LG
Life's Good

ENGLISH

HINDI

OWNER'S MANUAL

# MICROWAVE OVEN

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

MC3286BRUM
MC3286BPUM

MFL70580301
Rev.00_19022018

www.lg.com

Copyright © 2018 LG Electronics Inc. All Rights Reserved.

## How the Microwave Function Works / माइक्रोवेव प्रणाली किस तरह कार्य करती है

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

रेडियो, टेलीविज़न तरंगों और दिन के सामान्य प्रकाश की तरह ही माइक्रोवेव भी ऊर्जा का ही एक रूप है। आमतौर पर माइक्रोवेव की ये ऊर्जा तरंगे बाहर की तरफ ही प्रसारित होती हैं क्योंकि वे वातावरण में चालित होती हैं और अंततः प्रभावहीन हो कर गायब हो जाती हैं। किन्तु फिर भी, इस ओवन में अतिरिक्त रूप से एक मैग्नेट्रॉन होता है जो कि माइक्रोवेव्स में समाहित ऊर्जा को उपयोग में लाने का कार्य करता है। मैग्नेट्रॉन ट्यूब में प्रवाहित विद्युत, माइक्रोवेव ऊर्जा का निर्माण करती है।

These microwaves enter the cooking area through openings inside the oven. A tray is located inside the oven. Microwaves cannot pass through metal walls of the oven, but they can penetrate such materials as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are constructed.

ये माइक्रोवेव्स ओवन के माध्यम से कुकिंग एरिया में अन्दर की तरफ प्रयोग में लाये जाते हैं। ओवन के भीतर एक ट्रे होती है जो मुख्य उपयोग में आती है। माइक्रोवेव्स ओवन के चारों ओर की धातु से बनी दीवारों को पार नहीं कर पाती हैं परन्तु वे अपने आसपास की वस्तुएं जैसे ग्लास, पोरसलीन और कागज़ सहित सुरक्षा को ध्यान में रख कर बनाये गए अन्य धातु के बरतनों में प्रवाहित हो जाती हैं।

Microwaves do not heat cookware, though cooking vessels will eventually get hot from the heat generated by the food.

मूलरूप से माइक्रोवेव्स खाने के बर्तनों को गर्म नहीं करता बल्कि ये बर्तन गर्म हुए भोजन की गरमाहट से आखिरकार गर्म हो ही जाते हैं।

## Contents


| | |
|---|---|
| 301 Recipes List | 3 |
| IMPORTANT SAFETY INSTRUCTIONS | 6 |
| SAFETY PRECAUTIONS | 11 |
| BEFORE USE | 12 |
| Unpacking & Installing | 12 |
| Method To Use Accessories As Per Mode | 14 |
| Microwave-Safe Utensils | 15 |
| Control Panel | 17 |
| Child Lock | 19 |
| Add 30 secs | 19 |
| HOW TO USE | 19 |
| Micro Power Cooking | 19 |
| Micro Power Level | 20 |
| Grill Cooking | 21 |
| Grill Combi Cooking | 21 |
| Convection Preheat | 22 |
| Convection Cooking | 22 |
| Convection Combi Cooking | 23 |
| More Or Less Cooking | 23 |
| Energy Saving | 24 |
| Various Cook Functions | 25 |
| Diet Fry/Low Calorie | 26 |
| Tandoor se/Kids' Delight | 47 |
| Indian Roti Basket | 61 |
| Indian Cuisine | 69 |
| Pasteurize Milk/Tea/Dairy Delight | 91 |
| Cooking Aid/Steam Clean/Dosa/Ghee | 95 |
| Usage of Accessories/Utensils | 101 |
| Rotisserie Installation | 102 |
| List of Ingredients | 103 |
| TO CLEAN YOUR OVEN | 105 |
| QUESTIONS & ANSWERS | 105 |
| TWO RECIPES | 106 |
| Two Recipes for Starters | 106 |


## A very safe appliance / अति–सुरक्षित उपकरण

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

**माइक्रोवेव्स आपके सभी घरेलू उपकरणों में से सबसे अधिक सुरक्षित होता है। जब द्वार खुला होता है तब ओवन अपने आप ही माइक्रोवेव्स भेजना बंद कर देता है। जब ये माइक्रोवेव खाने के सामान में प्रवाहित होती हैं तो वे पूरी तरह से ऊष्णता में परिवर्तित हो जाती हैं और इस भोजन को जब आप ग्रहण करते हैं तो ''बाकी बची'' ऊर्जा से आपके स्वास्थ्य पर कोई भी हानिकारक प्रभाव नहीं पड़ता।**

## Diet Fry/Low Calorie (Pg. 26-46)

### Diet Fry


| Code No. | Recipe Name | |
|---|---|---|
| dF1 | Chicken Nuggets | 27 |
| dF2 | Aloo Chips | 27 |
| dF3 | Bread Pakora | 27 |
| dF4 | Paneer Pakora | 27 |
| dF5 | Gujia | 28 |
| dF6 | Samosa | 28 |
| dF7 | Masala Vada | 28 |
| dF8 | Chicken 65 | 29 |
| dF9 | Stuffed Aloo Patties | 29 |
| dF10 | Mushroom Rolls | 29 |
| dF11 | Sabudana Vada | 30 |
| dF12 | Fish Amritsari | 30 |


### Salad


| | | |
|---|---|---|
| SA1 | Beetroot Salad | 30 |
| SA2 | Cous Cous Salad | 30 |
| SA3 | Pasta Salad | 31 |
| SA4 | Rice Salad | 31 |
| SA5 | Chicken in Tomato Towers | 31 |
| SA6 | Tiranga Salad | 31 |
| SA7 | Hari Seekh Salad | 31 |
| SA8 | Crunchy Chicken Salad | 32 |
| SA9 | Babycorn and Bean Salad | 32 |
| SA10 | Carrot and Peas Salad | 32 |
| SA11 | Papaya Lachcha Salad | 32 |
| SA12 | Whole Wheat & Mint salad | 32 |
| SA13 | Bread Salad | 32 |


### Health Plus


| | | |
|---|---|---|
| HP1 | Lemon Chicken | 33 |
| HP2 | Kala Chana | 33 |
| HP3 | Karela Subzi | 33 |
| HP4 | Machi Kali Mirch | 33 |
| HP5 | Nutrinuggets | 33 |
| HP6 | Soyabean Curry | 34 |
| HP7 | Curd Brinjal | 34 |
| HP8 | Fish Bharta | 34 |
| HP9 | Soya Idli | 34 |
| HP10 | Bathua Raita | 34 |
| HP11 | Spinach Dal | 35 |
| HP12 | Healthy Khichdi | 35 |
| HP13 | Leaf Rolls | 35 |
| HP14 | Fish Cutlet | 35 |
| HP15 | Fish Masala | 35 |
| HP16 | Fish Pulusu | 36 |
| HP17 | Coconut Prawns | 36 |
| HP18 | Crab Curry | 36 |
| HP19 | Shrimps in Garlic Butter | 36 |
| HP20 | Mase Kalavan | 36 |


### Soup


| | | |
|---|---|---|
| So1 | Chicken Shorba | 37 |
| So2 | Tamatar Shorba | 37 |
| So3 | Sweet Corn Soup | 37 |
| So4 | Mushroom Soup | 37 |
| So5 | Rasam | 37 |
| So6 | Hot & Sour Soup | 38 |
| So7 | Tomato Soup | 38 |
| So8 | Mulligtawny Soup | 38 |
| So9 | Tom Yum Kung | 38 |
| So10 | Sichuan Soup | 39 |
| So11 | Palak Makai Shorba | 39 |
| So12 | Rajma Soup | 39 |
| So13 | Shahi Shorba | 39 |
| So14 | Bombay Curry Soup | 40 |
| So15 | Badam Soup | 40 |
| So16 | Limbu Dhania Shorba | 40 |
| So 17 | Mutton Shorba | 40 |
| So18 | Dal Shorba | 41 |
| So19 | Chicken Soup | 41 |
| So20 | Wonton Soup | 41 |


### Continental


| | | |
|---|---|---|
| Co1 | Pasta | 41 |
| Co2 | Veg Au gratin | 42 |
| Co3 | Baked Mushroom | 42 |
| Co4 | Potato dumpling | 42 |
| Co5 | Lasaneya | 42 |
| Co6 | Macaroni | 42 |
| Co7 | Chilli Veg | 43 |
| Co8 | Thai Chicken | 43 |
| Co9 | Sweet & Sour Veg | 43 |
| Co10 | Mediterranean Crostini | 43 |
| Co11 | Risotto Rice | 44 |
| Co12 | Spaghetti with Tomato Sauce | 44 |
| Co13 | Cottage Cheese Tortellini | 44 |
| Co14 | Broccoli In Butter Sauce | 45 |
| Co15 | Chilli Chicken | 45 |
| Co16 | Hakka Noodles | 45 |
| Co17 | Veg. in hot garlic sauce | 45 |
| Co18 | Schezwan Chicken | 46 |
| C019 | Veg Manchurian | 46 |
| Co20 | Steamed egg with Tofu | 46 |
| Co21 | Almond & Vegetables Stir Fry | 46 |


## Tandoor se/ Kids' Delight (Pg. 47-60)

### Tandoor se


| | | |
|---|---|---|
| tS1 | Murg Tandoori | 48 |
| tS2 | Bharwan Tamatar | 48 |
| tS3 | Tandoori Aloo | 48 |
| tS4 | Tandoori Gobhi | 48 |
| tS5 | Bharwan Bhindi | 49 |
| tS6 | Bharwan Baigan | 49 |
| tS7 | Tandoori Jhinga | 49 |
| tS8 | Chana Kababs | 49 |
| tS9 | Paneer Tikka | 50 |
| tS10 | Matar Kababs | 50 |
| tS11 | Tandoori Mushrooms | 50 |
| tS12 | Arbi Tandoori | 50 |
| tS13 | Malai Tikka | 51 |
| tS14 | Corn Kababs | 51 |

# 301 Recipes List


| Code No. | Recipe Name | |
|---|---|---|
| **Child's Favourite** | | |
| CF1 | Corn Chaat | 51 |
| CF2 | Vermicelli Khichd | 51 |
| CF3 | Omelette | 52 |
| CF4 | Pizza | 52 |
| CF5 | Garlic Bread | 52 |
| CF6 | Bread Pudding | 52 |
| CF7 | Cheesy Nachos | 52 |
| CF8 | Chocolate Balls | 52 |
| CF9 | Strawberry Custard | 53 |
| CF10 | Veg Burger | 53 |
| CF11 | Choco Bars | 53 |
| CF12 | Apple Pie | 54 |
| CF13 | Mushroom & Pepper pizza | 54 |
| CF14 | Cheese Bread Delight | 55 |
| CF15 | Noodle Rosti | 55 |
| CF16 | Apple Custard | 55 |
| CF17 | Home made Cereal | 55 |
| CF18 | Khichdi | 55 |
| CF19 | Vegetable Mix | 56 |
| CF20 | Daliya Khichdi | 56 |
| CF21 | Poha | 56 |
| CF22 | Upma | 56 |
| CF23 | Khandvi | 56 |
| CF24 | Spicy Baby Corn | 57 |
| CF25 | Bread Upma | 57 |
| CF26 | Uggani | 57 |
| CF27 | Murmura | 57 |
| **Bakery** | | |
| bA1 | Chocolate Cake | 58 |
| bA2 | Lamington Cake | 58 |
| bA3 | Doughnuts | 58 |
| bA4 | Nan Khatai | 58 |
| bA5 | Whole Wheat Cookies | 58 |
| bA6 | Chena Poda | 59 |
| bA7 | Vanilla Cake | 59 |
| bA8 | Buns | 59 |
| bA9 | Apple cup cakes | 59 |
| bA10 | Eggless Chocolate Cake | 59 |
| bA11 | Swiss Roll | 60 |
| bA12 | Patties | 60 |
| bA13 | Jeera Biscuits | 60 |
| **Indian Roti Basket (Pg. 61-68)** | | |
| br1 | Naan | 62 |
| br2 | Lachha Parantha | 62 |
| br3 | Appam | 62 |
| br4 | Masala Roti | 62 |
| br5 | Missi roti | 63 |
| br6 | Stuffed Naan | 63 |
| br7 | Khasta Parantha | 63 |
| br8 | Pudina Parantha | 63 |
| br9 | Rajma Paranth | 64 |
| br10 | Paneer Parantha | 64 |
| br11 | Kulche | 64 |
| br12 | Daal Parantha | 64 |
| br13 | Aloo Parantha | 65 |
| br14 | Palak Parantha | 65 |
| br15 | Gobhi Parantha | 65 |
| br16 | Ajwain Parantha | 65 |
| br17 | Pyaaz Parantha | 66 |
| br18 | Chatpata Parantha | 66 |
| br19 | Aloo gobhi Parantha | 66 |
| br20 | Methi Parantha | 66 |
| br21 | Cabbage Parantha | 67 |
| br22 | Corn Parantha | 67 |
| br23 | Carrot Parantha | 67 |
| br24 | Pea Parantha | 67 |
| br25 | Mushroom Parantha | 68 |
| **Indian Cuisine (pg. 69-90)** | | |
| **Indian Cuisine** | | |
| IC1 | Mix Veg | 70 |
| IC2 | Kadhai Paneer | 70 |
| IC3 | Dal Tadka | 70 |
| IC4 | Sambhar | 70 |
| IC5 | Dum aloo | 70 |
| IC6 | Kadhi | 71 |
| IC7 | Baati | 71 |
| IC8 | Dalma | 71 |
| IC9 | Pithla | 71 |
| IC10 | Panchmel Ki Subzi | 71 |
| IC11 | Gujarati Tuvar Dal | 72 |
| IC12 | Butter Chicken | 72 |
| IC13 | Beans Porial | 72 |
| IC14 | Goan Potato Curry | 72 |
| IC15 | Veg. Handva | 73 |
| IC16 | Kashmiri Kaju Paneer | 73 |
| IC17 | Kadhai Chicken | 73 |
| IC18 | Baigan Ka Bharta | 73 |
| IC19 | Kofta Curry | 74 |
| IC20 | Aloo Gobhi | 74 |
| IC21 | Matar Paneer | 74 |
| IC22 | Gatte ki Subzi | 74 |
| IC23 | Egg Curry | 75 |
| IC24 | Jhinga Matar Curry | 75 |
| IC25 | Dum Tangri | 75 |
| IC26 | Makki Korma | 76 |
| IC27 | Litti | 76 |
| IC28 | Chokha | 76 |
| IC29 | Methi Aloo | 76 |
| IC30 | Kaddu Ki Sabzi | 77 |
| IC31 | Palak Keema | 77 |
| IC32 | Paneer Pista Haryali | 77 |
| IC33 | Bandhgobhi matar | 77 |
| IC34 | Mushroom Chilli | 78 |
| IC35 | Kalonji aloo | 78 |
| IC36 | Dahi aloo | 78 |
| IC37 | Aloo Shimlamirch | 78 |
| IC38 | Paneer Bhurji | 78 |
| IC39 | Scrambled Eggs | 79 |
| IC40 | Mushroom Capsicum | 79 |

| Code No. | Recipe Name | |
|---|---|---|
| **Sweet Corner** | | |
| SC1 | Suji Halwa | 79 |
| SC2 | Besan Ladoo | 79 |
| SC3 | Kheer | 79 |
| SC4 | Payasam | 79 |
| SC5 | Mysore Pak | 80 |
| SC6 | Nariyal Burfi | 80 |
| SC7 | Sandesh | 80 |
| SC8 | Seviyan Zarda | 80 |
| SC9 | Burfi | 80 |
| SC10 | Kalakand | 80 |
| SC11 | Shahi Rabdi | 81 |
| SC12 | Shahi Tukda | 81 |
| SC13 | Kaddu Kheer | 81 |
| SC14 | Rava Ladoo | 81 |
| SC15 | Kaju Burfi | 81 |
| SC16 | Badam Halwa | 81 |
| SC17 | Suji Kheer | 82 |
| SC18 | Fruit Dessert | 82 |
| SC19 | Raggi Kheer | 82 |
| SC20 | Fruit rava kesari | 82 |
| **Rice Delight** | | |
| rd1 | Chicken Biryani | 82 |
| rd2 | Gosht Dum Biryani | 83 |
| rd3 | Malabar Biryani | 83 |
| rd4 | Pineapple Fried Rice | 83 |
| rd5 | Veg. Pulao | 83 |
| rd6 | Veg. Tahiri | 83 |
| rd7 | Pepper Rice | 84 |
| rd8 | Zafrani Pulao | 84 |
| rd9 | Bengali Biryani | 84 |
| rd10 | Khumb Pulao | 84 |
| rd11 | Tiranga Pula | 85 |
| rd12 | Egg Biryani | 85 |
| rd13 | Achari Chana Pulao | 85 |
| rd14 | Methi Rice | 85 |
| rd15 | Coconut Rice | 86 |
| rd16 | Curd Rice | 86 |
| rd17 | Keema pulao | 86 |
| rd18 | Tomato pulao | 86 |
| rd19 | Paneer Fried Rice | 87 |
| rd20 | Chilli Garlic Rice | 87 |
| **Chatpat Corner** | | |
| CC1 | Apple Tomato Chutney | 87 |
| CC2 | Lemon Pickle | 87 |
| CC3 | Mix Veg. Pickle | 87 |
| CC4 | Pizza Sauce | 88 |
| CC5 | Tomato Sauce | 88 |
| CC6 | Masala Chutney | 88 |
| CC7 | Lehsun ki chutney | 88 |
| CC8 | Manchurian Sauce | 88 |
| CC9 | Aam ki chutney | 88 |
| CC10 | Coconut Chutney | 89 |
| CC11 | Til ki Chutney | 89 |
| CC12 | Chana Chaat | 89 |
| CC13 | Aloo Kand Chaat | 89 |
| CC14 | Amla chutney | 89 |
| CC15 | Baingan Chutney | 90 |

| Code No. | Recipe Name | |
|---|---|---|
| **Pasteurize Milk/Tea/Dairy Delight (pg. 91-94)** | | |
| **Pasteurize Milk** | | |
| PS1 | Pasteurize Milk | 92 |
| **Tea** | | |
| dd1 | Tea | 92 |
| dd2 | Coffee | 92 |
| dd3 | Masala Tea | 92 |
| dd4 | Ginger Tea | 92 |
| dd5 | Tulsi Tea | 93 |
| dd6 | Lemon Tea | 93 |
| dd7 | Black Tea | 93 |
| dd8 | Green Tea | 93 |
| dd9 | Spiced Cider Tea | 93 |
| dd10 | Peppermint Tea | 93 |
| dd11 | Lemon Honey Tea | 93 |
| **Dairy Delight** | | |
| PA1 | Paneer | 94 |
| PA2 | Masala Paneer | 94 |
| CU1 | Curd | 94 |
| CU2 | Flavoured Yoghurt | 94 |
| **Cooking Aid/Steam Clean/Dosa/Ghee (pg. 95-100)** | | |
| **Cooking Aid** | | |
| UC1 | Keep Warm | 96 |
| UC2 | Defrost Veg | 96 |
| UC3 | Defrost Non Veg | 96 |
| UC4 | Dehumidification | 96 |
| UC5 | Light Disinfect | 96 |
| UC6 | Body Massage oil | 96 |
| UC7 | Pizza Base | 96 |
| UC8 | Yeast Dough | 96 |
| UC 9 | Boil Potato | 97 |
| UC10 | Lemon Squeeze | 97 |
| UC11 | Garlic peel | 97 |
| UC12 | Tear free onions | 97 |
| UC13 | Crispy nuts | 97 |
| UC14 | Smooth Honey | 97 |
| UC15 | Stale to Fresh Bread | 97 |
| **Steam Clean** | | |
| SL1 | Steam Clean | 97 |
| **Dosa** | | |
| do1 | Masala dosa | 98 |
| do2 | Bombay mysore Masala dosa | 98 |
| do3 | Onion Rava dosa | 98 |
| do4 | Paneer chilli dosa | 98 |
| do5 | Palak Paneer dosa | 99 |
| do6 | Corn dosa | 99 |
| do7 | Matar paneer dosa | 99 |
| do8 | Mushroom chilli dosa | 99 |
| **Ghee** | | |
| Gh1 | Ghee | 100 |

# IMPORTANT SAFETY INSTRUCTIONS/READ CAREFULLY AND KEEP FOR FUTURE REFERENCE
# महत्वपूर्ण सुरक्षा निर्देश/ध्यान से पढ़ें और भविष्य के संदर्भ के लिए रखें

Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

कृपया आगे के सन्दर्भों पर नजर डालें। ओवन का इस्तेमाल करते समय आग लगने या विद्युत का झटका लगने, व्यक्तिगत तौर पर दुर्घटना और क्षति से बचने के लिए उपयोग में लाने के पूर्व सभी निर्देश पढ़ें और उनका पालन करें। यह दिशा–निर्देश सभी संभावित दशाओं का वर्णन नहीं करती जो ओवन पर कार्य करते समय हो सकती हैं। किसी भी ऐसी समस्या के दौरान जब आप स्थिति को समझने में असमर्थ हों, आप सदैव अपने सर्विस एजेंट या निर्माता से संपर्क करें।

## ⚠ WARNING / चेतावनी

This is the safety alert symbol. This symbol alerts you to potential hazards that can kill or hurt you and others. All safety messages will follow the safety alert symbol and either the word" WARNING" or "CAUTION". These word means:

यह सुरक्षा–सचेतक चिन्ह हैं। यह चिन्ह आपको संभावित सभी खतरों के प्रति सचेत करता है जो कि आपकी या दूसरों की जान ले सकते हैं या उनको घायल कर सकते हैं। सभी सुरक्षा संदेश सुरक्षा सचेतक चिन्हों या ''वार्निंग'' या ''कॉशन'' के बाद लिखे हुए हैं। इन शब्दों का अर्थ है:

### ⚠ WARNING / चेतावनी

This symbol will alert you to hazards or unsafe practices which could cause serious bodily harm or death.

यह चिन्ह आपको खतरों या असुरक्षित तरीके से कार्य करते समय होने वाली शारीरिक दुर्घटनाओं या मृत्यु आदि की आशंकाओं से सचेत करता है।

### ⚠ CAUTION / सावधानी

This symbol will alert you to hazards or unsafe practices which could cause bodily injury or property damage.

यह चिन्ह आपको खतरों या असुरक्षित तरीके से कार्य करते समय होने वाली शारीरिक दुर्घटनाओं या संपत्ति संबंधी अन्य किसी क्षति की आशंकाओं से सचेत करता है।

## ⚠ WARNING / चेतावनी

1 Do not attempt to tamper with, or make any adjustments or repairs to the door, door seals, control panel, safety interlock switches or any other part of the oven which would involve the removal of any cover protecting against exposure to microwave energy. Do not operate the oven if the door seals and adjacent parts of the microwave oven are faulty. Repairs should only be undertaken by a qualified service technician.

ओवन के द्वार, द्वार की सील, कंट्रोल पैनल, सेफ्टी इंटरलॉक स्विचेस या उसका कोई अन्य हिस्सा जो कि माइक्रोवेव ऊर्जा को बाहर निकलने से रोककर सुरक्षित करता हो, से छेड़छाड़ न करें न ही किसी प्रकार का जोड़तोड़ या सुधार करें। द्वार या उससे जुड़े किसी हिस्से में कोई खराबी आने की दशा में ओवन का उपयोग न करें। इसकी मरम्मत का काम सिर्फ सर्विस टेक्नीशियन के माध्यम से ही करवाएं।

- Unlike other appliances, the microwave oven is a high-voltage and a high electrical-current piece of equipment. Improper use or repair could result in harmful exposure to excessive microwave energy or in electric shock.

  उपकरणों की तुलना में माइक्रोवेव ओवन एक उच्च क्षमता का उच्च विद्युत तरंग वाला उपकरण है। इसका गलत तरीके से इस्तेमाल या मरम्मत करने से अत्यधिक मात्रा की माइक्रोवेव ऊर्जा का हानिकारक प्रभाव या विद्युत के झटके का ख़तरा हो सकता है।

2 Do not use the oven for the purpose of dehumidification. (ex. Operating the microwave oven with wet newspapers, clothes, toys, electric devices, pet or child etc.)

डि–ह्यूमिडिफिकेशन के लिए इसका इस्तेमाल न करें। (उदा. गीले अखबार, खिलौनों, विद्युत उपकरणों, पालतू पशु या बच्चों के साथ ओवन को न चलायें)

- It can be the cause of serious damage to safety such as a fire, a burn or a sudden death due to an electric shock.

  यह आग, जलना या विद्युत के झटके से होने वाली अकस्मात् मृत्यु जैसी गंभीर सुरक्षा–क्षति का कारण भी बन सकता है।

## ⚠ WARNING / चेतावनी

3 The appliance is not intended for use by young children or elderly persons. Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

इस उपकरण को छोटे बच्चों या वृद्ध लोगों के प्रयोग करने के उद्देश्य से नहीं बनाया गया है। बड़े बच्चों को ही इसे चलाने दें वह भी सिर्फ पर्याप्त जानकारी और दिशा–निर्देश देने के बाद ही ताकि वे इसे गलत तरीके से इस्तेमाल करने के खतरों के प्रति सतर्क होकर इसे सुरक्षापूर्वक उपयोग में ला सकें।

- Improper use may cause damage such as a fire, electric shock or burn.
  अनुचित उपयोग से क्षति हो सकती है, जैसेकि आग लगना, बिजली का झटका लगना या जलना।

4 Accessible parts may become hot during use. Young children should be kept away.
इसके इस्तेमाल के दौरान स्पर्श में आने लायक इसके सभी हिस्से गर्म हो सकते हैं। छोटे बच्चों को दूर रखना आवश्यक है।

- They may get a burn.
  इससे जलने को खतरा है।

## ⚠ WARNING / चेतावनी

5 Liquids or other foods must not be heated in sealed containers since they are liable to explode. Remove the plastic wrapping from food before cooking or defrosting. Note though that in some cases food should be covered with plastic film, for heating or cooking.
बंद बर्तनों में तरल या अन्य भोजन इसके अन्दर गर्म न किएं जाएं क्योंकि उनमे विस्फोट हो सकता है। खाना बनाते समय या डी–फ्रॉस्ट करते समय बर्तन का मुंह बंद करने वाली प्लास्टिक की झिल्ली आदि अवश्य निकाल लें। कुछ मामलों में गरम करने या बनाने के लिए खाने को प्लास्टिक की झिल्ली से बंद करके इसमें रखा जाना चाहिए।

- They could burst.
  उसमें विस्फोट हो सकता है।

## ⚠ WARNING / चेतावनी

6 Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
ओवन यदि क्षतिग्रस्त है तो इसको न चलाएं। यह विशेष रूप से महत्वपूर्ण है कि ओवन के द्वार ठीक से बंद हों और इनमें से कोई (1) द्वार (मुड़ें), (2) कब्जे और चिटकनी (टूटी या ढीली), (3) द्वार सील और सीलिंग तल क्षतिग्रस्त न हो।

- It could result in harmful exposure to excessive microwave energy.
  अधिक समय तक भोजन अन्दर रहने पर उसमे आग भी लग सकती है और ओवन को भी नुकसान पहुंच सकता है।

7 Be certain to use proper accessories on each operation mode, refer to the guide on page 14.
ओवन के किसी भी तरह के उपयोग के दौरान पृष्ठ 14 के निर्देश के अनुसार उचित उपकरणों का इस्तेमाल करें।

- Improper use could result in damage to your oven and accessories, or could make spark and a fire.
  इसके गलत तरीके से इस्तेमाल से ओवन और आपके उपकरणों का नुकसान या विद्युत स्पार्क या आग लगने का खतरा हो सकता है।

8 The children should not allow to play with accessories or hang down from the door handle.
बच्चों को इसकी एक्सेसरीज से खेलने या इसके दरवाजे पर लटकने से मना किया जाना चाहिए।

- They may get hurt.
  उन्हें चोट लगने का खतरा है।

**9** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
किसी भी व्यक्ति को जो कि ओवन का तकनीक विशेषज्ञ न हो, ओवन में किसी भी प्रकार की मरम्मत या किसी भी तरह का जोड़तोड़ करने से मनाही होनी चाहिए ताकि माइक्रोवेव ऊर्जा से बचाने के लिए लगे हुए कवर अपनी जगह से न हिलें।

**10** When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
जब ओवन का कॉम्बिनेशन मोड़ में इस्तेमाल हो रहा हो तो बच्चे सिर्फ बड़ों के निर्देशन कें ही इसका इस्तेमाल करें क्योंकि इस समय अत्यधिक ताप उत्पन्न होता है जो उनके लिए घातक सिद्ध हो सकता है।

## ⚠ CAUTION / सावधानी

**1** You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. It is important not to tamper with the safety interlocks.
इसके दरवाजों पर लगे सेफ्टी इंटरलॉक्स के कारण आप इसके द्वार खोल कर इसको नहीं चला सकते। ये बहुत जरूरी है कि सेफ्टी इंटरलॉक्स के साथ किसी तरह की छेड़छाड़ न की जाए।

- It could result in harmful exposure to excessive microwave energy. (Safety interlocks automatically switch off any cooking activity when the door is opened).
  इसमें पैदा होने वाली अत्यधिक माइक्रोवेव ऊर्जा के कारण ये खतरे की वजह भी बन सकते हैं। (जब ओवन के द्वार खुले होते हैं तो सेफ्टी इंटरलॉक्स अपने आप निष्क्रिय हो कर खाना बनाने या गरम करने का कार्य बंद कर देते हैं।)

**2** Do not place any object (such as kitchen towels, napkins, etc.) between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.
ओवन के द्वार और प्रवेश द्वार के सामने कोई सामान (जैसे किचन टॉवल या नैपकिन इत्यादि) न रखें न ही किसी तरह के खाने या सफाई करने वाले सामान के अवशेष यहां रहने दें।

- It could result in harmful exposure to excessive microwave energy.
  ऐसा करना अत्यधिक ऊर्जा के प्रवाह से खतरा पैदा कर सकता हैं।

3 Please ensure cooking times are correctly set, small amounts of food require shorter cooking or heating time.
कुकिंग टाइम को निश्चित समय के लिए सही सेट करें। कम मात्रा वाले भोजन को पकाने के लिए कम समय लगता है।

- Over cooking may result in the food catching on fire and subsequent damage to you r oven.
आवश्यकता से अधिक समय तक कुकिंग से आग लग सकती है और आपके ओवन को क्षति पहुंच सकती है।

4 When heating liquids, e.g. soups, sauces and beverages in your microwave oven,

* Avoid using straight sided containers with narrow necks.
* Do not overheat.
* Stir the liquid before placing the container in the oven and again halfway through the heating time.
* After heating, let it stand in the oven for a short time; stir or shake it again carefully and check the temperature of it before consuming to avoid burns (especially, contents of feeding bottles and baby food jars).

**सूप, सॉसेज और पेय पदार्थों को जब माइक्रोवेव ओवन में गर्म करने के लिए रखें,**

* छोटी गर्दन वाले सीधे खड़ें पात्र इसमें रखने से बचें।
* आवश्यकता से अधिक समय तक हीटिंग न करें।
* तरल पदार्थ के भगोने को इसमें रखने से पहले हिलाएं और हीटिंग के दौरान आधे समय के बाद फिर से बाहर निकाल कर हिला लें, फिर अन्दर रखें।
* हीटिंग के बाद कुछ समय आप उसे अन्दर ही रहने दें फिर इस भोजन को ग्रहण करने से पहले इसे सावधानीपूर्वक हिला लें, या चमचे से चला लें ताकि आप इसकी उष्णता का अनुमान कर इसे खा/पी सकें और आपका मुंह जलने से बच सके (विशेष तौर पर बच्चे को खाना खिलाने वाला पात्र या दूध पिलाने वाली बोतल)।

- Be careful when handling the container. Microwave heating of beverages can result in delayed eruptive boiling without evidence of bubbling. This could result in hot liquids suddenly boiling over.
भगोने को इससे निकालते समय पकड़ने में सावधानी रखें। माइक्रोवेव में जलीय पदार्थों को गर्म होने पर कई बार वे देर से और बिना बुलबुले दिए अचानक उबल जाते हैं। इससे जलने का ख़तरा पैदा हो सकता है।

5 An exhaust outlet is located on the top, bottom or side of the oven. Don't block the outlet.
इसकी ऊपरी सतह पर, बगल में या नीचे एक एग्ज़ॉस्ट द्वार होता है। इस द्वार को सदा खुला रखें।

- It could result in damage to your oven and poor cooking results.
इससे आपके ओवन को क्षति पहुंच सकती है और खाना भी ठीक से नहीं पकेगा।

6 Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.
ओवन खाली होने की दशा में चालू न करें। ये बेहतर होगा कि जब ओवन का इस्तेमाल न हो रहा हो तो एक ग्लास पानी भरकर इसमें रखें। इससे जब भी कभी गलती से ओवन चालू हो जाए तो ये पानी इसकी सारी गर्मी को अपने अन्दर अवशोषित कर लेगा और दुर्घटना का ख़तरा नही रहेगा।

- Improper use could result in damage to your oven.
गलत तरीके से ओवन का इस्तेमाल करने से ओवन को नुकसान पहुंच सकता है।

7 Do not cook food wrapped in paper towels, unless your cook book contains instructions for the food you are cooking. And do not use newspaper in place of paper towels for cooking.
पेपर टॉवल से लिपटा कर खाना न बनाएं न गरम करें जब तक कि आपकी भोजन निर्माण की पुस्तक में कुछ इस तरह का विशेष निर्देश न दिया गया हो। और इस दशा में भी पेपर टॉवल की जगह घरेलू अखबार इस्तेमाल न करें।

- Improper use can cause an explosion or a fire.
गलत तरीके से ओवन का इस्तेमाल करने से आग लग सकती है।

8 Do not use wooden containers and ceramic containers that have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Check that the utensils are suitable for use in microwave ovens before use.
सिरेमिक और लकड़ी के बने भगोने जिनमे अंदरूनी सतह धातु की बनी हो, इसमें न रखें। ये पहले देख लें कि आपके बर्तन इसमें इस्तेमाल हो सकते हैं या नहीं।

- They may heat-up and char. Metal objects in particular may arc in the oven, which can cause serious damage.
वे गरम हो सकते हैं और जल भी सकते हैं। खासतौर पर धातु के पदार्थों में चिंगारियां आ सकती हैं जिससे गंभीर क्षति हो सकती है।

9 Do not use recycled paper products.
रीसायकल पेपर के बने हुए उत्पाद प्रयोग में न लाएं।

- They may contain impurities which may cause sparks and/or fires when used in cooking.
उनमे अशुद्ध तत्व हो सकते हैं जो कि खाना बनाते समय चिंगारियों या आग लगने की वजह बन सकते हैं।

10 Do not rinse the tray and rack by placing it in water just after cooking. This may cause breakage or damage.
खाना बनाने के तुरंत बाद ओवन की ट्रे को धोने के लिए पानी में न डालें क्योंकि इससे प्लेट के टूटने या क्षतिग्रस्त होने का ख़तरा हो सकता है।

- Improper use could result in damage to your oven.
गलत तरीके से ओवन का इस्तेमाल करने से ओवन को नुकसान पहुंच सकता हैं।

11 Be certain to place the oven so the front of the door is 8 cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance.
सुनिश्चित करें कि आप ओवन को हमेशा इस तरह रखेंगे कि इसका सामने का द्वार सतह के किनारों से आठ सेंटीमीटर या अधिक पीछे रहे।

- Improper use could result in bodily injury and oven damage.
गलत तरीके से इस्तेमाल करने से शारीरिक दुर्घटना और ओवन की टूट–फूट का भी ख़तरा हो सकता है।

12 Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetables.
पकाने से पहले आलू या सेब या इस तरह के अन्य छाल दार फल या सब्जियों में छेद कर लें।

- They could burst.
वे अन्दर विस्फोट कर सकते हैं।

**13** Do not cook eggs in their shell. Eggs in their shell and whole hardboiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
अंडे को छिलके के साथ इसके भीतर न पकाएं। छिलके सहित अंडा और उबला हुआ पूरा अंडा माइक्रोवेव में गर्म नहीं किया जाना चाहिए, तब भी नहीं जबकि माइक्रोवेव की हीटिंग समाप्त हो गई हो।

- Pressure will build up inside the egg which will burst.
अंडे के अन्दर दबाव बनेगा और फिर बढ़ते–बढ़ते वो फट जाएगा।

**14** Do not attempt deep fat frying in your oven.
ओवन के अन्दर अधिक तेल में खाद्य पदार्थ तलने की कोशिश कभी न करें।

- This could result in a sudden boil over of the hot liquid.
ऐसा करने से अन्दर गर्म हुआ तरल पदार्थ उबल कर बाहर फैल सकता है।

**15** If smoke is observed, switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.
अगर धुंआ महसूस हो तो स्विच ऑफ करें या पॉवर सप्लाई बंद कर दें और ओवन के दरवाज़े कुछ देर बंद ही रहने दें ताकि लपटें अन्दर ही शांत हो सकें।

- It can cause serious damage such as a fire or electric shock.
यह आग लगने या विद्युत के झटके जैसे गंभीर नुकसान पहुंचा सकता है।

**16** When food is heated or cooked in disposable containers made of plastic, paper or other combustible materials, keep an eye on the oven and check it frequently.
जब डिस्पोजेबल बर्तनों में, जो कि प्लास्टिक, कागज़ या दुसरे ज्वलनशील पदार्थों से बने हों, खाना गरम किया जाए या पकाया जाए, तब ओवन पर नज़र रखिये और इसकी फ्रीक्वेंसी की जांच करते रहें।

- Your food may be poured due to the possibility of container deterioration, which also can cause a fire.
आपका खाना भी गिर कर फैल सकता है इसके भगोने के टूट जाने से और इससे भी आग लग सकती है।

**17** The temperature of accessible surfaces may be high when the appliance is operating. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, before cleaning make sure they are not hot.
पास की सतह का ताप बहुत अधिक हो सकता है जब बर्तन अन्दर हो। ग्रिल मोड, कन्वेक्शन मोड या कुकिंग के समय इस्तेमाल हो रहे ओवन का द्वार या बाहरी सतह, पिछली दीवार ओवन कैविटी या इसके उपकरण को न छुएं। इसके बाद अन्दर के बर्तनों को बाहर लाते समय ध्यान रखें कि वे गर्म न हों।

- As they will become hot, there is the danger of a burn unless wearing thick culinary gloves.
क्योंकि वे गर्म होने के बाद जलने का ख़तरा पैदा कर सकते हैं और इसके लिए किचन के मोटे दस्ताने पहनना चाहिए।

**18** The oven should be cleaned regularly and any food deposits should be removed.
ओवन को नियमित रूप से साफ करना चाहिए और उनके अन्दर किसी भी तरह के भोजन के अंश न छूटें, इसका ध्यान रखना चाहिए।

- Failure to maintain the oven in a clean condition could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.
ओवन की सफाई का ध्यान न रखने से इसकी सतह खराब हो सकती है। इससे इस पर रखे जाने वाले बर्तन भी खराब हो सकते हैं और यह ख़तरनाक भी हो सकता है।

**19** If there are heating elements, the appliance becomes hot during use. Care should be taken to avoid touching the heating elements inside the oven.
अगर ओवन में हीटिंग पदार्थ हों तो गरम करते समय उपकरण भी गर्म हो जाता है। ओवन के अन्दर रखे इस तरह के हीटिंग पदार्थों को छूने से बचना चाहिए।

- There is danger of a burn.
इसमें जलने का ख़तरा हो सकता हैं।

**20** Follow exact directions given by each manufacturer for their popcorn product. Do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested times, discontinue cooking. Never use a brown paper bag for popping corn. Never attempt to pop leftover kernels.
पॉपकॉर्न के प्रोडक्ट्स के दिए गए सटीक निर्देशों का पालन करना चाहिए। जब इसके अन्दर पॉपकॉर्न्स बनाए जा रहे हों तो इसकी अनदेखी न करें। अगर तय समय के भीतर भी कॉर्न्स न फूल सकें तो हीटिंग बंद कर इन्हें बाहर निकाल लेना चाहिए। ओवन में कॉर्न्स को फुलाने के लिए कभी भी भूरा कागज का बैग इस्तेमाल में ना लाएं। ओवन में बचे हुए कॉर्न्स के टुकड़ों को दुबारा उसमें गर्म न करें।

- Overcooking could result in the corn catching a fire.
अधिक पकाने से कॉर्न्स में आग लग सकती है।

**21** Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass.
इससे सतह पर खरोंच लग सकती है व काँच भी टूट सकता है।

- They can scratch the surface, which may result in the glass shattering.
इससे सतह पर खरोंच लग सकती है, व काँच भी टूट सकता है।

**22** This oven should not be used for commercial catering purposes.
यह ओवन व्यावसायिक कैटरिंग के प्रयोग में नहीं लाया जाना चाहिए।

- Improper use could result in damage to your oven.
इसके गलत इस्तेमाल से इसमें खराबी आ सकती है।

**23** The connection may be achieved by having the plug accessible or by incorporating a switch in the fixed wiring in accordance with the wiring rules.
वायरिंग के नियमों का पालन करते हुए फिक्स्ड वायरिंग में प्लग या स्विच से जोड़ कर इसका कनेक्शन लगाना चाहिए।

- Using improper plug or switch can cause an electric shock or a fire.
गलत प्लग या स्विच लगाने से विद्युत का झटका या आग लग सकती है।

## Important Safety Instructions / महत्वपूर्ण सुरक्षा निर्देश

**24** Microwave oven must not be placed inside a cabinet. The microwave oven shall be used freestanding.
माइक्रोवेव ओवन को केबिनेट के अन्दर बिल्कुल नहीं रखा जाना चाहिए। माइक्रोवेव ओवन को अलग रख कर इस्तेमाल में लाया जाना चाहिए।

**25** The appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
यह उपकरण 8 वर्ष और उससे ऊपर के बच्चे तथा वे सभी लोग जो कम शारीरिक, संवेदन या मानसिक क्षमता के हों, या जिनका अनुभव या ज्ञान कम हो, इस्तेमाल कर सकते हैं यदि ऐसे सभी लोगों को उपकरण के सुरक्षित तरीके से उपयोग के सम्बन्ध में निरीक्षण या निर्देश दिया जाये और होने वाले खतरों को समझाया जाये। उपकरण की सफाई और रख–रखाव बच्चों के द्वारा नहीं की जा सकती जब तक कि वे 8 वर्ष या उससे अधिक के न हो जाएं और देखभाल न की जाये।

**26** Children should be supervised to ensure that they do not play with the appliance.
ओवन के समीप बच्चों के साथ हमेशा कोई बड़ा व्यक्ति हो जो उन्हें इसके साथ खेलने या छेड़छाड़ करने से मना करे।

**27** Oven Lamp power rating is 35W.
ओवन लैम्प की पावर रेटिंग 35W है।

**28** If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified person in order to avoid a hazard.
अगर पावर कोर्ड खराब है तो वो एक निर्माता द्वारा या सर्विस एजेंट या इसी तरह के किसी कुशल व्यक्ति द्वारा ही बदली जानी चाहिए।

**29** The appliance is not intended to be operate by means of an external timer or separate remote-control system.
उपकरण को किसी भी बाहरी टाईमर व अलग रिमोट कन्ट्रोल सिस्टम से आपरेट करने के लिए नहीं बनाया गया है।

**30** Ajinomoto (Mono-sodium glutamate) is only a flavor enhancer and shall not be added to food for infants below 12 month of age.
अजीनोमोटो (मोनो सोडियम ग्लुटामेट) केवल स्वाद बढ़ाता है। 12 माह से कम उम्र के बच्चों के खाने में इसका इस्तेमाल न करें।

- Use exclusive 230V socket with earth.
  या तो अर्थिंग का प्रयोग करें या फिर अर्थिंग के साथ 230 वोल्ट सॉकेट का इस्तेमाल करें।
- Do not bend power cord forcefully or break.
  पावर कार्ड को ताकत के साथ न झुकाएं वरना वह टूट सकती है।
- Do not pull out power cord.
  पावर कार्ड को हटाएं नहीं।
- Do not use several power plug in one socket at the same time.
  एक ही सॉकेट में एक ही समय कई पावर कार्ड्स का इस्तेमाल न करें।
- Do not plug in or pull out power cord with wet hand.
  गीले हाथों से पावर कार्ड को न तो लगाएं न ही हटाएं।
- Do not spray water inside and outside of microwave oven.
  माइक्रोवेव ओवन के भीतर और बाहर पानी के छींटें न मारें।
- Plug out power cord during cleaning or maintenance of set.
  मरम्मत और सफाई के समय पावर कार्ड निकालना न भूलें।
- Do not heat up the food more than necessary.
  खाने को ज़रुरत से ज्यादा गरम न करें।
- Do not use microwave oven other than cooking or sterilization such as cloth drying etc.
  खाना बनाने या गरम करने के सिवा ओवन का कोई और इस्तेमाल न करें जैसे कपड़े सुखाना, आदि।
- Do not insert pin or steel wire etc. into inside/out side of case.
  इसके भीतर/बाहर कहीं भी कोई पिन या लोहे का तार आदि न घुसाएं।
- Please be careful during taking the food since high temp. water or soup may overflow to cause burn.
  खाने को बाहर निकालते समय कृपया सावधानी बरतें क्योंकि गरम पानी अथवा सूप आदि तरल पदार्थ उबल कर या छलक कर आपको जला सकते हैं।
- Do not plug in power cord when socket hole is loose or plug is damaged.
  जब प्लग खराब हो या पावर सॉकेट ढीला हो तो इसे ठीक करने से पहले इसमें पावर कार्ड न लगाएं।
- Do not use oven while some foreign material is attached on the door.
  जब भी ओवन के दरवाज़े पर कोई चीज़ अड़ी या रखी हो, ओवन को चालू न करें।
- Do not place the water container on the set.
  इस पर पानी का भगौना कभी न रखें।
- Do not place heavy things on the set & do not cover the set with cloth while using.
  इस्तेमाल करते समय ओवन के ऊपर कभी भी भारी वस्तुएं न रखें न ही इसे कपड़े से ढकें।
- Do not install the set in the damp space or water sputtering area.
  गीले या पानी के बहाव वाले क्षेत्र में ओवन को कभी न रखें।
- Do not let children hang onto oven door.
  बच्चों को ओवन के दरवाजों पर लटकने से रोकें।
- Do not heat the unpeeled fruit or bottle with lid.
  ढक्कन वाली बोतल और बिना छिला फल कभी इसके अन्दर रख कर गर्म न करें।
- Do not hold food or accessories as soon as cooking is over.
  गर्म हो जाने या खाना बन जाने के तुरंत बाद ओवन से खाना या बर्तन बाहर न निकालें।
- Plug out oven if it is not used for long duration.
  अगर ओवन को अधिक देर तक इस्तेमाल में न लाना हो तो खाली समय में इसकी पावर कार्ड स्विच से निकाल कर रखें।
- Install microwave oven in the well ventilated, flat place.
  माइक्रोवेव ओवन को अच्छी हवादार और समतल जगह पर रखें।
  There is danger of blast if covered bottle, sealed food, egg, and chestnut etc. are cooked inside oven.
  ओवन के भीतर ढक्कन लगी बोतल, अंडा, सील्ड खाद्य पदार्थ या चेस्टनट रख कर उसे चलाने से विस्फोट हो सकता है।

# Before Use / इस्तेमाल के पहले

## Unpacking & Installing / खोलना और लगाना

By following the basic steps on these two pages you will be able to quickly check that your oven is operating correctly. Please pay particular attention to the guidelines on where to install your oven. When unpacking your oven make sure you remove all accessories and packing materials. Check to make sure that your oven has not been damaged during shipping.

इन दो पृष्ठों पर दिए गए बुनियादी तरीकों का कदम दर कदम इस्तेमाल करके बहुत शीघ्र आपको पता चल जाएगा कि आपका ओवन कितना अच्छा चल रहा है। कृपया "ओवन को कहां रखें" इसके निर्देशों पर विशेष ध्यान दें। लगाने से पहले इसकी पैकिंग खोलते समय इस बात का ध्यान रखें कि आप इसके पैकिंग वाले सारे बंधन और इसकी एक्सेसरीज़ को पूरी तरह से खोल लें। इसे भी ठीक से देख लें कि लाने ले जाने में आपके ओवन में कहीं कोई टूट–फूट तो नहीं हुई।

1. Unpack your oven and place it on a flat level surface.
अपने ओवन की अन–पैकिंग के बाद इसे समतल सतह पर रखें।

### Cooking Accessories / कुकिंग एक्सेसरीज़


Glass tray / ग्लास ट्रे

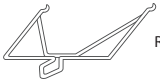

Rotating ring / रोटेटिंग रिंग


High rack / हाई रैक


Low rack / लो रैक

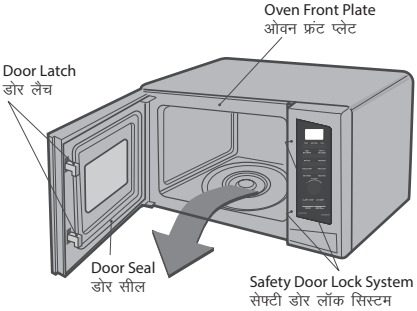

Milk Pasteurization Kit
मिल्क पाश्चराईजेशन किट
(For usage refer Pg. 92)


Rotisserie Bar / रोटेसरी बार

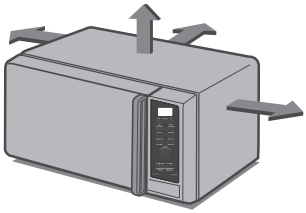

Rotisserie Bar Handle / रोटेसरी बार हैंडल


Multicook Tawa / मल्टीकुक तवा

Disclaimer : This is only graphical representation of actual product.
यह मात्र उत्पाद की रेखांकित आकृति है।




2. Place the oven on the level location of your choice with more than 85 cm height but make sure there is at least 20 cm of space on the top and 10 cm at the rear for proper ventilation.
The front of the oven should be at least 8 cm from the edge of the surface to prevent tipping.
An exhaust outlet is located on bottom or side of the oven. Blocking the outlet can damage the oven.



अपनी पसंद की समतल जगह पर ओवन को रखें जहां ऊंचाई कम से कम 85 सेंटीमीटर होनी चाहिए और साथ ही इसके ऊपर 20 सेंटीमीटर से अधिक का स्थान हो और पीछे 10 सेंटीमीटर से अधिक स्थान हो ताकि ढंग से हवा आ सके।
इसके सामने कम से कम 8 सेंटीमीटर से अधिक का स्थान होना चाहिए ताकि इसमें सामने से धक्का न लग सके।
इसके तले पर या बगल में एक एग्ज़ॉस्ट द्वार होता है इसका रास्ता रोकने से ओवन खराब हो सकता है।

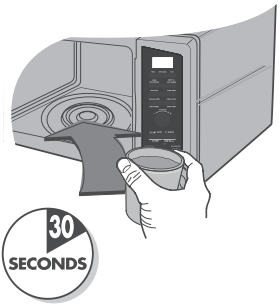
**NOTE / ध्यान रहे**

- THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES.
- व्यावसायिक कैटरिंग के उद्देश्य से इन कार्यों हेतु इस ओवन का इस्तेमाल न करें।

3. Plug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket. **If you oven does not operate properly, unplug it from the electrical socket and then plug it back in.**
अपने ओवन को एक अच्छे सॉकेट के साथ प्लग करें और इस बात को सुनिश्चित करें कि इस सॉकेट में और कोई विद्युत उपकरण का तार न जोड़ा गया हो। **यदि आपका ओवन ढंग से काम न कर रहा हो तो इसे सॉकेट से निकालकर दुबारा लगाएं।**

4. Open your oven door by pulling the door handle. Place the rotating ring inside the oven and place the glass tray on top.
ओवन के डोर हैंडल को पकड़कर ही इसका द्वार खोलें और रोटेटिंग रिंग अन्दर बीच में लगाएं और इसके ऊपर कांच की ट्रे रखें।

5. Fill a **microwave safe container** with 300 mL of water.
   Place on the glass tray and close the oven door.
   If you have any doubts about what type of container to use, please refer to Page 14.
   **माइक्रोवेव सेफ कंटेनर** को 300 मिली लीटर पानी से भरें
   ओवन के भीतर कांच की प्लेट पर उसे रखें और दरवाज़ा बंद कर दें।
   अगर आपको इस बात पर कोई शंका हो कि आपको किस तरह का कंटेनर रखना है तो पृष्ठ 14 के निर्देशों को देखकर समझ लें।




6. Press the STOP/CLEAR button, and press the START/aDD 30 secs button one time to set 30 seconds of cooking time.
   STOP/CLEAR बटन को दबाएं और START/Add 30 secs को फिर एक बार दबाएं और 30 सेकंड का समय सैट करें।

7. The DISPLAY will count down from 30 seconds.
   When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water.
   If your oven is operating the water should be warm.
   **Be careful when removing the container it may be hot.**
   डिस्प्ले 30 सेकंड तक गिनेगा और 0 पर पहुँचकर **बीप** की आवाज़ करेगा तब आप इसका द्वार खोल दें और पानी का तापमान चैक करें।
   अगर आपका ओवन ठीक से काम कर रहा है तो आपको पानी गर्म मिलेगा।
   **बर्तन को बाहर निकालते समय ध्यान रखें यह गर्म हो सकता है।**
   YOUR OVEN IS NOW INSTALLED / अब आपका ओवन इंस्टॉल हो चुका है।



8. The contents of feeding bottles and baby food jars shall bestirred or shaken and the temperature checked before consumption in order to avoid burns.
   इसमें रखने से पहले बच्चे के दूध की बोतलें और खाने का जार के अन्दर के सामान को हिला अवश्य लें और इसे खिलाने से पहलेइसका तापमान अवश्य देख लें ताकि बच्चे का मुंह न जले।

9. Microwave oven allows you to save energy by display off when not cooking in oven. After 5 mins of door open or close display, lamp will turn off automatically. When you press any key-lamp/display will turn ON again.
   जब आप खाना नहीं पका रहे हों तब डिस्प्ले ऑफ होने पर माइक्रोवेव ओवन ऊर्जा बचाता है। दरवाजा खुलने या डिस्प्ले बंद होने के पाँच मिनट बाद लैम्प स्वतः बंद हो जायेगा। जब आप कोई बटन दबायेंगे तो लैम्प / डिस्प्ले फिर से चालू हो जायेगा।

10. If oven gets overheated the display will be turned off for safety purpose, give it some time to cool and then operate.
    ओवन अधिक गरम होने पर डिस्प्ले सुरक्षा की वजह से बंद हो जाएगा, इसे कुछ देर ठंडा करके फिर काम करें।

## Before Use / इस्तेमाल के पहले

### Method To Use Accessories As Per Mode / मोड के अनुसार एक्सेसरीज़ प्रयोग करने की विधि

| | Microwave | Grill | Convection | Grill combi | Conv combi |
|---|---|---|---|---|---|
|  Milk Pasteurization Kit * | ✓ | ✗ | ✗ | ✗ | ✗ |
|  High rack | ✗ | ✓ | ✓ | ✓ | ✓ |
|  Low rack | ✗ | ✓ | ✓ | ✓ | ✓ |
|  Glass tray | ✓ | ✓ | ✓ | ✓ | ✓ |
|  Multi Cook Tawa | ✗ | ✓ | ✓ | ✓ | ✓ |
|  Rotisserie Bar | ✗ | ✓ | ✓ | ✓ | ✓ |
|  Multi cook Tawa & Rack | ✗ | ✓ | ✓ | ✓ | ✓ |

**Caution :** Do not operate Multicook tawa + Rack empty and Rotisserie bar (without food) in combi mode.
Use accessories in accordance with cooking guides !

**सावधानी** : मल्टीकुक तवा + रैक और रोटेसरी बार को (बिना खाने की सामग्री के) कॉम्बी मोड में इस्तेमाल न करें।
साथ वाले सभी उपकरणों को कुकिंग गाइड के अनुसार ही ऑपरेट करें।

✓ Acceptable
✗ Not Acceptable

✓ स्वीकार्य
✗ अस्वीकार्य

* To be used in 'Pasteurize Milk' function only. Do not use in manual cook.
* केवल 'Pasteurize Milk' फंक्शन में इस्तेमाल करें। मैनुअल कुकिंग में इस्तेमाल न करें।

**Caution :** Do not wash the multi cook tawa with rough or sharp material.
मल्टी कुक तवा को खुरदरे या नुकीले पदार्थ से न धोएं।

**Note :**

* In case of Auto Cook / Manual Cook results may vary according to ingredients, ambient temp., Customer Know-how & major electric supply condition.
ऑटो कुक / मैनुअल कुक के परिणाम सामग्री, व्यापक तापमान, ग्राहक की सूझ–बूझ और प्रमुख बिजली की आपूर्ति के अनुसार भिन्न हो सकते हैं।
* Please prefer Auto Cook menu as recommended to get better results.
बेहतर परिणाम प्राप्त करने के लिए सिफारिश के अनुसार ऑटो कुक मेन्यू को प्राथमिकता दें।

## Microwave-Safe Utensils / माइक्रोवेव सुरक्षित बर्तन

**Never use metal or metal trimmed utensils in usisng microwave function / धातु या धातु के छींट लगे हुए बर्तन इसमें इस्तेमाल न करें**

Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning. Most heat resistant non metallic cooking utensils are safe for use in your oven. However, some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there's a simple way to find out if it can be used in the microwave.

Place the utensil in question next to a glass bowl filled with water in using microwave function. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave-safe.

However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in using microwave function. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in the microwave. Just read through the following checklist.

माइक्रोवेव्स धातु के भीतर नहीं जा पातीं। वे उसके भीतर रखे किसी भी धातु की वस्तु से टकरा कर चिंगारियां पैदा कर सकती हैं और यह स्थिति बिजली कड़कने जैसी एक चेतावनी का दृश्य उपस्थित कर सकती है। ज्यादातर उष्णता–सह्य अधात्विक बर्तन ही ओवन में इस्तेमाल होता है। लेकिन कुछ माइक्रोवेव कुकवेयर जैसे बर्तनों में कुछ ऐसे तत्व हो सकते हैं जो ओवन में इस्तेमाल के लिए उचित न हों। अगर कभी आपको किसी एक बर्तन के विषय में किसी प्रकार का संदेह हो तो एक सीधा सादा तरीका है इस बात को चैक करने का कि इस बर्तन को आप ओवन में प्रयोग कर सकते हैं या नहीं।

ओवन के भीतर संदेहास्पद बर्तन को पानी से भरे एक कांच के कटोरे के बगल में रखकर ओवन चलाएं। माइक्रोवेव को हाई पावर पर रखकर एक मिनट तक चलने दें। यदि पानी गर्म हो जाए और छूने पर बर्तन ठंडा लगे तो समझ लें कि यह बर्तन ओवन के सुरक्षित है। लेकिन यदि उल्टा हो यानि पानी ठंडा रहे और बर्तन ग म्र हो जाए तो यह बर्तन ओवन के लायक नहीं है। हो सकता है ऐसी कई चीजें आपकी रसोई में हो जो कि खाना बनाने के काम में ओवन के भीतर रखे जाने को बिल्कुल तैयार ही हों, ऐसी हालत में सुरक्षा को दृष्टि में रखकर इस चैकलिस्ट को पढ़ें :

### Dinner plates / डिनर प्लेट

Many kinds of dinnerware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test.

कई तरह के खाना खाने के बर्तन माइक्रोवेव–सुरक्षित होते हैं। अगर किसी बर्तन को लेकर आपके मन में कोई संदेह हो तो, या तो निर्माता की गाइड चैक कर लें या उपरोक्त माइक्रोवेव टेस्ट करके जांच लें।

### Glassware / कांच के बर्तन

Glassware that is heat-resistant is microwave-safe. This would include all brands of oven tempered glass cookware. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.

जो भी काँच के बर्तन गर्मी सहने वाले होते हैं, माइक्रोवेव में सुरक्षित होते हैं। इसमें सीाी तरह के ओवन के योग्य कांच के खाना बनाने वाले बर्तन हो सकते हैं। फिर भी कांच के नाजुक बर्तन जैसे टम्बलर, या वाइन ग्लासेस अधिक गर्मी को न सह पाने के कारण टूट भी सकते हैं।

### Plastic storage containers / स्टोर करने के लिए प्लास्टिक के भगोने

These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

इनको खाना भरके रखने के काम में लाया जा सकता है क्योंकि ये शीघ्रता से दुबारा भी गर्म किये जा सकते हैं। फिर भी इनमें वो खाना नहीं रखा जा सकता जिनको कि ओवन में पर्याप्त समय तक रखना जरूरी हो क्योंकि गर्म खाना आखिर में प्लास्टिक के भगोनों को पिघला या टेढा–मेढा कर सकता है।

### Paper / कागज़

Paper plates and containers are convenient and safe to use in using microwave function, provided that the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods such as bacon are cooked. In general, avoid coloured paper products as the colour may run. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave.

कागज़ की बनी प्लेटें और भगोने माइक्रोवेव ओवन के लिए आसान और सुरक्षित होते हैं लेकिन इसके लिए बस यही शर्त है कि कुकिंग का समय कम हो और खाना कम वसा और कम नमी वाला हो। खाने को लपेटने और पैक करने और बैकन जैसे चिकने भोजन को रखने वाली बैकिंग ट्रे को जमाने के लिए पेपर टॉवेल्स बहुत उपयोगी होती हैं। सामान्य तौर पर रंगीन कागज़ की बनी वस्तुएं न रखें क्योंकि रंग निकल सकता है। कई रिसाइकिल हुए रंगीन कागज़ के बने पात्रों में अशुद्धता हो सकती है जो ओवन के भीतर चिंगारियां या आग पैदा सकते हैं।

### Plastic cook bags / प्लास्टिक के कुकिंग बैग

Provided they are made specially for cooking, cooking bags are microwave-safe. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in using microwave function, as they will melt and rupture.

कुकिंग बैग्स माइक्रोवेव के लिए सुरक्षित होती हैं बशर्ते ये बर्तन कुकिंग के उद्देश्यों से ही बनाए गए हों। फिर भी ये सुरक्षा तय करने के लिए इनमें हमेशा एक छेद कर ही देना चाहिए ताकि भाप बाहर निकल सके। साधारण प्लास्टिक बैग कुंकिंग के लिए ओवन में इस्तेमाल नहीं किये जाने चाहिए क्योंकि वे फट भी सकते हैं और पिघल भी सकते हैं।

### Plastic microwave cookware / प्लास्टिक के बने माइक्रोवेव–पात्र

A variety of shapes and sizes of microwave cookware are available. For the most part, you can probably use items you already have on hand rather than investing in new kitchen equipment.

विविध आकार प्रकार के माइक्रोवेव हेतु प्लास्टिक बर्तन उपलब्ध हैं। फिर भी अधिक प्रयास यही होना चाहिए कि आपके पास उपलब्ध बर्तनों को ही आप इस्तेमाल करें बजाये इसके कि आप नए बर्तनों में खर्चा करें।

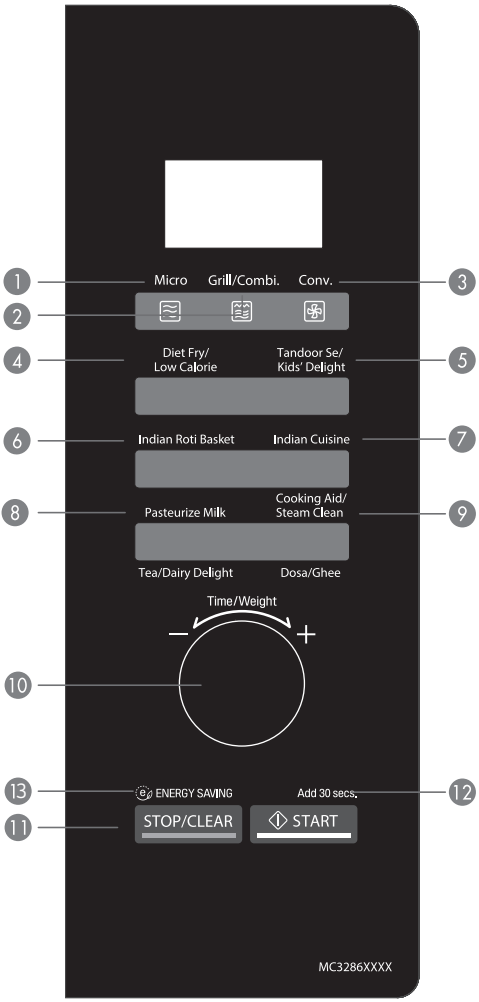
**Pottery, stoneware and ceramic / मिट्टी, पत्थर और सिरेमिक के बर्तन**

Containers made of these materials are usually fine for use in using microwave function, but they should be tested to be sure.
इस तरह के बर्तन आम तौर पर माइक्रोवेव में इस्तेमाल के लिए अच्छे होते हैं। फिर भी सुनिश्चित करने के लिए इनका परीक्षण कर लेना चाहिए।

**⚠ CAUTION / सावधानी**

- Some items with high lead for iron content are not suitable as cooking utensils.
- Utensils should be checked to ensure that they are suitable for use in the microwave.
- सीसा या धातु मिले पात्र ओवन में खाना बनाने के लिए उपयुक्त नहीं हैं।
- ओवन में इस्तेमाल करने से पहले "सदैव" बर्तनों का उचित परीक्षण कर लें।

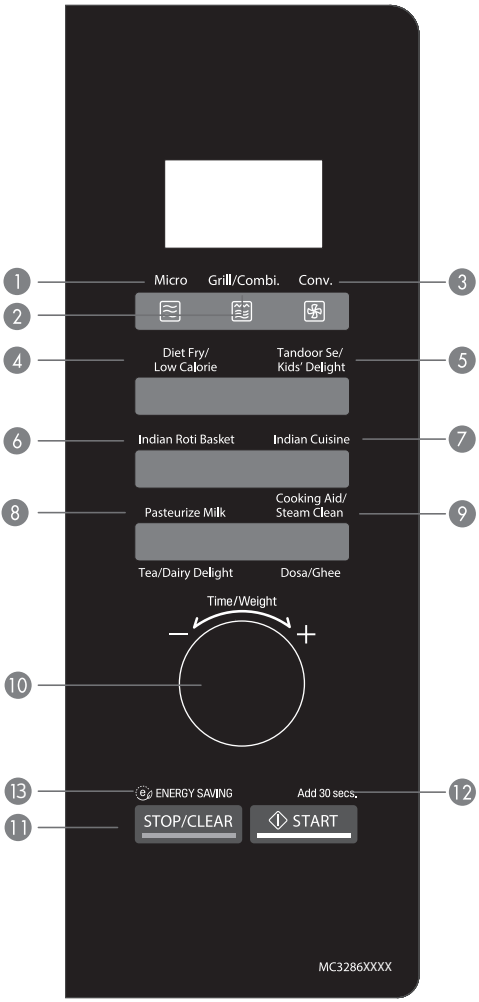
## Control Panel




| Part |
|---|
| 1 **Micro**<br>Use to select the power level for microwave cooking |
| 2 **Grill/Combi.**<br>Use to select Grill or Combination cooking |
| 3 **Conv.**<br>Use to select Convection cooking |
| 4 **Diet Fry/Low Calorie**<br>Check the recipe manual |
| 5 **Tandoor Se/Kids' Delight**<br>Check the recipe manual |
| 6 **Indian Roti Basket**<br>Check the recipe manual |
| 7 **Indian Cuisine**<br>Check the recipe manual |
| 8 **Pasteurize Milk/Tea/Dairy Delight**<br>Check the recipe manual |
| 9 **Cooking Aid/Steam Clean/Dosa/Ghee**<br>Check the recipe manual |
| 10 **Dial**<br>• Use to select particular auto cook menu after pressing auto cook key.<br>• Set cooking time, weight and temperature.<br>• While cooking with auto and manual function, you can increase or decrease the cooking time at any point by turning the Dial. |
| 11 **STOP/CLEAR**<br>Used to stop oven and clear all entries |
| 12 **START/Add 30 secs.**<br>To quickly set the cooking time directly. The Add 30 sec feature allow you to set 30 seconds intervals of HIGH power cooking with a single touch |
| 13 **ENERGY SAVING**<br>This feature allows to save energy. |

XXXX - denotes for BRUM/BPUM

# कन्ट्रोल पैनल




| पार्ट |
|---|
| 1 **माइक्रो**<br>माइक्रोवेव कुकिंग के पावर लेवल को स्लेक्ट करने के लिए |
| 2 **ग्रिल**<br>ग्रिल या कॉम्बीनेशन कुकिंग को स्लेक्ट करने के लिए |
| 3 **कन्वैक्शन**<br>कन्वैक्शन कुकिंग को स्लेक्ट करने के लिए |
| 4 **डाइट फ्राई/लो कैलोरी**<br>व्यंजन–विधि की निर्देशिका देखें |
| 5 **तन्दूर से/किड्स डिलाइट**<br>व्यंजन–विधि की मैनुअल देखें |
| 6 **इंडियन रोटी बासकेट**<br>व्यंजन–विधि की मैनुअल देखें |
| 7 **इंडियन क्युज़ीन**<br>व्यंजन–विधि की मैनुअल देखें |
| 8 **पाश्चुराईज मिल्क/टी/डेरी डिलाइट**<br>व्यंजन–विधि की मैनुअल देखें |
| 9 **कुकिंग एड/स्टीम क्लीन/डोसा/घी**<br>व्यंजन–विधि की मैनुअल देखें |
| 10 **डायल**<br>• खाना बनाने के चुने गए वर्ग का निर्धारण करें।<br>• खाना बनाने वाले व्यंजन, तापमान और पावर लेवल को सेट करें।<br>• ऑटो और मैन्युअल मोड पर खाना बनाते समय आप खाना पकाने के समय को डायल चला करके कम–ज्यादा कर सकते हैं। |
| 11 **स्टॉप/क्लीयर**<br>ओवन को राकने और सभी एन्टीरीज को हटाने के लिए |
| 12 **स्टार्ट/एड 30 सेकेंडस**<br>• कुकिंग को शुरू करने के लिए दबाए जाने वाले अपने बटन को आप एक ही बार दबाएं।<br>• क्विक स्टार्ट वाले फीचर को इस्तेमाल करके आप फ़टाफ़ट तीस सेकंड्स की हाई पावर कुकिंग कर सकते हैं। |
| 13 **एनर्जी सेविंग**<br>यह फीचर ऊर्जा बचत के लिए है। |

XXXX - denotes for BRUM/BPUM

## Child Lock / चाइल्ड लॉक

In the following example, show you how to set the child lock.
निम्नलिखित उदाहरण में आप देखेंगे कि चाइल्ड लॉक कैसे लगाएं।

1. Press and hold **STOP/CLEAR**
   **STOP/CLEAR** को दबाएं।




2. Press and hold **STOP/CLEAR** until **"L**" appears on the display and **BEEP** sounds.
   **STOP/CLEAR** बटन को तब तक दबाकर रखें जब तक डिस्प्ले पैनल' पर **"L"** न आ जाये और बीप न सुनाई दे




3. To cancel **CHILD LOCK** press and hold **STOP/CLEAR** until **"L"** disappears.
   **CHILD LOCK** हटाने के लिए **"L"** लुप्त होने तक STOP/CLEAR दबाकर रखें




### NOTE / नोट

Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place.
आपके ओवन में एक सुरक्षा व्यवस्था उपलब्ध कराई गई है जो कि ओवन के अकस्मात चालू हो जाने की दिशा में उसको रोकने का कार्य करती है। एक बार चाइल्ड लॉक लग गया तो आप कोई भी बटन दबाएं, कोई कुकिंग नहीं हो सकती।

## Add 30secs / एड 30 सेकेंडस

In the following example, show you how to set 2 minutes of cooking on 900 W power.
दिए गए उदाहरण में आपको दिखाया जाएगा कि 2 मिनट्स का टाइम सेट करके किस तरह आप खाना बनाने के लिए 900 वाट पॉवर का इस्तेमाल कर सकते हैं।

1. Press and hold **STOP/CLEAR**
   **STOP/CLEAR** को दबाएं।




2. Press **START/Add 30 secs** four times to select 2 minutes on 900 W power.
   Your oven will start before you have finished the fourth press.
   चार बार **START/Add 30 secs** दबाकर 900 वाट पॉवर पर 2 मिनट का टाइम सेट करें।
   आपके द्वारा चौथी बार बटन दबाने से पहले ही ओवन चलना शुरु हो जाएगा।




3. During **START/Add 30 secs** cooking, you can extend the cooking time up to 99 minutes 59 seconds by turning the **Dial.**
   **START/Add 30 secs** की कुकिंग के समय यदि आप चाहें तो टाइम सेटिंग को बढ़ाकर अधिकतम 99 मिनट 59 सेकंड्स कर सकते हैं पर इसके लिए आपको डायल घुमाना पड़ेगा।



### NOTE / नोट

The **START/Add 30 secs** feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the **START/Add 30 secs** button.
**START/Add 30 secs** कुकिंग की व्यवस्था द्वारा आप 30 सेकंड्स की हाई पॉवर कुकिंग कर सकते हैं जिसके लिए आपको **START/Add 30 secs बटन** दबाना होगा।

# HOW TO USE
# किस तरह इस्तेमाल करें

## Micro Power cooking
## माइक्रो पॉवर कुकिंग

In the following example, show you how to cook some food on 720 W power for 5 minutes.
निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि 720 वाट पॉवर का प्रयोग करके आप किस तरह 5 मिनट में कोई भोजन तैयार कर सकते हैं।

1. Press and hold **STOP/CLEAR**
   **STOP/CLEAR** को दबाएं।




2. Press Micro until display shows **"720"**
   **Micro** दबाएं जब तक कि '720' का चिन्ह दिखाई न देने लगे।




3. Turn Dial until display shows **"5:00"**
   **डायल** को घुमाईये जब तक कि '5:00' का चिन्ह दिखाई न देने लगे।

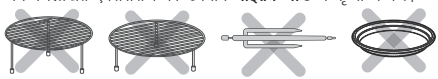



4. Press **START/Add 30 secs**
   **START/Add 30 secs** को दबाएं।




### NOTE / नोट

- Your oven has 5 microwave power setting. High power is automatically selected and different power level are selected by pressing micro button.
- Food to be cooked should be placed in a microwave-safe utensils.
- Please do not use the following accessories in **MICRO MODE.**
- आपके ओवन में 5 माइक्रोवेव पावर सेटिंग्स हैं। हाई पॉवर का चयन अपने आप हो जाता है माइक्रो बटन को बार बार दबा कर दूसरी पॉवर लेवल सैट होती है।
- जिस भोजन को कुक करना हो उसे माइक्रोवेव सेफ बर्तनों में ही रखकर ओवन का इस्तेमाल करें।
- निम्न लिखित एक्सेसरीज का उपयोग **माइक्रो मोड** में कृप्या न करें।



| High rack<br>हाई रैक | Low rack<br>लो रैक | Rotisserie Bar<br>रोटेसरी बार | Multi cook Tawa<br>मल्टी कुक तवा |
|---|---|---|---|

# How To Use / किस तरह इस्तेमाल करें

## Micro Power Level / माइक्रो पॉवर लेवल

This oven is with 5 power levels to give you maximum flexibility and control over cooking.
The table below shows some examples of food and their recommended cooking power levels for use with this oven.
यह ओवन 5 पॉवर लेवल्स वाला है ताकि आपको भोजन निर्माण हेतु अधिकतम विविधता और नियंत्रण उपलब्ध होते है।
नीचे की सारणी में कुछ व्यंजन और इस ओवन में उनके निर्माण हेतु निर्धारित पॉवर लेवल प्रदर्शित किये गए हैं:

| POWER LEVEL | OUTPUT | USE | ACCESSORY |
|---|---|---|---|
| HIGH | 900 W | • Boil water<br>• Brown minced beef<br>• Cook poultry pieces, fish, vegetables<br>• Cook tender cuts meat | Microwave Safe Plate/ Microwave Safe Bowl/ Microwave Safe Glass Bowl |
| MEDIUM HIGH | 720 W | • All reheating<br>• Roast meat and poultry<br>• Cook mushrooms and shellfish<br>• Cook foods containing cheese and eggs | |
| MEDIUM | 540 W | • Bake cakes and scones<br>• Prepare eggs<br>• Cook custard<br>• Prepare rice, soup | |
| MEDIUM LOW | 360 W | • All thawing<br>• Melt butter and chocolate<br>• Cook less tender cuts of meat | |
| LOW | 180 W | • Soften butter & cheese<br>• Soften ice cream<br>• Raise yeast-based dough | |

| पावर लेवल | आउटपुट | इस्तेमाल | एक्सेसरीज |
|---|---|---|---|
| उच्च | 900 वाट | • पानी उबालना<br>• ब्राउन बीफ का कीमा<br>• मुर्गे, मछली और सब्जियों के टुकड़ों को पकाना<br>• कटा हुआ कोमल मांस | माइक्रोवेव सुरक्षित प्लेट/ माइक्रोवेव सुरक्षित बर्तन/ माइक्रोवेव सुरक्षित कांच का बर्तन |
| मध्यम उच्च | 720 वाट | • पूर्णतया दुबारा गर्म करना<br>• भुना हुआ मांस और मुर्गे<br>• मशरूम और शेलफिश पकाना<br>• पनीर और अंडे–युक्त भोजनों का निर्माण | |
| मध्यम | 540 वाट | • बेक हुए केक और स्कोन्स<br>• अंडों को तैयार करना<br>• कस्टर्ड बनाना<br>• चावल और सूप बनाना | |
| कम मध्यम | 360 वाट | • पूर्ण थाविंग<br>• मक्खन और चॉकलेट<br>• कुछ कम कोमल मांस को पकाना | |
| एकदम कम | 180 वाट | • मक्खन और चीज़ को नरम करना<br>• आइसक्रीम को नरम करना<br>• आटे में खमीर उठाना | |

## Grill Cooking/ ग्रिल कुकिंग

In the following example, show you how to use the Grill to cook some food for 12 minutes.
निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि आप ग्रिल का इस्तमाल करके कुछ किस्म का भोजन निर्माण 12 मिनट में कैसे कर सकते हैं।

1. Press and hold **STOP/CLEAR**
   **STOP/CLEAR** को दबाएं।




2. Press **Grill/Combi.** one time
   The following indication is displayed:
   **Grill/Combi.** एक बार दबाएं। निम्नलिखित सन्देश प्रदर्शित होगा।




3. Turn Dial until display shows **"12:00"**
   **डायल** को घुमाईये जब तक कि "12:00" का चिन्ह दिखाई न देने लगे।




4. Press **START/Add 30 secs**
   **START/Add 30 secs** को दबाएं।




### CAUTION / सावधानी

Always use oven gloves when removing the food and accessories after cooking as the oven & accessories will be very hot.
हमेशा दस्ताने पहन कर ओवन में रखा खाना और सह–उपकरण हटाइये क्योंकि ये दोनों ही बहुत गर्म हो सकते हैं।

### NOTE / नोट

- This feature will allow you to brown and crispy food quickly.
- **For the best result use the following accessory.**
- इस व्यवस्था के द्वारा आप भूरा और कुरकुरा भोजन तुरंत तैयार कर सकेंगे।
- सुविधाओं का सर्वोत्तम लाभ लेने हेतु कृप्या निम्न एक्सेसरी का उपयोग करें।



High rack
हाई रैक

## Grill Combi Cooking
## ग्रिल–कॉम्बी कुकिंग

In the following example, show you how to program your oven with micro power 360 W and grill for a cooking time of 25 minutes.
नीचे दिए गए उदाहरण में आपको दिखाया जायेगा कि आप अपने ओवन को किस तरह से प्रोग्राम करें ताकि 360 माइक्रो पॉवर वाट और ग्रिल का इस्तेमाल करके 25 मिनट में भोजन निर्माण करें।

1. Press and hold **STOP/CLEAR**
   **STOP/CLEAR** को दबाएं।




2. Press **Grill/Combi.** three time
   The following indication is displayed:
   **Grill/Combi.** तीन बार दबाएं। निम्नलिखित सन्देश प्रदर्शित होगा।




3. Press Micro until display shows **"360"**
   **Micro** का बार बार दबाएं जब तक कि "360" का चिन्ह दिखाई न देने लगे।




4. Turn Dial until display shows **"25:00"**
   **डायल** को घुमाईये जब तक कि "25:00" का चिन्ह दिखाई न देने लगे।




5. Press **START/Add 30 secs**
   **START/Add 30 secs** को दबाएं।




### NOTE / नोट

- Your oven has combination cooking feature which allow you to cook food with **Heater** and **Microwave.**
  This generally means it takes less time to cook your food.
- You can set three kinds of micro power level (180 W, 270 W, and 360 W) in grill combi mode.
- This feature will allow you to brown and crispy food quicly.
- For the best result use the following accessories.
- आपके ओवन कॉम्बिनेशन कुकिंग की सुविधा उपलब्ध है जिससे कि आप **हीटर** और **माइक्रोवेव** के माध्यम से भोजन तैयार कर सकें।
  इसका आमतौर पर यह अर्थ होता है कि आप कम समय में अपना भोजन पका सकते हैं।
- आप ग्रिल कॉम्बी मोड में तीन (180 वाट, 270 वाट और 360 वाट)।
- इस व्यवस्था के द्वारा आप भूरा और कुरकुरा भोजन तुरंत तैयार कर सकेंगे।
- सुविधाओं का सर्वोत्तम लाभ लेने हेतु कृप्या निम्न एक्सेसरी का उपयोग करें।



High rack
हाई रैक

## Convection Preheat
## कन्वेक्शम प्रीहीट

In the following example, show you how to use preheat the oven to a temperature of 200 °C.
निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि किस तरह से 200 °C तापमान पर अपने ओवन को प्रीहीट करें।

1. Press and hold **STOP/CLEAR**
   **STOP/CLEAR** को दबाएं।




2. Press **Conv.**
   **Conv.** को दबाएं।




3. Turn Dial until display shows **"200 °C"**
   Press **START/Add 30 secs** for temperature confirmation.
   **डायल** को **200 °C** आने तक घुमाऐं।
   **START/Add 30 secs** दबाऐं और तापमान को सुनिश्चित कीजिए।




4. Press **START/Add 30 secs** again.
   Preheating will be started with displaying **"Pr-H".**
   **START/Add 30 secs** दबाऐं
   प्रीहीट शुरु हो जाएगा और आपको डिस्प्ले पर **"Pr-H"** दिखेगा।




### NOTE / नोट

- The convection oven has a temperature range of 40 °C and 100~230 °C.
- The oven has a ferment function at the oven temperature of 40 °C. You may wait until the oven is cool because you cannot use a ferment function if the oven temperature is over 40 °C.
- Your oven will take a few minutes to reach the selected temperature.
- Once it has reached correct temperature, your oven will BEEP to let you know that it has reached the correct temperature.
- Then place your food in your oven and to start cooking.
- कन्वेक्शन ओवन में तापमान का क्षेत्र 40 °C से 100~230 °C लेकर तक होता है।
- ओवन में 40 °C पर फर्मन्टेशन की सुविधा भी होती है। आपको ओवन को ठंडा होने का इंतजार करना चाहिए क्योंकि यदि ओवन का तापमान 40 °C से अधिक है तो आप फर्मन्टेशन की इस सुविधा का लाभ नहीं ले सकते।
- आपका ओवन चुने गए तापमान पर आने में कुछ मिनट का समय लेगा।
- सही तापमान पर आकर आपको इसकी जानकारी के लिए बीप की आवाज सुनाई देगी।
- तब आप भोजन ओवन के अन्दर रखकर अपनी कुकिंग शुरु कर सकते हैं।

## Convection Cooking
## कन्वेक्शन कुकिंग

The multicook tawa & low rack must be used during convection cooking.
In the following examples, show you how to cook some food at a temperature of 230 °C for 50 minutes.
कन्वेक्शन कुकिंग के दौरान मल्टीकुक तवा और लो रैक का उपयाग करना चाहिए।
निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि 50 मिनट में 230 °C तापमान पर भोजन कैसे तैयार करें।

1. Press and hold **STOP/CLEAR**
   **STOP/CLEAR** को दबाएं।




2. Press **Conv.**
   **Conv.** को दबाएं।




3. Turn Dial until display shows **"230 °C"**
   Press **START/Add 30 secs** for temperature confirmation.
   **डायल** को **230 °C** आने की प्रतीक्षा करें।
   **START/Add 30 secs** दबाऐं और तापमान को सुनिश्चित कीजिए।




4. Turn Dial until display shows **"50:00"**
   **डायल** को घुमाईये जब तक कि आपको "50:00" दिखाई न देने लगे।




5. Press **START/Add 30 secs**
   **START/Add 30 secs** को दबाएं।

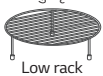



### CAUTION / सावधानी

Always use oven gloves when removing the food and accessories after cooking as the oven & accessories will be very hot.
हमेशा दस्ताने पहन कर ओवन में रखा खाना और सह–उपकरण हटाइये क्योंकि ये दोनों ही बहुत गर्म हो सकते हैं।

### NOTE / नोट

- If you do not set a temperature your oven will automatically select 180 °C, the cooking temperature can be changed by **Dial.**
- For the best result please use the following accessories.
- अगर आप तापमान नहीं चुनेंगे आपका ओवन अपने आप ही 180 °C पर चला जाएगा। **डायल** के माध्यम से कुकिंग का तापमान परिवर्तित किया हा सकता है।
- सुविधाओं का सर्वोत्तम लाभ लेने हेतु कृप्या निम्न एक्सेसरी का उपयोग करें।



Low rack
लो रैक

## Convection Combi Cooking
## कन्वेक्शन कॉम्बी कुकिंग

In the following examples, show you how to program your oven with micro power 270 W and at a convection temperature 200 °C for a cooking time of 25 minutes.
निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि किस तरह आप अपने ओवन को 270 वाट क्षमता पर 25 मिनट के समय में कन्वेक्शन तापमान 200 °C पर कैसे प्राग्राम कर सकते हैं।

1. Press and hold **STOP/CLEAR**
   **STOP/CLEAR** को दबाएं।




2. Press **Grill/Combi.** two time.
   The following indications are displayed: "", "".
   **Grill/Combi.** दो बार दबाएं।
   निम्नलिखित सन्देश प्रदर्शित होगा। "", "".




3. Press **Conv.** The following indications are displayed:
   **Conv.** को दबाएं।
   आपको निम्नलिखित चिन्ह दिखाई देगा




4. Turn Dial until display shows **"200 °C"**
   **डायल** को घुमाऐं जब तक कि डिस्प्ले में **"200 °C"** न आ जाए।




5. Press **Micro** until display shows **"270".**
   **Micro** को दबाऐं जबतक कि डिस्प्ले में **"270"** न आ जाए।




6. Turn Dial until display shows **"25:00"**
   **डायल** को घुमाऐं जब तक कि डिस्प्ले में **"25:00"** न आ जाए।




7. Press **START/Add 30 secs**
   **START/Add 30 secs** को दबाएं।




### CAUTION / सावधानी

Always use oven gloves when removing the food and accessories after cooking as the oven & accessories will be very hot.
हमेशा दस्ताने पहन कर ओवन में रखा खाना और सह–उपकरण हटाइये क्योंकि ये दोनों ही बहुत गर्म हो सकते हैं।

### NOTE / नोट

- You can set three kinds of micro power level (180 W, 270 W and 360 W).
- आप तीन तरह के माइक्रो पॉवर लेवल सेट कर सकते हैं (180 वाट, 270 वाट और 360 वाट)

## More or Less Cooking
## ज्यादा या कम कुकिंग

In the following examples, show you how to change the preset COOK programs for a longer or shorter cooking time.
निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि छोटी और बड़ी कुकिंग्स के लिए प्रीसेट 'कुक' प्रोग्राम को किस तरह सेट बदलें।

1. Press and hold **STOP/CLEAR**
   **STOP/CLEAR** को दबाएं।




2. Set the required preset **COOK** program.
   Select weight of food.
   आवश्यकतानुसार प्रीसेट **कुक** प्रोग्राम को सेट कर दीजिए।
   खाने का वजन तय कीजिए।




3. Press **START/Add 30 secs.**
   Turn **Dial**
   The cooking time will increase of decrease.
   **START/Add 30 secs** को दबाएं।
   **डायल** को घुमाऐं
   कुकिंग का टाइम कम या ज्यादा हो जायेगा।




### NOTE / नोट

- If you find that your food is over or undercooked when using the preset COOK program, you can increase or decrease cooking time by turning the DIAL.
- You can lengthen or shorten the cooking time at any point by turning the DIAL.
  Do not increase or decrease the time during defrost mode. It may affect the performance of defrost mode.
- अगर प्रीसेट कुक का इस्तेमाल करके आपका खाना अधिक या कम पकेगा तो आप **डायल** घुमाकर समय कम या अधिक कर सकते हैं।
- किसी भी समय डायल के द्वारा आप कुकिंग की समय सीमा को कम या अधिक कर सकते हैं।
  डिफ्रॉस्ट मोड इस्तेमाल करने के दौरान समय कम या अधिक ना करें। इससे डिफ्रॉस्ट मोड की परफॉर्मेन्स पर असर पड़ सकता है।

## Energy Saving
## ऊर्जा की बचत

The microwave oven allows you to save energy by display off when not cooking in oven.
जब आप खाना नहीं पका रहे हों तब डिसप्ले ऑफ होने पर माइक्रोवेव ओवन ऊर्जा बचाता है।

1. When Door Open Condition (Lamp on & Display on):
   डोर खुली अवस्था (लैम्प और डिसप्ले खुली है)

   Press and hold **STOP/CLEAR**
   **STOP/CLEAR** को दबाएं।




   Lamp Off & Display Off. (Both together)
   लैम्प और डिसप्ले बन्द हो जाएंगे (दोनों एक साथ)
   Press any button on Keypad, display shows that button related display & Lamp is turned on.
   कोई भी बटन दबाएं, उस बटन से सबंधित डिसप्ले दिखाई देगा और लैम्प चालू हो जाएगा।

2. When Door Close condition (Lamp off & Display on):
   डोर बन्द अवस्था (लैम्प बन्द और डिसप्ले खुला है)

   Press **STOP/CLEAR** one time
   **STOP/CLEAR** को एक बार दबाएं।




   Lamp Off & Display Off. (Both together)
   लैम्प और डिसप्ले बन्द हो जाएंगे (दोनों एक साथ)
   Press any button on Keypad, display shows that button related display & Lamp is turned off.
   कोई भी बटन दबाएं, उस बटन से सबंधित डिसप्ले दिखाई देगा और लैम्प बन्द हो जाएगा ।

3. When Door is open (Lamp & Display on)
   डोर खुला होने पर (लैम्प और डिसप्ले चालू रहते हैं)
   Door is open for 5 minutes, lamp & display are auto cut off.
   डोर खुलने के पाँच मिनट बाद लैम्प स्वतः बन्द हो जायेगा।

   a) When any button is pressed, lamp and display are turned on.
      जब आप कोई भी बटन दबायेंगे तो लैम्प/डिसप्ले फिर से चालू हो जायेगा।

   b) If door is closed, after 5 minutes display is turned off.
      अगर डोर बन्द है तो 5 मिनट के बाद डिसप्ले बन्द हो जायेगा।

Please follow the given steps to operate cook functions (Diet Fry/Low Calorie, Tandoor Se/Kids' Delight, Indian Roti Basket, Indian Cuisine, Pasteurize Milk/Tea/Dairy Delight, Cooking Aid/Steam Clean/Dosa/Ghee) in your Microwave.

| Cook Functions | Diet Fry/ Low Calorie | Tandoor Se/Kids' Delight | Indian Roti Basket | Indian Cuisine | Pasteurize Milk/Tea /Dairy Delight | Cooking Aid/Steam Clean/ Dosa/Ghee |
|---|---|---|---|---|---|---|
| STEP-1 | Press STOP/CLEAR | Press STOP/CLEAR | Press STOP/CLEAR | Press STOP/CLEAR | Press STOP/CLEAR | Press STOP/CLEAR |
| STEP-2 | Press Diet Fry/& twice for Low Calorie | Press Tandoor Se/& twice for Kids' Delight | Press Indian Roti Basket | Press Indian Cuisine | Press Pasteurize Milk/& twice forTea/Dairy Delight | Press Cooking Aid/Steam Clean/ Dosa/Ghee |
| STEP-3 | Turn Dial to select the Menu (dF1-dF25 SA1-SA13 HP1-HP20 So1-So20 Co1-Co21) | Turn Dial to select the Menu (tS1-tS14 CF1-CF27 bA-bA13) | Turn Dial to select the Menu (br1-br25) | Turn Dial to select the Menu (IC1-IC40 SC1-SC20 rd1-rd20 CC1-CC15) | Turn Dial to select the Menu (PS1) dd1-dd11) PA1-PA2 CU1-CU2) | Turn Dial to select the Menu (UC1-UC15) (SL1) (do1-do8) (Gh1) |
| STEP-4 | Press START/ Add 30secs | Press START/ Add 30secs | Press START/ Add 30secs | Press START/ Add 30secs | Press START/ Add 30secs | Press START/ Add 30secs |
| STEP-5 | Turn the dial to select the weight | Turn the dial to select the weight | Turn the dial to select the weight | Turn the dial to select the weight | Turn the dial to select the weight | Turn the dial to select the weight |
| STEP-6 | Press START/ Add 30secs | Press START/ Add 30secs | Press START/ Add 30secs | Press START/ Add 30secs | Press START/ Add 30secs | Press START/ Add 30secs |

## Diet Fry/Low Calorie

In the following example, show you how to cook
**0.4 kg of Chicken 65.**

1. Press **STOP/CLEAR**.




2. Press **Diet Fry/Low Calorie.**




3. Turn **DIAL** until display show "**dF8**".




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




5. *Turn DIAL until display show “0.4 kg”




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




**For Low Calorie**

7. If you want to select Low Calorie, Press the button twice, the display will show “SA1"
8. Turn the dial to select SA1 to Co21.
9. Again follow step 4 to 6.

**NOTE**

- Diet Fry/Low Calorie menus are programmed.
- Diet Fry/Low Calorie allows you to cook most of your favorite food by selecting the food type and the weight of the food.

* Note: If the recipe has single weight e.g.
“dF6" Samosa-8pcs, do not follow step 4, 5. Directly go to step 6.

| Menu | dF1 | Chicken Nuggets | Weight Limit | 0.1-0.3 Kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl & Multcook tawa & High Rack*

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

**Method:**

1. In a MWS glass bowl put boneless chicken, pepper corns, clones, olive oil, chopped garlic. Mix well & cover. Select Category & weight. press start.
2. When beeps, remove the bowl from microwave oven. allow to cool & grind everything in a mixer. Take out in the bowl add salt, crumbled bread slices. Mix well.
3. Make small round shaped nuggets from the mixture. Keep on tawa. Place the tawa on high rack.
4. Press start.
5. When beeps, turn the nuggets
6. Press start.
7. Serve them hot with tomato Ketchup & shredded salad.

**Note:** If the mixture of nuggets is too dry, them sprinkle few drops of water to it.

| Menu | dF2 | Aloo Chips | Weight Limit | 0.2 Kg |
|---|---|---|---|---|

**Utensil:** Microwave glass tray

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

**Method:**

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

| Menu | dF3 | Bread Pakora | Weight Limit | 4 Pc |
|---|---|---|---|---|

**Utensil:** Multicook tawa & High Rack*

| Instructions | |
|---|---|
| For | Batter |
| Besan | 1 cup (130 gms) |
| Water | 200 ml |
| Salt, haldi, garam masala, red chilli powder, | As per taste |
| **For filling** | |
| Boiled potatoes | 2 nos. (medium) |
| Chopped green chillies | 2 nos. |
| Chopped Coriander | 1 tbsp |
| Chopped ginger | 1 tsp |
| Salt, garam masala, red chilli powder | As per taste |
| Bread slices | 4 nos. |
| Oil | 2 tsp |

**Method:**

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

| Menu | dF4 | Paneer Pakora | Weight Limit | 0.4 Kg |
|---|---|---|---|---|

**Utensil:** Multicook tawa & High rack*

| Instructions | |
|---|---|
| Paneer (Cut into 1.5" cubes) | 400 gm |
| **For Batter** | |
| Besan | 1 cup (130 g) |
| Water | 200 ml |
| Salt, red chilli powder, haldi, garam masala | As per taste |
| Oil | 2 tsp |

**Method:**

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 category & press start.
3. When beeps, place all paneer pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.
4. When beeps, turn the pakoras & pour 2tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.

* Refer page 101, fig 2

| Menu | dF5 | Gujia | Weight Limit | 10 Pc |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low rack[#] & High rack*

| Instructions | |
|---|---|
| **For dough** | |
| Maida | 100 g |
| Desi ghee | 1 tbsp & 1 tsp |
| Water | To knead the dough |
| **For stuffing** | |
| Grated Khoya | 50 g |
| Dessicated coconut | 50 g |
| Powdered Sugar | 50 g |
| Elaichi powder | 1 tsp |
| Kishmish, Chopped, Almonds, Cashew nuts | As required |

**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 gujias. 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 *gujia mould & fill the centre with stuffing (as required). Close the gujia mould carefully & press firmly at edges to seal them properly. remove the excess part of the dough bulging out of the mould. Remove the gujia from the mould. Prepare all the gujias in the similar way. Brush the gujias with 2tsp oil.
4. Grease the tawa with ¼ tsp oil. Keep on low rack. keep in the microwave. Select category & press start.
5. When beeps, place the gujias 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 gujias & Press start.

***Note:** Grease the surface with 1-2 drops of oil before rolling the circle for gujias.
*Not provided with the start up kit.

| Menu | dF6 | Samosa | Weight Limit | 8 Pc |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low rack[#] & High rack*

| Instructions | |
|---|---|
| For Dough | |
| Wheat flour (Refined) | 1 cup |
| Melted ghee | ½ tbsp |
| Oil | for kneading |
| Salt | ½ tsp |
| **For stuffing** | |
| Boiled potatoes | 2 cup |
| Boiled peas | ½ cup |
| Ginger-green chilli paste | 1 tsp |
| Amchoor | 1½ tsp |
| Red chilli powder | 1 tsp |
| Finely chopped Coriander leaves | 2 tbsp |
| Jeera | 1 tsp |
| Oil | 2¼ tsp |

**Method:**

1. Preparation for stuffing - In a MWS glass bowl add oil, jeera, microwave 100% of 3 minutes. Add boiled & mashed potatoes, green chilli & ginger paste, salt, amchoor, red chilli powder, green peas & coriander leaves. Mix well & microwave 100% for 3 minutes. Allow cool.
2. For dough - Combine all the ingredients together in a bowl & knead into a firm dough using enough water. Keep aside covered for 15 minutes Knead again using oil until smooth.
3. Prepare medium size 8 chapaties out of the dough Divide each chapati into 2 halves, make a cone from each half. Stuff each cone with the portion of stuffing. seal the edges carefully using little water. Keep aside. Brush the samosas with 2tsp oil.
4. Grease the tawa with ¼ tsp oil. Keep on low rack & keep the it inside the microwave. Select category & press start.
5. When beeps, keep the samosas on the tawa. 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.

| Menu | dF7 | Masala Vada | Weight Limit | 5 Pc |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low rack[#]

| Instructions | |
|---|---|
| Soaked chana dal | 1 cup |
| Chopped onions, chopped green chillies | ½ cup |
| Grated ginger | 1 tsp |
| Cumin seeds | 1 tbsp |
| Chopped garlic | 1 tbsp |
| Chopped coriander leaves | 3 tbsp |
| Salt | As per taste |
| Red chillies | As per taste |
| Oil | 2 tsp |

**Method:**

1. Soak the chanas for 3-4 hours. Keep 1 tbsp of soaked chanas aside.
2. In a blender grind soaked chanas, green chillies, cumin seeds, ginger & salt into a coarse paste. (Don't make it into smooth paste).
3. Mix chopped onions, chopped garlic, chopped coriander leaves, soaked chana dal, red chilli powder with the coarse paste.
4. Grease the tawa with 1 tsp of oil. Keep the tawa on low rack. Keep both inside the microwave oven. Select category & press start.
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 on vadas & keep the tawa on high rack. Press start. Serve with sambhar or coconut chutney.

[#] Refer page 101, fig 1
* Refer page 101, fig 2

| Menu | dF8 | Chicken 65 | Weight Limit | 0.2 ~ 0.4 kg |
|---|---|---|---|---|

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

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

**Method:**

1. Add all the ingredients of marinade in a bowl & mix well. Add boneless chicken pieces & mix and cover. Keep in refrigerator for atleast 30 minutes.
2. Take marinated chicken pieces & place on tawa. Keep tawa & high rack inside the microwave.
3. Select category & 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.

| Menu | dF9 | Stuffed Aloo Patties | Weight Limit | 6 Pc |
|---|---|---|---|---|

**Utensil:** Multicook tawa & High rack*

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

**Method:**

1. Pre-Preparation for Stuffing : In a MWS 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 category & press start.
6. When beeps, turn over the patties & again press start. Serve stuffed aloo patties hot with mint chutney or tomato ketchup.

| Menu | dF10 | Mushroom Rolls | Weight Limit | 16 Pc |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low rack#

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

**Method:**

1. Pre-Preparation for Stuffing : In a MWS 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 category & press start.
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.

# Refer page 101, fig 1
* Refer page 101, fig 2

| Menu | dF11 | Sabudana vada | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Multicook tawa & High rack#

| Instructions | | | | Method: |
|---|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg | 1. In a bowl take all the ingredientgs & mix well. Make mixture for sabudana vada. Divide the dough in equal parts & make round & flat vadas.<br>2. Take the multicook tawa & keep the vadas on tawa. Keep tawa on high rack & keep inside the microwave. Select category & weight and press start.<br>3. When beeps, turn the vadas & press start.<br>4. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice. |
| Boiled potato | 1 no. | 2 nos. | 3 nos. | |
| Sabudana (soaked for at least 1 hour) | ½ cup | ¾ cup | 1 cup | |
| Roasted & crushed peanuts | 1 tbsp | 2 tbsp | 3 tbsp | |
| Chopped green chilli | 1 no. | 2 nos. | 3 nos. | |
| Finely chopped ginger | ¼ tsp | ½ tsp | 1 tsp | |
| Fresh curry leaves | As required | | | |
| Coriander leaves (chopped) | ½ tbsp | 1 tbsp | 1½ tbsp | |
| Salt | As per taste | | | |

| Menu | dF12 | Fish Amritsari | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Multicook tawa & High rack#

| Instructions | | Method: |
|---|---|---|
| For | 0.3 kg | 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.<br>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.<br>3. Rub this marinade well on the fish pieces & keep covered in refrigerator for atleast half an hour.<br>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 category & press start.<br>5. When beeps, turnover fish pieces & sprinkle 1 tbsp oil on all pieces & press start.<br>6. Sprinkle chaat masala on fish pieces & serve them hot with lemon wedges & lachha onions. |
| Boneless fish (cut into 2" pieces) | 250 g | |
| Lemon juice | 1 tsp | |
| Salt | ¼ tsp | |
| **For Batter** | | |
| Egg (beaten) | 1 no. | |
| Besan | 2 tbsp | |
| Hung curd | 2 tbsp | |
| Ajwain | 1 tsp | |
| Ginger-garlic paste | ½ tbsp | |
| Lemon juice | 1 no. | |
| Salt, red chilli powder, garam masala, chaat masala, turmeric powder | As per taste | |
| Bread crumbs (for coating) | 1 cup | |
| Oil (for basting) | 1 tbsp | |



| Menu | SA1 | Beetroot Salad | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

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

| Instructions | | | | Method: |
|---|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg | 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 category & weight and press start.<br>2. In a bowl take the steamed beetroot add saunf, coriander powder, pepper powder, salt & lemon juice. Toss well. Chill & serve. |
| 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 | | | |

| Menu | SA2 | Cous Cous Salad | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave Safe (MWS) bowl

| Instructions | | | | Method: |
|---|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg | 1. In a MWS bowl take daliya (Cous cous), add water & salt & few drops of oil. Select category & weight and press start.<br>2. When beeps, remove & allow the daliya to cool for sometime so that the grains separate.<br>3. Now add the vegetables & press start.<br>4. Mix all the ingredients of dressing in a bowl.<br>5. When cooking ends, add the cous cous to the dressing bowl. Toss all the ingredients together.<br>6. Spread the lettuce leaves on a plate. And transfer the cous cous salad to the plate. Chill & serve. |
| Daliya | 100 g | 200 g | 300 g | |
| Water | 300 ml | 600 ml | 900 ml | |
| Salt | As per taste | | | |
| Oil | Few drops | | | |
| Vegetables (Cucumber cubes, chopped tomatoes, broccoli florets, sliced mushrooms) | 2 cups | 2½ cups | 3 cups | |
| Lettuce leaves | 2-3 leaves | | | |
| For dressing | | | | |
| Pudina leaves (finely chopped) | ¼ cup | ½ cup | 1 cup | |
| Lemon juice, pepper powder | As per taste | | | |

* Refer page 101, fig 2

| Menu | SA3 | Pasta Salad | Weight Limit | 0.2 Kg |
|---|---|---|---|---|

**Utensil:** Microwave Safe (MWS) bowl

| Instructions | |
|---|---|
| For | 0.2 Kg |
| Penne pasta | 200 g |
| Water | 400 ml |
| Vegetable (Grated carrot, capsicum, sliced olives, chopped spring onion) | 1½ cup |
| Salt, pepper powder | As per taste |
| Olive oil | 2 tsp |
| Vinegar | 1 tsp |
| Oregano (optional) | As per taste |
| Curd | 2 tbsp |

**Method:**

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

| Menu | SA4 | Rice Salad | Weight Limit | 0.2 Kg |
|---|---|---|---|---|

**Utensil:** Microwave Safe (MWS) bowl

| Instructions | |
|---|---|
| For | 0.2 Kg |
| Basmati Rice | 200 g |
| Water | 400 ml |
| Apples (diced) | 1 no. |
| Green peas | ½ cup |
| Cauliflower florets | 1 cup |
| Lemon Juice, salt, pepper | As per taste |
| Lettuce leaves | 2-3 leaves |
| Shredded Cabbage leaves Coriander leaves | For garnishing |

**Method:**

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

| Menu | SA5 | Chicken in Tomato Towers | Weight Limit | 0.3 Kg |
|---|---|---|---|---|

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

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

**Method:**

1. Take tomatoes wash & clean them. Cut from top & scoop out the pulp & seeds from tomatoes for the filling.
2. In a MWS glass bowl put chicken keema chopped onion, salt & pepper. Mix well. Select category & press start.
3. When beeps, Remove the bowl from microwave oven. Discard excess water (if present) & adjust the seasoning. Now fill the hollowed omatoes with chicken mixture.
4. Put the filled tomatoes on multicook tawa in standing position. Place tawa on high rack
5. Press start.

| Menu | SA6 | Tiranga Salad | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave Safe (MWS) flat glass dish

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

**Method:**

1. In a MWS flat glass dish arrange grated carrot first in form of a band, then grated raddish & then broccoli florets, sprinkle water. cover with cling film select category & press start.
2. Add salt & lemon juice. Mix each layer separately.
3. Take olive & cut into thin slices. Now make a flower at the centre of the raddish layer with olive slices chill & serve.

| Menu | SA7 | Hari Seekh Salad | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Rotisserie#

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

**Method:**

1. Mix all the ingredients of marinade in a bowl.
2. Take one vegetable at a time and spread the marinade on each vegetable or leaf on both the sides thoroughly. Mix well leave aside for 1 hour mixing at least twice in between.
3. Oil & wipe the skewers of the rotisserie.
4. Skewer the vegetables-thread them starting with broccoli, then fold a cabbage leaf & insert, fold a spinach leaf one & then fold again (like a pan) & insert, then insert a whole spring onion & then again another folded cabbage leaf & spinach leaf in the same skewer, Repeat the same for all the skewers.
5. Install the rotisserie in the oven. (Refer Pg. 116)
6. Select category & press start. Serve hot.

* Refer page 101, fig 2
# Refer page 102

| Menu | SA8 | Crunchy Chicken Salad | Weight Limit | 0.5 kg |
|---|---|---|---|---|

**Utensil:** Multicook Tawa & High rack*

| Instructions | |
|---|---|
| For | 0.5 Kg |
| Boneless Chicken | 300 g |
| Vegetables (Boiled peas sweet corns, chopped tomato) | 200 g |
| Lettuce leaves | For garnishing |
| Boiled Eggs | 2 nos. |
| Lemon juice | 2 tbsp |
| Salt | As pet taste |
| Poppy seeds | 4 tsp |
| Olive oil | 1 tbsp |

**Method:**

1. In a bowl mix lemon juice, salt & poppy seeds. Now take each piece of boneless chicken & throughly coat with poppy seeds.
2. In another bowl mix boiled peas sweet corns, chopped tomatoes, add some salt, red chilli powder, lemon juice, olive oil. Adjust the seasoning as per your taste. Mix well.
3. 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.

| Menu | SA9 | Babycorn and Bean salad | Weight Limit | 0.1 ~ 0.3 Kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Babycorn | 50 g | 100 g | 150 g |
| Bean | 50 g | 100 g | 150 g |
| Salt, lemon juice, pepper powder (Optional) | As per taste | | |

**Method:**

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

| Menu | SA10 | Carrot and peas Salad | Weight Limit | 0.1 ~ 0.3 Kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) Bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Carrot | 50 g | 100 g | 150 g |
| Peas | 50 g | 100 g | 150 g |
| Salt, lemon juice, pepper powder (Optional) | As per taste | | |

**Method:**

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

| Menu | SA11 | Papaya Lachcha Salad | Weight Limit | 0.1 ~ 0.3 Kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Papaya (thinly sliced) | 100 g | 200 g | 300 g |
| Water | As required | | |
| Sugar | 10 g | 20 g | 30 g |
| Cardamom essence | 1 no. | Few drops | 3 nos. |

**Method:**

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

| Menu | SA12 | Whole Wheat & Mint Salad | Weight Limit | 0.1 ~ 0.3 Kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Whole wheat (Soaked in hot water for 2 hours) | 100 g | 200 g | 300 g |
| Mint leaves | 1 cup | 1½ cups | 2 cups |
| Sprouted Chana | 100 g | 200 g | 300 g |
| Green Chilli | 1 no. | 2 nos. | 3 nos. |
| Ginger | As per taste | | |
| Salt & pepper | As per taste | | |
| Lemon Juice | 1 tsp | 1½ tsp | 2 tsp |
| Water (with salt) | 200 ml | 400 ml | 600 ml |

**Method:**

1. In a microwave safe bowl put soaked whole wheat & salty water. Select category & weight. Press start.
2. When beeps, remove & drain the whole wheat & allow to cool.
3. 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.

| Menu | SA13 | Bread Salad | Weight Limit | 0.1 ~ 0.3 Kg |
|---|---|---|---|---|

**Utensil:** High rack

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Whole wheat bread slices | 2 nos. | 3 nos. | 4 nos. |
| Tomatoes (seedless & cut in pieces) | ¼ cup | ½ cup | 1 cup |
| Cucumber (Cut in pieces) | ¼ cup | ½ cup | 1 cup |
| Steamed french beans | ¼ cup | ½ cup | 1 cup |
| Fresh basil leaves | A few sprigs | | |
| For Salad Dressing | | | |
| Olive Oil | 1 tbsp | 1½ tbsp | 2 tbsp |
| Vinegar | ½ tsp | 1 tsp | 1½ tsp |
| Salt, pepper & Sugar | As per taste | | |

**Method:**

1. Take bread slices (0.1kg/0.2kg/0.3kg) & keep on high rack. Select Category & weight. Press start.
2. When beeps, turn bread slices. Again press start. Remove from microwave allow to cool. Cut the slices into croutons.
3. Put all the ingredients of salad dressing in a bowl cover the bowl & shake well to make the dressing for salad.
4. In a bowl put cut tomatoes, cucumber, french beans, basil leaves & bread croutons. Pour dressing over the ingredients. Mix well & serve immediately (before the bread croutons gets soggy)

* Refer page 101, fig 2

## Menu HP1 — Lemon Chicken

**Weight Limit** 0.1 ~ 0.5 Kg

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | | |
|---|---|---|---|---|---|
| For | 0.1 Kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
| Boneless Chicken | 100 g | 200 g | 300 g | 400 g | 500 g |
| Soya sauce | ½ tbsp | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp |
| Corn flour | ½ tbsp | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp |
| Water | ½ cup | ½ cup | ½ cup | 1 cup | 1 cup |
| Salt, pepper & sugar | As per taste | | | | |
| Garlic paste | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |
| Lemon juice | 2 tsp | 3 tsp | 4 tsp | 4 tsp | 5 tsp |
| Oil | ½ tbsp | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp |

**Method:**

1. Mix boneless chicken, soya sauce, salt & pepper, garlic paste & lemon juice in a bowl. Refrigerate for ½ hour.
2. In a MWS bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select category & weight & press start.
3. When beeps, mix well. Cover & press start. Allow to stand for 3 minutes.

## Menu HP2 — Kala Chana

**Weight Limit** 0.1 ~ 0.5 Kg

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | | |
|---|---|---|---|---|---|
| For | 0.1 Kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
| Soaked Kala Chana | 100 g | 200 g | 300 g | 400 g | 500 g |
| Water | 200 ml | 400 ml | 600 ml | 800 ml | 1000 ml |
| Oil | 1 tbsp | 2 tbsp | 3 tbsp | 3½ tbsp | 4 tbsp |
| Onion chopped | ½ cup | 1 cup | 1½ cup | 2 cups | 2½ cups |
| Salt, Chaat masala, Red chilli powder, hara dhania | As per taste | | | | |

**Method:**

1. Soak chana overnight, in MWS bowl, put soaked chanas and cover. Select category and weight and press start.
2. When beeps, remove & drain the water. In a MWS bowl add oil, chopped onion, salt, chaat masala, red chilli powder and hara dhania and press start. Mix well.
3. When beeps, add chanas to the MWS bowl along with little water and press start. Mix well. Serve hot.

## Menu HP3 — Karela Subzi

**Weight Limit** 0.3 Kg

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

| Instructions | |
|---|---|
| Chopped Karela | 0.3 kg |
| Oil | 2 tbsp |
| Chopped Onion | 1 cup |
| Water | 1 cup |
| Rai, Jeera, Hing & Haldi | For tempering |
| Salt, Sugar, Garam Masala, Dhania, Jeera Powder | As per your taste |
| Grated Coconut & Hara Dhania | For garnishing |

**Method:**

1. In a Microwave safe glass bowl take Oil add Rai, Jeera, Hing, Haldi & Chopped Onion. Select category & weight and press start.
2. When beeps, add Chopped Karela, some water, salt, sugar, masala, dhania-jeera powder & cover. Press start.
3. When beeps, remove the bowl from microwave oven, transfer subzi to a multicook tawa, stir well. Place on High Rack
4. Press start.

**Note:** Before cooking, scrap & rub the karela with salt & keep aside for 2-3 hours.

## Menu HP4 — Machi Kali Mirch

**Weight Limit** 0.1 ~ 0.5 kg

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | | |
|---|---|---|---|---|---|
| Pomfret (fish category) | 0.1 Kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
| Salt, Lemon Juice & Kali Mirch Powder | To marinate as per your taste | | | | |
| Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic | As required | | | | |

**Method:**

1. Take Pomfret Slices as per weight (0.1 kg/ 0.2 kg/ 0.3 kg/ 0.4 kg/ 0.5 kg) and marinate with salt, lemon juice, and kali mirch powder (as per taste) for one hour.
2. In Microwave Safe bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select category & weight and press start.
3. When beeps, open door and add marinated fish, salt to taste and some water. Cover & press start.
4. Give standing time for 5 minutes.

## Menu HP5 — Nutrinuggets

**Weight Limit** 0.1 ~ 0.3 kg

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Soaked and boiled nutrinuggets | 50 g | 100 g | 150 g |
| Potato | 50 g | 100 g | 150 g |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp |
| Jeera | As per taste | | |
| Chopped onion | 1/2 cup | 1 cup | 1½ cup |
| Tomato puree | 2 tbsp | 3 tbsp | 4 tbsp |
| Salt, garam masala, red chilli powder, haldi, dhania powder | As per taste | | |
| Water | 1½ cup | 2 cup | 2½ cup |
| Chopped coriander leaves | For garnishing | | |

**Method:**

1. In a MWS bowl add oil, jeera, onion. Select category and weight and press start. Mix well.
2. When beeps, add tomato puree, nutrinuggets, potato, salt, red chilli powder, haldi, dhania powder and add ½ the amount of water mentioned per weight (For eg. For 100g, add 1 cup of water). Cover and press start. Mix well.
3. When beeps, add the remaining amount of water and press start. Mix well. Allow to stand for 3 minutes. Garnish with coriander leaves & serve hot with roti.

* Refer page 101, fig 2

| Menu | HP6 | Soyabean Curry | Weight Limit | 0.2 Kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | |
|---|---|
| For | 0.2 kg |
| Soyabean (soaked overnight) | 200 g |
| Oil | 1½ tbsp |
| Chopped onions | 1 cup |
| Tomato puree | ½ cup |
| Chopped green chillies | 1 tbsp |
| Red chilli powder, garam masala, coriander powder, salt | As per taste |
| Water | 200 ml |
| Coriander leaves | For garnishing |

**Method:**

1. In a MWS bowl add oil, chopped onions. Select category and press start. Mix well.
2. When beeps, in the same bowl add tomato puree and haldi and press start. Mix well.
3. When beeps, add chopped green chillies, red chilli powder, garam masala, coriander powder, salt, soyabean and water Press start. Garnish with coriander leaves and serve hot.

| Menu | HP7 | Curd Brinjal | Weight Limit | 0.1-0.5Kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | | |
|---|---|---|---|---|---|
| For | 0.1 Kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
| Brinjal (cut into pieces) | 100 g | 200 g | 300 g | 400 g | 500 g |
| Curd | 100 g | 200 g | 300 g | 400 g | 500 g |
| Oil | 1 tbsp | 2 tbsp | 3 tbsp | 4 tbsp | 4 tbsp |
| Curry leaves | A few sprigs | | | | |
| Mustard & cumin seeds | 1 tsp | 2 tsp | 3 tsp | 4 tsp | 4 tsp |
| Salt | As per taste | | | | |
| Chopped ginger | 1 tsp | 2 tsp | 3 tsp | 4 tsp | 4 tsp |

**Method:**

1. In a MWS bowl add oil & brinjal. Cover. Select category & weight and press start.
2. When beeps, remove & in another MWS bowl add oil, mustard & cumin seeds, curry leaves & chopped ginger. Press start.
3. When beeps, add brinjal, curd & salt. Mix well & press start.

| Menu | HP8 | Fish Bharta | Weight Limit | 0.3 Kg |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| For | 0.3 kg |
| Fish (Fillet) | 300 g |
| Mustard oil | 1 tbsp |
| Mustard seeds | 1 tsp |
| Chopped onion | 1 cup |
| Red chilli powder, haldi, garam masala, salt | As per taste |

**Method:**

1. In a MWS bowl add ½ cup water. Place the fish pieces on the MWS flat glass dish. Cover. Keep the dish in MWS bowl. Select category and press start.
2. When beeps, remove & mash the fish. In a MWS bowl, add oil, chopped onions, mashed fish, red chilli powder, garam masala, haldi, salt. Cover and press start.

| Menu | HP9 | Soya Idli | Weight Limit | 4 ~ 8 Pc |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) Idli stand & Microwave safe (MWS) bowl

| Instructions | |
|---|---|
| Rice | 100 g |
| Urad | 4 tbsp |
| Soyabean granules | 4 tbsp |
| Water | As required |
| Salt | As per taste |

**Method:**

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

| Menu | HP10 | Bathua Raita | Weight Limit | 0.1 ~ 0.4 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | |
|---|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg |
| Chopped bathua | 25 g | 50 g | 75 g | 100 g |
| Water | 50 ml | 75 ml | 100 ml | 125 ml |
| Beaten curd | 3 tbsp | 4 tbsp | 5 tbsp | 6 tbsp |
| Salt, roasted cumin seed powder | As per taste | | | |

**Method:**

1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select category & weight and press start.
2. When beeps, remove.
3. In a bowl add water, beaten curd, bathua leaves & mix well. Add salt & roasted cumin seed powder.
4. Mix well & refrigerate it for some time & serve.

| Menu | HP11 | Spinach Dal | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

1. In a MWS bowl put soaked dal (lentils), water, salt, turmeric powder. Select category & weight and press start.
2. When beeps, in another MWS bowl put oil, chopped onions, cumin seeds, chopped ginger & green chillies, chopped spinach. Mix well and press start.
3. When beeps, mix well & add boiled lentils, add some water (if required). Mix again & press start.
4. Garnish with coriander leaves & serve hot.

| Menu | HP12 | Healthy Khichdi | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Rice (soaked) | 75 g | 150 g | 225 g |
| Moong dal, washed (soaked) | 25 g | 50 g | 75 g |
| Desi ghee | ½ tbsp | 1 tbsp | 1½ tbsp |
| Carrot (grated finely) | 1 no. | 2 nos. | 2 nos. |
| Soya granules (soaked) | 2 tbsp | 3 tbsp | 4 tbsp |
| Salt & pepper | As per taste | | |
| Water | 300 ml | 500 ml | 750 ml |

**Method:**

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

| Menu | HP13 | Leaf Rolls | Weight Limit | 0.2-0.4Kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl & Microwave safe (MWS) flat Glass dish

| Instructions | | | |
|---|---|---|---|
| For | 0.2 Kg | 0.3 Kg | 0.4 Kg |
| Palak leaves | 100 g | 150 g | 150 g |
| Cabbage leaves | 100 g | 150 g | 150 g |
| **For filling** | | | |
| Boiled Veg (Potato, Capsicum, Carrot, French beans, sprouts) | 1 cup | 1½ cup | 1½ cup |
| Chopped onion | ½ no. | 1 no. | 1 no. |
| | As per your taste | | |

**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 category & weight and press start.
4. When beeps, remove the leaves from the bowl. Spread the filling on leaves & roll them. Make all the rolls in same way.

| Menu | HP14 | Fish Cutlet | Weight Limit | 0.4 kg |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| For | 0.4 kg |
| Fish fillet | 350 g |
| Boiled potato | 2 Nos. |
| Bread crumbs | 1 cup |
| Oil | 2 tbsp |
| Chilli powder, turmeric, ginger garlic paste, salt | As per taste |
| Garam masala powder | 1 tsp |
| Coriander leaves | A few sprigs |

**Method:**

1. In a MWS glass bowl take fish fillet add 1 cup water. Select category & press start. Mash the fish.
2. Remove the bowl from microwave oven & add all the other ingredients except oil and mix well with boiled and mashed fish. Make cutlets androll them in bread crumbs. Put them on tawa, put some oil around the cutlets. Keep this on high rack
3. Press start.
4. When beeps, turn them over.
5. Press start.
6. Remove and serve with lemon wedges & mint chutney.

| Menu | HP15 | Fish Masala | Weight Limit | 0.2 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | |
|---|---|
| For | 0.2 kg |
| Pomphret pieces | 200 g |
| Onions | 2 Nos. |
| Tomato | 1 No. |
| Oil | 2 tbsp |
| Chilli powder, turmeric, ginger garlic paste, salt, saunf powder | As per taste |
| Garam masala powder | 1 tsp |
| Dhaniya and jeera powder | 2 tsp |
| Coriander leaves | 2 tbsp |

**Method:**

1. In MWS bowl take oil and chopped onion. Select category and press start.
2. When beeps, remove and add pomphret pieces and tomato. Press start.
3. When beeps, add all the other ingredients and 1 cup water and mix well. Press start. When beeps, remove and garnish with coriander leaves.

* Refer page 101, fig 2

| Menu | HP16 | Fish Pulusu | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | |
|---|---|
| For | 0.3 kg |
| Koramatta fish pieces | 300 g |
| Oil | 1½ tbsp |
| Ginger garlic paste | 2 tbsp |
| Methi seeds | 1 tsp |
| Chopped onion | 1 no. |
| Fish masala | 1 tbsp |
| Tamarind pulp | 50 g |
| Red chilli powder, dhaniya powder, haldi & salt | As per taste |
| Lemon juice | As per taste |

**Method:**

1. In a MWS glass bowl add oil, ginger garlic paste, methi seeds, fish pieces, lemon juice & cover. Select category & 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.

| Menu | HP17 | Coconut Prawn | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| Prawns | 100 g | 200 g | 300 g |
| Mustard oil | ½ tbsp | 1 tbsp | 1½ tbsp |
| Rai paste | ½ tbsp | 1 tbsp | 1½ tbsp |
| Green chilli paste | 1 tsp | 2 tsp | 3 tsp |
| Turmeric powder, sugar & salt | As per taste | | |
| Pulpy green coconut (remove the coconut water) | 1 no. | 1 no. | 1 no. |

**Method:**

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

| Menu | HP18 | Crab Curry | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.3 kg |
| Crab pieces | 250 g |
| Ginger garlic paste | 2 tbsp |
| Water | 1 cup |
| Salt, dhania-jeera powder, garam masala, chilli powder, turmeric | As per taste |
| Oil | 2 tbsp |
| Chopped onion | ½ no. |
| Coconut milk | 2 tbsp |

**Method:**

1. In a MWS glass bowl add oil, onion, ginger garlic paste. Select category 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.

| Menu | HP19 | Shrimps in Garlic Butter | Weight Limit | 0.4 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | |
|---|---|
| Shrimps (Small) | 400 g |
| Butter | 4 tbsp |
| Parsley (chopped) | A few sprigs |
| Garlic paste | 3 tbsp |
| Mustard paste | 1 tbsp |
| Lemon juice | 1 tbsp |
| Pepper corns (Roughly crushed) | 8-10 nos. |
| Salt | To taste |

**Method:**

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 (Crush) & salt mix well Select Category & press start.
3. When beeps. Remove and serve hot.

| Menu | HP20 | Mase Kalavan | Weight Limit | 0.2 ~ 0.4 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

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

| Menu | So1 | Chicken Shorba | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.6 kg |
| Boneless chicken | 300 g |
| Oil | ½ tbsp |
| Chopped garlic | 2 tsp |
| Salt & pepper powder | As per taste |
| Maida | 3 tbsp |
| Water | 600 ml (3 cups) |
| Fresh cream | For garnishing |

**Method:**

1. In a MWS bowl add chicken pieces, chopped garlic and water. Select category and press start.
2. When beeps, remove & strain stock. In another MWS glass bowl add oil, cumin seeds and maida and press start.
3. When beeps, add the chicken stock, salt, pepper and press start. Garnish with fresh cream and serve hot.

| Menu | So2 | Tamatar Shorba | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.6 kg |
| Chopped tomato | 300 g |
| Oil | 1 tbsp |
| Ginger garlic paste | 2 tbsp |
| Jeera, bay leaf, salt, garam masala, sugar | As per taste |
| Water | 600 ml (3 cups) |
| Coriander leaves | For garnishing |

**Method:**

1. In a MWS glass bowl add tomatoes cut into quarters with water, select category and press start.
2. When beeps, grind and strain the whole stock.
3. In another MWS glass bowl add oil, ginger garlic paste, jeera, bay leaf and press start. Mix well.
4. When beeps, add the strained stock, season with salt, garam masala and press start. Add sugar if very sour. Garnish with coriander leaves and serve hot.

| Menu | So3 | Sweet Corn Soup | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.6 kg |
| Sweet Corn | 200 g |
| Water | 600 ml (3 cups) |
| Oil | 1 tsp |
| Cornflour | 2 tbsp & ½ cup water |
| Salt, Sugar and Kali Mirch and Green Chilli | As per your taste |

**Method:**

1. Grind sweet corn with water and put in MWS Glass Bowl. Select category & press start.
2. When beeps, remove, in another MWS glass bowl put oil, green chilli & press start.
3. When beeps, add corn mixture in it. Mix cornflour with ½ cup water and mix with it. Add salt, sugar, kali mirch and press start.

| Menu | So4 | Mushroom Soup | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.6 kg |
| Mushroom | 120 g |
| Potato | 1 No. |
| Cabbage | 50 g |
| Onion | 1 small |
| Water | 600 ml (3 cups) |
| Salt, Black Pepper | As per your taste |
| Oil | 1 tsp |
| Grated cheese | As per requirement |

**Method:**

1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select category & press start.
2. When beeps, remove the bowl. Allow to cool & separate the mushrooms & grind the remaining stock & strain it.
3. In a MWS glass bowl, add oil, chopped mushrooms, salt & pepper and then add the stock & press start. Garnish with grated cheese & serve.

| Menu | So5 | Rasam | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.6 kg |
| Tomato | 300 g |
| Tamarind pulp | 50 g |
| Salt & Jaggery | As per taste |
| Green chillies | 2 nos. |
| Coriander & curry leaves | For garnishing |
| Chopped garlic | 2-3 flakes |
| Coriander seeds, cumin seeds, cinnamon, hing | As per taste |
| Water | 600 ml (3 cups) |
| Oil | 1 tbsp |

**Method:**

1. In a MWS glass bowl add chopped tomato & water. Select category & press start.
2. When beeps, remove & cool. Grind & strain it.
3. In a MWS glass bowl add oil, coriander seeds, cumin seeds, cinnamon, hing, chopped garlic, green chillies, salt & jaggery & strained tomato stock. Press start.
4. When beeps, strain it again & add more water (if required), tamarind pulp. Press start.
5. Garnish with coriander & curry leaves & serve.

| Menu | So6 | Hot & Sour Soup | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.6 kg |
| Water | 600 ml (3 cups) |
| Chilli sauce | 1 tbsp |
| Soya sauce | 2 tbsp |
| Vinegar | As per taste |
| Chopped vegetables ( capsicum, spring onions, carrots, cabbage) | 100 g |
| Tomato sauce | 2 tbsp |
| Cornflour | 2 tbsp & ½ cup water |
| Salt, pepper, sugar | As per taste |
| Ajinomoto | 1 pinch |
| Paneer | 50 g |

**Method:**

1. In a MWS glass bowl add water, chili sauce, soya sauce, vinegar, sugar, salt, pepper powder and ajinomoto. Select category & press start.
2. When beeps, stir well & add all the chopped vegetables, except paneer. Press start.
3. When beeps, stir well & add corn flour, tomato sauce, paneer pieces & press start.

| Menu | So7 | Tomato Soup | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

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

**Method:**

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

| Menu | So8 | Mulligtawny Soup | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

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

**Method:**

1. In MWS glass bowl add butter, carrot, onion & apples. Mix well. Select category & 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.

| Menu | So9 | Tom Yum Kung | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.6 kg |
| Small sized prawns | 10-12 nos. |
| Mushrooms (sliced) | 5-6 nos. |
| Lemon grass stem | 4 inch stalk |
| Lime leaves | 5-6 nos. |
| Coriander fresh chopped | A few sprigs |
| Fish sauce | 2 tbsp |
| Thai red curry paste | 2 tbsp |
| Lemon juice | 1 tbsp |
| Veg stock/chicken stock | 600 ml (3 cups) |
| Green/red chillies | 3 nos. |
| Salt & pepper | To taste |

**Method:**

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

| Menu | So10 | Sichuan Soup | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | Method: |
|---|---|---|
| For | 0.6 kg | 1. Put chicken pieces, cabbage, carrot, capsicum, mushrooms, spring onion bulbs, peppercorns and chicken stock in a MWS glass bowl. Select category and press start.<br>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.<br>3. Garnish with greens of spring onions. Adjust seasonings & serve hot. |
| Boneless chicken pieces | 100 g | |
| Carrot (grated) | 1 no. | |
| Capsicum (chopped) | ½ no. | |
| Cabbage (shredded) | ½ no. | |
| Mushrooms (sliced) | 4-5 nos. | |
| Paneer (pieces) | 50 g | |
| Spring onions (bulb & greens) | 1-2 nos. | |
| Peppercorns (freshly crushed) | 4-5 nos. | |
| Chicken stock | 600 ml (3 cups) | |
| Cornflour | 3 tbsp & ¼ cup | |
| Salt & sugar | To taste | |
| Vinegar | 2 tbsp | |
| Red chilli paste | 1 tbsp | |

| Menu | So11 | Palak Makai Shorba | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | Method: |
|---|---|---|
| For | 0.6 kg | 1. In a MWS glass bowl add chopped palak & little water. Select category & press start.<br>2. When beeps, grind the palak,<br>3. In another MWS glass bowl add butter, jeera, chopped onions. Press start.<br>4. When beeps, remove & add palak & water, milk, corn niblets & Maggie tastemaker. Press start. |
| Palak (chopped) | 200 g | |
| Water | 600 ml (3 cups) | |
| Maggie tastemaker | 1 cube | |
| Corn Niblets | ⅓ cup | |
| Chopped onion | ½ cup | |
| Jeera | 1 tsp | |
| Butter | 1 tbsp | |
| Milk | ¼ cup | |

| Menu | So12 | Rajma Soup | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | Method: |
|---|---|---|
| For | 0.6 kg | 1. Grind the boiled rajma. Add water & strain it.<br>2. In a MWS glass bowl add oil, garlic, onion, tomato. Mix well. Select category & press start.<br>3. When beeps, mix well & add salt, pepper, red chilli powder & rajma stock. Mix well & press start.<br>4. Add lemon juice & garnish with coriander leaves & serve hot. |
| Water | 600 ml | |
| Rajma (boiled) | 1 cup (170 g) | |
| Oil | ⅓ tbsp | |
| Garlic cloves (chopped) | 2 nos. | |
| Onion (chopped) | ⅓ cup | |
| Tomato (chopped) | ⅓ cup | |
| Coriander (chopped) | ¼ cup | |
| Salt, pepper, red chilli powder | As per taste | |
| Lemon juice | 1 tbsp | |

| Menu | So13 | Shahi Shorba | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | Method: |
|---|---|---|
| For | 0.6 kg | 1. In a MWS glass bowl take butter & chopped onion. Mix well. Select category & press start.<br>2. When beeps, stir well. Add whole wheat flour, mint paste, coarsely chopped walnuts & mix well. Press start.<br>3. When beeps, mix and add water. Mix well so that no lumps are formed. Add seasoning. Press start. Serve hot. |
| Onions (finely chopped) | 2 nos. | |
| Walnuts (coarsely chopped) | ¼ cup | |
| Mint paste | 1 tbsp | |
| Whole wheat flour | 2 tbsp | |
| Butter | 2 tbsp | |
| Salt, black pepper powder, garam masala | As per taste | |

| Menu | So14 | Bombay Curry Soup | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

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

**Method:**

1. In a MWS glass bowl add soaked masoor dal, tomato & water. Select category & 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.

| Menu | So15 | Badam Soup | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

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

**Method:**

1. Grind soaked & blanched badam & basil leaves to a fine paste, adding ½ cup water. Take out in a MWS glass bowl. Add 3 cups water & stir well. Add cinnamon, elaichi & cloves.
2. Select category & 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.

| Menu | So16 | Limbu Dhania Shorba | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

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

**Method:**

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

| Menu | So17 | Mutton Shorba | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.6 kg |
| Boneless mutton | 300 g |
| Water | 600 ml (3 cup) |
| Oil | 1 tbsp |
| Chopped onion | 1 nos. |
| Chopped garlic | 3 cloves |
| Chilli flakes salt | As per taste |
| Chopped & skinned tomato | 2 nos. |
| Cinnamon | ½ " Stick |
| Cardamom | 1 nos. |
| Cumin seeds | 1 tsp |
| Saffron | A few |
| Dry mint leaves | ½ cup |
| Beaten curd | ½ cup |

**Method:**

1. In a MWS glass bowl add oil, onion, garlic mutton & chilli flakes, salt. Mix well & cover.
2. Select category & press start.
3. When beeps, mix well & add water, tomato, cinnamon, cardamom, cumin seeds, , salt, saffron & dry mint leaves. Mix well & press start.
4. When beeps, remove the bowl & allow to cool. Grind it &add curd. Press start.

| Menu | So18 | Dal Shorba | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.6 kg |
| Soaked urad dal (dehusked) | ½ cup |
| Olive oil | 1 tsp |
| Chopped green chillies | 2 no. |
| Ginger paste | 1 tsp |
| Garlic paste | 1 tsp |
| Chopped onion | 1 no. |
| Salt turmeric powder, onion powder, sugar | As per taste |
| Lemon juice | As per taste |
| Water | 600 ml (3 cup) |

**Method:**

1. In a MWS glass bowl add oil, green chillies, ginger paste, garlic paste. Mix well.
2. Select category & press start.
3. When beeps, mix well & add onion & add all spices. Press start.
4. When beeps, mix well & add dal & water. Press start. Strain the stock.
5. Add 100 ml hot water & spices as per taste & serve

| Menu | So19 | Chicken Soup | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.6 kg |
| Boneless Chicken | 300 g |
| Ginger Paste | 1 tsp |
| Salt & Pepper Powder | As per your taste |
| Cornflour Paste | 2 tbsp + 1/2 cup of water |
| Oil | 1 tsp |
| Water | 600 ml (3 cups) |

**Method:**

1. In Microwave safe glass bowl put water & add chicken pieces. Select category & press start.
2. When beeps, remove.
3. In another microwave safe glass bowl add oil, ginger-garlic paste, chicken stock, salt, pepper, cornflour paste, green chillies & 1 cup water. Press start.

| Menu | So20 | Wonton Soup | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe glass bowl

| Instructions | |
|---|---|
| For | 0.6 kg |
| Chopped cabbage, carrot, capsicum, french beans | 200 g (Total) |
| Ginger paste | 2 tsp |
| Garlic paste | 2 tsp |
| Spinach in pieces | 10 leaves |
| Oil | 1 tsp |
| Salt, pepper powder | As per taste |
| Water | 600 ml (3 cup) |
| Ready wonton | 6-7 pieces |

**Method:**

1. In MWS glass bowl add oil and vegetables, ginger-garlic paste. Select category & press start.
2. When beeps, add salt, pepper, water & palak (in pieces). Mix well & put in microwave & press start.
3. When beeps, mix well & press start. Add wonton & serve.

**How to make Wonton :**Maida -1 cup, Salt - 1 pinch, Oil - 1 tsp
**Method :** Mix all the ingredients in the bowl and make dough with too warm water. After that cover the bowl and leave the mixture for 10-15 minutes.
**For Stuffing :**Cabbage, carrot, capsicum which is cut in long pieces
**Method :** Mix all the ingredients for stuffing. Make a small puree of wonton and put the small quantity of stuffing in between them and then cover the puree and press it.



| Menu | Co1 | Pasta | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

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

| Instructions | | | |
|---|---|---|---|
| Penne Pasta | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Butter | 1 tbsp | 2 tbsp | 3 tbsp |
| Onion Chopped | 2 tbsp | 3 tbsp | 4 tbsp |
| Garlic Chopped | 1 tsp | 2 tsp | 3 tsp |
| Chopped Palak leaves | 50 g | 75 g | 100 g |
| Water | 400 ml | 800 ml | 1200 ml |
| Cream | ½ cup | 1 cup | 1½ cup |
| Grated Cheese | 4 tbsp | 5 tbsp | 6 tbsp |
| Nutmeg Powder | 1 pinch | | |
| Oregano | ¼ tsp | ½ tsp | ¾ tsp |
| Salt & Pepper | As per your taste | | |

**Method:**

1. In MWS glass bowl take pasta with water & oil drops. Select category & weight press start.
2. When beeps, remove the bowl from microwave oven, drain water from pasta. In MWS flat glass dish add butter, onion, garlic & Palak, mix well.
3. Press start.
4. When beeps, add cream, nutmeg powder, oregano, salt & pepper and boiled pasta, mix well & sprinkle grated cheese on the top & keep the vessel on high rack.
5. Press start.

* Refer page 101, fig 5

| Menu | Co2 | Veg Au Gratin | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) flat glass dish & High rack*

| Instructions | 0.1 Kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
|---|---|---|---|---|---|
| For | | | | | |
| Mix Vegetables - Carrot, Cauliflower, French Beans (cut into small pieces), Sweet Corns, Green peas etc. | 100 g | 200 g | 300 g | 400 g | 500 g |
| Maida | 1 tbsp | 2 tbsp | 3 tbsp | 4 tbsp | 5 tbsp |
| Butter | 1 tbsp | 2 tbsp | 3 tbsp | 4 tbsp | 5 tbsp |
| Milk | ½ cup | 1 cup | 1 cup | 1½ cup | 1½ cup |
| Grated Cheese | 2 tbsp | 4 tbsp | 6 tbsp | 8 tbsp | 10 tbsp |
| Salt, & Pepper | As per your taste | | | | |

**Method:**

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

| Menu | Co3 | Baked Mushrooms | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) flat glass dish & High rack*

| Instructions | 0.1 Kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
|---|---|---|---|---|---|
| For | | | | | |
| Mushrooms | 100 g | 200 g | 300 g | 400 g | 500 g |
| White Sauce | 50 ml | 100 ml | 150 ml | 200 ml | 250 ml |
| Cheese (grated), Salt, Kali Mirch | As per requirement | | | | |
| Butter | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |

**Method:**

1. In MWS flat glass dish put all the ingredients except cheese, mix well. Select category & weight, press start.
2. When beeps, spread grated cheese on the top of the mixture. Place the MWS flat glass dish on high rack.
3. Press Start.

| Menu | Co4 | Potato dumpling | Weight Limit | 0.3 kg |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| For | 0.3 kg |
| Maida | 3-4 tbsp |
| Boiled & grated potato | 100 g |
| Grated paneer | 75 g |
| Salt, pepper, nutmeg powder | As per taste |
| Finely chopped spinach | 1 cup |
| Butter & finely chopped garlic | 1 tbsp each |
| Pizza sauce | 4 tbsp |

**Method:**

1. Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough.
2. In the MWS bowl, add ½ cup water. Place the dumplings on the MWS flat glass dish and cover. Select category and press start.
3. When beeps, take out the dumplings.
4. Allow them to cool. In a microwave safe flat glass dish add butter and put the dumplings in it and press start.

| Menu | Co5 | Lasaneya | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) flat glass dish & High Rack*

| Instructions | |
|---|---|
| Lasaneya Sheets (cooked) | 150 gm |
| White Sauce | 1 cup |
| Pizza Sauce | ½ cup |
| Mix Vegetables (boiled) - Egg plant, Zukini, Brocolli, Mushrooms, Sweet Corns etc. | 2 cups |
| Oil | 2 tbsp |
| Oregano, Salt & Black Pepper | As per your taste |
| Grated Cheese | 5 tbsp |

**Method:**

1. Except Lasaneya sheets and cheese mix all the ingredients in MWS flat glass dish. Select category & press start.
2. When beeps, remove the MWS flat glass dish from microwave oven. In MWS flat glass dish arrange lasaneya sheet in the bottom. Then spread vegetable mixture on it again keep another lasaneya sheet on it and make layers of sheets and vegetable mixture.
3. Press start.
4. When beeps, spread grated cheese on the top & place the glass dish on high rack.
5. Press start.
6. Serve hot.

| Menu | Co6 | Macaroni | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | 0.1 Kg | 0.2 Kg | 0.3 Kg |
|---|---|---|---|
| Macaroni | | | |
| Water | 400 ml | 800 ml | 1200 ml |
| Butter | 1 tbsp | 2 tbsp | 3 tbsp |
| Spring Onion Chopped | 2 tbsp | 3 tbsp | 4 tbsp |
| Garlic Chopped | 1 tsp | 2 tsp | 3 tsp |
| Mushrooms Chopped | 3 Nos. | 4 Nos. | 5 Nos. |
| Tomato Sauce | 2 tbsp | 3 tbsp | 4 tbsp |
| Chilli Sauce | 1 tsp | 2 tsp | 3 tsp |
| Salt, Sugar, Pepper & Oregano | As per your taste | | |

**Method:**

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

* Refer page 101, fig 5

| Menu | Co7 | Chilli Veg | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

1 In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover.
2. Select category & weight press start.
3. When beeps, mix well & add paneer pieces, soya sauce, chilli sauce, cornflour (mixed with ½ cup water), water, salt, pepper & ajinomoto and press start.
4. Mix well & serve.

| Menu | Co8 | Thai Chicken | Weight Limit | 0.5 kg. |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | |
|---|---|
| Boneless chicken | 500 gm |
| Red curry paste | 2 tbsp |
| Sugar | 1 tsp |
| Soya sauce | 2 tbsp |
| Salt | To taste |
| Chopped garlic | 1 tsp |
| Blanched Broccoli (florets) | 1 cup |
| Peanuts (Roasted & crushed) | ¼ cup |
| Oil | 2 tbsp |
| Red chilli paste | 1 tsp |
| **For Sauce** | |
| Butter | 2 tbsp |
| Maida | 2 tbsp |
| Milk | 1 cup |
| Salt & pepper | To taste |

**Method:**

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

| Menu | Co9 | Sweet & Sour Veg | Weight Limit | 0.1 ~ 0.3 kg. |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Cut vegetables (Baby corns cut lengthwise, Broccoli florets,Mushroom pieces, Pineapple slices, Capsicum) | 100 g | 200 g | 300 g |
| Oil | ½ tbsp | 1 tbsp | 1½ tbsp |
| Chopped spring onion & garlic | ¼ cup | ½ cup | 1 cup |
| Red chilli paste | ¼ tsp | ¼ tsp | ½ tsp |
| Tomato Ketchup | ¼ cup | ¼ cup | ½ cup |
| Vinegar | As per taste | | |
| Sugar | ½ tsp | 1 tsp | 1 tsp |
| Salt | As per taste | | |
| Ajinomoto | ¼ tsp | ¼ tsp | ½ tsp |
| Soya sauce | 1 tsp | 1 tsp | 1 tsp |
| Pineapple juice | ¼ cup | ¼ cup | ½ cup |
| Water | 1 cup | 1 cup | 1 cup |
| Cornflour | 2 tbsp mixed with ½ cup water | | |

**Method:**

1. In a microwave safe bowl add oil, chopped spring onions & garlic, red chilli paste. Select category & weight and press start.
2. When beeps, mix well & cut vegetables, tomato ketchup, vinegar, salt, sugar, ajinomoto, soya sauce, pineapple juice, water & cornflour. Mix well, press start. Stand for 5 minutes.

| Menu | Co10 | Mediterranean Crostini® | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Low rack

| Instructions | |
|---|---|
| French bread | 6 slices |
| Black olives (sliced) | ¼ cup |
| Cheese (grated) | ½ cup |
| Butter | 2 tbsp |
| **To be mixed together for the marinated tomatoes :** | |
| Tomatoes (sliced) | 2 nos. |
| Basil leaves (freshly chopped) | 1 tsp |
| Garlic (chopped) | 1 tsp |
| Olive oil | 2 tsp |
| Salt & freshly crushed pepper corns | As per taste |

**Method:**

1. In a bowl, put all the ingredients of marinade & mix well. Keep it for 15-20 minutes.
2. Butter the bread slices. Top each slice with 2-3 slices of marinated tomatoes. Put chopped olives & sprinkle grated cheese on top.
3. Select the category & press start. (Pre-heat process.)
4. When beeps, keep the bread slices on low rack. Keep the rack in microwave & press start.

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

| Menu | Co11 | Risotto Rice | Weight Limit | 0.1 ~ 0.4 kg. |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

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

| Menu | Co12 | Spaghetti with tomato sauce | Weight Limit | 0.1 ~ 0.3 kg. |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Spaghetti noodles | 100 g | 200 g | 300 g |
| Water | 400 ml | 800 ml | 1200 ml |
| Olive oil | 1 tbsp | 1½ tbsp | 2 tbsp |
| Chopped garlic | 1 tbsp | 1½ tbsp | 2 tbsp |
| Chopped tomatoes | 1 cup | 1½ cup | 2 cup |
| Chopped mushrooms | ¼ cup | ½ cup | 1 cup |
| Chopped onion | ½ cup | 1 cup | 1½ cup |
| Sliced olives (pitted) | 5 nos. | 6 nos. | 7 nos. |
| Fresh basil | As required | | |
| Parmesan cheese | As required | | |
| Salt, pepper, oregano & chilli flakes | As per taste | | |

**Method:**

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

| Menu | Co13 | Cottage Cheese Tortellini | Weight Limit | 8 Pc |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

**Pre-Preparation for Stuffing :**

1. In a MWS glass bowl take olive oil & minced garlic, mix and microwave 100% for 2 minutes. Add mashed paneer & blanced & 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 category & 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 blanced 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.

| Menu | Co14 | Broccoli in Butter Sauce | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

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

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

**Method:**

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

| Menu | Co15 | Chilli Chicken | Weight Limit | 0.1 ~ 0.4 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg |
|---|---|---|---|---|
| For | | | | |
| Boneless chicken | 100 g | 200 g | 300 g | 400 g |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp |
| Chopped ginger garlic | ½ tbsp | 1 tbsp | 1½ tbsp | 2 tbsp |
| Chopped onions | ½ No. | 1 No. | 1 No. | 2 No. |
| Chopped green chillies | ½ tbsp | 1 tbsp | 2 tbsp | 2½ tbsp |
| Capsicum | ½ no. | 1 no. | 2 nos. | 2 nos. |
| Soya sauce | ½ tbsp | ½ tbsp | 1 tbsp | 1½ tbsp |
| Chilli sauce | ½ tbsp | ½ tbsp | 1 tbsp | 1½ tbsp |
| Vinegar | ½ tbsp | ½ tbsp | 1 tbsp | 1½ tbsp |
| Salt, sugar & pepper | As per taste | | | |
| Cornflour (mixed with ½ cup water) | 1 tbsp | 1 tbsp | 1 tbsp | 1½ tbsp |

**Method:**

1. In a MWS bowl add oil, chopped ginger, garlic, boneless chicken, soya sauce, chilli sauce and cover. Select category & weight & press start.
2. When beeps add, chopped onions, capsicum, chopped green chillies, vinegar, salt, sugar, pepper, cornflour mixed with water. Cover & press start. Stand for 5 minutes. Serve.

| Menu | Co16 | Hakka Noodles | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| For | | | |
| Hakka noodles | 100 g | 200 g | 300 g |
| Water | 400 ml | 800 ml | 1200 ml |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp |
| Chopped veg - carrot, peas, french beans, capsicum | 1 cup | 1½ cup | 2 cup |
| Ajinomoto | A pinch | | |
| Salt, red chilli powder, green chilli sauce | As per taste | | |

**Method:**

1. In a MWS bowl add hakka noodles, water & few drops of oil. Select category & weight & press start.
2. When beeps, remove drain water & wash & separate the noodles under running water.
3. In another MWS bowl add oil, mix vegetables, ajinomoto, salt, red chilli powder, green chilli sauce. Mix well & press start.
4. When beeps, add noodles to the bowl. Mix & press start.

| Menu | Co17 | Veg in hot garlic sauce | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | 0.1 kg | 0.2 kg | 0.3 kg |
|---|---|---|---|
| For | | | |
| Mix veg - Cauliflower florets, capsicum, baby corns, beans | 100 g | 200 g | 300 g |
| Oil | 1 tbsp | 1½ tbsp | 1½ tbsp |
| Chopped garlic, ginger, green chillies | 1 tbsp | 2 tbsp | 2 tbsp |
| Corn flour | 1 tbsp | 1½ tbsp | 2 tbsp |
| Pepper, salt, sugar | As per taste | | |
| Ajinomoto | A pinch | | |
| Oregano (optional) | As per taste | | |
| Water | 2 cups | 3 cups | 3 cups |

**Method:**

1. Cut the capsicum & cauliflower into medium sized pieces, baby corns & french beans into small sized pieces.
2. In a MWS bowl add oil, chopped onion, ginger, green chillies. Select category & weight and press start.
3. When beeps, mix & add vegetables, pepper, salt, sugar, cornflour mixed with water, ajinomoto. Press start. Stand for 5 minutes. Serve.

| Menu | Co18 | Schezwan Chicken | Weight Limit | 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | |
|---|---|
| For | 0.5 kg |
| Boneless chicken | 500 g |
| Dry red chillies | 8 nos. |
| Garlic paste | 4 tsp |
| Tomato ketchup | 5 tbsp |
| Vinegar | 2 tsp |
| Red chilli sauce | 2 tbsp |
| Ajinomoto (optional) | ¼ tsp |
| Sugar & salt | As per taste |
| Spring onions (with greens) | 1 cup |
| Cornflour (mixed with ¼ cup water) | 2 tsp |
| Oil | 3 tbsp |

**Method:**

1. In a MWS bowl mix together oil, garlic paste, dry red chillies, chicken pieces, tomato ketchup, ajinomoto, vinegar, red chilli paste, sugar. Mix well. Select category & press start.
2. When beeps, mix well and add spring onions, cornflour, salt. Mix well & press start.

| Menu | Co19 | Veg Manchurian | Weight Limit | 0.6 kg |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| For Manchurian Balls | |
| Grated Cabbage | 1 cup |
| Grated carrots | 3/4 cup |
| Grated cauliflower | ½ cup |
| Cornflour | 3 tbsp |
| Maida | 1 tbsp |
| Ajinomoto | ¼ tsp |
| Salt & pepper | As per taste |
| **For Manchurian Sauce** | |
| Chopped ginger | 1 tsp |
| Chopped green chilli | 1 no. |
| Chopped Onion | ½ no. |
| Soya sauce | 1 tbsp |
| Tomato sauce | 2 tbsp |
| Vinegar | 2 tsp |
| Pepper, Salt, Cornflour | As per taste |
| Oil | 1 tbsp |

**Method:**

1. Mix all the ingredients of Manchurian balls in a bowl. Make balls of medium size from the mixture.
2. In a MWS flat glass dish keep the manchurian balls.
3. When beeps, remove & allow to cool.
4. In a MWS bowl oil, ginger, green chilli, onion, soya sauce, tomato sauce, vinegar, pepper, salt, mix well & press start.
5. When beeps mix well add cornflour mixed with 1½ cups water. Press start. Add Manchurian ball. Stand for 3 minutes & serve hot with steamed rice or fried rice.

| Menu | Co20 | Steamed Egg with Tofu | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) flat glass dish

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

**Method:**

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

| Menu | Co21 | Almond & Vegetables Stir Fry | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

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

**Method:**

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

## Tandoor Se/Kids' Delight

In the following example, show you how to cook
**0.4 kg of Tandoori Aloo.**

1. Press **STOP/CLEAR**.




2. Press **Tandoor Se/Kids' Delight.**




3. Turn **DIAL** until display show "**tS3**".




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




5. *Turn DIAL until display show "0.4 kg"




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




**For Kids' Delight**

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 bA13.
9. Again follow step 4 to 6.

**NOTE**

- Tandoor Se/Kids' Delight menus are programmed.
- Tandoor Se/Kids' Delight allows you to cook most of your favorite food by selecting the food type and the weight of the food.

* Note: If the recipe has single weight e.g.
"tS1" Murg Tandoori, do not follow step 4, 5. Directly go to step 6.

| Menu | tS1 | Murg Tandoori | Weight Limit | 1 kg |
|---|---|---|---|---|

**Utensil:** Rotisserie#

| Instructions | |
|---|---|
| Whole Chicken | 1 Kg |
| **For Marinade** | |
| Hung Curd | 1 Cup |
| Garlic Paste | 3 Tbsp |
| Ginger Paste | 1 Tbsp |
| Salt | As per taste |
| Tandoori Masala | 3 Tsp |
| Cumin Powder | As per taste |
| Tandoori Color | A pinch |
| Red Chilli Powder | As per taste |

**Method:**

1. Mix all the ingredient of marinade in a bowl
2. Wash the Chicken properly & make cuts on the chicken all over.
3. Marinade the Chicken properly coating all the places. keep marinated for 3-4 hours in refrigerator.
4. Keep paper towel (Kitchen towel) on glass tray.
5. Assemble the rotisserie & insert the Chicken & tie up with thread.
6. Install the rotisserie in the microwave select category & press start. Serve with grilled onion slices, lemon wedges & onion chutney.

**Note :** For Rotisserie installation refer Pg. 113.

| Menu | tS2 | Bharwan Tamatar | Weight Limit | 0.3-0.5 kg |
|---|---|---|---|---|

**Utensil:** Multicook Tawa & High rack*

| Instructions | | | |
|---|---|---|---|
| For | 0.3 Kg | 0.4 Kg | 0.5 Kg |
| Tomato (Hollowed) | 300 g | 400 g | 500 g |
| For Stuffing | | | |
| Paneer (mashed) | 200 g | 250 g | 300 g |
| Salt, Red Chilli Powder, Garam Masala, Cumin Powder | As per taste | | |
| Onion Chopped | ¼ cup | ¼ cup | ½ cup |
| Coriander leaves Chopped | A few sprigs | | |
| Oil | ¼ Tbsp | ½ Tbsp | 1 Tbsp |

**Method:**

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

| Menu | tS3 | Tandoori Aloo | Weight Limit | 0.3~0.5 kg |
|---|---|---|---|---|

**Utensil:** Multicook Tawa & High rack*

| Instructions | | | |
|---|---|---|---|
| For | 0.3 kg | 0.4 kg | 0.5 kg |
| Aloo (Cut into quarters) | 300 g | 400 g | 500 g |
| **For marinade** | | | |
| Hung Curd | 2 Tbsp | 3 Tbsp | 4 Tbsp |
| Garlic Paste | 1 Tbsp | 1 ½ Tbsp | 2 Tbsp |
| Cumin Powder | As per taste | | |
| Red Chilli powder | As per taste | | |
| Salt | As per taste | | |
| Tandoori Masala | 1 Tsp | 2 Tsp | 3 Tsp |
| Tandoori Color | A pinch | | |

**Method:**

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

| Menu | tS4 | Tandoori Gobhi | Weight Limit | 0.3~0.5 kg |
|---|---|---|---|---|

**Utensil:** Multicook Tawa & High rack*

| Instructions | | | |
|---|---|---|---|
| For | 0.3 Kg | 0.4 Kg | 0.5 Kg |
| Caulifower florets | 300 g | 400 g | 500 g |
| **For Marinade** | | | |
| Jeera powder | ½ Tsp | 1 Tsp | 1 Tsp |
| Red Chilli Powder, Salt, Dhaniya Powder, Garam Masala, Anardana | As per taste | | |
| Tandoori Color/Haldi | A pinch | | |
| Oil | 1 Tbsp | 1½ Tbsp | 2 Tbsp |
| Hung Curd | 2 Tbsp | 3 Tbsp | 4 Tbsp |

**Method:**

1. Mix together in a bowl all the ingredients of marinade. Add the cauliflower to the marinade & rub them properly with the marinade. Keep aside for 1 hours.
2. Transfer the marinated cauliflower on tawa & keep on high rack. Select category & weight and press start.
3. When beeps, drizzle few drops of oil on cauliflower & turn them over. Press start.
   Serve with onion rings, coriander leaves & tomato slices.

# Refer page 102
* Refer page 101, fig 2

| **Menu** | **tS5** | **Bharwan Bhindi** | **Weight Limit** | **0.2 ~ 0.4 kg** |
|---|---|---|---|---|

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

| **Instructions** | | | |
|---|---|---|---|
| For | 0.2 kg | 0.3 kg | 0.4 kg |
| Bhindi | 200 g | 300 g | 400 g |
| Oil | ¼ tbsp | ½ tbsp | 1 tbsp |
| Jeera | ¼ tsp | ½ tsp | 1 tsp |
| Onion (chopped) | ½ no. | 1 no. | 1no. |
| Green Chillies | 1 no. | 2 no. | 2 no. |
| Ginger | ¼" | ¼" | ½" |
| Hing | A pinch | | |
| Tomato | ½ no. | 1 no. | 1 no. |
| **For Stuffing** | | | |
| Coriander Powder | 1 tsp | 2 tsp | 3 tsp |
| Turmeric Powder | 1 tsp | 1½ tsp | 2 tsp |
| Saunf Powder | 1 tsp | 1½ tsp | 2 tsp |
| Amchoor | 1 tsp | 1½ tsp | 2 tsp |
| Red Chilli Powder, Salt | As per taste | | |

**Method:**

1. Cut stalk of each bhindi & make lengthwise slit.
2. Combine stuffing ingredients & mix well stuff each bhindi with this mixture.
3. In MWS glass bowl add oil, jeera, onion, green chilli, ginger, tomato & hing. Select category & weight & press start.
4. When beeps, remove the bowl from microwave oven & keep the stuffed bhindi on tawa, drizzle few drops of oil on bhindis. Keep tawa on high rack.
5. Press start.
6. When beeps, turn over bhindis & add the onion mixture & mix well.
7. Press start.

| **Menu** | **tS6** | **Bharwan Baigan** | **Weight Limit** | **0.2 ~ 0.4 kg** |
|---|---|---|---|---|

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

| **Instructions** | | | |
|---|---|---|---|
| For | 0.2 kg | 0.3 kg | 0.4 kg |
| Baigan (Medium) | 200 g | 300 g | 400 g |
| **For Stuffing** | | | |
| Tomato(grated) | 1 no. | 1½ no. | 2 nos. |
| Onion (chopped)) | ¼ cup | ½ cup | 1 cup. |
| Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder | As per taste | | |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp |

**Method:**

1. Pre-prepare the stuffing - In a MWS glass bowl add oil, onions, tomatoes & all spices & microwave at 100% for 3 minutes. Keep aside, slit the baigans cross ways with stems intact.
2. In a MWS glass bowl add slit baigans & sprinkle some water & cover. Select category & weight & press start.
3. When beeps, Remove the bowl from microwave oven & Add the stuffing to the baigans.
4. Keep the baigans on tawa drizzle some drops of oil & keep tawa on high rack.
5. Press start.
6. When beeps, turn over again.
7. Press start.

| **Menu** | **tS7** | **Tandoori Jhinga** | **Weight Limit** | **0.2 ~ 0.5 kg** |
|---|---|---|---|---|

**Utensil:** Multicook tawa & High rack*

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

**Method:**

1. Devein & wash prawns. Marinate the prawns with 1st marinade for ½ hours.
2. Mix all the ingredients of 2nd marinade in a bowl. Pick up the prawns, discarding the lemon juice & add to the 2nd marinade & keep in refrigerator for 2-3 hours or more.
3. Transfer the marinated prawns on tawa & keep the tawa on high rack. Select category & weight and press start.
4. When beeps, drizzle few drops of oil & turn over the side. Press start. Serve in pudina chutney.
   **Note:** In case the prawns get watery drain excess water & then cook.

| **Menu** | **tS8** | **Chana Kababs** | **Weight Limit** | **0.2 ~ 0.4 kg** |
|---|---|---|---|---|

**Utensil:** Multicook tawa & High rack*

| **Instructions** | | | |
|---|---|---|---|
| For | 0.2 kg | 0.3 kg | 0.4 kg |
| Boiled Kabuli Chana (Chhole) | 200 g | 300 g | 400 g |
| Cloves | 1 no. | 2 nos. | 2 nos. |
| Pepper powder | As per taste | | |
| Cinnamon powder | ¼ tsp | ¼ tsp | ½ tsp |
| Garlic Cloves | 2 nos. | 3 nos. | 3 nos. |
| Salt | As per taste | | |
| Ginger Chopped | 1 tsp. | 2 tsp. | 3 tsp |
| Bread pieces | 1 no. | 2 nos. | 2 nos. |
| Whole red chilly | 1 no | 2 nos. | 3 nos. |
| Bread crumbs | For coating | | |

**Method:**

1. Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces, whole red chilli, to a paste.
2. Now shape the paste in the form of kababs & roll out each kababs in bread crumbs for complete coating.
3. Now keep the kababs on tawa & keep the tawa on high rack. Select category & weight & press start.
4. When beeps, turn over the side & press start.

* Refer page 101, fig 2

| Menu | tS9 | Paneer tikka | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Rotisserie#

| Instructions | |
|---|---|
| For | 0.3 kg |
| Paneer cubes (cut into 1½" cubes), Capsicum (cut into cubes), onion (cut into cube), tomato(cut into cubes, pulp removed) | 300 g |
| **For marinade** | |
| Hung curd | 2 tbsp |
| Ginger garlic paste | 1 tbsp |
| Salt, Garam masala, Red Chilli powder | As per taste |
| Tandoori masala | 1 tsp |
| Tandoori Color | A pinch |
| Oil | For basting |

**Method:**

1. Mix all the ingredients of the marinade in a bowl.
2. Make holes in the paneer pieces with the rotisserie skewers.
3. Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour.
4. Skewer all the vegetables in the rotisserie & assemble the rotisserie & install the rotisserie in the oven. Select category & press start.
5. When beeps, pour some oil & press start.
   **Note:** For rotisserie installation refer Pg. 116.

| Menu | tS10 | Matar Kababs | Weight Limit | 0.2 ~ 0.4 kg |
|---|---|---|---|---|

**Utensil:** Multicook tawa & High rack*

| Instructions | | | |
|---|---|---|---|
| For | 0.2 kg | 0.3 kg | 0.4 kg |
| Boiled peas | 200 g | 300 g | 400 g |
| Roasted makhanas | 1 cup. | 1½ cups. | 2 cups. |
| Chopped green chillies | 2 nos. | 3 nos. | 4 nos. |
| Salt, pepper, garam masala | As per taste | | |
| Seeds of Chhoti Elaichi | 4 nos. | 5 nos. | 6 nos. |
| Roasted Cashewnuts | 2 tbsp | 3 tbsp | 4 tbsp |

**Method:**

1. Grind the boiled peas, green chillies & elaichi seeds together to a fine paste.
2. Grind the makhanas & cashewnuts together to a rough powder.
3. Mix peas & makhanas paste. Add salt, pepper, garam masala.
4. Make small balls & flatten them to get small round kababs.
5. Keep on tawa & keep the tawa on high rack. Select category & weight and press start.
6. When beeps, turn over & press start
7. When beeps, turn over & press start.
   Sprinkle chaat masala & serve.

| Menu | tS11 | Tandoori Mushrooms | Weight Limit | 0.2 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Multicook tawa & High rack*

| Instructions | | | | |
|---|---|---|---|---|
| For | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
| Mushroom Buttons (stalk removed) | 200 g | 300 g | 400 g | 500 g |
| **For Marinade** | | | | |
| Hung Curd | 1 tbsp | 2 tbsp | 3 tbsp | 4 tbsp |
| Ginger Garlic Paste | ½ tbsp | 1 tbsp | 2 tbsp | 2½ tbsp |
| Salt, Coriander powder, cumin powder, amchoor | As per taste | | | |
| Cornflour | ¼ tsp | ½ tsp | 1 tsp | 1½ tsp |
| Tandoori Color | A pinch | | | |

**Method:**

1. Mix all the ingredients of the marinade in a bowl.
2. Prick all the mushroom buttons & add to the marinade.
3. Keep the mushroom marinated for 1 hour.
4. Transfer the mushrooms on tawa & keep the tawa on high rack. Select category & weight and press start.
5. When beeps, turn over the mushroom & press start.
6. When beeps, turn over again & press start.
   **Note:** If mushroom run watery while cooking, drain water & start cooking again.

| Menu | tS12 | Arbi Tandoori | Weight Limit | 0.3 ~ 0.5 kg |
|---|---|---|---|---|

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

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

**Method:**

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

* Refer page 101, fig 2
# Refer page 102

| Menu | tS13 | Malai Tikka | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Rotisserie#

| Instructions | |
|---|---|
| For | 0.3 kg |
| Boneless Chicken (1½" pieces ) | 300 g |
| Oil | For basting |
| **For Marinade** | |
| Thick cream | ¼ cup |
| Green cardamom powder | ¼ tsp |
| Pepper powder | As per taste |
| Garlic paste | ½ tsp |
| Ginger paste | 1 tsp |
| Melted butter | ¼ tbsp |
| Garam masala, amchoor, jeera powder, salt | As per taste |
| Green chillies | 1 no. |

**Method:**

1. Mix all the ingredients of the marinade in a bowl. Marinate Chicken & keep in refrigerator for 1 hour.
2. Grease the rotisserie skewers with some oil. Put the chicken pieces on skewers. Assemble the rotisserie. Install the rotisserie in the microwave, spread the tissue paper on the glass tray.
3. Select category & press start.
4. When beeps, add 1tsp oil & again press start. Sprinkle the chaat masala & serve.

**Note:** For rotisserie installation refer Pg. 113.

| Menu | tS14 | Corn Kababs | Weight Limit | 0.2 ~ 0.4 kg |
|---|---|---|---|---|

**Utensil:** Multicook tawa & High rack*

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

**Method:**

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



| Menu | CF1 | Corn Chaat | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| Sweet corn | 100 g | 200 g | 300 g |
| Mix fruits (Pomegranate, cucumber, apple) | ½ cup | 1 cup | 1½ cup |
| Salt, red chilli powder, chaat masala, lemon juice | As per taste | | |

**Method:**

1. In a MWS bowl add some water & sweet corns. Select category & weight and press start.
2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.

| Menu | CF2 | Vermicelli Khichdi | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| Roasted vermicelli | 100 g | 200 g | 300 g |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp |
| Rai, urad dal, curry leaves | As per taste | | |
| Chopped onion | ½ cup | 1 cup | 1 cup |
| Chopped tomato | 1 No. | 2 Nos. | 3 Nos. |
| Salt, red chilli powder, haldi, garam masala | As per taste | | |
| Water | 400 ml | 800 ml | 1200 ml |
| Lemon juice | As per taste | | |

**Method:**

1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix. Select category & weight and press start.
2. When beeps, mix & add tomato. Press start.
3. When beeps, mix & add vermicelli, water, salt, red chilli powder, haldi, garam masala. Press start. Stand for 3 minutes.
4. Squeeze lemon, mix & serve.

# Refer page 102,
* Refer page 101, fig 2

| Menu | CF3 | Omelette | Weight Limit | 0.2 ~ 0.4 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) flat glass dish

| Instructions | | | |
|---|---|---|---|
| For | 0.2 kg | 0.3 kg | 0.4 kg |
| Eggs | 2 Nos. | 3 Nos. | 4 Nos. |
| Oil | ½ tbsp | 1 tbsp | 1 tbsp |
| Chopped onion, tomato, coriander leaves | ½ cup | 1 cup | 1 cup |
| Salt, pepper | As per taste | | |

**Method:**

1. Beat the eggs well & add salt, pepper & coriander leaves.
2. Add oil, tomato & onion to MWS flat glass dish. Select category & weight and press start.
3. When beeps, add the egg mixture. Cover & press start. Allow to stand for 3 minutes.

| Menu | CF4 | Pizza@ | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Low rack & High rack

| Instructions | |
|---|---|
| Pizza base | 1 medium pizza base |
| Topping | 3 tbsp |
| Mix Vegetables - Tomato, Capsicum, Onion | 1 cup |
| Grated Cheese | 1/2 cup |
| Oregano & Chilli flakes (Optional) | As per your taste |

**Method:**

1. Select category & press start to preheat.
2. Spread pizza topping on pizza base, spread chopped vegetables on it. Sprinkle grated cheese.
3. When beeps, place the pizza on low rack & press start.
4. When beeps, transfer the pizza on high rack & press start.

| Menu | CF5 | Garlic Bread@ | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Low rack

| Instructions | |
|---|---|
| Bread slices (French Bread) | 4 pcs |
| Butter | 5 tbsp |
| Garlic paste | 2 tbsp |
| Grated cheese | 4 tbsp |
| Salt, kali mirchi powder, Oregano, chilli flakes | As per your taste |

**Method:**

1. Mix butter, garlic paste, grated cheese, salt, kali mirchi powder and oregano together. Apply this mixture to both sides of bread slices.
2. Select category & press start. (Pre-heat process).
3. When beeps, keep the bread slices on low rack & press start.

**Note :** Use French bread to make garlic bread.

| Menu | CF6 | Bread Pudding | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) flat glass dish

| Instructions | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| Bread slices | 2 Nos. | 3 Nos. | 4 Nos. |
| Milk (for dipping the bread) | ½ cup | 1 cup | 1½ cup |
| Egg | 1 Nos. | 2 Nos. | 2 Nos. |
| Vanilla Essence | ½ tsp | ¾ tsp | 1 tsp |
| Sugar | 3 tbsp | 4 tbsp | 5 tbsp |
| Dry fruits | As per your taste | | |

**Method:**

1. Make small pieces of Bread slices. Beat the egg very well . Mix all the ingredient very well.
2. Pour this mixture into MWS flat glass dish. Select category and weight. Press start.

| Menu | CF7 | Cheesy Nachos | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) flat glass dish

| Instructions | |
|---|---|
| For | 0.3 kg |
| Nachos | 300 g |
| Grated cheese | 1 cup |
| Pizza sauce | 6 tbsp |
| Chopped onion, tomato | 2 cups |

**Method:**

1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select category & press start.

| Menu | CF8 | Chocolate balls | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| Milkmaid | 1 cup |
| Marie biscuit powder | 1 cup |
| Milk powder | ½ cup |
| Bournvita | ½ cup |
| Grated coconut | ½ cup |

**Method:**

1. In a MWS safe glass bowl add milkmaid, marie biscuit powder, milk powder, bournvita. Mix well. Select category & press start.
2. Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut.
3. Keep in refrigerator for half an hour.

@ Do not keep anything in the oven during pre-heat mode.

| Menu | CF9 | Strawberry Custard | Weight Limit | 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | |
|---|---|
| For | 0.5 kg |
| Milk | 1 cup |
| Strawberry custard powder | 3 tbsp |
| Sugar | 50 g |
| Strawberry pieces | As required |

**Method:**

1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well.
2. Select category & press start.
3. When beeps, stir well. Press start.
4. When beeps, stir well. Press start. Allow to set in refrigerator.

| Menu | CF10 | Veg Burger | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Multicook tawa & High rack*

| Instructions | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| Burger buns | 1 no. | 2 nos. | 3 nos. |
| **For Tikkis** | | | |
| Potatoes (boiled) | 100 g | 200 g | 300 g |
| Boiled peas | ¼ cup | ½ cup | 1 cup |
| Chopped ginger | 1 tsp | 2 tsp | 3 tsp |
| Green chillies | 1 no. | 2 nos. | 3 nos. |
| Chopped coriander leaves | 2 tbsp | 3 tbsp | 4 tbsp |
| Salt, red chilli powder, garam masala, chaat masala | As per taste | | |
| Cornflour | For binding | | |
| Tomato slices | 1 no. | 2 nos. | 3 nos. |
| Onion slices | 2 no. | 4 nos. | 6 nos. |
| Cheese slices | 1 no. | 2 nos. | 3 nos. |
| Butter | 1 tsp | 2 tsp | 3 tsp |
| Tomato sauce | 1 tbsp | 2 tbsp | 3 tbsp |

**Method:**

1. In a bowl mix all the ingredients for tikkis & prepare round & flat tikkis out of it.
2. Slit the buns into two halves. Apply the butter inside the buns.
3. Keep the tikkis on the tawa. Keep on high rack. Select category & weight and press start.
4. When beeps, turn over the tikkis & press start.
5. When beeps, remove the tikkis. Now apply tomato sauce on one half of the bun. Keep the cheese slice, tikki, onion slices and then tomato & cheese slices & cover with the second half of the bun.
6. Now keep the burger on high rack & press start.

| Menu | CF11 | Choco Bars | Weight Limit | 0.2 kg |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| Chocolate chips | ½ cup |
| Oats (crushed) | 1 cup |
| Honey | 3 tbsp |
| Brown sugar | 4 tbsp |
| Butter (softened) | 8 tbsp |
| Chopped nuts (almonds, pistachio, walnut) | As required |

**Method:**

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

* Refer page 101, fig 2

| Menu | CF12 | Apple Pie[@] | Weight Limit | 0.6 kg |
|---|---|---|---|---|

**Utensil:** Metal cake tin & Low rack[##]

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

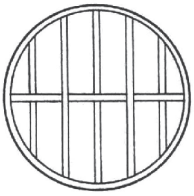


Fig -1

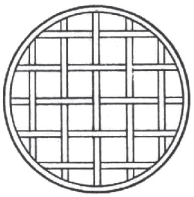


Fig -2

**Method:**

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

| Menu | CF13 | Mushroom & Pepper Pizza[@] | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low rack[#]

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

**Method:**

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

[@] Do not put anything in the oven during Pre-heat mode.
[##] Refer page 101, fig 4
[#] Refer page 101, fig 1

| Menu | CF14 | Cheese Bread Delight | Weight Limit | 8 Pc |
|---|---|---|---|---|

**Utensil:** High rack

| Instructions | |
|---|---|
| For | 8 nos. |
| Brown bread slice (buttered) | 4 nos. |
| Cheese slice | 4 nos. |
| Butter (softened) | 2 tbsp |
| Chilli flakes | 1 tbsp |
| Salt (optional) | As per taste |
| Cherry tomatoes | 20 nos. |
| **For Dressing** | |
| Olive oil | 3 tbsp |
| Vinegar | 1 tbsp |
| Light soya sauce | ½ tsp |
| Chopped parsley / coriander leaves | 1 tbsp |
| Salt, black pepper powder | As per taste |

**Method:**

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

| Menu | CF15 | Noodle Rosti | Weight Limit | 0.2 kg |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| **For Rosti** | |
| Boiled whole wheat noodles | ¾ cup |
| Grated paneer | ¼ cup |
| Grated mozarella cheese | ¼ cup |
| Oil | 2 tsp |
| Salt & pepper | As per taste |
| Coriander (chopped) | 2 tbsp |
| **For Topping** | |
| Mixed shredded vegetables (carrot, cabbage, capsicum) | ½ cup |
| Boiled bean sprouts | ¼ cup |
| Oil | 1 tbsp |
| Salt & pepper | As per taste |
| Tomato ketchup | 4 tbsp |

**Method:**

1. In a bowl take all the ingredients for rosti & mix well with hands. Divide the dough into 4 equal parts.
2. In a MWS glass bowl take oil, shredded vegetables, boiled bean sprouts, salt & pepper. Mix well. Select category & 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.

| Menu | CF16 | Apple Custard | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| Apple | 100 g | 200 g | 300 g |
| Sugar | 1 tbsp | 2 tbsp | 3 tbsp |

**Method:**

1. Mix all the ingredients in a MWS glass bowl. Select category & weight and press start.
2. When beeps, mix well & press start.

| Menu | CF17 | Home made Cereal | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| Rice | 50 g | 100 g | 150 g |
| Moong daal | 50 g | 100 g | 150 g |
| Salt, jeera powder, almonds (optional) | As per taste | | |
| Ghee | 1 tsp | 2 tsp | 3 tsp |
| Groundnuts | 1 tbsp | 2 tbsp | 3 tbsp |
| Poha | 1 tbsp | 2 tbsp | 3 tbsp |
| Daliya | 1 tbsp | 2 tbsp | 3 tbsp |

**Method:**

1. Soak rice for 1 hour. In a MWS glass bowl put all the ingredients. Keep it in microwave. Select category & weight and press start.
2. When beeps, remove and grind it in a mixer to a powder. You can store this mixture in a fridge. Take 2 tbsp of this powder, add water, salt, jeera powder and mix. Put this in microwave and press start.
3. When beeps, remove it.

| Menu | CF18 | Khichdi | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| Soaked rice | 50 g | 75 g | 100 g |
| Moong daal | 25 g | 50 g | 75 g |
| Salt, jeera powder (optional) | As per taste | | |
| Ghee | 1 tsp | 2 tsp | 3 tsp |
| Water | 200ml | 400 ml | 600 ml |

**Method:**

1. Soak rice for 1 hour. In a MWS glass bowl put ghee, rice, daal and water. Keep it in microwave. Select category & weight & press start.
2. When beeps, remove and add salt, jeera powder and cover. Put this in microwave and press start.
3. When beeps, remove and add some water if required. Mix well and put this in microwave and press start.

* Refer page 101, fig 2

| Menu | CF19 | Vegetable Mix | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

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

**Method:**

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

| Menu | CF20 | Daliya Khichdi | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

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

| Menu | CF21 | Poha | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Poha (washed) | 100 g | 200 g | 300 g |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp |
| Rai, jeera, hing, haldi, curry leaves | As per taste | | |
| Chopped onion | 1/2 cup | 1 cup | 1 cup |
| Green chillies | 1 No. | 2 Nos. | 3 Nos. |
| Salt, red chilli powder, garam masala, sugar | As per taste | | |
| Grated coconut & hara dhania | For garnishing | | |

**Method:**

1. In a MWS glass bowl add oil, rai, jeera, curry leaves. Select category & weight and press start.
2. When beeps, add onion, green chillies, hing, haldi. Mix & press start.
3. When beeps, add washed poha, salt, red chilli powder, garam masala & sugar. Mix & press start. Squeeze lemon juice. Garnish with grated coconut & hara dhania & serve.

| Menu | CF22 | Upma | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Suji | 100 g | 200 g | 300 g |
| Oil | 1 tbsp | 2 tbsp | 3 tbsp |
| Water | 200 ml | 400 ml | 600 ml |
| Salt & sugar | As per taste | | |
| Onion | 1 No. | 2 Nos. | 2 Nos. |
| Green chilli | 2 No. | 3 Nos. | 3 Nos. |
| Rai, jeera, hing, curry leacves, urad dal | As per taste | | |
| Lemon juice | As per taste | | |

**Method:**

1. In a MWS glass bowl add oil, rai, jeera, urad dal, green chilli, suji. Mix well.
2. Select category & weight and press start.
3. When beeps, add onions, stir well & press start.
4. When beeps, add water, sugar, salt, lemon juice. Mix well & press start. Stand for 5 minutes.

| Menu | CF23 | Khandvi | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | |
|---|---|
| For | 0.3 kg |
| Besan | 100 g |
| Water | 1 cup |
| Curd | 1 cup |
| Salt | As per taste |
| Green chilli & ginger paste | As per taste |
| Chopped coriander leaves | A few sprigs |
| Rai seeds (spluttered) | ½ tsp |
| Grated coconut | As required |

**Method:**

1. In a MWS bowl mix besan, water, curd, salt & green chilli & ginger paste together. Mix well. Cover.
2. Select category & press start.
3. When beeps, stir well & press start.
4. When beeps, stir well & press start.
5. Spread the batter on a greased smooth flat kitchen slab. Allow to cool, cut into lengthwise strips.
6. Roll the strips, garnish with spluttered rai, coriander leaves & grated coconut & serve.

| Menu | CF24 | Spicy Baby Corn | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

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

| Menu | CF25 | Bread Upma | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

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

| Menu | CF26 | Uggani | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

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

| Menu | CF27 | Murmura | Weight Limit | 0.1 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.1 kg |
| Murmura | 100 g |
| Roasted peanuts | As required |
| Oil | 1 tbsp |
| Jeera | 1 tsp |
| Salt, chaat masala | As per taste |
| Haldi | ¼ tsp |

**Method:**

1. In a MWS glass bowl add oil, jeera, haldi. Select category & press start.
2. When beeps, add murmura. Mix & press start.
3. When beeps, add roasted peanuts, salt, chaat masala & serve.

| Menu | bA1 | Chocolate Cake@ | Weight Limit | 0.4Kg |
|---|---|---|---|---|

**Utensil:** Metal Cake Tin & Low rack**

| Instructions | |
|---|---|
| For | 0.4Kg |
| Refined Wheat flour | 110g |
| Powdered Sugar | 120g |
| Oil | ¼ cup |
| Cocoa powder | ¼ cup |
| Baking powder | 1 tsp |
| Vanilla essence | 1 tsp |
| Eggs | 4 no. |

**Method:**

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 category & press start. (Pre-heat process).
11. When beeps, keep the cake tin on low rack. Press start

| Menu | bA2 | Lamington Cake@ | Weight Limit | 0.4Kg |
|---|---|---|---|---|

**Utensil:** Low rack & Metal cake tin** & Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.4 kg |
| Maida | 100 g |
| Powdered sugar | 75 g |
| Butter | 75 g |
| Eggs | 1 No. |
| Baking powder | 1 tsp |
| Vanilla essence | 1 tsp |
| Milk | 75ml |
| For Lamington solution - Coco powder | 2 tbsp |
| Powdered Sugar | 1tbsp |
| Water | 1 cup |
| Desiccated coconut | As required |

**Method:**

1. Sieve maida, baking powder. In a bowl add powdeLred sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk. Pour the mixture in a greased cake tin.
2. Select category, press start. (Pre-heat process). When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.
3. In MWS glass bowl add water and coco powder and put in the microwave. Press start. When it gives a beep remove and cool. Cut the cake in to squares and dip the pieces in the coco solution on all sides. Roll these in the desiccated coconut and serve.

| Menu | bA3 | Doughnuts@ | Weight Limit | 0.2 Kg |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low rack#

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

**Method:**

1. Dissolve yeast in milk & set aside for 5 minutes to prepare yeast mixture.
2. Add sugar & butter to milk & dissolve. Add to yeast mixture.
3. Now add maida, egg, vanilla essence & nutmeg powder & make a soft dough. Keep it covered for 1hour. Roll out the dough to ½ inch thickness. Cut it with a doughnut cutter.
4. Select category & press start. (Pre-heat 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.

| Menu | bA4 | Nan Khatai@ | Weight Limit | 0.4 Kg |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low rack#

| Instructions | |
|---|---|
| For | 0.4 kg |
| Maida | 150 g |
| Suji | 50 g |
| Powdered sugar | 85 g |
| Vanilla essence | 1 tsp |
| Butter | 100 g |
| Almonds & cashewnuts | A few |

**Method:**

1. Cream the butter & sugar together till it turns fluffy.
2. Add vanilla essence followed by maida & suji.
3. Make a dough out of this mixture.
4. Make medium sized balls & put cashewnut on the top of each piece. Arrange them on tawa & keep aside.
5. Select category & press start. (Pre-heat process). When beeps, keep the tawa on low rack & press start.

| Menu | bA5 | Whole Wheat Cookies@ | Weight Limit | 0.3 Kg |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low rack#

| Instructions | |
|---|---|
| For | 0.3 kg |
| Whole wheat flour | 200 g |
| Brown sugar | 100 g |
| Granulated sugar | 50 g |
| Butter | 100 g |
| Egg | 1 No. |
| Vanilla essence | ½ tsp |
| Baking powder | ½ tsp |

**Method:**

1. In a bowl cream brown sugar, butter, granulated sugar together and beat till fluffy. Add egg, vanilla essence, baking powder. Finally add flour and make a soft dough.
2. Roll out the dough and cut with a cookie cutter.
3. Select category, press start. (Pre-heat process). When beeps, put the cookies on tawa & tawa on low rack. Press start to bake. Remove when it gives a beep.

@ Do not put anything in the oven during preheat mode.
# Refer page 101, fig 1
** Refer page 101, fig 4

| Menu | bA6 | Chena Poda@ | Weight Limit | 0.3Kg |
|---|---|---|---|---|

**Utensil:** Low rack & Microwave safe (MWS) flat glass dish & High rack

| Instructions | |
|---|---|
| For | 0.3 kg |
| Chena | 300 g |
| Sugar | 100 g |
| Suji | 20 g |

**Method:**

1. Mix chena, sugar & suji together adding little water.
2. Transfer this mixture to MWS flat glass dish.
3. Select category & press start. (Pre-heat 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.

| Menu | bA7 | Vanilla Cake@ | Weight Limit | 0.4Kg |
|---|---|---|---|---|

**Utensil:** Metal Cake Tin & Low Rack **

| Instructions | |
|---|---|
| For | 0.4 kg |
| Maida | 100 g |
| Powdered Sugar | 75 g |
| Butter | 75 g |
| Eggs | 1 no. |
| Baking Powder | 1 tsp |
| Vanilla essence | 1 tsp |

**Method:**

1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.
2. Select category & press start. (Pre-heat process).
3. When beeps, keep the cake tin on low rack & press start.

| Menu | bA8 | Buns@ | Weight Limit | 4 Pc |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low rack#

| Instructions | |
|---|---|
| For Dough | |
| Maida | 1½ cup |
| Salt | 1 tsp |
| Sugar | 1 tbsp |
| Dry yeast | 1½ tsp |
| Beaten egg | 1 no. |
| Milk powder | 1 tbsp |
| Warm water | 100 ml |
| Oil | 1 tbsp |

**Method:**

1. In a bowl / cup take sugar & warm water and dissolve it. Add dry yeast & stir to dissosIve. 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 category & press start. (Pre-heat 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.

| Menu | bA9 | Apple cup cakes@ | Weight Limit | 0.4 kg |
|---|---|---|---|---|

**Utensil:** Metal muffin tray & Low rack

| Instructions | |
|---|---|
| For | 0.4 kg |
| Maida | 1 cup |
| Apple (peeled & pureed) | ⅓ cup |
| Powdered sugar | ½ cup |
| Brown sugar | ¼ cup |
| Butter (softened) | 50 g |
| Cinnamon powder, clove powder, nutmeg powder | A pinch (each) |
| Eggs | 2 nos. |
| Chopped almonds | 2 tbsp |
| Baking powder | ½ tsp |

**Method:**

1. In a dry & clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt & mix with a fork & keep aside.
2. In anaother bowl take softened butter, powdered sugar, brown sugar & beat with a electric beater till light & fluffy. Add one egg at a time & beat. Add apple puree & again mix well.
3. Select category & press start. (Pre-heat 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.

| Menu | bA10 | Eggless Chocolate Cake@ | Weight Limit | 0.5 kg |
|---|---|---|---|---|

**Utensil:** Metal cake tin & Low rack**

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

**Method:**

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

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 101 fig 1
** Refer page 101, fig 4

| Menu | bA11 | Swiss Roll® | Weight Limit | 0.2Kg |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low Rack*

| Instructions | |
|---|---|
| For | 0.2 kg |
| Maida | 80 gm |
| Condensed Milk (Milkmaid) | 100 ml |
| Butter | 75 gm |
| Soda bicarb | ¼ tsp |
| Vanilla essence | ¼ tsp |
| Mix fruit jam | 2 tbsp |

**Method:**

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

| Menu | bA12 | Patties® | Weight Limit | 3 Pc |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low rack* & High rack#

| Instructions | |
|---|---|
| For | 3 No. |
| Maida | 200 g |
| Salt | 1/2 tsp |
| Cold fat (Butter or margarine) | 100 g |
| Cold water | For making dough |
| Dry mix vegetables for stuffing | As required |



Fig. 1



Fig. 2



Fig. 3


Fig. 4

**Method:**

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

| Menu | bA13 | Jeera Biscuits® | Weight Limit | 0.2 kg |
|---|---|---|---|---|

**Utensil:** Low rack & Multi cook tawa*

| Instructions | |
|---|---|
| For | 0.2 kg |
| Maida | 120 g |
| Powdered suger | 50 g |
| Butter | 50 g |
| Jeera / Ajwain | As per taste |
| Soda bi carb | 1 pinch |
| Baking powder | 1.4 tsp |
| Water | As required |

**Method:**

1. Sieve maida, baking powder and soda. In a bowl add powdered sugar and butter and beat well. Add maida, jeera powder, ajwain and make a soft dough with little water.Roll a thick roti and cut cookies with the cutter. Prick with a fork. Arrange on tawa.
2. Select category & press start. (Pre-heat process). 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.

@ Do not put anything in the oven during Pre-heat mode.
* Refer page 101, fig 1
# Refer page 101, fig 2

## Indian Roti Basket

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

1. Press **STOP/CLEAR**.




2. Press **Indian Roti Basket.**




3. The display will show "**br1**".

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




**NOTE**

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

Indian Roti Basket

| Menu | br1 | Naan | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low Rack*

| Instructions | |
|---|---|
| For | Dough |
| Refined flour (Maida) | 225 gms |
| Curd | 4 tbsp |
| Milk | 100 ml |
| Butter | 1 tbsp |
| Salt | 1/8 tsp |
| Castor Sugar | 1 tsp |
| Baking powder | ½ tsp |
| Butter (Melted) | 1 tsp |
| Soda-bi-carb | ¼ tsp |
| Onion seeds | 1 tsp |

**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 category & press start.
3. Divide the dough into 10 equal portions/balls. (approx. of 40 gm each). Roll out each portion in an oblong shape. Brush with melted butter & sprinkle onion seeds on the top.
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.

| Menu | br2 | Lachha Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low Rack*

| Instructions | |
|---|---|
| For | Dough |
| Whole wheat flour | 2 cups |
| Salt | ½ tsp |
| Ghee | 2 Tbsp |
| Milk | ½ cup |
| Water | ½ cup |

**Method:**

1. In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & then water & knead a soft dough.
2. Keep tawa on low rack, keep inside the microwave. select category & press start.
3. Divide the dough into 11-12 equal portion (approx of 45-46 gms). Roll out each portion to a diameter of 6" spread ½ tsp ghee/oil all over & dust some dry flour. Fold to half & again repeat the same procedure. So that you get a long strip (like a fan).
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 laccha parantha on tawa & press start.
6. When beeps, turn the paranthas & again press start. Make all laccha 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.

| Menu | br3 | Appam | Weight Limit | 1 Pc |
|---|---|---|---|---|

**Utensil:** Multicook Tawa & High Rack#

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

**Method:**

1. Grind together soaked rice, cooked rice & coconut shaving till get a fine thick paste. Do not add too much water. Instead use coconut water for grinding & diluting. Batter should have a consistency similar to dosa batter or slightly thickened.
2. Add the yeast (diluted in 2 tbsp coconut water) & salt & sugar to taste. Allow the batter to ferment at room temperature for atleast 6-8 hours.
3. Keep the tawa on high rack, keep inside the microwave. Select category & press start.
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.

| Menu | br4 | Masala Roti | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multicook Tawa & Low Rack*

| Instructions | |
|---|---|
| For | Dough |
| Whole wheat flour | 1 cup |
| Besan | 3/4 cup |
| Finely copped onion | 1 no. (medium) |
| Finely chopped green chilli | 2 no. |
| Black pepper powder | 1 tsp |
| Red chilli powder | 1 tsp |
| Garam Masala | ½ tsp |
| Ghee | 1 tbsp |
| Salt | As per taste |
| Fresh Curd | ¼ cup |
| Water (to knead dough) | ¼ cup |
| Oil | ½ tsp |
| Coriander leaves (Chopped) | 2 tbsp |

**Method:**

1. In a bowl combine whole wheat flour, besan, chopped onion, chopped green chillies, coriander leaves & all the spices. Rub in ghee & curds. 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 category & press start.
3. Divide the dough into 7 equal portions (approx of 60gm each). Roll out each portion into a diameter of 5 inches. use little dry flour while rolling the roti to prevent it from sticking to surface.
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.

* Refer page 101, fig 1
# Refer page 101, fig 2

| Menu | br5 | Missi Roti | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low Rack*

| Instructions | |
|---|---|
| For | Dough |
| Wheat flour | 1½ cups |
| Besan | 1½ cups |
| Oil | 4 Tbsp |
| Kasuri methi, Red Chilli powder, Salt | As per taste |
| Water (for dough kneading) | 50 ml |
| Curd | ½ cup |

**Method:**

1. In a bowl add all the ingredients of the dough & knead it by rubbing in the oil in the flour & slowly adding water to make a soft dough.
2. Divide the dough into, 11 equal portions (each approx 50g) 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 low rack & put few drops of oil & spread. Select category & keep the tawa & low rack inside the microwave & press start.
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.

| Menu | br6 | Stuffed Naan | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low Rack*

| Instructions | |
|---|---|
| For | Dough |
| Refined flour (maida) | 225 g |
| Curd | 4 tbsp |
| Milk | 100 ml |
| Butter | 1 tbsp |
| Salt | 1/8 tsp |
| Castor Sugar | 1 tsp |
| Baking powder | ½ tsp |
| Butter (melted) | 1 tsp |
| Soda-bi-carb | ¼ tsp |
| Onion seeds | 1 tsp |
| **For filling** | |
| Grated Paneer | 150 g |
| Chopped onions | 1 no (medium) |
| Chopped green chilli | 2 nos. |
| Coriander leaves (Chopped) | A few sprigs |
| Red Chilli powder, salt, garam masala, anardana powder | As per taste |

**Method:**

1. In a bowl add all the ingredients mentioned for filling & mix well & prepare the stuffing for naan.
2. In another bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi carb & add to the dough. Mix well & knead & soft dough adding the milk & water (if required). Add melted butter & again knead the dough. Keep the dough covered in a warm place of about 1-2 hours to ferment properly.
3. Keep the tawa on low rack. Keep inside the microwave. Select category & press start.
4. Divide the dough into 10-11 equal portions (approx 40 gm each) Roll out a portion & put 2 tbsp stuffing & fold from all sides & again make a ball. Roll out again to an oblong shape. Brush the top with melted butter & sprinkle onion seeds.
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.

| Menu | br7 | Khasta Paratha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low Rack*

| Instructions | |
|---|---|
| For | Dough |
| Whole wheat flour | 1½ cup |
| Melted butter | 1/3 cup |
| Salt | As per taste |
| Buttermilk | ½ cup |

**Method:**

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

| Menu | br8 | Pudina Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multicook Tawa & High Rack#

| Instructions | |
|---|---|
| For | Dough |
| Whole wheat flour | 1 cup |
| Mint leaves | ½ cup |
| Salt | As per taste |
| Butter | 2 tbsp |
| Chaat Masala | 2 tsp |
| Oil/ghee | 2 tsp |
| Dry pudina powder | 1 tbsp |
| Water | As required to make the dough |

**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 category & press start.
4. Divide the dough into 5-6 equal sized portions. Roll out each dough into a diameter of 6". Spread ½ tsp oil/ghee all over & dust with some dry pudina powder, fold the rolled out chapati like a fan & again make a ball & again roll out the ball to a measure of 5" diameter.
5. When beeps keep 2 rolled out paranthas on tawa & press start.
6. When beeps apply ¼ tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the similar procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

* Refer page 101, fig 1
# Refer page 101, fig 2

Indian Roti Basket

| Menu | br9 | Rajma Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multicook Tawa & high rack#

| Instructions | |
|---|---|
| For | Dough |
| Boiled Rajma | 1/3 cup |
| Whole Wheat flour (atta) | 1 cup |
| Soyabean flour | 2 Tbsp |
| Chopped green chillies | 3-4 nos. |
| Fresh mint leaves | 8-10 nos. |
| Anardana (Crushed) | 1 tsp |
| Red Chilli Powder | 1 tsp |
| Tomato Puree | 2 tbsp. |
| Salt | As per taste |
| Oil | 2 tsp |
| Coriander leaves (Chopped) | 2 tbsp |
| Water | To knead to dough |

**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 category & press start.
3. Divide the dough into 6-7 equal sized portions (approx of 45gms). 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.

| Menu | br10 | Paneer Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multicook Tawa & high rack#

| Instructions | |
|---|---|
| For | Dough |
| Whole wheat flour (atta) | 2 cups |
| Desi ghee | 1 tbsp + 1 tsp |
| Salt | A pinch |
| Water (to knead dough | 1 cup (200 ml) |
| **For stuffing** | |
| Grated paneer | 2 cups |
| Chopped green chilli (deseeded) | 3 nos. |
| Chopped coriander leaves | 2 tbsp |
| Salt, red chilli powder, garam masala | As per taste |
| Anardana powder | 1 tsp |

**Method:**

1. In a bowl take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multicook tawa with ¼ tsp ghee & keep on high rack. Keep the high rack & tawa inside the microwave. Select category and press start.
4. Take 35gm 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.

| Menu | br11 | Kulche | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multicook Tawa & Low Rack*

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

**Method:**

1. In a cup/bowl take 50 ml lukewarm water & add sugar. Stir well. Add dry yeast & stir again to dissolve. Keep aside for at least 5-7 minutes.
2. In a bowl take maida, salt & fresh cream. Mix well with hands. Add the yeast water & knead a firm dough. Pour ½ tsp oil & knead again.
3. Divide the dough into 4 equal portions (approx. 60 gm 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 category & press start.
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.

| Menu | br12 | Daal Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multi cook Tawa + High rack#

| Instructions | |
|---|---|
| **For Dough** | |
| Boiled Daal/Left over daal | 1/3rd cup |
| Whole wheat flour(aata) | 1 cup |
| Chopped green chilies | 3 to 4 no. |
| Anardana powder | 1 tsp |
| Red chilli powder | 1 tsp |
| Salt | As per taste |
| Oil | 2 tsp |
| Coriander leaves | Copped |
| Water | To knead dough |

**Method:**

1. In a bowl, combine wheat flour, daal, chopped green chilli, coriander leaves, anardana powder, oil, red chilli powder, salt. Mix and gradually, add water and knead a dough.
2. Keep tawa on high rack. Keep inside microwave. Select menu & press start.
3. Divide dough into 6 to 7 equal size portions(approximate 35 to 40 gram). Rollout each dough into ovular shape of length 15cm length.
4. When beeps keep to rolled out paranthas on tawa & press start.
5. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.

* Refer page 101, fig 1
# Refer page 101, fig 2

| Menu | br13 | Aloo Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multi cook Tawa + High rack#

| Instructions | |
|---|---|
| **For Dough** | |
| Whole wheat flour(aata) | 2 cups |
| Desi ghee | 1 tbsp + 1 tsp |
| Salt | A pinch |
| Water (to knead dough) | 1 cup (200 ml) |
| **For Stuffing** | |
| Boiled & mashed potato | 2 cups |
| Chopped green chilli (deseeded) | 3 nos. |
| Chopped coriander leaves | 2 tbsp |
| Salt, Red chilli powder, Garam masala | As per taste |
| Anardana powder | 1 tsp |
| Water | To knead dough |

**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 multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
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 cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

| Menu | br14 | Palak Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multi cook Tawa + High rack#

| Instructions | |
|---|---|
| **For Dough** | |
| Whole wheat flour(aata) | 2 cups |
| Palak (boiled) | 250 g |
| Green chilli chopped | 2 nos. |
| Ajwain | 1/4 tsp |
| Hing | A pinch |
| Salt, Red chilli powder, Garam masala | As per taste |
| Oil/Ghee | 2 tsp |
| Water | To knead dough |

**Method:**

1. Take boiled spinach leaves & puree the spinach in a blender.
2. In a bowl combine wheat floar, salt, hing, ajwain, spinach puree, red chilli powder & garam masala and knead a soft dough. Keep the dough covered for 5 to 7 minutes.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
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 cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

| Menu | br15 | Gobhi Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multi cook Tawa + High rack#

| Instructions | |
|---|---|
| **For Dough** | |
| Whole wheat flour(aata) | 2 cups |
| Desi ghee | 1 tbsp + 1 tsp |
| Salt | A pinch |
| Water (to knead dough) | 1 cup (200 ml) |
| **For Stuffing** | |
| Grated Gobhi | 2 cups |
| Chopped green chilli (deseeded) | 3 nos. |
| Chopped coriander leaves | 2 tbsp |
| Salt, Red chilli powder, Garam masala | As per taste |
| Anardana powder | 1 tsp |
| Water | To knead dough |

**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 multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start.
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 cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

| Menu | br16 | Ajwain Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multi cook Tawa + High rack#

| Instructions | |
|---|---|
| **For Dough** | |
| Whole wheat flour(aata) | 2 cups |
| Ajwain | 2 tsp |
| Salt, Red chilli powder, Garam masala | As per taste |
| Water | To knead dough |

**Method:**

1. In a bowl combine wheat flour, salt, 1 tsp oil, water to knead a soft dough.
2. Keep the tawa on high rack, keep inside microwave. Select menu & press start.
3. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over & dust with some ajwain and salt, fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm(oval shape).
4. When beeps keep 2 rolled out paranthas on tawa & press start.
5. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.

# Refer page 101, fig 2

Indian Roti Basket

| Menu | br17 | Pyaaz Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multi cook Tawa + High rack#

| Instructions | |
|---|---|
| **For Dough** | |
| Whole wheat flour(aata) | 2 cups |
| Desi ghee | 1 tbsp + 1 tsp |
| Salt | A pinch |
| Water (to knead dough) | 1 cup (200 ml) |
| **For Stuffing** | |
| Grated Pyaaz | 2 cups |
| Chopped green chilli (deseeded) | 3 nos. |
| Chopped coriander leaves | 2 tbsp |
| Salt, Red chilli powder, Garam masala | As per taste |
| Anardana powder | 1 tsp |

**Method:**

1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
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 cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

| Menu | br18 | Chatpata Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multi cook Tawa + High rack#

| Instructions | |
|---|---|
| **For Dough** | |
| Whole wheat flour(aata) | 2 cups |
| Amchoor | 1/2 tsp |
| Chaat Masala | 1 tsp |
| Salt, Red chilli powder, Garam masala | As per taste |
| Water | To knead dough |

**Method:**

1. In a bowl combine wheat flour, salt, amchoor, 1 tsp oil, water to knead a soft dough.
2. Keep the tawa on high rack, keep inside microwave. Select menu & press start.
3. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over & dust with some chaat masala fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm(oval shape).
4. When beeps keep 2 rolled out paranthas on tawa & press start.
5. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.

| Menu | br19 | Aloo Gobhi Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multi cook Tawa + High rack#

| Instructions | |
|---|---|
| **For Dough** | |
| Whole wheat flour(aata) | 2 cups |
| Desi ghee | 1 tbsp + 1 tsp |
| Salt | A pinch |
| Water (to knead dough) | 1 cup (200 ml) |
| **For Stuffing** | |
| Boiled & mashed potato | 1 cup |
| Boiled & grated gobhi | 1 cup |
| Chopped green chilli (deseeded) | 3 nos. |
| Chopped coriander leaves | 2 tbsp |
| Salt, Red chilli powder, Garam masala | As per taste |
| Anardana powder | 1 tsp |

**Method:**

1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
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 cafefully & roll it again slightly into 15cm ovular length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn parantha. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

| Menu | br20 | Methi Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multi cook Tawa + High rack#

| Instructions | |
|---|---|
| **For Dough** | |
| Whole wheat flour(aata) | 2 cups |
| Desi ghee | 1 tbsp + 1 tsp |
| Salt | A pinch |
| Water (to knead dough) | 1 cup (200 ml) |
| **For Stuffing** | |
| Chopped Methi | 2 cups |
| Chopped green chilli (deseeded) | 3 nos. |
| Salt, Red chilli powder, Garam masala | As per taste |
| Water | To knead dough |

**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 multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
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 cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

# Refer page 101, fig 2

| Menu | br21 | Cabbage Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multi cook Tawa + High rack[#]

| Instructions | |
|---|---|
| **For Dough** | |
| Whole wheat flour(aata) | 2 cups |
| Desi ghee | 1 tbsp + 1 tsp |
| Salt | A pinch |
| Water (to knead dough) | 1 cup (200 ml) |
| **For Stuffing** | |
| Grated Cabbage | 2 cups |
| Chopped green chilli (deseeded) | 3 nos. |
| Chopped coriander leaves | 2 tbsp |
| Salt, Red chilli powder, Garam masala | As per taste |
| Anardana powder | 1 tsp |
| Water | To knead dough |

**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 multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
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 cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

| Menu | br22 | Corn Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multi cook Tawa + High rack[#]

| Instructions | |
|---|---|
| **For Dough** | |
| Whole wheat flour(aata) | 2 cups |
| Desi ghee | 1 tbsp + 1 tsp |
| Salt | A pinch |
| Water (to knead dough) | 1 cup (200 ml) |
| **For Stuffing** | |
| Boiled & mashed corns | 2 cups |
| Chopped green chilli (deseeded) | 3 nos. |
| Chopped coriander leaves | 2 tbsp |
| Salt, Red chilli powder, Garam masala | As per taste |
| Anardana powder | 1 tsp |
| Water | To knead dough |

**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 multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
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 cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

| Menu | br23 | Carrot Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multi cook Tawa + High rack[#]

| Instructions | |
|---|---|
| **For Dough** | |
| Whole wheat flour(aata) | 2 cups |
| Desi ghee | 1 tbsp + 1 tsp |
| Salt | A pinch |
| Water (to knead dough) | 1 cup (200 ml) |
| **For Stuffing** | |
| Grated Carrot | 2 cups |
| Chopped green chilli (deseeded) | 3 nos. |
| Chopped coriander leaves | 2 tbsp |
| Salt, Red chilli powder, Garam masala | As per taste |
| Anardana powder | 1 tsp |
| Water | To knead dough |

**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 multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
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 cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

| Menu | br24 | Pea Parantha | Weight Limit | 2 Pc |
|---|---|---|---|---|

**Utensil:** Multi cook Tawa + High rack[#]

| Instructions | |
|---|---|
| **For Dough** | |
| Whole wheat flour(aata) | 2 cups |
| Desi ghee | 1 tbsp + 1 tsp |
| Salt | A pinch |
| Water (to knead dough) | 1 cup (200 ml) |
| **For Stuffing** | |
| Boiled & mashed pea | 2 cups |
| Chopped green chilli (deseeded) | 3 nos. |
| Chopped coriander leaves | 2 tbsp |
| Salt, Red chilli powder, Garam masala | As per taste |
| Anardana powder | 1 tsp |
| Water | To knead dough |

**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 multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
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 cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

[#] Refer page 101, fig 2

| **Menu** | **br25** | **Mushroom Parantha** | **Weight Limit** | **2 Pc** |
|---|---|---|---|---|

**Utensil:** Multi cook Tawa + High rack[#]

| **Instructions** | |
|---|---|
| **For Dough** | |
| Whole wheat flour(aata) | 2 cups |
| Desi ghee | 1 tbsp + 1 tsp |
| Salt | A pinch |
| Water (to knead dough) | 1 cup (200 ml) |
| **For Stuffing** | |
| Boiled & mashed Mushrooms | 2 cups |
| Chopped green chilli (deseeded) | 3 nos. |
| Chopped coriander leaves | 2 tbsp |
| Salt, Red chilli powder, Garam masala | As per taste |
| Anardana powder | 1 tsp |
| Water | To knead dough |

**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 multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
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 cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

[#] Refer page 101, fig 2

## Indian Cuisine

In the following example, show you how to cook
**0.4 kg of Kadhi.**

1. Press **STOP/CLEAR**.




2. Press **Indian Cuisine.**




3. Turn **DIAL** until display show "**IC6**".




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




5. *Turn DIAL until display show “0.4 kg”




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




**NOTE**

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

* Note: If the recipe has single weight e.g.
“IC4" Sambhar 0.2 kg, do not follow step 4, 5. Directly go to step 6.

| Menu | IC1 | Mix Veg | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | | | Method: |
|---|---|---|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg | 1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select category & weight and press start. |
| Mix Veg. (Carrot, Cauliflower, peas, beans, potato) | 100 g (Total) | 200 g (Total) | 300 g (Total) | 400 g (Total) | 500 g (Total) | 2. When beeps, remove & mix well. Add vegetable & some water. Cover & press start. |
| Oil | ¼ tbsp | ½ tbsp | 1 tbsp | 1½ tbsp | 2 tbsp | 3. When beeps, mix well. Cover & press start. Garnish with coriander leaves. |
| 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 | | | | | |

| Menu | IC2 | Kadhai Paneer | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | | | Method: |
|---|---|---|---|---|---|---|
| Paneer | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg | 1. In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum & onion. Mix well, cover. Select category & weight and press start. |
| Capsicum & Onion (sliced) | ½ cup | 1 cup | 1½ cup | 2 cup | 2½ cup | 2. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt, sugar and paneer cubes, mix well and press start. Stand for 5 minutes. Garnish with hara dhania and serve hot. |
| Onion Paste | 3 tbsp | 4 tbsp | 5 tbsp | 6 tbsp | 6½ tbsp | |
| Tomato Puree | 2 tbsp | 3 tbsp | 4 tbsp | 4½ tbsp | 5 tbsp | |
| Ginger-Garlic Paste, Salt & Sugar | To taste | | | | | |
| Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala | To taste | | | | | |
| Butter | 1½ tbsp | 2 tbsp | 3 tbsp | 3½ tbsp | 4 tbsp | |
| Fresh Cream | 1 tbsp | 2 tbsp | 3 tbsp | 4 tbsp | 5 tbsp | |

| Menu | IC3 | Dal Tadka | Weight Limit | 0.2 ~ 0.4 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | Method: |
|---|---|---|---|---|
| For | 0.2 kg | 0.3 kg | 0.4 kg | 1. Take dal in Microwave Safe bowl, add Water, Haldi & Hing. |
| Dal (soaked for 2 hours) | 200 g | 300 g | 400 g | 2. Select category & weight and press start to cook. |
| Water | 400 ml | 600 ml | 800 ml | 3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves, salt, dhania jeera powder, hara dhania, kasuri methi (optional). Press start. |
| Oil | 2 tbsp | 2½ tbsp | 3 tbsp | 4. When beeps, add dal, water (if required), mix well & again press start. |
| Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch | To taste | | | |
| Salt, dhania powder | To taste | | | |

| Menu | IC4 | Sambhar | Weight Limit | 0.2 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | Method: |
|---|---|---|
| Arhar Dal (Soaked for 2 hrs) | 200 g | 1. Soak dal for 2 hours, In Microwave Safe Bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select category and press start. |
| Oil | 2 tbsp | 2. When beeps, in another Microwave Safe Bowl take oil, add rai, hing, curry leaves, dhania, red chilli. Press start. |
| Onion chopped | 1 medium | 3. When beeps, mash dal very well and add to tadka. Add imli pulp sambhar masala, gud and some water (if required). Press start. Stand for 5 minutes. Garnish with coconut and hara dhania and serve with Idli. |
| Tomato chopped | 1 medium | |
| Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin | 1 cup | |
| Boiled Water | 400 ml | |
| Imli pulp, Green Chilli, Sambhar Masala, Salt, Gud | As per your taste | |

| Menu | IC5 | Dum Aloo | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | | | Method: |
|---|---|---|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg | 1. In a MWS bowl add oil, jeera, pepper seeds, cloves, hing, onion paste, ginger garlic paste. Mix well. |
| Boiled Aloo (small) | 100 g | 200 g | 300 g | 400 g | 500 g | 2. Select category & weight and press start. |
| Oil | 2 tbsp | 3 tbsp | 3 tbsp | 3½ tbsp | 3½ tbsp | 3. When beeps, mix well & add tomato puree & boiled potatoes. Mix well & cover. Press start. |
| Jeera, pepper seeds, cloves, hing | As required | | | | | 4. When beeps, mix well & add curd. Cover & press start. |
| Onion paste | 2 tbsp | 3 tbsp | 4 tbsp | 5 tbsp | 6 tbsp | 5. Allow to stand for 3 minutes. |
| Ginger & garlic paste | 1 tsp | 1½ tsp | 1½ tsp | 2 tsp | 2 tsp | |
| Tomato puree | 1 tbsp | 2 tbsp | 3 tbsp | 4 tbsp | 5 tbsp | |
| Curd | ½ cup | 1 cup | 1 cup | 1½ cup | 1½ cup | |
| Turmeric powder, red chilli powder, deghi mirch, salt, garam masala, saunf powder | As per taste | | | | | |

| Menu | IC6 | Kadhi | Weight Limit | 0.3 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.3 kg | 0.4 kg | 0.5 kg |
| Besan | 25 g | 50 g | 75 g |
| Curd / matha | 1/2 cup | 1 cup | 1½ cup |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp |
| Rai, cumin seeds | As per taste | | |
| Chopped onions | 1 cup | 1½ cup | 1½ cup |
| Salt, red chilli powder, haldi, coriander powder, amchur | As per taste | | |
| Water | 2 cups | 3 cups | 4 cups |

**Method:**

1. In a MWS bowl add oil, rai, jeera, chopped onion. Select category & weight and press start.
2. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (½ the amount mentioned per weight). Mix & press start.
3. When beeps, mix & add remaining water & press start. Pour tempering & serve.

| Menu | IC7 | Baati[@] | Weight Limit | 0.4 kg |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low rack[#] & High rack*

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

**Method:**

1. In a bowl mix all the ingredients, but ghee only 3 tbsp. Knead the dough with little warm water to make it like poori dough. Cover and keep for half an hour.
2. Make medium sized balls of the dough. Keep them on tawa & keep the tawa on low rack. Keep aside.
3. Select category & press start. (Pre-heat 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.

| Menu | IC8 | Dalma | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | |
|---|---|
| For | 0.3 kg |
| Moong dal (soaked for 2 hours) | 300 g |
| Water | 600 ml |
| Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato) | 2 cups |
| **For tadka** | |
| Oil | 2 tbsp |
| Bay leafs, jeera, dry chillies, salt, haldi | As per taste |
| Grated coconut | 4 tbsp |
| Chopped onion | 1 no. |

**Method:**

1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select category & press start.
2. When beeps, in another MWS bowl add oil, bay leafs, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start.
3. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start.

| Menu | IC9 | Pithla | Weight Limit | 0.6 kg |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| For | 0.6 kg |
| Besan | ½ cup |
| Oil | 1½ tbsp |
| Ginger, garlic, green chillies (chopped) | 1 tsp each |
| Onion, Tomato (chopped) | 1 no. each |
| Coriander chopped | A few sprigs |
| Water | 2 cups (400 ml) |
| Salt, turmeric powder, garam masala, red chilli powder | As per taste |

**Method:**

1. In a MWS flat glass dish put besan. Select category & press start.
2. When beeps, remove & in another MWS glass bowl put oil, chopped ginger, garlic, green chilli, chopped onion & tomato, turmeric powder, garam masala, red chilli powder. Mix well & press start.
3. When beeps, mix besan with masala & add water & salt. Mix well. Keep MWS glass bowl in microwave & press start.
4. Stir well. Garnish with fresh coriander & serve.

| Menu | IC10 | Panchmel Ki Subzi | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| Chopped vegetables (Gavarfali, chawli, shimla mirch, kheera, gajar) | 100 g | 200 g | 300 g |
| Oil | ½ tbsp | 1 tbsp | 2 tbsp |
| Jeera | ½ tsp | 1 tsp | 1 tsp |
| Onion | ½ cup | ½ cup | 1 cup |
| Ginger & green chilli paste | 1 tsp | 1½ tsp | 2 tsp |
| Coriander powder, amchur, haldi & salt | As per taste | | |

**Method:**

1. In a MWS bowl add oil, jeera, onion, ginger & green chilli paste. Mix well.
2. Select category & weight and press start.
3. When beeps, mix well & add the chopped vegetables & little water. Cover and press start.
4. When beeps, mix well & add coriander powder, amchur, haldi & salt. Press start. Allow to stand for 5 minutes.

[@] Do not put anything in the oven during Pre-heat mode.
* Refer page 101, fig 2
[#] Refer page 101, fig 1

| Menu | IC11 | Gujarati Tuvar Dal | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | |
|---|---|
| For | 0.3 kg |
| Tuvar dal / Arhar dal (soaked for 2 hours) | 300 g |
| Water | 600 ml |
| Oil | 1 tbsp |
| Mustard seeds | ½ tsp |
| Jeera | ½ tsp |
| Finely chopped ginger | 1 tbsp |
| Slit green chillies | 3 nos. |
| Curry leaves | A few |
| Chopped tomato | 2 nos. |
| Chopped onion | 1 no. |
| Hing | A pinch |
| Salt, turmeric powder, red chilli powder | As per taste |
| Jaggery (Gud) | As per taste |

**Method:**

1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select category & press start.
2. When beeps, remove the dal.
3. In another MWS bowl add oil, mustard seeds, jeera, finely chopped ginger, slit green chillies, curry leaves, chopped, onions, red chilli powder. Mix well & press start.
4. When beeps, remove the bowl & add these ingredients to the dal. Add tomato, jaggery & mix well. Press start. Squeeze lemon juice & serve.

| Menu | IC12 | Butter Chicken | Weight Limit | 0.3 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.3 kg | 0.4 kg | 0.5 kg |
| Chicken (boneless) | 300 g | 400 g | 500 g |
| Ginger garlic paste | 2 tbsp | 2½ tbsp | 3 tbsp |
| Tomato puree | ½ cup | 1 cup | 1 cup |
| Chopped onions | 1 no. | 1 no. | 2 nos. |
| Garam masala, dhania powder, jeera powder, kasuri methi, red chilli powder, salt | As per taste | | |
| Kaju paste | 2 tbsp | 2½ tbsp | 3 tbsp |
| Fresh cream | 1 cup | 1½ cup | 1½ cup |
| Butter | 2 tbsp | 3 tbsp | 3½ tbsp |
| Oil | 2 tbsp | 2½ tbsp | 2½ tbsp |
| Slit green chillies | 3 nos. | 4 nos. | 5 nos. |

**Method:**

1. In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select category & weight & press start.
2. When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well & cover. Press start.
3. When beeps, mix well, add kaju paste, cream & butter. Mix well & cover. Press start.
4. Garnish with slit chillies.

| Menu | IC13 | Beans Porial | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| French beans (cut evenly) | 100 g | 200 g | 300 g |
| Oil | 1 tsp | 1 tsp | 2 tsp |
| Mustard seeds | ¼ tsp | ½ tsp | ½ tsp |
| Urad dhal | ¼ tsp | ½ tsp | ½ tsp |
| Grated coconut | 2 tbsp | 3 tbsp | 4 tbsp |
| Green chillies | 1 no. | 2 nos. | 3 nos. |
| Salt | As per taste | | |

**Method:**

1. In a MWS bowl add oil, mustard seeds, urad dal, green chillies & salt. Select category & weight and press start.
2. When beeps, add beans, sprinkle little water. Cover & press start.
3. Add grated coconut, cover & stand for 3 minutes.

| Menu | IC14 | Goan Potato Curry | Weight Limit | 0.3 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.3 kg | 0.4 kg | 0.5 kg |
| Boiled potato | 300 g | 400 g | 500 g |
| Boiled mix veg (capsicum, cauliflower, carrot, peas) | 100 g | 150 g | 200 g |
| Chopped onion | 1 no. | 2 nos. | 3 nos. |
| Oil | 1½ tbsp | 2 tbsp | 2 tbsp |
| Mustard seeds | 1 tsp | 1½ tsp | 2 tsp |
| Grated coconut | 2 tbsp | 2½ tbsp | 3 tbsp |
| Coconut milk | 1 cup | 1½ cup | 1½ cup |
| Tomato puree | ½ cup | 1 cup | 1 cup |
| Kaju powder | 1 tbsp | 2 tbsp | 3 tbsp |
| Salt, red chilli powder | As per taste | | |
| Fresh cream | 2 tbsp | 3 tbsp | 4 tbsp |
| Coriander | A few sprigs | | |

**Method:**

1. In a MWS bowl add oil, mustard seeds & chopped onion. Select category & weight and press start.
2. When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder & press start.
3. When beeps, mix well & add boiled potato & mix vegetables & fresh cream. Press start. Give standing time of 3 minutes.
4. Garnish with chopped coriander leaves & serve.

| Menu | IC15 | Veg Handva® | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) flat glass dish & Low rack & High rack[##]

| Instructions | |
|---|---|
| For | 0.3 kg |
| Rice | 200 g (1 cup) |
| Urad Dal (Dehusked) | 2 tbsp |
| Sour curd | ½ cup |
| Boiled vegetables (Potato, Carrots, Peas, Palak) | 2 cups |
| Oil | 1 tsp |
| Lemon juice | 2 tsp |
| Soda bi carb | A pinch |
| Chilli powder, turmeric powder, salt | As per taste |
| Ginger & chilli paste | 1 tsp |
| Mustard seeds | 1 tsp |
| Curry leaves | A few sprigs |
| Hing | ¼ tsp |

**Method:**

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

| Menu | IC16 | Kashmiri Kaju Paneer | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | | |
|---|---|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
| Paneer pieces | 100 g | 200 g | 300 g | 400 g | 500 g |
| Kaju paste | 2 tsp | 3 tsp | 4 tsp | 5 tsp | 6 tsp |
| Sliced onions | ½ no. | 1 nos. | 1½ nos. | 1½ nos. | 2 nos. |
| Chopped ginger | 1 tsp | 2 tsp | 3 tsp | 4 tsp | 5 tsp |
| Chopped garlic | 1 tsp | 2 tsp | 3 tsp | 4 tsp | 5 tsp |
| Chilli powder | As per taste | | | | |
| Khus Khus paste | 1 tbsp | 2 tbsp | 3 tbsp | 4 tbsp | 5 tbsp |
| Tomato puree | ½ cup | 1 cup | 1½ cup | 2 cup | 2 cup |
| Milk | ¼ cup | ½ cup | 1 cup | 1½ cup | 1½ cup |
| Garam masala & salt | As per taste | | | | |

**Method:**

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

| Menu | IC17 | Kadhai Chicken | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

| Menu | IC18 | Baigan Ka Bhartha | Weight Limit | 0.3 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.3 kg | 0.4 kg | 0.5 kg |
| Baingan (Chopped in big pieces) | 300 g | 400 g | 500 g |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp |
| Chopped onions | 1 cup | 1½ cup | 2 cup |
| Chopped green chillies | 3 nos. | 4 nos. | 5 nos. |
| Chopped ginger | 1 tbsp | 1½ tbsp | 2 tbsp |
| Chopped tomato | 2 nos. | 3 nos. | 4 nos. |
| Tomato puree | 4 tbsp | 5 tbsp | 6 tbsp |
| Salt, dhania powder, garam masala, red chilli powder, haldi | As per taste | | |
| Chopped coriander leaves | A few sprigs | | |

**Method:**

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

® Do not put anything in the oven during Pre-heat mode.
## Refer page 101, fig 5

| Menu | IC19 | Kofta Curry | Weight Limit | 0.1-0.3 kg |
|---|---|---|---|---|

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

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Grated Lauki | 100 g | 200 g | 300 g |
| Besan | 1 tbsp | 2 tbsp | 3 tbsp |
| Chopped Onion | ½ cup | 1 cup | 1 cup |
| Tomato puree | ¼ cup | ½ cup | 1 cup |
| Chopped garlic | 1 tsp | 1½ tsp | 2 tsp |
| Chopped Ginger | 1 tsp | 1½ tsp | 2 tsp |
| Coriander power, haldi, garam masala, red chilli powder, jeera, salt | As per taste | | |
| Oil | ½ tbsp | 1 tbsp | 1½ tbsp |
| Water | ½ cup | 1 cup | 1½ cup |
| Lemon juice | As per taste | | |

**Method:**

1. In a bowl mix grated lauki, besan, salt & haldi together. Mix well & prepare balls of medium size out of the mixture.
2. Grease a MWS flat glass dish & keep the koftas on it select category & weight & press start.
3. When beeps, remove in a MWS bowl add oil, jeera, onion, garlic & ginger & press start.
4. When beeps, mix well, add tomato puree, coriander power, garam masala, red chilli powder, salt, water. Add koftas & press start. Stand for 5 minutes. Squeeze lemon juice & serve.

| Menu | IC20 | Aloo Gobhi | Weight Limit | 0.3-0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.3 kg | 0.4 kg | 0.5 kg |
| Potatoes (chopped) | 150 g | 200 g | 250 g |
| Cauliflower florets | 150 g | 200 g | 250 g |
| Oil | 1 tbsp | 2 tbsp | 3 tbsp |
| Jeera | 1 tbsp | 1 tbsp | 1 tbsp |
| Chopped onion | ½ cup | ½ cup | 1 cup |
| Chopped green chillies | 1 no | 2 nos. | 3 nos. |
| Coriander powder, red chilli powder, haldi, salt, garam masala | As per taste | | |
| Coriander leaves | A few sprigs | | |

**Method:**

1. In a MWS bowl add oil, jeera, chopped onion, green chillies, mix well. Select Category & weight & press start.
2. When beeps, mix well and add potatoes (chopped in medium sizes), cauliflower florets, coriander powder, red chilli powder, haldi, salt, garam masala & mix well. Add some water Cover. Press start.
3. When beeps, mix well & add coriander leaves and cover. Press start. Allow to stand for 15 mins with cover inside the microwave. Garnish with coriander leaves & serve.

| Menu | IC21 | Matar Paneer | Weight Limit | 0.2-0.4 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.2 Kg | 0.3 Kg | 0.4 Kg |
| Matar | 100 g | 150 g | 200 g |
| Paneer Cubes | 100 g | 150 g | 200 g |
| Oil | 1 tbsp | 1½tbsp | 2 tbsp |
| Tomato puree | ¼ cup | ½ cup | 1 cup |
| Chopped Onion | 1 tbsp | 1½ tbsp | 2 tbsp |
| Chopped Ginger | 1 tsp | 1½ tsp | 2 tsp |
| Chopped garlic | 1 tsp | 1½ tsp | 2 tsp |
| Jeera powder, salt, haldi, red chilli powder, garam masala | As per taste | | |
| Coriander leaves | A few sprigs | | |
| Water | ¼ cup | ½ cup | 1 cup |

**Method:**

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

| Menu | IC22 | Gatte Ki Subzi | Weight Limit | 0.3 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.3 kg | 0.4 kg | 0.5 kg |
| **For making gattas** | | | |
| Besan | 100 g | 125 g | 150 g |
| Red chilli powder, haldi, dhania powder, salt | As per taste | | |
| Water | As required | | |
| **For Subzi** | | | |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp |
| Rai, jeera | 2 tsp | 2 tsp | 3 tsp |
| Curry leaves | A few | | |
| Sour curd | 1 cup | 1 cup | 1½ cup |
| Red chilli powder, haldi, dhaniya powder, salt | As per taste | | |
| Tomato puree | ¼ cup | ½ cup | 1 cup |

**Method:**

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

| Menu | IC23 | Egg Curry | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| 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 category & 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.

| Menu | IC24 | Jhinga Matar Curry | Weight Limit | 0.2 ~ 0.4 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.2 Kg | 0.3 Kg | 0.4 Kg |
| Prawns (deviened & 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 category & weight and press start.
3. When beeps, mix & add shelled peas, prawns, all other spices & water. Mix well & cover and press start.
4. When beeps, remove lid & stir well. Press start. Serve hot with steamed rice.

| Menu | IC25 | Dum Tangri | Weight Limit | 0.6 kg |
|---|---|---|---|---|

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

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

**Method:**

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

| Menu | IC26 | Makki Korma | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

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

| Menu | IC27 | Litti | Weight Limit | 6 Pc |
|---|---|---|---|---|

**Utensil:** Multicook tawa & Low rack[#]

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

**Method:**

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

| Menu | IC28 | Chokha | Weight Limit | 0.3 kg |
|---|---|---|---|---|

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

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

**Method:**

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

| Menu | IC29 | Methi Aloo | Weight Limit | 0.2 ~ 0.4 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

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

* Refer page 101, fig 2
[#] Refer page 101, fig 1

| Menu | IC30 | Kaddu ki Subzi | Weight Limit | 0.2 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

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

| Menu | IC31 | Palak Keema | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

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

| Menu | IC32 | Paneer Pista Haryali | Weight Limit | 0.2 ~ 0.4 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

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

| Menu | IC33 | Bandhgobhi Matar | Weight Limit | 0.3 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.3 kg | 0.4 kg | 0.5 kg |
| Cabbage leaves (chopped) | 300g | 400g | 500g |
| Peas | 1 cup | 1 cup | ½ cup |
| Tomato (chopped) | 2 nos. | 3 nos. | 3 nos. |
| Oil | 1½ tbsp | 2 tbsp | 2 tbsp |
| Green chilli (chopped) | 2 nos. | 2 nos. | 2 nos. |
| Salt, red chilli powder, haldi, garam masala | As per taste | | |

**Method:**

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

| Menu | IC34 | Mushroom Chilli | Weight Limit | 0.3 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.3 kg | 0.4 kg | 0.5 kg |
| Mushroom (chopped) | 300g | 400g | 500g |
| Onion (chopped) | 1 cup | 1 cup | ½ cup |
| Tomato (chopped) | 2 nos. | 3 nos. | 3 nos. |
| Oil | 1½ tbsp | 2 tbsp | 2 tbsp |
| Ginger garlic paste | 1 tbsp | 1½ tbsp | 1½ tbsp |
| Green chilli (chopped) | 2 nos. | 2 nos. | 2 nos. |
| Salt, red chilli powder, garam masala | As per taste | | |

**Method:**

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

| Menu | IC35 | Kalonji Aloo | Weight Limit | 0.3 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.3 kg | 0.4 kg | 0.5 kg |
| Boiled Potato (chopped) | 300g | 400g | 500g |
| Kalonji | 1 tbsp | 1 tbsp | 1½ tbsp |
| Tomato (chopped) | 2 nos. | 3 nos. | 3 nos. |
| Oil | 1½ tbsp | 2 tbsp | 2 tbsp |
| Green chilli (chopped) | 2 nos. | 2 nos. | 2 nos. |
| Salt, red chilli powder, garam masala, haldi | As per taste | | |

**Method:**

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

| Menu | IC36 | Dahi Aloo | Weight Limit | 0.3 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.3 kg | 0.4 kg | 0.5 kg |
| Boiled Potato (chopped) | 300g | 400g | 500g |
| Fresh Curd | 1 Cup | 1 Cup | 1½ Cup |
| Tomato (chopped) | 2 nos. | 3 nos. | 3 nos. |
| Besan | 2 tbsp | 2 tbsp | 3 tbsp |
| Water | 1 Cup | 1 Cup | 1½ Cup |
| Oil | 1½ tbsp | 2 tbsp | 2 tbsp |
| Green chilli (chopped) | 2 nos. | 2 nos. | 2 nos. |
| Salt, red chilli powder, garam masala, haldi, jeera | As per taste | | |

**Method:**

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

| Menu | IC37 | Aloo Shimlamirch | Weight Limit | 0.3 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.3 kg | 0.4 kg | 0.5 kg |
| Potato (chopped) | 300g | 400g | 500g |
| Capsicum (chopped) | 1 cup | 1 cup | ½ cup |
| Tomato (chopped) | 2 nos. | 3 nos. | 3 nos. |
| Oil | 1½ tbsp | 2 tbsp | 2 tbsp |
| Green chilli (chopped) | 2 nos. | 2 nos. | 2 nos. |
| Salt, red chilli powder, haldi, garam masala | As per taste | | |

**Method:**

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

| Menu | IC38 | Paneer Bhurji | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | | |
|---|---|---|---|---|---|
| For | 0.1 Kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
| Paneer (mashed) | 100 g | 200 g | 300 g | 400 g | 500 g |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |
| Chopped capsicum | 1 no. | 2 nos. | 3 nos. | 4 nos. | 4 nos. |
| Chopped onion | ½ cup | 1 cup | 1 cup | 1½ cup | 2 cup |
| Coriander leaves | A few sprigs | | | | |
| Coriander powder, jeera powder, red chilli powder, salt | As per taste | | | | |

**Method:**

1. In a MWS bowl add oil, onion & capsicum. Select category & weight and press start.
2. When beeps, mix well & add paneer, coriander leaves, coriander powder, jeera powder, red chilli powder & salt. Mix well & press start.
3. Serve with toast or wrapped in roti.

| Menu | IC39 | Scrambled Eggs | Weight Limit | 0.2 ~ 0.4 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) flat glass dish

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

**Method:**

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

| Menu | IC40 | Mushroom Capsicum | Weight Limit | 0.3 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.3 kg | 0.4 kg | 0.5 kg |
| Mushroom (chopped) | 300g | 400g | 500g |
| Capsicum (chopped) | 1 cup | 1 cup | ½ cup |
| Tomato (chopped) | 2 nos. | 3 nos. | 3 nos. |
| Oil | 1½ tbsp | 2 tbsp | 2 tbsp |
| Ginger garlic paste | 1 tbsp | 1½ tbsp | 1½ tbsp |
| Green chilli (chopped) | 2 nos. | 2 nos. | 2 nos. |
| Salt, red chilli powder, garam masala | As per taste | | |

**Method:**

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



| Menu | SC1 | Suji Halwa | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | | |
|---|---|---|---|
| Suji | 0.1 kg | 0.2 kg | 0.3 kg |
| Ghee (melted) | 2 tbsp | 3 tbsp | 4 tbsp |
| Water | 300 ml | 600 ml | 900 ml |
| Sugar | 100 g | 200 g | 300 g |
| Cashewnuts, Kishmish, Kesar Elaichi Powder | As per your taste | | |

**Method:**

1. In MWS glass bowl take suji, add ghee mix it together, select menu and press start.
2. When beeps, mix well. Allow to cool. Add water (½ of mentioned amount) and sugar. Press start.
3. When beeps, mix well and add remaining water, cashewnuts, kishmish, kesar and elaichi powder. Press start. Stand for 5 minutes. Serve hot.

| Menu | SC2 | Besan Ladoo | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) flat glass dish

| Instructions | | | |
|---|---|---|---|
| Besan | 0.1 kg | 0.2 kg | 0.3 kg |
| Ghee (melted) | 3 tbsp | 5 tbsp | 7 tbsp |
| Powder Sugar | 50 g | 100 g | 150 g |
| Elaichi Powder | 1/2 tsp | 1 tsp | 1 tsp |

**Method:**

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

| Menu | SC3 | Kheer | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| Milk | 100 ml | 200 ml | 300 ml |
| Milkmaid | 150 ml | 200 ml | 300 ml |
| Seviyaan (roasted) | 20 gm | 40 gm | 60 gm |
| Badam, Pista Pieces | 2 tbsp | 3 tbsp | 4 tbsp |
| Kesar & Elaichi Powder | As per taste | | |

**Method:**

1. In Microwave Safe Glass Bowl add milk, milkmaid & mix well. Select category and weight & press start.
2. When beeps, add Badam Pista pieces, Kesar Elaichi Powder & Seviyaan. Mix well and press start.
3. When beeps, mix it well. Add more milk (if required) & press start. Stand for 5 minutes. Serve hot or chilled.
   **Note :** The bowl should be filled at 1/4 level of the total volume.

| Menu | SC4 | Payasam | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| Broken Rice (soaked for 2 hour) | 100 g | 200 g | 300 g |
| Milk & Water | 300 ml | 500 ml | 700 ml |
| Sugar | 75 g | 150 g | 200 g |
| Kesar, elaichi powder dry fruits | As per taste | | |
| Ghee | 1 tbsp | 1½ tbsp | 2 tbsp |

**Method:**

1. In a MWS bowl take ghee, soaked rice, milk, sugar & water & cover it.
2. Select category & weight and press start.
3. When beeps, add more milk, dry fruits, kesar, elaichi powder. Mix well & press start. Stand for 5 minutes. Sprinkle kewada jal on it. Serve hot or chilled.

| Menu | SC5 | Mysore Pak | Weight Limit | 0.3 Kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) flat glass dish

| Instructions | |
|---|---|
| For | 0.3 Kg |
| Besan | 100 g |
| Melted ghee | 100 ml |
| Powdered Sugar | 100 g |
| Milk | ¼ cup |

**Method:**

1. In a MWS flat glass dish add besan. Select Category & press start.
2. When beeps, mix well & add melted ghee, powdered sugar. Mix very well while adding. Press start.
3. When beeps, mix well & add milk. Press start. Allow to cool & cut into pieces & serve.

| Menu | SC6 | Nariyal Burfi | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

1. In a MWS bowl add ghee & fresh grated coconut. Mix well.
2. Select category & weight and press start.
3. When beeps, add milkmaid, milk powder, elaichi powder & press start.
4. When beeps, remove & spread the mixture onto a greased thali & allow to set for 1 hour. Cut into rectangles & store in a air tight container

| Menu | SC7 | Sandesh | Weight Limit | 0.2 ~ 0.4 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.2 kg | 0.3 kg | 0.4 kg |
| Paneer (grated) | 200 g | 300 g | 400 g |
| Milkmaid | 50 g | 75 g | 100 g |
| Rose water | 1 tbsp | 1½ tbsp | 2 tbsp |
| Elaichi seeds | ½ tsp | 1 tsp | 1½ tsp |
| Chopped pista | A few | | |
| Khoa (mashed) | 100 gm | 150 gm | 200 gm |

**Method:**

1. In a MWS bowl add grated paneer, khoa, rose water & milkmaid. Mix well.
2. Select menu & weight and press start.
3. When beeps, stir well & press start.
4. Allow to cool. Hang in Muslin cloth for 20 minutes if it is too wet. Make balls out of the mixture & roll them in elaichi powder & chopped pista. Refrigerate till set.

| Menu | SC8 | Seviyan Zarda | Weight Limit | 0.2 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

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

**Method:**

1. In a MWS glass bowl add sugar & water. Select category & press start.
2. When beeps, add rose essence , cardamom powder, seviyan to the bowl. Press start. Give standing time of 3 minutes. Garnish with almonds & pista & serve.

| Menu | SC9 | Burfi | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) flat glass dish

| Instructions | |
|---|---|
| For | 0.3 kg |
| Milk powder | 100 g |
| Milkmaid | 100 ml |
| Cream | 100 ml |
| Corn flour | 4 tbsp |
| Chopped almonds & pistas | As required |

**Method:**

1. In a bowl mix milk powder, corn flour, milkmaid & cream. Beat well till smooth.
2. Pour the mixture in a MWS flat glass dish. Select category & press start.
3. When beeps, mix well (remove lumps if formed). Press start.
4. When beeps, mix well & press start.
5. Remove, allow to cool & refrigerate till set. After setting cut into pieces & sprinkle chopped almonds & pistas & serve.

| Menu | SC10 | Kalakand | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| Grated Paneer | 0.1 kg | 0.2 kg | 0.3 kg |
| Milkmaid | 50 ml | 100 ml | 200 ml |
| Milk Powder | 2 tbsp | 3 tbsp | 4 tbsp |
| Cornflour | 1/2 tsp | 1 tsp | 1 tsp |
| Elaichi Powder | 1/2 tsp | 1 tsp | 1 tsp |

**Method:**

1. In Microwave Safe Bowl take grated paneer, milkmaid, milk powder, cornflour, Elaichi powder. Mix well, select category & weight and press start.
2. When beeps, mix it again and press start.
3. When set cut into pieces. Garnish with dry fruits.

| Menu | SC11 | Shahi Rabdi | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

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

| Menu | SC12 | Shahi Tukda | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) flat glass dish & High Rack**

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

**Method:**

1. Arrange bread slices on high rack. Select category & weight & press start.
2. When beeps, turn slices press start.
3. When beeps, mix milkmaid, milk, sugar, dry fruits and kesar elaichi powder in Microwave Safe Flat Glass Dish. Pour the mixture on slices and press start. Serve hot.

| Menu | SC13 | Kaddu Kheer | Weight Limit | 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.5 kg |
| Milk | 300 ml |
| Grated kaddu | 200 g |
| Milkmaid | 150 g |
| Dry fruits (Kaju, kishmish, pista) | As required |

**Method:**

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

| Menu | SC14 | Rava Ladoo | Weight Limit | 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

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

**Method:**

1. In a MWS glass bowl take sugar & milk. Mix & select category 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 khoya. Mix well & again press start.
4. Make equal sized ladoos from the mixture, when it is still warm.

| Menu | SC15 | Kaju Burfi | Weight Limit | 0.4 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.4 kg |
| Kaju | 2 cups |
| Powdered sugar | 1¼ cup |
| Water | ½ cup |

**Method:**

1. Take kaju in a spice-grinder & make a fine powder and keep aside.
2. In a MWS glass bowl take powdered sugar & water. Stir very well. Select category & 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.

| Menu | SC16 | Badam Halwa | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| Badam (soaked in hot water for 1 hour) | ½ cup | 1 cup | 1½ cup |
| Milk (for making paste) | ½ cup | 1 cup | 1 cup |
| Milk (for cooking) | ½ cup | ¾ cup | 1 cup |
| Sugar | 3 tbsp | 5 tbsp | 7 tbsp |
| Desi ghee | 2 tbsp | 3 tbsp | 4 tbsp |
| Slivered almonds (for garnishing) | A few | | |

**Method:**

1. Remove the skin from badam & grind them to a fine paste adding milk. Take out this paste in a MWS glass bowl.
2. Add desi ghee to the paste & mix well. Select category & weight & 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.

** Refer page 101, fig 5

| Menu | SC17 | Suji Kheer | Weight Limit | 0.2 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.2 kg |
| Moong dal (dehusked) | 10 g |
| Suji | 20 g |
| Powdered jaggery | 30 g |
| Milk | 140 ml |

**Method:**

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

| Menu | SC18 | Fruit Dessert | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| Apple, banana | 100 g | 200 g | 300 g |
| Orange juice | 1 tbsp | 2 tbsp | 3 tbsp |
| Sugar | 1 tbsp | 2 tbsp | 3 tbsp |

**Method:**

1. Put the peeled apple & banana pieces, orange juice & sugar in a MWS glass bowl. Select category & weight & press start.
2. When beeps, remove & mash well. Cover & press start.

| Menu | SC19 | Raggi Kheer | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | |
|---|---|
| For | 0.3 kg |
| Raggi powder | 2 tbsp |
| Milk | 1 cup |
| Milk | As per taste |
| Ghee | 1 tsp |
| Water | ½ cup |

**Method:**

1. Put Raggi powder and water in MWS glass bowl and keep in microwave. Select category and press start.
2. when beeps, remove and add sugar, milk and ghee. Mix well. Put this in microwave and press start.

| Menu | SC20 | Fruit rava kesari | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | | |
|---|---|---|---|
| Suji | 0.1 kg | 0.2 kg | 0.3 kg |
| Ghee (melted) | 2 tbsp | 3 tbsp | 4 tbsp |
| Water | 300 ml | 600 ml | 900 ml |
| Sugar | 100 g | 200 g | 300 g |
| Chopped fruits | 1 Cup | 1 Cup | 1 Cup |
| Cashewnuts, Kishmish, Kesar Elaichi Powder | As per your taste | | |

**Method:**

1. In Microwave safe glass bowl take Suji, add ghee, mix it together. Select category & weight and press start.
2. When beeps, stir it and press start. Allow to cool.
3. When beeps, add water, sugar, cashewnuts, kishmish, kesar, Elaichi powder, & chopped fruits mix it well and press start. Stand for 5 minutes. Serve hot.



| Menu | rd1 | Chicken Biryani | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | | |
|---|---|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
| Basmati rice (soaked for 1 hour) | 100 g | 200 g | 300 g | 400 g | 500 g |
| Boneless chicken | 100 g | 200 g | 300 g | 400 g | 500 g |
| **For Marinade** | | | | | |
| Hung curd | ½ cup | 1 cup | 1½ cup | 2 cup | 2½ cup |
| Tomato puree | 2 tbsp | 3 tbsp | 4 tbsp | 5 tbsp | 6 tbsp |
| Ginger garlic paste | 1 tbsp | 1½ tbsp | 1½ tbsp | 2 tbsp | 2 tbsp |
| Salt, garam masala, coriander powder, red chilli powder, turmeric powder | As per taste | | | | |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |
| Onion | ½ cup | 1 cup | 1 cup | 1½ cup | 1½ cup |
| Salt | If required | | | | |
| Coriander leaves | A few springs | | | | |
| Water | 200 ml | 400 ml | 600 ml | 650 ml | 750 ml |

**Method:**

1. Marinade the chicken & keep it in refrigerator for 1 hour.
2. In a MWS bowl add oil, chopped onions & marinated chicken & cover. Select category & weight and press start.
3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover & press start. Stand for 5 minutes. Serve hot.

| Menu | rd2 | Gosht Dum Biryani | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
|---|---|---|---|---|---|
| For | | | | | |
| Basmati rice (soaked for 1 hour) | 100 g | 200 g | 300 g | 400 g | 500 g |
| Boneless mutton | 100 g | 200 g | 300 g | 400 g | 500 g |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |
| Chopped onion | ½ cup | 1 cup | 1 cup | 1½ cup | 1½ cup |
| Ginger garlic paste | 1 tbsp | 1½ tbsp | 1½ tbsp | 2 tbsp | 2 tbsp |
| Jeera, laung, tej patta, salt, red chilli powder, garam masala | As per taste | | | | |
| Water | 200 ml | 400 ml | 600 ml | 650 ml | 750 ml |

**Method:**

1. In a MWS bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton & cover. Select category & weight and press start.
2. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala & cover. Press start. Stand for 5 minutes. Serve hot.

| Menu | rd3 | Malabar Biryani | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
|---|---|---|---|---|---|
| For | | | | | |
| Basmati rice (soaked for 1 hour) | 100 g | 200 g | 300 g | 400 g | 500 g |
| Boneless chicken | 100 g | 200 g | 300 g | 400 g | 500 g |
| **For Marinade** | | | | | |
| Salt, red chilli powder, turmeric powder | As per taste | | | | |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |
| Salt, biryani masala | As per taste | | | | |
| Curd | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |
| Sliced tomato | 1 No. | 1 No. | 2 Nos. | 2 Nos. | 3 Nos. |
| Sliced onion | 1 No. | 1 No. | 2 Nos. | 2 Nos. | 3 Nos. |
| Water | 200 ml | 400 ml | 600 ml | 650 ml | 750 ml |

**Method:**

1. Marinade the chicken & refrigerate it for 1 hour.
2. In a MWS bowl add oil, onion, chopped coriander & mint leaves, biryani masala & salt. Mix, select category & weight & press start.
3. When beeps, remove the bowl & in another MWS bowl add soaked rice, water, tomato, curd, mix & cover. Press start.
4. When beeps, add the marinated chicken to the first bowl. Cover & press start. Stand for 5 minutes. Serve hot.

| Menu | rd4 | Pineapple Fried Rice | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
|---|---|---|---|---|---|
| For | | | | | |
| Basmati rice (soaked for 1 hour) | 100 g | 200 g | 300 g | 400 g | 500 g |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |
| Mix veg - Peas, french beans, carrots, capsicum | ½ cup | 1 cup | 1½ cup | 2 cup | 2½ cup |
| Pineapple (chopped) | ½ cup | 1 cup | 1 cup | 1½ cup | 2 cup |
| Ajinomoto | A pinch | | | | |
| Red chilli powder, chilli sauce, soya sauce | As per taste | | | | |
| Water | 200 ml | 400 ml | 600 ml | 650 ml | 750 ml |

**Method:**

1. In a MWS bowl add oil, mix vegetables, ajinomoto, red chilli powder, soy sauce, chilli sauce. Mix & select category & weight & press start.
2. When beeps, remove, in another MWS bowl add rice & water & press start.
3. When beeps, add the boiled rice to the vegetables, add pineapple pieces. Mix & press start. Stand for 5 minutes.

| Menu | rd5 | Veg Pulao | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
|---|---|---|---|---|---|
| For | | | | | |
| Basmati rice (soaked for 1 hour) | 100 g | 200 g | 300 g | 400 g | 500 g |
| Water | 200 ml | 400 ml | 600 ml | 650 ml | 750 ml |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |
| Jeera, laung, tej patta, salt, garam masala, red chilli powder | As per taste | | | | |
| Mix veg - Gobhi, matar, gajar, french beans etc. | ½ cup | 1 cup | 1½ cup | 2 cup | 2½ cup |

**Method:**

1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.
2. Select category & weight and press start.
3. When beeps, mix well & add rice, water, salt, garam masala, red chilli powder. Press start. Mix well. Stand for 5 minutes.

| Menu | rd6 | Veg Tahiri | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
|---|---|---|---|---|---|
| For | | | | | |
| Basmati rice (soaked for 1 hour) | 100 g | 200 g | 300 g | 400 g | 500 g |
| Water | 200 ml | 400 ml | 600 ml | 650 ml | 750 ml |
| Oil | 1 tbsp | 1½ tbsp | 2 tbsp | 2½ tbsp | 3 tbsp |
| Jeera, laung, tej patta, salt, garam masala, haldi, red chilli powder | As per taste | | | | |
| Mix veg - Gobhi, matar, gajar, tomato, potato etc. | ½ cup | 1 cup | 1½ cup | 2 cup | 2½ cup |

**Method:**

1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.
2. Select category & weight and press start.
3. When beeps, mix well & add rice, water, salt, garam masala, haldi, red chilli powder. Press start. Mix well. Stand for 5 minutes. Serve hot.

| Menu | rd7 | Pepper Rice | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | | | Method: |
|---|---|---|---|---|---|---|
| For | | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
| Soaked Rice (2 hours) | | 100 g | 200 g | 300 g | 400 g | 500 g |
| Water | | 200 ml | 400 ml | 600 ml | 650 ml | 750 ml |
| Dry coconut | | 2 tbsp | 3 tbsp | 4 tbsp | 4½ tbsp | 5 tbsp |
| Green chilli (Chopped) | | 2 nos. | 3 nos. | 4 nos. | 5 nos. | 6 nos. |
| Garlic (Chopped) | | 2 cloves | 3 cloves | 4 cloves | 5 cloves | 6 cloves |
| Ghee | | 1 tbsp | 2 tbsp | 2½ tbsp | 3 tbsp | 3½ tbsp |
| Salt | | As per taste | | | | |
| Black pepper powder | | As per taste | | | | |
| **Seasoning** | | | | | | |
| Mustard seeds | | ½ tsp | 1 tsp | 1½ tsp | 2 tsp | 2½ tsp |
| Black gram dal | | ½ tsp | 1 tsp | 1½ tsp | 2 tsp | 2½ tsp |
| Bengal gram dal | | ½ tsp | 1 tsp | 1½ tsp | 2 tsp | 2½ tsp |
| Curry leaves | | A few leaves | | | | |
| Dry Red Chilli | | 1 no. | 2 nos. | 3 nos. | 4 nos. | 5 nos. |
| Oil | | 1 tbsp | 2 tbsp | 3 tbsp | 3½ tbsp | 4 tbsp |

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

| Menu | rd8 | Zafrani Pulao | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

1. In a MWS bowl add ghee & rice. Mix well. select category & 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.

| Menu | rd9 | Bengali Biryani | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | | | Method: |
|---|---|---|---|---|---|---|
| For | | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg |
| Basmati Rice (Cooked) | | 100 g | 200 g | 300 g | 400 g | 500 g |
| Fish (Hilsa) | | 250 g | 350 g | 450 g | 550 g | 650 g |
| Desi Ghee | | 1 tbsp | 2 tbsp | 2 tbsp | 3 tbsp | 3 tbsp |
| Onion (sliced) | | 1 no. | 2 nos. | 2 nos. | 3 nos. | 3 nos. |
| Ginger-garlic paste | | 1 tsp | 1½ tsp | 2 tsp | 2½ tsp | 3 tsp |
| Red chilli powder, salt, turmerics powder, cumin powder, garam masala | | As per taste | | | | |
| Black pepper corns, cloves, cinnamon, bayleaf, cardamom (green) | | As per requirement | | | | |
| Hung curd | | 2 tbsp | 2½ tbsp | 3 tbsp | 3½ tbsp | 4 tbsp |
| Oil | | 1 tsp | 1½ tsp | 2 tsp | 2½ tsp | 3 tsp |
| Water | | 200 ml | 400 ml | 600 ml | 650 ml | 750 ml |

1. In a bowl take hung curd, ginger-garlic paste, oil, all the spices, mix well & make a paste for marinade. Apply this marinade on fish pieces evenly keep the marinated fish in refrigerator for atleast 1-1½ hours.
2. In a MWS bowl take soaked rice, water, select category & weight & press start.
3. When beeps remove rice from microwave. In another MWS bowl take sliced onions, desi ghee, black pepper corns, cloves, cinnamon stick, bay leaf, cardamom, mix well. Press start.
4. When beeps add the cooked onions to rice, add marinated fish pieces, salt. Mix well, cover & press start. Allow to stand for 5-10 minutes.
5. Serve hot with curd or gravy of your choice.

| Menu | rd10 | Khumb Pulao | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

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

| Menu | rd11 | Tiranga Pulao | Weight Limit | 0.2 ~ 0.4Kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl & Microwave safe (MWS) glass bowl

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

**Method:**

1. In a spice grinder take mint leaves, coriander leaves, onion (cut into pieces), green chilli & salt. Grind them & make green chutney. Keep aside for late use.
2. In a MWS bowl take soaked rice & water. Add ¼ salt. Select category & 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.

| Menu | rd12 | Egg Biryani | Weight Limit | 0.1 ~ 0.3Kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Boiled eggs | 2 nos. | 3 nos. | 4 nos. |
| Rice (soaked for 1 hour) | 100 g | 200 g | 300 g |
| Water | 200 ml | 350 ml | 500 ml |
| Onions (Big sized sliced) | 1 no. | 2 nos. | 2 nos. |
| Coriander leaves (chopped) | 1 tbsp | 2 tbsp | 3 tbsp |
| Ginger-garlic paste | ½ tsp | 1 tsp | 1 tsp |
| Salt, red chilli powder, garam masala, dhania powder, turmeric powder | As per taste | | |
| Biryani masala | ½ tsp | 1 tsp | 1 tsp |
| Slit green chillies | 1 no. | 2 nos. | 2 nos. |

**Method:**

1. In a MWS bowl take soaked rice, water. Select category & 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.

| Menu | rd13 | Achari Chana Pulao | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Soaked rice | 100 g | 200 g | 300 g |
| Soaked & boiled kabuli chana | ½ cup | 1 cup | 1½ cup |
| Sliced onions | ½ cup | 1 cup | 1½ cup |
| Water | 200 ml | 350 ml | 500 ml |
| Ginger-garlic paste | ½ tsp | 1 tsp | 1½ tsp |
| Desi ghee | 1 tbsp | 1½ tbsp | 2 tbsp |
| Laung, chhoti elaichi, badi elaichi, saunf, jeera | As per requirement | | |
| Salt, red chilli powder, garam masala, haldi | As per taste | | |
| Mango pickle paste | 1 tbsp | 1½ tbsp | 2 tbsp |
| Slit green chilli | 1 no. | 2 nos. | 2 nos. |

**Method:**

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

| Menu | rd14 | Methi Rice | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

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

| Menu | rd15 | Coconut Rice | Weight Limit | 0.1 ~ 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

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

**Method:**

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

| Menu | rd16 | Curd Rice | Weight Limit | 0.1 ~ 0.5 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

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

**Method:**

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

| Menu | rd17 | Keema pulao | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | |
|---|---|
| For | 0.3kg |
| Basmati rice (soaked for 1 hour) | 200 g |
| Minced Keema | 100 g |
| Black cardamom | 4 No. |
| Salt, red chilli powder, turmeric powder | As per taste |
| Oil | 1 tbsp |
| Salt, biryani masala | As per taste |
| Ginger garlic paste | 1 tbsp |
| Sliced tomato | 1 No. |
| Sliced onion | 1 No. |
| Water | 200 ml |

**Method:**

1. In a MWS bowl add oil, ginger garlic paste & spring onions. Select category & weight and press start.
2. When beeps, add keema & biryani masala, tomato, black cardamom. Press start.
3. When beeps, mix well & add rice, water, salt & pepper. Press start. Stand for 3 minutes.

| Menu | rd18 | Tomato pulao | Weight Limit | 0.1 ~ 0.3Kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | |
|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg |
| Chopped tomato | 2 nos. | 3 nos. | 4 nos. |
| Rice (soaked for 1 hour) | 100 g | 200 g | 300 g |
| Water | 200 ml | 350 ml | 500 ml |
| Onions (Big sized sliced) | 1 no. | 2 nos. | 2 nos. |
| Coriander leaves (chopped) | 1 tbsp | 2 tbsp | 3 tbsp |
| Ginger-garlic paste | ½ tsp | 1 tsp | 1 tsp |
| Salt, red chilli powder, garam masala, dhania powder, turmeric powder | As per taste | | |
| Biryani masala | ½ tsp | 1 tsp | 1 tsp |
| Slit green chillies | 1 no. | 2 nos. | 2 nos. |

**Method:**

1. In a MWS bowl take soaked rice, water. Select category & 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, chopped tomatos & all the spices. Mix very well & press start.
3. When beeps, add boiled rice to the sliced onions. Mix well. Press start.
4. Serve tomato pulao hot with plain curd or raita.

| Menu | rd19 | Paneer Fried Rice | Weight Limit | 0.1 ~ 0.5Kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| Instructions | | | | | | Method: |
|---|---|---|---|---|---|---|
| For | 0.1 Kg | 0.2 Kg | 0.3 Kg | 0.4 Kg | 0.5 Kg | 1. In a MWS bowl take soaked rice, water. Select category & weight and press start. |
| Paneer (cubes) | ½ cup | 1 cup | 1½ cup | 1½ cup | 2cup | 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, paneer cubes & all the spices. Mix very well & press start. |
| Rice (soaked for 1 hour) | 100 g | 200 g | 300 g | 400 g | 500 g | 3. When beeps, add boiled rice to the sliced onions. Mix well. Press start. |
| Water | 200 ml | 350 ml | 500 ml | 650 ml | 800 ml | 4. Serve paneer fried rice hot with plain curd or raita. |
| Onions (Big sized sliced) | 1 no. | 2 nos. | 2 nos. | 3 nos. | 3 nos. | |
| Coriander leaves (chopped) | 1 tbsp | 2 tbsp | 3 tbsp | 4 tbsp | 4 tbsp | |
| Ginger-garlic paste | ½ tsp | 1 tsp | 1 tsp | 2 tsp | 2 tsp | |
| Salt, red chilli powder, garam masala, dhania powder, turmeric powder | As per taste | | | | | |
| Biryani masala | ½ tsp | 1 tsp | 1 tsp | 2 tsp | 2 tsp | |
| Slit green chillies | 1 no. | 2 nos. | 2 nos. | 3 nos. | 3 nos. | |

| Menu | rd20 | Chilli Garlic Rice | Weight Limit | 0.2 ~ 0.5Kg |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | | | | Method: |
|---|---|---|---|---|---|
| For | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg | 1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start. |
| Rice (soaked) | 200 g | 300 g | 400 g | 500 g | 2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, coriander leaves, garlic paste. Mix well & press start. |
| Water | 400 ml | 600 ml | 650 ml | 750 ml | 3. When beeps, add cooked rice, chilli sauce, salt. Mix well & press start. |
| Oil | 2 tsp | 2½ tsp | 3 tsp | 3½ tsp | |
| Ghee | 2 tsp | 2½ tsp | 3 tsp | 3½ tsp | |
| Jeera | 1 tsp | 1½ tsp | 2 tsp | 2½ tsp | |
| Chopped garlic | 1 tsp | 1½ tsp | 2 tsp | 2½ tsp | |
| Garlic paste | ½ tbsp | 1 tbsp | 1½ tbsp | 2 tbsp | |
| Chopped green chillies | 3 nos. | 4 nos. | 5 nos. | 6 nos. | |
| Chopped coriander leaves | ½ cup | 1 cup | 1½ cup | 2 cup | |
| Chilli sauce | 2 tbsp | 3 tbsp | 4 tbsp | 5 tbsp | |
| Salt | As per taste | | | | |



| Menu | CC1 | Apple Tomato Chutney | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave Safe (MWS) Glass Bowl

| Instructions | | Method: |
|---|---|---|
| Apple pieces | 150 g | 1. In a MWS glass bowl put apple, tomato, green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook. |
| Tomato pieces | 150 g | 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. |
| Green chillies, Salt, Sugar | As per your taste | 3. When beeps, add ground mixture and press start. Garnish with chopped coriander. |
| Oil | 2 tbsp | |
| For Tempering : Rai, Jeera, Hing etc. | | |

| Menu | CC2 | Lemon Pickle | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave Safe (MWS) Glass Bowl

| Instructions | | Method: |
|---|---|---|
| Lemon pieces | 150 g | 1. Cut lemon and remove seeds. In MWS glass bowl add lemon pieces, sugar, salt and chilli powder. Select category and press start. Store it in a bottle after it cools. |
| Sugar | 150 g | |
| Chilli powder, Salt | As per your taste | |
| For Tempering : Rai, Jeera, Hing etc. | | |

| Menu | CC3 | Mix Veg. Pickle | Weight Limit | 0.3 kg |
|---|---|---|---|---|

**Utensil:** Microwave Safe (MWS) Glass Bowl

| Instructions | | Method: |
|---|---|---|
| For | 0.3 kg | 1. In a MWS glass bowl put vegetables cut in long strips. Cover and keep it in Microwave. Select category and press start to cook. |
| Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas) | 300 g | 2. When it gives a beep, remove. |
| Lemon juice | 2 tbsp | 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. |
| Salt, Chilli powder, Sugar, Pickle Masala | As per your taste | |
| Oil | 2 tbsp | |
| For tempering : Rai, Jeera, Hing etc. | As required | |

| Menu | CC4 | Pizza Sauce | Weight Limit | 0.3 kg |
|---|---|---|---|---|
| **Utensil:** Microwave Safe (MWS) Glass Bowl | | | | |
| **Instructions** | | | **Method:** | |
| Tomato | | 200 g | 1. In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select category & press start to cook.<br>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.<br>3. When cooking ends, the sauce is ready. | |
| Onion | | 1 No. | | |
| Salt, Sugar, Ajwain, Oregano, Basil leaves | | As per your taste | | |
| Garlic pods | | 7-8 nos. | | |
| Oil | | 2 tbsp | | |

| Menu | CC5 | Tomato Sauce | Weight Limit | 0.5 kg |
|---|---|---|---|---|
| **Utensil:** Microwave Safe (MWS) Glass Bowl | | | | |
| **Instructions** | | | **Method:** | |
| Tomato | | 500 g | 1. In a MWS glass bowl put tomato pieces, cover and keep it in a Microwave. Select category & press start to cook.<br>2. When beeps, remove, allow to cool and grind it in a mixer. Strain it. Add salt, sugar, garam masala. Mix well. Press start. | |
| Onion | | 1 No. | | |
| Chilli powder, Salt, Sugar | | As per your taste | | |
| Chopped ginger and garlic | | 2 tbsp | | |
| Garam masala | | 1 tsp | | |

| Menu | CC6 | Masala Chutney | Weight Limit | 0.3 kg |
|---|---|---|---|---|
| **Utensil:** Microwave Safe (MWS) Glass Bowl | | | | |
| **Instructions** | | | **Method:** | |
| Chana Daal, Urad Daal | | 100 g each | 1. In a MWS bowl put daals and keep it in Microwave. Select category & press start to cook.<br>2. When beeps, remove. Add the rest of the ingredients and keep it in microwave and press start.<br>3. Remove, cool it and grind it in a mixer adding required amount of water. This chutney can be served with Idly, Parantha or Rice. | |
| Grated dry coconut | | 100 g | | |
| Sesame, Salt, Sugar, Turmeric, Dhaniya powder, Jeera powder, Curry leaves, Methi seeds | | As per your taste | | |
| Oil | | 1 tsp | | |

| Menu | CC7 | Lehsun ki Chutney | Weight Limit | 0.2 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) bowl | | | | |
| **Instructions** | | | **Method:** | |
| Chopped tomatoes | | 2 nos. | 1. In a MWS bowl mix all the ingredients. Select category & press start.<br>2. Remove when cooking ends. Allow to cool. Grind it & serve as an accompaniment. | |
| Chopped garlic | | 20 g | | |
| Chopped green chillies | | 2 nos. | | |
| Chopped onion | | ½ cup | | |
| Oil | | 2 tsp | | |
| Jeera | | 1 tsp | | |
| Haldi, red chilli powder, salt | | As per taste | | |
| Water | | ¼ cup | | |

| Menu | CC8 | Manchurian Sauce | Weight Limit | 0.3 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) bowl | | | | |
| **Instructions** | | | **Method:** | |
| For | | 0.3 kg | 1. In a MWS bowl add all the ingredients. Select category & press start. | |
| Water | | 1½ cups (300 ml) | | |
| Vinegar sauce | | 1 tbsp | | |
| Soya sauce | | 1 tsp | | |
| Tomato sauce | | ½ cup | | |
| Ajinomoto | | A pinch | | |
| Cornflour | | 2 tbsp + ½ cup water | | |

| Menu | CC9 | Aam Ki Chutney | Weight Limit | 0.3 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) bowl | | | | |
| **Instructions** | | | **Method:** | |
| For | | 0.3 kg | 1. In a MWS bowl mix all the ingredients. Cover. Select category & press start. | |
| Aam (peeled & chopped) | | 300 g | | |
| Kishmish (seedless & chopped) | | 25 g | | |
| Chopped ginger & garlic | | 2 tsp | | |
| Tamarind pulp | | 1 tbsp | | |
| Salt & sugar | | As per taste | | |

| **Menu** | **CC10** | **Coconut Chutney** | **Weight Limit** | **0.3 kg** |
|---|---|---|---|---|

**Utensil:** Microwave Safe (MWS) Glass Bowl

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

**Method:**

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

| **Menu** | **CC11** | **Til Ki Chutney** | **Weight Limit** | **0.2 kg** |
|---|---|---|---|---|

**Utensil:** Microwave Safe (MWS) Glass Bowl

| **Instructions** | |
|---|---|
| For | 0.2 kg |
| Roasted til | ⅓ cup |
| Tamarind paste | 2 tbsp |
| Green chilli | 4-5 nos. |
| Coriander leaves | 2 tbsp |
| Mint leaves | 1 tbsp |
| Water | ½ cup |
| Garlic pods | 2-3 nos. |
| Salt | As per taste |
| **For Tempering** | |
| Oil | 1 tbsp |
| Cumin seeds | 1 tsp |
| Curry leaves | 6-7 nos. |
| Red chilli (dry) | 2 nos. |

**Method:**

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

| **Menu** | **CC12** | **Chana Chaat** | **Weight Limit** | **0.1 ~ 0.4 kg** |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| **Instructions** | | | | |
|---|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg | 0.4 kg |
| Kala chana (soaked overnight) | 100 g | 200 g | 300 g | 400 g |
| Water | 250 ml | 500 ml | 750 ml | 1000 ml |
| Oil | 1 tsp | 2 tsp | 3 tsp | 4 tsp |
| Jeera, hing | 1 tsp | 1½ tsp | 2 tsp | 2 tsp |
| Chopped onion | ½ cup | 1 cup | 1 cup | 1½ cup |
| Boiled potato | 1 no. | 2 nos. | 3 nos. | 3 nos. |
| Salt, red chilli powder, chaat masala, lemon juice, imli chatni | As per taste | | | |

**Method:**

1. In a MWS bowl add soaked chana, water & cover. Select category & weight and press start.
2. When beeps, remove & drain water from the chanas. In a MWS bowl add oil, jeera, hing & chopped onion and press start.
3. Add boiled chanas, salt, red chilli powder, chaat masala, lemon juice, imli chutney, boiled potato. Mix well & serve.

| **Menu** | **CC13** | **Aloo Kand Chaat** | **Weight Limit** | **0.1 ~ 0.3 kg** |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) bowl

| **Instructions** | | | |
|---|---|---|---|
| For | 0.1 kg | 0.2 kg | 0.3 kg |
| Aloo (cut in medium pieces) | 50 g | 100 g | 150 g |
| Jimikand (cut in medium pieces) | 50 g | 100 g | 150 g |
| Sugar, salt, red chilli powder, chaat masala | As per taste | | |

**Method:**

1. In a MWS bowl add aloo, jimikand & add little water Cover. Select category & weight & press start.
2. When beeps, stir well. Cover & press start.
3. Add sugar, salt, red chilli powder, chaat masala. Allow to stand for 3 minutes.

| **Menu** | **CC14** | **Amla chutney** | **Weight Limit** | **0.5 kg** |
|---|---|---|---|---|

**Utensil:** Microwave Safe (MWS) Glass Bowl

| **Instructions** | |
|---|---|
| Amla | 500 g |
| Water for boiling | As per required |
| Green chillies, Salt, Sugar | As per your taste |
| Oil | 2 tbsp |
| For Tempering : Rai, Jeera, Hing etc. | |

**Method:**

1. In a MWS glass bowl put amla, water & press start.
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 green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook.

| Menu | CC15 | Baingan chutney | Weight Limit | 0.5 kg |
|---|---|---|---|---|
| **Utensil:** Microwave Safe (MWS) Glass Bowl | | | | |
| **Instructions** | | | **Method:** | |
| Baingan (Whole) | | 500 g | 1. In a MWS glass bowl keep baingan & press start.<br>2. When beeps, allow to cool and peel off the skin. In another MWS glass bowl add oil and tempering and press start.<br>3. When beeps, add mashed baingan and green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook. | |
| Amchoor powder | | As per required | | |
| Green chillies, Salt, Sugar | | As per your taste | | |
| Oil | | 2 tbsp | | |
| For Tempering : Rai, Jeera, Hing etc. | | | | |

## Pasteurize Milk/Tea/Dairy Delight

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

1. Press STOP/CLEAR.




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




3. Turn Dial until display shows "2.0 L"



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




5. *Turn Dial until display show "25 ℃".



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





**<u>For Tea/Dairy Delight</u>**

7. If you want to select Tea/Dairy Delight, Press the button twice, the display will show “dd1”
8. Turn the dial to select dd1 to CU2.
9. Press START/Add 30secs for category confirmation.
10. Turn dial to select weight.
11. Press START/Add 30secs
    When cooking you can increase or decrease
    cooking time by turning Dial. (Dairy delight only)

**NOTE**

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

*Note: If the recipe has single weight e.g
“PA1", do not follow step 9, 10, directly go to step 11.

## Pasteurize Milk/Tea/Dairy Delight

Pasteurize Milk

| Menu | PS1 | Pasteurize Milk | Weight Limit | 1-2 L |
|---|---|---|---|---|

**Utensil:** Milk Pasteurization Kit

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

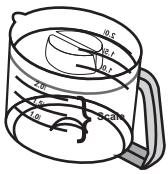


Fig.1

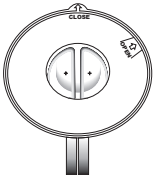



Fig.2

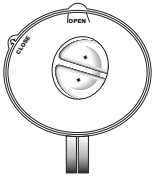



Fig.3

**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 category, 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.

## Pasteurize Milk/Tea/Dairy Delight

Tea

| Menu | dd1 | Tea | Weight Limit | 1-4 cups |
|---|---|---|---|---|

**Utensil:** Microwave safe glass bowl

| Instructions | | | | |
|---|---|---|---|---|
| For | 1cup | 2cups | 3cups | 4cups |
| Water | 120ml | 240ml | 360ml | 480ml |
| Tea leaves | 1tsp | 2tsp | 3tsp | 4tsp |
| Milk | 120ml | 150ml | 225ml | 300ml |
| Sugar | As per taste | | | |

**Method:**

1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start.
2. When beeps, add milk & sugar. Press start.
   Serve hot.
   **1 cup tea = 150ml approx**

| Menu | dd2 | Coffee | Weight Limit | 1-4 cups |
|---|---|---|---|---|

**Utensil:** Microwave safe glass bowl

| Instructions | | | | |
|---|---|---|---|---|
| For | 1cup | 2cups | 3cups | 4cups |
| Water | 60ml | 120ml | 180ml | 240ml |
| Coffee | ½ tsp (Each cup) | | | |
| Milk | 120ml | 150ml | 225ml | 300ml |
| Sugar | As per taste | | | |
| Ginger/cardamon (crushed) | As per taste(optional) | | | |

**Method:**

1. In a MWS glass bowl add water. Select category & 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**

| Menu | dd3 | Masala Tea | Weight Limit | 1-4 cups |
|---|---|---|---|---|

**Utensil:** Microwave safe glass bowl

| Instructions | | | | |
|---|---|---|---|---|
| For | 1cup | 2cups | 3cups | 4cups |
| Water | 120ml | 240ml | 360ml | 480ml |
| Tea leaves | 1tsp | 2tsp | 3tsp | 4tsp |
| Milk | 120ml | 150ml | 225ml | 300ml |
| Sugar | As per taste | | | |
| Chai masala | As per taste | | | |

**Method:**

1. In a MWS glass bowl add water, tea leaves & chai masala. Select category & weight. Press start.
2. When beeps, add milk & sugar. Press start.
3. When beeps, keep it again in microwave and press start for dragging tea.
4. Serve hot.
   **1 cup tea = 150ml approx**

| Menu | dd4 | Ginger Tea | Weight Limit | 1-4 cups |
|---|---|---|---|---|

**Utensil:** Microwave safe glass bowl

| Instructions | | | | |
|---|---|---|---|---|
| For | 1cup | 2cups | 3cups | 4cups |
| Water | 120ml | 240ml | 360ml | 480ml |
| Tea leaves | 1tsp | 2tsp | 3tsp | 4tsp |
| Milk | 120ml | 150ml | 225ml | 300ml |
| Sugar | As per taste | | | |
| Ginger | As per taste | | | |

**Method:**

1. In a MWS glass bowl add water, tea leaves & crushed ginger. Select category & weight. Press start.
2. When beeps, add milk & sugar. Press start.
3. When beeps, keep it again in microwave and press start for dragging tea.
4. Serve hot.
   **1 cup tea = 150ml approx**

| **Menu** | **dd5** | | | **Tulsi Tea** | **Weight Limit** | **1-4 cups** |
|---|---|---|---|---|---|---|
| **Utensil:** Microwave safe glass bowl | | | | | | |
| **Instructions** | | | | | **Method:** | |
| For | 1cup | 2cups | 3cups | 4cups | 1. In a MWS glass bowl add water, tea leaves & tulsi leaves. Select category & weight. Press start. | |
| Water | 120ml | 240ml | 360ml | 480ml | 2. When beeps, add milk & sugar. Press start. | |
| Tea leaves | 1tsp | 2tsp | 3tsp | 4tsp | 3. When beeps, keep it again in microwave and press start for dragging tea. | |
| Milk | 120ml | 150ml | 225ml | 300ml | 4. Serve hot. | |
| Sugar | As per taste | | | | **1 cup tea = 150ml approx** | |
| Tulsi leaves | As per taste | | | | | |

| **Menu** | **dd6** | | | **Lemon Tea** | **Weight Limit** | **1-4 cups** |
|---|---|---|---|---|---|---|
| **Utensil:** Microwave safe glass bowl | | | | | | |
| **Instructions** | | | | | **Method:** | |
| For | 1cup | 2cups | 3cups | 4cups | 1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. | |
| Water | 120ml | 240ml | 360ml | 480ml | 2. When beeps, add lemon & sugar. Press start. | |
| Tea leaves | 1tsp | 2tsp | 3tsp | 4tsp | Serve hot. | |
| Lemon | ½ No. | 1 No. | 1 No. | 1½ No. | **1 cup tea = 150ml approx** | |
| Sugar | As per taste | | | | | |

| **Menu** | **dd7** | | | **Black Tea** | **Weight Limit** | **1-4 cups** |
|---|---|---|---|---|---|---|
| **Utensil:** Microwave safe glass bowl | | | | | | |
| **Instructions** | | | | | **Method:** | |
| For | 1cup | 2cups | 3cups | 4cups | 1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. | |
| Water | 120ml | 240ml | 360ml | 480ml | 2. When beeps, add sugar. Press start. | |
| Tea leaves | 1tsp | 2tsp | 3tsp | 4tsp | Serve hot. | |
| Sugar | As per taste | | | | **1 cup tea = 150ml approx** | |

| **Menu** | **dd8** | | | **Green Tea** | **Weight Limit** | **1-4 cups** |
|---|---|---|---|---|---|---|
| **Utensil:** Microwave safe glass bowl | | | | | | |
| **Instructions** | | | | | **Method:** | |
| For | 1cup | 2cups | 3cups | 4cups | 1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start. | |
| Water | 120ml | 240ml | 360ml | 480ml | 2. When beeps, add sugar. Press start. And allow it to for 5 minutes | |
| Green Tea leaves | 1tsp | 2tsp | 3tsp | 4tsp | Serve hot. | |
| Sugar | As per taste | | | | **1 cup tea = 150ml approx** | |

| **Menu** | **dd9** | | | **Spiced Cider Tea** | **Weight Limit** | **1-4 cups** |
|---|---|---|---|---|---|---|
| **Utensil:** Microwave safe glass bowl | | | | | | |
| **Instructions** | | | | | **Method:** | |
| For | 1cup | 2cups | 3cups | 4cups | 1. In a MWS glass bowl add water, cinnamon, cloves, peppercorn & tea leaves . Select category & weight. Press start. | |
| Water | 120ml | 240ml | 360ml | 480ml | 2. When beeps, add sugar & cider. Press start. And allow it to for 5 minutes | |
| Tea leaves | 1tsp | 2tsp | 3tsp | 4tsp | Serve hot. | |
| Cinnamon | 1tsp | 2tsp | 3tsp | 4tsp | **1 cup tea = 150ml approx** | |
| Cloves, peppercorns | 1tsp | 2tsp | 3tsp | 4tsp | | |
| Cider | 1tsp | 2tsp | 3tsp | 4tsp | | |
| Sugar | As per taste | | | | | |

| **Menu** | **dd10** | | | **Peppermint Tea** | **Weight Limit** | **1-4 cups** |
|---|---|---|---|---|---|---|
| **Utensil:** Microwave safe glass bowl | | | | | | |
| **Instructions** | | | | | **Method:** | |
| For | 1cup | 2cups | 3cups | 4cups | 1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start. | |
| Water | 120ml | 240ml | 360ml | 480ml | 2. When beeps, add sugar & mint leaves. Press start. And allow it to for 5 minutes | |
| Green Tea leaves | 1tsp | 2tsp | 3tsp | 4tsp | Serve hot. | |
| Mint leaves | 1tsp | 2tsp | 3tsp | 4tsp | **1 cup tea = 150ml approx** | |
| Sugar | As per taste | | | | | |

| **Menu** | **dd11** | | | **Lemon Honey Tea** | **Weight Limit** | **1-4 cups** |
|---|---|---|---|---|---|---|
| **Utensil:** Microwave safe glass bowl | | | | | | |
| **Instructions** | | | | | **Method:** | |
| For | 1cup | 2cups | 3cups | 4cups | 1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start. | |
| Water | 120ml | 240ml | 360ml | 480ml | 2. When beeps, add lemon. Press start. When beeps add honey to it. | |
| Green Tea leaves | 1tsp | 2tsp | 3tsp | 4tsp | Serve hot. | |
| Lemon | ½ no. | 1 no. | 1 no. | 1 no. | **1 cup tea = 150ml approx** | |
| Honey | As per taste | | | | | |

| Menu | PA1 | Paneer | Weight Limit | 0.5 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe glass bowl | | | | |
| **Instructions** | | | **Method:** | |
| Milk | 500ml | | 1. In a MWS glass bowl add milk and lemon juice/vinegar. Select menu & press start.<br>2. When it gives beeps, stir it & again press start.<br>3. When beeps, remove the bowl & strain in a muslin cloth & press it. | |
| Lemon juice/Vinager | 4 tbsp | | | |

| Menu | PA2 | Masala Paneer | Weight Limit | 0.5 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) glass bowl | | | | |
| **Instructions** | | | **Method:** | |
| For | 0.5 kg | | 1. In MWS glass bowl add milk. Select category and press start.<br>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. | |
| Milk | 500 ml | | | |
| Curd | 2 tbsp | | | |
| Coriander powder | 1 tbsp | | | |
| Jeera powder | 1 tsp | | | |

| Menu | CU1 | Curd | Weight Limit | 0.5 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) glass bowl | | | | |
| **Instructions** | | | **Method:** | |
| Milk | 500 ml | | 1. In a MWS glass bowl add milk and select menu & press start.<br>2. When beeps add starter culture of curd for inoculation & stir it. Again press start.<br>3. Now take out the bowl & keep it in a casserole & store in warm place for proceeding appropriate setting temperature & time for 5-6 hours | |
| Starter curd | 2 tbsp | | | |

| Menu | CU2 | Flavoured Yoghurt[@] | Weight Limit | 0.6 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) glass bowl & Low rack[##] | | | | |
| **Instructions** | | | **Method:** | |
| For | 0.6 kg | | 1. In a MWS glass bowl mix all the ingredients. Beat well till smooth.<br>2. Select menu & press start. (Pre-heat process)<br>3. When beeps, keep the MWS glass bowl on low rack & keep it in microwave. Press start.<br>4. When cooking ends, take out & allow to come to room temperature. Keep in freezer 1 hour.<br>**Note:** In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple youghurt, add pineapple slices t the times serving. | |
| Curd | 200 ml | | | |
| Milkmaid | 100 ml | | | |
| Fresh cream | 200 ml | | | |
| Flavours (Venilla, Strawberry, Pineapple essence) | 500 ml | | | |

[@] Do not put anything in the oven during Pre-heat mode.
[##] Refer page 101, fig 3

## Cooking Aid/Steam Clean/Dosa/Ghee

In the following example, show you how to cook
**0.4 kg of Defrost veg.**

1. Press **STOP/CLEAR**.




2. Press **Cooking Aid/Steam Clean/Dosa/Ghee.**




3. Turn **DIAL** until display show "**UC2**".




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




5. *Turn DIAL until display show “0.4 kg”




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




**For Dosa/Ghee**

7. If you want to select Dosa/Ghee, Press the button twice, the display will show “do1"
8. Turn the dial to select do1 to Gh1.
9. Again follow step 4 to 6.

**NOTE**

- Cooking Aid/Steam Clean/Dosa/Ghee menus are programmed.
- Cooking Aid/Steam Clean/Dosa/Ghee cook allows you to cook most of your favorite food by selecting the food type and the weight of the food.

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

| Menu | UC1 | Keep warm | Weight Limit | 0.3 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) bowl | | | | |
| **Instructions** | | | **Method:** | |
| For | 0.3 kg | | 1. Any cooked food with cover (Rice, Dal, Subzi, Halwa, Upma etc.) Select category & press start.<br>2. When beeps, mix well & press start. When beeps, mix well & press start. | |

| Menu | UC2 | Defrost Veg | Weight Limit | 0.2~0.5 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) bowl | | | | |
| **Instructions** | | | **Method:** | |
| For | 0.1~0.5 kg | | Veg - (Paneer, Green Peas, Corn etc.)<br>1. Take in Microwave Safe Bowl, select category & weight and press start.<br>2. When beeps, turn the food. Press start. | |

| Menu | UC3 | Defrost Non Veg | Weight Limit | 0.5~1.0 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) bowl | | | | |
| **Instructions** | | | **Method:** | |
| For | 0.5~1.0 kg | | Non-Veg - (Chicken, Mutton etc.)<br>1. Take in Microwave Safe Bowl, select category & weight and press start.<br>2. When beeps, turn the food. Press start. | |

| Menu | UC4 | Dehumidifiction | Weight Limit | 0.3 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) bowl | | | | |
| **Instructions** | | | **Method:** | |
| For | 0.3 kg | | Namkin, Biscuits, Bhujia, Papad and Wafers etc.<br>1. In MWS bowl add the food to be dehumidified. Select category and press start. | |

| Menu | UC5 | Light Disinfect | Weight Limit |
|---|---|---|---|
| **Utensil:** Microwave safe (MWS) glass utensil & Empty Cavity | | | |
| **Instructions** | | | **Method:** |
| For | 0.3 kg | | 1. Sterilize Microwave safe glass utensil - Keep the empty utensil & select category & press start.<br>2. Clean the cavity - Keep the cavity empty. Select category & press start. When time ends (beeps), clean the cavity with a damp cloth.<br>Note : The oven has a special function Light Disinfect which allows to sterilize the MWS glass utensil thereby giving a hygiene & clean utensils/cavity. |

| Menu | UC6 | Body Massage Oil | Weight Limit | 0.2 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) bowl | | | | |
| **Instructions** | | | **Method:** | |
| For | 0.2 kg | | 1. In a MWS glass bowl put all the ingredients. Select category and press start.<br>2. Remove when it gives a beep. Keep it for 2 hours.<br>3. Strain and store in a glass a jar. | |
| Garlic | 10 pods | | | |
| Ajwain | ½ tsp | | | |
| Cloves | 2-3 nos. | | | |
| Almonds | 3-4 nos. | | | |
| Mustard oil | 1 cup | | | |

| Menu | UC7 | Pizza base[@] | Weight Limit | 0.2 kg |
|---|---|---|---|---|
| **Utensil:** Low rack & Multicook tawa[#] | | | | |
| **Instructions** | | | **Method:** | |
| For | 0.2 kg | | 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.<br>2. Select category & press start. (Pre-heat process).<br>3. When beeps, keep the tawa on low rack. Press start. | |
| Maida | 200 g | | | |
| Yeast | 1 tbsp | | | |
| Salt | 1/2 tsp | | | |
| Sugar | 1 tsp | | | |
| Water | As required | | | |

| Menu | UC8 | Yeast dough | Weight Limit | 0.3 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) glass bowl | | | | |
| **Instructions** | | | **Method:** | |
| For | 0.3 kg | | 1. In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough.<br>2. Select category and press start. Rest for 3 minutes. Now remove. | |
| Maida | 300 g | | | |
| Yeast | 1 tbsp | | | |
| Salt | ½ tsp | | | |
| Sugar | 1 tsp | | | |
| Water | As required | | | |

[#] Refer page 101, fig 1
[@] Do not put anything in the oven during Pre-heat mode.

| Menu | UC9 | Boil Potato | Weight Limit | 0.3 kg |
|---|---|---|---|---|
| **Utensil:** Glass tray | | | | |
| **Instructions** | | | **Method:** | |
| For | 0.3 kg | | 1. Take potatoes and pierce with fork or knife from all side & keep in a microwave on a glass tray. And press start.<br>2. Boiled potatoes are ready for use. | |
| Potato | 300 g | | | |

| Menu | UC10 | Lemon Squeeze | Weight Limit | 5 Pcs |
|---|---|---|---|---|
| **Utensil:** Glass tray | | | | |
| **Instructions** | | | **Method:** | |
| Lemon | 5 pcs | | 1. Take 5 no. of lemons & keep on glass tray of microwave oven.<br>2. Now select menu & press start.<br>3. When beeps, take out lemons & squeeze it to get more juice out of them. | |

| Menu | UC11 | Garlic peel | Weight Limit | 10 Cloves |
|---|---|---|---|---|
| **Utensil:** Glass tray | | | | |
| **Instructions** | | | **Method:** | |
| Garlic Cloves | 10 nos | | 1. Take 10 cloves of garlic & keep in MWS glass tray of microwave oven.<br>2. Select menu & press start.<br>3. When beeps, take out cloves will slide right out of their skin, hassle free. | |

| Menu | UC12 | Tear free onions | Weight Limit | 5 Pcs |
|---|---|---|---|---|
| **Utensil:** Glass tray | | | | |
| **Instructions** | | | **Method:** | |
| Onions | 5 nos | | 1. Take 5 onions & pierce it with knife & keep in MWS glass tray of microwave oven.<br>2. Select menu & press start.<br>3. When beeps, take out onions & peel it off & chop easily without getting tears in eyes. | |

| Menu | UC13 | Crispy nuts | Weight Limit | 0.1 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) flat glass dish | | | | |
| **Instructions** | | | **Method:** | |
| For | 0.1 kg | | 1. In a microwave safe flat glass dish add drops of oil, nuts. Mix well.<br>2. Select category & weight & press start.<br>3. Serve plain or with chaat masala. | |
| Nuts | 100 g | | | |
| Oil | As required | | | |

| Menu | UC14 | Smooth Honey | Weight Limit | 0.3 kg |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) glass utensils | | | | |
| **Instructions** | | | **Method:** | |
| For | 0.3 kg | | 1. Keep Crystallize honey in a microwave safe glass utensil or jar in microwave & press start.<br>2. Smooth and free flowing honey ready to use. | |
| Crystallized Honey | 300 g | | | |

| Menu | UC15 | Stale to Fresh Bread | Weight Limit | 2 Pcs |
|---|---|---|---|---|
| **Utensil:** Microwave safe (MWS) Rotating glass tray | | | | |
| **Instructions** | | | **Method:** | |
| For | 2 Pcs | | 1. Keep hardened bread or refrigerated bread enveloped in damped cotton cloth in a microwave glass tray. Press start.<br>2. Hardened bread turns soft & fresh. | |
| Stale or hard bread | 2 Pcs | | | |



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

| Menu | do1 | Masala dosa[@] | Weight Limit | 1 Pc |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| **For Dough** | |
| Parboiled rice/Ukda chawal | 1 cup |
| Split black lentils/Urad daal | 1 cup |
| Fenugreek/Methi seeds | 1/4 tsp |
| Salt | As per taste |
| Water | As required |
| **For Stuffing** | |
| Boiled & mashed potato | 1 cup |
| Oil | 1 tbsp |
| Jeera, Mustard seeds, hing, onion, Turmeric powder | 1 tsp |
| Salt | As per taste |

**Method:**

1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste.
2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process)
3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100%) for 3 minutes & then add boiled mashed potatoes & again microwave for 3 minutes. Keep it aside.
4. Select menu & press start (Pre-heat process).
5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape.
6. After beep, put the tawa on high rack & press start.
7. When beeps, fill the stuffing & fold the dosa from both ends.

| Menu | do2 | Bombay Mysore Masala dosa[@] | Weight Limit | 1 Pc |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| **For Dough** | |
| Parboiled rice/Ukda chawal | 1 cup |
| Split black lentils/Urad daal | 1 cup |
| Fenugreek/Methi seeds | 1/4 tsp |
| Salt | As per taste |
| Water | As required |
| **For Stuffing** | |
| Chopped vegetables (onion, tomato, capsicum, grated carrot & beetroot | 1 cup |
| Oil | 1 tbsp |
| Jeera, Mustard seeds, hing, onion, Turmeric powder | 1 tsp |
| Salt | As per taste |

**Method:**

1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste.
2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process)
3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100%) for 3 minutes & then add chopped vegetables & again microwave for 3 minutes. Keep it aside.
4. Select menu & press start (Pre-heat process).
5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape.
6. After beep, put the tawa on high rack & press start.
7. When beeps, fill the stuffing & fold the dosa from both ends.

| Menu | do3 | Onion Rava dosa[@] | Weight Limit | 1 Pc |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| **For Dough** | |
| Parboiled rice/Ukda chawal | 1 cup |
| Split black lentils/Urad daal | 1 cup |
| Fenugreek/Methi seeds | 1/4 tsp |
| Salt | As per taste |
| Water | As required |
| Chopped onion | 1 cup |
| Oil | 1 tbsp |
| Jeera, Mustard seeds, hing, onion | 1 tsp |
| Salt | As per taste |

**Method:**

1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste.
2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process)
3. Add onion, oil, jeera, mustard seeds, hing to MWS glass bowl & microwave 100% power for 3 minutes. Now add batter to it. Now mix it well.
4. Select menu & press start (Pre-heat process).
5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape.
6. After beep, put the tawa on high rack & press start.
7. When beeps, fill the stuffing & fold the dosa from both ends.

| Menu | do4 | Paneer chilli dosa[@] | Weight Limit | 1 Pc |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| **For Dough** | |
| Parboiled rice/Ukda chawal | 1 cup |
| Split black lentils/Urad daal | 1 cup |
| Fenugreek/Methi seeds | 1/4 tsp |
| Salt | As per taste |
| Water | As required |
| **For Stuffing** | |
| Paneer (mashed) | 1 cup |
| Oil | 1 tbsp |
| Jeera, Mustard seeds, hing, onion, Turmeric powder, green chilli | 1 tsp |
| Salt | As per taste |

**Method:**

1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste.
2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process)
3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder, green chilli & allow to microwave (100%) for 3 minutes & then add boiled mashed paneer & again microwave for 3 minutes. Keep it aside.
4. Select menu & press start (Pre-heat process).
5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape.
6. After beep, put the tawa on high rack & press start.
7. When beeps, fill the stuffing & fold the dosa from both ends.

[@] Do not put anything in the oven during Pre-heat mode.
* Refer page 101, fig 2

| Menu | do5 | Palak Paneer dosa@ | Weight Limit | 1 Pc |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| **For Dough** | |
| Parboiled rice/Ukda chawal | 1 cup |
| Split black lentils/Urad daal | 1 cup |
| Fenugreek/Methi seeds | 1/4 tsp |
| Salt | As per taste |
| Water | As required |
| **For Stuffing** | |
| Spinach boiled | ½ cup |
| Paneer (mashed) | ½ cup |
| Oil | 1 tbsp |
| Jeera, Mustard seeds, hing, onion, Turmeric powder | 1 tsp |
| Salt | As per taste |

**Method:**

1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste.
2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process)
3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100%) for 3 minutes & then add boiled Spinach mashed paneer & again microwave for 3 minutes. Keep it aside.
4. Select menu & press start (Pre-heat process).
5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape.
6. After beep, put the tawa on high rack & press start.
7. When beeps, fill the stuffing & fold the dosa from both ends.

| Menu | do6 | Corn dosa@ | Weight Limit | 1 Pc |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| **For Dough** | |
| Parboiled rice/Ukda chawal | 1 cup |
| Split black lentils/Urad daal | 1 cup |
| Fenugreek/Methi seeds | 1/4 tsp |
| Salt | As per taste |
| Water | As required |
| **For Stuffing** | |
| Boiled & Crushed corns | 1 cup |
| Oil | 1 tbsp |
| Jeera, Mustard seeds, hing, onion, Turmeric powder | 1 tsp |
| Salt | As per taste |

**Method:**

1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste.
2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process)
3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100%) for 3 minutes & then add boiled & crushed corns & again microwave for 3 minutes. Keep it aside.
4. Select menu & press start (Pre-heat process).
5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape.
6. After beep, put the tawa on high rack & press start.
7. When beeps, fill the stuffing & fold the dosa from both ends.

| Menu | do7 | Matar Paneer dosa@ | Weight Limit | 1 Pc |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| **For Dough** | |
| Parboiled rice/Ukda chawal | 1 cup |
| Split black lentils/Urad daal | 1 cup |
| Fenugreek/Methi seeds | 1/4 tsp |
| Salt | As per taste |
| Water | As required |
| **For Stuffing** | |
| Boiled & mashed peas | ½ cup |
| Paneer (mashed) | ½ cup |
| Oil | 1 tbsp |
| Jeera, Mustard seeds, hing, onion, Turmeric powder | 1 tsp |
| Salt | As per taste |

**Method:**

1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste.
2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process)
3. Now in a MWS glass bowl ad jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100%) for 3 minutes & then add boiled mashed peas & paneer & again microwave for 3 minutes. Keep it aside.
4. Select menu & press start (Pre-heat process).
5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape.
6. After beep, put the tawa on high rack & press start.
7. When beeps, fill the stuffing & fold the dosa from both ends.

| Menu | do8 | Mushroom chilli dosa@ | Weight Limit | 1 Pc |
|---|---|---|---|---|

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

| Instructions | |
|---|---|
| **For Dough** | |
| Parboiled rice/Ukda chawal | 1 cup |
| Split black lentils/Urad daal | 1 cup |
| Fenugreek/Methi seeds | 1/4 tsp |
| Salt | As per taste |
| Water | As required |
| **For Stuffing** | |
| Boiled & mashed mushroom | ½ cup |
| Capsicum (Chopped) | ½ cup |
| Oil | 1 tbsp |
| Jeera, Mustard seeds, hing, onion, Turmeric powder | 1 tsp |
| Salt, Lemon juice | As per taste |

**Method:**

1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste.
2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process)
3. Now in a MWS glass bowl ad jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100%) for 3 minutes & then add boiled mashed mushroom, capsicum & again microwave for 3 minutes. Keep it aside.
4. Select menu & press start (Pre-heat process).
5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape.
6. After beep, put the tawa on high rack & press start.
7. When beeps, fill the stuffing & fold the dosa from both ends.

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

* Refer page 101, fig 2

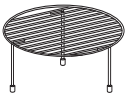
| Menu | Gh1 | Ghee | Weight Limit | 500 g |
|---|---|---|---|---|

**Utensil:** Microwave safe (MWS) glass bowl

| Instructions | | Method: |
|---|---|---|
| Malai/Cream (Collected over 10 days) | 500g | 1. In a big vessel put all the malai & blend with a hand mixer till it solidifies into butter & separates from residual liquid.<br>2. Wash this white butter in cold water as couple of times, so as to remove any remaining smell of milk.<br>3. Now collect all the butter in a MWS glass bowl & keep in the microwave. Select menu & press start.<br>4. When beeps, stir it properly with the spoon (not plastic) & again press start.<br>5. After beeps, allow it to stand for 5 minutes & then strain it through stainless steel strainer into a glass jar & then store it. |
| Cold water | As required | |

1)  + 

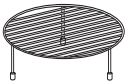
Low rack Multi cook tawa

2)  + 

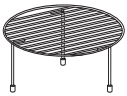
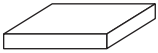
High rack Multi cook tawa

3)  + 

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

4)  + 

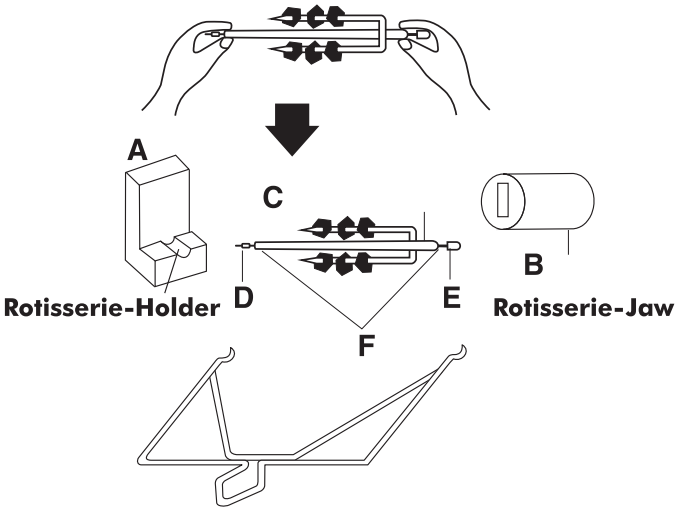
Low rack Metal cake tin
(Not provided with LG Kit)

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).



## Spices

| English Name | Hindi Name |
|---|---|
| *Ajinomoto (Flavour enhancer) | 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 |
| Mustard seeds | Sarson, Rai |
| Nutmeg | Jaiphal |
| Oregano | Oregano |
| Pepper | Kali Mirch |
| Pomegranate seeds, dried | Anardana |
| Poppy seeds | Khus Khus |
| Red Chilli | Lal Mirch |
| Salt | Namak |
| Turmeric | Haldi |

## Vegetables

| English Name | Hindi Name |
|---|---|
| Mushroom | Kukurmutta |
| Olives | Jaitun |
| Onion | Pyaz |
| Parsley | Ajmoda |
| Potato | Aloo |
| Peas | Hari Matar |
| Radish | Mooli |
| Red Pumpkin | Lal Kaddu |
| Spinach | Palak |
| Spring Onion | Hari Pyaz |
| Tomato | Tamatar |
| Turnip | Shalgam |
| Chenopodium leaves | Bathua |
| Zucchini | Torai |

## Fruits

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

## 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 |
| Cucumber | Kheera |
| Curry leaves | Curry Patta |
| Drumsticks | Drumsticks |
| French beans | France beans |
| Garlic | Lehsun |
| Ginger | Adrak |
| Lady Finger | Bhindi |
| Lemon | Nimbu |
| Lemon Grass | Lemon Grass |
| Lime | Nimbu |
| Mint | Pudina |

## 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 Flour (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 |

* Ajinomoto (Mono-sodium glutamate) is only a flavour enhancer and shall not be added to food for infants below 12 month of age.

# List of Ingredients

### Dry Fruits

| English Name | Hindi Name |
|---|---|
| Almonds | Badam |
| Cashewnuts | Kaju |
| Pistachio | Pista |
| Raisins | Kishmish |
| Walnuts | Akhrot |

### Fats & Oils

| English Name | Hindi Name |
|---|---|
| Butter | Makhan |
| Ghee | Ghee |
| Oil | Tel |
| Olive Oil | Jaitun Ka Tel |
| Mustard Oil | Sarson 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 |
| Milk | Doodh |
| Powdered Sugar | Bura |
| Sugar | Cheeni |
| Tamarind | Imli |
| Tea | Chai |
| Saffron | Kesar |
| Sprouts | Ankur |
| Vinegar | Sirka |

## To Clean Your Oven / अपने ओवन को साफ करना

1. **Keep the inside of the oven clean**
Food spatters or spilled liquids stick to oven walls and between the seal and door surfaces. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The metal tray can be washed by hand or in the dishwasher.

1. **ओवन के भीतरी हिस्से को साफ़ रखें**
खाने के टुकड़े या तरल पदार्थों के छींटे दीवारों पर और सील तथा दरवाजों के बीच की सतह पर चिपक जाते हैं। एक गीले कपड़े से इसको तुरंत साफ़ करना आवश्यक है। ये खाने के छोटे टुकड़े और तरल पदार्थों की बूंदे माइक्रोवेव की ऊर्जा को अवशोषित कर लेते हैं और इस तरह खाना बनने का समय लंबा हो सकता है। दरवाज़े और खांचों के बीच गिरे हुए इन खाने के टुकड़ों को गीले कपड़े से साफ़ करें। टाईट सील के लिए यह सफाई रखनी बहुत जरुरी है। तैलीय छींटों को हटाने के लिए साबुन से भीगा हुआ कपड़ा इस्तेमाल करें और उसके बाद उसे धो कर सुखा लें। कठोर डिटरजेंट का इस्तेमाल न करें। धातु की ट्रे को हांथों से या डिशवाशर में धोई जा सकती हैं।

2. **Keep the outside of the oven clean**
Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings. To clean control panel, open the door to prevent the oven from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press Stop/Clear after cleaning.

2. **ओवन का बाहरी हिस्सा साफ़ रखें**
साबुन और साफ़ पानी से इसके बाहरी हिस्सों को साफ़ करें और मुलायम कपड़े या पेपर टॉवल से इसे पोंछ कर सुखाएं। ओवन के भीतर इसके काम करने वाले हिस्सों को टूट–फूट से बचाने के लिए पानी को हवा आने वाले रास्तों पर जमा न होने दें। कंट्रोल पैनल को साफ़ करने के लिए दरवाज़ा खुला ही रखें ताकि कहीं गलती से ओवन चालू न हो जाए। फिर इसे एक गीले कपड़े से साफ़ करके सूखे कपड़े से पोंछ दें। सफाई के बाद स्टॉपक्लिअर बटन दबाएं।

3. It steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.

3. अगर दरवाज़ें के बाहर या भीतर भाप इकट्ठी हो जाए तो एक मुलायम कपड़े से पैनल को पोंछ दें। बहुत नमी हो जाने पर ओवन के संचालन के कारण ऐसा हो सकता है यह कोई ओवन की खराबी नहीं है।

4. The door and door seal should be kept clean. Use only warm, soapy water, rinse then dry throughly. DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. Metal parts will be easier to maintain if wiped frequently with a damp cloth.

4. दरवाज़े और उनकी सील साफ रखी जानी चाहिए। गर्म साबुन वाला पानी लेकर पूरी तरह से धोएं और फिर सुखाएं। स्टील और प्लास्टिक के नुकीले पैड्स और क्लीनिंग पाउडर्स का इस्तेमालं करें। गीले कपड़े से नियमित रूप से पोंछने से आप धातु के हिस्सों को ठीक रख सकते हैं।

5. Do not use steam cleaners.

5. स्टीम क्लीनर्स का प्रयोग न करें।

6. Unplug your oven from the electrical socket when you clean control panel with wet cloth or spray water on control glass to clean. If it is not unplugged, this product can be operated by touching the Quick Start button.

6. गीले कपड़े से कंट्रोल पैनल को साफ करते समय या कंट्रोल ग्लास को साफ करने के लिए स्प्रे करते समय अपने ओवन को बिजली के स्विच से अलग करें। अगर आप ऐसा नहीं करते हैं तो क्विक स्टार्ट बटन को छूने मात्र से यह स्टार्ट हो सकता है।



## Questions & Answers / प्रश्न और उत्तर

| FAQ | Answer |
|---|---|
| What's wrong when the oven light will not glow? | There may be several reasons why the oven light will not glow. Either the light bulb has blown or the electric circuit has failed. |
| Does microwave energy pass through the viewing screen in the door? | NO. The holes, or ports, are made to allow light to pass; they do not let microwave energy through. |
| Why does the BEEP tone sound when a button on the control panel is touched? | The BEEP tone sounds to assure that the setting is being properly entered. |
| Will the microwave function be damaged if it operates empty? | Yes. Never run it empty. |
| Why do eggs sometimes pop? | When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell. |
| Why is standing time recommended after microwave cooking is over? | After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food. |
| Why doesn't my oven always cook as fast as cooling guide says? | Check your cooking guide again to make sure you've followed directions correctly, and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, chosen to help prevent overcooking, the most common problem in getting used to this oven. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgment along with the cooking guide suggestions to test food conditions, just as you would do with a conventional cooker. |

## Questions & Answers / प्रश्न और उत्तर

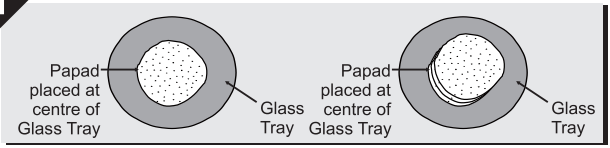
| आमतौर पर पूछे जाने वाले सवाल | जवाब |
|---|---|
| तब क्या करें जब ओवन की बत्ती न जले? | ओवन की बत्ती के न जलने के कई कारण हो सकते हैं–जैसे कि या तो बल्ब खराब हो गया है या कनेक्शन में कोई गड़बड़ी आ गई है। |
| क्या दरवाज़े के पारदर्शी स्क्रीन से माइक्रोवेव ऊर्जा बाहर आ सकती है? | नहीं। उनसे प्रकाश तो बाहर आ सकता है माइक्रोवेव ऊर्जा नहीं। |
| जब भी कंट्रोल पैनल का कोई बटन छुआ जाता है तो बीप की ध्वनि क्यों आती है? | बीप की ध्वनि से आपको यह पता चलता है की सेटिंग सही चल रही है। |
| अगर गलती से ओवन को खाली ही चला दिया जाए तो क्या इसमें गड़बड़ी आ सकती है? | हाँ, इसलिए इसे कभी भी खाली नहीं चलाइये। |
| कभी कभी अंडे क्यों तड़क कर फट जाते हैं? | जब भी अंडे को भूना, तला या पकाया (पोच) जाता है तब अन्दर भाप बनने से इसका योक फट सकता है। इससे बचने के लिए इसको बनाने से पहले इसके योक में एक छेद कर देना चाहिए। माइक्रोवेव के भीतर कभी भी अंडों को शैल के साथ न रखें। |
| माइक्रोवेव कुकिंग हो जाने के बाद कुछ रुकने को क्यों कहा जाता है? | माइक्रोवेव कुकिंग के खत्म हो जाने के बाद भी खाना अन्दर ही अन्दर पकता रहता है तो थोड़ा रुक जाने पर वह पकने का कार्य तब तक समाप्त हो जाता है। इस समापन में लगने वाला समय अन्दर रखे खाने की गहनता पर निर्भर करता है। |
| कुकिंग गाइड में जैसा लिखा होता है उतनी तेज़ी से ओवन में खाना क्यों नहीं पकता? | ध्यान से दुबारा अपनी कुकिंग गाइड को पढ़ें कि कहीं उसके कदम दर कदम निर्देशों के पालन में आपसे कोई भूल तो नहीं हुई? और इस तरह देखें कि और क्या कारण हो सकते हैं जिससे आपको अधिक समय लग गया। इसमें लिखे गए समय की सीमा का उद्देश्य आपके खाने को अधिक पक जाने से बचाना है। खाने के रूप रंग और आकार में विविधता से इसके निर्माण में भी उसी अनुसार समय कम या अधिक लगता है। आप अपनी समझ के मुताबिक पकने वाले समय का सही अनुमान करें जैसा कि आप अपने पारंपरिक प्रेशर कुकर के साथ करती हैं। |

## Two Recipes / दो व्यंजन

### Two Recipes for starters
### नवसिखुओं के लिए दो व्यंजन

**NOTE : The time variation during cooking of recipe depends upon the ingredients, method adopted & type of food category**
**ध्यान दें:** इस भोजन में लगने वाला समय इसके तत्वों, इसके बनाने की प्रणाली और यह किस वर्ग का भोजन है – इन पर निर्भर करेगा।

**1**




**1. ROASTED PAPAD**

**Procedure :**

***Papad:***

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

***To Cook Multiple Papads :***

*Place Multiple papads over one another, as shown in the picture above.

***Crispy Papad :***

1. Press START/Add 30 Secs once without papad.
2. Sprinkle little water or oil over the papad.
3. After beep, place the papad at the centre and press START/Add 30 Secs.

***Note :** The cooking time may vary –

a. As per the composition of the papad material.
b. As per the Quantity of papad used.

**1. भुने हुए पापड़**

**विधि**

***पापड़ :***

1. ग्लास ट्रे के बीच में कच्चा पापड़ रखें, जैसा कि उपरोक्त चित्र में दर्शाया गया है।
2. माइक्रो-100% पावर स्तर और पकाने का समय निर्धारित करें। START/Add 30 Secs दबाएं।
3. पापड़ पक जाने के बाद 30-45 सैकेंड तक रखा रहने दें।

***अधिक पापड़ पकाने के लिए :***

*बहुत सारे पापड़ एक दूसरे के ऊपर रखें, जैसा कि उपरोक्त चित्र में दर्शाया गया है।

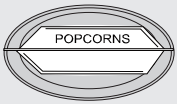
***क्रिस्पी पापड़ :***

1. पापड़ रखने से पहले START/Add 30 Secs एक बार दबाएं।
2. पापड़ के ऊपर थोड़ा पानी या तेल छिड़कें।
3. बीप के बाद, ग्लास ट्रे के बीच में पापड़ रखें, जैसा कि उपरोक्त चित्र में दर्शाया गया है, और START/Add 30 Secs दबाएं।

***नोट :** पकाने के समय में अन्तर हो सकता है –

a. पापड़ की सामग्री की बनावट के अनुसार।
b. इस्तेमाल किये गए पापड़ की मात्रा के अनुसार।

**2**




2. **POP CORN :** Place the pop corn bag to the glass tray properly as instructed on packing. Use START/Add 30 Secs to set 3~4 minutes. Remove the bag after poping sound has stopped. Take care that bag corners do not touch sides while rotating.

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

2. **पॉप कॉर्न :** पैकिंग पर दिये गए निर्देशानुसार पॉप कॉर्न का बैग काँच की ट्रे पर ठीक से रखें। 3~4 मिनट सैट करने के लिए START/Add 30 Secs का प्रयोग करें। भुनने की आवाज समाप्त होने के बाद बैग को हटा लें। ध्यान रखें कि बैग के कोने घुमाते समय साइड से न छुएं।

   **नोट :** भुनने की प्रक्रिया को ध्यानपूर्वक देखें। आवश्यकता से अधिक गर्म न करें क्योंकि इससे आग लग सकती है।

LG
Life's Good

MFL70580301 (00)

LG 24 x 7 CUSTOMER CARE
1800-315-9999
1800-180-9999 (Toll Free)
5757554 (Send SMS)
www.lg.com/in/support
www.facebook.com/lghomeappliances
www.twitter.com/LGIndia
To know more about LG, visit www.lg.com/in
For Corporate/Institutional enquiries, please write to corp.enquiries@lge.com
**Regd. Office: LG Electronics India Pvt. Ltd.,** A Wing (3rd Floor), D-3, District Center, Saket, New Delhi-110017 CIN No. U32107DL1997PTC220109