LG
Life's Good

ENGLISH

RECIPE MANUAL

MICROWAVE OVEN

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

MC3283PMPG

P/NO : MFL67281837 (01)

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Please follow the given steps to operate cook functions (Indian Bread Basket, Diet Fry/ Kids' Delight, Nutri Care, Indian Rasoi, Pasteurize Milk/Dairy Delight, Utility Corner/Steam Clean) in your Microwave.

Cook Functions	Indian Bread Basket	Diet Fry/ Kids' Delight	Nutri Care	Indian Rasoi	Pasteurize Milk/Dairy Delight	Utility Corner/ Steam Clean
STEP-1	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR
STEP-2	Press Indian Bread Basket	Press button once to select Diet fry/& twice For Kids' delight	Press Nutri Care	Press Indian Rasoi	Press button once to select Pasteurize Milk/& twice for Dairy Delight	Press button once to select Utility corner/& twice for Steam Clean
STEP-3	Turn dial to select the menu (br1-br11)	Turn dial to select the menu (dF1-dF12), (CF1-CF15), (bA1-bA13), (bb1-bb8)	Turn dial to select the menu (SA1-SA13), (HP1-HP13), (So1-So16), (Co1-Co13), (SF1-SF7)	Turn dial to select the menu (IC1-IC24), (SC1-SC16), (rd1-rd16), (CC1-CC11)	Turn dial to select the menu (PS1), (dd1-dd3)	Turn dial to select the menu (UC1-UC5), (FE1-FE3), (SL1)
STEP-4	Press START / Add 30 secs	Press START / Add 30 secs	Press START / Add 30 secs	Press START / Add 30 secs	Press START / Add 30 secs	Press START / Add 30 secs
STEP-5	*Turn dial to select the weight	*Turn dial to select the weight	*Turn dial to select the weight	*Turn dial to select the weight	*Turn dial to select the weight	*Turn dial to select the weight
STEP-6	*Press START / Add 30 secs	*Press START / Add 30 secs	*Press START / Add 30 secs	*Press START / Add 30 secs	*Press START / Add 30 sec	*Press START / Add 30 secs

*Note – If the recipe has single weight e.g "br1"-2Pc, do not follow step-5,6

201 Recipes List

Indian Bread Basket (Pg. 8 - 13)

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/Kids' Delight (Pg. 14 - 31)

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

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
CF11	Choco Bars
CF12	Apple Pie
CF13	Mushroom and Pepper Pizza
CF14	Cheese Bread Delight
CF15	Noodle Rosti

Bakery

bA1	Chocolate Cake
bA2	Lamington Cake
bA3	Doughnuts
bA4	Nan Khatai
bA5	Whole Wheat Cookies
bA6	Chena Poda
bA7	Vanilla Cake
bA8	Buns
bA9	Apple Cup Cakes
bA10	Eggless Chocolate Cake
bA11	Swiss Roll
bA12	Patties
bA13	Jeera Biscuits

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

Nutri Care (Pg. 32 - 53)

Salads

Code No.	Recipe Name
SA1	Beetroot Salad
SA2	Cous Cous Salad
SA3	Pasta Salad
SA4	Rice Salad
SA5	Chicken in Tomato Towers
SA6	Tiranga Salad
SA7	Hari Seekh Salad
SA8	Crunchy Chicken Salad
SA9	Babycorn and Bean Salad
SA10	Carrot and Peas Salad
SA11	Papaya Lachcha Salad
SA12	Whole Wheat and Mint Salad
SA13	Bread Salad

Health Plus

HP1	Lemon Chicken
HP2	Kala Chana
HP3	Karela Sabzi
HP4	Machi Kali Mirch
HP5	Nutrinuggets
HP6	Soyabean Curry
HP7	Curd Brinjal
HP8	Fish Bharta
HP9	Soya Idli
HP10	Bathua Raita
HP11	Spinach Dal
HP12	Healthy Khichdi
HP13	Leaf Rolls

Soup

So1	Chicken Shorba
So2	Tamatar Shorba
So3	Sweet Corn Soup
So4	Mushroom Soup
So5	Rasam
So6	Hot and Sour Soup
So7	Tomato Soup
So8	Mulligatawny Soup
So9	Tom Yum Kung
So10	Sichuan Soup
So11	Palak Makai Shorba
So12	Rajma Soup
So13	Shahi Shorba
So14	Bombay Curry Soup
So15	Badam Soup
So16	Limbu Dhania Shorba

Continental

Co1	Pasta
Co2	Veg Au Gratin
Co3	Baked Mushrooms
Co4	Potato Dumpling
Co5	Lasaneya
Co6	Macaroni
Co7	Chilli Veg
Co8	Thai Chicken
Co9	Sweet and Sour Veg
Co10	Mediterranean Crostini
Co11	Risotto Rice
Co12	Spaghetti with Tomato Sauce
Co13	Cottage Cheese Tortellini

Sea Food

SF1	Fish Cutlet
SF2	Fish Masala
SF2	Fish Pulusu
SF4	Coconut Prawns
SF5	Crab Curry
SF6	Shrimps in Garlic Butter
SF7	Mase Kalavan

201 Recipes List

Indian Rasoi (Pg. 54 - 75)

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	Gujarati Tuvar Dal
IC12	Butter Chicken
IC13	Beans Porial
IC14	Goan Potato Curry
IC15	Veg Handva
IC16	Kashmiri Kaju Paneer
IC17	Kadhai Chicken
IC18	Baigan Ka Bharta
IC19	Kofta Curry
IC20	Aloo Gobhi
IC21	Matar Paneer
IC22	Gatte Ki Sabzi
IC23	Egg Curry
IC24	Jhinga Matar Curry

Sweet Corner

SC1	Suji Halwa
SC2	Besan Ladoo
SC3	Kheer
SC4	Payasam
SC5	Mysore Pak
SC6	Nariyal Burfi
SC7	Sandesh
SC8	Seviyan Zarda
SC9	Burfi

Code No.	Recipe Name
SC10	Kalakand
SC11	Shahi Rabdi
SC12	Shahi Tukda
SC13	Kaddu Kheer
SC14	Rava Ladoo
SC15	Kaju Burfi
SC16	Badam Halwa

Rice Delight

rd1	Chicken Biryani
rd2	Gosht Dum Biryani
rd3	Malabar Biryani
rd4	Pineapple Fried Rice
rd5	Veg Pulao
rd6	Veg Tahiri
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

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

Pasteurize Milk/Dairy Delight (Pg. 76 - 78)

Code No.	Recipe Name
PS1	Pasteurize Milk
	Dairy Delight
dd1	Tea
dd2	Coffee
dd3	Flavoured Yoghurt

Utility Corner/ Steam Clean (Pg. 79 - 81)

	Utility Corner
Code No.	**Recipe Name**
UC1	Keep Warm
UC2	Defrost Veg
UC3	Defrost Non-Veg
UC4	De-humidification
UC5	Light Disinfect
	Fermentation
FE1	Pizza Base
FE2	Masala Paneer
FE3	Yeast Dough
	Steam Clean
SL1	Steam Clean

Indian Bread Basket

In the following example, show you how to cook
2 Pc of Lachha Parantha

1. **Press STOP/CLEAR.**



2. Press Indian Bread Basket.



3. Turn dial until display show "br2".



4. Press START/Add 30 secs.



After Pre-Heat achieve, When cooking recipe, You can increase or decrease cooking time by turning dial.



NOTE

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

<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>2 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>2 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>1 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 82 Fig 1
#Refer Pg. 82 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>2 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>2 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 a & 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. 82 Fig. 1
** Refer Pg. 82 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>2 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>2 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.82 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>2 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>2 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. 82 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>2 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>2 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 the Preheat mode.
**Refer Pg.82 Fig.2
Refer Pg.82 Fig.1

Diet Fry/Kids' Delight

In the following example, show you how to cook
0.3 kg Chicken Nuggets.

1. **Press STOP/CLEAR.**



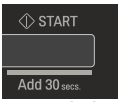
2. Press Diet Fry/Kids' Delight.



3. Turn dial until display show "dF1".



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



5. *Turn dial until display show "0.3 kg".



6. Press START/Add 30 secs



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



<u>For Kids'/Delight</u>

7. If you want to select Kids' Delight, Press the button twice, the display will show "CF1"
8. Turn the dial to select CF1 to bb8.
9. Again follow Step 4 to 6.

NOTE

- Diet Fry/Kids' Delight menus are programmed.
- Diet Fry/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 the recipe has single weight e.g
"dF6" Samosa -8Pc, do not follow step 4, 5. Directly go to step 6.

<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>4 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.82 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 gujiyas. Put 1tsp ghee in dough & knead again & keep the dough covered for 15-20 minutes.
3. Divide the dough in small balls of equal size & roll out each ball into a thin circle. *Place the rolled out circle in a *gujiya mould & fill the centre with stuffing (as required). Close the gujiya mould carefully & press firmly at edges to seal them properly. remove the excess part of the dough bulging out of the mould. Remove the gujiya from the mould. Prepare all the gujias in the similar way. Brush the gujiyas with 2 tsp oil.
4. Grease the tawa with ¼ tsp oil. Keep on low rack. keep in the microwave. Select menu & press start.(Preheat process)
5. When beeps, place the gujiyas on tawa & keep on low rack. Press start.
6. when beeps, keep the tawa on high rack, sprinkle 1 tsp ghee/oil on all the gujiyas & Press start.
*Note: Grease the surface with 1-2 drops of oil before rolling the circle for gujiyas.
*Not provided with the start up kit.
</td></tr>
</table>

*Refer Pg.82 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>8 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>5 Pc</td><td>Multicook tawa
&
Low rack
&
High 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, pour 1 tsp oil & press vadas a bit with spatula. Keep on high rack. Press start. Serve with sambhar or coconut chutney.
</td></tr>
</table>

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>6 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. 82 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 cumin, green chilli & mushrooms. Mix & microwave 100% for 6 minutes. Add boiled peas, chopped coriander, garlic paste, fresh cream, lemon, salt & black pepper powder. Mix very well & microwave 100% for 3 minutes. Cover & keep aside.
2. Trim the sides of the bread slices with a knife. Flatten the bread slices with a rolling pin. Fill one portion of stuffing in the centre of flatten bread slice & roll tightly, covering the mixture. Keep aside for 5-7 minutes.
3. Grease the tawa with ½ tsp oil & keep the low rack & tawa inside the microwave. Select menu & press start.(Preheat process)
4. When beeps, cut the bread rolls from centre (into 2). Put them carefully on the tawa. Press start. Serve them hot with the chutney of your choice.
</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 ingredients & 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.82 Fig.1
#Refer Pg.82 Fig.2

Diet Fry

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dF12</td><td>Fish Amritsari</td><td>0.3 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Boneless fish (cut into 2" pieces)</td><td>300 g</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td>¼ tsp</td></tr>
<tr><td>For Batter</td><td></td></tr>
<tr><td>Egg (beaten)</td><td>1 no.</td></tr>
<tr><td>Besan</td><td>2 tbsp</td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td></tr>
<tr><td>Ajwain</td><td>1 tsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tbsp</td></tr>
<tr><td>Lemon juice</td><td>1 no.</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala, Chaat masala, turmeric powder</td><td>As per taste</td></tr>
<tr><td>Bread crumbs (for coating)</td><td>1 cup</td></tr>
<tr><td>Oil (for basting)</td><td>1 tbsp</td></tr>
</table>
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.
</td></tr>
</table>

*Refer Pg.82 Fig.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>

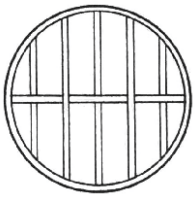
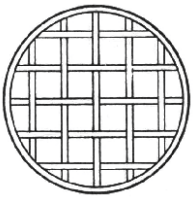
@Do not put anything in the oven during Preheat mode.

<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>0.3kg</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.82 Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF12</td><td>Apple Pie*</td><td>0.6 kg</td><td>Metal cake tin#
&
Low rack</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Apple Filling</td><td></td></tr>
<tr><td>Apples (pealed, cleaned & sliced thinly)</td><td>4 large sized</td></tr>
<tr><td>White sugar</td><td>¼ cup</td></tr>
<tr><td>Brown sugar</td><td>¼ cup</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td></tr>
<tr><td>Cinnamon powder</td><td>1 tsp</td></tr>
<tr><td>Nutmeg powder</td><td>¼ tsp</td></tr>
<tr><td>Salt</td><td>¼ tsp</td></tr>
<tr><td>Softened butter</td><td>2 tbsp</td></tr>
<tr><td>Cornflour</td><td>2 tbsp</td></tr>
<tr><td>Short Crust Pastry</td><td></td></tr>
<tr><td>Maida</td><td>2½ cup (300 g)</td></tr>
<tr><td>Salt</td><td>½ tsp</td></tr>
<tr><td>Sugar (granulated)</td><td>2 tsbp</td></tr>
<tr><td>Unsalted butter (chilled & cut into 1 inch pieces)</td><td>1 cup (225 g)</td></tr>
<tr><td>Ice water</td><td>¼ - ½ cup (60-120 mL)</td></tr>
</table>
<u>Method :</u>
1. Put maida, salt, sugar in a food processor/mixer. Grind it well. Take it in a bowl. Add chilled cubes of butter. Rub with hand to make bread crumb texture or till soft & well granulated.
2. Add ¼ cup ice water to make a soft dough when pinched. Roll out the dough into 2 equal parts. Make disc shapes. Cover with plastic wrap & keep refrigerated at least for 30 minutes,
3. When chilled, roll out one disc into big shape & place in a greased cake tin, covering it from the edges. Again keep in refrigerator for 1 hour.
4. Take all the ingredients of apple filling in a mixer. Grind it to make a puree without any water. Pour this mixture in the cake tin.
5. Roll out the second chilled disc & cut out long strips of ½ inch width. Cover the pie dish with these strips, arranging crossways as shown in figure 1 & figure 2.
6. Seal the edges & wet them with water. Cover the edges with foil paper to avoid over burning.
7. Select the menu & press start.(Preheat process).
8. When beeps, place the cake tin on low rack & press start.
Give a standing time of 5-10 minutes. Cool & serve in pieces.
Note: If the butter become soft while making pie, keep the rolled dough in freezer.</td></tr>
<tr><td colspan="4"> 
Fig -1
 
Fig -2</td><td></td></tr>
<tr><td>CF13</td><td>Mushroom and Pepper Pizza*</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>Pizza base</td><td></td></tr>
<tr><td>Dry active yeast</td><td>3 g</td></tr>
<tr><td>Water</td><td>2 tbsp</td></tr>
<tr><td>Sugar</td><td>¼ tsp</td></tr>
<tr><td>Maida</td><td>60 g</td></tr>
<tr><td>Salt</td><td>¼ tsp</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Topping</td><td></td></tr>
<tr><td>Pizza sauce</td><td>2 tbsp</td></tr>
<tr><td>Vegetables (Sliced mushroom, chopped yellow & red bell pepper)</td><td>1 cup</td></tr>
<tr><td>Grated cheese</td><td>1 cup</td></tr>
<tr><td>Oregano & chilli flakes</td><td>As per taste</td></tr>
</table>
<u>Method :</u>
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.</td></tr>
</table>

*Do not put anything in the oven during Preheat mode.
#Refer Pg.82 Fig.4
** Refer Pg.82 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>Cheese Bread Delight</td><td>8 Pc</td><td>High rack</td><td>
<table>
<tr><td>For</td><td>8 Pc</td></tr>
<tr><td>Brown bread slice (buttered)</td><td>4 nos.</td></tr>
<tr><td>Cheese slice</td><td>4 nos.</td></tr>
<tr><td>Butter (softened)</td><td>2 tbsp</td></tr>
<tr><td>Chilli flakes</td><td>1 tbsp</td></tr>
<tr><td>Salt (optional)</td><td>As per taste</td></tr>
<tr><td>Cherry tomatoes</td><td>8 nos.</td></tr>
<tr><td>For Dressing</td><td></td></tr>
<tr><td>Olive oil</td><td>3 tbsp</td></tr>
<tr><td>Vinegar</td><td>1 tbsp</td></tr>
<tr><td>Light soya sauce</td><td>½ tsp</td></tr>
<tr><td>Chopped parsley / coriander leaves</td><td>1 tbsp</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
</table>
Method :
1. Take bread slices & remove its edges using a sharp bread knife. In a bowl mix together all the ingredients of dressing.
2. Take 2 buttered bread slices. Place a cheese slice on top of a bread & sprinkle some chilli flakes & salt. Cover with the second piece of bread. Press gently to stick them together. Follow same procedure to make more sandwiches like this from rest of the ingredients.
3. Cut each sandwich into 4 quarters/triangles to get 8 quarters/triangles in all.
4. Take a wooden skewer & insert 1 sandwich triangle & followed by a cherry tomato. Repeat the same step in the same skewer. So that 1 skewer has 2 triangles & 2 cherry tomatoes. Make all sandwich in the same way.
5. Brush all skewered sandwiches with the prepared dressing from all sides. Place them on high rack.
6. Keep high rack inside the microwave. Select menu and press start.
7. When beeps, turn over the sandwiches carefully & again press start. Serve them hot with tomato ketchup.
</td></tr>
<tr><td>CF15</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>
</table>

* Refer Pg.82 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>Refined Wheat flour</td><td>110g</td></tr>
<tr><td>Powdered Sugar</td><td>120g</td></tr>
<tr><td>Oil</td><td>¼ cup</td></tr>
<tr><td>Cocoa powder</td><td>¼ cup</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
<tr><td>Eggs</td><td>4 no.</td></tr>
</table>
<u>Method :</u>
1. Grease a metal cake tin. Dust light with flour.
2. Sift flour, baking powder & cocoa powder together.
3. Separate eggs yolk from whites.
4. Beat egg whites in clean & dry bowl till fluffy.
5. Add sugar gradually, beating till thick & retains shape.
6. Beat yolks & essence till thick & fluffy again.
7. Add oil gradually beating till thick again.
8. Fold in flour gently with wooden spoon, by sprinkling evenly in 2-3 batches.
9. Pour the cake batter in cake tin.
10. Meanwhile during batter making, select menu & press start. (Preheat process)
11. When beeps, keep the cake tin on low rack. Press start
</td></tr>
<tr><td>bA2</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>bA3</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).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.82 Fig.4
**Refer Pg.82 Fig.1

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA4</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>bA5</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>bA6</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>bA7</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.82 Fig.1
**Refer Pg.82 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>Buns@</td><td>4 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 dissolve. 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>bA9</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 another bowl take softened butter, powdered sugar, brown sugar & beat with a electric beater till light & fluffy. Add one egg at a time & beat. Add apple puree & again mix well.
3. Select menu & press start.(Preheat process)
4. Softly mix all the dry mixture to the beaten butter & sugar mixture with a wooden spoon. Do not over mix.
5. Pour 2 tbsp batter (for each muffin) in the greased muffin tray. When beeps, keep the low rack & metal tray and press start. Give standing time of 5 minutes.
</td></tr>
<tr><td>bA10</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>
</table>

@ Do not put anything in the oven during the Preheat mode
*Refer Pg.82 Fig.1
**Refer Pg.82 Fig.4

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA11</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>bA12</td><td>Patties®</td><td>3 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>
<tr><td>bA13</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 sugar</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>
</table>

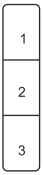


Fig. 1

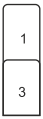


Fig. 2



Fig. 3


Fig. 4

* Refer to Pg.82 Fig. 1
@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>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.
</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 curd.
</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>

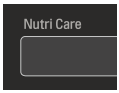
Nutri Care

In the following example, show you how to cook 0.3 kg of Kala Chana.

1. **Press STOP/CLEAR.**



2. Press Nutri Care.



3. Turn dial until display show "HP2".



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



5. *Turn dial until display show "0.3 kg".



6. Press START/Add 30 secs



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



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 the recipe has single weight e.g “SA5” , do not follow step 4, 5. Directly go to step 6.

SA1 Beetroot Salad

Weight Limit: 0.1 ~ 0.3 kg

Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish

For	0.1 kg	0.2 kg	0.3 kg
Beetroot (sliced)	100 g	200 g	300 g
Saunf	½ tsp	1 tsp	1 tsp
Coriander powder, Pepper powder, Salt, Lemon juice	As per taste		

Method :
1. 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.

SA2 Cous Cous Salad

Weight Limit: 0.1 ~ 0.3 kg

Utensil: Microwave Safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Cous Cous	100 g	200 g	300 g
Water	300 mL	600 mL	900 mL
Salt	As per taste		
Oil	Few drops		
Vegetables (Cucumber cubes, Chopped tomatoes, Broccoli florets, Sliced mushrooms)	2 cups	2½ cups	3 cups
Lettuce leaves	2-3 leaves		
For dressing			
Pudina leaves (finely chopped)	¼ cup	½ cup	1 cup
Lemon juice, pepper powder	As per taste		

Method :
1. In a MWS bowl take cous cous, add water & salt & few drops of oil. Select menu & weight and press start.
2. When beeps, remove & allow the cous cous to cool for sometime so that the grains separate.
3. Now add the vegetables & press start.
4. Mix all the ingredients of dressing in a bowl.
5. When cooking ends, add the cous cous to the dressing bowl. Toss all the ingredients together.
6. Spread the lettuce leaves on a plate. And transfer the cous cous salad to the plate. Chill & serve.

SA3 Pasta Salad

Weight Limit: 0.2 kg

Utensil: Microwave Safe (MWS) bowl

For	0.2 kg
Penne pasta	200 g
Water	400 mL
Vegetable (Grated carrot, Capsicum, Sliced olives, Chopped spring onion)	1½ cup
Salt, Pepper	As per taste
Olive oil	2 tsp
Vinegar	1 tsp
Oregano (optional)	As per taste
Curd	2 tbsp

Method :
1. In a MWS bowl add pasta, water & few drops of oil. Select menu & press start.
2. Wash the boiled pasta under cold water to separate them.
3. In a bowl take boiled pasta, add vegetable, salt, pepper, vinegar, curd, olive oil. Toss them together. Chill & serve.

SA4 Rice Salad

Weight Limit: 0.2 kg

Utensil: Microwave Safe (MWS) bowl

For	0.2 kg
Basmati Rice	200 g
Water	400 mL
Apples (diced)	1 no.
Green peas	½ cup
Cauliflower florets	1 cup
Lemon Juice, Salt, Pepper	As per taste
Lettuce leaves	2-3 leaves
Shredded Cabbage leaves, Coriander leaves	For garnishing

Method :
1. In a MWS bowl add rice & water. Select menu & press start.
2. When beeps, remove & in another MWS bowl add peas, Cauliflower florets & ½ cup water. Cover. Press start.
3. In cooled rice add apple, green peas, cauliflower florets, salt & pepper.
4. Now add lemon juice & toss well & transfer to serving dish lined with lettuce leaves. Garnish with shredded cabbage & coriander leaves.

Salads

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SA5</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>SA6</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>SA7</td><td>Hari Seekh Salad</td><td>0.3 kg</td><td>Rotisserie
&
Rotisserie handle</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. Oil & wipe the skewers of the rotisserie.
4. Skewer the vegetables-thread them starting with broccoli, then fold a cabbage leaf & insert, fold a spinach leaf one & then fold again (like a pan) & insert, then insert a whole spring onion & then again another folded cabbage leaf & spinach leaf in the same skewer, repeat the same for all the skewers.
5. Install the rotisserie in the oven. (Refer Pg. 83)
6. Select menu & press start. Serve hot.
7. Use rotisserie handle to take out the rotisserie from the microwave oven.
</td></tr>
</table>

*Refer Pg.82 Fig.2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SA8</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>Eggs</td><td>2 nos.</td></tr>
<tr><td>Lemon juice</td><td>2 tbsp</td></tr>
<tr><td>Salt</td><td>As pet taste</td></tr>
<tr><td>Poppy seeds</td><td>4 tsp</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td></tr>
</table>
<u>Method :</u>
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 category & 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>SA9</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 powder (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 powder. Mix well & serve.
</td></tr>
<tr><td>SA10</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 powder (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 powder. Mix well & Serve.
</td></tr>
<tr><td>SA11</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.82 Fig.2

Salads

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SA12</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>SA13</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>

<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>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 sabzi 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>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>
<u>Method :</u>
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>

*Refer Pg.82 Fig.2

Health Plus

<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>1⅓ cup</td><td>2 cup</td><td>2⅔ 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 100 g, 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>1⅓ 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>0.1-0.5 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>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>
<tr><td>HP8</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>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP9</td><td>Soya Idli</td><td>4 ~ 8</td><td>Microwave safe (MWS) Idli stand* & Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>Rice</td><td>100 g</td></tr>
<tr><td>Urad</td><td>4 tbsp</td></tr>
<tr><td>Soyabean granules</td><td>4 tbsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. Wash & soak rice, urad dal & soyabeans granules for 4 hours.
2. Grind, mix & ferment for 8 to 10 hours. Grind the mixture to paste consistency. (You an use the same batter for making 4, 5, 6, 7, 8 idlies)
3. Grease MWS idli stand with little oil. Put idli batter in it. Add ½ cup water in MWS bowl. Keep the idli stand in MWS bowl & cover. Select menu & number and press start.
</td></tr>
<tr><td>HP10</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>HP11</td><td>Spinach Dal</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>Dehusked soaked lentils (at least 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>Onions chopped</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr>
<tr><td>Spinach chopped</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2 cup</td><td>2½ cups</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Cumin seeds</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Ginger & green chillies (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td></tr>
<tr><td>Water</td><td>300 mL</td><td>500 mL</td><td>700 mL</td><td>800 mL</td><td>900 mL</td></tr>
<tr><td>Turmeric, Salt</td><td colspan="5">As per taste</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>3½ tsp</td><td>4 tsp</td></tr>
<tr><td>Coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4½ tbsp</td><td>5 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>HP12</td><td>Healthy 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>Rice (soaked)</td><td>75 g</td><td>150 g</td><td>225 g</td></tr>
<tr><td>Moong dal, washed (soaked)</td><td>25 g</td><td>50 g</td><td>75 g</td></tr>
<tr><td>Desi ghee</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Carrot (grated finely)</td><td>1 no.</td><td>1 no.</td><td>2 nos.</td></tr>
<tr><td>Peas</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Soya granules (soaked)</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>Water</td><td>300 mL</td><td>500 mL</td><td>650 mL</td></tr>
</table>
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 & ½ cup water. Mix & cover and press start.
4. Serve hot with fresh curd.
</td></tr>
</table>

*Provided with the 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>HP13</td><td>Leaf Rolls</td><td>0.2-0.4 kg</td><td>Microwave safe (MWS) bowl
&
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>Palak leaves</td><td>100 g</td><td>150 g</td><td>150 g</td></tr>
<tr><td>Cabbage leaves</td><td>100 g</td><td>150 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>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Chopped onion</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Salt, Chaat masala, Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
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. Remove the leaves from the bowl. Spread the filling on leaves & roll them. Make all the rolls in same way.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So1</td><td>Chicken Shorba</td><td>0.6 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 powder</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>So2</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>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 powder</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>So3</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>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>So4</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>So5</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>So6</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, chilli sauce, soya sauce, vinegar,salt, pepper powder and ajinomoto. Select menu & press start.
2. When beeps, stir well & add all the chopped vegetables, except paneer. Press start.
3. When beeps, stir well & add corn flour, tomato sauce, paneer pieces & press start.
</td></tr>
<tr><td>So7</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>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, chilli sauce, soya sauce, vinegar,salt, pepper powder and ajinomoto. Select menu & press start.
2. When beeps, stir well & add all the chopped vegetables, except paneer. Press start.
3. When beeps, stir well & add corn flour, tomato sauce, paneer pieces & press start.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So8</td><td>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>So9</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>So10</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>
</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>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>
<tr><td>So12</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(3 cups)</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>
<tr><td>So13</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>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So14</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>So15</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>600 mL (3 cups)</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 & peppers & cornflour (mixed with ½ cup water) & press start. Serve hot.
</td></tr>
<tr><td>So16</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>
</table>

Continental

<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 etc.</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>Baked Mushrooms</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>Co4</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>
</table>

* Refer Pg. 82 Fig. 5

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co5</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>
<tr><td>Co6</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>Co7</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>
<u>Method :</u>
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>
</table>

* Refer Pg. 82 Fig. 5

Continental

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co8</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>
<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>
<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>
</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>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>1/3 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>

Continental

<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>8 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>
</table>

<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.82 Fig. 2

Sea Food

<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>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SF7</td><td>Mase Kalavan</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>Fish pieces</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Tamarind paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Turmeric powder, Coriander powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Hing</td><td colspan="3">A pinch</td></tr>
<tr><td>Green chilli (chopped)</td><td>1 no.</td><td>1 no.</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>Garlic (chopped)</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Coconut milk</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
</table>
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.
</td></tr>
</table>

Indian Rasoi

In the following example, show you how to cook 0.5 kg of Butter Chicken.

1. **Press STOP/CLEAR.**



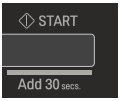
2. Press Indian Rasoi



3. Turn dial until display show "IC12".



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



5. *Turn dial until display show "0.5 kg".



6. Press START/Add 30 secs



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



NOTE

- Indian Rasoi 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 the recipe has single weight e.g "IC4" , do not follow step 4, 5. Directly go to step 6.

IC1 Mix Veg

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
Mix Veg. (Carrot, Cauliflower, Peas, Beans, Potato)	100 g (Total)	200 g (Total)	300 g (Total)	400 g (Total)	500 g (Total)
Oil	¼ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Onion (chopped)	½ cup	1 cup	1½ cup	2 cup	2 cup
Tomato (chopped)	¼ cup	1 cup	1½ cup	1½ cup	1½ cup
Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder	As per taste				

Method :

1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select menu & weight and press start.
2. When beeps, remove & mix well. Add vegetable & some water. Cover & press start.
3. When beeps, mix well. Cover & press start. Garnish with coriander leaves.

IC2 Kadhai Paneer

Weight Limit: 0.1 ~ 0.5 kg

Utensil: Microwave safe (MWS) bowl

Paneer	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Capsicum & Onion (sliced)	½ cup	1 cup	1½ cup	2 cup	2½ cup
Onion Paste	3 tbsp	4 tbsp	5 tbsp	6 tbsp	6½ tbsp
Tomato Puree	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp
Ginger-Garlic Paste, Salt	As per taste				
Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala	As per taste				
Butter	1½ tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp
Fresh Cream	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp

Method :

1. In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum & onion. Mix well, cover. Select menu & weight and press start.
2. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt and paneer cubes, mix well and press start. Stand for 5 minutes. Garnish with hara dhania and serve hot.

IC3 Dal Tadka

Weight Limit: 0.2 ~ 0.4 kg

Utensil: Microwave safe (MWS) bowl

For	0.2 kg	0.3 kg	0.4 kg
Dal (soaked for 2 hours)	200 g	300 g	400 g
Water	400 mL	600 mL	800 mL
Oil	2 tbsp	2½ tbsp	3 tbsp
Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch	To taste		
Salt, Dhania powder	To taste		

Method :

1. Take dal in MWS bowl, add water, haldi & hing.
2. Select menu & weight and press start to cook.
3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves, salt, dhania jeera powder, hara dhania, kasuri methi (optional). Press start.
4. When beeps, add dal, water (if required), mix well & again press start.

IC4 Sambhar

Weight Limit: 0.2 kg

Utensil: Microwave safe (MWS) bowl

For	0.2 kg
Arhar Dal (Soaked for 2 hrs)	200 g
Oil	2 tbsp
Onion chopped	1 medium
Tomato chopped	1 medium
Mixed vegetables chopped - Drumsticks, Ghiya, Brinjals, Red pumpkin	1 cup
Boiled water	400 mL
Imli pulp, Green chilli, Sambhar masala, Salt, Gud, Curry leaves Dhania, Red chilli powder, Rai, Hing	As per taste

Method :

1. Soak dal for 2 hours, In MWS bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select menu and press start.
2. When beeps, in another MWS bowl take oil, add rai, hing, curry leaves, dhania, red chilli powder. Press start.
3. When beeps, mash dal very well and add to tadka. Add imli pulp, sambhar masala, gud and some water (if required). Press start. Stand for 5 mins. Garnish with coconut and hara dhania and serve with Idli.

Indian Cuisine

<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.

<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>
<u>Method :</u>
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>
<u>Method :</u>
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>
<u>Method :</u>
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>

Indian Cuisine

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC11</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>
<u>Method :</u>
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>
<tr><td>IC12</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>
<u>Method :</u>
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>IC13</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 dal</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>
<u>Method :</u>
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>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC14</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>
<u>Method :</u>
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>
<tr><td>IC15</td><td>Veg Handva*</td><td>0.3 kg</td><td>Microwave safe (MWS) flat glass dish
&
Low rack
&
High rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Rice</td><td>200 g (1 cup)</td></tr>
<tr><td>Urad Dal (Dehusked)</td><td>2 tbsp</td></tr>
<tr><td>Sour curd</td><td>½ cup</td></tr>
<tr><td>Boiled vegetables (Potato, Carrots, Peas, Palak)</td><td>2 cups</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Lemon juice</td><td>2 tsp</td></tr>
<tr><td>Soda bi carb</td><td>A pinch</td></tr>
<tr><td>Chilli powder, Turmeric powder, Salt</td><td>As per taste</td></tr>
<tr><td>Ginger & chilli paste</td><td>1 tsp</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td></tr>
<tr><td>Curry leaves</td><td>A few sprigs</td></tr>
<tr><td>Hing</td><td>¼ tsp</td></tr>
</table>
<u>Method :</u>
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.
</td></tr>
</table>

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

Indian Cuisine

IC16 Kashmiri Kaju Paneer

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
Paneer pieces	100 g	200 g	300 g	400 g	500 g
Kaju paste	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp
Sliced onions	½ no.	1 nos.	1½ nos.	1½ nos.	2 nos.
Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
Chilli powder	As per taste				
Khus Khus paste	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Tomato puree	½ cup	1 cup	1½ cup	2 cup	2 cup
Milk	¼ cup	½ cup	1 cup	1½ cup	1½ cup
Garam masala, Salt	As per taste				

Method :

1. In a MWS bowl add oil, onion slices, chopped ginger & garlic. Select menu & weight and press start.
2. When beeps, mix well, add khus khus paste, kaju paste, tomato puree, chilli powder, garam masala & salt and press start.
3. When beeps, mix well, add paneer pieces and milk. Press start. Stand for 3 minutes.

IC17 Kadhai Chicken

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
Boneless chicken	100 g	200 g	300 g	400 g	500 g
Oil	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp
Methidana	¼ tsp	¼ tsp	1 tsp	1 tsp	1 tsp
Onion slices	1 no.	2 nos.	3 nos.	3 nos.	3½ nos.
Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
Dhania powder, Red chilli powder, Salt	As per taste				
Tomato puree	¼ cup	½ cup	1 cup	1½ cup	1½ cup
Hara dhania	A few sprigs				
Capsicum	1 no.	1½ nos.	2 nos.	2 nos.	2 nos.
Ginger (finely sliced)	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4½ tbsp
Cream	For garnishing				

Method :

1. In MWS Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select menu & weight and press start.
2. When beeps, mix well & add tomato puree, hara dhana, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes.
3. Add cream. Mix well. Serve hot.

IC18 Baigan Ka Bharta

Weight Limit: 0.3 ~ 0.5 kg

Utensil: Microwave safe (MWS) bowl

For	0.3 kg	0.4 kg	0.5 kg
Baigan (Chopped in big pieces)	300 g	400 g	500 g
Oil	1 tbsp	1½ tbsp	2 tbsp
Chopped onions	1 cup	1½ cup	2 cup
Chopped green chillies	3 nos.	4 nos.	5 nos.
Chopped ginger	1 tbsp	1½ tbsp	2 tbsp
Chopped tomato	2 nos.	3 nos.	4 nos.
Tomato puree	4 tbsp	5 tbsp	6 tbsp
Salt, Dhania powder, Garam masala, Red chilli powder, Haldi	As per taste		
Chopped coriander leaves	A few sprigs		

Method :

1. In a MWS bowl add peeled & chopped baigan. Sprinkle some water. Cover. Select menu & weight and press start.
2. When beeps, remove & mash the baigan well.
3. In another MWS bowl add oil, chopped onion, green chillies, ginger, tomato, tomato puree, salt, dhania powder, garam masala, red chilli powder, haldi. Mix well. Cover & press start.
4. When beeps, mix well. Add the mashed baigan & mix well. Press start. Allow to stand for 3 minutes. Garnish with coriander leaves.

IC19 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.

IC20 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.

IC21 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 gnion	1 tbsp	1½ tbsp	2 tbsp
Chopped ginger	1 tsp	1½ tsp	2 tsp
Chopped garlic	1 tsp	1½ tsp	2 tsp
Jeera powder, Salt, Haldi, Red chilli powder, Garam masala	As per taste		
Coriander leaves	A few sprigs		
Water	¼ cup	½ cup	1 cup

Method :

1. In a MWS bowl add oil, chopped ginger, garlic, onion. Mix well select menu & weight & press start.
2. When beeps, mix well, add paneer cubes, peas, tomato puree, jeera, powder, salt, haldi, red chilli powder, garam masala. Mix well cover. Press Start.
3. When beeps, mix well, add water, coriander leaves & cover. Press start. Stand for 5 minutes.

Indian Cuisine

Menu		Weight Limit	Utensil	Instructions

IC22 — Gatte Ki Sabzi | 0.3 ~ 0.5 kg | Microwave safe (MWS) bowl

For	0.3 kg	0.4 kg	0.5 kg
For making gattas			
Besan	100 g	125 g	150 g
Red chilli powder, Haldi, Dhania powder, Salt	As per taste		
Water	As required		
For Sabzi			
Oil	1 tbsp	1½ tbsp	2 tbsp
Rai, jeera	2 tsp	2 tsp	3 tsp
Curry leaves	A few		
Sour curd	1 cup	1 cup	1½ cup
Red chilli powder, Haldi, Dhania powder, Salt	As per taste		
Tomato puree	¼ cup	½ cup	1 cup

Method :
1. In a bowl mix besan, red chilli powder, haldi, dhania powder, salt. Add water, little oil and make it like a chapati dough.
2. After making the dough break the dough into different pieces and make the rolls out of those pieces.
3. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover.
4. Select menu & weight and press start.
5. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices.
6. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhania powder, haldi, salt. Cover & press start.
7. When beeps, add beaten curd, gattas & haldi. Mix well & press start.

IC23 — Egg Curry | 0.1 ~ 0.3 kg | Microwave safe (MWS) bowl

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

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

IC24 — Jhinga Matar Curry | 0.2 ~ 0.4 kg | Microwave safe (MWS) bowl

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

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

<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. Mix well & press start.
3. When beeps, add 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>
<u>Method :</u>
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>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>
<u>Method :</u>
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>SC5</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>
<u>Method :</u>
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>
</table>

Sweet Corner

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SC6</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>
<u>Method :</u>
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>
<tr><td>SC7</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>
<u>Method :</u>
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>
<tr><td>SC8</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>
<u>Method :</u>
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>SC9</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>
<u>Method :</u>
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>SC10</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>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SC11</td><td>Shahi Rabdi</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>Milk</td><td>1 cup</td></tr>
<tr><td>Grated paneer</td><td>1 cup</td></tr>
<tr><td>Condensed milk</td><td>½ cup</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp</td></tr>
<tr><td>Elaichi powder</td><td>¼ tsp</td></tr>
<tr><td>Saffron</td><td>A few strands</td></tr>
<tr><td>Rose essence</td><td>A few drops</td></tr>
<tr><td>Chopped pistachios</td><td>1 tbsp</td></tr>
<tr><td>Chopped almonds (skin removed)</td><td>2 tbsp</td></tr>
</table>
<u>Method :</u>
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.
</td></tr>
<tr><td>SC12</td><td>Shahi Tukda</td><td>0.1 ~ 0.3 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></tr>
<tr><td>Bread Slices</td><td>1 slice</td><td>2 slices</td><td>3 slices</td></tr>
<tr><td>Milkmaid</td><td>50 mL</td><td>100 mL</td><td>150 mL</td></tr>
<tr><td>Milk</td><td>50 mL</td><td>100 mL</td><td>125 mL</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Badam, Pista pieces</td><td>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>
<u>Method :</u>
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, kesar and elaichi powder in MWS flat glass dish. Pour the mixture on slices and press start. Serve hot.
</td></tr>
<tr><td>SC13</td><td>Kaddu Kheer</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>300 mL</td></tr>
<tr><td>Grated kaddu</td><td>200 g</td></tr>
<tr><td>Milkmaid</td><td>150 g</td></tr>
<tr><td>Dry fruits (Kaju, Kishmish, Pista)</td><td>As required</td></tr>
</table>
<u>Method :</u>
1. In a MWS 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.
</td></tr>
<tr><td>SC14</td><td>Rava Ladoo</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>Roasted rava/sooji</td><td>1 cup</td></tr>
<tr><td>Grated khoa</td><td>1½ cup</td></tr>
<tr><td>Sugar</td><td>½ cup</td></tr>
<tr><td>Milk</td><td>½ cup</td></tr>
<tr><td>Kishmish</td><td>2 tbsp</td></tr>
<tr><td>Chopped almonds</td><td>2 tbsp</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp</td></tr>
<tr><td>Elaichi powder (optional)</td><td>½ tsp</td></tr>
</table>
<u>Method :</u>
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.
</td></tr>
</table>

Sweet Corner

<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>
<u>Method :</u>
1. Take kaju in a spice-grinder & make a fine powder and keep aside.
2. In a MWS glass bowl take powdered sugar & water. Stir very well. Select menu & press start.
3. When beeps, stir very well & dissolve all the sugar. Add kaju powder & stir till all the lumps are removed. Keep stirring till the paste becomes like a dough (ball formation stage).
4. Grease the kitchen-slab (marble top) a little with ghee. Take the dough & roll out to 1" thickness carefully. Cut the kaju burfi in desired square or diamond shape & decorate with vark and serve.
</td></tr>
<tr><td>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>
<u>Method :</u>
1. Remove the skin from badam & grind them to a fine paste adding milk. Take out this paste in a MWS glass bowl.
2. Add desi ghee to the paste & mix well. Select menu & weight and press start.
3. When beeps, stir very well & again press start.
4. When beeps, stir very well. Add sugar & milk (for cooking). Again mix well & press start. Give standing time of 5-6 minutes & mix well. Garnish with slivered almonds & serve badam halwa hot.
</td></tr>
</table>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>rd1</td><td>Chicken 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>Hung curd</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr>
<tr><td>Tomato puree</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 tbsp</td><td>1½ tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Salt, Garam masala, Coriander powder, 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>Onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Salt</td><td colspan="5">If required</td></tr>
<tr><td>Coriander leaves</td><td colspan="5">A few springs</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>
<u>Method :</u>
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.
</td></tr>
<tr><td>rd2</td><td>Gosht Dum 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 mutton (20 g each piece)</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>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Jeera, Laung, Tej patta, Salt, Red chilli powder, Garam masala</td><td colspan="5">As per taste</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>
<u>Method :</u>
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 20-25 min in microwave. Serve hot.
</td></tr>
<tr><td>rd3</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>
<u>Method :</u>
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>
</table>

Rice Delight

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>rd4</td><td>Pineapple Fried 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>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>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>Mix veg - Peas, French beans, Carrots, capsicum</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr>
<tr><td>Pineapple (chopped)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Ajinomoto (optional)</td><td colspan="5">A pinch</td></tr>
<tr><td>Red chilli powder, Chilli sauce, Soya sauce</td><td colspan="5">As per taste</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>
<u>Method :</u>
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.
</td></tr>
<tr><td>rd5</td><td>Veg 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 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, Red chilli powder</td><td colspan="5">As per taste</td></tr>
<tr><td>Mix veg - Gobhi, Matar, Gajar, French Beans</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr>
</table>
<u>Method :</u>
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.
</td></tr>
<tr><td>rd6</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>
<u>Method :</u>
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>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>
<u>Method :</u>
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>
<u>Method :</u>
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>
<u>Method :</u>
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>
<u>Method :</u>
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 ~ 0.4 kg</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>
<u>Method :</u>
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 ~ 0.3 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>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>
<u>Method :</u>
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 ~ 0.3 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>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 ~ 0.3 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>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>
<u>Method :</u>
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>

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CC1</td><td>Apple Tomato 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>Apple pieces</td><td>150 g</td></tr>
<tr><td>Tomato pieces</td><td>150 g</td></tr>
<tr><td>Green chillies, Salt, Sugar</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>For Tempering : Rai, Jeera, Hing etc.</td><td></td></tr>
</table>
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.
</td></tr>
<tr><td>CC2</td><td>Lemon Pickle</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>Lemon pieces</td><td>150 g</td></tr>
<tr><td>Sugar</td><td>150 g</td></tr>
<tr><td>Chilli powder, Salt</td><td>As per taste</td></tr>
<tr><td>For Tempering : Rai, Jeera, Hing etc.</td><td></td></tr>
</table>
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.
</td></tr>
<tr><td>CC3</td><td>Mix Veg Pickle</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>Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)</td><td>300 g</td></tr>
<tr><td>Lemon juice</td><td>2 tbsp</td></tr>
<tr><td>Salt, Chilli powder, Sugar, Pickle Masala</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>For tempering : Rai, Jeera, Hing etc.</td><td>As required</td></tr>
</table>
<u>Method :</u>
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.
</td></tr>
<tr><td>CC4</td><td>Pizza Sauce</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>Tomato</td><td>200 g</td></tr>
<tr><td>Onion</td><td>100 g</td></tr>
<tr><td>Salt, Sugar, Ajwain, Oregano, Basil leaves</td><td>As per taste</td></tr>
<tr><td>Garlic pods</td><td>7-8 nos.</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
</table>
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.
</td></tr>
<tr><td>CC5</td><td>Tomato Sauce</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>Tomato</td><td>500 g</td></tr>
<tr><td>Onion</td><td>1 No.</td></tr>
<tr><td>Chilli powder, Salt, Sugar</td><td>As per taste</td></tr>
<tr><td>Chopped ginger and garlic</td><td>2 tbsp</td></tr>
<tr><td>Garam masala</td><td>1 tsp</td></tr>
</table>
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.
</td></tr>
</table>

Chatpat Corner

<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>
<u>Method :</u>
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>

Pasteurize Milk/Dairy Delight

In the following example, show you how to pasteurize
2.0 L of Milk at 25°C.

1. **Press STOP/CLEAR.**



2. Press Pasteurize Milk/Dairy Delight, the display will show "PS1".



3. Turn dial until display shows "2.0 L"



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



5. *Turn dial until display show "25° C".



6. Press START/Add 30 secs
   (Do not increase/decrease cook
   time during Pasteurize Milk)





For Dairy Delight

7. If you want to select Dairy Delight, Press the button twice, the display will show “dd1”
8. Turn the dial to select dd1 to dd3.
9. Press START/Add 30 secs for menu confirmation.
10. Turn dial to select weight.
11. Press START/Add 30 secs
    When cooking you can increase or decrease
    cooking time by turning dial. (Dairy delight only)

NOTE

- Pasteurize Milk/Dairy Delight menus are programmed.
- Pasteurize Milk/Dairy Delight cook allows you to cook most of your favourite food by selecting the food type and the weight of the food.

*Note: If the recipe has single weight e.g
“dd3” , do not follow step 9, 10, directly go to step 11.

Menu		Weight Limit	Utensil	Instructions
PS1	Pasteurize Milk	1-2 L	Milk Pasteurization Kit	

Milk (Cow, buffalo, Packet etc)	2.0 L	1.0 L	1.5L

Method :

1. Pour milk to the scale shown in the Milk Pasteurization kit. (Fig.1)
2. Cover with lid & close as per the directions on the kit. (Fig.2)
3. Place the kit in microwave oven.
4. Select the menu, weight & temperature. (refrigerated - select 4℃, room temp – select 25 ℃)
5. Press start.
   When pasteurization is over, use the milk for drinking, making tea or coffee etc.
   For opening the lid refer (Fig.3)

Tips :

1. Milk Pasteurization kit is only for milk. Do not use for other purpose.
2. Use fresh loose or packet milk. Do not repeat pasteurization.
3. For storage, let the milk stand to cool down after pasteurization, and then keep it in a refrigerator with covered. Do not move to another container.
4. The pasteurized milk can be consumed up to 2-3 days.



Fig.1

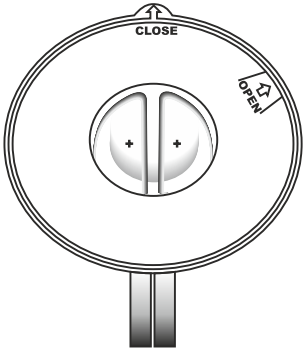


Fig.2

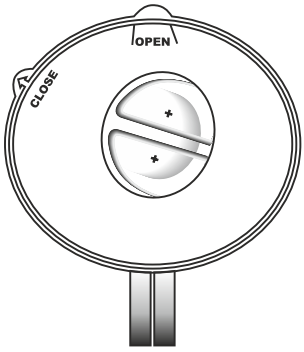


Fig.3

Dairy Delight

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>dd1</td><td>Tea</td><td>1-4</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>120mL</td><td>240mL</td><td>360mL</td><td>480mL</td></tr>
<tr><td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr>
<tr><td>Milk</td><td>120mL</td><td>150mL</td><td>225mL</td><td>300mL</td></tr>
<tr><td>Sugar</td><td colspan="3">As per taste</td></tr>
<tr><td>Ginger/cardamon (crushed)</td><td colspan="3">As per taste(optional)</td></tr>
</table>
<u>Method :</u>
1. In a MWS glass bowl add water, tea leaves & crushed ginger/cardamom (optional). Select menu & weight. Press start.
2. When beeps, add milk & sugar. Press start. Serve hot.
1 cup tea = 150mL approx
1-4 indicates the number of cup of tea that can be prepared.
</td></tr>
<tr><td>dd2</td><td>Coffee</td><td>1-4</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr>
<tr><td>Water</td><td>60mL</td><td>120mL</td><td>180mL</td><td>240mL</td></tr>
<tr><td>Coffee</td><td colspan="3">½ tsp (Each cup)</td></tr>
<tr><td>Milk</td><td>120mL</td><td>150mL</td><td>225mL</td><td>300mL</td></tr>
<tr><td>Sugar</td><td colspan="3">As per taste</td></tr>
<tr><td>Ginger/cardamon (crushed)</td><td colspan="3">As per taste(optional)</td></tr>
</table>
<u>Method :</u>
1. In a MWS glass bowl add water. Select menu & weight & press start.
2. Meanwhile in each cup add 1/2tsp coffee (with few water drops) & sugar. Beat well.
3. When beeps, add milk to boiling water. Press start.
4. Add milk to each cup & serve hot.
1 cup coffee = 150mL approx
1-4 indicates the number of cup of coffee that can be prepared.
</td></tr>
<tr><td>dd3</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>
</table>

@Do not put anything in the oven during Preheat mode
Refer Pg.82 Fig.3

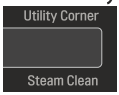
Utility Corner/Steam Clean

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

1. **Press STOP/CLEAR.**



2. Press Utility Corner/Steam Clean



3. Turn dial until display show "UC2".



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



5. *Turn dial until display show "0.3 kg".



6. Press START/Add 30 secs



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



For Steam Clean

7. If you want to select Steam Clean, Press the button twice, the display will show “SL1”
8. Press START/Add 30 secs

NOTE

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

*Note: If the recipe has single weight e.g
“UC1” , do not follow step 4, 5. Directly go to step 6.

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-humidification	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	-	Microwave safe (MWS) glass utensil & Empty cavity	Namkin, Biscuits, Bhujia, Papad and Wafers etc. **Method :** 1. **Sterilize Microwave safe glass utensil -** Keep the empty utensil & select menu & press start. 2. **Clean the cavity -** Keep the cavity empty. Select menu & press start. When time ends (beeps), clean the cavity with a damp cloth. **Note :** The oven has a special function **Light Disinfect** which allows to sterilize the MWS glass utensil thereby giving a hygiene & clean utensils/cavity.

Fermentation

<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>
<u>Method :</u>
1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Roll out the dough to 6” to 7”& keep on dusted tawa. Prick with a fork.Keep for half to 1 hour in a dark place.
2. Select menu & press start.(Preheat process)
3. When beeps, keep the tawa on low rack. Press start.
</td></tr>
<tr><td>FE2</td><td>Masala Paneer</td><td>0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Milk</td><td>500 mL</td></tr>
<tr><td>Curd</td><td>2 tbsp</td></tr>
<tr><td>Coriander powder</td><td>1 tbsp</td></tr>
<tr><td>Jeera powder</td><td>1 tsp</td></tr>
</table>
<u>Method :</u>
1. In MWS glass bowl add milk. Select menu and press start.
2. When it gives a beep, remove and add curd, coriander and jeera powder. Press start. When beeps, remove and strain and press in a muslin cloth.
</td></tr>
<tr><td>FE3</td><td>Yeast dough</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>300 g</td></tr>
<tr><td>Yeast</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>½ tsp</td></tr>
<tr><td>Sugar</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
</table>
<u>Method :</u>
1. In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough.
2. Select menu and press start. Rest for 3 minutes. Now remove.
</td></tr>
</table>

Steam Clean

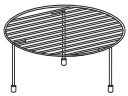
Menu		Weight Limit	Utensil	Instructions
SL1	Steam Clean	0.3 kg	Microwave safe (MWS) bowl	**Method :** 1. Take water in MWS bowl, add vinegar or lemon juice. Select menu & press start. 2. When beeps, wipe out with clean napkin. Press start. 3. Again wipe out. Take out the plug.

@Do not put anything in the oven during the Preheat mode.
*Refer Pg.82 Fig.1

Usage Of Accessories/Utensils

1)  + 

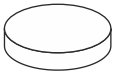
Low rack Multi cook tawa

2)  + 

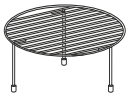
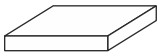
High rack Multi cook tawa

3)  + 

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

4)  + 

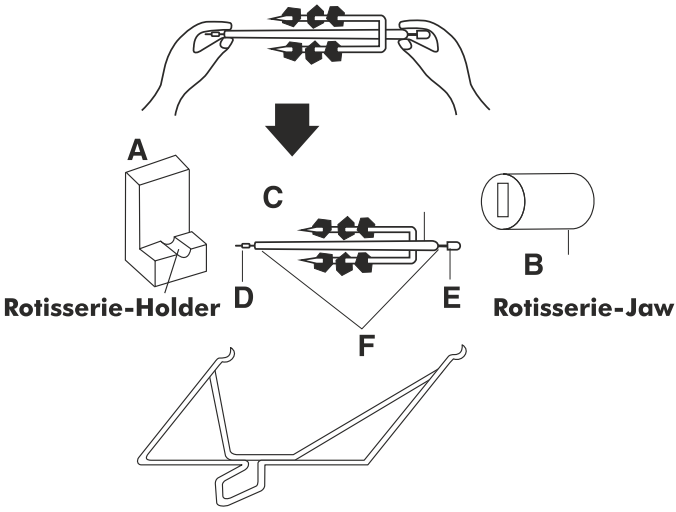
Low rack Metal cake tin
(Not provided with LG Kit)

5)  + 

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

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

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



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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