LG
Life's Good

ENGLISH

RECIPE MANUAL

MICROWAVE OVEN

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

MJ3294BG

P/NO : MFL67281833 (00)

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Please follow the given steps to operate cook functions (Charcoal, Indian Bread Basket, Diet Fry/Steam Cook, Nutri Care, Indian Rasoi, Kids' Delight, Sweet & Spicy) in your Microwave.

Cook Functions	Charcoal	Indian Bread Basket	Diet Fry/ Steam Cook	Nutri Care	Indian Rasoi	Kids' Delight	Sweet & Spicy
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 Cook	Press Nutri Care	Press Indian Rasoi	Press Kids' Delight	Press Sweet & Spicy
STEP-3	Keep pressing the key to select the menu (CH1- CH27)	Keep pressing the key to select the menu (br1- br11)	Keep pressing the key to select the menu (dF1- dF12) (St1- St14)	Keep pressing the key to select the menu (SA1- SA14) (HP1- HP15) (So1-So19)	Keep pressing the key to select the menu (IC 1- IC32) (rd1- rd16)	Keep pressing the key to select the menu CF1- CF15) (bA1- bA18)	Keep pressing the key to select the menu (SC1-SC16) (CC1-CC11)
STEP-4	**Press- Less/+More to set the weight	**Press- Less/+More to set the weight	**Press- Less/+More to set the weight	**Press- Less/+More to set the weight	**Press- Less/+More to set the weight	**Press- Less/+More to set the weight	**Press- Less/+More to set the weight
STEP-5	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 "0", do not press STOP/CLEAR, go directly to step 2.

****Note : If recipe has single weight e.g br1 do not follow step 4 for directly go to step 5**

Please follow the given steps to operate cook functions (24 Hours. Continental, Steam Clean, Just 4 U/Utility Corner) in your Microwave.

Cook Functions	24 Hours	Continental	Steam Clean	Just 4 U/ Utility Corner
STEP-1	*Press STOP /CLEAR	*Press STOP /CLEAR	*Press STOP /CLEAR	*Press STOP /CLEAR
STEP-2	Press 24 Hours	Press Continental	Press Steam Clean	Press Just 4 U/ Utility Corner
STEP-3	Keep pressing the key to select the menu (bF1-bF12) (Sn1-Sn18	Keep pressing the key to select the menu (Co1-Co15)	Press the key to select the menu SL1	Keep pressing the key to select the menu SF1-SF7 bb1-bb8 oC1-oC10 UC1-UC5 bC1 FE1-FE4
STEP-4	**Press- Less/+More to set the weight	**Press- Less/+More to set the weight	**Press- Less/+More to set the weight	**Press- Less/+More to set the weight
STEP-5	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 "0", do not press STOP/CLEAR, go directly to step 2.

****Note : If recipe has single weight e.g Co6 do not follow step 4 for directly go to step 5**

301 Recipes List

Charcoal (pg. 9-20)

Code No.	Recipe Name
CH1	CHICKEN LOLLIPOPS
CH2	BHARWAN TAMATAR
CH3	TANDOORI ALOO
CH4	TANDOORI GOBHI
CH5	BHARWAN BHINDI
CH6	BHARWAN BAIGAN
CH7	TANDOORI JHINGA
CH8	CHANA KABABS
CH9	PANEER TIKKA
CH10	MATAR KABABS
CH11	TANDOORI MUSHROOMS
CH12	ARBI TANDOORI
CH13	MALAI TIKKA
CH14	CORN KABABS
CH15	KASTOORI KABABS
CH16	TIKKA ACHAARI
CH17	MAHI TIKKA
CH18	TANDOORI SABZI
CH19	MIX VEG PLATTER
CH20	FISH TANDOORI
CH21	FALDARI KABABS
CH22	SPICY CHICKEN KABABS
CH23	CHILKA KABABS
CH24	JIMIKAND KE KABABS
CH25	KAJU KABABS
CH26	MUTTON AND TOMATO KABABS
CH27	DAHI KABABS

Indian Bread Basket (pg. 21-26)

Code No.	Recipe Name
br1	NAAN
br2	LACHHA PARANTHA
br3	APPAM
br4	MASALA ROTI
br5	MISSI ROTI
br6	STUFFED NAAN
br7	KHASTA PARANTHA
br8	PUDINA PARANTHA
br9	RAJMA PARANTHA
br10	PANEER PARANTHA
br11	KULCHE

Diet Fry/Steam Cook (pg. 27-37)

Diet Fry

Code No.	Recipe Name
dF1	CHICKEN NUGGETS
dF2	ALOO CHIPS
dF3	BREAD PAKORA
dF4	PANEER PAKORA
dF5	GUJIYA
dF6	SAMOSA
dF7	MASALA VADA
dF8	CHICKEN 65
dF9	STUFFED ALOO PATTIES
dF10	MUSHROOM ROLLS
dF11	SABUDANA VADA
dF12	FISH AMRITSARI

Steam Cook

Code No.	Recipe Name
St1	KEEMA BALLS
St2	GAJAR KA HALWA
St3	SHAKARKANDI
St4	METHI MUTHIYA
St5	KOTHIMBIR VADI
St6	SPROUTS
St7	STEAMED CHICKEN
St8	SARSON KA SAAG
St9	MATAR MUSHROOM
St10	AVIAL
St11	SHORSHE ILISH
St12	RASIYA MUTHIIYA
St13	STEAMED PEAS
St14	BHAFOURI

Nutri Care (pg. 38-53)

Salads

Code No.	Recipe Name
SA1	BEETROOT SALAD
SA2	PASTA SALAD
SA3	TIRANGA SALAD
SA4	HARI SEEKH SALAD
SA5	CRUNCHY CHICKEN SALAD
SA6	BABYCORN AND BEAN SALAD

Salads

Code No.	Recipe Name
SA7	CARROT AND PEAS SALAD
SA8	PAPAYA LACHCHA SALAD
SA9	WHOLE WHEAT AND MINT SALAD
SA10	COUS COUS SALAD
SA11	RICE SALAD
SA12	SPRING BASKET SALAD
SA13	CHICKEN IN TOMATO TOWERS
SA14	BREAD SALAD

Health Plus

Code No.	Recipe Name
HP1	LEMON CHICKEN
HP2	KALA CHANA
HP3	MOONG DAL
HP4	MACHI KALI MIRCH
HP5	NUTRINUGGETS
HP6	SOYABEAN CURRY
HP7	CURD BRINJAL
HP8	LEAF ROLLS
HP9	BATHUA RAITA
HP10	KARELA SABZI
HP11	FISH BHARTA
HP12	SOYA IDLI
HP13	SPINACH DAL
HP14	HEALTHY KHICHDI
HP15	OATS IDLI

Soup

So1	TAMATAR SHORBA
So2	RASAM
So3	HOT AND SOUR SOUP
So4	TOMATO SOUP
So5	MULLIGATAWNY SOUP
So6	PALAK MAKAI SHORBA
So7	CHICKEN SOUP
So8	CHICKEN SHORBA
So9	SWEET CORN SOUP
So10	MUSHROOM SOUP
So11	TOM YUM KUNG
So12	SICHUAN SOUP
So13	RAJMA SOUP
So14	SHAHI SHORBA
So15	BOMBAY CURRY SOUP
So16	BADAM SOUP
So17	LIMBU DHANIA SHORBA
So18	MUTTON SHORBA
So19	DAL SHORBA

Indian Rasoi (pg. 54-71)

Indian Cuisine

Code No.	Recipe Name
IC1	MIX VEG
IC2	KADHAI PANEER
IC3	DAL TADKA
IC4	SAMBHAR
IC5	DUM ALOO
IC6	KADHI
IC7	BAATI
IC8	DALMA
IC9	PITHLA
IC10	PANCHMEL KI SABZI
IC11	BUTTER CHICKEN
IC12	BEANS PORIAL
IC13	GOAN POTATO CURRY
IC14	VEG HANDVA
IC15	ALOO GOBHI
IC16	MATAR PANEER
IC17	GATTE KI SABZI
IC18	GUJARATI TUVAR DAL
IC19	KASHMIRI KAJU PANEER
IC20	KADHAI CHICKEN
IC21	BAIGAN KA BHARTA
IC22	KOFTA CURRY
IC23	EGG CURRY
IC24	JHINGA MATAR CURRY
IC25	DUM TANGRI
IC26	MAKKI KORMA
IC27	LITTI
IC28	CHOKHA
IC29	METHI ALOO
IC30	KADDU KI SABZI
IC31	PALAK KEEMA
IC32	PANEER PISTA HARYALI

301 Recipes List

Rice Delight	
rd1	CHICKEN BIRYANI
rd2	GOSHT DUM BIRYANI
rd3	PINEAPPLE FRIED RICE
rd4	VEG PULAO
rd5	VEG TAHIRI
rd6	MALABAR BIRYANI
rd7	PEPPER RICE
rd8	ZAFRANI PULAO
rd9	BENGALI BIRYANI
rd10	KHUMB PULAO
rd11	TIRANGA PULAO
rd12	EGG BIRYANI
rd13	ACHARI CHANA PULAO
rd14	METHI RICE
rd15	COCONUT RICE
rd16	CURD RICE

Kids' Delight (pg. 72-83)

Child's Favourite

Code No.	Recipe Name
CF1	CORN CHAAT
CF2	VERMICELLI KHICHDI
CF3	OMELETTE
CF4	PIZZA
CF5	GARLIC BREAD
CF6	BREAD PUDDING
CF7	CHEESY NACHOS
CF8	CHOCOLATE BALLS
CF9	STRAWBERRY CUSTARD
CF10	VEG BURGER
CF12	CHOCO BARS
CF11	APPLE PIE
CF13	MUSHROOM AND PEPPER PIZZA
CF14	NOODLE ROSTI
CF15	BREAD ROLLS

Bakery

bA1	CHOCOLATE CAKE
bA2	NAN KHATAI
bA3	CHENA PODA
bA4	VANILLA CAKE
bA5	SWISS ROLL
bA6	CARROT CAKE
bA7	CHOCOLATE COOKIES
bA8	JEERA BISCUITS
bA9	LAMINGTON CAKE
bA10	DOUGHNUTS
bA11	WHOLE WHEAT COOKIES
bA12	BUNS
bA13	APPLE CUP CAKES
bA14	EGGLESS CHOCOLATE CAKE
bA15	CHEESE STRAW
bA16	PATTIES
bA17	MASALA BISCUITS
bA18	PINWHEEL COOKIES

Sweet & Spicy (pg.84-91)

Sweet Corner

SC1	SUJI HALWA
SC2	BESAN LADOO
SC3	KHEER
SC4	MYSORE PAK
SC5	NARIYAL BURFI
SC6	SEVIYAN ZARDA
SC7	BURFI
SC8	KALAKAND
SC9	PAYASAM
SC10	SANDESH
SC11	SHAHI RABDI
SC12	SHAHI TUKDA
SC13	KADDU KHEER
SC14	RAVA LADOO
SC15	KAJU BURFI
SC16	BADAM HALWA

Chatpat Corner

CC1	APPLE TOMATO CHUTNEY
CC2	LEMON PICKLE
CC3	MIX VEG PICKLE
CC4	PIZZA SAUCE
CC5	TOMATO SAUCE
CC6	MASALA CHUTNEY
CC7	LEHSUN KI CHUTNEY
CC8	MANCHURIAN SAUCE
CC9	AAM KI CHUTNEY
CC10	COCONUT CHUTNEY
CC11	TIL KI CHUTNEY

24 Hours (pg. 92-101)

Breakfast

Code No.	Recipe Name
bF1	POHA
bF2	UPMA
bF3	DALIYA
bF4	SABUDANA KHICHDI

Breakfast	
bF5	VEG SANDWICH
bF6	VEN PONGAL
bF7	PANEER SANDWICH
bF8	USAL
bF9	SCRAMBLED EGGS
bF10	UGGANI
bF11	MASALA CHEESE TOAST
bF12	BREAD UPMA

Snacks	
Sn1	PAV BHAJI
Sn2	DHOKLA
Sn3	PEANUTS
Sn4	MURMURA
Sn5	KHANDVI
Sn6	BATATA VADA
Sn7	COTTAGE HONEY TOAST
Sn8	SPICY BABY CORN
Sn9	CHANA CHAAT
Sn10	NAMAKPARAS
Sn11	HERB POTATOES
Sn12	PAPDI
Sn13	ALOO KAND CHAAT
Sn14	MISAL
Sn15	BREAD DAHI VADA
Sn16	CHIVDA
Sn17	DABELI
Sn18	PANDOLI

Continental (pg. 102-108)

Code No.	Recipe Name
Co1	PASTA
Co2	VEG AU GRATIN
Co3	LASANEYA
Co4	MACARONI
Co5	CHILLI VEG
Co6	THAI CHICKEN
Co7	BAKED MUSHROOM
Co8	POTATO DUMPLING
Co9	SWEET AND SOUR VEG
Co10	MEDITERRANEAN CROSTINI
Co11	RISOTTO RICE
Co12	SPAGHETTI WITH TOMATO SAUCE
Co13	COTTAGE CHEESE TORTELLINI
Co14	MEXICAN CORN RICE
Co15	BROCCOLI IN BUTTER SAUCE

Steam Clean (pg. 109-110)

Code No.	Recipe Name
SL1	STEAM CLEAN

Just 4 U/Utility Corner (pg. 111-123)

Sea Food	
Code No.	Recipe Name
SF1	FISH CUTLET
SF2	FISH MASALA
SF3	FISH PULUSU
SF4	COCONUT PRAWNS
SF5	CRAB CURRY
SF6	SHRIMPS IN GARLIC BUTTER
SF7	MASE KALAVAN

Baby Food	
bb1	APPLE CUSTARD
bb2	FRUITS DESSERT
bb3	HOME MADE CEREAL
bb4	KHICHDI
bb5	RAGGI KHEER
bb6	VEGETABLE MIX
bb7	DALIYA KHICHDI
bb8	SUJI KHEER

Go! China	
oC1	CHILLI CHICKEN
oC2	HAKKA NOODLES
oC3	HONEY CHILLI POTATOES
oC4	VEG IN HOT GARLIC SAUCE
oC5	SCHEZWAN CHICKEN
oC6	VEG MANCHURIAN
oC7	CHILLI SOY NUGGETS
oC8	CHILLI GARLIC RICE
oC9	STEAMED EGG WITH TOFU
oC10	ALMONDS AND VEGETABLES STIR FRY

Utility Corner	
UC1	KEEP WARM
UC2	DEFROST VEG
UC3	DEFROST NON-VEG
UC4	DE-HUMIDIFICATION
UC5	LIGHT DISINFECT

Body Care	
bC1	BODY MASSAGE OIL

Fermentation	
FE1	PIZZA BASE
FE2	FLAVOURED YOGHURT
FE3	MASALA PANEER
FE4	YEAST DOUGH

Charcoal

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

1. ***Press STOP/CLEAR.**



2. **Press Charcoal.**



The display will show ' CH 1'

3. **Keep pressing the Charcoal key until display shows ' CH 9'**

4. **Press - Less/ +More to set the weight 0.3kg**



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



When cooking you can increase or decrease cooking time by pressing - Less/ +More keys.



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 "0", do not press STOP/CLEAR, go directly to step 2.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>CH1</td>
<td>CHICKEN LOLLIPOPS</td>
<td>0.1 ~ 0.3 kg</td>
<td>Multicook tawa
&
High rack*</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Chicken keema</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Red chilli powder, Garam masala, Amchur powder, Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Bread crumbs</td><td colspan="3">For coating the lollipops</td></tr>
</table>
<u>Method :</u>
1. Mix the chicken keema with boiled potatoes, ginger garlic paste, red chilli powder, garam masala, amchur powder, salt.
2. Coat the lollipops with breadcrumbs.
3. Arrange the lollipops on greased tawa. Place the tawa on high rack. Select menu and press start.
4. When beeps, turn the lollipops & press start.
5. When beeps, turn over again & press start. Serve with chutney or sauce.
</td>
</tr>
<tr>
<td>CH2</td>
<td>BHARWAN TAMATAR</td>
<td>0.3-0.5 kg</td>
<td>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>Tomato (Hollowed)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For Stuffing</td><td></td><td></td><td></td></tr>
<tr><td>Paneer (mashed)</td><td>200 g</td><td>250 g</td><td>300 g</td></tr>
<tr><td>Salt, red chilli powder, Garam masala, Cumin powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Onion chopped</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td></tr>
<tr><td>Coriander leaves chopped</td><td colspan="3">A few sprigs</td></tr>
<tr><td>Oil</td><td>¼ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr>
</table>
Method :
1. Precook the paneer stuffing- In a microwave safe bowl add oil, onions & microwave at 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. Turn over the tomato & press start. Put oil.
6. Turn over the side again & press start. Garnish with fresh coriander leaves & serve.
</td>
</tr>
<tr>
<td>CH3</td>
<td>TANDOORI ALOO</td>
<td>0.3 ~ 0.5 kg</td>
<td>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>Aloo (Cut into quarters)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For marinade</td><td></td><td></td><td></td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Garlic paste</td><td>1 tbsp</td><td>1 ½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Cumin powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Tandoori masala</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Tandoori color</td><td colspan="3">A pinch</td></tr>
</table>
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.
</td>
</tr>
</table>

* Refer Pg. 124 Fig. 2

Charcoal

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CH4</td><td>TANDOORI GOBHI</td><td>0.3 ~ 0.5 kg</td><td>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>Caulifower florets</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td></tr>
<tr><td>Jeera powder</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Red chilli powder, Salt, Dhania powder, Garam masala, Anardana</td><td colspan="3">As per taste</td></tr>
<tr><td>Tandoori Color/Haldi</td><td colspan="3">A pinch</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>CH5</td><td>BHARWAN BHINDI</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Bhindi</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Oil</td><td>¼ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr>
<tr><td>Jeera</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Onion (chopped)</td><td>½ no.</td><td>1 no.</td><td>1no.</td></tr>
<tr><td>Green Chillies</td><td>1 no.</td><td>2 no.</td><td>2 no.</td></tr>
<tr><td>Ginger</td><td>¼"</td><td>¼"</td><td>½"</td></tr>
<tr><td>Hing</td><td colspan="3">A pinch</td></tr>
<tr><td>Tomato</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>For Stuffing</td><td></td><td></td><td></td></tr>
<tr><td>Coriander powder</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Turmeric powder</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Saunf powder</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Amchoor</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Red chilli powder, Salt</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>CH6</td><td>BHARWAN BAIGAN</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa*
&
High rack</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Baigan (Medium)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>For Stuffing</td><td></td><td></td><td></td></tr>
<tr><td>Tomato(grated)</td><td>1 no.</td><td>1½ no.</td><td>2 nos.</td></tr>
<tr><td>Onion (chopped))</td><td>¼ cup</td><td>½ cup</td><td>1 cup.</td></tr>
<tr><td>Salt, Coriander powder, Haldi, Amchoor, Garam masala, Red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
</table>
Method :
1. Pre-prepare the stuffing - In a MWS glass bowl add oil, onions, tomatoes & all spices & microwave at 100% for 3 minutes. Keep aside slit the baigans cross ways with stems intact.
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.
</td></tr>
</table>

* Refer Pg. 124 Fig. 2

CH7 TANDOORI JHINGA

Weight Limit: 0.2 ~ 0.5 kg

Utensil: 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 color)			
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.

CH8 CHANA KABABS

Weight Limit: 0.2 ~ 0.4 kg

Utensil: 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.

CH9 PANEER TIKKA

Weight Limit: 0.3 ~ 0.5 kg

Utensil: Multi cook tawa & High rack*

For	0.3 kg	0.4 kg	0.5 kg
Paneer cubes (cut into 1½" cubes), Capsicum (cut into cubes), Onion (cut into cube), Tomato(cut into cubes, pulp removed)	300 g	400 g	500 g
For marinade			
Hung curd	2 tbsp	3 tbsp	4 tbsp
Ginger garlic paste	1 tbsp	1½ tbsp	2 tbsp
Salt, Garam masala, Red chilli powder	As per taste		
Tandoori masala	1 tsp	2 tsp	3 tsp
Tandoori Color	A pinch		
Oil	For basting		

Method :

1. Mix all the ingredients of the marinade in a bowl.
2. Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour.
3. Keep the marinated paneer on tawa.Keep the tawa on high rack. Select menu & weight & press start.
4. When beeps, turn over the paneer pieces.Press start.
5. When beeps, take out the paneer pieces & keep aside. Now keep the marinated vegetables on tawa. Press start. Serve with chaat masala or chutney of your choice.

Note : If water seeps during cooking, drain the excess water & continue cooking.

* Refer Pg. 124 Fig. 2

Charcoal

CH10 MATAR KABABS

Weight Limit: 0.2 ~ 0.4 kg

Utensil: 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.

CH11 TANDOORI MUSHROOMS

Weight Limit: 0.2 ~ 0.5 kg

Utensil: 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.

CH12 ARBI TANDOORI

Weight Limit: 0.3 ~ 0.5 kg

Utensil: 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 MWS glass bowl put arbi slices with some water. Cover & microwave 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. 124 Fig. 2

CH13 MALAI TIKKA

Weight Limit: 0.3 ~ 0.5 kg

Utensil: Multicook tawa & High rack*

For	0.3 kg	0.4 kg	0.5 kg
Boneless chicken (1½" pieces)	300 g	400 g	500 g
Oil	For basting		
For Marinade			
Thick cream	¼ cup	¼ cup	½ cup
Green cardamom powder	¼ tsp	¼ tsp	¼ tsp
Pepper powder	As per taste		
Garlic paste	½ tsp	½ tsp	1 tsp
Ginger paste	1 tsp	1½ tsp	2 tsp
Melted butter	¼ tbsp	½ tbsp	1 tbsp
Garam masala, Amchoor, Jeera powder, Salt	As per taste		
Green chillies	1 no.	1 no.	2 nos.

Method :

1. Mix all the ingredients of the marinade in a bowl. Marinate chicken & keep in refrigerator for 1 hour.
2. Keep the marinated chicken pieces on tawa. Keep the tawa on high rack. Select menu & weight & press start.
3. When beeps, baste with some oil & turn over the pieces. Press start.
4. When beeps, again turn over. Press start. Serve with chaat masala or chutney of your choice.

Note : If water seeps during cooking, drain the excess water & continue cooking.

CH14 CORN KABABS

Weight Limit: 0.2 ~ 0.4 kg

Utensil: 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.

CH15 KASTOORI KABABS

Weight Limit: 0.2 ~ 0.4 kg

Utensil: 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. 124 Fig. 2

Charcoal

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CH16</td><td>TIKKA ACHAARI</td><td>0.3 ~ 0.5 kg</td><td>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>Boneless mutton (Cut into 1½" pieces)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For marinade</td><td></td><td></td><td></td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Raw papaya paste (Green papaya, peeled, deseed & grind in a mixer)</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr>
<tr><td>Onion (Sliced)</td><td>¼ cup</td><td>½ cup.</td><td>1 cup</td></tr>
<tr><td>Salt, Red chilli powder, Amchoor powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Saunf</td><td>2 tsp.</td><td>2 tsp.</td><td>2 tsp.</td></tr>
<tr><td>Jeera</td><td>½ tsp.</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Ginger garlic paste</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Tandoori Color</td><td colspan="3">A pinch</td></tr>
<tr><td>Methidana</td><td colspan="3">A few</td></tr>
</table>
Method :
1. Wash & pat dry the mutton pieces. Prick them with a fork.
2. Mix all the ingredients of marinade in a bowl. Add the mutton pieces & keep for 3-4 hours in refrigerator.
3. Remove from fridge & let them come to room temperature.
4. In a MWS glass bowl add the marinated pieces. Select menu & weight press start.
5. When beeps, take out the mutton pieces, baste with some oil & keep on tawa. Keep the tawa on high rack. Press start.
6. When beeps, again turn over. Press start.

Note : If water seeps during cooking, drain the excess water & continue cooking.
</td></tr>
<tr><td>CH17</td><td>MAHI TIKKA</td><td>0.3 ~ 0.5 kg</td><td>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>Fish fillets (Cut into 2" cubes)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For marinade</td><td></td><td></td><td></td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Thick cream</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Ajwain</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Salt pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Red chilli powder, Salt</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. Rub the fish well with 3 tbsp besan & 2 tbsp lemon juice to remove the fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Pick fish all over with a forks.
2. Mix all the ingredients of marinade. Add the fish pieces & keep aside for 3-4 hours.
3. Transfer the marinated fish pieces to tawa & keep tawa on high rack. Select 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.
</td></tr>
</table>

* Refer Pg. 124 Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>CH18</td>
<td>TANDOORI SABZI</td>
<td>0.3 ~ 0.5 kg</td>
<td>Microwave safe (MWS) glass bowl
&
High rack
&
Multicook tawa*</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>Paneer (Cut 1" inch)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Salt, Red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Capsicum (Cut into fine rings)</td><td>2 cups</td><td>2½ cups</td><td>3 cups</td></tr>
<tr><td>Onion (Cut into fine rings)</td><td>2 cups</td><td>2½ cups</td><td>3 cups</td></tr>
<tr><td>Black salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Tandoori masala</td><td>2 tsp.</td><td>2½ tsp</td><td>3 tsp</td></tr>
<tr><td>Tandoori color</td><td colspan="3">A pinch</td></tr>
<tr><td>For Paste</td><td></td><td></td><td></td></tr>
<tr><td>Ginger</td><td>1½" piece</td><td>2" piece</td><td>2½" piece</td></tr>
<tr><td>Green chillies</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Jeera</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Garlic flakes (Optional)</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
</table>
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.
</td>
</tr>
<tr>
<td>CH19</td>
<td>MIX VEG PLATTER</td>
<td>0.5 kg</td>
<td>Multicook tawa
&
High rack*</td>
<td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Paneer (Cut 1½" cubes)</td><td>200 g</td></tr>
<tr><td>Mushroom buttons (trim the stalk)</td><td>100 g</td></tr>
<tr><td>Baby corn (blanched)</td><td>25 g</td></tr>
<tr><td>Capsicum (Cut into large cubes)</td><td>100 g</td></tr>
<tr><td>Tomatoes (cut into quarters & deseeded)</td><td>25 g</td></tr>
<tr><td>Onion (Cut into quarters & separated)</td><td>50 g</td></tr>
<tr><td>For Marinade</td><td></td></tr>
<tr><td>Hung curd</td><td>4 tbsp</td></tr>
<tr><td>Thick cream</td><td>2 tbsp</td></tr>
<tr><td>Cornflour</td><td>1 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td></tr>
<tr><td>Black salt</td><td>As per taste</td></tr>
<tr><td>Tandoori color</td><td>A pinch</td></tr>
<tr><td>Tandoori masala</td><td>2 tsp</td></tr>
<tr><td>Red chilli powder, salt</td><td>as per taste</td></tr>
</table>
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.
</td>
</tr>
</table>

* Refer Pg. 124 Fig. 2

Charcoal

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CH20</td><td>FISH TANDOORI</td><td>0.5 kg</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Pomfret</td><td>3 small sized</td></tr>
<tr><td>For Marinade</td><td></td></tr>
<tr><td>Degi mirch</td><td>2½ tsp</td></tr>
<tr><td>Jeera</td><td>½ tsp</td></tr>
<tr><td>Ginger paste</td><td>1 tsp</td></tr>
<tr><td>Garlic paste</td><td>1 tsp</td></tr>
<tr><td>Tandoori masala</td><td>½ tsp</td></tr>
<tr><td>Garam masala</td><td>1½ tsp</td></tr>
<tr><td>Amchoor</td><td>1 tsp</td></tr>
<tr><td>Dhania powder</td><td>1 tsp</td></tr>
<tr><td>Lemon juice</td><td>2 tbsp</td></tr>
<tr><td>Chaat masala</td><td>¼ tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>CH21</td><td>FALDARI KABABS</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>Boiled & mashed raw bananas</td><td>2 nos.</td></tr>
<tr><td>Boiled & mashed shakarkandi</td><td>2 nos.</td></tr>
<tr><td>Peeled & grated apple</td><td>½ cup</td></tr>
<tr><td>Fresh coriander (chopped)</td><td>2 tbsp</td></tr>
<tr><td>Fresh mint leaves (chopped)</td><td>2 tbsp</td></tr>
<tr><td>Green chillies (chopped)</td><td>2 nos.</td></tr>
<tr><td>Ginger (chopped)</td><td>2 tsp</td></tr>
<tr><td>Bread crumbs</td><td>½ cup</td></tr>
<tr><td>Salt, Red chilli powder, Jeera powder</td><td>As per taste</td></tr>
<tr><td>For stuffing</td><td></td></tr>
<tr><td>Chopped almonds</td><td>2 tbsp</td></tr>
<tr><td>Chopped cashewnuts</td><td>2 tbsp</td></tr>
<tr><td>Chopped raisins</td><td>2 tbsp</td></tr>
</table>
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, turn over the kababs & press start.
6. When beeps, again turnover the kababs & press start. Serve kababs hot with chutney of your choice.
</td></tr>
</table>

* Refer Pg. 124 Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>CH22</td>
<td>SPICY CHICKEN KABABS</td>
<td>0.2 ~ 0.4 kg</td>
<td>Multicook tawa
&
High rack*</td>
<td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Boneless chicken (cut into 1½" pieces)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td></tr>
<tr><td>Barbeque sauce</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Olive oil</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Garlic powder / Ginger paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Red chilli flakes</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Black pepper (freshly crushed)</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Onion paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Oregano</td><td>½ tsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Thyme</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Cumin powder</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td>
</tr>
<tr>
<td>CH23</td>
<td>CHILKA KABABS</td>
<td>0.4 kg</td>
<td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td>
<td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Chana dal (soaked overnight)</td><td>200 g</td></tr>
<tr><td>Snake gourd peels (roughly chopped)</td><td>½ cup</td></tr>
<tr><td>Pumpkin peels (roughly chopped)</td><td>½ cup</td></tr>
<tr><td>Whole black pepper</td><td>¼ tsp</td></tr>
<tr><td>Dried red chilli</td><td>1 no.</td></tr>
<tr><td>Laung</td><td>3-4 nos.</td></tr>
<tr><td>Black cardamom</td><td>1 no.</td></tr>
<tr><td>Cinnamon</td><td>1" piece</td></tr>
<tr><td>Water</td><td>½ cup</td></tr>
<tr><td>Oil</td><td>½ tsp</td></tr>
<tr><td>Javitri</td><td>1 no.</td></tr>
<tr><td>Fresh coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
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.
</td>
</tr>
<tr>
<td>CH24</td>
<td>JIMIKAND KE KABABS</td>
<td>0.2 ~ 0.4 kg</td>
<td>Multicook tawa
&
High rack*</td>
<td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Jimikand (boiled & grated)</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr>
<tr><td>Fresh bread (crumbled)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Cornflour</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Coriander leaves (chopped)</td><td colspan="3">As required</td></tr>
<tr><td>Anardana powder</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td>
</tr>
</table>

* Refer Pg. 124 Fig. 2

Charcoal

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CH25</td><td>KAJU KABABS</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Potato (cut into pieces)</td><td>½ no.</td><td>1 no.</td><td>1½ no.</td></tr>
<tr><td>Onion (chopped)</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Peas (shelled)</td><td>3 tbsp</td><td>4 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Cauliflower (florets)</td><td>½ cup</td><td>½ cup</td><td>¾ cup</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Kaju powder</td><td>2 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Fresh bread crumbs (sides removed)</td><td>3 slices</td><td>4 slices</td><td>4 slices</td></tr>
<tr><td>Green chilli (chopped)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Tomato ketchup</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>CH26</td><td>MUTTON AND TOMATO KABABS</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Minced mutton</td><td>300 g</td></tr>
<tr><td>Badi elaichi</td><td>1 no.</td></tr>
<tr><td>Dalchini</td><td>2" piece</td></tr>
<tr><td>Laung</td><td>3-4 nos.</td></tr>
<tr><td>Whole black pepper</td><td>8 to10 nos.</td></tr>
<tr><td>Dried red chilli</td><td>2 nos.</td></tr>
<tr><td>Bread crumbs</td><td>¼ cup</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr>
<tr><td>Coriander (chopped)</td><td>2 tbsp</td></tr>
<tr><td>Lemon juice (optional)</td><td>1 tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Tomatoes (cut into big pieces)</td><td>2 nos.</td></tr>
</table>
Method :
1. In a MWS glass bowl take minced mutton, laung, badi elaichi, cinnamon, dried red chilli, whole black pepper. 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.
</td></tr>
</table>

* Refer Pg. 124 Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CH27</td><td>DAHI KABABS</td><td>0.2 ~ 0.4 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Boiled potatoes</td><td>100 g</td><td>200 g</td><td>250 g</td></tr>
<tr><td>Boiled peas</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Chopped & boiled spinach</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Grated ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Chopped green chillies</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Chopped almonds</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Chopped raisins</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Besan</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chopped coriander leaves</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Salt, Garam masala, Red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Cornflour</td><td colspan="3">For coating</td></tr>
</table>
Method :
1. In a bowl mix all the ingredients except oil & cornflour. Mix well while mashing the potatoes & peas. Make flat kababs & roll each kababin 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.
</td></tr>
</table>

* Refer Pg. 124 Fig. 2

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 display will show ' br1'

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



4. **After preheating is achieved, you can increase or decrease cooking time by pressing - Less/ +More keys.**



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 "0", do not press STOP/CLEAR. go directly to step 2.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>br1</td><td>NAAN</td><td>02 Pc</td><td>Multicook Tawa
&
Low Rack*</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Refined flour (Maida)</td><td>225 g</td></tr>
<tr><td>Curd</td><td>4 tbsp</td></tr>
<tr><td>Milk</td><td>100 mL</td></tr>
<tr><td>Butter</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>1/8 tsp</td></tr>
<tr><td>Castor sugar</td><td>1 tsp</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td></tr>
<tr><td>Butter (Melted)</td><td>1 tsp</td></tr>
<tr><td>Soda-bi-carb</td><td>¼ tsp</td></tr>
<tr><td>Onion seeds</td><td>1 tsp</td></tr>
</table>
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.
</td></tr>
<tr><td>br2</td><td>LACHHA PARANTHA</td><td>02 Pc</td><td>Multicook Tawa
&
low rack*</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Whole wheat flour</td><td>2 cups</td></tr>
<tr><td>Salt</td><td>½ tsp</td></tr>
<tr><td>Ghee</td><td>2 tbsp</td></tr>
<tr><td>Milk</td><td>½ cup</td></tr>
<tr><td>Water</td><td>½ cup</td></tr>
</table>
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 laccha 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.
</td></tr>
<tr><td>br3</td><td>APPAM</td><td>01 Pc</td><td>Multicook Tawa
&
High Rack#</td><td>
<table>
<tr><td>For batter</td><td></td></tr>
<tr><td>Rice (soaked for 5-6 hours)</td><td>1 cup</td></tr>
<tr><td>Cooked rice (Boiled)</td><td>½ cup</td></tr>
<tr><td>Fresh coconut shavings</td><td>2 cups</td></tr>
<tr><td>Yeast</td><td>¼ tsp</td></tr>
<tr><td>Coconut water</td><td>To dissolve yeast & for diluting the batter</td></tr>
<tr><td>Salt & Sugar</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
</table>

* Refer Pg. 124 Fig. 1
Refer Pg. 124 Fig 2

Indian Bread Basket

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>br4</td><td>MASALA ROTI</td><td>02 Pc</td><td>Multicook Tawa
&
Low Rack*</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Whole wheat flour</td><td>1 cup</td></tr>
<tr><td>Besan</td><td>3/4 cup</td></tr>
<tr><td>Finely copped onion</td><td>1 no. (medium)</td></tr>
<tr><td>Finely chopped green chilli</td><td>2 no.</td></tr>
<tr><td>Black pepper powder</td><td>1 tsp</td></tr>
<tr><td>Red chilli powder</td><td>1 tsp</td></tr>
<tr><td>Garam masala</td><td>½ tsp</td></tr>
<tr><td>Ghee</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Fresh curd</td><td>¼ cup</td></tr>
<tr><td>Water (to knead dough)</td><td>¼ cup</td></tr>
<tr><td>Oil</td><td>½ tsp</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>2 tbsp</td></tr>
</table>
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 60 g 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.
</td></tr>
<tr><td>br5</td><td>MISSI ROTI</td><td>02 Pc</td><td>Multicook Tawa
&
High rack**</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Wheat flour</td><td>1½ cups</td></tr>
<tr><td>Besan</td><td>1½ cups</td></tr>
<tr><td>Oil</td><td>4 tbsp</td></tr>
<tr><td>Kasuri methi, Red Chilli powder, Salt</td><td>As per taste</td></tr>
<tr><td>Water (for dough kneading)</td><td>50 mL</td></tr>
<tr><td>Curd</td><td>½ cup</td></tr>
</table>
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.
</td></tr>
</table>

* Refer Pg. 124 Fig. 1
** Refer Pg. 124 Fig 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>br6</td><td>STUFFED NAAN</td><td>02 Pc</td><td>Multicook Tawa & Low Rack*</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Refined flour (maida)</td><td>225 g</td></tr>
<tr><td>Curd</td><td>4 tbsp</td></tr>
<tr><td>Milk</td><td>100 mL</td></tr>
<tr><td>Butter</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>1/8 tsp</td></tr>
<tr><td>Castor sugar</td><td>1 tsp</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td></tr>
<tr><td>Butter (melted)</td><td>1 tsp</td></tr>
<tr><td>Soda-bi-carb</td><td>¼ tsp</td></tr>
<tr><td>Onion seeds</td><td>1 tsp</td></tr>
<tr><td>For filling</td><td></td></tr>
<tr><td>Grated paneer</td><td>150 g</td></tr>
<tr><td>Chopped onions</td><td>1 no (medium)</td></tr>
<tr><td>Chopped green chilli</td><td>2 nos.</td></tr>
<tr><td>Coriander leaves (Chopped)</td><td>A few sprigs</td></tr>
<tr><td>Red chilli powder, Salt, Garam masala, Anardana powder</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>br7</td><td>KHASTA PARANTHA</td><td>02 Pc</td><td>Multicook Tawa & Low Rack*</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Whole wheat flour</td><td>1½ cup</td></tr>
<tr><td>Melted butter</td><td>1/3 cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Buttermilk</td><td>½ cup</td></tr>
</table>
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.
</td></tr>
</table>

* Refer Pg. 124 Fig. 1

Indian Bread Basket

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>br8</td><td>PUDINA PARANTHA</td><td>02 Pc</td><td>Multicook Tawa
&
High Rack*</td><td>
<table>
<tr><td>For dough</td><td></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>
Method :
1. Wash & put dry & chop mint leaves finely.
2. In a bowl combine wheat flour, mint leaves, salt, butter, chaat masala, gradually add water & knead a soft dough. Keep the dough covered for 5-7 minutes.
3. Keep the tawa on high rack. Keep inside the microwave Select 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>
<tr><td>br9</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>
Method :
1. In a bowl combine wheat flour boiled & mashed rajma, soyabean flour, tomato puree, chopped green chilli, coriander leaves, freshly crushed mint leaves, anardana, oil, red chilli powder, salt. Mix & gradually add water & knead a soft dough.
2. Keep the tawa on high rack. Keep inside the microwave. Select 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>
</table>

* Refer Pg. 124 Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>br10</td><td>PANEER PARANTHA</td><td>02 Pc</td><td>Multicook Tawa
&
High Rack**</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Whole wheat flour (atta)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough</td><td>1 cup (200 mL)</td></tr>
<tr><td>For stuffing</td><td></td></tr>
<tr><td>Grated paneer</td><td>2 cups</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
</table>
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.
</td></tr>
<tr><td>br11</td><td>KULCHE*</td><td>02 Pc</td><td>Multicook Tawa
&
Low Rack#</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Maida</td><td>1 cup</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Fresh cream</td><td>2 tbsp</td></tr>
<tr><td>Lukewarm water</td><td>50 mL</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td></tr>
<tr><td>Dry yeast</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>½ tsp</td></tr>
<tr><td>Kalonji (onion seeds)</td><td>As required</td></tr>
<tr><td>Coriander leaves</td><td>As required</td></tr>
</table>
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.
</td></tr>
</table>

* Do not put anything in the oven during Preheat mode
**Refer Pg. 124 Fig. 2
Refer Pg. 124 Fig 1

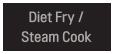
Diet Fry /Steam Cook

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

1. ***Press STOP/CLEAR.**



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



The display will show ' dF1'

3. **Keep pressing the Diet Fry/ Steam Cook key until display shows ' dF6'**

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



5. **After preheating is achieved, you can increase or decrease cooking time by pressing - Less/ +More keys.**



NOTE

- **Diet Fry /Steam Cook menus are programmed.**
- **Diet Fry /Steam 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 "0", do not press STOP/CLEAR, go directly to step 2.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>dF1</td>
<td>CHICKEN NUGGETS</td>
<td>0.1-0.3 kg</td>
<td>Microwave safe (MWS) glass bowl
&
Multcook tawa*
&
High Rack</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boneless Chicken</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Bread slice</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Pepper corns</td><td>4-5</td><td>5-6</td><td>6-7</td></tr>
<tr><td>Cloves</td><td>2-3</td><td>3-4</td><td>4-5</td></tr>
<tr><td>Garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Olive oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped garlic</td><td>2 cloves</td><td>3 cloves</td><td>4 cloves</td></tr>
</table>
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.
</td>
</tr>
<tr>
<td>dF2</td>
<td>ALOO CHIPS</td>
<td>0.2 kg</td>
<td>Microwave glass tray</td>
<td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Potato (very thinly sliced)</td><td>200 g</td></tr>
<tr><td>Oil</td><td>A few drops</td></tr>
<tr><td>Salt, Chaat masala (optional)</td><td>As per taste</td></tr>
</table>
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.
</td>
</tr>
<tr>
<td>dF3</td>
<td>BREAD PAKORA</td>
<td>04 Pc</td>
<td>Multicook tawa*
&
High Rack</td>
<td>
<table>
<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, Haldi, Garam masala, Red chilli powder,</td><td>As per taste</td></tr>
<tr><td>For filling</td><td></td></tr>
<tr><td>Boiled potatoes</td><td>2 nos. (medium)</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td></tr>
<tr><td>Chopped coriander</td><td>1 tbsp</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td></tr>
<tr><td>Salt, Garam masala, Red chilli powder</td><td>As per taste</td></tr>
<tr><td>Bread slices</td><td>4 nos.</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
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.
</td>
</tr>
</table>

* Refer Pg. 124 Fig. 2

Diet Fry

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dF4</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>dF5</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 gujiya. 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 gujiya in the similar way. Brush the gujiya 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 gujia 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 gujiya & Press start.
*Note: Grease the surface with 1-2 drops of oil before rolling the circle for gujiya.
*Not provided with the start up kit.
</td></tr>
</table>

* Refer Pg. 124 Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dF6</td><td>SAMOSA</td><td>08 Pc</td><td>Multicook tawa
&
Low rack
&
High rack</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Wheat flour (Refined)</td><td>1 cup</td></tr>
<tr><td>Melted ghee</td><td>½ tbsp</td></tr>
<tr><td>Oil</td><td>for kneading</td></tr>
<tr><td>Salt</td><td>½ tsp</td></tr>
<tr><td>For stuffing</td><td></td></tr>
<tr><td>Boiled potatoes</td><td>2 cup</td></tr>
<tr><td>Boiled peas</td><td>½ cup</td></tr>
<tr><td>Ginger-green chilli paste</td><td>1 tsp</td></tr>
<tr><td>Amchoor</td><td>1½ tsp</td></tr>
<tr><td>Red chilli powder</td><td>1 tsp</td></tr>
<tr><td>Finely chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>2¼ tsp</td></tr>
</table>
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.
</td></tr>
<tr><td>dF7</td><td>MASALA VADA</td><td>05 Pc</td><td>Multicook tawa
&
Low rack*</td><td>
<table>
<tr><td>Soaked chana dal</td><td>1 cup</td></tr>
<tr><td>Chopped onions, Chopped green chillies</td><td>½ cup</td></tr>
<tr><td>Grated ginger</td><td>1 tsp</td></tr>
<tr><td>Cumin seeds</td><td>1 tbsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tbsp</td></tr>
<tr><td>Chopped coriander leaves</td><td>3 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Red chillies</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
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.
</td></tr>
</table>

* Refer Pg. 124 Fig. 1

Diet Fry

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dF8</td><td>CHICKEN 65</td><td>0.2 ~ 0.4 kg</td><td>Multicook tawa
&
High rack*
&
Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Chicken boneless (cut in 1½" pieces)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Curry leaves</td><td colspan="3">As required</td></tr>
<tr><td>Split green chilli</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Tomato ketchup</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Lime juice (optional)</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td></tr>
<tr><td>Hung curd</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Maida</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Cornflour</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Egg (beaten)</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Red food colour</td><td colspan="3">A pinch</td></tr>
<tr><td>Ginger-garlic paste</td><td colspan="3">As required</td></tr>
<tr><td>Salt, Turmeric powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Red chilli powder</td><td>1 tsp</td><td>1½ tstp</td><td>1½ tsp</td></tr>
</table>
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.
</td></tr>
<tr><td>dF9</td><td>STUFFED ALOO PATTIES</td><td>06 Pc</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For Patties</td><td></td></tr>
<tr><td>Boiled & mashed potatoes</td><td>2 cups</td></tr>
<tr><td>Cornflour</td><td>1 tbsp</td></tr>
<tr><td>Finely chopped green chilli</td><td>2 nos.</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
<tr><td>Boiled green pea</td><td>½ cup</td></tr>
<tr><td>Ginger & green chilli paste</td><td>2 tsp</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Cumin seeds</td><td>1 tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Lemon juice (optional)</td><td>2 tbsp</td></tr>
</table>
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.
</td></tr>
</table>

* Refer Pg. 124 Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dF10</td><td>MUSHROOM ROLLS</td><td>16 Pc</td><td>Multicook tawa
&
Low rack*</td><td>
<table>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Mushroom (finely chopped)</td><td>1½ cup</td></tr>
<tr><td>Onions (chopped)</td><td>4 tbsp</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr>
<tr><td>Butter (melted)</td><td>2 tbsp</td></tr>
<tr><td>Fresh cream</td><td>4 tbsp</td></tr>
<tr><td>Maida</td><td>1 tbsp</td></tr>
<tr><td>Boiled peas</td><td>½ cup</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>3 tbsp</td></tr>
<tr><td>Garlic paste</td><td>½ tsp</td></tr>
<tr><td>Salt, Pepper powder</td><td>As per taste</td></tr>
<tr><td>For Rolls</td><td></td></tr>
<tr><td>Bread slices (white)</td><td>8 nos.</td></tr>
<tr><td>Butter / oil</td><td>For basting</td></tr>
<tr><td>Oil (for greasing)</td><td>½ tsp</td></tr>
</table>
Method :
1. Pre-preparation for stuffing : In a microwave safe glass bowl take butter, chopped onion, 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.
</td></tr>
<tr><td>dF11</td><td>SABUDANA VADA</td><td>0.1 ~ 0.3 kg</td><td>Multicook tawa
&
High rack#</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Sabudana (soaked for at least 1 hour)</td><td>½ cup</td><td>¾ cup</td><td>1 cup</td></tr>
<tr><td>Roasted & crushed peanuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Fresh curry leaves</td><td colspan="3">As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td></tr>
</table>

* Refer Pg. 124 Fig. 1
#Refer Pg. 124 Fig. 2

Diet Fry

Menu		Weight Limit	Utensil	Instructions
dF12	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. 124 Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>St1</td><td>KEEMA BALLS</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) flat glass dish
&
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>Chicken Keema</td><td>75 g</td><td>125 g</td><td>175 g</td></tr>
<tr><td>Boiled & Mashed Potato</td><td>1 No.</td><td>2 No.</td><td>3 No.</td></tr>
<tr><td>Ginger, Garlic Paste, Salt, Garam masala, Hara dhania Lemon juice</td><td colspan="3">As per taste</td></tr>
<tr><td>Besan</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
</table>
Method : 1. Mix all the ingredients together. Make balls from it. Place the balls in greased MWS flat glass dish. Add ½ cup water to the MWS bowl. Place the MWS glass dish inside the MWS bowl. Cover. Select menu & weight and press start.
</td></tr>
<tr><td>St2</td><td>GAJAR KA HALWA</td><td>0.3 kg</td><td>Microwave Safe (MWS) Glass Bowl
&
Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Grated gajar</td><td>300 g</td></tr>
<tr><td>Ghee</td><td>2 tbsp</td></tr>
<tr><td>Milk Powder</td><td>4 tbsp</td></tr>
<tr><td>Khoa</td><td>5 tbsp</td></tr>
<tr><td>Sugar</td><td>4 tbsp</td></tr>
<tr><td>Elaichi powder and Dry fruits</td><td>As per taste</td></tr>
</table>
Method : 1. In a MWS glass bowl take all the ingredients & mix well.
2. Add ½ cup water to the MWS bowl.
3. Keep the MWS glass bowl in the MWS bowl. Cover. Select menu & press start.
</td></tr>
<tr><td>St3</td><td>SHAKARKANDI</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl
&
Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Shakarkandi</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Salt & Chaat Masala</td><td colspan="3">As per taste</td></tr>
</table>
Method : 1. In MWS bowl add ½ water. Keep the peeled off shakarkandi in MWS flat glass dish & put in the MWS bowl. Cover. Select menu & weight & press start.
2. After steaming sprinkle some salt & chaat masala & serve
</td></tr>
<tr><td>St4</td><td>Methi Muthiya</td><td>0.1 ~ 0.3 kg</td><td>Microwave Safe (MWS) bowl
&
Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Methi Leaves</td><td>1/2 cup</td><td>3/4 cup</td><td>1 cup</td></tr>
<tr><td>Atta</td><td>1/4 cup</td><td>1/2 cup</td><td>3/4 cup</td></tr>
<tr><td>Besan</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Suji</td><td>1 tbsp</td><td>1½ tbsp</td><td>3/4 tbsp</td></tr>
<tr><td>Soda bicarb</td><td>1/4 tsp</td><td>1/2 tsp</td><td>3/4 tsp</td></tr>
<tr><td>Ginger garlic chilli paste, Dhania powder, Haldi, Salt, Sugar</td><td colspan="3">As per taste</td></tr>
</table>
Method : 1. Mix all the ingredients. Add some water and make a soft dough. Make small rolls from this mixture. Place rolls on MWS flat glass dish.
2. Add ½ cup water to the bowl. Keep the MWS flat glass dish in MWS bowl. Cover. Select menu & weight and Press start.
</td></tr>
<tr><td>St5</td><td>KOTHIMBIR VADI</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) Bowl
&
Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Kothimbir (Hara Dhania)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Besan</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Suji</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Red chilli powder, Salt, Garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
</table>
Method : 1. Mix all the ingredients together & make vadis out of it.
2. In MWS bowl, add ½ cup water. Place the vadis on MWS flat glass dish. Keep in the MWS bowl & cover. Select menu & weight and press start.
3. Allow to stand for 3 minutes.
</td></tr>
</table>

Steam Cook

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>St6</td><td>SPROUTS</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl
&
Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Moong sprouts</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Chopped onion, Chopped tomato</td><td>1 cup</td><td>2 cups</td><td>2 cups</td></tr>
<tr><td>Salt, Chaat masala, Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl, add ½ cup water, put moong sprouts In MWS flat glass dish. Keep in the MWS bowl and cover.
2. Select menu and weight and press start. Stand for 3 minutes. Add chopped onion, tomato, salt, chaat masala and lemon juice and serve.
</td></tr>
<tr><td>St7</td><td>STEAMED CHICKEN</td><td>0.1~0.3 kg</td><td>Microwave safe (MWS) Bowl
&
Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Soya sauce, Salt, Pepper</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. Marinate the chicken with soya sauce, salt, pepper and keep it in refrigerator for 1 hour.
2. In the MWS Bowl, add the ½ cup water place the marinated chicken on the MWS flat glass dish. Keep the MWS flat glass dish in MWS bowl and cover.
3. Select menu and weight and press start. Stand for 3 minutes.
</td></tr>
<tr><td>St8</td><td>SARSON KA SAAG</td><td>0.1 ~ 0.4 kg</td><td>Microwave safe (MWS) flat glass dish
&
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><td>0.4 kg</td></tr>
<tr><td>Sarson (washed & separated leaves)</td><td>75 g</td><td>150 g</td><td>200 g</td><td>250 g</td></tr>
<tr><td>Palak (washed & separated leaves)</td><td>25 g</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Onion garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Tomato (chopped)</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr>
<tr><td>Salt, Red chilli powder</td><td colspan="4">As per taste</td></tr>
<tr><td>Water</td><td colspan="4">As required</td></tr>
</table>
Method :
1. In the MWS bowl, add ½ water. Place sarson and palak in the MWS flat glass dish. Keep the MWS flat glass dish in MWS bowl & cover. Select menu and weight and press start.
2. When beeps, remove the MWS bowl, grind the steamed sarson & palak with water
3. In a MWS bowl add oil, onion garlic paste, tomato, salt and red chilli powder and press start. Mix well.
4. When beeps, add grind sarson and palak, water (as required) to the MWS bowl. Mix well and press start. Serve it with makki ki roti.
</td></tr>
<tr><td>St9</td><td>MATAR MUSHROOM</td><td>0.1 ~ 0.3 kg</td><td>Microwave Safe (MWS) Flat glass dish
&
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>Matar</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Mushroom (chopped)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Onion (chopped)</td><td>1/2 cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Tomato puree</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. Add ½ cup water to MWS bowl. bowl, place the matar and chopped mushroom on the MWS flat glass dish, keep in MWS bowl and cover. Select menu and weight and press start.
2. When beeps, remove.
3. In a MWS bowl add oil, onion, tomato puree, salt, red chilli powder, garam masala and press start. Mix well.
4. When beeps, add steamed matar and mushroom to the MWS bowl and add little water, press start. Mix well and add chopped coriander leaves and serve with roti.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>St10</td>
<td>AVIAL</td>
<td>0.1 ~ 0.3 kg</td>
<td>Microwave Safe (MWS) Flat glass dish & 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>Cut vegetables (long pieces), Carrot, Potato, Drumstick, French beans, Bottlegourd</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Mustard seeds, Curry leaves, Salt, Haldi</td><td colspan="3">As per taste</td></tr>
<tr><td>Coconut milk</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Curd (beaten)</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
</table>
Method :
1. Add ½ cup water to MWS bowl, place the vegetables in MWS flat glass dish & keep in MWS bowl and cover.
2. Select menu and weight and press start.
3. When beeps, remove the all from microwave oven.
4. When beeps, in a MWS bowl add 1tbsp oil, mustard seeds, curry leaves, haldi, salt. Add coconut milk and curd. Press start
5. When beeps, add the steamed vegetables to the coconut milk and press start. Garnish with grated coconut and serve.
</td>
</tr>
<tr>
<td>St11</td>
<td>SHORSHE ILISH</td>
<td>0.3 kg</td>
<td>Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl</td>
<td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Hilsa pieces</td><td>300 g</td></tr>
<tr><td>Mustard oil</td><td>1 tbsp</td></tr>
<tr><td>Onion</td><td>2 nos.</td></tr>
<tr><td>Mustard seeds, Chilli paste</td><td>1½ tbsp</td></tr>
<tr><td>Salt, Red chilli powder</td><td>As per taste</td></tr>
</table>
Method :
1. Add ½ cup water to MWS bowl, place the hilsa pieces in MWS flat glass dish & keep in MWS bowl and cover. Select menu and press start. Stand for 3 minutes.
2. When beeps, remove all from microwave oven.. In a MWS bowl add mustard oil, onion, mustard and chilli paste, salt, red chilli powder and press start.
3. Add the steamed hilsa in MWS bowl, mix well and cover. Serve with rice.
</td>
</tr>
<tr>
<td>St12</td>
<td>RASIYA MUTHIYA</td>
<td>0.1 ~ 0.3 kg</td>
<td>Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>200 mL</td><td>400 mL</td><td>600 mL</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Hing</td><td colspan="3">A pinch</td></tr>
<tr><td>Besan</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Kadhi</td><td colspan="3">As required</td></tr>
</table>
Method :
1. In a MWS bowl add rice & water. Select menu & weight and 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 MWS bowl, add ½ water to the bowl. Keep the muthiyas on the MWS flat glass dish. Keep in the MWS bowl. Cover & press start.
4. When beeps, remove the muthiyas & add to the kadhi & serve.
</td>
</tr>
<tr>
<td>St13</td>
<td>STEAMED PEAS</td>
<td>0.1 ~ 0.3 kg</td>
<td>Microwave Safe (MWS) Flat glass dish & 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>Shelled peas</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Salt & Chaat masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Butter</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
</table>
Method :
1. In MWS bowl, add ½ cup water to the MWS bowl, place put the peas in MWS flat glass dish. Keep in MWS bowl & cover. Select menu & weight & press start.
2. Remove & add butter, salt & chaat masala & serve.
</td>
</tr>
</table>

Steam Cook

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>St14</td><td>BHAFOURI</td><td>0.1 ~ 0.2 kg</td><td>Microwave safe (MWS) bowl
&
Microwave safe (MWS) idli stand*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td></tr>
<tr><td>Mix dal paste (Moong dal, Urad dal)</td><td>100 g</td><td>200 g</td></tr>
<tr><td>Ginger- garlic paste</td><td>½ tbsp</td><td>1 tbsp</td></tr>
<tr><td>Hing</td><td colspan="2">A pinch</td></tr>
<tr><td>Mitha soda</td><td>1/8 tsp</td><td>¼ tsp</td></tr>
<tr><td>Salt</td><td colspan="2">As per taste</td></tr>
</table>
Method :
1. Mix all the ingredients together & make balls out of the mixture.
2. In MWS bowl, add ½ cup water. Keep the balls in MWS idli stand and keep it inside the bowl. Cover. Select menu & weight and press start. Allow to stand for 3 minutes.
</td></tr>
</table>

*Provided with start up kit.

Nutri Care

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

1. ***Press STOP/CLEAR.**



2. **Press Nutri Care.**



The display will show ' SA1'

3. **Keep pressing the Nutri Care key until display shows ' HP2'**

4. **Press - Less/ +More to set the weight 0.3kg**



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



6. **When cooking you can increase or decrease cooking time by pressing-Less/ +More keys.**



NOTE

- **Nutri Care cook menus are programmed.**
- **Nutri Care 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 "0", do not press STOP/CLEAR, go directly to step 2.

Salads

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SA1</td><td>BEETROOT SALAD</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl
&
Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Beetroot (sliced)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Saunf</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Coriander powder, Pepper powder, Salt, Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In MWS bowl add ½ cup water. Keep the sliced beetroot on MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select 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.
</td></tr>
<tr><td>SA2</td><td>PASTA SALAD</td><td>0.2 kg</td><td>Microwave Safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Penne pasta</td><td>200 g</td></tr>
<tr><td>Water</td><td>400 mL</td></tr>
<tr><td>Vegetable (Grated carrot, Capsicum, Sliced olives, Chopped spring onion)</td><td>1½ cup</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Olive oil</td><td>2 tsp</td></tr>
<tr><td>Vinegar</td><td>1 tsp</td></tr>
<tr><td>Oregano (optional)</td><td>As per taste</td></tr>
<tr><td>Curd</td><td>2 tbsp</td></tr>
</table>
Method :
1. In a MWS bowl add pasta, water & few drops of oil. Select menu & press start.
2. Wash the boiled paste under cold water to separate them.
3. In a bowl take boiled pasta, add vegetable, salt, pepper, vinegar, curd, olive oil. Toss them together. Chill & serve.
</td></tr>
<tr><td>SA3</td><td>TIRANGA SALAD</td><td>0.3 kg</td><td>Microwave Safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Grated carrot</td><td>100 g</td></tr>
<tr><td>Grated raddish</td><td>100 g</td></tr>
<tr><td>Broccoli florets</td><td>100 g</td></tr>
<tr><td>Olive</td><td>1-2</td></tr>
<tr><td>Salt, Lemon juice</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>SA4</td><td>HARI SEEKH SALAD</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
Multi cook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Vegetable (Spinach leaves, Broccoli, Bulbs of spring onion, Cabbage leave)</td><td>300 g</td></tr>
<tr><td>For Marinade</td><td></td></tr>
<tr><td>Hung curd</td><td>3 tbsp</td></tr>
<tr><td>Onion paste</td><td>2 tbsp</td></tr>
<tr><td>Garam masala, Amchoor, Salt</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>For basting</td></tr>
</table>
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. In a MWS glass bowl, add all the marinated vegetable (except spinach). Select menu & press start.
4. Insert the vegetable in tooth pick, start with broccoli, then fold a cabbage leaf & insert, fold a spinach leaf & then fold again (like a pan) & insert & then and then spring onion. Like this do for all the vegetables.
5. Keep them on tawa, keep the tawa on high rack. Press start
</td></tr>
</table>

* Refer Pg.124 Fig.2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SA5</td><td>CRUNCHY CHICKEN SALAD</td><td>0.5 kg</td><td>Multicook Tawa & High rack *</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Boneless Chicken</td><td>300 g</td></tr>
<tr><td>Vegetables (Boiled peas, Sweet corns, Chopped tomato)</td><td>200 g</td></tr>
<tr><td>Lettuce leaves</td><td>For garnishing</td></tr>
<tr><td>Boiled eggs</td><td>2 nos.</td></tr>
<tr><td>Lemon juice</td><td>2 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Poppy seeds</td><td>4 tsp</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td></tr>
</table>
Method :
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. Now keep the marinated boneless chicken pieces on tawa. Keep the tawa on high rack. Select menu & press start.
4. When beeps, turn over the side & press start.
5. Line a serving dish with lettuce leaves.
6. Transfer the chicken pieces & vegetable to serving dish. Toss them over. Garnish with slices of boiled eggs & serve.
</td></tr>
<tr><td>SA6</td><td>BABYCORN AND BEAN SALAD</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>Babycorn</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Bean</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Salt, Lemon juice, Pepper (Optional)</td><td colspan="3">As per taste</td></tr>
</table>
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. Mix well & serve.
</td></tr>
<tr><td>SA7</td><td>CARROT AND PEAS SALAD</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>Carrot</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Peas</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Salt, Lemon juice, Pepper (Optional)</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>SA8</td><td>PAPAYA LACHCHA SALAD</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>Papaya (thinly sliced)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td colspan="3">As required</td></tr>
<tr><td>Sugar</td><td>10 g</td><td>20 g</td><td>30 g</td></tr>
<tr><td>Cardamom essence</td><td colspan="3">Few drops</td></tr>
</table>
Method :
1. In a MWS bowl add papaya slices, sugar, some water, cardamom essence. Select menu and weight & press start.
</td></tr>
</table>

* Refer Pg. 124 Fig. 2

Salads

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SA9</td><td>WHOLE WHEAT AND MINT SALAD</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>Whole wheat (soaked in hot water for 2 hours)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Mint leaves</td><td>1 cup</td><td>1½ cups</td><td>2 cups</td></tr>
<tr><td>Sprouted chana</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Ginger</td><td colspan="3">As per taste</td></tr>
<tr><td>Salt, Pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Water (with salt)</td><td>200 mL</td><td>400 mL</td><td>600 mL</td></tr>
</table>
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. In MWS bowl add sprouted chana and water (double the amount of chana), cover. Press start. When beeps, remove & allow to cool.
4. In a mixer, put clean mint leaves, ginger, green chillies, lemon juice & make a smooth paste.
5. In a bowl put whole wheat, sprouted chana, mint paste, salt, pepper & lemon-juice. Mix well. Serve chilled.
</td></tr>
<tr><td>SA10</td><td>COUS COUS SALAD</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>Cous Cous</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>300 mL</td><td>600 mL</td><td>900 mL</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td colspan="3">Few drops</td></tr>
<tr><td>Vegetables (Cucumber cubes, Chopped tomatoes, Broccoli florets, Sliced mushrooms)</td><td>2 cups</td><td>2½ cups</td><td>3 cups</td></tr>
<tr><td>Lettuce leaves</td><td colspan="3">2-3 leaves</td></tr>
<tr><td>For dressing</td><td></td><td></td><td></td></tr>
<tr><td>Pudina leaves (finely chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Lemon juice, Pepper</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>SA11</td><td>RICE SALAD</td><td>0.2 kg</td><td>Microwave Safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Basmati rice</td><td>200 g</td></tr>
<tr><td>Water</td><td>400 mL</td></tr>
<tr><td>Apples (diced)</td><td>1 no.</td></tr>
<tr><td>Green peas</td><td>½ cup</td></tr>
<tr><td>Cauliflower florets</td><td>1 cup</td></tr>
<tr><td>Lemon juice, Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Lettuce leaves</td><td>2-3 leaves</td></tr>
<tr><td>Shredded cabbage leaves, Coriander leaves</td><td>For garnishing</td></tr>
</table>
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.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>SA12</td>
<td>SPRING BASKET SALAD</td>
<td>0.1-0.3 kg</td>
<td>Microwave safe (MWS) Bowl
&
Microwave safe (MWS) flat glass dish</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Red cabbage leaves</td><td>20 g</td><td>40 g</td><td>60 g</td></tr>
<tr><td>Baby corns</td><td>30 g</td><td>60 g</td><td>90 g</td></tr>
<tr><td>Sprouts</td><td>20 g</td><td>40 g</td><td>50 g</td></tr>
<tr><td>Black/green grapes</td><td>30 g</td><td>40 g</td><td>50 g</td></tr>
<tr><td>Macaroni (Boiled)</td><td>20 g</td><td>40 g</td><td>50 g</td></tr>
<tr><td>For Dressing</td><td colspan="3"></td></tr>
<tr><td>Olive Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Vinegar/lemon juice</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Oregano</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Finely chopped onions</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt, Pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Sugar</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
</table>
Method :
1. Keep red cabbage leaves in MWS flat glass dish. Add 1/2 cup water to MWS bowl. Keep the MWS flat glass dish in MWS bowl & cover. Keep in microwave. Select menu & weight and press start.
2. When beeps, remove steamed cabbage leaves. Do not throw the water from the MWS bowl. Keep baby corns cut into halves & sprouts in MWS flat glass dish. Keep in the same MWS bowl. Cover & keep in microwave. Press start.
3. Remove from microwave. Allow to cool.
4. In a bottle or container with lid put all the ingredients of dressing & shake for 1-2 minutes till all ingredients blend well.
5. In a bowl add baby corns, grapes cut into halves, sprouts, boiled macaroni & pour dressing, cover it. Mix well & fill the steamed cabbage leaves with it.
6. Serve the Salad basket chilled.
</td>
</tr>
<tr>
<td>SA13</td>
<td>CHICKEN IN TOMATO TOWERS</td>
<td>0.3 kg</td>
<td>Microwave safe (MWS) glass bowl
&
Multicook tawa*
&
High Rack</td>
<td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Tomatoes</td><td>300 g (3 nos.)</td></tr>
<tr><td>Chicken Keema</td><td>100 g</td></tr>
<tr><td>Onion (finely chopped)</td><td>1 no.</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
</table>
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.
</td>
</tr>
<tr>
<td>SA14</td>
<td>BREAD SALAD</td>
<td>0.1 ~ 0.3 kg</td>
<td>High rack</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Whole wheat bread slices</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Tomatoes (seedless & cut in pieces)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Cucumber (Cut in pieces)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Steamed french beans</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Fresh basil leaves</td><td colspan="3">A few sprigs</td></tr>
<tr><td>For Salad Dressing</td><td></td><td></td><td></td></tr>
<tr><td>Olive Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Vinegar</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Salt, Pepper, Sugar</td><td colspan="3">As per taste</td></tr>
</table>
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)
</td>
</tr>
</table>

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<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP1</td><td>LEMON CHICKEN</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Soya sauce</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Corn flour</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Water</td><td>½ cup</td><td>½ cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Salt, Pepper, Sugar</td><td colspan="5">As per taste</td></tr>
<tr><td>Garlic paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Lemon juice</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>4 tsp</td><td>5 tsp</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>HP2</td><td>KALA CHANA</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Soaked kala chana</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>200 mL</td><td>400 mL</td><td>600 mL</td><td>800 mL</td><td>1000 mL</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr>
<tr><td>Onion chopped</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td><td>2½ cups</td></tr>
<tr><td>Salt, Chaat masala, Red chilli powder, Hara dhania</td><td colspan="5">As per taste</td></tr>
</table>
Method :
1. Soak chana overnight, in MWS bowl, put soaked chanas 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.
</td></tr>
<tr><td>HP3</td><td>MOONG DAL</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Moong Dal soaked in water (for 1 hour)</td><td>200 g</td></tr>
<tr><td>Water</td><td>400 mL</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Hari Mirch</td><td>2-3 nos.</td></tr>
<tr><td>Curry Leaves</td><td>5-6 nos.</td></tr>
<tr><td>Salt, Dhania powder,Jeera powder, Haldi, Hing, Kasuri methi, Lemon juice, Hara dhania</td><td>As per taste</td></tr>
</table>
Method :
1. Take dal in MWS bowl, add water, haldi & hing.
2. Select menu press start to cook.
3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves & press start.
4. When beeps, add dal, salt, dhania powder, jeera powder, hara dhania, kasuri methi (optional), water (if required) & lemon juice and press start to cook.
</td></tr>
<tr><td>HP4</td><td>MACHI KALI MIRCH</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Pomfret fish</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Salt, Lemon juice, Pepper</td><td colspan="5">To marinate as per taste</td></tr>
<tr><td>Oil, Chopped onion, Chopped tomatoes, Chopped garlic</td><td colspan="5">As required</td></tr>
</table>
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.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP5</td><td>NUTRINUGGETS</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>Soaked and boiled nutrinuggets</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Potato</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped onion</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Tomato puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt, Garam masala, Red chilli powder, Haldi, Dhania powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr>
<tr><td>Chopped coriander leaves</td><td colspan="3">For garnishing</td></tr>
</table>
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.
</td></tr>
<tr><td>HP6</td><td>SOYABEAN CURRY</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Soyabean (soaked overnight)</td><td>200 g</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
<tr><td>Chopped onions</td><td>1 cup</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td></tr>
<tr><td>Chopped green chillies</td><td>1 tbsp</td></tr>
<tr><td>Red chilli powder, Garam masala, Coriander powder, Salt</td><td>As per taste</td></tr>
<tr><td>Water</td><td>200 mL</td></tr>
<tr><td>Coriander leaves</td><td>For garnishing</td></tr>
</table>
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.
</td></tr>
<tr><td>HP7</td><td>CURD BRINJAL</td><td>0.1-0.5kg</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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Brinjal (cut into pieces)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Curd</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Curry leaves</td><td colspan="5">A few sprigs</td></tr>
<tr><td>Mustard & cumin seeds</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>4 tsp</td></tr>
<tr><td>Salt</td><td colspan="5">As per taste</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>4 tsp</td></tr>
</table>
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.
</td></tr>
</table>

Health Plus

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP8</td><td>LEAF ROLLS</td><td>0.1-0.3kg</td><td>Microwave safe (MWS) bowl
&
Microwave safe (MWS) flat Glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Palak leaves</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Cabbage leaves</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>For filling</td><td></td><td></td><td></td></tr>
<tr><td>Boiled Veg (Potato, Capsicum, Carrot, French beans, sprouts)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Chopped onion</td><td>½ no.</td><td>½ no.</td><td>1 no.</td></tr>
<tr><td>Salt, Chaat masala, Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a bowl mix boiled vegetables, chopped onions, salt, chaat masala & lemon juice.
2. In MWS bowl, add ½ cup water, Keep the leaves in MWS flat glass dish. Keep the dish in MWS bowl. Cover.
3. Select menu & weight and press start.
4. When beeps, remove the leaves from the bowl. Spread the filling on leaves & roll them. Make all the rolls in same way.
</td></tr>
<tr><td>HP9</td><td>BATHUA RAITA</td><td>0.1 ~ 0.4 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><td>0.4 kg</td></tr>
<tr><td>Chopped bathua</td><td>25 g</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Water</td><td>50 mL</td><td>75 mL</td><td>100 mL</td><td>125 mL</td></tr>
<tr><td>Beaten curd</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Salt, Roasted cumin seed powder</td><td colspan="4">As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>HP10</td><td>KARELA SABZI</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
High rack*
&
Multicook tawa</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Chopped karela</td><td>300 g</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Chopped onion</td><td>1 cup</td></tr>
<tr><td>Water</td><td>1 cup</td></tr>
<tr><td>Rai, Jeera, Hing & Haldi</td><td>For tempering</td></tr>
<tr><td>Salt, Sugar, Garam Masala, Dhania powder, Jeera Powder</td><td>As per taste</td></tr>
<tr><td>Grated coconut & Hara dhania</td><td>For garnishing</td></tr>
</table>
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.
</td></tr>
<tr><td>HP11</td><td>FISH BHARTA</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl
&
Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Fish (Fillet)</td><td>300 g</td></tr>
<tr><td>Mustard oil</td><td>1 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td></tr>
<tr><td>Chopped onion</td><td>1 cup</td></tr>
<tr><td>Red chilli powder, Haldi, Garam masala, Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add ½ cup water. Place the fish pieces on the MWS flat glass dish. Keep the dish in MWS bowl. 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.
</td></tr>
</table>

*Provided with the Start Up Kit.

HP12 SOYA IDLI

Weight Limit: 4,8

Utensil: 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 daal & 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, 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.

HP13 SPINACH DAL

Weight Limit: 0.1 ~ 0.5 kg

Utensil: Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Dehusked soaked lentils (at least for 2 hours)	100 g	200 g	300 g	400 g	500 g
Onions chopped	½ cup	1 cup	1 cup	1½ cup	2 cups
Spinach chopped	1 cup	1½ cup	2 cup	2 cup	2½ cups
Oil	1 tbsp	2 tbsp	2 tbsp	2½ tbsp	2½ tbsp
Cumin seeds	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
Ginger & green chillies (chopped)	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp
Water	300 mL	500 mL	700 mL	800 mL	900 mL
Turmeric, Salt	As per taste				
Lemon juice	1 tsp	2 tsp	3 tsp	3½ tsp	4 tsp
Coriander leaves	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp

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.

HP14 HEALTHY KHICHDI

Weight Limit: 0.1 ~ 0.3 kg

Utensil: 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.

*Provided with start up kit

Health Plus

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>HP15</td>
<td>OATS IDLI</td>
<td>4,8</td>
<td>Microwave safe (MWS) bowl
&
Microwave safe (MWS) idli stand*
&
Microwave safe (MWS) glass bowl</td>
<td>
<table>
<tr><td>For Idli batter</td><td></td></tr>
<tr><td>Roasted & powdered oats</td><td>1 cup</td></tr>
<tr><td>Semolina</td><td>½ cup</td></tr>
<tr><td>Curd</td><td>½ cup</td></tr>
<tr><td>Water</td><td>¾ cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Soda bi carb</td><td>¼ tsp</td></tr>
<tr><td>Grated carrot</td><td>¼ cup</td></tr>
<tr><td>Chopped green chilies</td><td>2 nos.</td></tr>
<tr><td>Oil</td><td>For greasing</td></tr>
<tr><td>For Tempering</td><td></td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td></tr>
<tr><td>Curry leaves</td><td>A few</td></tr>
<tr><td>Dry red chillies</td><td>A few</td></tr>
<tr><td>Oil</td><td>½ tbsp</td></tr>
</table>
Method :
1. Mix all the ingredients of batter in a bowl. Allow to stand for 10 minutes.
2. Grease MWS idli stand & pour the batter (depending on the number you want to cook).
3. Add ½ cup water to MWS bowl. Keep the idli stand inside the bowl. Cover.
4. Select the menu & number and press start.
5. When beeps, remove the idli from the stand.
6. Take a MWS glass bowl, add oil, mustard seeds, curry leaves & dry red chillies. Press start. Mix with idli & serve. Add lemon juice (optional)
</td>
</tr>
</table>

*Provided with start up kit

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So1</td><td>TAMATAR 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>Chopped tomato</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr>
<tr><td>Jeera, Bay leaf, Salt, Garam masala, Sugar</td><td>As per taste</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Coriander leaves</td><td>For garnishing</td></tr>
</table>
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.
</td></tr>
<tr><td>So2</td><td>RASAM</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>Tomato</td><td>300 g</td></tr>
<tr><td>Tamarind pulp</td><td>50 g</td></tr>
<tr><td>Salt, Jaggery</td><td>As per taste</td></tr>
<tr><td>Green chillies</td><td>2 nos.</td></tr>
<tr><td>Coriander, Curry leaves</td><td>For garnishing</td></tr>
<tr><td>Chopped garlic</td><td>2-3 flakes</td></tr>
<tr><td>Coriander seeds, Cumin seeds, Cinnamon, Hing</td><td>As per taste</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>So3</td><td>HOT AND SOUR 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 (3 cups)</td></tr>
<tr><td>Chilli sauce</td><td>1 tbsp</td></tr>
<tr><td>Soya sauce</td><td>2 tbsp</td></tr>
<tr><td>Vinegar</td><td>As per taste</td></tr>
<tr><td>Chopped vegetables (Capsicum, Spring onions, Carrots, Cabbage)</td><td>100 g</td></tr>
<tr><td>Tomato sauce</td><td>2 tbsp</td></tr>
<tr><td>Cornflour</td><td>2 tbsp & ½ cup water</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Ajinomoto (optional)</td><td>1 pinch</td></tr>
<tr><td>Paneer</td><td>50 g</td></tr>
</table>
Method :
1. In a MWS glass bowl add water, chili sauce, soya sauce, vinegar, sugar, 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.
</td></tr>
</table>

Soup

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So4</td><td>TOMATO 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>Chopped Tomato</td><td>100 g</td></tr>
<tr><td>Chopped Carrot</td><td>25 g</td></tr>
<tr><td>Chopped Onion</td><td>1 small</td></tr>
<tr><td>Chopped Ginger, Garlic</td><td>1 tsp</td></tr>
<tr><td>Salt, Sugar, Pepper</td><td>As per taste</td></tr>
<tr><td>Cornflour & Oil / Butter</td><td>2 tbsp / 1 tsp</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
</table>
Method :
1. In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along 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.
</td></tr>
<tr><td>So5</td><td>MULLIGATAWNY 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>Cooked rice</td><td>50 g</td></tr>
<tr><td>Dehusked lentil</td><td>30 g</td></tr>
<tr><td>Apples (pealed & sliced)</td><td>½ no.</td></tr>
<tr><td>Carrot</td><td>50 g</td></tr>
<tr><td>Onion</td><td>50 g</td></tr>
<tr><td>Veg stock/water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Butter</td><td>1 tsp</td></tr>
<tr><td>Curry powder</td><td>1 tsp</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td></tr>
</table>
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.
</td></tr>
<tr><td>So6</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>
Method :
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>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So7</td><td>CHICKEN 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>Boneless chicken</td><td>300 g</td></tr>
<tr><td>Ginger paste</td><td>1 tsp</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Cornflour paste</td><td>2 tbsp + 1/2 cup of water</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
</table>
Method :
1. In MWS glass bowl put water & add chicken pieces. Select menu & press start.
2. When beeps, remove.
3. In another MWS glass bowl add oil, ginger-garlic paste, chicken stock, salt, pepper, cornflour paste, green chillies & 1 cup water. Press start.
</td></tr>
<tr><td>So8</td><td>CHICKEN 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>Boneless chicken</td><td>300 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td></tr>
<tr><td>Chopped garlic</td><td>2 tsp</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Maida</td><td>3 tbsp</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Fresh cream</td><td>For garnishing</td></tr>
</table>
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.
</td></tr>
<tr><td>So9</td><td>SWEET CORN 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>Sweet Corn</td><td>200 g</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Cornflour</td><td>2 tbsp & ½ cup water</td></tr>
<tr><td>Salt, Sugar, Pepper, Green chilli</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>So10</td><td>MUSHROOM 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>Mushroom</td><td>120 g</td></tr>
<tr><td>Potato</td><td>1 No.</td></tr>
<tr><td>Cabbage</td><td>50 g</td></tr>
<tr><td>Onion</td><td>1 small</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Grated cheese</td><td>As per requirement</td></tr>
</table>
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.
</td></tr>
</table>

Soup

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So11</td><td>TOM YUM KUNG</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>Small sized prawns</td><td>10-12 nos.</td></tr>
<tr><td>Mushrooms (sliced)</td><td>5-6 nos.</td></tr>
<tr><td>Lemon grass stem</td><td>4 inch stalk</td></tr>
<tr><td>Lime leaves</td><td>5-6 nos.</td></tr>
<tr><td>Coriander fresh chopped</td><td>A few sprigs</td></tr>
<tr><td>Fish sauce</td><td>2 tbsp</td></tr>
<tr><td>Thai red curry paste</td><td>2 tbsp</td></tr>
<tr><td>Lemon juice</td><td>1 tbsp</td></tr>
<tr><td>Veg stock/chicken stock</td><td>600 mL (3 cups)</td></tr>
<tr><td>Green/red chillies</td><td>3 nos.</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>So12</td><td>SICHUAN 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>Boneless chicken pieces</td><td>100 g</td></tr>
<tr><td>Carrot (grated)</td><td>1 no.</td></tr>
<tr><td>Capsicum (chopped)</td><td>½ no.</td></tr>
<tr><td>Cabbage (shredded)</td><td>½ no.</td></tr>
<tr><td>Mushrooms (sliced)</td><td>4-5 nos.</td></tr>
<tr><td>Paneer (pieces)</td><td>50 g</td></tr>
<tr><td>Spring onions (bulb & greens)</td><td>1-2 nos.</td></tr>
<tr><td>Peppercorns (freshly crushed)</td><td>4-5 nos.</td></tr>
<tr><td>Chicken stock</td><td>600 mL (3 cups)</td></tr>
<tr><td>Cornflour</td><td>3 tbsp & ¼ cup</td></tr>
<tr><td>Salt, Sugar</td><td>As per taste</td></tr>
<tr><td>Vinegar</td><td>2 tbsp</td></tr>
<tr><td>Red chilli paste</td><td>1 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>So13</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>
Method :
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>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So14</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>
Method :
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>
<tr><td>So15</td><td>BOMBAY CURRY 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>500 mL (2½ cups)</td></tr>
<tr><td>Soaked masoor dal (dehusked)</td><td>200 g</td></tr>
<tr><td>Chopped tomato</td><td>2 nos.</td></tr>
<tr><td>Chopped onions</td><td>1 no.</td></tr>
<tr><td>Crushed garlic</td><td>3-4 cloves</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Curry powder</td><td>As per taste</td></tr>
<tr><td>Salt, Red chilli powder</td><td>As per taste</td></tr>
<tr><td>Coriander leaves</td><td>For garnishing</td></tr>
</table>
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.
</td></tr>
<tr><td>So16</td><td>BADAM 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>Badam (soaked & blanched)</td><td>50 g</td></tr>
<tr><td>Fresh basil leaves (Tulsi)</td><td>8-10 nos.</td></tr>
<tr><td>Water</td><td>3 cups (600 mL)</td></tr>
<tr><td>Cinnamon</td><td>1" stick</td></tr>
<tr><td>Elaichi (green)</td><td>2-3 nos.</td></tr>
<tr><td>Cloves</td><td>2-3 nos.</td></tr>
<tr><td>Sugar</td><td>½ tsp</td></tr>
<tr><td>Cornflour</td><td>½ tbsp</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
</table>
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 & pepper & cornflour (mixed with ½ cup water) & press start. Serve hot.
</td></tr>
</table>

Soup

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So17</td><td>LIMBU DHANIA 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>Water</td><td>600 mL(3 cups)</td></tr>
<tr><td>Oil</td><td>½ tbsp</td></tr>
<tr><td>Shredded cabbage</td><td>1 cup</td></tr>
<tr><td>Chopped carrot</td><td>½ cup</td></tr>
<tr><td>Celery</td><td>½ cup</td></tr>
<tr><td>Spring onions</td><td>½ cup</td></tr>
<tr><td>Ginger (grated)</td><td>1 tsp</td></tr>
<tr><td>Chopped garlic</td><td>3 nos.</td></tr>
<tr><td>Bayleaf</td><td>2 nos.</td></tr>
<tr><td>Cloves</td><td>2 nos.</td></tr>
<tr><td>Pepper corns</td><td>3 nos.</td></tr>
<tr><td>Besan</td><td>2 tbsp (dissolved in ¼ cup water)</td></tr>
<tr><td>Lemon juice</td><td>2 tbsp</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>So18</td><td>MUTTON 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>Boneless mutton</td><td>300 g</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Chopped onion</td><td>1 nos.</td></tr>
<tr><td>Chopped garlic</td><td>3 cloves</td></tr>
<tr><td>Chilli flakes salt</td><td>As per taste</td></tr>
<tr><td>Chopped & skinned tomato</td><td>2 nos.</td></tr>
<tr><td>Cinnamon</td><td>½ " Stick</td></tr>
<tr><td>Cardamom</td><td>1 nos.</td></tr>
<tr><td>Cumin seeds</td><td>1 tsp</td></tr>
<tr><td>Saffron</td><td>A few</td></tr>
<tr><td>Dry mint leaves</td><td>½ cup</td></tr>
<tr><td>Beaten curd</td><td>½ cup</td></tr>
</table>
Method :
1. In a MWS glass bowl add oil, onion, garlic, mutton & chilli flakes, salt. Mix well & cover.
2. Select menu & press start.
3. When beeps, mix well & add water, tomato, cinnamon, cardamom, cumin seeds, , salt, saffron & dry mint leaves. Mix well & press start.
4. When beeps, remove the bowl & allow to cool. Grind it &add curd. Press start.
</td></tr>
<tr><td>So19</td><td>DAL 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>Soaked urad dal (dehusked)</td><td>½ cup</td></tr>
<tr><td>Olive oil</td><td>1 tsp</td></tr>
<tr><td>Chopped green chillies</td><td>2 no.</td></tr>
<tr><td>Ginger paste</td><td>1 tsp</td></tr>
<tr><td>Garlic paste</td><td>1 tsp</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td></tr>
<tr><td>Salt, Turmeric powder, Onion powder, Sugar</td><td>As per taste</td></tr>
<tr><td>Lemon juice</td><td>As per taste</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
</table>
Method :
1. In a MWS glass bowl add oil, green chillies, ginger paste, garlic paste. Mix well.
2. Select menu & press start.
3. When beeps, mix well & add onion & add all spices. Press start.
4. When beeps, mix well & add dal & water. Press start. Strain the stock.
5. Add 100 mL hot water & spices as per taste & serve
</td></tr>
</table>

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 display will show ' IC1'

3. **Keep pressing the Indian Rasoi key until display shows ' IC 11'**

4. **Press -Less/ +More to set the weight 0.3kg**



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



6. **When cooking you can increase or decrease cooking time by pressing- Less/ +More keys.**



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 "0", do not press STOP/CLEAR, go directly to step 2.

Indian Cuisine

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC1</td><td>MIX VEG</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Mix Veg. (Carrot, Cauliflower, Peas, Beans, Potato)</td><td>100 g (Total)</td><td>200 g (Total)</td><td>300 g (Total)</td><td>400 g (Total)</td><td>500 g (Total)</td></tr>
<tr><td>Oil</td><td>¼ tbsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Onion (chopped)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2 cup</td></tr>
<tr><td>Tomato (chopped)</td><td>¼ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder</td><td colspan="5">As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>IC2</td><td>KADHAI PANEER</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>Paneer</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Capsicum & Onion (sliced)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr>
<tr><td>Onion Paste</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td><td>6½ tbsp</td></tr>
<tr><td>Tomato Puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4½ tbsp</td><td>5 tbsp</td></tr>
<tr><td>Ginger-Garlic Paste, Salt</td><td colspan="5">As per taste</td></tr>
<tr><td>Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala</td><td colspan="5">As per taste</td></tr>
<tr><td>Butter</td><td>1½ tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr>
<tr><td>Fresh Cream</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>IC3</td><td>DAL TADKA</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Dal (soaked for 2 hours)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Water</td><td>400 mL</td><td>600 mL</td><td>800 mL</td></tr>
<tr><td>Oil</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch</td><td colspan="3">To taste</td></tr>
<tr><td>Salt, Dhania powder</td><td colspan="3">To taste</td></tr>
</table>
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 jeera powder, hara dhania, kasuri methi (optional). Press start.
4. When beeps, add dal, water (if required), mix well & again press start.
</td></tr>
<tr><td>IC4</td><td>SAMBHAR</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Arhar Dal (Soaked for 2 hrs)</td><td>200 g</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Onion chopped</td><td>1 medium</td></tr>
<tr><td>Tomato chopped</td><td>1 medium</td></tr>
<tr><td>Mixed vegetables chopped - Drumsticks, Ghiya, Brinjals, Red pumpkin</td><td>1 cup</td></tr>
<tr><td>Boiled water</td><td>400 mL</td></tr>
<tr><td>Imli pulp, Green chilli, Sambhar masala, Salt, Gud, Curry leaves Dhania, Red chilli powder, Rai, Hing</td><td>As per taste</td></tr>
</table>
<u>Method :</u>
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.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC5</td><td>DUM ALOO</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boiled Aloo (small)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>3½ tbsp</td></tr>
<tr><td>Jeera, Pepper seeds, Cloves, Hing</td><td colspan="5">As required</td></tr>
<tr><td>Onion paste</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Ginger & garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2 tsp</td></tr>
<tr><td>Tomato puree</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Curd</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Turmeric powder, Red chilli powder, Deghi mirch, Salt, Garam masala, Saunf powder</td><td colspan="5">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add oil, jeera, pepper seeds, cloves, hing, onion paste, ginger garlic paste. Mix well.
2. Select menu & weight and press start.
3. When beeps, mix well & add tomato puree & boiled potatoes. Mix well & cover. Press start.
4. When beeps, mix well & add curd. Cover & press start.
5. Allow to stand for 3 minutes.
</td></tr>
<tr><td>IC6</td><td>KADHI</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Besan</td><td>25 g</td><td>50 g</td><td>75 g</td></tr>
<tr><td>Curd / matha</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Rai, cumin seeds</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped onions</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Salt, Red chilli powder, Haldi, Coriander powder, Amchur</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr>
</table>
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.
</td></tr>
<tr><td>IC7</td><td>BAATI*</td><td>0.4 kg</td><td>Multicook tawa
&
Low rack
&
High rack</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Wheat flour</td><td>200 g</td></tr>
<tr><td>Suji</td><td>50 g</td></tr>
<tr><td>Melted ghee</td><td>75 mL (5 tbsp)</td></tr>
<tr><td>Jeera</td><td>½ tsp</td></tr>
<tr><td>Ajwain</td><td>¼ tsp</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Haldi</td><td>As required</td></tr>
</table>
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.
</td></tr>
</table>

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

Indian Cuisine

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC8</td><td>DALMA</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Moong dal (soaked for 2 hours)</td><td>300 g</td></tr>
<tr><td>Water</td><td>600 mL</td></tr>
<tr><td>Chopped vegetables (Drumsticks, potato, Raw banana, Pumpkin, Brinjal, Tomato)</td><td>2 cups</td></tr>
<tr><td>For tadka</td><td></td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Bay leaf, Jeera,Dry chillies, Salt, Haldi</td><td>As per taste</td></tr>
<tr><td>Grated coconut</td><td>4 tbsp</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td></tr>
</table>
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.
</td></tr>
<tr><td>IC9</td><td>PITHLA</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl
&
Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Besan</td><td>½ cup</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
<tr><td>Ginger, garlic, green chillies (chopped)</td><td>1 tsp each</td></tr>
<tr><td>Onion, Tomato (chopped)</td><td>1 no. each</td></tr>
<tr><td>Coriander chopped</td><td>A few sprigs</td></tr>
<tr><td>Water</td><td>2 cups (400 mL)</td></tr>
<tr><td>Salt, Turmeric powder, Garam masala, Red chilli powder</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>IC10</td><td>PANCHMEL KI SABZI</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>Chopped vegetables (Gavar ki fali, Chawli, Shimla mirch, Kheera, Gajar)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Onion</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Ginger & green chilli paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Coriander powder, Amchur, Haldi & Salt</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>IC11</td>
<td>BUTTER CHICKEN</td>
<td>0.3 ~ 0.5 kg</td>
<td>Microwave safe (MWS) bowl</td>
<td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Chicken (boneless)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Ginger garlic paste</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Chopped onions</td><td>1 no.</td><td>1 no.</td><td>2 nos.</td></tr>
<tr><td>Garam masala, Dhania powder, Jeera powder, Kasuri methi, Red chilli powder, Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Kaju paste</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Fresh cream</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Butter</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td></tr>
<tr><td>Oil</td><td>2 tbsp</td><td>2½ tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Slit green chillies</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
</table>
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.
</td>
</tr>
<tr>
<td>IC12</td>
<td>BEANS PORIAL</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>French beans (cut evenly)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td></tr>
<tr><td>Mustard seeds</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Urad dhal</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Grated coconut</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td>
</tr>
<tr>
<td>IC13</td>
<td>GOAN POTATO CURRY</td>
<td>0.3 ~ 0.5 kg</td>
<td>Microwave safe (MWS) bowl</td>
<td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boiled potato</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Boiled mix veg (Capsicum, Cauliflower, Carrot, peas)</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Grated coconut</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Coconut milk</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Kaju powder</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Salt, Red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Fresh cream</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Coriander</td><td colspan="3">A few sprigs</td></tr>
</table>
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.
</td>
</tr>
</table>

Indian Cuisine

IC14 VEG HANDVA*

Weight Limit: 0.3 kg

Utensil: 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.(Preheat process)
8. When beeps, keep the MWS flat glass dish on low rack & press start.
9. When beeps, transfer the MWS flat glass dish to high rack & press start.

IC15 ALOO GOBHI

Weight Limit: 0.3-0.5 kg

Utensil: 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.

IC16 MATAR PANEER

Weight Limit: 0.2-0.4 kg

Utensil: 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.

*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>IC17</td><td>GATTE KI SABZI</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>For making gattas</td><td></td><td></td><td></td></tr>
<tr><td>Besan</td><td>100 g</td><td>125 g</td><td>150 g</td></tr>
<tr><td>Red chilli powder, Haldi, Dhania powder, Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td colspan="3">As required</td></tr>
<tr><td>For Sabzi</td><td></td><td></td><td></td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Rai, jeera</td><td>2 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Curry leaves</td><td colspan="3">A few</td></tr>
<tr><td>Sour curd</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Red chilli powder, Haldi, Dhania powder, Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
</table>
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.
</td></tr>
<tr><td>IC18</td><td>GUJARATI TUVAR DAL</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Tuvar dal / Arhar dal (soaked for 2 hours)</td><td>300 g</td></tr>
<tr><td>Water</td><td>600 mL</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td></tr>
<tr><td>Jeera</td><td>½ tsp</td></tr>
<tr><td>Finely chopped ginger</td><td>1 tbsp</td></tr>
<tr><td>Slit green chillies</td><td>3 nos.</td></tr>
<tr><td>Curry leaves</td><td>A few</td></tr>
<tr><td>Chopped tomato</td><td>2 nos.</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td></tr>
<tr><td>Hing</td><td>A pinch</td></tr>
<tr><td>Salt, Turmeric powder, Red chilli powder</td><td>As per taste</td></tr>
<tr><td>Jaggery (Gud)</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
</table>

Indian Cuisine

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC19</td><td>KASHMIRI KAJU PANEER</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Paneer pieces</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Kaju paste</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td><td>6 tsp</td></tr>
<tr><td>Sliced onions</td><td>½ no.</td><td>1 nos.</td><td>1½ nos.</td><td>1½ nos.</td><td>2 nos.</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td></tr>
<tr><td>Chilli powder</td><td colspan="5">As per taste</td></tr>
<tr><td>Khus Khus paste</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2 cup</td></tr>
<tr><td>Milk</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Garam masala, Salt</td><td colspan="5">As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>IC20</td><td>KADHAI CHICKEN</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td></tr>
<tr><td>Methidana</td><td>¼ tsp</td><td>¼ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Onion slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td><td>3½ nos.</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td></tr>
<tr><td>Dhania powder, Red chilli powder, Salt</td><td colspan="5">As per taste</td></tr>
<tr><td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Hara dhania</td><td colspan="5">A few sprigs</td></tr>
<tr><td>Capsicum</td><td>1 no.</td><td>1½ nos.</td><td>2 nos.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Ginger (finely sliced)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4½ tbsp</td></tr>
<tr><td>Cream</td><td colspan="5">For garnishing</td></tr>
</table>
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.
</td></tr>
<tr><td>IC21</td><td>BAIGAN KA BHARTA</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Baigan (Chopped in big pieces)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped onions</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Chopped green chillies</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
<tr><td>Chopped ginger</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped tomato</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Tomato puree</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Salt, Dhania powder, Garam masala, Red chilli powder, Haldi</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped coriander leaves</td><td colspan="3">A few sprigs</td></tr>
</table>
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.
</td></tr>
</table>

IC22 KOFTA CURRY

Weight Limit: 0.1-0.3 kg

Utensil: 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.

IC23 EGG CURRY

Weight Limit: 0.1 ~ 0.3 kg

Utensil: 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.

IC24 JHINGA MATAR CURRY

Weight Limit: 0.2 ~ 0.4 kg

Utensil: 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.

Indian Cuisine

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC25</td><td>DUM TANGRI</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl
&
High rack</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Chicken legs</td><td>5 nos.</td></tr>
<tr><td>For Marinade</td><td></td></tr>
<tr><td>Hung curd</td><td>4 tbsp</td></tr>
<tr><td>Fresh cream</td><td>1 tbsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>½ tbsp</td></tr>
<tr><td>Tandoori chicken masala</td><td>1 tbsp</td></tr>
<tr><td>Kasoori methi</td><td>As required</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala, Pepper</td><td>As per taste</td></tr>
<tr><td>For Gravy</td><td></td></tr>
<tr><td>Fresh tomato paste</td><td>5 tbsp</td></tr>
<tr><td>Onion paste</td><td>5 tbsp</td></tr>
<tr><td>Tomato puree</td><td>3 tbsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Fresh coriander leaves (chopped)</td><td>As required</td></tr>
<tr><td>Salt, Red chilli power, Garam masala, Dhania powder</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>IC26</td><td>MAKKI KORMA</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>Corns</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Peas</td><td>¼ cup</td><td>½ cup</td><td>½ cup</td></tr>
<tr><td>Onion (chopped)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Tomato (chopped)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Green chilli (chopped)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Beaten curd</td><td>4 tbsp</td><td>6 tbsp</td><td>8 tbsp</td></tr>
<tr><td>Water (for boiling)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Water (for cooking)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Salt, Red chilli power, Turmeric powder, Garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
</table>
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.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC27</td><td>LITTI®</td><td>06 Pc</td><td>Multicook tawa
&
Low rack*</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Whole wheat flour</td><td>1 cup</td></tr>
<tr><td>Curd</td><td>¼ cup</td></tr>
<tr><td>Desi ghee</td><td>2 tbsp</td></tr>
<tr><td>Ajwain</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Baking soda</td><td>A pinch</td></tr>
<tr><td>Water (to knead the dough)</td><td>¼ cup</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Sattu</td><td>½ cup</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td></tr>
<tr><td>Chopped coriander</td><td>½ cup</td></tr>
<tr><td>Chopped green chilli</td><td>1 tbsp</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td></tr>
<tr><td>Mustard oil</td><td>1 tbsp</td></tr>
<tr><td>Red chilli pickle masala</td><td>1 tbsp</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>IC28</td><td>CHOKHA</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack**</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Brinjal (peeled & chopped)</td><td>300 g</td></tr>
<tr><td>Onion (chopped)</td><td>1 no.</td></tr>
<tr><td>Tomato (de-seeded & cut into pieces)</td><td>3 nos.</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>2 tbsp</td></tr>
<tr><td>Ginger (chopped)</td><td>1 tsp</td></tr>
<tr><td>Mustard oil</td><td>½ tbsp</td></tr>
<tr><td>Salt, Red chilli powder</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>IC29</td><td>METHI ALOO</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Methi leaves (chopped)</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr>
<tr><td>Big size potato (cut in pieces)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Tomato (chopped)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Green chilli (chopped)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Salt, Red chilli powder, Haldi, Garam masala</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td></tr>
</table>

* Refer Pg. 124 Fig. 1 **Refer Pg. 124 Fig. 2
@Do not put anything in the oven during Preheat mode.

Indian Cuisine

Menu		Weight Limit	Utensil	Instructions
IC30	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.

IC31	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.

IC32	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.

rd1 CHICKEN BIRYANI

Weight Limit: 0.1 ~ 0.5 kg

Utensil: 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.

rd2 GOSHT DUM BIRYANI

Weight Limit: 0.1 ~ 0.5 kg

Utensil: 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.

rd3 PINEAPPLE FRIED RICE

Weight Limit: 0.1 ~ 0.5 kg

Utensil: 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.

rd4 VEG PULAO

Weight Limit: 0.1 ~ 0.5 kg

Utensil: 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.

Rice Delight

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>rd5</td><td>VEG TAHIRI</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>200 mL</td><td>400 mL</td><td>600 mL</td><td>650 mL</td><td>750 mL</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Jeera, Laung, Tej patta, Salt, Garam masala, Haldi, Red chilli powder</td><td colspan="5">As per taste</td></tr>
<tr><td>Mix veg - Gobhi, Matar, Gajar, Tomato, Potato</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr>
</table>
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.
</td></tr>
<tr><td>rd6</td><td>MALABAR BIRYANI</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td><td></td><td></td></tr>
<tr><td>Salt, Red chilli powder,Turmeric powder</td><td colspan="5">As per taste</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Salt, Biryani masala</td><td colspan="5">As per taste</td></tr>
<tr><td>Curd</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Sliced tomato</td><td>1 No.</td><td>1 No.</td><td>2 Nos.</td><td>2 Nos.</td><td>3 Nos.</td></tr>
<tr><td>Sliced onion</td><td>1 No.</td><td>1 No.</td><td>2 Nos.</td><td>2 Nos.</td><td>3 Nos.</td></tr>
<tr><td>Water</td><td>200 mL</td><td>400 mL</td><td>600 mL</td><td>650 mL</td><td>750 mL</td></tr>
</table>
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.
</td></tr>
<tr><td>rd7</td><td>PEPPER RICE</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Soaked Rice (2 hours)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>200 mL</td><td>400 mL</td><td>600 mL</td><td>650 mL</td><td>750 mL</td></tr>
<tr><td>Dry coconut</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4½ tbsp</td><td>5 tbsp</td></tr>
<tr><td>Green chilli (Chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr>
<tr><td>Garlic (Chopped)</td><td>2 cloves</td><td>3 cloves</td><td>4 cloves</td><td>5 cloves</td><td>6 cloves</td></tr>
<tr><td>Ghee</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td><td>3½ tbsp</td></tr>
<tr><td>Salt</td><td colspan="5">As per taste</td></tr>
<tr><td>Pepper</td><td colspan="5">As per taste</td></tr>
<tr><td>Seasoning</td><td></td><td></td><td></td><td></td><td></td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Black gram dal</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Bengal gram dal</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Curry leaves</td><td colspan="5">A few leaves</td></tr>
<tr><td>Dry red chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr>
</table>
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, pepper. Mix well & press start. Stand for 5 minutes. Add grated coconut & serve hot.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>rd8</td><td>ZAFRANI PULAO</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati rice</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Melted ghee</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Nutmeg powder, Cardamon powder</td><td colspan="5">As per taste</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Saffron (Kesar)</td><td colspan="5">A pinch</td></tr>
<tr><td>Warm milk</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Water</td><td>150 mL</td><td>300 mL</td><td>350 mL</td><td>650 mL</td><td>750 mL</td></tr>
<tr><td>Kishmish, Kaju</td><td colspan="5">As per required</td></tr>
</table>
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.
</td></tr>
<tr><td>rd9</td><td>BENGALI BIRYANI</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati Rice (Cooked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Fish (Hilsa)</td><td>250 g</td><td>350 g</td><td>450 g</td><td>550 g</td><td>650 g</td></tr>
<tr><td>Desi Ghee</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Onion (sliced)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Ginger-garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td></tr>
<tr><td>Red chilli powder, Salt, Turmeric powder, Cumin powder, Garam masala</td><td colspan="5">As per taste</td></tr>
<tr><td>Black pepper corns, Cloves, Cinnamon, Bayleaf, Cardamom (green)</td><td colspan="5">As per requirement</td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td></tr>
<tr><td>Water</td><td>200 mL</td><td>400 mL</td><td>600 mL</td><td>650 mL</td><td>750 mL</td></tr>
</table>
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.
</td></tr>
<tr><td>rd10</td><td>KHUMB PULAO</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati Rice (Soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Sliced mushrooms</td><td>50 g</td><td>100 g</td><td>150 g</td><td>200 g</td><td>250 g</td></tr>
<tr><td>Water</td><td>100 mL</td><td>200 mL</td><td>300 mL</td><td>325 mL</td><td>375 mL</td></tr>
<tr><td>Milk</td><td>100 mL</td><td>200 mL</td><td>300 mL</td><td>325 mL</td><td>375 mL</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Chopped spring onions</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr>
<tr><td>Chopped garlic</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Salt, Pepper</td><td colspan="5">As per taste</td></tr>
</table>
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.
</td></tr>
</table>

Rice Delight

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>rd11</td><td>TIRANGA PULAO</td><td>0.2 ~ 0.4kg</td><td>Microwave safe (MWS) bowl
&
Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Rice (soaked for 1 hour)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Water</td><td>350 mL</td><td>500 mL</td><td>650 mL</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>For Red Mixture</td><td></td><td></td><td></td></tr>
<tr><td>Beat root (grated)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Onion (sliced)</td><td>½ nos.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Oil / ghee</td><td>½ tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Laung, Dalchini, Chhoti elaichi</td><td colspan="3">As requite</td></tr>
<tr><td>For White Mixture</td><td></td><td></td><td></td></tr>
<tr><td>Cashewnuts (broken into pieces)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Oil / ghee</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>For Green Mixture</td><td></td><td></td><td></td></tr>
<tr><td>Mint leaves</td><td>½ cup</td><td>1cup</td><td>1 cup</td></tr>
<tr><td>Coriander leaves</td><td>½ cup</td><td>1cup</td><td>1 cup</td></tr>
<tr><td>Onion</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>rd12</td><td>EGG BIRYANI</td><td>0.1 ~ 0.3kg</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>Boiled eggs</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>200 mL</td><td>350 mL</td><td>500 mL</td></tr>
<tr><td>Onions (Big sized sliced)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala, Dhania powder, Turmeric powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Biryani masala</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Slit green chillies</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
</table>
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.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>rd13</td>
<td>ACHARI CHANA PULAO</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>Soaked rice</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Soaked & boiled kabuli chana</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Sliced onions</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Water</td><td>200 mL</td><td>350 mL</td><td>500 mL</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Laung, Chhoti elaichi, Badi elaichi, Saunf, Jeera</td><td colspan="3">As per requirement</td></tr>
<tr><td>Salt, Red chilli powder,Garam masala, Haldi</td><td colspan="3">As per taste</td></tr>
<tr><td>Mango pickle paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Slit green chilli</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
</table>
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.
</td>
</tr>
<tr>
<td>rd14</td>
<td>METHI RICE</td>
<td>0.1 ~ 0.3kg</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>Methi leaves (chopped)</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Soaked rice</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>200 mL</td><td>350 mL</td><td>500 mL</td></tr>
<tr><td>Onions (sliced)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil / ghee</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
</table>
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.
</td>
</tr>
<tr>
<td>rd15</td>
<td>COCONUT RICE</td>
<td>0.1 ~ 0.3kg</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>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>1 cup</td></tr>
<tr><td>Coconut (grated)</td><td>¼ cup</td><td>½ cup</td><td>0.3 kg</td></tr>
<tr><td>Coconut milk</td><td>100 mL</td><td>200 mL</td><td>300 mL</td></tr>
<tr><td>Water</td><td>100 mL</td><td>150 mL</td><td>200 mL</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped cashewnuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Curry leaves</td><td>10 nos.</td><td>15 nos.</td><td>20 nos.</td></tr>
<tr><td>Chopped green chilli</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt & pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Finely chopped ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Beaten curd</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
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.
</td>
</tr>
</table>

Rice Delight

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>rd16</td><td>CURD RICE</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati Rice (Soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>200 mL</td><td>400 mL</td><td>600 mL</td><td>650 mL</td><td>750 mL</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Urad dal</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Chana dal</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Curry leaves</td><td colspan="5">A few leaves</td></tr>
<tr><td>Green chillies (chopped)</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Grated ginger</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Curd</td><td>½ cup</td><td>½ cup</td><td>1cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Milk</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Coriander leaves (chopped)</td><td colspan="5">A few sprigs</td></tr>
</table>
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.
</td></tr>
</table>

Kids' Delight

In the following example, show you how to cook 0.3 kg of Veg Burger

1. ***Press STOP/CLEAR.**



2. **Press Kids' Delight**



The display will show ' CF 1'

3. **Keep pressing the Kids' Delight key until display shows ' CF10'**

4. **Press -Less/ +More to set the weight 0.3kg**



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



6. **When cooking you can increase or decrease cooking time by pressing -Less/ +More keys.**



NOTE

- **Kids' Delight cook menus are programmed.**
- **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 "0", do not press STOP/CLEAR, go directly to step 2.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF1</td><td>CORN CHAAT</td><td>0.1 ~ 0.3 kg</td><td>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>Sweet corn</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Mix fruits (Pomegranate, Cucumber, Apple)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Salt, Red chilli powder, Chaat masala, Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>CF2</td><td>VERMICELLI KHICHDI</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>Roasted vermicelli</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Rai, Urad dal, Curry leaves</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Chopped tomato</td><td>1 No.</td><td>2 Nos.</td><td>3 Nos.</td></tr>
<tr><td>Salt, Red chilli powder, Haldi, Garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>400 mL</td><td>800 mL</td><td>1200 mL</td></tr>
<tr><td>Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>CF3</td><td>OMELETTE</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Eggs</td><td>2 Nos.</td><td>3 Nos.</td><td>4 Nos.</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Chopped onion, Tomato, Coriander leaves</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Salt, Pepper</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. Beat the eggs well & add salt, pepper & coriander leaves.
2. Add oil, tomato & onion to MWS flat glass dish. Select menu & weight and press start.
3. When beeps, add the egg mixture. Cover & press start. Allow to stand for 3 minutes.
</td></tr>
<tr><td>CF4</td><td>PIZZA@</td><td>0.3 kg</td><td>Low rack
&
High rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Pizza base</td><td>1 Big pizza base</td></tr>
<tr><td>Topping</td><td>3 tbsp</td></tr>
<tr><td>Mix Vegetables - Tomato, Capsicum, Onion</td><td>1 cup</td></tr>
<tr><td>Grated Cheese</td><td>1/2 cup</td></tr>
<tr><td>Oregano & Chilli flakes (Optional)</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
</table>

@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>CF5</td><td>GARLIC BREAD@</td><td>0.3 kg</td><td>Low Rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Bread slices (French Bread)</td><td>3 slices</td></tr>
<tr><td>Butter</td><td>5 tbsp</td></tr>
<tr><td>Garlic paste</td><td>2 tbsp</td></tr>
<tr><td>Grated cheese</td><td>4 tbsp</td></tr>
<tr><td>Salt, Pepper, Oregano, Chilli flakes</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>CF6</td><td>BREAD PUDDING</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Bread slices</td><td>2 Nos.</td><td>3 Nos.</td><td>4 Nos.</td></tr>
<tr><td>Milk (for dipping the bread)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Egg</td><td>1 Nos.</td><td>2 Nos.</td><td>2 Nos.</td></tr>
<tr><td>Vanilla essence</td><td>½ tsp</td><td>¾ tsp</td><td>1 tsp</td></tr>
<tr><td>Sugar</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Dry fruits</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>CF7</td><td>CHEESY NACHOS</td><td>0.3 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Nachos</td><td>300 g</td></tr>
<tr><td>Grated cheese</td><td>1 cup</td></tr>
<tr><td>Pizza sauce</td><td>6 tbsp</td></tr>
<tr><td>Chopped onion, Tomato</td><td>2 cups</td></tr>
</table>
Method :
1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select menu & press start.
</td></tr>
<tr><td>CF8</td><td>CHOCOLATE BALLS</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>Milkmaid</td><td>1 cup</td></tr>
<tr><td>Marie biscuit powder</td><td>1 cup</td></tr>
<tr><td>Milk powder</td><td>½ cup</td></tr>
<tr><td>Bournvita</td><td>½ cup</td></tr>
<tr><td>Grated coconut</td><td>½ cup</td></tr>
</table>
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.
</td></tr>
<tr><td>CF9</td><td>STRAWBERRY CUSTARD</td><td>0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Milk</td><td>1 cup</td></tr>
<tr><td>Strawberry custard powder</td><td>3 tbsp</td></tr>
<tr><td>Sugar</td><td>50 g</td></tr>
<tr><td>Strawberry pieces</td><td>As required</td></tr>
</table>
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.
</td></tr>
</table>

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

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF10</td><td>VEG BURGER</td><td>0.1 ~ 0.3 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Burger buns</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>For Tikkis</td><td></td><td></td><td></td></tr>
<tr><td>Potatoes (boiled)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Boiled peas</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala, Chaat masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Cornflour</td><td colspan="3">For binding</td></tr>
<tr><td>Tomato slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Onion slices</td><td>2 no.</td><td>4 nos.</td><td>6 nos.</td></tr>
<tr><td>Cheese slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Butter</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Tomato sauce</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>CF11</td><td>CHOCO BARS</td><td>0.2 kg</td><td>Microwave safe (MWS) glass bowl
&
Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Chocolate chips</td><td>½ cup</td></tr>
<tr><td>Oats (crushed)</td><td>1 cup</td></tr>
<tr><td>Honey</td><td>3 tbsp</td></tr>
<tr><td>Brown sugar</td><td>4 tbsp</td></tr>
<tr><td>Butter (softened)</td><td>8 tbsp</td></tr>
<tr><td>Chopped nuts (Almonds, Pistachio, Walnut)</td><td>As required</td></tr>
</table>
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.
</td></tr>
</table>

*Refer to Pg. 124 Fig. 2

Menu		Weight Limit	Utensil	Instructions
CF12	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)

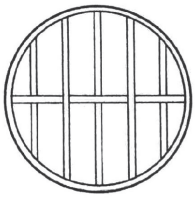


Fig -1

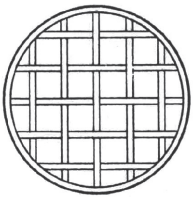


Fig -2

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. When beeps, 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.

CF13	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 Preheat mode.
Refer Pg. 124 Fig. 4
**Refer Pg. 124 Fig. 1

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF14</td><td>NOODLE ROSTI</td><td>0.2 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For Rosti</td><td></td></tr>
<tr><td>Boiled whole wheat noodles</td><td>¾ cup</td></tr>
<tr><td>Grated paneer</td><td>¼ cup</td></tr>
<tr><td>Grated mozarella cheese</td><td>¼ cup</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Coriander (chopped)</td><td>2 tbsp</td></tr>
<tr><td>For Topping</td><td></td></tr>
<tr><td>Mixed shredded vegetables (Carrot, Cabbage, Capsicum)</td><td>½ cup</td></tr>
<tr><td>Boiled bean sprouts</td><td>¼ cup</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Tomato ketchup</td><td>4 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>CF15</td><td>BREAD ROLLS</td><td>10 Pc</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>10 Pc</td></tr>
<tr><td>Bread slices</td><td>10 slices</td></tr>
<tr><td>For filling</td><td></td></tr>
<tr><td>Boiled potatoes</td><td>200 g</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos</td></tr>
<tr><td>Chat masala, Garam masala, Salt, Red chilli powder, Pepper</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>For brushing</td></tr>
</table>
Method :
1. Take the bread slices & cut the edges.
2. Mix all the ingredients for filling in a bowl.
3. Take bread slices one by one & soak in water. Squeeze & drain extra.
4. Fill in the prepared potato mixture & shape into cylindrical rolls.
5. Brush with some oil. Prepare all the rolls.
6. Grease the multicook tawa with some oil.
7. Keep the roll in multicook tawa & keep the tawa on high rack.
8. Select menu & press start.
9. When beeps, turn over & press start.
10. When beeps, again turn over & press start. Serve with sauce or chutney of your choice.
</td></tr>
</table>

* Refer Pg. 124 Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA1</td><td>CHOCOLATE CAKE@</td><td>0.4 kg</td><td>Metal Cake Tin**
&
Low Rack</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>110 g</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Cocoa powder</td><td>50 g</td></tr>
<tr><td>Curd</td><td>70 mL</td></tr>
<tr><td>Powder sugar</td><td>100 g</td></tr>
<tr><td>Egg</td><td>1 no.</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
<tr><td>Oil</td><td>50 mL</td></tr>
</table>
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.
</td></tr>
<tr><td>bA2</td><td>NAN KHATAI@</td><td>0.4 kg</td><td>Multicook tawa*
&
Low rack</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>150 g</td></tr>
<tr><td>Suji</td><td>50 g</td></tr>
<tr><td>Powdered sugar</td><td>85 g</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
<tr><td>Butter</td><td>100 g</td></tr>
<tr><td>Almonds & cashewnuts</td><td>A few</td></tr>
</table>
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.
</td></tr>
<tr><td>bA3</td><td>CHENA PODA@</td><td>0.3 kg</td><td>Low rack
&
Microwave safe (MWS) flat glass dish
&
High rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Chena</td><td>300 g</td></tr>
<tr><td>Sugar</td><td>100 g</td></tr>
<tr><td>Suji</td><td>20 g</td></tr>
</table>
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.
</td></tr>
<tr><td>bA4</td><td>VANILLA CAKE@</td><td>0.4 kg</td><td>Metal Cake Tin**
&
Low Rack</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Powdered Sugar</td><td>75 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Eggs</td><td>1 no.</td></tr>
<tr><td>Baking Powder</td><td>1 tsp</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
</table>
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.
</td></tr>
</table>

@ Do not put anything in the oven during the Preheat mode
*Refer Pg.124 Fig.4
**Refer Pg.124 Fig.1

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA5</td><td>SWISS ROLL®</td><td>0.2 kg</td><td>Multicook tawa
&
Low Rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>80 g</td></tr>
<tr><td>Condensed Milk (Milkmaid)</td><td>100 mL</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Soda bicarb</td><td>¼ tsp</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
<tr><td>Mix fruit jam</td><td>2 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>bA6</td><td>CARROT CAKE®</td><td>0.3 kg</td><td>Metal Cake Tin**
&
Low Rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>110 g</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Grated carrot</td><td>½ cup</td></tr>
<tr><td>Curd</td><td>70 mL</td></tr>
<tr><td>Powdered sugar</td><td>100 g</td></tr>
<tr><td>Egg</td><td>1 no.</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
</table>
Method :
1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.
2. Sieve maida, baking powder & add grated carrot to it.
3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well. Add the milk 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.
</td></tr>
<tr><td>bA7</td><td>CHOCOLATE® COOKIES</td><td>0.3 kg</td><td>Multicook tawa*
&
Low rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>200 g</td></tr>
<tr><td>Powdered sugar</td><td>100 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Baking powder</td><td>A pinch</td></tr>
<tr><td>Cocoa powder</td><td>2-3 tbsp</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
</table>
Method :
1. Sieve maida, cocoa powder & baking powder together. In a bowl cream butter & sugar together.
2. Add maida to the creamed butter & sugar. Add vanilla essence.
3. Mix well to make a soft dough.
4. Roll out the dough on rolling board & cut with a cookie cutter.
5. Select the menu & press start. (Preheat process)
6. When beeps, place the cookies on tawa & place the tawa on low rack.. Press start.
</td></tr>
</table>

@ Do not put anything in the oven during the Preheat mode
* Refer Pg. 124 Fig. 1
**Refer Pg. 124 Fig. 4

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA8</td><td>JEERA BISCUITS®</td><td>0.2 kg</td><td>Low rack
&
Multi cook tawa*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>120 g</td></tr>
<tr><td>Powdered suger</td><td>50 g</td></tr>
<tr><td>Butter</td><td>50 g</td></tr>
<tr><td>Jeera / Ajwain</td><td>As per taste</td></tr>
<tr><td>Soda bi carb</td><td>1 pinch</td></tr>
<tr><td>Baking powder</td><td>1/4 tsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
</table>
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.
</td></tr>
<tr><td>bA9</td><td>LAMINGTON® CAKE</td><td>0.4 kg</td><td>Low rack
&
Metal cake tin**
&
Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Powdered sugar</td><td>75 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Eggs</td><td>1 No.</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
<tr><td>For Lamington solution - Coco powder</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>1 cup</td></tr>
<tr><td>Desiccated coconut</td><td>As required</td></tr>
<tr><td>Cornflour</td><td>1 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>bA10</td><td>DOUGHNUTS®</td><td>0.2 kg</td><td>Multicook tawa*
&
Low rack</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>½ tbsp</td></tr>
<tr><td>Luke warm milk</td><td>100 mL</td></tr>
<tr><td>Powdered sugar</td><td>50 g</td></tr>
<tr><td>Nutmeg powder</td><td>A pinch</td></tr>
<tr><td>Egg</td><td>½ (beaten)</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
<tr><td>Butter</td><td>1 tbsp</td></tr>
</table>
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)
5. 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.
</td></tr>
</table>

@ Do not put anything in the oven during the Preheat mode
*Refer Pg.124 Fig. 1

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA11</td><td>WHOLE WHEAT COOKIES@</td><td>0.3 kg</td><td>Multicook tawa
&
Low rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Whole wheat flour</td><td>200 g</td></tr>
<tr><td>Brown sugar</td><td>100 g</td></tr>
<tr><td>Granulated sugar</td><td>50 g</td></tr>
<tr><td>Butter</td><td>100 g</td></tr>
<tr><td>Egg</td><td>1 No.</td></tr>
<tr><td>Vanilla essence</td><td>½ tsp</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td></tr>
</table>
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.
</td></tr>
<tr><td>bA12</td><td>BUNS@</td><td>04 Pc</td><td>Multicook tawa
&
Low rack*</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Maida</td><td>1½ cup</td></tr>
<tr><td>Salt</td><td>1 tsp</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td></tr>
<tr><td>Dry yeast</td><td>1½ tsp</td></tr>
<tr><td>Beaten egg</td><td>1 no.</td></tr>
<tr><td>Milk powder</td><td>1 tbsp</td></tr>
<tr><td>Warm water</td><td>100 mL</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>bA13</td><td>APPLE CUP CAKES@</td><td>0.4 kg</td><td>Metal muffin tray
&
Low rack</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>1 cup</td></tr>
<tr><td>Apple (peeled & pureed)</td><td>½ cup</td></tr>
<tr><td>Powdered sugar</td><td>½ cup</td></tr>
<tr><td>Brown sugar</td><td>¼ cup</td></tr>
<tr><td>Butter (softened)</td><td>50 g</td></tr>
<tr><td>Cinnamon powder, Clove powder, Nutmeg powder</td><td>A pinch (each)</td></tr>
<tr><td>Eggs</td><td>2 nos.</td></tr>
<tr><td>Chopped almonds</td><td>2 tbsp</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td></tr>
</table>
Method :
1. In a dry & clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt & mix with a fork & keep aside.
2. In anaother 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.
</td></tr>
</table>

* Refer Pg. 124 Fig. 1
@Do not put anything in the oven during Pre heat mode.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA14</td><td>EGGLESS CHOCOLATE CAKE@</td><td>0.5 kg</td><td>Metal cake tin
&
Low rack**</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Maida</td><td>125 g</td></tr>
<tr><td>Coco powder</td><td>2 tbsp</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Soda bi carb</td><td>½ tsp</td></tr>
<tr><td>Milkmaid</td><td>200 mL</td></tr>
<tr><td>Water</td><td>100 mL</td></tr>
<tr><td>Butter (melted)</td><td>60 mL</td></tr>
</table>
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.
</td></tr>
<tr><td>bA15</td><td>CHEESE STRAW®</td><td>0.2 kg</td><td>Multicook tawa*
&
Low rack</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Grated cheese</td><td>25 g</td></tr>
<tr><td>Butter</td><td>50 g</td></tr>
<tr><td>Cold water</td><td>As required</td></tr>
<tr><td>Pepper powder</td><td>1/4 tsp</td></tr>
<tr><td>Baking powder</td><td>1/8 tsp</td></tr>
<tr><td>Chilli powder</td><td>1/2 tsp</td></tr>
<tr><td>Salt</td><td>1/4 tsp</td></tr>
</table>
Method :
1. Sieve maida, baking powder, chilli powder and pepper powder. In a bowl add maida and butter and cheese and rub it with fingertips till it resembles breadcrumbs. Add little cold water to make a soft dough. Roll it in to ½ cm thick roti and cut thin strips. Twist them and put in the metal cake tin.
2. Select menu & press start. (Preheat process).
3. When beeps, put the tawa on low rack. Press start to bake. Remove when it gives a beep.
</td></tr>
<tr><td>bA16</td><td>PATTIES®</td><td>03 Pc</td><td>Multicook tawa
&
Low rack
&
High rack</td><td>
<table>
<tr><td>For</td><td>3 Pc</td></tr>
<tr><td>Maida</td><td>200 g</td></tr>
<tr><td>Salt</td><td>1/2 tsp</td></tr>
<tr><td>Cold fat (Butter or margarine)</td><td>100 g</td></tr>
<tr><td>Cold water</td><td>For making dough</td></tr>
<tr><td>Dry mix vegetables for stuffing</td><td>As required</td></tr>
</table>
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.
</td></tr>
</table>



Fig. 1



Fig. 2



Fig. 3


Fig. 4

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

* Refer Pg. 124 Fig. 1

**Refer Pg. 124 Fig. 4

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA17</td><td>MASALA BISCUITS@</td><td>0.2 kg</td><td>Low rack
&
Multi cook tawa*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Butter</td><td>50 g</td></tr>
<tr><td>Sugar</td><td>50 g</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Salt, Chilli powder, Coriander powder</td><td>As per taste</td></tr>
</table>
Method :
1. Sieve maida & baking powder together. Cream butter & sugar together.
2. Add maida to the butter & cream mixure. Add salt, chilli powder & coriander powder. Mix them well adding little water (if required) to form a soft dough.
3. Roll out the dough & shape into biscuits with the help of a biscuit cutter.
4. Select menu & press start. (Preheat process)
5. When beeps, keep the biscuits on the multi cook tawa & place the tawa on low rack & press start.
</td></tr>
<tr><td>bA18</td><td>PINWHEEL COOKIES@</td><td>0.2 kg</td><td>Multicook tawa
&
Low rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>2½ cups</td></tr>
<tr><td>Butter (melted)</td><td>½ cup</td></tr>
<tr><td>Powdered sugar</td><td>¾ cup</td></tr>
<tr><td>Egg (beaten)</td><td>1 no.</td></tr>
<tr><td>Coco powder</td><td>2 tbsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
</table>
Method :
1. In a bowl take melted butter & powdered sugar. Beat well with beater till creamy & fluffy.
2. Add beaten egg & vanilla essence & again beat. Sift together maida, salt, baking powder. Add sifted flour to the beaten mixture & knead a dough.
3. Divide the dough into 2 parts. Add coco powder to one portion & knead again. Add 1 tbsp milk to knead the dough (if required).
4. Dust the kitchen slab with little flour (maida) & roll plain dough into a rectangle & roll chocolate dough in the same way. Place on top of plain rolled out dough.
5. Roll out both doughs until ½" thick. Starting from one-edge roll the doughs, give the shape of a log. Cut the cookies of ¼" thickness.
6. Select 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.
</td></tr>
</table>

* Refer Pg. 124 Fig. 1

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

Sweet & Spicy

In the following example, show you how to cook 0.2 kg of Kalakand

1. ***Press STOP/CLEAR.**



2. **Press Sweet & Spicy**



The display will show ' SC 1'

3. **Keep pressing the Sweet & Spicy key until display shows ' SC 8'**

4. **Press-Less/ +More to set the weight 0.2 kg**



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



6. **When cooking you can increase or decrease cooking time by pressing -Less/ +More keys.**



NOTE

- **Sweet & Spicy cook menus are programmed.**
- **Sweet & Spicy 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 "0", do not press STOP/CLEAR, go directly to step 2.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SC1</td><td>SUJI HALWA</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (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>Suji</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Ghee (melted)</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Water</td><td>300 mL</td><td>600 mL</td><td>900 mL</td></tr>
<tr><td>Sugar</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Cashewnuts, Kishmish, Kesar, Elaichi powder</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u>
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.
</td></tr>
<tr><td>SC2</td><td>BESAN LADOO</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Besan</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Ghee (melted)</td><td>3 tbsp</td><td>5 tbsp</td><td>7 tbsp</td></tr>
<tr><td>Powder sugar</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Elaichi powder</td><td>1/2 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
</table>
<u>Method :</u>
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.
</td></tr>
<tr><td>SC3</td><td>KHEER</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>Milk</td><td>100 mL</td><td>200 mL</td><td>300 mL</td></tr>
<tr><td>Milkmaid</td><td>150 mL</td><td>200 mL</td><td>300 mL</td></tr>
<tr><td>Seviyan (roasted)</td><td>20 g</td><td>40 g</td><td>60 g</td></tr>
<tr><td>Badam, Pista pieces</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Kesar, Elaichi powder</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>SC4</td><td>MYSORE PAK</td><td>0.3 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Besan</td><td>100 g</td></tr>
<tr><td>Melted ghee</td><td>100 mL</td></tr>
<tr><td>Powdered sugar</td><td>100 g</td></tr>
<tr><td>Milk</td><td>¼ cup</td></tr>
</table>
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.
</td></tr>
<tr><td>SC5</td><td>NARIYAL BURFI</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>Grated coconut</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Milkmaid</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Milk powder</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Elaichi powder</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
</table>
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
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SC6</td><td>SEVIYAN ZARDA</td><td>0.2 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Roasted Seviyan</td><td>200 g</td></tr>
<tr><td>Sugar</td><td>5 tbsp</td></tr>
<tr><td>Water</td><td>3 cups</td></tr>
<tr><td>Rose essence</td><td>A few drops</td></tr>
<tr><td>Almonds</td><td>A few</td></tr>
<tr><td>Chopped pista</td><td>A few</td></tr>
<tr><td>Elaichi powder</td><td>½ tsp</td></tr>
<tr><td>Ghee</td><td>1 ½ tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>SC7</td><td>BURFI</td><td>0.3 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Milk powder</td><td>100 g</td></tr>
<tr><td>Milkmaid</td><td>100 mL</td></tr>
<tr><td>Cream</td><td>100 mL</td></tr>
<tr><td>Corn flour</td><td>4 tbsp</td></tr>
<tr><td>Chopped almonds & pistas</td><td>As required</td></tr>
</table>
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.
</td></tr>
<tr><td>SC8</td><td>KALAKAND</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>Grated paneer</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Milkmaid</td><td>50 mL</td><td>100 mL</td><td>200 mL</td></tr>
<tr><td>Milk powder</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Cornflour</td><td>1/2 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Elaichi powder</td><td>1/2 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
</table>
<u>Method :</u>
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.
</td></tr>
<tr><td>SC9</td><td>PAYASAM</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>Broken rice (soaked for 2 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Milk & Water</td><td>300 mL</td><td>500 mL</td><td>700 mL</td></tr>
<tr><td>Sugar</td><td>75 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Kesar, Elaichi powder, Dry fruits</td><td colspan="3">As per taste</td></tr>
<tr><td>Ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>SC10</td><td>SANDESH</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Paneer (grated)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Milkmaid</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Rose water</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Elaichi seeds</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Chopped pista</td><td colspan="3">A few</td></tr>
<tr><td>Khoa (mashed)</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
</table>
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.
</td></tr>
</table>

SC11 SHAHI RABDI

Weight Limit: 0.3 kg

Utensil: 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.

SC12 SHAHI TUKDA

Weight Limit: 0.1 ~ 0.3 kg

Utensil: 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.

SC13 KADDU KHEER

Weight Limit: 0.5 kg

Utensil: 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.

SC14 RAVA LADOO

Weight Limit: 0.5 kg

Utensil: 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>SC15</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>
Method :
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>SC16</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>
Method :
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>

Menu		Weight Limit	Utensil	Instructions
CC1	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.
CC2	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.
CC3	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.
CC4	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.
CC5	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.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CC6</td><td>MASALA CHUTNEY</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>Chana dal, Urad dal</td><td>100 g each</td></tr>
<tr><td>Grated dry coconut</td><td>100 g</td></tr>
<tr><td>Sesame, Salt, Sugar, Turmeric, Dhania powder, Jeera powder, Curry leaves, Methi seeds</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
</table>
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.
</td></tr>
<tr><td>CC7</td><td>LEHSUN KI CHUTNEY</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Chopped tomatoes</td><td>180 g</td></tr>
<tr><td>Chopped garlic</td><td>20 g</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Haldi, Red chilli powder, Salt</td><td>As per taste</td></tr>
<tr><td>Water</td><td>¼ cup</td></tr>
</table>
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.
</td></tr>
<tr><td>CC8</td><td>MANCHURIAN SAUCE</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Water</td><td>1½ cups (300 mL)</td></tr>
<tr><td>Vinegar sauce</td><td>1 tbsp</td></tr>
<tr><td>Soya sauce</td><td>1 tsp</td></tr>
<tr><td>Tomato sauce</td><td>½ cup</td></tr>
<tr><td>Ajinomoto (optional)</td><td>A pinch</td></tr>
<tr><td>Cornflour</td><td>2 tbsp + ½ cup water</td></tr>
</table>
Method :
1. In a MWS bowl add all the ingredients. Select menu & press start.
</td></tr>
<tr><td>CC9</td><td>AAM KI CHUTNEY</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Aam (peeled & chopped)</td><td>300 g</td></tr>
<tr><td>Kishmish (seedless & chopped)</td><td>25 g</td></tr>
<tr><td>Chopped ginger & garlic</td><td>2 tsp</td></tr>
<tr><td>Tamarind pulp</td><td>1 tbsp</td></tr>
<tr><td>Salt, Sugar</td><td>As per taste</td></tr>
</table>
Method :
1. In a MWS bowl mix all the ingredients. Cover. Select menu & press start.
</td></tr>
<tr><td>CC10</td><td>COCONUT CHUTNEY</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>Fresh grated coconut</td><td>300 g</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td></tr>
<tr><td>Chopped ginger</td><td>½ tbsp</td></tr>
<tr><td>Roasted split gram dal (optional)</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>For tempering</td><td></td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td></tr>
<tr><td>Broken dry red chillies</td><td>1 no.</td></tr>
<tr><td>Curry leaves</td><td>A few</td></tr>
</table>
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.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CC11</td><td>TIL KI CHUTNEY</td><td>0.2 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Roasted til</td><td>½ cup</td></tr>
<tr><td>Tamarind paste</td><td>2 tbsp</td></tr>
<tr><td>Green chilli</td><td>4-5 nos.</td></tr>
<tr><td>Coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Mint leaves</td><td>1 tbsp</td></tr>
<tr><td>Water</td><td>½ cup</td></tr>
<tr><td>Garlic pods</td><td>2-3 nos.</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>For Tempering</td><td></td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Cumin seeds</td><td>1 tsp</td></tr>
<tr><td>Curry leaves</td><td>6-7 nos.</td></tr>
<tr><td>Red chilli (dry)</td><td>2 nos.</td></tr>
</table>
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.
</td></tr>
</table>

24 Hours

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

1. ***Press STOP/CLEAR.**



2. **Press 24 Hours**



The display will show ' bF 1'

3. **Keep pressing the 24 Hours key until display shows ' Sn 1'**

4. **Press-Less/ +More to set the weight 0.1kg**



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



6. **When cooking you can increase or decrease cooking time by pressing -Less/ +More keys.**



NOTE

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

*** Note : If display is blank, press STOP/CLEAR.**
If display shows "0", do not press STOP/CLEAR, go directly to step 2.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bF1</td><td>POHA</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (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>Poha (washed)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Rai, Jeera, Hing, Haldi, Curry leaves</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped onion</td><td>1/2 cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Green chillies</td><td>1 No.</td><td>2 Nos.</td><td>3 Nos.</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala, sugar</td><td colspan="3">As per taste</td></tr>
<tr><td>Grated coconut & Hara dhania</td><td colspan="3">For garnishing</td></tr>
</table>
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.
</td></tr>
<tr><td>bF2</td><td>UPMA</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>Suji</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Water</td><td>200 mL</td><td>400 mL</td><td>600 mL</td></tr>
<tr><td>Salt, Sugar, Red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Onion</td><td>1 No.</td><td>2 Nos.</td><td>2 Nos.</td></tr>
<tr><td>Green chilli</td><td>2 No.</td><td>3 Nos.</td><td>3 Nos.</td></tr>
<tr><td>Chopped carrots, peas, sweet corns</td><td>½ cup</td><td>1 cup</td><td>1½ cups</td></tr>
<tr><td>Rai, Jeera, Hing, Curry leaves, Urad dal</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u>
1. In a MWS 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.
</td></tr>
<tr><td>bF3</td><td>DALIYA</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>Daliya</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Sugar or gud</td><td>75 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Ghee (melted)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Water</td><td>300 mL</td><td>600 mL</td><td>900 mL</td></tr>
<tr><td>Elaichi powder, Nutmeg powder, Cashewnuts</td><td colspan="3">As per taste</td></tr>
<tr><td>Milk</td><td colspan="3">As required</td></tr>
</table>
Method :
1. In a MWS bowl, add daliya & ghee. Mix well.
2. Select menu & weight and press start.
3. When beeps, mix, add water, sugar or gud, elaichi, powder/nutmeg powder, cashewnuts. Mix well & press start. Stand for 5 minutes. Serve with hot milk.
Note: If you are using gud for sweetness then add nutmeg powder & add elaichi powder if using sugar for sweetness.
</td></tr>
<tr><td>bF4</td><td>SABUDANA KHICHDI</td><td>0.1 ~ 0.5 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><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Sabudana (soaked for 2 hours)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Rai, Salt, Lemon juice, Chopped green chillies</td><td colspan="5">As per taste</td></tr>
<tr><td>Potatoes (boiled & chopped)</td><td>1 No.</td><td>2 Nos.</td><td>3 Nos.</td><td>3 Nos.</td><td>4 Nos.</td></tr>
<tr><td>Coriander leaves</td><td colspan="5">A few springs</td></tr>
</table>
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.
</td></tr>
</table>

bF5 VEG SANDWICH

Weight Limit: 0.1 ~ 0.3 kg

Utensil: 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.

bF6 VEN PONGAL

Weight Limit: 0.1 ~ 0.5 kg

Utensil: 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.

bF7 PANEER SANDWICH

Weight Limit: 0.1 ~ 0.3 kg

Utensil: 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.

bF8 USAL

Weight Limit: 0.1 ~ 0.3 kg

Utensil: 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.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bF9</td><td>SCRAMBLED EGGS</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Eggs</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Milk</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt, Pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Butter / oil</td><td colspan="3">For greasing</td></tr>
<tr><td>Coriander leaves (chopped)</td><td colspan="3">For garnishing</td></tr>
</table>
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.
</td></tr>
<tr><td>bF10</td><td>UGGANI</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Puffed rice (murmura)</td><td>150 g</td></tr>
<tr><td>Besan (roasted)</td><td>2 tbsp</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
<tr><td>Mustard seeds (spluttered)</td><td>1 tsp</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr>
<tr><td>Curry leaves</td><td>8-10 nos.</td></tr>
<tr><td>Coriander leaves (chopped</td><td>2 tbsp</td></tr>
<tr><td>Onion (chopped)</td><td>2 nos.</td></tr>
<tr><td>Tomato (chopped)</td><td>2 nos.</td></tr>
<tr><td>Lemon juice (optional)</td><td>1 tbsp</td></tr>
<tr><td>Salt, Turmeric powder, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>bF11</td><td>MASALA CHEESE TOAST</td><td>0.1 ~ 0.3 kg</td><td>High rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Bread slices</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr>
<tr><td>Butter</td><td colspan="3">For applying on bread slices</td></tr>
<tr><td>For Filling</td><td></td><td></td><td></td></tr>
<tr><td>Chopped boiled vegetables - Cabbage, Cauliflower, Green peas, French beans, Capsicum</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr>
<tr><td>Chopped onions</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Mashed boiled potatoes</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Chopped green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped coriander leaves</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Grated cheese</td><td>2 tsp</td><td>4 tsp</td><td>6 tsp</td></tr>
</table>
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.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bF12</td><td>BREAD UPMA</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>Bread slices (cut into small pieces)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Mustard seeds</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Jeera</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Curry leaves</td><td colspan="3">As required</td></tr>
<tr><td>Onion (chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Chopped tomatoes</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt, Red chilli powder, Haldi</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td colspan="3">As required</td></tr>
</table>
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.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>Sn1</td>
<td>PAV BHAJI</td>
<td>0.1 ~ 0.3 kg</td>
<td>Microwave safe (MWS) glass bowl
&
High rack</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boiled mix veg (chopped) - Potato, Cauliflower, Capsicum, Green Peas</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped onion</td><td>1 No.</td><td>2 Nos.</td><td>2 Nos.</td></tr>
<tr><td>Chopped tomato</td><td>1 No.</td><td>2 No.</td><td>3 Nos.</td></tr>
<tr><td>Water</td><td colspan="3">As required</td></tr>
<tr><td>Pav bhaji masala</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Red chilli powder, Salt, Lemon juice, Butter</td><td colspan="3">As per taste</td></tr>
<tr><td>Hara dhania</td><td colspan="3">For garnishing</td></tr>
</table>
Method :
1. In 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.
</td>
</tr>
<tr>
<td>Sn2</td>
<td>DHOKLA</td>
<td>0.3 kg</td>
<td>Microwave safe (MWS) flat glass dish
&
Microwave safe (MWS) bowl</td>
<td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Besan</td><td>100 g</td></tr>
<tr><td>Warm water</td><td>100 mL</td></tr>
<tr><td>Curd</td><td>4 tbsp</td></tr>
<tr><td>Green chilli & ginger paste</td><td>2 tsp</td></tr>
<tr><td>Salt, Sugar</td><td>As per taste</td></tr>
<tr><td>Fruit salt / Mitha Soda</td><td>¼ tsp</td></tr>
<tr><td>Oil, Rai, Curry leaves, Water</td><td>For tempering</td></tr>
<tr><td>Grated coconut</td><td>For garnishing</td></tr>
<tr><td>Yellow colour / Haldi</td><td>As required</td></tr>
</table>
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.
</td>
</tr>
<tr>
<td>Sn3</td>
<td>PEANUTS</td>
<td>0.1 ~ 0.3 kg</td>
<td>Microwave safe (MWS) flat glass dish</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Peanuts</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td colspan="3">As required</td></tr>
</table>
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.
</td>
</tr>
<tr>
<td>Sn4</td>
<td>MURMURA</td>
<td>0.1 kg</td>
<td>Microwave safe (MWS) glass bowl</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td></tr>
<tr><td>Murmura</td><td>100 g</td></tr>
<tr><td>Roasted peanuts</td><td>As required</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Salt, Chaat masala</td><td>As per taste</td></tr>
<tr><td>Haldi</td><td>¼ tsp</td></tr>
</table>
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.
</td>
</tr>
</table>

Sn5 KHANDVI

Weight Limit: 0.3 kg

Utensil: 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.

Sn6 BATATA VADA

Weight Limit: 0.1 ~ 0.3 kg

Utensil: 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.

Sn7 COTTAGE HONEY TOAST

Weight Limit: 0.1 ~ 0.3 kg

Utensil: High rack

For	0.1 kg	0.2 kg	0.3 kg
Bread slices	2 nos.	4 nos.	6 nos.
Grated cottage cheese	As required		
Cinnamon powder	As required		

Method :
1. Spread cottage cheese & cinnamon powder on the bread slices. Keep on high rack. Select menu & weight & press start.
2. When beeps, turn over the slices & press start.
3. Drizzle honey on slices & serve.

Sn8 SPICY BABY CORN

Weight Limit: 0.1 ~ 0.3 kg

Utensil: Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Baby corn (cut lengthwise)	100 g	200 g	300 g
Lemon juice	As per taste		
Sugar, Salt	As per taste		
Oil	1 tsp	1½ tsp	2 tsp
For paste			
Chopped coriander leaves	1 cup	1½ cup	2 cups
Chopped ginger	½ tsp	1 tsp	1½ tsp
Garlic cloves	1 no.	2 nos.	3 nos.
Chopped green chillies	1 no.	2 nos.	3 nos.
Chopped onion	½ cup	1 cup	1 cup
Cumin seeds	As required		

Method :
1. Grind chopped coriander leaves, ginger, garlic cloves, green chillies, onion & cumin seeds together to prepare the paste.
2. In a MWS bowl add oil, baby corns, sugar, salt & paste. Mix well. Cover. Select menu & weight & press start.
3. Allow to stand for 3 minutes.

* Refer Pg. 124 Fig. 2

Sn9 CHANA CHAAT

Weight Limit: 0.1 ~ 0.4 kg

Utensil: Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Kala chana (soaked overnight)	100 g	200 g	300 g	400 g
Water	250 mL	500 mL	750 mL	1000 mL
Oil	1 tsp	2 tsp	3 tsp	4 tsp
Jeera, Hing	1 tsp	1½ tsp	2 tsp	2 tsp
Chopped onion	½ cup	1 cup	1 cup	1½ cup
Boiled potato	1 no.	2 nos.	3 nos.	3 nos.
Salt, Red chilli powder, Chaat masala, Lemon juice, imli chutney	As per taste			

Method :
1. In a MWS bowl add soaked chana, water & 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.

Sn10 NAMAK® PARAS

Weight Limit: 15 Pc

Utensil: Multicook tawa & low rack#

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.

Sn11 HERB POTATOES

Weight Limit: 0.3 ~ 0.5 kg

Utensil: Microwave safe (MWS) glass bowl & Multicook tawa* & High rack

For	0.3 kg	0.4 kg	0.5 kg
Baby Potatoes (boiled)	300 g	400 g	500 g
Dill/saunf	1 tsp	2 tsp	3 tsp
Butter	1 tsp	1½ tsp	2 tsp
Chopped parsley	1 tbsp	2 tbsp	3 tbsp
Cheese (grated)	4 tbsp	5 tbsp	6 tbsp
Salt, Pepper	As per taste		

Method :
1. In a MWS glass bowl put butter, dill/saunf, chopped parsley, mix & keep in microwave. Select 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.

Sn12 PAPDI®

Weight Limit: 10 Pc

Utensil: Multicook tawa & Low rack #

Wheat flour	½ cup
Cumin seeds	½ tsp
Salt	¼ tsp
Oil	1 tsp
Water	As required

Method :
1. Combine all the ingredients in a bowl. Make a soft dough adding required amount of water.
2. Select menu & press start.(Preheat process)
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.

#Refer Pg. 124 Fig. 1
*Refer Pg. 124 Fig. 4
@Do not put anything in the oven during Preheat mode.

Sn13 ALOO KAND CHAAT

Weight Limit: 0.1 ~ 0.3 kg

Utensil: Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Aloo (cut in medium pieces)	50 g	100 g	150 g
Jimikand (cut in medium pieces)	50 g	100 g	150 g
Sugar, Salt, Red chilli powder, Chaat masala	As per taste		

Method :
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.

Sn14 MISAL

Weight Limit: 0.1 ~ 0.3 kg

Utensil: 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, 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.

Sn15 BREAD DAHI VADA

Weight Limit: 0.3 kg

Utensil: 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.

Sn16 CHIVDA

Weight Limit: 0.1 ~ 0.3 kg

Utensil: 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.

* Refer Pg. 124 Fig. 2
Refer Pg. 124 Fig. 1

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Sn17</td><td>DABELI</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Boiled potatoes (big)</td><td>2 nos.</td></tr>
<tr><td>Dabeli masala</td><td>1½ tbsp</td></tr>
<tr><td>Meethi Saunf</td><td>2 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Dessicated coconut</td><td>1 tbsp</td></tr>
<tr><td>Finely chopped coriander</td><td>1 tbsp</td></tr>
<tr><td>Fresh pomegranate</td><td>2 tbsp</td></tr>
<tr><td>Chopped grapes</td><td>2 tbsp</td></tr>
<tr><td>For Lehsun Chutney</td><td></td></tr>
<tr><td>Peeled chopped garlic</td><td>1 cup</td></tr>
<tr><td>Red chilli powder</td><td>As per taste</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Other ingredients</td><td></td></tr>
<tr><td>Dabeli pav / Burger buns</td><td>3 nos.</td></tr>
<tr><td>Finely chopped onions</td><td>4 tsp</td></tr>
<tr><td>Masala peanuts</td><td>4 tsp</td></tr>
<tr><td>Nylon Sev</td><td>4 tsp</td></tr>
<tr><td>Butter</td><td>For smearing the tawa</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
</table>
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.</td></tr>
<tr><td>Sn18</td><td>PANDOLI</td><td>08 Pc</td><td>Microwave safe (MWS) glass bowl
&
Microwave safe (MWS) idli Stand**
&
Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For Batter</td><td></td></tr>
<tr><td>Soaked split green gram dal (soaked for 5-6 hours)</td><td>2 cups</td></tr>
<tr><td>Fresh curd</td><td>¼ cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td></tr>
<tr><td>Chopped green chilli</td><td>1-2 nos.</td></tr>
<tr><td>For Tempering</td><td></td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td></tr>
<tr><td>Cumin seeds</td><td>½ tsp</td></tr>
<tr><td>Hing</td><td>A pinch</td></tr>
</table>
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.</td></tr>
</table>

* Refer Pg. 124 Fig. 2
** Provided with start up kit

Continental

In the following example, show you how to cook 0.2 kg of Veg Au Gratin

1. ***Press STOP/CLEAR.**



2. **Press Continental**



The display will show ' Co 1'

3. **Keep pressing the Continental key until display shows ' Co 2'**

4. **Press -Less/ +More to set the weight 0.1 kg**



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



6. **When cooking you can increase or decrease cooking time by pressing-Less/ +More keys.**



NOTE

- **Continental cook menus are programmed.**
- **Continental 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 "0", do not press STOP/CLEAR, go directly to step 2.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>Co1</td>
<td>PASTA</td>
<td>0.1 ~ 0.3 kg</td>
<td>Microwave safe (MWS) glass bowl
&
Microwave safe (MWS) flat glass dish
&
High rack*</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Penne pasta</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Butter</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Onion Chopped</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Garlic Chopped</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Chopped palak leaves</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Water</td><td>400 mL</td><td>800 mL</td><td>1200 mL</td></tr>
<tr><td>Cream</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Grated Cheese</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Nutmeg Powder</td><td colspan="3">1 pinch</td></tr>
<tr><td>Oregano</td><td>¼ tsp</td><td>½ tsp</td><td>¾ tsp</td></tr>
<tr><td>Salt, Pepper</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td>
</tr>
<tr>
<td>Co2</td>
<td>VEG AU GRATIN</td>
<td>0.1 ~ 0.5 kg</td>
<td>Microwave safe (MWS) flat glass dish
&
High rack*</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Mix Vegetables - Carrot, Cauliflower, French Beans (cut into small pieces), Sweet Corns, Green peas</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Maida</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Butter</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Milk</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Grated cheese</td><td>2 tbsp</td><td>4 tbsp</td><td>6 tbsp</td><td>8 tbsp</td><td>10 tbsp</td></tr>
<tr><td>Salt, Pepper</td><td colspan="5">As per taste</td></tr>
</table>
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.
</td>
</tr>
<tr>
<td>Co3</td>
<td>LASANEYA</td>
<td>0.3 kg</td>
<td>Microwave safe (MWS) flat glass dish
&
High Rack*</td>
<td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Lasagne sheets (cooked)</td><td>150 g</td></tr>
<tr><td>White sauce</td><td>1 cup</td></tr>
<tr><td>Pizza sauce</td><td>1/2 cup</td></tr>
<tr><td>Mix veg (boiled) - Egg plant, Zucchini, Broccoli, Mushrooms, Sweet corns</td><td>2 cups</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Oregano, Salt & pepper</td><td>As per taste</td></tr>
<tr><td>Grated cheese</td><td>5 tbsp</td></tr>
</table>
<u>Method :</u>
1. Except lasagne and cheese add all the ingredients in MWS flat glass dish. Select menu and press start.
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.
</td>
</tr>
</table>

* Refer Pg. 124 Fig. 5

Continental

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co4</td><td>MACARONI</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>Macaroni</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Hot water</td><td>400 mL</td><td>800 mL</td><td>1200 mL</td></tr>
<tr><td>Butter</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Spring onion chopped</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Garlic chopped</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Mushroom chopped</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
<tr><td>Tomato sauce</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chilli sauce</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Salt, Pepper & Oregano</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u>
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.
</td></tr>
<tr><td>Co5</td><td>CHILLI VEG</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>Paneer pieces</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Chopped capsicum & onion</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Chopped green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Ginger garlic paste</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Oil</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Soya sauce</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Cornflour</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Green chilli sauce</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Salt, Pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Ajinomoto (optional)</td><td colspan="3">A pinch</td></tr>
</table>
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.
</td></tr>
<tr><td>Co6</td><td>THAI CHICKEN</td><td>0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Boneless chicken</td><td>500 g</td></tr>
<tr><td>Red curry paste</td><td>2 tbsp</td></tr>
<tr><td>Sugar</td><td>1 tsp</td></tr>
<tr><td>Soya sauce</td><td>2 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td></tr>
<tr><td>Blanched Broccoli (florets)</td><td>1 cup</td></tr>
<tr><td>Peanuts (Roasted & crushed)</td><td>¼ cup</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Red chilli paste</td><td>1 tsp</td></tr>
<tr><td>For Sauce</td><td></td></tr>
<tr><td>Butter</td><td>2 tbsp</td></tr>
<tr><td>Maida</td><td>2 tbsp</td></tr>
<tr><td>Milk</td><td>1 cup</td></tr>
<tr><td>Salt & pepper</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co7</td><td>BAKED MUSHROOM</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) flat glass dish
&
High Rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Mushrooms</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>White sauce</td><td>50 mL</td><td>100 mL</td><td>150 mL</td><td>200 mL</td><td>250 mL</td></tr>
<tr><td>Cheese (grated), Salt, Pepper</td><td colspan="5">As per requirement</td></tr>
<tr><td>Butter</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>Co8</td><td>POTATO DUMPLING</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl
&
Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>3-4 tbsp</td></tr>
<tr><td>Boiled & grated potato</td><td>100 g</td></tr>
<tr><td>Grated paneer</td><td>75 g</td></tr>
<tr><td>Salt, Pepper, Nutmeg powder</td><td>As per taste</td></tr>
<tr><td>Finely chopped spinach</td><td>1 cup</td></tr>
<tr><td>Butter & finely chopped garlic</td><td>1 tbsp each</td></tr>
<tr><td>Pizza sauce</td><td>4 tbsp</td></tr>
</table>
Method :
1. Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough.
2. In the MWS bowl, add ½ cup water. Place the dumplings on the MWS flat glass dish and cover. Select menu and press start.
3. When beeps, take out the dumplings.
4. Allow them to cool. In a MWS flat glass dish add butter and put the dumplings in it and press start.
</td></tr>
<tr><td>Co9</td><td>SWEET AND SOUR VEG</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>Cut vegetables (Baby corns cut lengthwise, Broccoli florets,Mushroom pieces, Pineapple slices, Capsicum)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Chopped spring onion & garlic</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Red chilli paste</td><td>¼ tsp</td><td>¼ tsp</td><td>½ tsp</td></tr>
<tr><td>Tomato Ketchup</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td></tr>
<tr><td>Vinegar</td><td colspan="3">As per taste</td></tr>
<tr><td>Sugar</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Ajinomoto (optional)</td><td>¼ tsp</td><td>¼ tsp</td><td>½ tsp</td></tr>
<tr><td>Soya sauce</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Pineapple juice</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td></tr>
<tr><td>Water</td><td>1 cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Cornflour</td><td colspan="3">2 tbsp mixed with ½ cup water</td></tr>
</table>
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.
</td></tr>
</table>

* Refer Pg.124 Fig. 5

Continental

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co10</td><td>MEDITERRA-NEAN CROSTINI*</td><td>0.3 kg</td><td>Low rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>French bread</td><td>3 slices</td></tr>
<tr><td>Black olives (sliced)</td><td>¼ cup</td></tr>
<tr><td>Cheese (grated)</td><td>½ cup</td></tr>
<tr><td>Butter</td><td>2 tbsp</td></tr>
<tr><td>To be mixed together for the marinated tomatoes :</td><td></td></tr>
<tr><td>Tomatoes (sliced)</td><td>2 nos.</td></tr>
<tr><td>Basil leaves (freshly chopped)</td><td>1 tsp</td></tr>
<tr><td>Garlic (chopped)</td><td>1 tsp</td></tr>
<tr><td>Olive oil</td><td>2 tsp</td></tr>
<tr><td>Salt & freshly crushed pepper corns</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>Co11</td><td>RISOTTO RICE</td><td>0.1 ~ 0.4 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><td>0.4 kg</td></tr>
<tr><td>Arborio rice (soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Water</td><td>200 mL</td><td>400 mL</td><td>600 mL</td><td>650 mL</td></tr>
<tr><td>Chopped carrots</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Peas</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Sliced mushroom</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Chopped coriander leaves/parseley</td><td colspan="4">As required</td></tr>
<tr><td>Spinach (blended & pureed)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Fresh cream</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Grated cheese</td><td colspan="4">As required</td></tr>
<tr><td>Salt</td><td colspan="4">As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>Co12</td><td>SPAGHETTI WITH TOMATO SAUCE</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>Spaghetti noodles</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>400 mL</td><td>800 mL</td><td>1200 mL</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped tomatoes</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Chopped mushrooms</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Sliced olives (pitted)</td><td>5 nos.</td><td>6 nos.</td><td>7 nos.</td></tr>
<tr><td>Fresh basil</td><td colspan="3">As required</td></tr>
<tr><td>Parmesan cheese</td><td colspan="3">As required</td></tr>
<tr><td>Salt, Pepper, Oregano, Chilli flakes</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td></tr>
</table>

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

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co13</td><td>COTTAGE CHEESE TORTELLINI</td><td>08 Pc</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Maida</td><td>1 cup</td></tr>
<tr><td>Egg</td><td>1 no.</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Water (to knead the dough)</td><td>As required</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Blanched spinach</td><td>½ cup</td></tr>
<tr><td>Paneer (roughly mashed)</td><td>100 g</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td></tr>
<tr><td>Garlic (minced)</td><td>1 tbsp</td></tr>
<tr><td>Salt & pepper</td><td>As per taste</td></tr>
<tr><td>For Sauce</td><td></td></tr>
<tr><td>Blanced tomatoes (skin removed)</td><td>5 nos.</td></tr>
<tr><td>Garlic pods</td><td>8-10 nos.</td></tr>
<tr><td>Coriander leaves (fresh)</td><td>1 tbsp</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td></tr>
<tr><td>Chilli flakes</td><td>1 tsp</td></tr>
<tr><td>Oregano</td><td>½ tsp</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>Co14</td><td>MEXICAN CORN RICE</td><td>0.1 ~ 0.4 kg.</td><td>Microwave safe (MWS) glass bowl
&
Microwave safe (MWS) flat glass dish
&
Low rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Rice</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Cloves</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>200 mL</td><td>400 mL</td><td>600 mL</td><td>650 mL</td></tr>
<tr><td>Butter</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Sweet corns</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Hot sauce*</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Cheese cubes</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Salt (if required)</td><td colspan="4">As per taste</td></tr>
<tr><td>Red chilli powder (if required)</td><td colspan="4">As per taste</td></tr>
<tr><td>Tomato (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
</table>
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.
</td></tr>
</table>

Continental

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co15</td><td>BROCCOLI IN BUTTER SAUCE</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl & Microwave safe (MWS) glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Broccoli</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Milk</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Fresh cream</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr>
<tr><td>Onion (chopped)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Garlic (chopped)</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Mustard powder</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Butter (melted)</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Salt & pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
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.
</td></tr>
</table>

Steam Clean

In the following example, show you how to cook Steam Clean your microwave oven.

1. ***Press STOP/CLEAR.**



2. **Press Steam Clean**



The display will show ' SL 1'

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



*** Note : If display is blank, press STOP/CLEAR,**
If display shows "0", do not press STOP/CLEAR, go directly to step 2.

Steam Clean

	Menu	Weight Limit	Utensil	Instructions
SL1	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.

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 display will show ' SF 1'

3. **Keep pressing the Continental key until display shows ' FE 2'**



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



After preheating is achieved, you can increase or decrease pressing-Less/ +More keys.



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 "0", do not press STOP/CLEAR, go directly to step 2.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SF1</td><td>FISH CUTLET</td><td>0.4 kg</td><td>Microwave safe (MWS) glass bowl
&
High rack*
&
Multicook tawa</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Fish fillet</td><td>400 g</td></tr>
<tr><td>Boiled potato</td><td>2 Nos.</td></tr>
<tr><td>Bread crumbs</td><td>1 cup</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Chilli powder, Turmeric, Ginger garlic paste, Salt</td><td>As per taste</td></tr>
<tr><td>Garam masala</td><td>1 tsp</td></tr>
<tr><td>Coriander leaves</td><td>A few sprigs</td></tr>
</table>
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 and roll them in bread crumbs. Put them on tawa, put some oil around the cutlets. Keep this on high rack
3. Press start.
4. When beeps, turn them over.
5. Press start.
6. Remove and serve with lemon wedges & mint chutney.
</td></tr>
<tr><td>SF2</td><td>FISH MASALA</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Pomphret pieces</td><td>200 g</td></tr>
<tr><td>Onions</td><td>2 Nos.</td></tr>
<tr><td>Tomato</td><td>1 No.</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Chilli powder, Turmeric, Ginger garlic paste, Salt, Saunf powder</td><td>As per taste</td></tr>
<tr><td>Garam masala</td><td>1 tsp</td></tr>
<tr><td>Dhania, Jeera powder</td><td>2 tsp</td></tr>
<tr><td>Coriander leaves</td><td>2 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>SF3</td><td>FISH PULUSU</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>Koramatta fish pieces</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr>
<tr><td>Methi seeds</td><td>1 tsp</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td></tr>
<tr><td>Fish masala</td><td>1 tbsp</td></tr>
<tr><td>Tamarind pulp</td><td>50 g</td></tr>
<tr><td>Red chilli powder, Dhania powder, Haldi & Salt</td><td>As per taste</td></tr>
<tr><td>Lemon juice</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
</table>

* Refer to Pg. 124 Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SF4</td><td>COCONUT PRAWNS</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>Prawns</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Mustard oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Rai paste</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Green chilli paste</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Turmeric powder, Sugar, Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Pulpy green coconut (remove the coconut water)</td><td>1 no.</td><td>1 no.</td><td>1 no.</td></tr>
</table>
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.
</td></tr>
<tr><td>SF5</td><td>CRAB CURRY</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>Crab pieces</td><td>300 g</td></tr>
<tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>1 cup</td></tr>
<tr><td>Salt, Dhania powder , Jeera powder, Garam masala, Red chilli powder, Turmeric</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Chopped onion</td><td>½ no.</td></tr>
<tr><td>Coconut milk</td><td>2 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>SF6</td><td>SHRIMPS IN GARLIC BUTTER</td><td>0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Shrimps (Small)</td><td>400 g</td></tr>
<tr><td>Butter</td><td>4 tbsp</td></tr>
<tr><td>Parsley (chopped)</td><td>A few sprigs</td></tr>
<tr><td>Garlic paste</td><td>3 tbsp</td></tr>
<tr><td>Mustard paste</td><td>1 tbsp</td></tr>
<tr><td>Lemon juice</td><td>1 tbsp</td></tr>
<tr><td>Pepper corns (Roughly crushed)</td><td>8-10 nos.</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
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.
</td></tr>
</table>

Menu		Weight Limit	Utensil	Instructions
SF7	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.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bb1</td><td>APPLE CUSTARD</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (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>Apple</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
Method :
1. Mix all the ingredients in a MWS glass bowl. Select menu & weight and press start.
2. When beeps, mix well & press start.
</td></tr>
<tr><td>bb2</td><td>FRUITS DESSERT</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>Apple, Banana</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Orange juice</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>bb3</td><td>HOME MADE CEREAL</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>Rice</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Moong dal</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Salt, Jeera powder, Almonds (optional)</td><td colspan="3">As per taste</td></tr>
<tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Groundnuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Poha</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Daliya</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>bb4</td><td>KHICHDI</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>Soaked rice</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Moong dal</td><td>25 g</td><td>50 g</td><td>75 g</td></tr>
<tr><td>Salt, Jeera powder (optional)</td><td colspan="3">As per taste</td></tr>
<tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Water</td><td>200mL</td><td>400 mL</td><td>600 mL</td></tr>
</table>
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.
</td></tr>
<tr><td>bb5</td><td>RAGGI KHEER</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>Raggi powder</td><td>2 tbsp</td></tr>
<tr><td>Milk</td><td>1 cup</td></tr>
<tr><td>Milk</td><td>As per taste</td></tr>
<tr><td>Ghee</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>½ cup</td></tr>
</table>
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.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bb6</td><td>VEGETABLE MIX</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>Dehusked green gram dal (roasted & ground)</td><td>20 g</td><td>40 g</td><td>60 g</td></tr>
<tr><td>Carrot (chopped)</td><td>20 g</td><td>40 g</td><td>60 g</td></tr>
<tr><td>Potato (chopped)</td><td>40 g</td><td>80 g</td><td>120 g</td></tr>
<tr><td>Spinach (chopped)</td><td>20 g</td><td>40 g</td><td>60 g</td></tr>
<tr><td>Curd</td><td>40 g</td><td>80 g</td><td>120 g</td></tr>
<tr><td>Jaggery</td><td>50 g</td><td>90 g</td><td>100 g</td></tr>
</table>
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.
</td></tr>
<tr><td>bb7</td><td>DALIYA KHICHDI</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>Soaked daliya</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr>
<tr><td>Soaked moong dal</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr>
<tr><td>Grated carrot</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Grated potato</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Spinach (chopped)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Turmeric powder, Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>300 mL</td><td>500 mL</td><td>750 mL</td></tr>
</table>
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 curds.
</td></tr>
<tr><td>bb8</td><td>SUJI KHEER</td><td>0.2 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Moong dal (dehusked)</td><td>10 g</td></tr>
<tr><td>Suji</td><td>20 g</td></tr>
<tr><td>Powdered jaggery</td><td>30 g</td></tr>
<tr><td>Milk</td><td>140 mL</td></tr>
</table>
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.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>oC1</td><td>CHILLI CHICKEN</td><td>0.1 ~ 0.4 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><td>0.4 kg</td></tr>
<tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Chopped ginger garlic</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped onions</td><td>½ No.</td><td>1 No.</td><td>1 No.</td><td>2 No.</td></tr>
<tr><td>Chopped green chillies</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Capsicum</td><td>½ no.</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Soya sauce</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Chilli sauce</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Vinegar</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Salt, Pepper</td><td colspan="4">As per taste</td></tr>
<tr><td>Cornflour (mixed with ½ cup water)</td><td>1 tbsp</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
</table>
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, sugar, pepper, cornflour mixed with water. Cover & press start. Stand for 5 minutes. Serve.
</td></tr>
<tr><td>oC2</td><td>HAKKA NOODLES</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>Hakka noodles</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>400 mL</td><td>800 mL</td><td>1200 mL</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped veg - Carrot, Peas, French beans, Capsicum</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Ajinomoto (optional)</td><td colspan="3">A pinch</td></tr>
<tr><td>Salt, Red chilli powder, Green chilli sauce</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td></tr>
<tr><td>oC3</td><td>HONEY CHILLI POTATOES</td><td>0.2 ~ 0.4 kg</td><td>High rack*
&
Multi cook tawa
&
Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Potatoes (peeled and cut long)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Chopped garlic</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Salt, Red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Ajinomoto (optional), orange color</td><td colspan="3">A pinch</td></tr>
<tr><td>Vinegar</td><td>¼ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr>
<tr><td>Red chilli sauce</td><td colspan="3">As per taste</td></tr>
<tr><td>Tomato sauce</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Honey</td><td>½ tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Maida</td><td colspan="3">1-2 tsp (mixed with some water)</td></tr>
<tr><td>Cornflour</td><td colspan="3">2 tbsp (mixed with 1 cup water)</td></tr>
</table>
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.
</td></tr>
</table>

* Refer Pg. 124 Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>oC4</td><td>VEG IN HOT GARLIC SAUCE</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>Mix veg - Cauliflower florets, Capsicum, Baby corns, Beans</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Chopped garlic, Ginger, Green chillies</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Corn flour</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Pepper, Salt, Sugar</td><td colspan="3">As per taste</td></tr>
<tr><td>Ajinomoto (optional)</td><td colspan="3">A pinch</td></tr>
<tr><td>Oregano</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>2 cups</td><td>3 cups</td><td>3 cups</td></tr>
</table>
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.
</td></tr>
<tr><td>oC5</td><td>SCHEZWAN CHICKEN</td><td>0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Boneless chicken</td><td>500 g</td></tr>
<tr><td>Dry red chillies</td><td>8 nos.</td></tr>
<tr><td>Garlic paste</td><td>4 tsp</td></tr>
<tr><td>Tomato ketchup</td><td>5 tbsp</td></tr>
<tr><td>Vinegar</td><td>2 tsp</td></tr>
<tr><td>Red chilli sauce</td><td>2 tbsp</td></tr>
<tr><td>Ajinomoto (optional)</td><td>¼ tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Spring onions (with greens)</td><td>1 cup</td></tr>
<tr><td>Cornflour (mixed with ¼ cup water)</td><td>2 tsp</td></tr>
<tr><td>Oil</td><td>3 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>oC6</td><td>VEG MANCHURIAN</td><td>0.6 kg</td><td>Microwave safe (MWS) flat glass dish
&
Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>For Manchurian Balls</td><td></td></tr>
<tr><td>Grated Cabbage</td><td>1 cup</td></tr>
<tr><td>Grated carrots</td><td>3/4 cup</td></tr>
<tr><td>Grated cauliflower</td><td>½ cup</td></tr>
<tr><td>Cornflour</td><td>3 tbsp</td></tr>
<tr><td>Maida</td><td>1 tbsp</td></tr>
<tr><td>Ajinomoto (optional)</td><td>¼ tsp</td></tr>
<tr><td>Salt & pepper</td><td>As per taste</td></tr>
<tr><td>For Manchurian Sauce</td><td></td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Chopped onion</td><td>½ no.</td></tr>
<tr><td>Soya sauce</td><td>1 tbsp</td></tr>
<tr><td>Tomato sauce</td><td>2 tbsp</td></tr>
<tr><td>Vinegar</td><td>2 tsp</td></tr>
<tr><td>Pepper, Salt, Cornflour</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
</table>
Method :
1. Mix all the ingredients of Manchurian balls in a bowl. Make balls of medium size from the mixture.
2. In a MWS flat glass dish keep the manchurian balls. 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.
</td></tr>
</table>

oC7 CHILLI SOY NUGGETS

Weight Limit: 0.4 kg

Utensil: 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 powder	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.

oC8 CHILLI GARLIC RICE

Weight Limit: 0.2 ~ 0.5 kg

Utensil: 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.

oC9 STEAMED EGG WITH TOFU

Weight Limit: 0.1 ~ 0.3 kg

Utensil: 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 toju 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. 124 Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>oC10</td><td>ALMOND AND VEGETABLES STIR FRY</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>Broccoli (cut into florets)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Red capsicum (cut into big square pieces)</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr>
<tr><td>Garlic (chopped)</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Ginger (chopped)</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Onions (sliced)</td><td>1 no.</td><td>1½ no.</td><td>2 nos.</td></tr>
<tr><td>Slivered almonds</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Canola oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>For Sauce</td><td colspan="3"></td></tr>
<tr><td>Soya sauce</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Water</td><td>3 tbsp</td><td>6 tbsp</td><td>9 tbsp</td></tr>
<tr><td>Sesame oil</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Sugar</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Cornflour</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Salt , Pepper</td><td colspan="3">As per taste</td></tr>
</table>
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.
</td></tr>
</table>

Utility Corner

Menu		Weight Limit	Utensil	Instructions
UC1	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.
UC2	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.
UC3	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.
UC4	DE-HUMIDIFICA-TION	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.
UC5	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), take out the plug, 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.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bC1</td><td>BODY MASSAGE OIL</td><td>0.2 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Garlic</td><td>10 pods</td></tr>
<tr><td>Ajwain</td><td>½ tsp</td></tr>
<tr><td>Cloves</td><td>2-3 nos.</td></tr>
<tr><td>Almonds</td><td>3-4 nos.</td></tr>
<tr><td>Mustard oil</td><td>1 cup</td></tr>
</table>
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.
</td></tr>
</table>

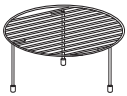
<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>FE1</td><td>PIZZA BASE@</td><td>0.2 kg</td><td>Low rack*
&
Multicook tawa</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>200 g</td></tr>
<tr><td>Yeast</td><td>1 tbsp</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>
Method :
1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Roll out the dough to 6” to 7”& keep on dusted tawa. Prick with a fork.Keep for half to 1 hour in a dark place.
2. Select menu & press start .(Preheat process)
3. When beeps, keep the tawa on low rack. Press start.
</td></tr>
<tr><td>FE2</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>FE3</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>
Method :
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>FE4</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>
Method :
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>

* Refer Pg. 124 Fig. 1
Refer Pg. 124 Fig. 3
@Do not put anything in the oven during the Preheat mode.

Usage Of Accessories/Utensils

1)  + 

Low rack Multi cook tawa

2)  + 

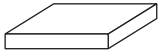
High rack Multi cook tawa

3)  + 

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

4)  + 

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

5)  + 

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

List of Ingredients

Spices

English Name	Hindi Name
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

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

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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