EGG WITH TOFU
35	ALMONDS VEGETABLES STIR FRY

Charcoal

In the following example, show you how to cook 0.3 kg of PANEER TIKKA.

1. *Press STOP/Clear.

2. Press Charcoal.

The following indication is displayed "auto".

3. Turn the dial until display show "9 PANEER TIKKA"

Press START/Add 30 secs for menu confirmation.

4. Turn the dial until display shows "0.3 kg"

5. Press START/Add 30 secs.

When cooking you can increase or decrease cooking time by turning the dial.

NOTE

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

*** Note : If display is blank, press Stop/Clear.**
If display shows ": ", do not press Stop/Clear, go directly to step 2.

Menu		Weight Limit	Utensil	Instructions
1	MURG TANDOORI	1.0 kg	Rotisserie & Rotisserie handle	

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

Method :
1. Mix all the ingredient of marinade in a bowl
2. Wash the chicken properly & make cuts on the chicken all over.
3. Marinade the chicken properly coating all the places. keep marinated for 3-4 hours in refrigerator.
4. Insert the chicken in Rotisserie & tie up with thread.
5. Install the rotisserie in the microwave select menu & press start.
6. Use rotisserie handle to take out the multi rotisserie out of the microwave oven.
   Serve with grilled onion slices, lemon wedges & onion chutney.
   Note : For rotisserie installation refer Pg. 119.

2	BHARWAN TAMATAR	0.3-0.5 kg	Multicook Tawa & High rack*	

For	0.3 kg	0.4 kg	0.5 kg
Tomato (Hollowed)	300 g	400 g	500 g
For Stuffing			
Paneer (mashed)	200 g	250 g	300 g
Salt, Red chilli powder, Garam masala, Cumin powder	As per taste		
Onion chopped	¼ cup	¼ cup	½ cup
Coriander leaves chopped	A few sprigs		
Oil	¼ tbsp	½ tbsp	1 tbsp

Method :
1. Precook the paneer stuffing- In a microwave safe bowl add oil, onions & microwave 100 % for 3 minutes. Add paneer & all the spices & coriander leaves & microwave 100% for 2 minutes
2. Stuff the hollowed tomatoes with paneer.
3. Grease the tomatoes with few drops of oil.
4. Keep the tomatoes on tawa & tawa on high rack. Select Menu & weight and press start
5. When beeps,turn over the tomato & press start. Put oil.
6. When beeps, turn over the side again & press start. Garnish with fresh coriander leaves & serve.

3	TANDOORI ALOO	0.3 ~ 0.5 kg	Multicook Tawa & High rack*	

For	0.3 kg	0.4 kg	0.5 kg
Aloo (Cut into quarters)	300 g	400 g	500 g
For marinade			
Hung curd	2 tbsp	3 tbsp	4 tbsp
Garlic paste	1 tbsp	1 ½ tbsp	2 tbsp
Cumin powder	As per taste		
Red chilli powder	As per taste		
Salt	As per taste		
Tandoori masala	1 tsp	2 tsp	3 tsp
Tandoori color	A pinch		

Method :
1. Mix all the ingredients of marinade in a bowl.
2. Add the aloo pieces & keep for ½ hour.
3. Keep the marinated aloo on tawa & tawa on high rack. Select menu & weight & press start.
4. When beeps, turn over the pieces & drizzle few drops of oil & press start again.
   Sprinkle chaat masala or lemon juice & serve.

* Refer Pg. 118 Fig. 4

Charcoal

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

For	0.3 kg	0.4 kg	0.5 kg
Caulifower florets	300 g	400 g	500 g
For Marinade			
Jeera powder	½ tsp	1 tsp	1 tsp
Red chilli powder, Salt, Dhania powder, Garam masala, Anardana	As per taste		
Tandoori color/Haldi	A pinch		
Oil	1 tbsp	1½ tbsp	2 tbsp
Hung curd	2 tbsp	3 tbsp	4 tbsp

Method :
1. Mix together in a bowl all the ingredients of marinade. Add the cauliflower to the marinade & rub them properly with the marinade. Keep aside for 1 hours.
2. Transfer the marinated cauliflower on tawa & keep on high rack. Select menu & 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.

Menu		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 menu & 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.

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

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

Method :
1. Pre-prepare the stuffing - In a 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 menu & weight & press start.
3. When beeps, Remove the bowl from microwave oven & add the stuffing to the baigans.
4. Keep the baigans on tawa drizzle some drops of oil & keep tawa on high rack.
5. Press start.
6. When beeps, turn over again.
7. Press start.

* Refer Pg. 118 Fig. 4

Menu		Weight Limit	Utensil	Instructions
7	TANDOORI JHINGA	0.2 ~ 0.5 kg	Multicook tawa & High rack*	

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

Method :
1. Devein & wash prawns. Marinate the prawns with 1st marinade for ½ an hour.
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 menu & weight and press start.
4. When beeps, drizzle few drops of oil & turn over the side. Press start. Serve with pudina chutney.
   Note: In case the prawns get watery drain excess water & then cook.

Menu		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		

Method :
1. Grind boiled kabuli chana, cloves, pepper powder, cinnamon powder, 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 menu & weight & press start.
4. When beeps, turn over the side & press start.

Menu		Weight Limit	Utensil	Instructions
9	PANEER TIKKA	0.3 kg	Rotisserie & Rotisserie handle	

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

Method :
1. Mix all the ingredients of the marinade in a bowl.
2. Make holes in the paneer pieces with the rotisserie skewers.
3. Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour.
4. Skewer all the vegetables in the rotisserie & install the rotisserie in the oven. Select menu & press start.
5. When beeps, pour some oil & press start.
6. Use rotisserie handle to take out the rotisserie from the microwave oven.
   Note: For rotisserie installation refer Pg. 119.

* Refer Pg. 118 Fig. 4

Charcoal

Menu		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 menu & weight and press start.
6. When beeps, turn over & press start
7. When beeps, again 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 menu & weight and press start.
5. When beeps, turn over the mushroom & press start.
6. When beeps, turn over again & press start.
   Note: If mushroom run watery while cooking, drain water & start cooking again.

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

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

Method :
1. Pre- preparation –In a microwave safe glass bowl put arbi slices with some water. Cover & micro at 100% for 5 mins.
2. Mix all the ingredients of marinade in a bowl. Add the arbi slices & keep for ½ an hour.
3. In a MWS glass bowl add oil, onion rings, shredded ginger & green chillies, garam masala, amchoor & salt. Mix well. Select Menu & weight & press start
4. When beeps, remove the bowl from microwave oven, transfer the marinated arbi on tawa & keep the tawa on high rack.
5. Press start.
6. When beeps, drizzle few drops of oil. Add onion rings mixture & turn over the slices
7. Press start.

* Refer Pg. 118 Fig. 4

Menu		Weight Limit	Utensil	Instructions
13	MALAI TIKKA	0.3 kg	Rotisserie & Rotisserie handle	

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

Method :
1. Mix all the ingredients of the marinade in a bowl. Marinate chicken & keep in refrigerator for 1 hour.
2. Grease the rotisserie skewers with some oil. Put the chicken pieces on skewers. Install the rotisserie in the microwave.
3. Select menu & press start.
4. When beeps, add 1tsp oil & again press start.
5. Use rotisserie handle to take out of the microwave oven. Sprinkle the chaat masala & serve.

Note: For rotisserie installation refer Pg.119.

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

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

Method :
1. Mash the boiled potatoes & corns. Mix well.
2. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice.
3. Make long kababs out of this mixture.
4. Keep the kababs on tawa & tawa on high rack. Select menu & weight & press start.
5. When beeps, turn over & press start.
6. When beeps, again turn over & press start. Serve with chutney or sauce.

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 tbsp	½ tbsp	1 tbsp
Lemon juice	¼ tbsp	½ tbsp	1 tbsp
Roasted besan	2 tbsp	3 tbsp	4 tbsp
Bread crumbs	2 tbsp	3 tbsp	4 tbsp
Pepper powder, Salt, Red chilli powder	As per taste		
Ginger finely chopped	½ tsp	½ tsp	1 tsp
Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp
Oil	1 tsp	2 tsp	3 tbsp
Choti elaichi powder	½ tsp	½ tsp	1 tsp
Jeera	1 tsp	1 tsp	1 tsp
Kesar (Soaked in ½ cup in milk)	½ tsp	½ tsp	1 tsp

Method :
1. Wash the chicken mince in a strainer. Press well to squeeze out the water well.
2. Marinate the mince with all the ingredients mentioned under marinade.
3. Make flat kababs of the mixture.
4. Keep the kababs on tawa & tawa on high rack. Select menu & weight and press start.
5. When beeps, turn over the kababs & press start, Sprinkle chaat masala & serve.

* Refer Pg. 118 Fig. 4

Charcoal

Menu		Weight Limit	Utensil	Instructions
16	TIKKA ACHAARI	0.3 kg	Microwave safe (MWS) glass bowl & Rotisserie & Rotisserie handle	

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

Method :

1. Wash & pat dry the mutton pieces. Prick them with a fork.
2. Mix all the ingredients of marinade in a bowl. Add the mutton pieces & mix well & 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 menu & press start.
5. When beeps, remove the bowl & insert the mutton pieces in rotisserie skewers. Install in rotisserie the microwave. Press start.
6. When beeps, pour 1 tsp oil on the mutton pieces. Press start.
7. Use rotisserie handle to take out the rotisserie from the microwave oven.
   Note : For rotisserie installation refer Pg. 119

Menu		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		

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 fork.
2. Mix all the ingredients of marinade. Add the fish pieces & keep aside for 3-4 hours.
3. Transfer the marinated fish pieces to tawa & keep tawa on high rack. Select menu & weight & press start.
4. When beeps, turn over the pieces & press start.
5. When beep, turn over the pieces & press start. Sprinkle chaat masala & serve onion slices.
   Note: In case there is excess water during cooking & drain it & restart.

* Refer Pg. 118 Fig. 4

Menu		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 tbsp	1½ tbsp	2 tbsp
Capsicum (Cut into fine rings)	2 cups	2½ cups	3 cups
Onion (Cut into fine rings)	2 cups	2½ cups	3 cups
Black salt	As per taste		
Tandoori masala	2 tsp.	2½ tsp	3 tsp
Tandoori color	A pinch		
For Paste			
Ginger	1½" piece	2" piece	2½" piece
Green chillies	2 nos.	3 nos.	4 nos.
Jeera	1 tsp	1½ tsp	2 tsp
Garlic flakes (Optional)	3 nos.	4 nos.	5 nos.

Method :

1. Grind garlic, ginger, jeera & green chillies to a thick rough paste. Do not add water. Keep the paste aside.
2. Add salt, chilli powder & lemon juice to the paste. Add the tandoori color.
3. Cut the paneer into 1" square pieces. Apply the paste on all the pieces properly.
4. In a MWS glass bowl add oil, capsicum & onion. Select menu & 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.

Menu		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

Method :

1. Mix all the ingredients of marinade.
2. Add paneer, mushrooms, baby corns, onions & tomatoes to the marinade & mix well to coat the vegetables..
3. Keep the marinated vegetables on tawa & tawa on high rack. Select menu & press start.
4. When beeps, turn over the side & drizzle few drops of oil & press start.
5. When beeps, again turn over & press start. Serve with barbeque sauce.
   Note: In case there is excess water during the cooking process, drain it & cook.

* Refer Pg. 118 Fig. 4

Charcoal

Menu		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

Method :

1. Rub the fish well with besan (3tbsp), 2 tbsp lemon juice to remove fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Prick the fish all over with a fork or give shallow cuts with a knife.
2. Mix all ingredients given under marinade. Rub the marinade well all over the fish pieces & let it marinade for 2-3 hours.
3. Keep the marinated fish pieces on tawa & tawa on high rack. Select the menu & press start.
4. When beeps, turn over the fish & press start.
5. When beeps, turn over again & press start.
   Sprinkle chaat masala & serve with pudina chutney & onion rings.

Menu		Weight Limit	Utensil	Instructions
21	FALDARI KABABS	0.4 kg	Multicook tawa & High rack*	

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

Method :

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

* Refer Pg. 118 Fig. 4

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

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

Method :
1. Clean & wash chicken pieces & cut into 1½" cubes. Prick them with fork.
2. In a bowl take chicken pieces & add all the ingredients of marinade & mix well. Keep covered for at least 30-45 minutes in refrigerator.
3. Place all the marinated chicken pieces on tawa & place tawa on high rack. Keep in the microwave. Select menu & weight and press start.
4. When beeps, turn the chicken pieces. Remove excess water or liquid from the tawa (if present) & press start.
5. Serve spicy chicken kababs hot with mint chutney or onion rings.

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

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

Method :
1. In a MWS glass bowl take soaked chana dal, pumpkin peels, snake gourd peels & all the whole spices except salt & coriander leaves. Sprinkle ¼ cup water & cover. Select menu & press start.
2. When beeps, take out the bowl, remove javitri & black cardamom and allow to cool the mixture.
3. Grind the cooked mixture to a coarse paste in a mixer, adding ¼ cup water & salt to taste. Take out in a bowl and add freshly chopped coriander leaves. Mix well with hands & make kababs of equal size & shape.
4. Grease the tawa with ¼ tsp oil & put the kababs on it. Keep the tawa on high rack. Keep high rack & tawa with kababs inside the microwave and press start.
5. When beeps, sprinkle ¼ tsp oil on all kababs and turnover the kababs and press start.
6. Serve the kababs hot with the chutney of your choice.

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

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

Method :
1. In a bowl take boiled & grilled jimikand, chopped green chilli, coriander leaves, cornflour, anardana powder & all the spices. Mix well.
2. Remove the sides (brown part) of the bread slices with a knife. Crumble them with hands & add this to jimikand mixture. Mix well and make equal sized flat kababs.
3. Keep the kababs on multicook tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
4. When beeps, turn all the kababs & press start.
5. When beeps, again turn the kababs & press start. Serve them hot with onion rings & mint chutney.

* Refer Pg. 118 Fig. 4

Charcoal

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

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

Method :

1. In a MWS glass bowl take cut potatoes, chopped onion, peas & cauliflower. Put ½ cup water & cover. Select menu & weight and press start.
2. When beeps, remove the bowl, strain the vegetables. Remove all the moisture & mash well when cool.
3. To the mashed vegetables add all the spices, chopped green chilli, coriander leaves, kaju powder, ginger-garlic paste, tomato ketchup, fresh bread crumbs. Mix all the ingredients very well. Make equal sized kababs out of the mixture.
4. Keep the kababs on tawa & tawa on high rack. Keep inside the microwave and press start.
5. When beeps turn the kababs & press start. Serve them hot with mint chutney.

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

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

Method :

1. In a MWS glass bowl take minced mutton, laung, badi elaichi, cinnamon, dried red chilli, whole black peppers. Mix well & cover. Select menu and press start.
2. When beeps, take out the bowl, remove cover & remove all the whole spices & discard the water. Allow the mutton to get cooled & grind the mutton coarsely.
3. Take the ground mutton in a bowl, add all the spices, chopped green chilli, coriander leaves, bread crumbs & lemon juice (optional) & mix very well.
4. Make equal sized round kababs from the mixture & keep on greased tawa. Keep the tawa on high rack. Keep inside the microwave & press start.
5. When beeps, turnover the kababs & keep tomato pieces (seeds removed) and press start. Serve them hot with mint chutney.

* Refer Pg. 118 Fig. 4

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

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

Method :

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

* Refer Pg. 118 Fig. 4

Indian Bread Basket

In the following example, show you how to cook 02 Pc of NAAN.

1. ***Press STOP/Clear.**

2. **Press Indian Bread Basket.**

The following indication is displayed "auto".

3. **Turn the dial until display show "1 NAAN"**

4. **Press START/Add 30 secs for menu confirmation.**

5. **Turn the dial until display shows "02 Pc".**

6. **Press START/Add 30 secs.**

When cooking you can increase or decrease cooking time by turning the dial.

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.**

*** Note : If display is blank, press Stop/Clear.**
If display shows ": ", do not press Stop/Clear, go directly to step 2.

Menu		Weight Limit	Utensil	Instructions
1	NAAN	02 Pc	Multicook Tawa & Low Rack*	

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

Method :

1. In a bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi-carb & add to the dough. Mix it well & knead a soft dough adding the milk & water (if required). After making the dough add melted butter & knead the dough again. Keep the dough covered in a warm place for about 1-2 hours to ferment properly.
2. Keep the tawa on low rack & keep inside the microwave. select menu & press start.(Preheat process)
3. Divide the dough into 10 equal portions/balls. (approx. of 40 g each). Roll out each portion in an oblong shape. Brush with melted butter & sprinkle onion seeds on the top.
4. When beeps, keep 2 rolled out naan on the tawa & press start.
5. Serve hot with gravy curry for your choice.
   Note: Grease the surface with little oil to prevent the naan from sticking while rolling.

2	LACHHA PARANTHA	02 Pc	Multicook Tawa & low rack*	

For dough	
Whole wheat flour	2 cups
Salt	½ tsp
Ghee	2 tbsp
Milk	½ cup
Water	½ cup

Method :

1. In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & then water & knead a soft dough.
2. Keep tawa on low rack, keep inside the microwave. select menu & press start.(Preheat process)
3. Divide the dough into 11-12 equal portion (approx of 45-46 g). Roll out each portion to a diameter of 6" spread ½ tsp ghee/oil all over & dust some dry flour. Fold to half & again repeat the same procedure. So that you get a long strip (like a fan).
4. Apply few drops of ghee on the strip. again roll the strip to form a ball. Roll out the ball to 5" diameter for lachha parantha.
5. When beeps, keep 2 rolled out lachha parantha on tawa & press start.
6. When beeps, turn the paranthas & again press start. Make all lachha paranthas following the same procedure.
7. Apply some ghee on top (optional) & crush the parantha slightly to open up the layers. Serve hot with gravy/curry of your choice. Wrap in foil & store.

3	APPAM	01 Pc	Multicook Tawa & High Rack#	

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

Method :

1. Grind together soaked rice, cooked rice & coconut shaving till get a fine thick paste. Do not add too much water. Instead use coconut water for grinding & diluting. Batter should have a consistency similar to dosa batter or slightly thickened.
2. Add the yeast (diluted in 2 tbsp coconut water) & salt & sugar to taste. Allow the batter to ferment at room temperature for atleast 6-8 hours.
3. Keep the tawa on high rack, keep inside the microwave. Select menu & press start.(Preheat process)
4. When beeps, pour ½ cup batter (approx 100 mL) on tawa & spread evenly to a circle keep on the rack & press start.
5. When beeps, turn the appam carefully without breaking. Press start.
6. Serve hot with coconut chutney or veg stew.
   Note: While pouring the appam batter, try to make a thin size appam. It should not be very thick.

*Refer Pg 118 Fig 3
#Refer Pg. 118 Fig 4

Indian Bread Basket

Menu		Weight Limit	Utensil	Instructions
4	THEPLA	02 Pc	Steam chef without steam plate@	For dough Wheat flour: 2 cups Curd: 1 cup Turmeric powder: ½ tsp Chilli powder, Coriander powder, Salt: As per taste Oil: 2 tbsp **Method :** 1. Mix all the ingredients together & knead into a soft dough using water (if required) 2. Knead the dough till it is smooth & divide into 8 equal portion (approx. 40g). 3. Roll out each portion into 5" diameter. Use little flour to prevent sticking. 4. Grease the steam water bowl with few drop of oil and put two rolled out theplas in it & cover. Keep inside the microwave. 5. Select menu & press start. 6. When beeps, smear ½ tsp oil on both theplas & turn over. Press start. Wrap in foil & store.
5	MASALA ROTI	02 Pc	Multicook Tawa & Low Rack*	For dough Whole wheat flour: 1 cup Besan: 3/4 cup Finely copped onion: 1 no. (medium) Finely chopped green chilli: 2 no. Black pepper powder: 1 tsp Red chilli powder: 1 tsp Garam masala: ½ tsp Ghee: 1 tbsp Salt: As per taste Fresh curd: ¼ cup Water (to knead dough): ¼ cup Oil: ½ tsp Coriander leaves (Chopped): 2 tbsp **Method :** 1. In a bowl combine whole wheat flour, besan, chopped onion, chopped green chillies, coriander leaves & all the spices. Rub in ghee & curd. Mix well & knead soft dough adding the water. Knead the dough again after adding oil. Keep the dough covered for 5-10 minutes. 2. Keep the tawa on low rack. Keep inside the microwave Select menu & press start.(Preheat process) 3. Divide the dough into 7 equal portions (approx of 60g each). Roll out each portion into a diameter of 5 inches. Use little dry flour while rolling the roti to prevent it from sticking to surface. 4. When beeps keep 2 rolled out roties on tawa & press start. 5. When beeps, turn & again press start. Make all the roties following the same procedure. 6. Serve hot with pickle or curd. Wrap in foil & store.
6	MISSI ROTI	02 Pc	Multicook Tawa & High rack**	For dough Wheat flour: 1½ cups Besan: 1½ cups Oil: 4 tbsp Kasuri methi, Red Chilli powder, Salt: As per taste Water (for dough kneading): 50 mL Curd: ½ cup **Method :** 1. In a bowl add all the ingredients of the dough & knead it by rubbing in the oil in the flour & slowly adding water to make a soft dough. 2. Divide the dough into, 11 equal portions (each approx 50 g) grease the surface on which roti will be rolled with little oil. Take the dough & roll out the roti to 5 diameter. 3. Keep the tawa on high rack & put few drops of oil & spread. Select menu & keep the tawa & high rack inside the microwave & press start.(Preheat process) 4. When beeps, keep the rolled out missi roties on the tawa & press start. 5. When beeps, add ¼ tsp oil on the roties & turn over. Press start. Wrap in foil & store.

@ Refer Pg. 118 Fig. 2
*Refer Pg.118 Fig.3
** Refer Pg.118 Fig.4

Menu		Weight Limit	Utensil	Instructions
7	STUFFED NAAN	02 Pc	Multicook Tawa & Low Rack*	

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

Method :

1. In a bowl add all the ingredients mentioned for filling & mix well & prepare the stuffing for naan.
2. In another bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi carb & add to the dough. Mix well & knead & soft dough adding the milk & water (if required). Add melted butter & again knead the dough. Keep the dough covered in a warm place of about 1-2 hours to ferment properly.
3. Keep the tawa on low rack. Keep inside the microwave. Select menu & press start.(Preheat process)
4. Divide the dough into 10-11 equal portions (approx 40 g each) Roll out a portion & put 2 tbsp stuffing & fold from all sides & again make a ball. Roll out again to an oblong shape. Brush the top with melted butter & sprinkle onion seeds.
5. When beeps, keep 2 rolled out naans on tawa & press start.
6. Make all other naans following the same procedure. Serve hot with the gravy/curry of your choice.
   Note: Grease the surface with little oil to prevent the naan from sticking to the surface while rolling.

8	KHASTA PARANTHA	02 Pc	Multicook Tawa & Low Rack*	

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

Method :

1. Mix whole wheat flour, melted butter, salt in a bowl.
2. Gradually add buttermilk to form a firm dough. Add more buttermilk (if required).
3. After kneading lightly on a floured surface, form into a smooth ball.
4. Allow the dough to rest for 20 minutes covered. Divide whole dough into 8 equal portion (45 g).
5. On a lightly floured surface, roll out each portion into 5" diameter rounds.
6. Keep the tawa on low rack & select menu & keep the tawa inside the microwave & press start.(Preheat process)
7. When beeps, put 2 paranthas on tawa & press start.
8. When beeps, smear with ½ tsp oil & turn over & press start. Wrap in foil & store.

*Refer Pg.118 Fig.3

Indian Bread Basket

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>9</td><td>RAJMA PARANTHA</td><td>02 Pc</td><td>Multicook Tawa
&
high rack*</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Boiled rajma</td><td>1/3 cup</td></tr>
<tr><td>Whole wheat flour (atta)</td><td>1 cup</td></tr>
<tr><td>Soyabean flour</td><td>2 tbsp</td></tr>
<tr><td>Chopped green chillies</td><td>3-4 nos.</td></tr>
<tr><td>Fresh mint leaves</td><td>8-10 nos.</td></tr>
<tr><td>Anardana (Crushed)</td><td>1 tsp</td></tr>
<tr><td>Red Chilli Powder</td><td>1 tsp</td></tr>
<tr><td>Tomato Puree</td><td>2 tbsp.</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
<tr><td>Coriander leaves (Chopped)</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>To knead to dough</td></tr>
</table>
<u>Method :</u>
1. In a bowl combine wheat flour boiled & mashed rajma, soyabean flour, tomato puree, chopped green chilli, coriander leaves, freshly crushed mint leaves, anardana, oil, red chilli powder, salt. Mix & gradually add water & knead a soft dough.
2. Keep the tawa on high rack. Keep inside the microwave. Select menu & press start.(Preheat process)
3. Divide the dough into 6-7 equal sized portions (approx of 45 g). Roll out each dough into 5" diameter circle.
4. When beeps keep 2 rolled out paranthas on tawa & press start.
5. When beeps, turn the paranthas. Press start. Make all the paranthas with the similar procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.
</td></tr>
<tr><td>10</td><td>PUDINA PARANTHA</td><td>02 Pc</td><td>Multicook Tawa
&
High Rack*</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Whole wheat flour</td><td>1 cup</td></tr>
<tr><td>Mint leaves</td><td>½ cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Butter</td><td>2 tbsp</td></tr>
<tr><td>Chaat masala</td><td>2 tsp</td></tr>
<tr><td>Oil/ghee</td><td>2 tsp</td></tr>
<tr><td>Dry pudina powder</td><td>1 tbsp</td></tr>
<tr><td>Water</td><td>As required to make the dough</td></tr>
</table>
<u>Method :</u>
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 menu & press start.(Preheat process)
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.
</td></tr>
</table>

* Refer Pg. 118 Fig. 4

Menu		Weight Limit	Utensil	Instructions
11	PANEER PARANTHA	02 Pc	Multicook Tawa & High Rack**	

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

Method :

1. In a bowl take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multicook tawa with ¼ tsp ghee & keep on high rack. Keep the high rack & tawa inside the microwave. Select menu and press start.(Preheat process)
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to 5" diameter.
5. When beeps, keep 2 rolled out paranthas on preheated tawa & high rack & keep inside the microwave and press start.
6. When beeps, apply ¼ tsp ghee on top of paranthas & turn and press start. Serve the paneer paranthas hot with fresh curd.

12	KULCHE*	02 Pc	Multicook Tawa & Low Rack#	

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

Method :

1. In a cup/bowl take 50 mL lukewarm water & add sugar. Stir well. Add dry yeast & stir again to dissolve. Keep aside for at least 5-7 minutes.
2. In a bowl take maida, salt & fresh cream. Mix well with hands. Add the yeast water & knead a firm dough. Pour ½ tsp oil & knead again.
3. Divide the dough into 4 equal portions (approx. 60 g each). Make balls & apply butter on top & sprinkle kalonji (onion seeds) & fresh coriander leaves on top. Press with fingers & dust with maida & roll out each ball into a diameter of 5". Keep the rolled dough on dusted multi cook tawa. Keep them covered in dark & warm place for at least 30 minutes.
4. Select menu & press start.(Preheat process)
5. When beeps, keep tawa with rolled doughs & press start.
6. Apply butter on top of kulchas or roast them a little & serve them hot with chhole.

*Do not put anything in the oven during the Preheat mode.
**Refer Pg.118 Fig. 4
Refer Pg.118 Fig.3

Diet Fry /Steam Chef

In the following example, show you how to cook 08 Pc of SAMOSA

1. ***Press STOP/Clear.**

2. **Press Diet Fry /Steam Chef.**

The following indication is displayed "auto".

3. **Turn the dial until display show "6 SAMOSA"**

4. **Press START/Add 30 secs for menu confirmation.**

5. **Turn the dial until display shows "08 Pc".**

6. **Press START/Add 30 secs.**

7. **When cooking you can increase or decrease cooking time by turning the dial.**

NOTE

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

*** Note : If display is blank, press Stop/Clear.**
If display shows ": ", do not press Stop/Clear, go directly to step 2.

	Menu	Weight Limit	Utensil	Instructions
1	CHICKEN NUGGETS	0.1-0.3 kg	Microwave safe (MWS) glass bowl & Multcook tawa* & High Rack	

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

Method :
1. In a MWS glass bowl put boneless chicken, pepper corns, cloves, olive oil, chopped garlic. Mix well & cover. Select menu & 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 over the nuggets.
6. Press start.
7. Serve them hot with tomato ketchup & shredded salad.
   Note: If the mixture of nuggets is too dry, them sprinkle few drops of water to it.

2	ALOO CHIPS	0.2 kg	Microwave glass tray	

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

Method :
1. In a bowl mix very thinly sliced potatoes, salt, chaat masala.
2. Put few drop of oil on the glass tray of the microwave oven & smear it properly throughout.
3. Spread the potato slices throughout the glass tray. select menu & press start. Allow the glass tray to cool down. Remove the chips & serve.

3	BREAD PAKORA	04 Pc	Multicook tawa* & High Rack	

For batter	
Besan	1 cup (130 g)
Water	200 mL
Salt, Haldi, Garam masala, Red chilli powder,	As per taste
For filling	
Boiled potatoes	2 nos. (medium)
Chopped green chillies	2 nos.
Chopped coriander	1 tbsp
Chopped ginger	1 tsp
Salt, Garam masala, Red chilli powder	As per taste
Bread slices	4 nos.
Oil	2 tsp

Method :
1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.
2. In another bowl put besan & all spices & gradually add water & make a smooth batter for bread pakoras without any lumps.
3. Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure. Grease the tawa with 2-3 drops oil.
4. Keep the tawa on high rack. Select menu the press start.(Preheat process)
5. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start.
6. When beeps, turn the bread pakoras. Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup.

*Refer Pg.118 Fig.4

Diet Fry

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>4</td><td>PANEER PAKORA</td><td>0.4 kg</td><td>Multicook tawa*
&
High rack</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Paneer (Cut into 1.5" cubes)</td><td>400 g</td></tr>
<tr><td>For Batter</td><td></td></tr>
<tr><td>Besan</td><td>1 cup (130 g)</td></tr>
<tr><td>Water</td><td>200 mL</td></tr>
<tr><td>Salt, Red chilli powder, Haldi, Garam masala</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.
2. Keep the tawa on high rack. keep inside microwave. Select menu & press start.(Preheat process)
3. When beeps, place all paneer pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.
4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.
</td></tr>
<tr><td>5</td><td>GUJIYA</td><td>10 Pc</td><td>Multicook tawa
&
Low rack
&
High rack</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<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><td>For stuffing</td><td></td></tr>
<tr><td>Grated khoa</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, Cashewnuts</td><td>As required</td></tr>
</table>
Method :
1. In a bowl put all the ingredients of stuffing & mix well.
2. In another bowl put maida, 1 tbsp ghee, gradually add water & knead a soft dough for gujiyas. Put 1tsp ghee in dough & knead again & keep the dough covered for 15-20 minutes.
3. Divide the dough in small balls of equal size & roll out each ball into a thin circle. *Place the rolled out circle in a *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. Brush the gujiyas with 2 tsp oil.
4. Grease the tawa with ¼ tsp oil. Keep on low rack. keep in the microwave. Select menu & press start.(Preheat process)
5. When beeps, place the gujiyas on tawa & keep on low rack. Press start.
6. when beeps, keep the tawa on high rack, sprinkle 1 tsp ghee/oil on all the gujiyas & Press start.

*Note: Grease the surface with 1-2 drops of oil before rolling the circle for gujiyas.

*Not provided with the start up kit.
</td></tr>
</table>

*Refer Pg.118 Fig.4

Menu		Weight Limit	Utensil	Instructions
6	SAMOSA	08 Pc	Multicook tawa & Low rack & High rack	**For Dough** Wheat flour (Refined): 1 cup Melted ghee: ½ tbsp Oil: for kneading Salt: ½ tsp **For stuffing** Boiled potatoes: 2 cup Boiled peas: ½ cup Ginger-green chilli paste: 1 tsp Amchoor: 1½ tsp Red chilli powder: 1 tsp Finely chopped coriander leaves: 2 tbsp Jeera: 1 tsp Oil: 2¼ tsp **Method :** 1. Preparation for stuffing - In a microwave safe 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 4 chapaties out of the dough, divide each chapati into 2 halves, make a cone from each half. Stuff each cone with the portion of stuffing. seal the edges carefully using little water. Keep aside. Brush the samosas with 2 tsp oil. 4. Grease the tawa with ¼ tsp oil. Keep on low rack & keep the it inside the microwave. Select menu & press start.(Preheat process) 5. When beeps, keep the samosas on the tawa. Keep tawa on low rack & press start. 6. When beeps, keep the tawa on high rack. Pour 1tsp oil on all the samosas & turn over. Press start. Serve with chutney.
7	MASALA VADA	05 Pc	Multicook tawa & Low rack*	Soaked chana dal: 1 cup Chopped onions, Chopped green chillies: ½ cup Grated ginger: 1 tsp Cumin seeds: 1 tbsp Chopped garlic: 1 tbsp Chopped coriander leaves: 3 tbsp Salt: As per taste Red chillies: As per taste Oil: 2 tsp **Method :** 1. Soak the chanas for 3-4 hours. Keep 1 tbsp of soaked chanas aside. 2. In a blender grind soaked chanas, green chillies, cumin seeds, ginger & salt into a coarse paste. (Don't make it into smooth paste). 3. Mix chopped onions, chopped garlic, chopped coriander leaves, soaked chana dal, red chilli powder with the coarse paste. 4. Grease the tawa with 1 tsp of oil. Keep the tawa on low rack. Keep both inside the microwave oven. Select menu & press start.(Preheat process) 5. When beeps, pour 1 tbsp of paste & spread a little. Same way prepare all the 5 vadas. Press start. 6. When beeps, turn over & pour 1 tstp oil & press vadas a bit with spatula. Press start. Serve with sambhar or coconut chutney.

*Refer Pg.118 Fig.3

Diet Fry

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

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

Method :

1. Add all the ingredients of marinade in a bowl & mix well. Add boneless chicken pieces & mix and cover. Keep in refrigerator for atleast 30 minutes.
2. When beeps, take marinated chicken pieces & place on tawa. Keep tawa & high rack inside the microwave.
3. Select menu & weight and press start.
4. When beeps, remove high rack & tawa from microwave. Keep aside. In a MWS glass bowl take oil, mustard seeds, curry leaves, split green chillies & press start.
5. When beeps, add roasted chicken pieces pieces & tomato ketchup to the MWS glass bowl. Mix well & press start. Squeeze lime juice on top & serve immediately.

9	STUFFED ALOO PATTIES	06 Pc	Multicook tawa & High rack*	

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

Method :

1. Pre-preparation for stuffing : In a microwave safe glass bowl take oil & cumin seeds & microwave 100% for 3 minutes. Add boiled green pea, ginger & green chilli paste, chopped coriander leaves & all spices. Mix well & microwave 100% for 2 minutes. Squeeze fresh lemon juice & mix well.
2. In a bowl take boiled & mashed potatoes, chopped green chilli, cornflour, salt & mix very well and make a dough for patties.
3. Divide the dough into 6 equal parts & make round balls.
4. Stuff each potato ball with the stuffing in the centre & seal. Give the shape of round patties.
5. Place all the patties on tawa & place tawa on high rack. Put both tawa & high rack inside the microwave. Select menu & press start.
6. When beeps, turn over the patties & again press start. Serve stuffed aloo patties hot with mint chutney or tomato ketchup.

* Refer Pg. 118 Fig. 4

Menu		Weight Limit	Utensil	Instructions
10	MUSHROOM ROLLS	16 Pc	Multicook tawa & Low rack*	

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

Method :
1. Pre-preparation for stuffing : In a microwave safe glass bowl take butter, chopped cumin, green chilli & mushrooms. Mix & microwave 100% for 6 minutes. Add boiled peas, chopped coriander, garlic paste, fresh cream, lemon, salt & black pepper powder. Mix very well & microwave 100% for 3 minutes. Cover & keep aside.
2. Trim the sides of the bread slices with a knife. Flatten the bread slices with a rolling pin. Fill one portion of stuffing in the centre of flatten bread slice & roll tightly, covering the mixture. Keep aside for 5-7 minutes.
3. Grease the tawa with ½ tsp oil & keep the low rack & tawa inside the microwave. Select menu & press start.(Preheat process)
4. When beeps, cut the bread rolls from centre (into 2). Put them carefully on the tawa. Press start. Serve them hot with the chutney of your choice.

11	SABUDANA VADA	0.1 ~ 0.3 kg	Multicook tawa & High rack#	

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

Method :
1. In a bowl take all the ingredientgs & mix well. Make mixture for sabudana vada. Divide the dough in equal parts & make round & flat vadas.
2. Take the multicook tawa & keep the vadas on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the vadas & press start.
4. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice.

*Refer Pg.118 Fig.3
#Refer Pg.118 Fig.4

Diet Fry

Menu		Weight Limit	Utensil	Instructions
12	FISH AMRITSARI	0.3 kg	Multicook tawa & High rack*	

For	0.3 kg
Boneless fish (cut into 2" pieces)	300 g
Lemon juice	1 tsp
Salt	¼ tsp
For Batter	
Egg (beaten)	1 no.
Besan	2 tbsp
Hung curd	2 tbsp
Ajwain	1 tsp
Ginger-garlic paste	½ tbsp
Lemon juice	1 no.
Salt, Red chilli powder, Garam masala, Chaat masala, turmeric powder	As per taste
Bread crumbs (for coating)	1 cup
Oil (for basting)	1 tbsp

Method :

1. Sprinkle salt & lemon juice on fish pieces. Rub well & keep aside for 5 minutes & wash well. Remove excess moisture with an absorbent kitchen towel.
2. In a bowl, mix together besan, hung curd, ginger garlic paste, ajwain, all the spices, beaten egg & lemon juice. Mix well & make a thick batter for marinade.
3. Rub this marinade well on the fish pieces & keep covered in refrigerator for atleast half an hour.
4. In a flat dish / plate take bread crumbs & coat the fish pieces one-by-one & keep on tawa. Keep tawa & high rack inside the microwave. Select menu & press start.
5. When beeps, turnover fish pieces & sprinkle 1 tbsp oil on all pieces & press start.
6. Sprinkle chaat masala on fish pieces & serve them hot with lemon wedges & lachha onions.

*Refer Pg.118 Fig.4

Menu		Weight Limit	Utensil	Instructions
13	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 taste		
Soya sauce	½ tsp	1 tsp	1½tsp
Chilli sauce	½ tsp	1 tsp	1½tsp

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 300mL water to the steam water bowl, place the momos on the steam plate & cover.
5. Select menu & weight. Press start. Serve them hot with schezwan sauce.
   Note : Sprinkle some water on the momos before keeping in the microwave for steaming.

14	SPROUTS	0.1 ~ 0.3 kg	Steam chef*

For	0.1 kg	0.2 kg	0.3 kg
Moong sprouts	100 g	200 g	300 g
Chopped onion, Chopped tomato	1 cup	1½ cups	2 cups
Salt, Chaat masala, Lemon juice	As per taste		

Method :
1. In the steam chef, add 300mL water to the steam water bowl, place the moong sprouts on the steam plate and cover.
2. Select menu and weight and press start. Stand for 3 minutes. Take steamed sprouts in a bowl. Add chopped onion, tomato, salt, chaat masala and lemon juice and serve.

15	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 hour.
2. In the steam chef, add 300mL water to the steam water bowl, place the marinated chicken on the steam plate and cover.
3. Select menu and weight and press start. Stand for 3 minutes.

16	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)	½ cup	1 cup	1½ cup	2 cups
Salt, Red chilli powder	As per taste			
Water	As required			

Method :
1. In the steam chef, add 300mL water in the steam water bowl, place sarson and palak on the steam plate and cover. Select menu and weight and press start.
2. When beeps, remove the steam chef, grind spinach & palak leaves 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 hot with makki ki roti.

*Refer Pg.118 Fig.1

Steam Chef

	Menu	Weight Limit	Utensil	Instructions
17	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 300mL water to the steam water bowl, place the matar and chopped mushroom on the steam plate and cover. Select menu 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. Mix well and press start.
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.

	Menu	Weight Limit	Utensil	Instructions
18	BOILED EGGS	02~09 Pc	Steam chef*	

Eggs	2 Pc.	3 Pc.	4 Pc.	5 Pc.	6 Pc.	7 Pc.	8 Pc.	9 Pc.

Method :
1. In the steam chef, add 300mL water to the steam water bowl, place the eggs on the steam plate and cover.
2. Select menu & number and press start.
   Remove the shell of the eggs and sprinkle salt and pepper and serve.

	Menu	Weight Limit	Utensil	Instructions
19	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
Khoa	5 tbsp
Sugar	4 tbsp
Elaichi Powder, Dry Fruits	As per taste

Method :
1. In steam chef, add 300mL water in steam water bowl. Place the grated gajar on steam plate and cover.
2. Select menu & 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. Keep the MWS glass dish in microwave. Press start.

	Menu	Weight Limit	Utensil	Instructions
20	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

Method :
1. In the steam chef, add 300mL water to the steam water bowl, place the vegetables on the steam plate and cover.
2. Select menu & 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.

*Refer Pg.118 Fig.1

Menu		Weight Limit	Utensil	Instructions
21	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

Method :
1. In the steam chef, add 300 mL water to the steam water bowl, place the hilsa pieces on the steam plate and cover. Select menu and press start.
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.
3. When beeps, add the steamed hilsa in MWS bowl, mix well and cover. Press start. serve with rice.

22	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		

Method :
1. Mix besan, red chilli powder, turmeric powder & salt. Add water to make batter out of it.
2. Spread out arbi ke patte & spread a layer of besan batter on them. Roll them & tie with a thread.
3. In steam chef, add 300mL water to the steam water bowl. Keep aluvadi on steam plate. Cover. Select menu & weight and press start.
4. Allow to stand for 5 minutes.
5. Take out & cut into small slices & serve.

23	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		

Method :
1. In a MWS bowl add rice & water. Select menu & weight & press start.
2. When beeps,take out the cooked rice. Add ginger garlic paste, hing, besan. Mash well with rice. Make balls (muthiyas) out of the rice mixture.
3. In the steam chef, add 300mL water to the steam water bowl. Keep the muthiyas on the steam plate. Cover & press start.
4. When beeps, remove the muthiyas & add to the kadhi & serve.

24	STEAMED PEAS	0.1 ~ 0.3 kg	Steam Chef*

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

Method :
1. In steam chef, add 300mL water to the steam water bowl, place the peas on the steam plate & cover. Select menu & weight & press start.
2. When beeps, remove the peas from steam chef & add butter, salt & chaat masala & serve.

25	BHAFOURI	0.1 ~ 0.2 kg	Steam Chef*

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

Method :
1. Mix all the ingredients together & make balls out of the mixture.
2. In the steam chef, add 300mL water to the steam water bowl, keep balls on steam plate & cover. Select menu & weight and press start. Allow to stand for 3 minutes.

*Refer Pg.118 Fig.1

Menu		Weight Limit	Utensil	Instructions
26	KEEMA BALLS	0.1 ~ 0.3 kg	Steam Chef*	

For	0.1 kg	0.2 kg	0.3 kg
Chicken keema	75 g	125 g	175 g
Boiled & mashed potato	1 No.	2 No.	3 No.
Ginger, Garlic paste, Salt, Garam masala, Hara Dhania, Lemon Juice	As per taste		
Besan	1 tsp	2 tsp	3 tsp

Method :
1. Mix all the ingredients together. Make balls from it.
2. In the steam chef, add 300mL water to the steam water bowl, keep balls on the steam plate & cover.
3. Select menu & weight and press start.

Menu		Weight Limit	Utensil	Instructions
27	METHI MUTHIYA	0.1 ~ 0.3 kg	Steam Chef*	

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

Method :
1. Mix all the ingredients. Add some water and make a soft dough. Roll the dough into cylindrical rolls.
2. In the steam chef, add 300mL water to the steam water bowl. Keep the rolls on steam plate & cover.
3. Select menu & weight and press start. Slightly cool & cut the rolls into 1 inch thick slices.

Menu		Weight Limit	Utensil	Instructions
28	FARA	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
For filling :			
Boiled chana dal	50 g	75 g	100 g
Red chilli power, Salt	As per taste		

Method :
1. Mix rice flour with water to prepare a dough. Roll out the dough. Place the filling of chana dal, red chilli power & salt in the centre & fold it like gujiya.
2. In steam chef, add 300mL water to the steam water bowl. Place the faras on the steam plate. Cover. Select menu & weight & press start.
3. Allow to stand for 5 minutes.

*Refer Pg.118 Fig.1

Nutri Care/ Steam Clean

In the following example, show you how to cook 0.1 kg of KALA CHANA.

1. ***Press STOP/Clear.**

2. **Press Nutri Care/ Steam Clean.**

The following indication is displayed "auto".

3. **Turn the dial until display show "16 KALA CHANA".**

4. **Press START/Add 30 secs for menu confirmation.**

5. **Turn the dial until display shows "0.1kg".**

6. **Press START/Add 30 secs.**

7. **When cooking you can increase or decrease cooking time by turning the dial.**

NOTE

- **Nutri Care/ Steam Clean cook menus are programmed.**
- **Nutri Care/ Steam Clean cook allows you to cook most of your favourite food by selecting the food type and the weight of the food.**

*** Note : If display is blank, press Stop/Clear.**
If display shows ": ", do not press Stop/Clear, go directly to step 2.

Salads

Menu		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 menu & 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.

Menu		Weight Limit	Utensil	Instructions
2	COUS COUS SALAD	0.1 ~ 0.3 kg	Microwave Safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Cous cous	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	As per taste		

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

Menu		Weight Limit	Utensil	Instructions
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	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 menu & press start.
2. Wash the boiled pasta 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.

Menu		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 menu & 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.

*Refer Pg.118 Fig. 1

Menu		Weight Limit	Utensil	Instructions
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
Macaroni (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. Keep red cabbage leaves on steam plate & cover. Keep in microwave. Select menu & 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 macaroni & pour dressing, cover it. Mix well & fill the steamed cabbage leaves with it.
6. Serve the Salad basket chilled.

6	CHICKEN IN TOMATO TOWERS	0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa** & High Rack	

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

Method :
1. Take tomatoes wash & clean them. Cut from top & scoop out the pulp & seeds from tomatoes for the filling.
2. In a MWS glass bowl put chicken keema chopped onion, salt & pepper. Mix well. Select menu & 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	

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

Method :
1. In a MWS flat glass dish arrange grated carrot first in form of a band, then grated raddish & then broccoli florets, sprinkle water. cover with cling film select menu & 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.

*Refer Pg.118 Fig.1
**Refer Pg.118 Fig.4

Salads

Menu		Weight Limit	Utensil	Instructions
8	HARI SEEKH SALAD	0.3 kg	Rotisserie & Rotisserie handle	

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

Method :
1. Mix all the ingredients of marinade in a bowl.
2. Take one vegetable at a time and spread the marinade on each vegetable or leaf on both the sides thoroughly. Mix well leave aside for 1 hour mixing at least twice in between.
3. Oil & wipe the skewers of the rotisserie.
4. Skewer the vegetables-thread them starting with broccoli, then fold a cabbage leaf & insert, fold a spinach leaf one & then fold again (like a pan) & insert, then insert a whole spring onion & then again another folded cabbage leaf & spinach leaf in the same skewer, Repeat the same for all the skewers.
5. Install the rotisserie in the oven.
6. Select menu & press start.
7. Use rotisserie handle to take out the rotisserie from the microwave oven. Serve hot.
   For rotisserie installing refer Pg.119.

Menu		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 pet taste
Poppy seeds	4 tsp
Olive oil	1 tbsp

Method :
1. In a bowl mix lemon juice, salt & poppy seeds. Now take each piece of boneless chicken & throughly coat with poppy seeds.
2. In another bowl mix boiled peas, sweet corns, chopped tomatoes, add some salt, red chilli powder, lemon juice, olive oil. Adjust the seasoning as per your taste. Mix well.
3. Add 300 mL water to the steam water bowl, keep the steam plate & place the eggs on the steam plate cover select menu & press start.
4. When beeps remove.
5 Now keep the marinated boneless chicken pieces on tawa. Keep the tawa on high rack. Press start.
6. When beeps, turn over the side & press start.
7. Line a serving dish with lettuce leaves.
8. Transfer the chicken pieces & vegetable to serving dish. Toss them over. Garnish with slices of boiled eggs & serve.

Menu		Weight Limit	Utensil	Instructions
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 (Optional)	As per taste		

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

* Refer Pg. 118 Fig. 1
** Refer Pg. 118 Fig. 4

Menu		Weight Limit	Utensil	Instructions
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 (Optional)	As per taste		

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

12	WHOLE WHEAT AND 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

Method :
1. In a MWS bowl put soaked whole wheat & salty water. Select menu & 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.

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		

Method :
1. Take bread slices (0.1kg/0.2kg/0.3kg) & keep on high rack. Select Menu & 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)

14	PAPAYA LACHCHA SALAD	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Papaya (thinly sliced)	100 g	200 g	300 g
Water	As required		
Sugar	10 g	20 g	30 g
Cardamom essence	Few drops		

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

*Refer Pg.118 Fig.1

Menu		Weight Limit	Utensil	Instructions
15	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

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 menu & weight & press start.
3. When beeps, mix well. Cover & press start. Allow to stand for 3 minutes.

Menu		Weight Limit	Utensil	Instructions
16	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				

Method :
1. Soak chana overnight, add water to the steam water bowl put soaked chanas in it and cover. Select menu and weight and press start.
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.

Menu		Weight Limit	Utensil	Instructions
17	KARELA SUBZI	0.3 kg	Microwave safe (MWS) glass bowl & High rack** & Multicook tawa	

For	0.3 kg
Chopped karela	300 g
Oil	2 tbsp
Chopped onion	1 cup
Water	1 cup
Rai, Jeera, Hing & Haldi	For tempering
Salt, Sugar, Garam Masala, Dhania powder, Jeera Powder	As per taste
Grated Coconut & Hara Dhania	For garnishing

Method :
1. In a MWS glass bowl take oil add rai, jeera, hing, haldi & chopped onion. Select menu & weight and press start.
2. When beeps, add chopped karela, some water, salt, sugar, masala, dhania powder, 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.
   Note: Before cooking, scrap & rub the karela with salt & keep aside for 2-3 hours.

Menu		Weight Limit	Utensil	Instructions
18	MACHI KALI MIRCH	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
Pomfret fish	100 g	200 g	300 g	400 g	500 g
Salt, Lemon juice, Pepper	To marinate as per taste				
Oil, Chopped onion, Chopped tomatoes, Chopped garlic	As required				

Method :
1. Take Pomfret Slices as per weight either of (0.1 kg/ 0.2 kg/ 0.3 kg/ 0.4 kg/ 0.5 kg) and marinate with salt, lemon juice, and pepper for one hour.
2. In MWS bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select menu & 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.

*Refer Pg.118 Fig. 2
**Refer Pg.118 Fig. 4

Menu		Weight Limit	Utensil	Instructions
19	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, Dhania 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 menu and weight and press start. Mix well.
2. When beeps, add tomato puree, nutrinuggets, potato, salt, red chilli powder, haldi, dhania 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.

20	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 menu 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.

21	CURD BRINJAL	0.1-0.5kg	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 menu & 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.

22	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 300mL water to the steam water bowl. Place the fish pieces on the steam plate & cover. Select menu 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.118 Fig.1

Menu		Weight Limit	Utensil	Instructions
23	SOYA IDLI	04 ~ 08 Pc	Microwave safe (MWS) Idli stand* & 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				

Method :
1. Wash & soak rice, urad dal & soyabeans granules for 4 hours.
2. Grind, mix & ferment for 8 to 10 hours. Grind the mixture to paste consistency. (You an use the same batter for making 4, 5, 6, 7, 8 idlies)
3. Grease MWS idli stand with little oil. Put idli batter in it. Add ½ cup water in MWS bowl. Keep the idli stand in MWS bowl & cover. Select menu & number and press start.
4. When beeps, remove. In a MWS 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.

Menu		Weight Limit	Utensil	Instructions
24	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			

Method :
1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select menu & 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.

Menu		Weight Limit	Utensil	Instructions
25	SPINACH DAL	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
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 cups	2 cups	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

Method :
1. In a MWS bowl put soaked dal (lentils), water, salt, turmeric powder. Select menu & 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, add some water (if required). Mix again & press start.
4. Garnish with coriander leaves & serve hot.

*Provided with the Start Up Kit.

Menu		Weight Limit	Utensil	Instructions
26	HEALTHY KHICHDI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Rice (soaked)	75 g	150 g	225 g
Moong dal, washed (soaked)	25 g	50 g	75 g
Desi ghee	½ tbsp	1 tbsp	1½ tbsp
Carrot (grated finely)	1 no.	1 no.	2 nos.
Peas	¼ cup	½ cup	1 cup
Soya granules (soaked)	2 tbsp	3 tbsp	4 tbsp
Salt, Pepper	As per taste		
Water	300 mL	500 mL	650 mL

Method :
1. In a MWS bowl take soaked dal, rice & ghee. Also add grated carrot, soaked & drained soya granules & peas. Mix well. Select menu & weight and press start.
2. When beeps, mix, add water & salt. Mix again & press start.
3. When beeps, stir & mash well. Add pepper powder & ½ cup water. Mix & cover and press start.
4. Serve hot with fresh curd.

Menu		Weight Limit	Utensil	Instructions
27	LEAF ROLLS	0.2-0.4kg	Steam Chef*	

For	0.2 kg	0.3 kg	0.4 kg
Palak leaves	100 g	150 g	150 g
Cabbage leaves	100 g	150 g	150 g
For filling			
Boiled Veg (Potato, Capsicum, Carrot, French beans, sprouts)	½ cup	1 cup	1½ cup
Chopped onion	½ no.	½ no.	1 no.
Salt, Chaat masala, Lemon juice	As per taste		

Method :
1. In a bowl mix boiled vegetables, chopped onions, salt, chaat masala & lemon juice.
2. In the steam chef, add water to the steam water bowl, place palak & cabbage leaves on steam plate & cover.
3. Select menu & weight and press start.
4. Remove the leaves from the steam chef. Spread the filling on leaves & roll them. Make all the rolls in same way.

*Refer Pg.118 Fig.1

Soup

Menu		Weight Limit	Utensil	Instructions
28	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	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 menu 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.

29	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 menu 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.

30	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, Pepper, Green Chilli	As per taste

Method :
1. Grind sweet corn with water and put in MWS glass bowl. Select menu & 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, pepper and press start.

31	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, Pepper	As per taste
Oil	1 tsp
Grated cheese	As per requirement

Method :
1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select menu & 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.

Menu		Weight Limit	Utensil	Instructions
32	RASAM	0.6 kg	Microwave safe (MWS) glass bowl	

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

Method :
1. In a MWS glass bowl add chopped tomato & water. Select menu & 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.

33	HOT AND 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	As per taste
Ajinomoto (optional)	1 pinch
Paneer	50 g

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

34	TOMATO SOUP	0.6 kg	Microwave safe (MWS) glass bowl	

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

Method :
1. In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along with water. Keep in Microwave. Select menu & weight and press start.
2. When beeps, grind and strain it.
3. In another bowl add oil/butter and stock and then put the bowl in Microwave and press start. When beep, add sugar, salt, black pepper as per your taste and cornflour paste which is made up by mixing the half cup of cold water. Stir well & press start.
4. Garnish with bread croutons, coriander (green dhania) and fresh cream and serve hot.

Soup

Menu		Weight Limit	Utensil	Instructions
35	MULLIGATAWNY SOUP	0.6 kg	Microwave safe (MWS) glass bowl	

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

Method :
1. In MWS glass bowl add butter, carrot, onion & apples. Mix well. Select menu & weight and press start.
2. When, beep, mix well, add cooked rice, lentils & water and press start.
3. When, beep, mix well, allow to cool. Blend & strain. In the same MWS glass bowl add the strained stock, salt, pepper, curry powder & lemon juice. Press start.

36	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	As per taste

Method :
1. In a MWS glass bowl put head & shells of prawns, green/red chillies (cut into 2), salt, roughly crushed lemon grass, lime leaves & stock. Mix well. Select menu & press start.
2. When beeps, strain the stock. Add cleaned prawns, fish sauce, pepper, thai red curry paste. Stir well & press start.
3. Add lemon juice & adjust the seasoning. Serve pipping hot.

37	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	As per taste
Vinegar	2 tbsp
Red chilli paste	1 tbsp

Method :
1. Put chicken pieces, cabbage, carrot, capsicum, mushrooms, spring onion bulbs, peppercorns and chicken stock in a MWS glass bowl. Select menu 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.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>38</td><td>PALAK MAKAI SHORBA</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Palak (chopped)</td><td>200 g</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Maggie tastemaker</td><td>1 cube</td></tr>
<tr><td>Corn niblets</td><td>½ cup</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Butter</td><td>1 tbsp</td></tr>
<tr><td>Milk</td><td>¼ cup</td></tr>
</table>
<u>Method :</u>
1. In a MWS glass bowl add chopped palak & little water. Select menu & press start.
2. When beeps, grind the palak,
3. In another MWS glass bowl add butter, jeera, chopped onions. Press start.
4. When beeps, remove & add palak & water, milk, corn niblets & maggie tastemaker. Press start.
</td></tr>
<tr><td>39</td><td>RAJMA SOUP</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Water</td><td>600 mL</td></tr>
<tr><td>Rajma (boiled)</td><td>1 cup (170 g)</td></tr>
<tr><td>Oil</td><td>½ tbsp</td></tr>
<tr><td>Garlic cloves (chopped)</td><td>2 nos.</td></tr>
<tr><td>Onion (chopped)</td><td>½ cup</td></tr>
<tr><td>Tomato (chopped)</td><td>½ cup</td></tr>
<tr><td>Coriander (chopped)</td><td>¼ cup</td></tr>
<tr><td>Salt, Pepper, Red chilli powder</td><td>As per taste</td></tr>
<tr><td>Lemon juice</td><td>1 tbsp</td></tr>
</table>
<u>Method :</u>
1. Grind the boiled rajma. Add water & strain it.
2. In a MWS glass bowl add oil, garlic, onion, tomato. Mix well. Select menu & press start.
3. When beeps, mix well & add salt, pepper, red chilli powder & rajma stock. Mix well & press start.
4. Add lemon juice & garnish with coriander leaves & serve hot.
</td></tr>
<tr><td>40</td><td>SHAHI SHORBA</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Onions (finely chopped)</td><td>2 nos.</td></tr>
<tr><td>Walnuts (coarsely chopped)</td><td>¼ cup</td></tr>
<tr><td>Mint paste</td><td>1 tbsp</td></tr>
<tr><td>Whole wheat flour</td><td>2 tbsp</td></tr>
<tr><td>Butter</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Salt, Pepper, Garam masala</td><td>As per taste</td></tr>
</table>
<u>Method :</u>
1. In a MWS glass bowl take butter & chopped onion. Mix well. Select menu & press start.
2. When beeps, stir well. Add whole wheat flour, mint paste, coarsely chopped walnuts & mix well. Press start.
3. When beeps, mix and add water. Mix well so that no lumps are formed. Add seasoning. Press start. Serve hot.
</td></tr>
</table>

Soup

Menu		Weight Limit	Utensil	Instructions
41	BOMBAY CURRY SOUP	0.6 kg	Microwave safe (MWS) glass bowl	

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

Method :
1. In a MWS glass bowl add soaked masoor dal, tomato & water. Select menu & press start.
2. When beeps, remove & allow the dal to cool. Grind it in a mixer & strain.
3. In another MWS glass bowl, add oil, crushed garlic, chopped onion. Press start.
4. When beeps, mix & add strained dal stock, salt, chilli powder, curry powder & add 150 mL of water. Mix well & press start. Garnish with coriander leaves & serve hot.

42	BADAM SOUP	0.6 kg	Microwave safe (MWS) glass bowl	

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

Method :
1. Grind soaked & blanched badam & basil leaves to a fine paste, adding ½ cup water. Take out in a MWS glass bowl. Add 3 cups water & stir well. Add cinnamon, elaichi & cloves.
2. Select menu & press start.
3. When beeps, stir & strain the soup & sieve. Take the strained soup in a MWS glass bowl. Add salt & peppers & cornflour (mixed with ½ cup water) & press start. Serve hot.

43	LIMBU DHANIA SHORBA	0.6 kg	Microwave safe (MWS) glass bowl	

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

Method :
1. In a MWS glass bowl add oil, cabbage, carrot, celery, spring onions, ginger, garlic, bayleaves, cloves, peppercorns. Mix well. Select menu & press start.
2. When beeps, mix well & add water & press start. When beeps, add besan paste, lemon juice, coriander leaves, salt. Mix well & press start. Garnish with coriander leaves & serve hot.

Menu		Weight Limit	Utensil	Instructions
44	PASTA	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack*	

For	0.1 kg	0.2 kg	0.3 kg
Penne pasta	100 g	200 g	300 g
Butter	1 tbsp	2 tbsp	3 tbsp
Onion Chopped	2 tbsp	3 tbsp	4 tbsp
Garlic Chopped	1 tsp	2 tsp	3 tsp
Chopped 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 taste		

Method :
1. In MWS glass bowl take pasta with water & oil drops. Select menu & 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.

45	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 taste				

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

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

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Mushrooms	100 g	200 g	300 g	400 g	500 g
White Sauce	50 mL	100 mL	150 mL	200 mL	250 mL
Cheese (grated), Salt, Pepper	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 menu & 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.

47	POTATO DUMPLING	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 (except butter) for making dough for dumplings. Make 9-10 balls out of the dough.
2. In the steam chef, add 300mL water to the steam water bowl, place the dumplings on the steam plate and cover. Select menu and press start.
3. When beeps, take out the dumplings from the steam chef.
4. Allow them to cool. In a MWS flat glass dish add butter and mix well and put the dumplings in it and press start.

* Refer Pg. 118 Fig. 7
**Refer Pg.118 Fig.1

Continental

Menu		Weight Limit	Utensil	Instructions
48	LASANEYA	0.3 kg	Microwave safe (MWS) flat glass dish & High Rack*	

For	0.3 kg
Lasagne sheets (cooked)	150 g
White sauce	1 cup
Pizza sauce	1/2 cup
Mix veg (boiled) - Egg plant, Zucchini, Broccoli, Mushrooms, Sweet corns	2 cups
Oil	2 tbsp
Oregano, Salt & pepper	As per taste
Grated cheese	5 tbsp

Method :
1. Except lasagne and cheese add all the ingredients in MWS flat glass dish. Select menu and press start.
2. When beeps, remove the ingredients and in same dish arrange lasagne sheets in the bottom. Then spread vegetable mixture on it and make layers of sheets and vegetable mixture. Press start.
3. When beeps, spread the grated cheese & keep the glass dish on high rack and press start.

49	MACARONI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Macaroni	100 g	200 g	300 g
Hot water	400 mL	800 mL	1200 mL
Butter	1 tbsp	2 tbsp	3 tbsp
Spring onion chopped	1 tbsp	2 tbsp	3 tbsp
Garlic chopped	1 tsp	2 tsp	3 tsp
Mushroom chopped	3 nos.	4 nos.	5 nos.
Tomato sauce	1 tbsp	2 tbsp	3 tbsp
Chilli sauce	1 tsp	2 tsp	3 tsp
Salt, Pepper & Oregano	As per taste		

Method :
1. In MWS bowl take macaroni with water. Select menu & weight & press start.
2. When beeps, drain water from it. In MWS bowl add all the ingredients with boiled macaroni, mix well and press start.

50	CHILLI VEG	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

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

Method :
1. In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover.
2. Select menu & 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.

* Refer Pg. 118 Fig. 7

Menu		Weight Limit	Utensil	Instructions
51	THAI CHICKEN	0.5 kg	Microwave safe (MWS) bowl	

For	0.5 kg
Boneless chicken	500 g
Red curry paste	2 tbsp
Sugar	1 tsp
Soya sauce	2 tbsp
Salt	As per 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	As per taste

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

52	SWEET AND 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 (optional)	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 MWS bowl add oil, chopped spring onions & garlic, red chilli paste. Select menu & 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.

53	MEDITERRA-NEAN CROSTINI*	0.3 kg	Low rack

For	0.3 kg
French bread	3 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 menu & press start.(Preheat process)
4. When beeps, keep the bread slices on low rack. Keep the rack in microwave & press start.

*Do not put anything in the oven during the Preheat mode.

Continental

Menu		Weight Limit	Utensil	Instructions
54	RISOTTO RICE	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Arborio rice (soaked)	100 g	200 g	300 g	400 g
Water	200 mL	400 mL	600 mL	650 mL
Chopped carrots	¼ cup	½ cup	1 cup	1½ cup
Chopped garlic	1 tsp	1½ tsp	2 tsp	2½ tsp
Peas	¼ cup	½ cup	1 cup	1½ cup
Sliced mushroom	¼ cup	½ cup	1 cup	1½ cup
Chopped coriander leaves/parseley	As required			
Spinach (blended & pureed)	¼ cup	½ cup	1 cup	1 cup
Tomato puree	⅓ cup	½ cup	1 cup	1 cup
Fresh cream	3 tbsp	4 tbsp	5 tbsp	6 tbsp
Olive oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Grated cheese	As required			
Salt	As per taste			

Method :

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

Menu		Weight Limit	Utensil	Instructions
55	SPAGHETTI WITH TOMATO SAUCE	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

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

Method :

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

Menu		Weight Limit	Utensil	Instructions
56	COTTAGE CHEESE TORTELLINI	08 Pc	Microwave safe (MWS) bowl	

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

Method : **Pre-preparation for stuffing :**

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

57	MEXICAN CORN RICE	0.1 ~ 0.4 kg.	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & Low rack	

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

Method :

1. In a MWS glass bowl add rice, cloves, water. Select menu & weight and press start.
2. When beeps, remove the bowl & keep aside after mixing.
3. In another MWS glass bowl add butter & sweet corns & press start.
4. When beeps, add hot sauce, cooked rice, cheese cubes, salt & red chilli power (if required). Mix well. Now take a MWS flat glass dish & spread chopped tomatoes at the bottom, now layer with cooked rice & press it down properly. Cover with aluminium foil. Keep the MWS flat glass dish on low rack& press start.

   ***Note :** For Hot Sauce - In a microwave safe glass bowl take 8 blanched & pureed tomatoes, 4 tbsp butter, 1 cup chopped onions, salt, red chilli powder, oregano, sugar, chilli sauce (as per taste), 1 tbsp garlic paste, 2 tbsp tomato sauce, a pinch ajwain. Mix well & microwave at 100% for 5 minutes.

Continental

Menu		Weight Limit	Utensil	Instructions
58	BROCCOLI IN BUTTER SAUCE	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) glass dish	

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

Method :

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

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

Indian Rasoi

In the following example, show you how to cook 0.3 kg of BUTTER CHICKEN.

1. *Press STOP/clear.

2. Press Indian Rasoi.

The following indication is displayed "auto".

3. Turn the dial until display show "13 BUTTER CHICKEN".

4. Press START/Add 30 secs for menu confirmation.

5. Turn the dial until display shows "0.3 kg".

6. Press START/Add 30 secs.

7. When cooking you can increase or decrease cooking time by turning the dial.

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.**

*** Note : If display is blank, press Stop/Clear.**
If display shows ": ", do not press Stop/Clear, go directly to step 2.

Menu		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 menu & 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

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Paneer	100 g	200 g	300 g	400 g	500 g
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	As per taste				
Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala	As per taste				
Butter	1½ tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp
Fresh Cream	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Oil	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 menu & weight and press start.
2. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt and paneer cubes, mix well and press start. Stand for 5 minutes. Garnish with hara dhania and serve hot.

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 MWS bowl, add water, haldi & hing.
2. Select menu & weight and press start to cook.
3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves, salt, dhania powder, 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

For	0.2 kg
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, Curry leaves Dhania, Red chilli powder, Rai, Hing	As per taste

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

Indian Cuisine

Menu		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 water bowl put small pricked potatoes with oil (½ the amount mentioned per weight) and cover. Select menu & weight and press start.
2. When beeps, in a MWS bowl add oil (remaining half amount) jeera, pepper seeds. cloves, hing, onion paste, ginger garlic paste, tomato puree and press start.
3. When beeps, in the same bowl add the curd, turmeric powder, red chilli powder/deghi 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 menu & 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.

7	BAATI*	0.4 kg	Multicook tawa & Low rack & High rack

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

Method :
1. In a bowl mix all the ingredients, but ghee only 3 tbsp. Knead the dough with little warm water to make it like poori dough. Cover and keep for half an hour.
2. Make medium sized balls of the dough. Keep them on tawa & keep the tawa on low rack. Keep aside.
3. Select menu & press start. (Preheat process)
4. When beeps, keep the tawa & low rack & press start.
5. When beeps, keep the tawa on high rack.Press start. Dip the baati in melted ghee & serve with dal.

*Do not put anything in the oven during Preheat mode.
**Refer Pg.118 Fig.2

Menu		Weight Limit	Utensil	Instructions
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 menu & weight and press start.
5. Allow to stand for 3 minutes.

Menu		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 leaf, 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 menu & press start.
2. When beeps, in another MWS bowl add oil, bay leaf, 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.

Menu		Weight Limit	Utensil	Instructions
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 menu & 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.

Menu		Weight Limit	Utensil	Instructions
11	PANCHMEL KI SABZI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Chopped vegetables (Gavar ki fali, 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 menu & 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.

*Refer Pg.118 Fig.1

Indian Cuisine

Menu		Weight Limit	Utensil	Instructions
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 menu & 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.

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 menu & 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 dal	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 menu & weight and press start.
2. When beeps, add beans, sprinkle little water. Cover & press start.
3. Add grated coconut, cover & stand for 3 minutes.

Menu		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		

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

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 tbsp
Sour curd	½ cup
Boiled vegetables (Potato, Carrots, Peas, Palak)	2 cups
Oil	1 tsp
Lemon juice	2 tsp
Soda bi carb	A pinch
Chilli powder, Turmeric powder, Salt	As per taste
Ginger & chilli paste	1 tsp
Mustard seeds	1 tsp
Curry leaves	A few sprigs
Hing	¼ tsp

Method :
1. Clean, wash & soak the rice & dal together in enough water for at least 4 to 5 hours. Drain & keep aside.
2. Blend in a mixer till smooth, add the curds & mix well. Cover & keep aside to ferment overnight.
3. After fermentation, add salt, chilli powder, turmeric powder, soda bi carb, ginger & green chilli paste. Mix well.
4. In a MWS bowl, add oil, mustard seeds & curry leaves & microwave for 2 minutes and keep aside.
5. Add the boiled vegetables to the fermented batter, add the tadka prepared & lemon juice & hing. Mix well all the ingredients.
6. Pour the batter in MWS flat glass dish. Keep aside.
7. Select menu & press start.
8. When beeps, keep the MWS flat glass dish on low rack & press start.
9. When beeps, transfer the MWS flat glass dish to high rack & press start.

*Do not put anything in the oven during the Preheat mode.

Indian Cuisine

Menu		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 menu & 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 tbsp	2 tbsp	3 tbsp	4 tbsp	4½ tbsp
Cream	For garnishing				

Method :
1. In MWS bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select menu & 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.

19	BAIGAN KA BHARTA	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl

For	0.3 kg	0.4 kg	0.5 kg
Baigan (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 menu & 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 baigan & mix well. Press start. Allow to stand for 3 minutes. Garnish with coriander leaves.

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

For	0.1 kg	0.2 kg	0.3 kg
Grated Lauki	100 g	200 g	300 g
Besan	1 tbsp	2 tbsp	3 tbsp
Chopped onion	½ cup	1 cup	1 cup
Tomato puree	¼ cup	½ cup	1 cup
Chopped garlic	1 tsp	1½ tsp	2 tsp
Chopped ginger	1 tsp	1½ tsp	2 tsp
Coriander power, Haldi, Garam masala, Red chilli powder, Jeera, Salt	As per taste		
Oil	½ tbsp	1 tbsp	1½ tbsp
Water	½ cup	1 cup	1½ cup
Lemon juice	As per taste		

Method :
1. In a bowl mix grated lauki, besan, salt & haldi together. Mix well & prepare balls of medium size out of the mixture.
2. Grease a MWS flat glass dish & keep the koftas on it select menu & 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.

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 Menu & 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 menu & 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.

Indian Cuisine

Menu		Weight Limit	Utensil	Instructions
23	GATTE KI SABZI	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.3 kg	0.4 kg	0.5 kg
For making gattas			
Besan	100 g	125 g	150 g
Red chilli powder, haldi, dhania powder, salt	As per taste		
Water	As required		
For Sabzi			
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, Dhania 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 menu & 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, dhania powder, haldi, salt. Cover & press start.
7. When beeps, add beaten curd, gattas & haldi. Mix well & press start.

24	EGG CURRY	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

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

Method :
1. Put chopped onions, green chilli, garlic, ginger in a spice blender & make paste adding 1 tbsp water.
2. In a MWS bowl take oil & add the paste. Mix well. Select menu & weight and press start.
3. When beeps, stir & add tomato puree, peas, water & all the spices. Mix well & press start.
4. When beeps, stir & add boiled eggs (each cut into 2), add some water if required. Mix well & press start. Garnish with fresh coriander leaves & serve hot.

25	JHINGA MATAR CURRY	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl

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

Method :
1. Grind all together onions, green chilli, ginger, coriander powder & turmeric powder without adding any water & make a paste.
2. In a MWS bowl take oil & paste. Mix well. Select menu & weight and press start.
3. When beeps, mix & add shelled peas, prawns, all other spices & water. Mix well & cover and press start.
4. When beeps, remove lid & stir well. Press start. Serve hot with steamed rice.

Menu		Weight Limit	Utensil	Instructions
26	DUM TANGRI	0.6 kg	Microwave safe (MWS) glass bowl & High rack	

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

Method :

1. Take chicken legs, wash, clean & pat dry them with kitchen towel. Make cuts on legs with a sharp knife & keep aside.
2. In a bowl take all the ingredients of marinade & mix to a thick paste. Apply the marinade on chicken legs all over & inside the cuts as well. Keep covered inside the refrigerator for at least half an hour.
3. After marination is done, keep the marinated chicken legs on high rack. Keep high rack with chicken legs in the microwave. Select menu & press start.
4. When beeps, turn the chicken legs & press start.
5. When beeps, remove chicken legs & high rack from microwave & keep aside. In a MWS glass bowl take all the ingredients given for gravy. Mix well & press start.
6. Take chicken legs & roll in the gravy. Mix well & serve hot with butter naan or laccha parantha.

27	MAKKI KORMA	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

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

Method :

1. In a MWS glass bowl put corns, peas, water (for boiling) & stir. Select menu & weight and press start.
2. When beeps, remove & strain the corns & peas in a strainer & keep aside. In the same glass bowl add put oil, chopped onion, tomato & green chilli. Mix well & press start.
3. When beeps, add corns & peas, water (for cooking), add all spices, beaten curd & mix well. Press start. Give standing time of 5-10 minutes & serve hot.

Indian Cuisine

Menu		Weight Limit	Utensil	Instructions
28	LITTI®	06 Pc	Multicook tawa & Low rack*	

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

Method :

1. In a bowl mix all the ingredients of dough except water & mix well with hands. Now add water & knead a soft dough. Cover & keep aside for 10-15 minutes.
2. In another bowl take all the ingredients of stuffing & mix very well. If the stuffing is too dry, then add 1 or 2 cup water (just enough to mix all the ingredients) & mix well. The stuffing should not be wet.
3. Divide the dough into 6 equal medium sized balls (approx. 45 g each). Now fill the stuffing (1-2 tbsp) & make round shape balls.
4. Keep multicook tawa on low rack & keep tawa and rack aside. Select menu and press start. (Preheat process)
5. When beeps, keep the prepared balls on tawa & keep tawa on low rack & press start.
6. When beeps, change over the side. Press start. Dip the hot litti in melted ghee & serve hot with chokha.

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

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

Method :

1. In a MWS glass bowl take peeled & chopped brinjal pieces. Sprinkle some water. Select menu & press start.
2. When beeps, remove MWS glass bowl from the microwave. Mash the cooked brinjal with the back of the spoon/laddle & keep aside.
3. Take tomatoes pieces & keep on tawa. Keep tawa & high rack inside the microwave & press start.
4. When cooking ends, add grilled tomatoes to the mashed brinjal. Add all the spices, mustard oil, chopped onions & green chilli, coriander leaves & mix very well & mash a little. Serve chokha with freshly made Litti.

30	METHI ALOO	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	

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

Method :

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

*Refer to Pg.118 Fig. 3. ** Refer to Pg 118 Fig.4
@Do not put anything in the oven during Preheat mode.

Menu		Weight Limit	Utensil	Instructions
31	KADDU KI SABZI	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	

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

Method :
1. In a MWS bowl take kaddu pieces, sprinkle some water & cover. Select menu & weight and press start.
2. When beeps, remove kaddu & keep aside. In another MWS bowl put oil, chopped ginger, green chilli, coriander leaves & chopped tomatoes. Mix well & press start.
3. When beeps, remove & mix well. Add cooked kaddu & all the spices. Mash with the back of laddle / spoon. Press start. Serve hot.

32	PALAK KEEMA	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

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

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

33	PANEER PISTA HARYALI	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl

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

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

Sweet Corner

Menu		Weight Limit	Utensil	Instructions
34	SUJI HALWA	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
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 taste		

Method :
1. In MWS glass bowl take suji, add ghee, mix it together. Select menu & weight press start.
2 When beeps, stir it. Allow to cool. Add sugar & ½ qty. of water (For 0.1kg add 150 mL). Mix well & press start.
3. When beeps, add remaining ½ water, sugar, cashewnuts, kishmish, kesar, elaichi powder, mix it well and press start. Serve hot.

35	BESAN LADOO	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	

For	0.1 kg	0.2 kg	0.3 kg
Besan	100 g	200 g	300 g
Ghee (melted)	3 tbsp	5 tbsp	7 tbsp
Powder sugar	50 g	100 g	150 g
Elaichi powder	1/2 tsp	1 tsp	1 tsp

Method :
1. In MWS flat glass dish take besan and ghee. Select menu and press start.
2. When beeps, stir it & press start.
3. When beeps, stir it & press start.
4. Allow to cool. Sieve the mixture. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size.
Note : For binding the ladoo use ghee.

36	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
Seviyan (roasted)	20 g	40 g	60 g
Badam, pista Pieces	2 tbsp	3 tbsp	4 tbsp
Kesar & elaichi Powder	As per taste		

Method :
1. In MWS glass bowl add milk, milkmaid & mix well. Select menu and weight & press start.
2. When beeps, add badam, pista pieces, kesar, elaichi powder & seviyan. 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.

37	PAYASAM	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Broken rice (soaked for 2 hour)	100 g	200 g	300 g
Milk & Water	300 mL	500 mL	700 mL
Sugar	75 g	150 g	200 g
Kesar, Elaichi powder, Dry fruits	As per taste		
Ghee	1 tbsp	1½ tbsp	2 tbsp

Method :
1. In a MWS bowl take ghee, soaked rice, milk, sugar & water & cover it.
2. Select menu & 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.

38	MYSORE PAK	0.3 kg	Microwave safe (MWS) flat glass dish	

For	0.3 kg
Besan	100 g
Melted ghee	100 mL
Powdered sugar	100 g
Milk	¼ cup

Method :
1. In a MWS flat glass dish add besan. Select menu & 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.

Menu		Weight Limit	Utensil	Instructions
39	NARIYAL BURFI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Grated coconut	100 g	200 g	300 g
Milkmaid	½ cup	1 cup	1½ cup
Milk powder	3 tbsp	4 tbsp	5 tbsp
Ghee	1 tsp	2 tsp	3 tsp
Elaichi powder	1 tsp	2 tsp	3 tsp

Method :
1. In a MWS bowl add ghee & fresh grated coconut. Mix well.
2. Select menu & 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

40	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 g	150 g	200 g

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.

41	SEVIYAN ZARDA	0.2 kg	Microwave safe (MWS) glass bowl

Roasted Seviyan	200 g
Sugar	5 tbsp
Water	3 cups
Rose essence	A few drops
Almonds	A few
Chopped pista	A few
Elaichi powder	½ tsp
Ghee	1 ½ tbsp

Method :
1. In a MWS glass bowl add sugar & water. Select menu & 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.

42	BURFI	0.3 kg	Microwave safe (MWS) flat glass dish

For	0.3 kg
Milk powder	100 g
Milkmaid	100 mL
Cream	100 mL
Corn flour	4 tbsp
Chopped almonds & pistas	As required

Method :
1. In a bowl mix milk powder, corn flour, milkmaid & cream. Beat well till smooth.
2. Pour the mixture in a MWS flat glass dish. Select menu & 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.

43	KALAKAND	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Grated Paneer	100 g	200 g	300 g
Milkmaid	50 mL	100 mL	200 mL
Milk Powder	2 tbsp	3 tbsp	4 tbsp
Cornflour	1/2 tsp	1 tsp	1 tsp
Elaichi Powder	1/2 tsp	1 tsp	1 tsp

Method :
1. In MWS Bowl take grated paneer, milkmaid, milk powder, cornflour, elaichi powder. Mix well, select menu and press start.
2. When beeps, mix it again and press start.
3. When set cut into pieces. Garnish with dry fruits.

Sweet Corner

Menu		Weight Limit	Utensil	Instructions
44	SHAHI RABDI	0.3 kg	Microwave safe (MWS) bowl	

For	0.3 kg
Milk	1 cup
Grated paneer	1 cup
Condensed milk	½ cup
Desi ghee	1 tbsp
Elaichi powder	¼ tsp
Saffron	A few strands
Rose essence	A few drops
Chopped pistachios	1 tbsp
Chopped almonds (skin removed)	2 tbsp

Method :
1. Dissolve strands of saffron in 2 tbsp lukewarm milk.
2. In a MWS bowl, put all the ingredients of rabdi except chopped pistachios. Mix well.
3. Keep the bowl in Microwave. Select menu & press start.
4. Serve chilled garnished with chopped pistachios.

45	SHAHI TUKDA	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish & High Rack

For	0.1 kg	0.2 kg	0.3 kg
Bread Slices	1 slice	2 slices	3 slices
Milkmaid	50 mL	100 mL	150 mL
Milk	50 mL	100 mL	125 mL
Sugar	1 tbsp	2 tbsp	3 tbsp
Badam, Pista pieces	2 tbsp	3 tbsp	4 tbsp
Kesar-Elaichi Powder	As per taste		

Method :
1. Arrange bread slices on high rack. Select menu & weight & press start.
2. When beeps, turn slices press start.
3. When beeps, mix milkmaid, milk, sugar, dry fruits and kesar, elaichi powder in MWS flat glass dish. Pour the mixture on slices and press start. Serve hot.

46	KADDU KHEER	0.5 kg	Microwave safe (MWS) glass bowl

For	0.5 kg
Milk	300 mL
Grated kaddu	200 g
Milkmaid	150 g
Dry fruits (Kaju,Kishmish, Pista)	As required

Method :
1. In a MWS glass bowl add milk & milkmaid, grated kaddu. Select menu & press start.
2. When beeps, mix well. Press start.
3. When beeps, mix well & add dry fruits. Press start. Serve it chilled or hot.

47	RAVA LADOO	0.5 kg	Microwave safe (MWS) glass bowl

For	0.5 kg
Roasted rava/sooji	1 cup
Grated khoa	1½ cup
Sugar	½ cup
Milk	½ cup
Kishmish	2 tbsp
Chopped almonds	2 tbsp
Desi ghee	1 tbsp
Elaichi powder (optional)	½ tsp

Method :
1. In a MWS glass bowl take sugar & milk. Mix & select menu and press start.
2. When beeps, add roasted rava/sooji, kishmish & chopped almonds. Sprinkle elaichi powder & mix very well. Press start.
3. When beeps, mix well & add grated khoa. Mix well & again press start.
4. Make equal sized ladoos from the mixture, when it is still warm.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>48</td><td>KAJU BURFI</td><td>0.4 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Kaju</td><td>2 cups</td></tr>
<tr><td>Powdered sugar</td><td>1¼ cup</td></tr>
<tr><td>Water</td><td>½ cup</td></tr>
</table>
<u>Method :</u>
1. Take kaju in a spice-grinder & make a fine powder and keep aside.
2. In a MWS glass bowl take powdered sugar & water. Stir very well. Select menu & press start.
3. When beeps, stir very well & dissolve all the sugar. Add kaju powder & stir till all the lumps are removed. Keep stirring till the paste becomes like a dough (ball formation stage).
4. Grease the kitchen-slab (marble top) a little with ghee. Take the dough & roll out to 1" thickness carefully. Cut the kaju burfi in desired square or diamond shape & decorate with vark and serve.
</td></tr>
<tr><td>49</td><td>BADAM HALWA</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Badam (soaked in hot water for 1 hour)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Milk (for making paste)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Milk (for cooking)</td><td>½ cup</td><td>¾ cup</td><td>1 cup</td></tr>
<tr><td>Sugar</td><td>3 tbsp</td><td>5 tbsp</td><td>7 tbsp</td></tr>
<tr><td>Desi ghee</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Slivered almonds (for garnishing)</td><td colspan="3">A few</td></tr>
</table>
<u>Method :</u>
1. Remove the skin from badam & grind them to a fine paste adding milk. Take out this paste in a MWS glass bowl.
2. Add desi ghee to the paste & mix well. Select menu & weight and press start.
3. When beeps, stir very well & again press start.
4. When beeps, stir very well. Add sugar & milk (for cooking). Again mix well & press start. Give standing time of 5-6 minutes & mix well. Garnish with slivered almonds & serve badam halwa hot.
</td></tr>
</table>

Rice Delight

Menu		Weight Limit	Utensil	Instructions

50 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 menu & 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.

51 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 menu & 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.

52 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 menu & 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.

Menu		Weight Limit	Utensil	Instructions
53	PINEAPPLE FRIED RICE	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Mix veg - Peas, French beans, Carrots, Capsicum	½ cup	1 cup	1½ cup	2 cup	2½ cup
Pineapple (chopped)	½ cup	1 cup	1 cup	1½ cup	2 cup
Ajinomoto (optional)	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 menu & 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.

54	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	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 menu & 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.

55	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	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 menu & 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.

56	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				
Pepper	As per taste				
Seasoning					
Mustard seeds	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
Black gram dal	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
Bengal gram dal	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
Curry leaves	A few leaves				
Dry red chilli	1 no.	2 nos.	3 nos.	4 nos.	5 nos.
Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp

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

Rice Delight

Menu		Weight Limit	Utensil	Instructions
57	ZAFRANI PULAO	01 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice	100 g	200 g	300 g	400 g	500 g
Melted ghee	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Nutmeg powder, Cardamon powder	As per taste				
Sugar	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Saffron (Kesar)	A pinch				
Warm milk	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Water	150 mL	300 mL	350 mL	650 mL	750 mL
Kishmish, Kaju	As per required				

Method :
1. In a MWS bowl add ghee & rice. Mix well. select menu & weight and press start.
2. When beeps, mix well add nutmeg powder, cardamom powder, kishmish, kaju, sugar, saffron mixed with warm milk, water. Press start. Stand for 5 minutes. Garnish with kishmish & kaju and serve.

58	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

Method :
1. In a bowl take hung curd, ginger-garlic paste, oil, all the spices, mix well & make a paste for marinade. Apply this marinade on fish pieces evenly keep the marinated fish in refrigerator for atleast 1-1½ hours.
2. In a MWS bowl take soaked rice, water, select menu & 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.

59	KHUMB PULAO	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl

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

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

Menu		Weight Limit	Utensil	Instructions
60	TIRANGA PULAO	0.2 ~ 0.4kg	Microwave safe (MWS) bowl & Microwave safe (MWS) glass bowl	

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

Method :

1. In a spice grinder take mint leaves, coriander leaves, onion (cut into pieces), green chilli & salt. Grind them & make green chutney. Keep aside for late use.
2. In a MWS bowl take soaked rice & water. Add salt. Select menu & weight and press start.
3. When beeps, remove the MWS bowl & drain excess water from the rice. Divide the cooked rice into 3 equal parts. Cover them.
4. In another MWS bowl add oil/ghee, grated beet root, sliced onion, laung, elaichi & salt. Mix well. Press start.
5. When beeps, remove the MWS bowl and in a MWS glass bowl add oil/ghee & cashewnuts. Press start.
6. Mix one portion of rice to the red mixture with a fork. Do not break the rice. Mix second portion with green chutney & third portion of rice with chashewnuts.
7. Take square / rectangular dish & arrange the red coloured layer first, white layer in the centre & green layer in the end. Serve them hot.

61	EGG BIRYANI	0.1 ~ 0.3kg	Microwave safe (MWS) bowl	

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

Method :

1. In a MWS bowl take soaked rice, water. Select menu & weight and press start.
2. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies & all the spices. Mix very well & press start.
3. When beeps, add boiled eggs (cut into 2) & boiled rice to the sliced onions. Mix well without breaking the eggs. Press start.
4. Serve egg biryani hot with plain curd or raita.

Rice Delight

Menu		Weight Limit	Utensil	Instructions
62	ACHARI CHANA PULAO	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Soaked rice	100 g	200 g	300 g
Soaked & boiled kabuli chana	½ cup	1 cup	1½ cup
Sliced onions	½ cup	1 cup	1½ cup
Water	200 mL	350 mL	500 mL
Ginger-garlic paste	½ tsp	1 tsp	1½ tsp
Desi ghee	1 tbsp	1½ tbsp	2 tbsp
Laung, Chhoti elaichi, Badi elaichi, Saunf, Jeera	As per requirement		
Salt, Red chilli powder, Garam masala, Haldi	As per taste		
Mango pickle paste	1 tbsp	1½ tbsp	2 tbsp
Slit green chilli	1 no.	2 nos.	2 nos.

Method :
1. In a MWS bowl take soaked rice & water. Select menu & weight and press start.
2. When beeps, remove the rice & keep aside. In another MWS bowl take desi ghee, jeera, saunf, laung, chhoti elaichi, badi elaichi, ginger-garlic paste, sliced onions & slit green chillies. Mix very well & press start.
3. When beeps, add onion-mixture to the cooked rice, also add mango pickle paste & all the spices. Mix very well & press start.
4. Serve achari chana pulao hot with fresh curd.

Menu		Weight Limit	Utensil	Instructions
63	METHI RICE	0.1 ~ 0.3kg	Microwave safe (MWS) bowl	

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

Method :
1. In a MWS bowl take soaked rice & water. Select menu & weight and press start.
2. When beeps, remove the rice & keep aside. In another MWS bowl take oil / ghee, chopped methi leaves, sliced onions, ginger-garlic paste. Mix well & press start.
3. When beeps, add methi leaves to cooked rice, add all the spices. Mix very well. Press start. Serve rice hot with curd or raita.

Menu		Weight Limit	Utensil	Instructions
64	COCONUT RICE	0.1 ~ 0.3kg	Microwave safe (MWS) bowl	

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

Method :
1. In a MWS bowl take soaked rice coconut milk & water. Select menu & weight and press start.
2. When beeps, remove the rice & separate rice grains using a fork & keep aside. In another MWS bowl take oil, mustard seeds, chopped cashewnuts, curry leaves, chopped ginger, chopped green chilli. Mix well & press start.
3. When beeps, add cooked rice to the tadka. Add beaten curd, grated coconut, salt & pepper. Mix very well & press start. Serve coconut rice hot with sambhar.

Menu		Weight Limit	Utensil	Instructions
65	CURD RICE	0.1 ~ 0.5 kg	Microwave safe (MWS) glass bowl	

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

Method :

1. In a MWS glass bowl add oil, mustard seeds, urad dal, chana dal. Select menu & weight and press start.
2. When beeps, mix well & add curry leaves, green chillies, grated ginger. Mix well & press start.
3. When beeps, remove the bowl.
4. Now in another MWS glass bowl, add rice & water. Press start. Stand for 5 minutes.
5. Add cooked rice, curd, milk, chopped coriander leaves to the first MWS glass bowl. Mix well &serve.

Menu		Weight Limit	Utensil	Instructions
66	APPLE TOMATO CHUTNEY	0.3 kg	Microwave Safe (MWS) Glass Bowl	For: 0. 3 kg Apple pieces: 150 g Tomato pieces: 150 g Green chillies, Salt, Sugar: As per taste Oil: 2 tbsp For Tempering : Rai, Jeera, Hing etc. **Method :** 1. In a MWS glass bowl put apple, tomato, green chillies, salt and sugar and keep it in Microwave. Select menu and press start to cook. 2. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start. 3. When beeps, add ground mixture and press start. Garnish with chopped coriander.
67	LEMON PICKLE	0.3 kg	Microwave Safe (MWS) Glass Bowl	For: 0. 3 kg Lemon pieces: 150 g Sugar: 150 g Chilli powder, Salt: As per taste For Tempering : Rai, Jeera, Hing etc. **Method :** 1. Cut lemon and remove seeds. In MWS glass bowl add lemon pieces, sugar, salt and chilli powder. Select menu and press start. Store it in a bottle after it cools.
68	MIX VEG. PICKLE	0.3 kg	Microwave Safe (MWS) Glass Bowl	For: 0.3 kg Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas): 300 g Lemon juice: 2 tbsp Salt, Chilli powder, Sugar, Pickle Masala: As per taste Oil: 2 tbsp For tempering : Rai, Jeera, Hing etc.: As required **Method :** 1. In a MWS glass bowl put vegetables cut in long strips. Cover and keep it in microwave. Select menu and press start to cook. 2. When it gives a beep, remove. 3. In another MWS glass bowl add oil and tempering and press start. When it gives a beep add masala, sugar, salt & lemon juice. Add vegetables to this when it cools. Mix well and store it in a fridge.
69	PIZZA SAUCE	0.3 kg	Microwave Safe (MWS) Glass Bowl	For: 0. 3 kg Tomato: 200 g Onion: 100 g Salt, Sugar, Ajwain, Oregano, Basil leaves: As per taste Garlic pods: 7-8 nos. Oil: 2 tbsp **Method :** 1. In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select menu & press start to cook. 2. When beeps, remove, allow to cool and grind it in a mixer. Now add salt, sugar, ajwain, basil leaves. Keep it in microwave and press start. 3. When cooking ends, the sauce is ready.
70	TOMATO SAUCE	0.5 kg	Microwave Safe (MWS) Glass Bowl	For: 0.5 kg Tomato: 500 g Onion: 1 No. Chilli powder, Salt, Sugar: As per taste Chopped ginger and garlic: 2 tbsp Garam masala: 1 tsp **Method :** 1. In a MWS glass bowl put tomato pieces, cover and keep it in a microwave. Select menu & press start to cook. 2. When beeps, remove, allow to cool and grind it in a mixer. Strain it. Add salt, sugar, garam masala. Mix well. Press start.

Menu		Weight Limit	Utensil	Instructions
71	MASALA CHUTNEY	0.3 kg	Microwave Safe (MWS) Glass Bowl	

For	0. 3 kg
Chana dal, Urad dal	100 g each
Grated dry coconut	100 g
Sesame, Salt, Sugar, Turmeric, Dhania powder, Jeera powder, Curry leaves, Methi seeds	As per taste
Oil	1 tsp

Method :
1. In a MWS bowl put dals and keep it in microwave. Select menu & press start to cook.
2. When beeps, remove. Add the rest of the ingredients and keep it in microwave and press start.
3. Remove, cool it and grind it in a mixer adding required amount of water. This chutney can be served with idli, parantha or rice.

72	LEHSUN KI CHUTNEY	0.2 kg	Microwave safe (MWS) bowl	

For	0.2 kg
Chopped tomatoes	180 g
Chopped garlic	20 g
Chopped green chillies	2 nos.
Chopped onion	½ cup
Oil	2 tsp
Jeera	1 tsp
Haldi, Red chilli powder, Salt	As per taste
Water	¼ cup

Method :
1. In a MWS bowl mix all the ingredients. Select menu & press start.
2. Remove when cooking ends. Allow to cool. Grind it & serve as an accompaniment.

73	MANCHURIAN SAUCE	0.3 kg	Microwave safe (MWS) bowl	

For	0.3 kg
Water	1½ cups (300 mL)
Vinegar sauce	1 tbsp
Soya sauce	1 tsp
Tomato sauce	½ cup
Ajinomoto(optional)	A pinch
Cornflour	2 tbsp + ½ cup water

Method :
1. In a MWS bowl add all the ingredients. Select menu & press start.

74	AAM KI CHUTNEY	0.3 kg	Microwave safe (MWS) bowl	

For	0.3 kg
Aam (peeled & chopped)	300 g
Kishmish (seedless & chopped)	25 g
Chopped ginger & garlic	2 tsp
Tamarind pulp	1 tbsp
Salt, Sugar	As per taste

Method :
1. In a MWS bowl mix all the ingredients. Cover. Select menu & press start.

75	COCONUT CHUTNEY	0.3 kg	Microwave Safe (MWS) Glass Bowl	

For	0.3 kg
Fresh grated coconut	300 g
Chopped green chillies	2 nos.
Chopped ginger	½ tbsp
Roasted split gram dal (optional)	1 tbsp
Salt	As per taste
For tempering	
Oil	1 tbsp
Mustard seeds	½ tsp
Broken dry red chillies	1 no.
Curry leaves	A few

Method :
1. Grind grated coconut, chopped green chillies, ginger, roasted split gram dhal, salt together in a blender.
2. In a MWS glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select menu & press start.
3. Pour the tempering over the chutney & serve.

Menu		Weight Limit	Utensil	Instructions
76	TIL KI CHUTNEY	0.2 kg	Microwave Safe (MWS) Glass Bowl	

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

Method :

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

24 Hours/Kids' Delight

In the following example, show you how to cook 0.1 kg of PAV BHAJI.

1. *Press STOP/Clear.

2. Press 24 Hours/Kids' Delight.

The following indication is displayed "auto".

3. Turn the dial until display show "15 PAV BHAJI".

4. Press START/Add 30 secs for menu confirmation.

5. Turn the dial until display shows "0.1 kg"

6. Press START/Add 30 secs.

7. When cooking you can increase or decrease cooking time by turning the dial.

NOTE

- **24 Hours/Kids' Delight cook menus are programmed.**
- **24 Hours/Kids' Delight cook allows you to cook most of your favourite food by selecting the food type and the weight of the food.**

*** Note : If display is blank, press Stop/Clear.**
If display shows ": ", do not press Stop/Clear, go directly to step 2.

	Menu	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	1 cup
Green chillies	1 No.	2 Nos.	3 Nos.
Salt, Red chilli powder, Garam masala, Sugar	As per taste		
Grated coconut, Hara dhania	For garnishing		

Method :
1. In a MWS glass bowl add oil, rai, jeera, curry leaves. Select menu & 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.

	Menu	Weight Limit	Utensil	Instructions
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, Red chilli powder	As per taste		
Onion	1 No.	2 Nos.	2 Nos.
Green chilli	2 No.	3 Nos.	3 Nos.
Chopped carrots, peas, sweet corns	½ cup	1 cup	1½ cups
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, onions suji. Mix well.
2. Select menu & weight and press start.
3. When beeps, mix well add carrots, peas, sweet corn, green chillis, curry leaves, onions, stir well & press start.
4. When beeps, add water, sugar, salt, red chilli powder, lemon juice. Mix well & press start. Stand for 3 minutes.

	Menu	Weight Limit	Utensil	Instructions
3	BESAN CHEELA	01 Pc	Multicook Tawa & High Rack*	

For batter	
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. Keep inside the microwave oven. Select menu & press start. (Preheat process)
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.

	Menu	Weight Limit	Utensil	Instructions
4	DALIYA	0.1 ~ 0.3 kg	Microwave safe (MWS) glass 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 glass bowl, add dalia & ghee. Mix well.
2. Select menu & weight and press start.
3. When beeps, mix, add water, sugar or gud, elaichi, powder/nutmeg owder, 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 to Pg.118 Fig.4

Menu		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 menu & weight and press start.
2. When beeps, mix, add boiled potatoes, soaked sabudana. Mix & press start. Squeeze lemon juice & serve.

Menu		Weight Limit	Utensil	Instructions
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 menu & weight and press start.
3. When beeps, change the side of the sandwich & again press start.

Menu		Weight Limit	Utensil	Instructions
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 menu & 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.

Menu		Weight Limit	Utensil	Instructions
8	PANEER SANDWICH	0.1 ~ 0.3 kg	High rack	

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

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

Menu		Weight Limit	Utensil	Instructions
9	USAL	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Boiled pea	½ cup	1 cup	1½ cup
Oil	1 tbsp	1½ tbsp	2 tbsp
Roasted jeera	1 tsp	1½ tsp	2 tsp
Water	¼ cup	½ cup	¾ cup
Salt, Turmeric powder, Garam masala	As per taste		
For Paste			
Coriander leaves	½ cup	1 cup	1½ cup
Grated coconut	¼ cup	½ cup	¾ cup
Green chilli	2 nos.	3 nos.	4 nos.
Water (to make the paste)	As required		

Method :
1. Make a paste of coriander leaves, grated coconut, green chilli, adding required amount of water in a mixer.
2. In a MWS bowl take oil, roasted jeera & coriander paste. Mix well. Select menu & weight and press start.
3. When beeps, add boiled peas, all the spices & water. Mix well and press start.
4. When beeps, stir well & again press start. Serve usal garnished with grated coconut & serve with pav.

10	SCRAMBLED EGGS	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	

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

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

11	UGGANI	0.3 kg	Microwave safe (MWS) bowl	

For	0.3 kg
Puffed rice (murmura)	150 g
Besan (roasted)	2 tbsp
Oil	1½ tbsp
Mustard seeds (spluttered)	1 tsp
Green chilli (chopped)	2 nos.
Curry leaves	8-10 nos.
Coriander leaves (chopped	2 tbsp
Onion (chopped)	2 nos.
Tomato (chopped)	2 nos.
Lemon juice (optional)	1 tbsp
Salt, Turmeric powder, Red chilli powder, Garam masala	As per taste

Method :
1. In a bowl take puffed rice (murmura) & soak in water for 1-2 minutes. Drain all the water by lightly squeezing murmura with hands. Add roasted besan & mix well with murmura. Keep aside for later use.
2. In a MWS bowl take oil, spluttered mustard seeds, chopped green chilli, tomato, onion & curry leaves. Mix well. Select menu & press start.
3. When beeps, add all the spices & stir well and again press start.
4. When beeps, add soaked murmura. Mix very well & press start. Squeeze lemon juice & sprinkle fresh coriander and serve hot.

Menu		Weight Limit	Utensil	Instructions
12	KOZHUKATTAI	09 Pc	Steam Chef*	

For dough	
Rice flour	1 cup
Water (to knead the dough)	As required
Salt	½ tsp
For Filling	
Grated fresh coconut	½ cup
Roughly crushed jaggery	½ cup
Elaichi powder	½ tsp

Method :
1. In a bowl take all the ingredients for filling & mix well.
2. In another bowl take rice flour & salt. Mix & gradually add water to make a soft dough. Make lemon size balls from the dough & flatten each ball & put filling inside & again roll to a round ball.
3. In the steam chef, add 300mL water to the steam water bowl. Place prepared kozhukattai balls on the steam plate & cover.
4. Select menu & press start. Give standing time of 5 minutes.

13	MASALA CHEESE TOAST	0.1 ~ 0.3 kg	High rack

For	0.1 kg	0.2 kg	0.3 kg
Bread slices	2 nos.	4 nos.	6 nos.
Butter	For applying on bread slices		
For Filling			
Chopped boiled vegetables - Cabbage, Cauliflower, Green peas, French beans, Capsicum	1 cup	1½ cup	2 cups
Chopped onions	1 no.	2 nos.	2 nos.
Mashed boiled potatoes	2 nos.	3 nos.	4 nos.
Chopped green chillies	1 no.	2 nos.	3 nos.
Salt, Red chilli powder, Garam masala	As per taste		
Chopped coriander leaves	1 tsp	2 tsp	3 tsp
Grated cheese	2 tsp	4 tsp	6 tsp

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

14	BREAD UPMA	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

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

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

*Refer Pg.118 Fig.1

Menu		Weight Limit	Utensil	Instructions
15	PAV BHAJI	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & High rack	

For	0.1 kg	0.2 kg	0.3 kg
Boiled 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 :
1. n a MWS glass bowl take oil, garlic paste, chopped onion, chopped tomato. Mix well & select menu & 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 aside.
4. For grilling pav-bhaji buns: Cut each bun in centre, apply butter, arrange on high rack.
5. Press start.
6. Serve with bhaji.

16	DHOKLA	0.3 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl

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

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

17	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 MWS flat glass dish add drops of oil, peanuts. Mix well.
2. Select menu & weight & press start.
3. Serve plain or with chaat masala.

18	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 menu & press start.
2. When beeps, add murmura. Mix & press start.
3. When beeps, add roasted peanuts, salt, chaat masala & serve.

Menu		Weight Limit	Utensil	Instructions
19	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 chutney	As per taste			

Method :
1. In steam chef, add water to the steam water bowl, add the soaked chana. Cover. Select menu & 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.

Menu		Weight Limit	Utensil	Instructions
20	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 menu & 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.

Menu		Weight Limit	Utensil	Instructions
21	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 menu & 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.

Menu		Weight Limit	Utensil	Instructions
22	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 menu & weight & press start.
4. When beeps, turn over the vadas & press start.

* Refer Pg. 118 Fig. 2
**Refer Pg.118 Fig. 4

Menu		Weight Limit	Utensil	Instructions
23	COTTAGE HONEY TOAST	0.1 ~ 0.3 kg	High rack	
24	TOKRI CHAAT	0.1 ~ 0.3 kg	Metal muffin case & High rack	
25	SPICY BABY CORN	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	
26	NAMAK@ PARAS	15 Pc	Multicook tawa* & low rack	

23 COTTAGE HONEY TOAST

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 menu & weight & press start.
2. When beeps, turn over the slices & press start.
3. Drizzle honey on slices & serve.

24 TOKRI CHAAT

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 menu & 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.

25 SPICY BABY CORN

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 menu & weight & press start.
3. Allow to stand for 3 minutes.

26 NAMAK@ PARAS

For	15 Pc
Maida	100 g
Oil	2 tbsp
Ajwain	1 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 menu & weight and press start. (Preheat process)
3. Roll out the dough & make a ½" thick circle & cut them into small thin rectangular strips. Prick each strip with fork. 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. 118 Fig. 3
@Do not put anything in the oven during Preheat mode.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>27</td><td>HERB POTATOES</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa*
&
High rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Baby Potatoes (boiled)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Dill/saunf</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Butter</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Chopped parsley</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Cheese (grated)</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Salt, Pepper</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u>
1. In a MWS glass bowl put butter, dill/saunf, chopped parsley, mix & keep in microwave. Select Menu & 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.
</td></tr>
<tr><td>28</td><td>PAPDI@</td><td>10 Pc</td><td>Multicook tawa
&
Low rack #</td><td>
<table>
<tr><td>Wheat flour</td><td>½ cup</td></tr>
<tr><td>Cumin seeds</td><td>½ tsp</td></tr>
<tr><td>Salt</td><td>¼ tsp</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
</table>
<u>Method :</u>
1. Combine all the ingredients in a bowl. Make a soft dough adding required amount of water.
2. Select menu & 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.
</td></tr>
<tr><td>29</td><td>ALOO KAND CHAAT</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Aloo (cut in medium pieces)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Jimikand (cut in medium pieces)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Sugar, Salt, Red chilli powder, Chaat masala</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u>
1. In a MWS bowl add aloo, jimikand & add little water Cover. Select menu & weight & press start.
2. When beeps, stir well. Cover & press start.
3. Add sugar, salt, red chilli powder, chaat masala. Allow to stand for 3 minutes.
</td></tr>
</table>

@Do not put anything in the oven during pre-heat mode.
* Refer Pg. 118 Fig. 4
# Refer Pg. 118 Fig. 3

Menu		Weight Limit	Utensil	Instructions
30	KATHI ROLLS	01 Pc	Steam Chef without steam plate*	

For Dough	
Maida	1 cup
Whole wheat flour	¼ cup
Fresh curd	¼ cup
Oil	1 tbsp
Salt	As per taste
Water	To knead the dough
For Stuffing	
Thinly sliced coriander	1 cup
Thinly sliced capsicum	½ cup
Thinly sliced cabbage	1 cup
Paneer (cut into small cubes)	1 cup
Oil	1 tbsp
Soya sauce	1 tsp
Salt, Red chilli powder, Garam masala	1 tsp
Tomato ketchup	As required

Method :
1. Pre-preparation for stuffing : In a microwave safe glass bowl take oil, sliced onion, capsicum & cabbage. Mix very well & microwave 100% for 3 minutes. Add soya sauce, all the spices & paneer pieces. Mix well & microwave 100% for 2 minutes. Keep covered for later use.
2. In a bowl take maida, whole wheat flour, curd, oil & salt. Rub with hands. Add water gradually & knead a dough for kathi roll. Cover & keep aside for 10-15 minutes.
3. Take approx 50 g dough & roll as thinly as possible to big size chapati. Dust the below surface with maida to roll the dough.
4. Take steam chef & keep the rolled-out dough on steam water bowl, cover with steam cover & keep inside the microwave. Select & press start.
5. When beeps, turn the chapati & cover with steam cover. Press start.
6. Spread tomato ketchup on the chapati, spread the filling (as required) on one-side & roll up tightly like a wrap. Serve hot with tomato ketchup.

31	MISAL	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

For	0.1 kg	0.2 kg	0.3 kg
Boiled mixed sprouts (Kala chana, Moong dal chavli)	100 g	200 g	300 g
Oil	1 tbsp	1½ tbsp	2 tbsp
Jeera	1 tsp	1½ tsp	2 tsp
Ginger garlic paste	1 tsp	1½ tsp	2 tsp
Tomato puree	½ cup	1 cup	1½ cup
Misal masala, Red chilli powder, Coriander powder, Haldi, Cumin powder, Salt, Sugar, Clove powder, Cinnamon powder	As per taste		
Chopped coriander leaves	As required		
Water	¼ cup	½ cup	1 cup

Method :
1. In a MWS glass bowl add oil & jeera. Select menu & weight and press start.
2. When beeps, add chopped onions, ginger garlic paste, tomato puree & all the spices. Mix well & press start.
3. When beeps, mix well & add boiled mixed sprouts. Press start. Garnish with coriander leaves.

* Refer Pg. 118 Fig. 2

Menu		Weight Limit	Utensil	Instructions
32	BREAD DAHI VADA	0.3 kg	Microwave safe (MWS) flat glass dish	

For	0.3 kg
Bread slices (cut the edges)	8 nos.
Beaten curd	As required
Imli ki saunth	As required
Green chillies (chopped)	3 nos.
Grated ginger	10 g
Chopped coriander leaves	A few sprigs
Kishmish	5 g
Salt, Cumin seed powder, Red chilli powder, Pudina powder	As per taste
Pepper corns	4-5 pieces

Method :
1. Take one slice of bread, dip in water & press between the palms to drain extra water. Place the slice on a slightly greased MWS flat glass dish.
2. Now sprinkle chopped green chillies, grated ginger, chopped coriander leaves & pudina powder. Now place the other bread slices dipped in water over the first one and seal the edges properly. Give them round shape. Make 4 vadas in same manner.
3. Keep the MWS flat glass dish in the oven. Select menu and press start.
4. Take out & allow to cool.
5. Now add beaten curd, imLi saunth, salt, red chilli powder, cumin seed powder. Place a pepper corn at the centre of each vada. Keep in refrigerator for cooling. Serve.

33	CHIVDA	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish

For	0.1 kg	0.2 kg	0.3 kg
Chivda (Poha)	50 g	125 g	200 g
Peanuts	50 g	75 g	100 g
Oil	2 tsp	3 tsp	5 tsp
Salt	As per taste		
Chaat masala	As per taste		

Method :
1. In a MWS flat glass dish add chivda & add oil. Mix well. Select menu & weight and press start.
2. When beeps, mix well. Press start.
3. When beeps, remove the chivda. Allow to cool.
4. In the same dish add some drops of oil & peanuts. Mix well. Press start. Allow to cool, mix chivda & peanuts. Add salt & chaat masala. Serve as namkeen.

34	DABELI	0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*

For	0.3 kg
Boiled potatoes (big)	2 nos.
Dabeli masala	1½ tbsp
Meethi Saunf	2 tbsp
Salt	As per taste
Dessicated coconut	1 tbsp
Finely chopped coriander	1 tbsp
Fresh pomegranate	2 tbsp
Chopped grapes	2 tbsp
For Lehsun Chutney	
Peeled chopped garlic	1 cup
Red chilli powder	As per taste
Salt	As per taste
Other ingredients	
Dabeli pav / Burger buns	3 nos.
Finely chopped onions	4 tsp
Masala peanuts	4 tsp
Nylon Sev	4 tsp
Butter	For smearing the tawa
Oil	1 tbsp

Method :
1. In a MWS glass bowl add oil, boiled potatoes, dabeli masala, meethi saunf, salt, mix well. Select menu & press start.
2. When beeps, remove the bowl, transfer the stuffing to a plate, sprinkle dessicated coconut, coriander, pomegranate & grapes over it. Keep aside.
3. For chutney combine all the ingredients & grind in a mixie. Keep aside.
4. Take a pav & slit it from side (keeping them joined at other side).
5. Apply ½ tsp of lehsun chutney & 1 tsp meethi saunf evenly on the inner side of the pav. Stuff with 1½ tbsp of stuffing. Repeat the same with all dabelis.
6. Smear the tawa slightly with butter. Keep the dabelis on the tawa. Keep the tawa on high rack & put inside the microwave oven & press start.\
7. Tops the dabelis with onions, masala peanuts & sev & serve immediately.

* Refer Pg. 118 Fig. 4

Menu		Weight Limit	Utensil	Instructions
35	PANDOLI	08 Pc	Microwave safe (MWS) glass bowl & Microwave safe (MWS) idli Stand* & Microwave safe (MWS) bowl	

For Batter	
Soaked split green gram dal (soaked for 5-6 hours)	2 cups
Fresh curd	¼ cup
Salt	As per taste
Chopped ginger	1 tsp
Chopped green chilli	1-2 nos.
For Tempering	
Oil	1 tbsp
Mustard seeds	½ tsp
Cumin seeds	½ tsp
Hing	A pinch

Method :

1. Take 2 cups soaked split green gram dal, salt, chopped green chilli, chopped ginger & fresh curd and blend in a mixer till smooth.
2. In a MWS glass bowl take all the ingredients of tempering & keep inside the microwave. Select menu & press start.
3. When beeps, pour this tempering to the pandoli batter & mix well.
4. Grease MWS idli stand with little oil. Pour pandoli batter in it. Add ½ cup water in MWS bowl, keep the idli stand & cover. Press start. Give standing time of 5 minutes.
5. Serve pandolis hot with green chutney.

*Provided with start up kit

Menu		Weight Limit	Utensil	Instructions
36	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 menu & 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.

37	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 menu & 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.

38	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 tbsp	2 tbsp	3 tbsp
Chopped onion, Tomato, Coriander leaves	½ cup	1 cup	1 cup
Salt, Pepper	As per taste		

Method :
1. Beat the eggs well & add salt, pepper & coriander leaves. Add chopped onion, tomato & coriander leaves and mix well.
2. Grease the steam water bowl with oil, add the egg batter in the steam water bowl cover. Select menu & weight and press start.
3. When beeps, turn over the omelette & press start. Allow to stand for 3 minutes.

39	Pizza@	0.3 kg	Low rack & High rack	

For	0.3 kg
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 taste

Method :
1. Select menu & 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.

@Do not put anything in the oven during Preheat mode.
*Refer Pg.118 Fig.2

Menu		Weight Limit	Utensil	Instructions
40	GARLIC BREAD@	0.3 kg	Low Rack	For: 0.3 kg Bread slices (French Bread): 3 slices Butter: 5 tbsp Garlic paste: 2 tbsp Grated cheese: 4 tbsp Salt, Pepper, Oregano, Chilli flakes: As per taste **Method :** 1. Mix butter, garlic paste, grated cheese, salt,pepper and oregano together. Apply this mixture to both sides of bread slices. 2. Select menu & press start.(Preheat process) 3. When beeps, keep the bread slices on low rack & press start. Note : Use French bread to make garlic bread.
41	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 taste **Method :** 1. Make small pieces of Bread slices. Beat the egg very well . Mix all the ingredient very well. 2. Pour this mixture into MWS flat glass dish. Select menu and weight. Press start.
42	CHEESY NACHOS	0.3 kg	Microwave safe (MWS) flat glass dish	For: 0.3 kg Nachos: 300 g Grated cheese: 1 cup Pizza sauce: 6 tbsp Chopped onion, Tomato: 2 cups **Method :** 1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select menu & press start.
43	CHOCOLATE BALLS	0.3 kg	Microwave safe (MWS) glass bowl	For: 0.3 kg Milkmaid: 1 cup Marie biscuit powder: 1 cup Milk powder: ½ cup Bournvita: ½ cup Grated coconut: ½ cup **Method :** 1. In a MWS glass bowl add milkmaid, marie biscuit powder, milk powder, bournvita. Mix well. Select menu & 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.
44	STRAWBERRY CUSTARD	0.5 kg	Microwave safe (MWS) bowl	For: 0.5 kg Milk: 1 cup Strawberry custard powder: 3 tbsp Sugar: 50 g Strawberry pieces: As required **Method :** 1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well. 2. Select menu & press start. 3. When beeps, stir well. Press start. 4. When beeps, stir well. Press start. Allow to set in refrigerator.

@ Do not put anything in the oven during the Preheat mode

Menu		Weight Limit	Utensil	Instructions
45	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 menu & 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.

46	CHOCO BARS	0.2 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish	

For	0.2 kg
Chocolate chips	½ cup
Oats (crushed)	1 cup
Honey	3 tbsp
Brown sugar	4 tbsp
Butter (softened)	8 tbsp
Chopped nuts (Almonds, Pistachio, Walnut)	As required

Method :
1. In a MWS glass bowl put oats, half amount of butter (4 tbsp), honey and brown sugar. mix well. Select menu and press start.
2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter.
3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmly with spoon.
4. In MWS glass bowl add rest of the butter, chocolate chips. Mix & press start.
5. When beeps, pour this mixture on oats & sprinkle chopped nuts.
6. Cut into rectangle bars when set & serve chilled.

*Refer to Pg.118 Fig. 4

Menu		Weight Limit	Utensil	Instructions
47	APPLE PIE@	0.6 kg	Metal cake tin* & Low rack	

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

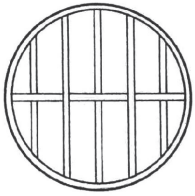


Fig -1

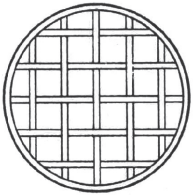


Fig -2

Method :

1. Put maida, salt, sugar in a food processor/mixer. Grind it well. Take it in a bowl. Add chilled cubes of butter. Rub with hand to make bread crumb texture or till soft & well granulated.
2. Add ¼ cup ice water to make a soft dough when pinched. Roll out the dough into 2 equal parts. Make disc shapes. Cover with plastic wrap & keep refrigerated at least for 30 minutes,
3. When chilled, roll out one disc into big shape & place in a greased cake tin, covering it from the edges. Again keep in refrigerator for 1 hour.
4. Take all the ingredients of apple filling in a mixer. Grind it to make a puree without any water. Pour this mixture in the cake tin.
5. Roll out the second chilled disc & cut out long strips of ½ inch width. Cover the pie dish with these strips, arranging crossways as shown in figure 1 & figure 2.
6. Seal the edges & wet them with water. Cover the edges with foil paper to avoid over burning.
7. Select the menu & press start.(Preheat process).
8. When beeps, place the cake tin on low rack & press start.
   Give a standing time of 5-10 minutes. Cool & serve in pieces.
   Note: If the butter become soft while making pie, keep the rolled dough in freezer.

48	MUSHROOM AND PEPPER PIZZA@	0.3 kg	Multicook tawa & Low rack**	

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

Method :

1. Dissolve the yeast in lukewarm water, stir in sugar & keep for 10 minutes till frothy.
2. Sieve the flour, add the yeast mixture, oil & salt. Prepare a dough using a little water if required. Knead till it does not stick to the pan/bowl.
3. Cover the dough with a muslin cloth & keep it till it doubles the volume.
4. Knead lightly & roll out thin chapati.
5. Keep on greased tawa. Spread the sauce, sprinkle oregano & chilli flakes, add vegetables & spread grated cheese. Keep aside.
6. Select menu & press start.(Preheat process)
7. When beeps, keep the tawa on low rack. Keep it inside the microwave oven. Press start.

@Do not put anything in the oven during the Preheat mode.
*Refer Pg.118 Fig.6
** Refer Pg.118 Fig.3

Menu		Weight Limit	Utensil	Instructions
49	CHEESE BREAD DELIGHT	08 Pc	High rack	

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

Method :

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

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

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

Method :

1. In a bowl take all the ingredients for rosti & mix well with hands. Divide the dough into 4 equal parts.
2. In a MWS glass bowl take oil, shredded vegetables, boiled bean sprouts, salt & pepper. Mix well. Select menu & press start.
3. When beeps, remove the bowl & mix well & divide the topping into 4 equal parts & keep aside for late use.
4. Take the dough & shape each portion into round flat circles (approx. 2.5"). Keep on tawa, keep tawa on high rack & press start.
5. When beeps, turn over the rostis & again press start.
6. Place the rostis on a serving plate & top them with a portion of prepared topping & tomato ketchup. Serve immediately.

* Refer Pg.118 Fig.4

Menu		Weight Limit	Utensil	Instructions
51	CHOCOLATE@ CAKE	0.4 kg	Metal Cake Tin* & Low Rack	

For	0.4 kg
Maida	110 g
Baking powder	¼ tsp
Cocoa powder	50 g
Curd	70 mL
Powder sugar	100 g
Egg	1 no.
Vanilla essence	¼ tsp
Oil	50 mL

Method :
1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.
2. Sieve maida, baking powder & cocoa powder together.
3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Add oil. Combine all, beat well. If required add milk to the batter to adjust the consistency.
4. Grease a metal cake tin or line with butter paper. Add the cake batter.
5. Select menu & press start.(Preheat process)
6. When beeps, put the cake tin on low rack & keep in microwave & press start.

52	LAMINGTON@ CAKE	0.4 kg	Low rack & Metal cake tin* & Microwave safe (MWS) glass 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	1 cup
Desiccated coconut	As required
Cornflour	1 tbsp

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 menu, press start. (Preheat process).
3. When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.
4. In MWS glass bowl add water, coco powder and cornflour, 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.

53	DOUGHNUTS@	0.2 kg	Multicook tawa** & Low rack	

For	0.2 kg
Maida	200 g
Yeast	½ tbsp
Luke warm milk	100 mL
Powdered sugar	50 g
Nutmeg powder	A pinch
Egg	½ (beaten)
Vanilla essence	¼ tsp
Butter	1 tbsp

Method :
1. Dissolve yeast in milk & set aside for 5 minutes to prepare yeast mixture.
2. Add sugar & butter to milk & dissolve. Add to yeast mixture.
3. Now add maida, egg, vanilla essence & nutmeg powder & make a soft dough. Keep it covered for 1hour. Roll out the dough to ½ inch thickness. Cut it with a doughnut cutter.
4. Select menu & press start. (Preheat process). When beeps arrange the doughnuts on tawa & keep tawa on low rack & press start.
   Note : If the dough is too dry add milk & if too soft then add maida.

@ Do not put anything in the oven during the Preheat mode
*Refer Pg.118 Fig.6
**Refer Pg.118 Fig.3

Menu		Weight Limit	Utensil	Instructions
54	NAN KHATAI@	0.4 kg	Multicook tawa* & Low rack	For: 0.4 kg Maida: 150 g Suji: 50 g Powdered sugar: 85 g Vanilla essence: 1 tsp Butter: 100 g Almonds & cashewnuts: A few **Method :** 1. Cream the butter & sugar together till it turns fluffy. 2. Add vanilla essence followed by maida & suji. 3. Make a dough out of this mixture. 4. Make medium sized balls & put cashewnut on the top of each piece. Arrange them on tawa & keep aside. 5. Select menu & press start. (Preheat process) 6. When beeps, keep the tawa on low rack & press start.
55	WHOLE WHEAT COOKIES@	0.3 kg	Multicook tawa & Low rack*	For: 0.3 kg Whole wheat flour: 200 g Brown sugar: 100 g Granulated sugar: 50 g Butter: 100 g Egg: 1 No. Vanilla essence: ½ tsp Baking powder: ½ tsp **Method :** 1. In a bowl cream brown sugar, butter, granulated sugar together and beat till fluffy. Add egg, vanilla essence, baking powder. Finally add flour and make a soft dough. 2. Roll out the dough and cut with a cookie cutter. 3. Select menu, press start. (Preheat process) 4. When beeps, put the cookies on tawa & tawa on low rack. Press start to bake. Remove when it gives a beep.
56	CHENA PODA@	0.3 kg	Low rack & Microwave safe (MWS) flat glass dish & High rack	For: 0.3 kg Chena: 300 g Sugar: 100 g Suji: 20 g **Method :** 1. Mix chena, sugar & suji together adding little water. 2. Transfer this mixture to MWS flat glass dish. 3. Select menu & press start.(Preheat process) 4. When beeps, place the MWS flat glass dish on low rack. Press start. 5. When beeps, keep the dish on high rack. Press start.
57	VANILLA@ CAKE	0.4 kg	Metal Cake Tin** & Low Rack	For: 0.4 kg Maida: 100 g Powdered Sugar: 75 g Butter: 75 g Eggs: 1 no. Baking Powder: 1 tsp Vanilla essence: 1 tsp Milk: 75mL **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 menu & press start.(Preheat process) 3. When beeps, keep the cake tin on low rack & press start.

@ Do not put anything in the oven during the Preheat mode
*Refer Pg.118 Fig.3
**Refer Pg.118 Fig.6

	Menu	Weight Limit	Utensil	Instructions
58	BUNS@	04 Pc	Multicook tawa & Low rack*	

For dough	
Maida	1½ cup
Salt	1 tsp
Sugar	1 tbsp
Dry yeast	1½ tsp
Beaten egg	1 no.
Milk powder	1 tbsp
Warm water	100 mL
Oil	1 tbsp

Method :
1. In a bowl / cup take sugar & warm water and dissolve it. Add dry yeast & stir to dissoslve. Cover & keep aside for 5-6 minutes.
2. In another bowl take maida, salt & milk powder. Add beaten egg & mix well with hands to get a crumbly texture. Now add yeast water & knead a soft dough for buns. The dough may be a little sticky at this stage. Add oil & knead the dough again.
3. Take multicook tawa & grease it with little oil & then dust with little flour. Divide the dough into 4 equal parts & make round shape & keep on tawa at equal distance.
4. Cover the tawa with a lid & keep at warm & dark place for atleast 45 minutes to 1 hour.
5. Select menu & press start.(Preheat process)
6. When beeps, keep tawa with dough balls on low rack & keep both inside the microwave & press start.
7. When beeps, turn over the buns & again press start. Immediately remove the buns from tray & use when cool.

59	APPLE CUP CAKES@	0.4 kg	Metal muffin tray & Low rack	

For	0.4 kg
Maida	1 cup
Apple (peeled & pureed)	½ cup
Powdered sugar	½ cup
Brown sugar	¼ cup
Butter (softened)	50 g
Cinnamon powder, Clove powder, Nutmeg powder	A pinch (each)
Eggs	2 nos.
Chopped almonds	2 tbsp
Baking powder	½ tsp

Method :
1. In a dry & clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt & mix with a fork & keep aside.
2. In another bowl take softened butter, powdered sugar, brown sugar & beat with a electric beater till light & fluffy. Add one egg at a time & beat. Add apple puree & again mix well.
3. Select menu & press start.(Preheat process)
4. Softly mix all the dry mixture to the beaten butter & sugar mixture with a wooden spoon. Do not over mix.
5. Pour 2 tbsp batter (for each muffin) in the greased muffin tray. When beeps, keep the low rack & metal tray and press start. Give standing time of 5 minutes.

60	EGGLESS CHOCOLATE CAKE@	0.5 kg	Metal cake tin & Low rack**	

For	0.5 kg
Maida	125 g
Coco powder	2 tbsp
Baking powder	1 tsp
Soda bi carb	½ tsp
Milkmaid	200 mL
Water	100 mL
Butter (melted)	60 mL

Method :
1. Select menu & press start for pre-heating.
2. Meanwhile, prepare the cake batter - sieve the maida, coco powder, baking powder, soda bi carb together.
3. In another bowl add milkmaid, water & melted butter. Beat well. Mix all the ingredients together and beat the cake batter well. Pour the batter in cake tin lined with greased butter paper.
4. When beeps (pre-heat over), keep the cake tin on low rack & keep in microwave oven. Press start. Allow the cake to cool properly & then serve.

@ Do not put anything in the oven during the Preheat mode
*Refer Pg.118 Fig. 3
**Refer Pg.118 Fig.6

Menu		Weight Limit	Utensil	Instructions
61	SWISS ROLL@	0.2 kg	Multicook tawa & Low Rack*	
62	PATTIES@	03 Pc	Multicook tawa & Low rack & High rack	
63	JEERA@ BISCUITS	0.2 kg	Low rack & Multi cook tawa*	

61 SWISS ROLL@

For	0.2 kg
Maida	80 g
Condensed Milk (Milkmaid)	100 mL
Butter	75 g
Soda bicarb	¼ tsp
Vanilla essence	¼ tsp
Mix fruit jam	2 tbsp

Method :
1. Sieve maida & soda. In a bowl add milkmaid & butter. Beat well. Add the maida mixture, vanilla essence & mix well.
2. For spoon dropping consistency add milk or water. Place the butter paper at the bottom of the tray. Pour the batter.
3. Select menu & press start. (Preheat process)
4. When beeps, put the tawa on low rack & keep inside microwave. Press start.

62 PATTIES@

For	3 Pc.
Maida	200 g
Salt	1/2 tsp
Cold fat (Butter or margarine)	100 g
Cold water	For making dough
Dry mix vegetables for stuffing	As required

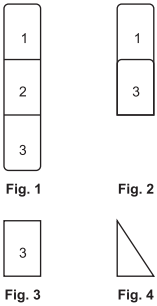


Fig. 1 Fig. 2

Fig. 3 Fig. 4

Method :
1. Sieve the flour with salt. Divide the fat into three equal portions. Rub one portion into the flour to get a bread crumb texture, add salt & make a dough of rolling consistency with iced water.Divide the dough into 3 equal portions.
2. On a lightly floured marble top roll out the dough (about ½ cm thickness) into oblong shape (Fig.1). Take the second portion of fat; cut into small pieces; place them on 2/3rd of the rolled dough. Leave the remaining 1/3rd portion without fat.
3. Bring up the bottom third of the pastry dough & fold like an envelope with its flap open (Fig.2). Then bring up the folded portion over again so as to close the envelope (Fig.3).
4. Turn the pastry at right angles; seal open ends of the pastry & rib it (Fig.4). This means to depress it with rolling pin at intervals. Cover & cool in the fridge for 5-10 minutes. Repeat the step 2 with third portion of the fat & chill it for 30 minutes.
5. Roll out the dough 1/4" thick & put the stuffing. Fold it back. Prepare all the patties in same way.
6. Select menu & press start. (Preheat process)
7. When beeps, arrange the patties on tawa. Keep tawa on low rack & press start.
8. When beeps, brush with 2 tsp oil. Keep the tawa on high rack & press start.
   Note : If the butter gets soft while rolling the dough, keep the rolled dough in freezer.

63 JEERA@ BISCUITS

For	0.2 kg
Maida	120 g
Powdered sugar	50 g
Butter	50 g
Jeera / Ajwain	As per taste
Soda bi carb	1 pinch
Baking powder	1/4 tsp
Water	As required

Method :
1. Sieve maida, baking powder and soda. In a bowl add powdered sugar and butter and beat well. Add maida, jeera powder, ajwain and make a soft dough with little water.Roll a thick roti and cut cookies with the cutter. Prick with a fork. Arrange on tawa.
2. Select menu & press start. (Preheat process)
3. When beeps, keep the tawa on low rack. Keep both inside the microwave & press start to bake. Remove when it gives a beep. Allow them to cool.

* Refer to Pg.118 Fig. 3
@Do not put anything in the oven during Preheat mode.

Menu		Weight Limit	Utensil	Instructions
64	PINWHEEL COOKIES@	0.2 kg	Multicook tawa & Low rack*	

For	0.2 kg
Maida	2½ cups
Butter (melted)	½ cup
Powdered sugar	¾ cup
Egg (beaten)	1 no.
Coco powder	2 tbsp
Salt	A pinch
Baking powder	¼ tsp
Vanilla essence	1 tsp

Method :

1. In a bowl take melted butter & powdered sugar. Beat well with beater till creamy & fluffy.
2. Add beaten egg & vanilla essence & again beat. Sift together maida, salt, baking powder. Add sifted flour to the beaten mixture & knead a dough.
3. Divide the dough into 2 parts. Add coco powder to one portion & knead again. Add 1 tbsp milk to knead the dough (if required).
4. Dust the kitchen slab with little flour (maida) & roll plain dough into a rectangle & roll chocolate dough in the same way. Place on top of plain rolled out dough.
5. Roll out both doughs until ½" thick. Starting from one-edge roll the dough, give the shape of a log. Cut the cookies of ¼" thickness.
6. Select menu & press start. (Preheat process)
7. When beeps, place cookies on the tawa. Keep tawa on low rack & keep both inside the microwave and press start.
8. When cooking ends, remove the cookies immediately from tawa & cool on a rack.

@Do not put anything in the oven during the Preheat mode.
*Refer Pg.118 for Fig.3

Just 4 U/Utility Corner

In the following example, show you how to cook 0.6 kg of FLAVOURED YOGHURT.

1. *Press STOP/Clear.

2. Press Just 4 U / Utility Corner.

The following indication is displayed "auto".

3. Turn the dial until display show "8 FLAVOURED YOGHURT"

Press START/Add 30 secs for menu confirmation.

4. Turn the dial until display shows "0.6 kg".

Press START/Add 30 secs.

When cooking you can increase or decrease cooking time by turning the dial.

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.**

*** Note : If display is blank, press Stop/Clear.**
If display shows ": ", do not press Stop/Clear, go directly to step 2.

Utility Corner

Menu		Weight Limit	Utensil	Instructions
1	KEEP WARM	0.3 kg	Microwave safe (MWS) bowl	**Method :** 1. Any cooked food with cover (Rice, Dal, Sabzi, Halwa, Upma etc.) Select menu & press start. 2. When beeps, mix well & press start. When beeps, mix well & press start.
2	DEFROST VEG	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	Veg - (Paneer, Green Peas, Corn etc.) **Method :** 1. Take in MWS bowl, select menu & weight and press start. 2. When beeps, turn the food. Press start.
3	DEFROST NON-VEG	0.5 ~ 1.0 kg	Microwave safe (MWS) bowl	Non-Veg - (Chicken, Mutton etc.) **Method :** 1. Take in MWS bowl, select menu & weight and press start. 2. When beeps, turn the food. Press start.
4	DE-HUMIDI FICATION	0.3 kg	Microwave safe (MWS) bowl	Namkin, Biscuits, Bhujia, Papad and Wafers etc. **Method :** 1. In MWS bowl add the food to be dehumidified. Select menu and press start.
5	LIGHT DISINFECT	0.0 kg	Microwave safe (MWS) glass utensil & Empty cavity	Namkin, Biscuits, Bhujia, Papad and Wafers etc. **Method :** 1. **Sterilize Microwave safe glass utensil -** Keep the empty utensil & select menu & press start. 2. **Clean the cavity -** Keep the cavity empty. Select menu & press start. When time ends (beeps), clean the cavity with a damp cloth. **Note :** The oven has a special function **Light Disinfect** which allows to sterilize the MWS glass utensil thereby giving a hygiene & clean utensils/cavity.

Menu		Weight Limit	Utensil	Instructions
6	BODY MASSAGE OIL	0.2 kg	Microwave safe (MWS) glass bowl	

For	0.2 kg
Garlic	10 pods
Ajwain	½ tsp
Cloves	2-3 nos.
Almonds	3-4 nos.
Mustard oil	1 cup

Method :
1. In a MWS glass bowl put all the ingredients. Select menu and press start.
2. Remove when it gives a beep. Keep it for 2 hours.
3. Strain and store in a glass a jar.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>7</td><td>PIZZA BASE@</td><td>0.2 kg</td><td>Low rack*
&
Multicook tawa</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>200 g</td></tr>
<tr><td>Yeast</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>1/2 tsp</td></tr>
<tr><td>Sugar</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
</table>
<u>Method :</u>
1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Roll out the dough to 6” to 7”& keep on dusted tawa. Prick with a fork.Keep for half to 1 hour in a dark place.
2. Select menu & press start.
3. When beeps, keep the tawa on low rack. Press start.
</td></tr>
<tr><td>8</td><td>FLAVOURED YOGHURT@</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl
&
Low rack**</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Curd</td><td>200 mL</td></tr>
<tr><td>Milkmaid</td><td>100 mL</td></tr>
<tr><td>Fresh cream</td><td>200 mL</td></tr>
<tr><td>Flavours (Vanilla, Strawberry, Pineapple essence)</td><td>As per choice (½ tsp)</td></tr>
</table>
Method :
1. In a MWS glass bowl mix all the ingredients. Beat well till smooth.
2. Select menu & press start.(Preheat process)
3. When beeps, keep the MWS glass bowl on low rack & keep it in microwave. Press start.
4. When cooking ends, take out & allow to come to room temperature. Keep in freezer for 1 hour.
Note : In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple yoghurt, add pineapple slices at the time of serving.
</td></tr>
<tr><td>9</td><td>MASALA PANEER</td><td>0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Milk</td><td>500 mL</td></tr>
<tr><td>Curd</td><td>2 tbsp</td></tr>
<tr><td>Coriander powder</td><td>1 tbsp</td></tr>
<tr><td>Jeera powder</td><td>1 tsp</td></tr>
</table>
<u>Method :</u>
1. In MWS glass bowl add milk. Select menu and press start.
2. When it gives a beep, remove and add curd, coriander and jeera powder. Press start. When beeps, remove and strain and press in a muslin cloth.
</td></tr>
<tr><td>10</td><td>YEAST DOUGH</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>300 g</td></tr>
<tr><td>Yeast</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>½ tsp</td></tr>
<tr><td>Sugar</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
</table>
<u>Method :</u>
1. In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough.
2. Select menu and press start. Rest for 3 minutes. Now remove.
</td></tr>
</table>

@Do not put anything in the oven during the Preheat mode.
*Refer Pg.118 Fig.3
**Refer Pg.118 Fig.5

Menu		Weight Limit	Utensil	Instructions
11	FISH CUTLET	0.4 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa	

For	0.4 kg
Fish fillet	400 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 menu & 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 androll 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.

Menu		Weight Limit	Utensil	Instructions
12	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
Dhania powder, Jeera powder	2 tsp
Coriander leaves	2 tbsp

Method :
1. In MWS bowl take oil and chopped onion. Select menu 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.

Menu		Weight Limit	Utensil	Instructions
13	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, Dhania powder, Haldi & Salt	As per taste
Lemon juice	As per taste

Method :
1. In a MWS glass bowl add oil, ginger garlic paste, methi seeds, fish pieces, lemon juice & cover. Select menu & weight & press start.
2. When beeps, mix well & add chopped onions & fish masala. Cover & press start.
3. When beeps, mix well & add tamarind pulp and press start. Allow to stand for 3 minutes.

*Refer to Pg.118 Fig. 4

Menu		Weight Limit	Utensil	Instructions
14	COCONUT PRAWNS	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.

Method :
1. Marinate the prawn with rai paste, mustard oil, turmeric powder, green chilli paste, sugar & salt for 1 hour.
2. Take the coconut kernel & scoop out the creamy pulp with a spoon. Divide the coconut lengthwise into 2 halves.
3. Put the marinated prawns inside the kernel & cover with the other half kernel. Keep this in a MWS glass bowl. Select menu & weight & press start.

15	CRAB CURRY	0.3 kg	Microwave safe (MWS) glass bowl	

For	0.3 kg
Crab pieces	300 g
Ginger garlic paste	2 tbsp
Water	1 cup
Salt, Dhania powder,Jeera powder, Garam masala, Red chilli powder, Turmeric	As per taste
Oil	2 tbsp
Chopped onion	½ no.
Coconut milk	2 tbsp

Method :
1. In a MWS glass bowl add oil, onion, ginger garlic paste. Select menu and press start.
2. When beeps, remove, mix well add crab pieces and 1 cup water and press start.
3. When beeps, add coconut milk, salt, garam masala, dhania jeera powder, chilli powder, turmeric powder and press start. Mix well & serve hot with rice.

16	SHRIMPS IN GARLIC BUTTER	0.4 kg	Microwave safe (MWS) bowl	

For	0.4 kg
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	As per taste

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

Menu		Weight Limit	Utensil	Instructions
17	MASE KALAVAN	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	

For	0.2 kg	0.3 kg	0.4 kg
Fish pieces	200 g	300 g	400 g
Oil	½ tbsp	1 tbsp	1 tbsp
Ginger-garlic paste	1 tsp	2 tsp	3 tsp
Tamarind paste	1 tbsp	1½ tbsp	2 tbsp
Salt, Red chilli powder, Turmeric powder, Coriander powder	As per taste		
Hing	A pinch		
Green chilli (chopped)	1 no.	1 no.	2 nos.
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp
Garlic (chopped)	1 tsp	1½ tsp	2 tsp
Coconut milk	½ cup	1 cup	1½ cup

Method :

1. Wash, clean & pat dry fish with kitchen towel. In a bowl mix together ginger-garlic paste, tamarind paste, salt, red chilli powder, coriander powder, turmeric powder. Mix & rub this marinade on fish pieces & keep aside for atleast 15 minutes.
2. In a MWS bowl take oil, hing, chopped garlic, coriander & green chilli & mix. Select menu & weight and press start.
3. When beeps, add the marinated fish to the MWS bowl. Mix well, sprinkle water on top & cover and press start.
4. When beeps, mix & add coconut milk to the fish. Mix well again and press start. Serve more kalavan hot with steamed rice.

Menu		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 menu & weight and press start. 2. When beeps, mix well & press start.
19	FRUITS 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 menu & 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 dal: 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 menu & 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 tbsp of this powder, add water, salt, jeera powder and mix. Put this in microwave and press start. 3. When beeps, remove it.
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 dal: 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 **Method :** 1. Soak rice for 1 hour. In a MWS glass bowl put ghee, rice, dal and water. Keep it in microwave. Select menu & 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.
22	RAGGI KHEER	0.3 kg	Microwave safe (MWS) glass bowl	For: 0.3 kg Raggi powder: 2 tbsp Milk: 1 cup Milk: As per taste Ghee: 1 tsp Water: ½ cup **Method :** 1. Put raggi powder and water in MWS glass bowl and keep in microwave. Select menu and press start. 2. when beeps, remove and add sugar, milk and ghee. Mix well. Put this in microwave and press start.

Menu		Weight Limit	Utensil	Instructions
23	VEGETABLE MIX	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

For	0.1 kg	0.2 kg	0.3 kg
Dehusked green gram dal (roasted & ground)	20 g	40 g	60 g
Carrot (chopped)	20 g	40 g	60 g
Potato (chopped)	40 g	80 g	120 g
Spinach (chopped)	20 g	40 g	60 g
Curd	40 g	80 g	120 g
Jaggery	50 g	90 g	100 g

Method :
1. In a MWS glass bowl add vegetables, add some water. Select menu and weight and press start.
2. When beeps, add the ground dal. Press start.
3. When beeps, remove and allow to cool. Grind all the ingredients adding curd and jaggery. Keep in MWS bowl & again press start.

Menu		Weight Limit	Utensil	Instructions
24	DALIYA KHICHDI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Soaked daliya	¼ cup	½ cup	¾ cup
Soaked moong dal	¼ cup	½ cup	¾ cup
Grated carrot	1 no.	2 nos.	3 nos.
Grated potato	½ no.	1 no.	1 no.
Spinach (chopped)	½ cup	1 cup	1½ cup
Desi ghee	1 tbsp	1½ tbsp	2 tbsp
Turmeric powder, salt	As per taste		
Water	300 mL	500 mL	750 mL

Method :
1. In a MWS bowl take soaked daliya, soaked moong dal, desi ghee, grated potato & grated carrot. Mix very well. Select menu & weight and press start.
2. When beeps, add water, chopped spinach, turmeric powder, salt. Mix well & cover. Press start.
3. When beeps, mix well. Add ½ cup water (or more). Press start. Serve with fresh curd.

Menu		Weight Limit	Utensil	Instructions
25	SUJI KHEER	0.2 kg	Microwave safe (MWS) glass bowl	

For	0.2 kg
Moong dal (dehusked)	10 g
Suji	20 g
Powdered jaggery	30 g
Milk	140 mL

Method :
1. In a MWS glass bowl add moong dal. Select menu & press start.
2. When beeps, remove & grind the dal in a grinder. Sieve the dal to get fine powder.
3. In the same MWS glass bowl add dal & suji. Press start.
4. When beeps, add powdered jaggery, milk & mix well. Press start.
5. Add more warm milk to get kheer consistency.

Menu		Weight Limit	Utensil	Instructions
26	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, 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 menu & weight & press start.
2. When beeps add, chopped onions, capsicum, chopped green chillies, vinegar, salt, pepper, cornflour mixed with water. Cover & press start. Stand for 5 minutes. Serve.

27	HAKKA NOODLES	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Hakka noodles	100 g	200 g	300 g
Water	400 mL	800 mL	1200 mL
Oil	1 tbsp	1½ tbsp	2 tbsp
Chopped veg - Carrot, peas, French beans, Capsicum	1 cup	1½ cup	2 cup
Ajinomoto (optional)	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 menu & 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.

28	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(optional), 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 menu & 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 the potatoes with sauce, stand for 5 minutes & serve.

*Refer Pg.118 Fig.4

Menu		Weight Limit	Utensil	Instructions
29	VEG IN HOT GARLIC SAUCE	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Mix veg - Cauliflower florets, Capsicum,Baby corns, Beans	100 g	200 g	300 g
Oil	1 tbsp	1½ tbsp	1½ tbsp
Chopped garlic, Ginger, Green chillies	1 tbsp	2 tbsp	2 tbsp
Corn flour	1 tbsp	1½ tbsp	2 tbsp
Pepper, Salt, Sugar	As per taste		
Ajinomoto(optional)	A pinch		
Oregano	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 menu & 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.

30	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

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 menu & press start.
2. When beeps, mix well and add spring onions, cornflour, salt. Mix well & press start.

31	VEG MANCHURIAN	0.6 kg	Steam chef * & Microwave safe (MWS) bowl

For	0.6 kg
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 from the mixture.
2. Add 300 mL to the steam water bowl. Keep the steam plate & keep the Manchurian Balls on the steam plate & cover. Select menu & 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 mixed with 1½ cups water. Press start. Add Manchurian ball. Stand for 3 minutes & serve hot with steamed rice or fried rice.

*Refer Pg.118 Fig.1

Menu		Weight Limit	Utensil	Instructions
32	CHILLI SOY NUGGETS	0.4 kg	Multicook tawa & High rack* & Microwave safe (MWS) glass bowl	

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

Method :

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

33	CHILLI GARLIC RICE	0.2 ~ 0.5 kg	Microwave safe (MWS) glass bowl	

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

Method :

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

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

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

Method :

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

*Refer to Pg.118 Fig. 4

Menu		Weight Limit	Utensil	Instructions
35	ALMOND AND VEGETABLES STIR FRY	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

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

Method :

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

Usage Of Accessories/Utensils

1)

2)

3)

4)

5)

Microwave safe glass bowl
(Not provided with LG Kit)

6)

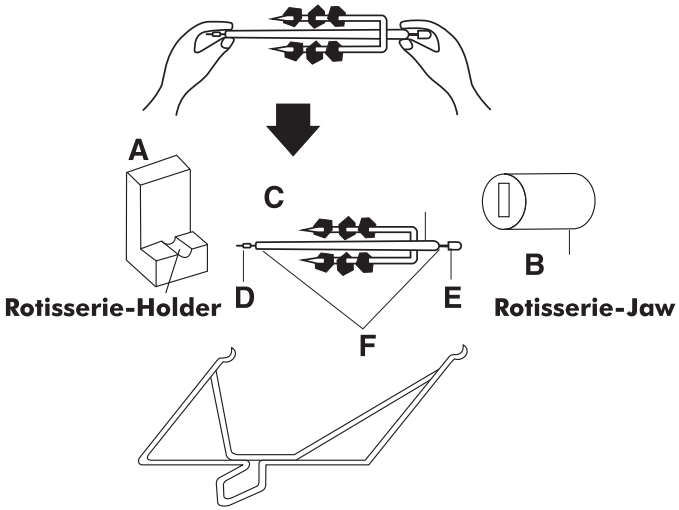
Metal cake tin
(Not provided with LG Kit)

7)

Microwave flat glass dish
(Not provided with LG Kit)

Never operate the oven at combination mode with rotisserie bar (without food). Do not use rotisserie bar in micro mode.

1. Position the food on the spit, ensuring that the rotisserie bar runs centrally through the food. And tie the food with thread to the bar if necessary.
2. Insert the end of the rotisserie bar (E) into the rotisserie jaw (B) on the right hand of the oven wall. Push it to the right, rotating the rotisserie bar slightly until the rotisserie-bar fits into the rotisserie jaw (B).
3. Support the other end of the rotisserie bar (D) on the hollow of the rotisserie holder (A).



Spices

English Name	Hindi Name
Ajinomoto	Ajinomoto
Asafoetida	Hing
Basil	Tulsi
Bay Leaf	Tej Patta
Cardamom , black	Moti Elaichi
Cardamom , green	Choti Elaichi
Carom seeds	Ajwain
Cinnamon	Dalchini
Cloves	Laung
Coriander Seeds	Sabut Dhania
Cumin seeds	Jeera
Dry Mango Powder	Amchur
Dry red chilli	Sukhi Sabut Lal Mirch
Fennel	Saunf
Fenugreek leaves, dried	Kasuri Methi
Fenugreek seeds	Methidana
Mace	Javitri
Mustard seeds	Sarson , Rai
Nutmeg	Jaiphal
Onion seeds	Kalonji
Oregano	Oregano
Pepper	Kali Mirch
Pomegranate seeds, dried	Anardana
Poppy seeds	Khus Khus
Red Chilli	Lal Mirch
Salt	Namak
Turmeric	Haldi
Thyme	Thyme

Vegetables

English Name	Hindi Name
Amaranth	Chavli
Baby corn	Baby corn
Bittergourd	Karela
Bottlegourd	Ghiya
Brinjal/Eggplant	Baigan
Broccoli	Hari Phool Gobhi
Cabbage	Pata Gobhi/Bandh Gobhi
Capsicum	Shimla Mirch

List of Ingredients

Cauliflower	Phool Gobhi
Carrot	Gajar
Celery	Ajmod
Cluster Beans	Gavar Ki Fali
Coriander leaves	Hara Dhania
Colocasia	Arbi
Cucumber	Kheera
Curry leaves	Curry Patta
Drumsticks	Drumsticks
French beans	France beans
Garlic	Lehsun
Ginger	Adrak
Elephant Foot Yam	Jimikand
Lady Finger	Bhindi
Lemon	Nimbu
Lemon Grass	Lemon Grass
Lettuce	Lettuce
Lime	Nimbu
Mint	Pudina
Mushroom	Kukurmutta
Olives	Jaitun
Onion	Pyaz
Parsley	Ajmoda
Potato	Aloo
Peas	Hari Matar
Radish	Mooli
Red Pumpkin	Lal Kaddu
Snake Gourd	Torai
Spinach	Palak
Spring Onion	Hari Pyaz
Sweet Potato	Shakarkandi
Tomato	Tamatar
Turnip	Shalgam
Chenopodium leaves	Bathua
Zucchini	Torai

List of Ingredients

Fruits

English Name	Hindi Name
Apple	Seb
Coconut	Nariyal
Grapes	Angoor
Mango	Aam
Papaya	Papeeta
Pineapple	Anannas
Pomegranate	Anaar
Raw Banana	Kacha Kela

Cereals

English Name	Hindi Name
Flattened Rice	Poha
Oats	Jaei
Puffed Rice	Murmura
Refined wheat Flour	Maida
Rice	Chawal
Sago	Sabudana
Semolina	Suji
Whole wheat broken	Daliya
Wheat Four (whole)	Gehun ka Atta

Pulses

English Name	Hindi Name
Bengal Gram Dal	Chana Dal
Bengal Gram flour	Besan
Black Gram Dal	Urad Dal
Green Gram Dal(Dehusked)	Moong Dal (Dhuli)
Kidney Beans	Rajma
Lentils (Dehusked)	Masoor Dal (Dhuli)
Red Gram Dal	Arhar/Tuvar Dal
Soyabean	Soyabean

List of Ingredients

Dry Fruits

English Name	Hindi Name
Almonds	Badam
Cashewnuts	Kaju
Pistachio	Pista
Raisins	Kishmish
Walnuts	Akhrot
Peanuts	Mungfali

Fats & oils

English Name	Hindi Name
Butter	Makhan
Ghee	Ghee
Oil	Tel
Olive Oil	Jaitun Ka Tel
Mustard Oil	Sarson Ka Tel
Sesame Oil	Til Ka Tel

Miscellaneous

English Name	Hindi Name
Bread crumbs	Bread crumbs
Cornflour	Cornflour
Coffee	Coffee
Cottage cheese	Paneer
Curd	Dahi
Eggs	Ande
Honey	Shahed
Jaggery	Gud
Khoa	Khoa
Lotus Seeds	Makhana
Milk	Doodh
Powdered Sugar	Bura
Sugar	Cheeni
Tamarind	Imli
Tea	Chai
Saffron	Kesar
Sprouts	Ankur
Vinegar	Sirka

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