

RECIPE MANUAL

MICROWAVE OVEN

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

MJ3296BFT

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Various Cook Functions

Please follow the given steps to operate cook functions (Charcoal, Diet Fry, Low Calorie/Steam Cook, Indian Roti Basket, Indian Cuisine, Kids' Delight, Tea/Dairy Delight, Tea/Dairy Delight, Paneer/Curd, Dosa/Ghee, Cooking Aid) in your Microwave.

Cook Functions	Charcoal	Diet Fry	Low Calorie/Steam Cook	Indian Roti Basket	Indian Cuisine	Kids' Delight	Tea/ Dairy Delight	Paneer/ Curd	Dosa/ Ghee	Cooking Aid
STEP-1	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear
STEP-2	Press Charcoal	Press Diet Fry	Press Low Calorie/Steam Cook	Press Indian Roti Basket	Press Indian Cuisine	Press Kids' Delight	Press Tea/ Dairy Delight	Press Paneer/ Curd	Press Dosa/ Ghee	Press Cooking Aid
STEP-3	Keep pressing the key to select the menu (CH1-CH30)	Keep pressing the key to select the menu (dF1-dF25)	Keep pressing the key to select the menu (SA1-SA15, HP1-HP26, So1-So20, Co1-Co24, St1-St15)	Keep pressing the key to select the menu (br1-br25)	Keep pressing the key to select the menu (IC1-IC40, SC1-SC20, rd1-rd20, CC1-CC15)	Keep pressing the key to select the menu (CF1-CF30, bA1-bA20)	Keep pressing the key to select the menu (dd1-dd11)	Keep pressing the key to select the menu (PA1-PA2, CU1-CU2)	Keep pressing the key to select the menu (do1-do8, Gh1)	Keep pressing the key to select the menu (UC1-UC15)
STEP-4	Press -Less/ +More to set the weight	Press -Less/ +More to set the weight	Press -Less/ +More to set the weight	Press -Less/ +More to set the weight	Press -Less/ +More to set the weight	Press -Less/ +More to set the weight	Press -Less/ +More to set the weight	Press -Less/ +More to set the weight	Press -Less/ +More to set the weight	Press -Less/ +More to set the weight
STEP-5	Press Start/ Add 30secs	Press Start/ Add 30secs	Press Start/ Add 30secs	Press Start/ Add 30secs	Press Start/ Add 30secs	Press Start/ Add 30secs	Press Start/ Add 30secs	Press Start/ Add 30secs	Press Start/ Add 30secs	Press Start/ Add 30secs

* Note: If display is blank, press STOP/CLEAR

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

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

365 Recipes List

CHARCOAL (pg. 9-21)		
Charcoal		
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CH5	BHARWAN BHINDI	11
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CH8	CHANA KABABS	12
CH9	PANEER TIKKA	12
CH10	MATAR KABABS	13
CH11	TANDOORI MUSHROOMS	13
CH12	ARBI TANDOORI	13
CH13	MALAI TIKKA	14
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CH17	MAHI TIKKA	15
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CH19	MIX VEG PLATTER	16
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CH21	FALDARI KABABS	17
CH22	SPICY CHICKEN KABABS	18
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CH24	JIMIKAND KE KABABS	18
CH25	KAJU KABABS	19
CH26	MUTTON & TOMATO KABABS	19
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Diet Fry		
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dF2	ALOO CHIPS	23
dF3	BREAD PAKORA	23
dF4	PANEER PAKORA	24
dF5	GUJIYA	24
dF6	SAMOSA	25
dF7	MASALA VADA	25
dF8	CHICKEN 65	26
dF9	STUFFED ALOO PATTIES	26
dF10	MUSHROOM ROLLS	27
dF11	SABUDANA VADA	27
dF12	FISH AMRITSARI	28
dF13	BATATA VADA	28

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dF16	ALOO BHAJI	29
dF17	SOYABEAN TIKKI	29
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dF19	METHI MASALA VADA	30
dF20	POHA PATTIES	30
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dF22	BUFF VADA	31
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SA6	TIRANGA SALAD	35
SA7	HARI SEEKH SALAD	35
SA8	BABYCORN AND BEAN SALAD	35
SA9	CARROT AND PEAS SALAD	36
SA10	PAPAYA LACHCHA SALAD	36
SA11	WHOLE WHEAT & MINT SALAD	36
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CF4	PIZZA	108
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CF7	CHEESY NACHOS	109
CF8	CHOCOLATE BALLS	109
CF9	STRAWBERRY CUSTARD	109
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CF11	CHOCO BARS	110
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CF20	BESAN CHEELA	113
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CF27	SPICY BABY CORN	115
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ba19	BROWNIE	122
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Tea		
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Cooking Aid		
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UC4	DE HUMIDIFICATION	135
UC5	LIGHT DISINFECT	135
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UC7	PIZZA BASE	135
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UC11	GARLIC PEEL	136
UC12	TEAR FREE ONIONS	136
UC13	CRISPY NUTS	136
UC14	SMOOTH HONEY	136
UC15	STALE TO FRESH BREAD	136
STEAM CLEAN (pg. 137-138)		
Steam Clean		
Code No.	Recipe Name	
SL1	STEAM CLEAN	138

Charcoal

In the following example, show you how to cook 0.4Kg of TANDOORI ALOO.

1. Press STOP/CLEAR.



2. Press Charcoal. **Charcoal**

The display will show "CH1"

3. Keep pressing the Charcoal key until the display show "CH3".
4. Press -Less/+ More to set the weight 0.4kg.



5. Press START/Add 30secs.



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



! NOTE

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

* Note: If display is blank, press STOP/CLEAR

Charcoal

Category		Weight Limit	Utensil	Instructions			
CH1	CHICKEN LOLLIPOPS	0.1 ~ 0.3Kg	Multicook tawa* & High rack	For	0.1 kg	0.2 kg	0.3 kg
				Chicken keema	100 g	200 g	300 g
				Boiled potato	1 No.	2 No.	3 No.
				Ginger garlic paste	1 tbsp	1½ tbsp	2 tbsp
				Red chilli powder, garam masala, amchur powder, salt	As per taste		
				Bread crumbs	For coating the lollipops		
				Method :			
				1. Mix the chicken keema with boiled potatoes, ginger garlic paste, red chilli powder, garam masala, amchur powder, salt.			
				2. Coat the lollipops with breadcrumbs.			
				3. Arrange the lollipops on greased tawa. Place the tawa on high rack. Select category and press start.			
4. When beeps, turn the lollipops & press start. Serve with chutney or sauce.							
CH2	BHARWAN TAMATAR	0.3-0.5 kg	Multicook Tawa & High rack*	For	0.3 Kg	0.4 Kg	0.5 Kg
				Tomato (Hollowed)	300 g	400 g	500 g
				For Stuffing			
				Paneer (mashed)	200 g	250 g	300 g
				Salt, Red Chilli Powder, Garam Masala, Cumin Powder	As per taste		
				Onion Chopped	¼ cup	¼ cup	½ cup
				Coriander leaves Chopped	A few sprigs		
				Oil	¼ Tbsp	½ Tbsp	1 Tbsp
				Method :			
				1. Precook the paneer stuffing- In a 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.							
CH3	TANDOORI ALOO	0.3 ~ 0.5 kg	Multicook Tawa & High rack*	For	0.3 kg	0.4 kg	0.5 kg
				Aloo (Cut into quarters)	300 g	400 g	500 g
				For marinade			
				Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp
				Garlic Paste	1 Tbsp	1 ½ Tbsp	2 Tbsp
				Cumin Powder	As per taste		
				Red Chilli powder	As per taste		
				Salt	As per taste		
				Tandoori Masala	1 Tsp	2 Tsp	3 Tsp
				Tandoori Color	A pinch		
Method :							
1. Mix all the ingredients of marinade in a bowl.							
2. Add the aloo pieces & keep for ½ hour.							
3. Keep the marinated aloo on tawa & tawa on high rack. Select 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.							

* Refer page 139, fig 2

Category	Weight Limit	Utensil	Instructions																																																												
CH4	TANDOORI GOBHI	0.3 ~ 0.5 kg	Multicook Tawa & High rack*																																																												
			<table> <tr> <td>For</td><td>0.3 Kg</td><td>0.4 Kg</td><td>0.5 Kg</td></tr> <tr> <td>Cauliflower florets</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr> <td colspan="4">For Marinade</td></tr> <tr> <td>Jeera powder</td><td>½ Tsp</td><td>1 Tsp</td><td>1 Tsp</td></tr> <tr> <td>Red Chilli Powder, Salt, Dhaniya Powder, Garam Masala, Anardana</td><td colspan="3">As per taste</td></tr> <tr> <td>Tandoori Color/Haldi</td><td colspan="3">A pinch</td></tr> <tr> <td>Oil</td><td>1 Tbsp</td><td>1½ Tbsp</td><td>2 Tbsp</td></tr> <tr> <td>Hung Curd</td><td>2 Tbsp</td><td>3 Tbsp</td><td>4 Tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. Transfer the marinated cauliflower on tawa & keep on high rack. Select category & weight and press start. When beeps, drizzle few drops of oil on cauliflower & turn them over. Press start. Serve with onion rings, coriander leaves & tomato slices. 	For	0.3 Kg	0.4 Kg	0.5 Kg	Cauliflower florets	300 g	400 g	500 g	For Marinade				Jeera powder	½ Tsp	1 Tsp	1 Tsp	Red Chilli Powder, Salt, Dhaniya Powder, Garam Masala, Anardana	As per taste			Tandoori Color/Haldi	A pinch			Oil	1 Tbsp	1½ Tbsp	2 Tbsp	Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp																												
For	0.3 Kg	0.4 Kg	0.5 Kg																																																												
Cauliflower florets	300 g	400 g	500 g																																																												
For Marinade																																																															
Jeera powder	½ Tsp	1 Tsp	1 Tsp																																																												
Red Chilli Powder, Salt, Dhaniya Powder, Garam Masala, Anardana	As per taste																																																														
Tandoori Color/Haldi	A pinch																																																														
Oil	1 Tbsp	1½ Tbsp	2 Tbsp																																																												
Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp																																																												
CH5	BHARWAN BHINDI	0.2 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*																																																												
			<table> <tr> <td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr> <td>Bhindi</td><td>200 g</td><td>300 g</td><td>400 g</td></tr> <tr> <td>Oil</td><td>¼ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr> <tr> <td>Jeera</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr> <tr> <td>Onion (chopped)</td><td>½ no.</td><td>1 no.</td><td>1no.</td></tr> <tr> <td>Green Chillies</td><td>1 no.</td><td>2 no.</td><td>2 no.</td></tr> <tr> <td>Ginger</td><td>¼"</td><td>½"</td><td>½"</td></tr> <tr> <td>Hing</td><td colspan="3">A pinch</td></tr> <tr> <td>Tomato</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr> <tr> <td colspan="4">For Stuffing</td></tr> <tr> <td>Coriander Powder</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> <tr> <td>Turmeric Powder</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Saunf Powder</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Amchoor</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Red Chilli Powder, Salt</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> Cut stalk of each bhindi & make lengthwise slit. Combine stuffing ingredients & mix well stuff each bhindi with this mixture. In MWS glass bowl add oil, jeera, onion, green chilli, ginger, tomato & hing. Select category & weight & press start. 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. Press start. When beeps, turn over bhindis & add the onion mixture & mix well. Press start. 	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"	½"	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		
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Amchoor	1 tsp	1½ tsp	2 tsp																																																												
Red Chilli Powder, Salt	As per taste																																																														
CH6	BHARWAN BAIGAN	0.2 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*																																																												
			<table> <tr> <td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr> <td>Baigan (Medium)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr> <tr> <td colspan="4">For Stuffing</td></tr> <tr> <td>Tomato(graded)</td><td>1 no.</td><td>1½ no.</td><td>2 nos.</td></tr> <tr> <td>Onion (chopped))</td><td>¼ cup</td><td>½ cup</td><td>1 cup.</td></tr> <tr> <td>Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder</td><td colspan="3">As per taste</td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. In a MWS glass bowl add slit baigans & sprinkle some water & cover. Select category & weight & press start. When beeps, Remove the bowl from microwave oven & Add the stuffing to the baigans. Keep the baigans on tawa drizzle some drops of oil & keep tawa on high rack. Press start. When beeps, turn over again. Press start. 	For	0.2 kg	0.3 kg	0.4 kg	Baigan (Medium)	200 g	300 g	400 g	For Stuffing				Tomato(graded)	1 no.	1½ no.	2 nos.	Onion (chopped))	¼ cup	½ cup	1 cup.	Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder	As per taste			Oil	1 tbsp	1½ tbsp	2 tbsp																																
For	0.2 kg	0.3 kg	0.4 kg																																																												
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Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder	As per taste																																																														
Oil	1 tbsp	1½ tbsp	2 tbsp																																																												

* Refer page 139, fig 2

Charcoal

Category	Weight Limit	Utensil	Instructions						
CH7	TANDOORI JHINGA	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg	0.5 kg		
			King Size Prawns	200 g	300 g	400 g	500 g		
			1st Marinade						
			Lemon juice	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp		
			Salt, Red chilli powder	As per taste					
			Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp		
			2nd Marinade						
			Thick cream	2 tbsp	3 tbsp	4 tbsp	4 tbsp		
			Mozarella cheese (grated)	1 tsp	2 tsp	3 tsp	4 tsp		
			Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp		
			Red Chilli Powder	As per taste					
			Tandoori Masala	1 tsp	2 tsp	3 tsp	3½ tsp		
			Cornflour	2 tsp	3 tsp	4 tsp	5 tsp		
			Garam Masala	As per taste					
			Ginger Paste	2 tsp	2½ tsp	3 tsp	3½ tsp		
Tandoori Colour/Haldi	A pinch (for colour)								
Hung Curd	1 tbsp	2 tbsp	3 tbsp	4 tbsp					
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.									
CH8	CHANA KABABS	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg			
			Boiled Kabuli Chana (Chhole)	200 g	300 g	400 g			
			Cloves	1 no.	2 nos.	2 nos.			
			Pepper powder	As per taste					
			Cinnamon powder	¼ tsp	½ tsp	¾ 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.						
			CH9	PANEER TIKKA	Multicook tawa & High rack*	For	0.3 kg	0.4 kg	0.5 kg
						Paneer cubes (cut into 1½" cubes), Capsicum (cut into cubes), onion (cut into cube), tomato(cut into cubes, pulp removed)	300 g	300 g	300 g
						For marinade			
Hung curd	2 tbsp	3 tbsp				4 tbsp			
Ginger garlic paste	1 tbsp	1½ tbsp				2 tbsp			
Salt, Garam masala, Red Chilli powder	As per taste								
Tandoori masala	1 tsp	1 tsp				1 tsp			
Tandoori Color	A pinch								
Oil	For basting								
Method : 1. Mix all the ingredients of the marinade in a bowl. 2. Now add the paneer pieces, capsicum, onion, tomato & mix well. Keep in the refrigerator for 1 hour. 3. Keep the marinated paneer on tawa. Keep the tawa on high rack. Select menu & weight & press start. 4. When beeps, turn over the paneer pieces. Press start. 5. When beeps, take out the paneer pieces & keep aside. Now keep the marinated vegetables on tawa. Press start. Serve with chaat masala or chutney of your choice. Note: If water seeps during cooking, drain the excess water continue cooking.									

* Refer page 139, fig 2

Category	Weight Limit	Utensil	Instructions																																																																				
CH10	MATAR KABABS 0.2 ~ 0.4 kg	Multicook tawa & High rack*	<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Boiled peas</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Roasted makhanas</td><td>1 cup.</td><td>1½ cups.</td><td>2 cups.</td></tr><tr><td>Chopped green chillies</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Salt, pepper, garam masala</td><td colspan="3">As per taste</td></tr><tr><td>Seeds of Chhoti Elaichi</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr><tr><td>Roasted Cashewnuts</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																																								
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Seeds of Chhoti Elaichi	4 nos.	5 nos.	6 nos.																																																																				
Roasted Cashewnuts	2 tbsp	3 tbsp	4 tbsp																																																																				
CH11	TANDOORI MUSH-ROOMS 0.2 ~ 0.5 kg	Multicook tawa & High rack*	<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Mushroom Buttons (stalk removed)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr></table> <p>For Marinade</p> <table><tr><td>Hung Curd</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Ginger Garlic Paste</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr><tr><td>Salt, Coriander powder, cumin powder, amchoor</td><td colspan="4">As per taste</td></tr><tr><td>Cornflour</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr><tr><td>Tandoori Color</td><td colspan="4">A pinch</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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	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																																				
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																																																																			
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Salt, Coriander powder, cumin powder, amchoor	As per taste																																																																						
Cornflour	¼ tsp	½ tsp	1 tsp	1½ tsp																																																																			
Tandoori Color	A pinch																																																																						
CH12	ARBI TANDOORI 0.3 ~ 0.5 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	<table><tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Arbi (Cut into slices)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Oil</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr><tr><td>Onion rings</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr><tr><td>Garam Masala, Amchoor, Salt</td><td colspan="3">As per taste</td></tr><tr><td>Green Chillies (Chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Ginger (shredded)</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Coriander Seeds</td><td>½ tsp</td><td>1½ tsp</td><td>1 tsp</td></tr></table> <p>For Marinade</p> <table><tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Tandoori Masala</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Ginger Paste</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr><tr><td>Pepper corns (crushed)</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr><tr><td>Ajwain</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp.</td></tr><tr><td>Haldi</td><td colspan="3">A pinch</td></tr><tr><td>Salt</td><td colspan="3">As per taste</td></tr><tr><td>Oil</td><td>½ tbsp.</td><td>½ tbsp</td><td>1 tbsp</td></tr><tr><td>Besan</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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 start4. 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 slices7. Press start.	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	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
For	0.3 kg	0.4 kg	0.5 kg																																																																				
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Salt	As per taste																																																																						
Oil	½ tbsp.	½ tbsp	1 tbsp																																																																				
Besan	½ tbsp	½ tbsp	1 tbsp																																																																				

* Refer page 139, fig 2

Charcoal

Category		Weight Limit	Utensil	Instructions
CH13	MALAI TIKKA	0.3 ~ 0.5 kg	Multicook tawa & High rack*	For
				Boneless Chicken (1½" pieces)
				Oil
				For Marinade
				Thick cream
				Green cardamom powder
				Pepper powder
				Garlic paste
				Ginger paste
				Melted butter
				Garam masala, amchoor, jeera powder, salt
				Green chillies
				Method :
				1. Mix all the ingredients of the marinade in a bowl. Marinate Chicken & keep in refrigerator for 1 hour.
				2. Keep the marinated chicken pieces on tawa. Keep the tawa on high rack. Select menu & weight & press start.
				3. When beeps, baste with some oil & turn over the pieces.
				4. When beeps, again turn over. Press start. Serve with chaat masala or chutney of your choice.
				Note: If water seeps during cooking, drain the excess water & continue cooking.
CH14	CORN KABABS	0.2 ~ 0.4 kg	Multicook tawa & High rack*	For
				Boiled potatoes
				Boiled sweet corns
				Onions (Chopped)
				Green chillies (Chopped)
				Fresh coriander (finely chopped)
				Pudina (finely chopped)
				Melted butter
				Garam Masala, pepper powder, salt
				Lemon juice
				Bread crumbs
				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.
CH15	KASTOORI KABABS	0.2 ~ 0.4 kg	Multicook tawa & High rack*	For
				Boneless Chicken mince (Keema)
				For marinade
				Ginger garlic paste
				Lemon juice
				Roasted besan
				Bread crumbs
				Pepper powder, Salt, Red chilli powder
				Ginger finely chopped
				Chopped Coriander leaves
				Oil
				Choti elaichi powder
				Jeera
				Kesar (Soaked in ½ cup in milk)
				Method :
				1. Wash the chicken mince in a strainer. Press well to squeeze out the water well.
				2. Marinate the mince with all the ingredients mentioned under marinade.
				3. Make flat Kababs of the mixture.
				4. Keep the kababs on tawa & tawa on high rack. Select category & weight and press start.
				5. When beeps, turn over the kababs & press start, Sprinkle chaat masala & serve.

* Refer page 139, fig 2

Category	Weight Limit	Utensil	Instructions																																																				
CH16	TIKKA ACHAARI	0.3 ~ 0.5 kg	Multicook tawa & High rack*																																																				
			<table> <tr> <td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Boneless mutton (Cut into 1½" pieces)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr> <td colspan="4">For marinade</td></tr> <tr> <td>Hung curd</td><td>2 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr> <tr> <td>Raw papaya Paste (Green papaya, peeled, deseed & grind in a mixer)</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr> <tr> <td>Onion (Sliced)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Salt, Red chilli powder, Amchoor powder</td><td colspan="3">As per taste</td></tr> <tr> <td>Saunf</td><td>2 tsp.</td><td>2 tsp.</td><td>2 tsp.</td></tr> <tr> <td>Jeera</td><td>½ tsp.</td><td>½ tsp.</td><td>1 tsp.</td></tr> <tr> <td>Mustard seeds</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr> <tr> <td>Ginger garlic paste</td><td>½ tbsp</td><td>½ tbsp</td><td>1½ tbsp</td></tr> <tr> <td>Tandoori Color</td><td colspan="3">A pinch</td></tr> <tr> <td>Methidana</td><td colspan="3">A pinch</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Wash & pat dry the mutton pieces. Prick them with a fork. 2. Mix all the ingredients of marinade in a bowl. Add the mutton pieces & keep for 3-4 hours in refrigerator. 3. Remove from fridge & let them come to room temperature. 4. In a MWS glass bowl add the marinated pieces. Select menu &, weight press start. 5. When beeps, take out the mutton pieces, baste with some oil & keep on tawa. Keep the tawa on high rack. Press start. 6. When beeps, again turn over. Press start. <p>Note : If water seeps during cooking, drain the excess water & continue cooking.</p>	For	0.3 kg	0.4 kg	0.5 kg	Boneless mutton (Cut into 1½" pieces)	300 g	400 g	500 g	For marinade				Hung curd	2 tbsp	2 tbsp	2 tbsp	Raw papaya Paste (Green papaya, peeled, deseed & grind in a mixer)	½ tbsp	½ tbsp	1 tbsp	Onion (Sliced)	¼ cup	½ cup	1 cup	Salt, Red chilli powder, Amchoor powder	As per taste			Saunf	2 tsp.	2 tsp.	2 tsp.	Jeera	½ tsp.	½ tsp.	1 tsp.	Mustard seeds	½ tsp	½ tsp	1 tsp	Ginger garlic paste	½ tbsp	½ tbsp	1½ tbsp	Tandoori Color	A pinch			Methidana	A pinch		
For	0.3 kg	0.4 kg	0.5 kg																																																				
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Hung curd	2 tbsp	2 tbsp	2 tbsp																																																				
Raw papaya Paste (Green papaya, peeled, deseed & grind in a mixer)	½ tbsp	½ tbsp	1 tbsp																																																				
Onion (Sliced)	¼ cup	½ cup	1 cup																																																				
Salt, Red chilli powder, Amchoor powder	As per taste																																																						
Saunf	2 tsp.	2 tsp.	2 tsp.																																																				
Jeera	½ tsp.	½ tsp.	1 tsp.																																																				
Mustard seeds	½ tsp	½ tsp	1 tsp																																																				
Ginger garlic paste	½ tbsp	½ tbsp	1½ tbsp																																																				
Tandoori Color	A pinch																																																						
Methidana	A pinch																																																						
CH17	MAHI TIKKA	0.3 ~ 0.5 kg	Multicook tawa & High rack*																																																				
			<table> <tr> <td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Fish fillets (Cut into 2" cubes)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr> <td colspan="4">For marinade</td></tr> <tr> <td>Hung Curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr> <tr> <td>Thick cream</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td></tr> <tr> <td>Ginger garlic paste</td><td>1 tsp</td><td>2 tsp</td><td>2½ tsp</td></tr> <tr> <td>Ajwain</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr> <tr> <td>Garam masala</td><td colspan="3">As per taste</td></tr> <tr> <td>Salt pepper</td><td colspan="3">As per taste</td></tr> <tr> <td>Lemon juice</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr> <tr> <td>Red chilli powder, salt</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Rub the fish well with 3 tbsp besan & 2 tbsp lemon juice to remove the fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Pick fish all over with a forks. 2. Mix all the ingredients of marinade. Add the fish pieces & keep aside for 3-4 hours. 3. Transfer the marinated fish pieces to tawa & keep tawa on high rack. select category & weight & press start. 4. When beeps, turn over the pieces & press start. 5. When beep, turn over the pieces & press start. Sprinkle chaat masala & serve onion slices. <p>Note: In case there is excess water during cooking & drain it & restart.</p>	For	0.3 kg	0.4 kg	0.5 kg	Fish fillets (Cut into 2" cubes)	300 g	400 g	500 g	For marinade				Hung Curd	2 tbsp	3 tbsp	4 tbsp	Thick cream	¼ cup	¼ cup	½ cup	Ginger garlic paste	1 tsp	2 tsp	2½ tsp	Ajwain	¼ tsp	½ tsp	½ tsp	Garam masala	As per taste			Salt pepper	As per taste			Lemon juice	1 tbsp	2 tbsp	2½ tbsp	Red chilli powder, salt	As per taste										
For	0.3 kg	0.4 kg	0.5 kg																																																				
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Garam masala	As per taste																																																						
Salt pepper	As per taste																																																						
Lemon juice	1 tbsp	2 tbsp	2½ tbsp																																																				
Red chilli powder, salt	As per taste																																																						

* Refer page 139, fig 2

Charcoal

Category		Weight Limit	Utensil	Instructions				
CH18	TANDOORI SUBZI	0.3 ~ 0.5 kg	Microwave safe (MWS) glass bowl & High rack & Multicook tawa*	For	0.3 kg	0.4 kg	0.5 kg	
				Paneer (Cut 1" inch)	300 g	400 g	500 g	
				Salt, Red chilli powder	As per taste			
				Lemon juice	1 tsp	1½ tsp	2 tsp	
				Oil	1 tbsp	1½ tbsp	2 tbsp	
				Capsicum (Cut into fine rings)	2 cups	2½ cups	3 cups	
				Onion (Cut into fine rings)	2 cups	2½ cups	3 cups	
				Black salt	As per taste			
				Tandoori Masala	2 tsp.	2½ tsp	3 tsp	
				Tandoori Color	A pinch			
				For Paste				
				Ginger	1½" piece	2" piece	2½" piece	
				Green Chillies	2 nos.	3 nos.	4 nos.	
				Jeera	1 tsp	1½ tsp	2 tsp	
				Garlic flakes (Optional)	3 nos.	4 nos.	5 nos.	
				Method :				
				1. Grind garlic, ginger, jeera & green chillies to a thick rough paste. Do not add water. Keep the paste aside.				
				2. Add salt, chilli powder & lemon juice to the paste. Add the tandoori color.				
				3. Cut the paneer into 1" square pieces. Apply the paste on all the pieces properly.				
				4. In a MWS glass bowl add oil, capsicum & onion. Select category & weight & press start.				
5. When beeps, remove the bowl from microwave oven & add lemon juice, black & salt, keep aside.								
6. Keep the paneer pieces on tawa & tawa on high rack.								
7. Press start.								
8. When beeps, add the capsicum & onion rings & mix well. Drizzle few oil drops.								
9. Press start.								
CH19	MIX VEG PLATTER	0.5 kg	Multicook tawa & High rack*	For	0.5 Kg			
				Paneer (Cut 1½" cubes)	200 g			
				Mushroom buttons (trim the stalk)	100 g			
				Baby corn (blanched)	25 g			
				Capsicum (Cut into large cubes)	100 g			
				Tomatoes (cut into quarters & deseeded)	25 g			
				Onion (Cut into quarters & separated)	50 g			
				For Marinade				
				Hung Curd	4 tbsp			
				Thick cream	2 tbsp			
				Cornflour	1 tbsp			
				Ginger garlic paste	1 tbsp			
				Black Salt	As per taste			
				Tandoori Color	A pinch			
				Tandoori masala	2 tsp			
				Red chilli powder, salt	as per taste			
				Method :				
				1. Mix all the ingredients of marinade.				
				2. Add paneer, mushrooms, baby corns, onions & tomatoes to the marinade & mix well to coat the vegetables..				
				3. Keep the marinated vegetables on tawa & tawa on high rack. Select category & press start.				
4. When beeps, turn over the side & drizzle few drops of oil & press start.								
5. When beep, again turn over & press start. Serve with barbeque sauce.								
Note: In case there is excess water during the cooking process, drain it & cook.								

* Refer page 139, fig 2

Category	Weight Limit	Utensil	Instructions		
CH20	FISH TANDOORI	0.5 kg	Multicook tawa & High rack*	For	0.5 Kg
				Pomfret	3 small sized
				For Marinade	
				Degi Mirch	2½ tsp
				Jeera	½ tsp
				Ginger paste	1 tsp
				Garlic paste	1 tsp
				Tandoori Masala	½ tsp
				Garam Masala	1½ tsp
				Amchoor	1 tsp
				Dhania Powder	1 tsp
				Lemon juice	2 tbsps
				Chaat Masala	¼ tsp
Salt	As per taste				
Method :					
1. Rub the fish well with besan (3tbsp), 2 tbsp lemon juice to remove fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Prick the fish all over with a fork or give shallow cuts with a knife.					
2. Mix all ingredients given under marinade. Rub the marinade well all over the fish pieces & let it marinade for 2-3 hours.					
3. Keep the marinated fish pieces on tawa & tawa on high rack. Select the category & press start.					
4. When beeps, turn over the fish & press start.					
5. When beeps, turn over again & press start. Sprinkle chaat masala & serve with Pudina chutney & onion rings.					
CH21	FALDARI KABABS	0.4 kg	Multicook tawa & High rack*	For	0.4 Kg
				Boiled & mashed raw bananas	2 nos.
				Boiled & mashed shakarkandi	2 nos.
				Peeled & grated apple	½ cup
				Fresh coriander (chopped)	2 tbsps
				Fresh mint leaves (chopped)	2 tbsps
				Green chillies (chopped)	2 nos.
				Ginger (chopped)	2 tsp
				Bread crumbs	½ cup
				Salt, red chilli powder, jeera powder	As per taste
				For stuffing	
				Chopped almonds	2 tbsps
				Chopped cashewnuts	2 tbsps
Chopped raisins	2 tbsps				
Method :					
1. In a bowl take chopped almonds, cashewnuts & raisins for stuffing. Mix well & keep aside for later use.					
2. In another bowl take boiled & mashed banana, shakarkandi, grated apple, chopped coriander & mint leaves, chopped ginger & green chillies & all the spices. Mix well. When the mixture cools down, add bread crumbs & mix well to make a dough for kababs.					
3. Divide the dough into 10 equal portions. Make round balls. Flatten each ball & fill stuffing (as required) in the center & again re-shape into round kababs.					
4. Place kababs on tawa & tawa on high rack. Put both inside the microwave. Select category & press start.					
5. When beeps, turnover the kababs & press start.					
6. When beeps, again turnover the kababs & press start. Serve kababs hot with chutney of your choice.					

* Refer page 139, fig 2

Charcoal

Category	Weight Limit	Utensil	Instructions																																																				
CH22	SPICY CHICKEN KABABS	0.2 ~ 0.4 kg	Multicook tawa & High rack*																																																				
			<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Boneless chicken (cut into 1½" pieces)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>For Marinade</td><td></td><td></td><td></td></tr><tr><td>Barbeque sauce</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Olive oil</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Garlic powder / Ginger paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Red chilli flakes</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Black pepper (freshly crushed)</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr><tr><td>Onion paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Oregano</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Thyme</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr><tr><td>Cumin powder</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td></tr><tr><td>Salt</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Clean & wash chicken pieces & cut into 1½" cubes. Prick them with fork.In a bowl take chicken pieces & add all the ingredients of marinade & mix well. Keep covered for at least 30-45 minutes in refrigerator.Place all the marinated chicken pieces on tawa & place tawa on high rack. Keep in the microwave. Select category & weight and press start.When beeps, turn the chicken pieces. Remove excess water or liquid from the tawa (if present) & press start.Serve spicy chicken kababs hot with mint chutney or onion rings.	For	0.2 kg	0.3 kg	0.4 kg	Boneless chicken (cut into 1½" pieces)	200 g	300 g	400 g	For Marinade				Barbeque sauce	1 tbsp	1½ tbsp	2 tbsp	Olive oil	½ tsp	1 tsp	1 tsp	Garlic powder / Ginger paste	1 tsp	1½ tsp	2 tsp	Red chilli flakes	1 tsp	1 tsp	1 tsp	Black pepper (freshly crushed)	½ tsp	½ tsp	1 tsp	Onion paste	1 tbsp	1½ tbsp	2 tbsp	Oregano	½ tsp	1 tsp	1 tsp	Thyme	½ tsp	½ tsp	1 tsp	Cumin powder	1 tsp	1½ tsp	1½ tsp	Salt	As per taste		
For	0.2 kg	0.3 kg	0.4 kg																																																				
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Olive oil	½ tsp	1 tsp	1 tsp																																																				
Garlic powder / Ginger paste	1 tsp	1½ tsp	2 tsp																																																				
Red chilli flakes	1 tsp	1 tsp	1 tsp																																																				
Black pepper (freshly crushed)	½ tsp	½ tsp	1 tsp																																																				
Onion paste	1 tbsp	1½ tbsp	2 tbsp																																																				
Oregano	½ tsp	1 tsp	1 tsp																																																				
Thyme	½ tsp	½ tsp	1 tsp																																																				
Cumin powder	1 tsp	1½ tsp	1½ tsp																																																				
Salt	As per taste																																																						
CH23	CHILKA KABABS	0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*																																																				
			<table><tr><td>For</td><td>0.4 Kg</td></tr><tr><td>Chana dal (soaked overnight)</td><td>200 g</td></tr><tr><td>Snake gourd peels (roughly chopped)</td><td>½ cup</td></tr><tr><td>Pumpkin peels (roughly chopped)</td><td>½ cup</td></tr><tr><td>Whole black pepper</td><td>¼ tsp</td></tr><tr><td>Dried red chilli</td><td>1 no.</td></tr><tr><td>Laung</td><td>3-4 nos.</td></tr><tr><td>Black cardamom</td><td>1 no.</td></tr><tr><td>Cinnamon</td><td>1" piece</td></tr><tr><td>Water</td><td>½ cup</td></tr><tr><td>Oil</td><td>½ tsp</td></tr><tr><td>Javitri</td><td>1 no.</td></tr><tr><td>Fresh coriander leaves</td><td>2 tbsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a MWS glass bowl take soaked chana dal, pumpkin peels, snake gourd peels & all the whole spices except salt & coriander leaves. Sprinkle ¼ cup water & cover. Select category & press start.When beeps, take out the bowl, remove javitri & black cardamom and allow to cool the mixture.Grind the cooked mixture to a coarse paste in a mixer, adding ¼ cup water & salt to taste. Take out in a bowl and add freshly chopped coriander leaves. Mix well with hands & make kababs of equal size & shape.Grease the tawa with ½ tsp oil & put the kababs on it. Keep the tawa on high rack. Keep high rack & tawa with kababs inside the microwave and press start.When beeps, sprinkle ¼ tsp oil on all kababs and turn over the kababs and press start.Serve the kababs hot with the chutney of your choice.	For	0.4 Kg	Chana dal (soaked overnight)	200 g	Snake gourd peels (roughly chopped)	½ cup	Pumpkin peels (roughly chopped)	½ cup	Whole black pepper	¼ tsp	Dried red chilli	1 no.	Laung	3-4 nos.	Black cardamom	1 no.	Cinnamon	1" piece	Water	½ cup	Oil	½ tsp	Javitri	1 no.	Fresh coriander leaves	2 tbsp	Salt	As per taste																								
For	0.4 Kg																																																						
Chana dal (soaked overnight)	200 g																																																						
Snake gourd peels (roughly chopped)	½ cup																																																						
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Water	½ cup																																																						
Oil	½ tsp																																																						
Javitri	1 no.																																																						
Fresh coriander leaves	2 tbsp																																																						
Salt	As per taste																																																						
CH24	JIMIKAND KE KABABS	0.2 ~ 0.4 kg	Multicook tawa & High rack*																																																				
			<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Jimikand (boiled & grated)</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr><tr><td>Fresh bread (crumbled)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Green chilli (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr><tr><td>Cornflour</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Coriander leaves (chopped)</td><td colspan="3">As required</td></tr><tr><td>Anardana powder</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr><tr><td>Salt, red chilli powder, garam masala</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a bowl take boiled & grilled jimikand, chopped green chilli, coriander leaves, cornflour, anardana powder & all the spices. Mix well.Remove the sides (brown part) of the bread slices with a knife. Crumble them with hands & add this to jimikand mixture. Mix well and make equal sized flat kababs.Keep the kababs on multicook tawa. Keep tawa on high rack & keep inside the microwave. Select category & weight and press start.When beeps, turn all the kababs & press start.When beeps, again turn the kababs & press start. Serve them hot with onion rings & mint chutney.	For	0.2 kg	0.3 kg	0.4 kg	Jimikand (boiled & grated)	1 cup	1½ cup	2 cups	Fresh bread (crumbled)	2 nos.	3 nos.	4 nos.	Green chilli (chopped)	2 nos.	3 nos.	4 nos.	Cornflour	1 tbsp	1½ tbsp	2 tbsp	Coriander leaves (chopped)	As required			Anardana powder	¼ tsp	½ tsp	½ tsp	Salt, red chilli powder, garam masala	As per taste																						
For	0.2 kg	0.3 kg	0.4 kg																																																				
Jimikand (boiled & grated)	1 cup	1½ cup	2 cups																																																				
Fresh bread (crumbled)	2 nos.	3 nos.	4 nos.																																																				
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Cornflour	1 tbsp	1½ tbsp	2 tbsp																																																				
Coriander leaves (chopped)	As required																																																						
Anardana powder	¼ tsp	½ tsp	½ tsp																																																				
Salt, red chilli powder, garam masala	As per taste																																																						

* Refer page 139, fig 2

Category	Weight Limit	Utensil	Instructions				
CH25	KAJU KABABS	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For	0.1 kg	0.2 kg	0.3 kg
				Potato (cut into pieces)	½ no.	1 no.	1½ no.
				Onion (chopped)	½ no.	1 no.	1 no.
				Peas (shelled)	3 tbsp	4 tbsp	4 tbsp
				Cauliflower (florets)	½ cup	½ cup	¾ cup
				Ginger-garlic paste	½ tsp	1 tsp	1 tsp
				Kaju powder	2 tbsp	4 tbsp	5 tbsp
				Fresh bread crumbs (sides removed)	3 slices	4 slices	4 slices
				Green chilli (chopped)	1 no.	2 nos.	2 nos.
				Tomato ketchup	½ tsp	1 tsp	1 tsp
				Salt, red chilli powder, garam masala	As per taste		
				Coriander leaves (chopped)	1 tbsp	1½ tbsp	2 tbsp
				Method :			
1. In a MWS glass bowl take cut potatoes, chopped onion, peas & cauliflower. Put ½ cup water & cover. Select category & weight and press start.							
2. When beeps, remove the bowl, strain the vegetables. Remove all the moisture & mash well when cool.							
3. To the mashed vegetables add all the spices, chopped green chilli, coriander leaves, kaju powder, ginger-garlic paste, tomato ketchup, fresh bread crumbs. Mix all the ingredients very well. Make equal sized kababs out of the mixture.							
4. Keep the kababs on tawa & tawa on high rack. Keep inside the microwave and press start.							
5. When beeps turn the kababs & press start. Serve them hot with mint chutney.							
CH26	MUTTON & TOMATO KABABS	0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For	0.3 Kg		
				Minced mutton	300 g		
				Badi Elaichi	1 no.		
				Dalchini	2" piece		
				Laung	3-4 nos.		
				Whole black pepper	8 to10 nos.		
				Dried red chilli	2 nos.		
				Bread crumbs	¼ cup		
				Green chilli (chopped)	2 nos.		
				Coriander (chopped)	2 tbsp		
				Lemon juice (optional)	1 tsp		
				Salt, red chilli powder, garam masala	As per taste		
				Tomatoes (cut into big pieces)	2 nos.		
Method :							
1. In a MWS glass bowl take minced mutton, laung, badi elaichi, cinnamon, dried red chilli, whole black peppers. Mix well & cover. Select category and press start.							
2. When beeps, take out the bowl, remove cover & remove all the whole spices & discard the water. Allow the mutton to get cooled & grind the mutton coarsely.							
3. Take the ground mutton in a bowl, add all the spices, chopped green chilli, coriander leaves, bread crumbs & lemon juice (optional) & mix very well.							
4. Make equal sized round kababs from the mixture & keep on greased tawa. Keep the tawa on high rack. Keep inside the microwave & press start.							
5. When beeps, turnover the kababs & keep tomato pieces (seeds removed) and press start. Serve them hot with mint chutney.							

* Refer page 139, fig 2

Charcoal

Category	Weight Limit	Utensil	Instructions																																																								
CH27	DAHI KABABS	0.2 ~ 0.4 kg	Multicook tawa & High rack*																																																								
			<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Boiled potatoes</td><td>100 g</td><td>200 g</td><td>250 g</td></tr><tr><td>Boiled peas</td><td>50 g</td><td>75 g</td><td>100 g</td></tr><tr><td>Chopped & boiled spinach</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Grated ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Chopped green chillies</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Chopped almonds</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Chopped raisins</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Besan</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr><tr><td>Chopped coriander leaves</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr><tr><td>Salt, garam masala, red chilli powder</td><td colspan="3">As per taste</td></tr><tr><td>Oil</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Cornflour</td><td colspan="3">For coating</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl mix all the ingredients except oil & cornflour. Mix well while mashing the potatoes & peas. Make flat kababs & roll each kabab in cornflour.2. Keep the kababs on tawa & keep the tawa on high rack. Select category & weight and press start.3. When beeps, turn over the kababs, pour the oil & press start.4. When beeps, turn over again & press start. Serve with coriander chutney.	For	0.2 kg	0.3 kg	0.4 kg	Boiled potatoes	100 g	200 g	250 g	Boiled peas	50 g	75 g	100 g	Chopped & boiled spinach	2 tbsp	3 tbsp	4 tbsp	Hung curd	2 tbsp	3 tbsp	4 tbsp	Grated ginger	1 tsp	1½ tsp	2 tsp	Chopped green chillies	½ tbsp	1 tbsp	1½ tbsp	Chopped almonds	½ tbsp	1 tbsp	1½ tbsp	Chopped raisins	½ tbsp	1 tbsp	1½ tbsp	Besan	1 tbsp	2 tbsp	3 tbsp	Chopped coriander leaves	1 tbsp	2 tbsp	3 tbsp	Salt, garam masala, red chilli powder	As per taste			Oil	1 tsp	1 tsp	1 tsp	Cornflour	For coating		
For	0.2 kg	0.3 kg	0.4 kg																																																								
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Besan	1 tbsp	2 tbsp	3 tbsp																																																								
Chopped coriander leaves	1 tbsp	2 tbsp	3 tbsp																																																								
Salt, garam masala, red chilli powder	As per taste																																																										
Oil	1 tsp	1 tsp	1 tsp																																																								
Cornflour	For coating																																																										
CH28	CHICKEN TIKKA	0.3 kg	Multicook tawa & High rack*																																																								
			<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Boneless chicken</td><td>300 g</td></tr><tr><td>Oil</td><td>For basting</td></tr><tr><td>For Marinade</td><td></td></tr><tr><td>Hung curd</td><td>2 tbsp</td></tr><tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr><tr><td>Salt, garam masala, chaat masala, red chilli powder, Tandoori masala, Tandoori color</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. Mix all the ingredients of marinade in a bowl.2. Mix boneless chicken with marinade & keep in refrigerator for 2-3 hours.3. Now place the marinated chicken on multicook tawa & keep the tawa on high rack.4. Select category & press start.5. When beeps, turn over & baste with some oil. Press start.6. When beeps, again turn over. Press start.	For	0.3 kg	Boneless chicken	300 g	Oil	For basting	For Marinade		Hung curd	2 tbsp	Ginger garlic paste	2 tbsp	Salt, garam masala, chaat masala, red chilli powder, Tandoori masala, Tandoori color	As per taste																																										
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Salt, garam masala, chaat masala, red chilli powder, Tandoori masala, Tandoori color	As per taste																																																										
CH29	TANDOORI FRUIT CHAAT	0.3 ~ 0.5 kg	Multicook tawa & High rack*																																																								
			<table><tr><td>For</td><td>0.3 Kg</td><td>0.4 Kg</td><td>0.5 Kg</td></tr><tr><td>Sweet potatoes</td><td>2 No.</td><td>2 No.</td><td>3 No.</td></tr><tr><td>Star Fruit</td><td>1 no.</td><td>1 no.</td><td>1 no.</td></tr><tr><td>Pineapple</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Green apple</td><td>1 no.</td><td>1 no.</td><td>2 no.</td></tr><tr><td>For Marination</td><td></td><td></td><td></td></tr><tr><td>Olive oil</td><td>2 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr><tr><td>Vinegar</td><td>½cup</td><td>1cup</td><td>1½cup</td></tr><tr><td>Powder sugar</td><td>6 tsp</td><td>7 tsp</td><td>8 tsp</td></tr><tr><td>Anaardana</td><td>5 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr><tr><td>Roasted cumin powder</td><td>1 tbsp</td><td>1½tbsp</td><td>2 tbsp</td></tr><tr><td>Black salt, peppercorn, chaat masala, garam masala</td><td colspan="3">As per taste</td></tr><tr><td>Kashmiri mirch</td><td>2 tsp</td><td>2 tsp</td><td>3 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. Take olive oil in a bowl & add vinegar, powder sugar, anardana powder, garam masala, roasted cumin powder, kashmiri mirch, & black salt and crushed peppercorn. Mix it well.2. Marinate boiled sweet potatoes, green apple, pineapple & star fruit in the prepared mixture for about an hour.3. Grease the tawa with some oil. Put fruit pieces on tawa. And keep tawa on high rack inside the microwave.4. Select menu & press start.5. When beeps, turn the pieces & press start again.	For	0.3 Kg	0.4 Kg	0.5 Kg	Sweet potatoes	2 No.	2 No.	3 No.	Star Fruit	1 no.	1 no.	1 no.	Pineapple	100 g	200 g	300 g	Green apple	1 no.	1 no.	2 no.	For Marination				Olive oil	2 tbsp	2 tbsp	3 tbsp	Vinegar	½cup	1cup	1½cup	Powder sugar	6 tsp	7 tsp	8 tsp	Anaardana	5 tbsp	5 tbsp	6 tbsp	Roasted cumin powder	1 tbsp	1½tbsp	2 tbsp	Black salt, peppercorn, chaat masala, garam masala	As per taste			Kashmiri mirch	2 tsp	2 tsp	3 tsp				
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Black salt, peppercorn, chaat masala, garam masala	As per taste																																																										
Kashmiri mirch	2 tsp	2 tsp	3 tsp																																																								

* Refer page 139, fig 2

Category		Weight Limit	Utensil	Instructions			
CH30	CHICKEN SAUTE	0.2 ~ 0.4 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg
				Supreme chicken peices	200 g	300 g	400 g
				For Marination			
				Ginger garlic paste	2 tbsp	3 tbsp	4 tbsp
				Olive oil	2 tbsp	3 tbsp	4 tbsp
				Black pepper	1 tsp	1½ tsp	2 tsp
				Thyme/Basil leaves	½ tbsp	1 tbsp	1½ tbsp
				Salt	As per taste		
				Method :			
				1. Mix all the ingredients of marinade in a bowl. Marinade the chicken pieces & keep in refrigerator for one hour.			
2. Adjust the wooden skewers inside the chicken pieces(1 skew in 1 piece).							
3. Transfer the chicken pieces on tawa & keep the tawa on high rack. Select menu & weight and press start.							
4. When beeps, turn over the pieces & press start.							
5. When beeps, turn over again & press start.							

* Refer page 139, fig 2

Diet Fry

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

1. Press STOP/CLEAR.



2. Press Diet Fry.

Diet Fry

The display will show "dF1"

3. Keep pressing the Diet Fry key until the display show "dF8".

4. Press -Less/+More to set the weight 0.4kg.



5. Press START/Add 30secs.



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



NOTE

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

* Note: If display is blank, press STOP/CLEAR

Category	Weight Limit	Utensil	Instructions																																				
dF1	CHICKEN NUGGETS	0.1-0.3 Kg	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*																																				
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Boneless Chicken</td><td>100 g</td><td>150 g</td><td>200 g</td></tr><tr><td>Bread slice</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr><tr><td>Pepper corns</td><td>4-5</td><td>5-6</td><td>6-7</td></tr><tr><td>Cloves</td><td>2-3</td><td>3-4</td><td>4-5</td></tr><tr><td>Garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr><tr><td>Olive oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Salt</td><td colspan="3">As per taste</td></tr><tr><td>Chopped garlic</td><td>2 cloves</td><td>3 cloves</td><td>4 cloves</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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 nuggets6. Press start.7. Serve them hot with tomato Ketchup & shredded salad. <p>Note: If the mixture of nuggets is too dry, then sprinkle few drops of water to it.</p>	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
For	0.1 kg	0.2 kg	0.3 kg																																				
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Bread slice	1 no.	2 nos.	2 nos.																																				
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Olive oil	1 tsp	1½ tsp	2 tsp																																				
Salt	As per taste																																						
Chopped garlic	2 cloves	3 cloves	4 cloves																																				
dF2	ALOO CHIPS	0.2 Kg	Microwave glass tray																																				
			<table><tr><td>For</td><td>0.2 Kg</td></tr><tr><td>Potato (very thinly sliced)</td><td>200 g</td></tr><tr><td>Oil</td><td>A few drops</td></tr><tr><td>Salt, Chaat masala (optional)</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl mix very thinly sliced potatoes, salt, chaat masala.2. Put few drop of oil on the glass tray of the microwave oven & smear it properly throughout.3. Spread the potato slices throughout the glass tray. select category & press start. Allow the glass tray to cool down. Remove the chips & serve.	For	0.2 Kg	Potato (very thinly sliced)	200 g	Oil	A few drops	Salt, Chaat masala (optional)	As per taste																												
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Potato (very thinly sliced)	200 g																																						
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Salt, Chaat masala (optional)	As per taste																																						
dF3	BREAD PAKORA	4 Pc	Multicook tawa & High Rack*																																				
			<table><tr><td>For</td><td>Batter</td></tr><tr><td>Besan</td><td>1 cup (130 gms)</td></tr><tr><td>Water</td><td>200 ml</td></tr><tr><td>Salt, haldi, garam masala, red chilli powder,</td><td>As per taste</td></tr><tr><td>For filling</td><td></td></tr><tr><td>Boiled potatoes</td><td>2 nos. (medium)</td></tr><tr><td>Chopped green chillies</td><td>2 nos.</td></tr><tr><td>Chopped Coriander</td><td>1 tbsp</td></tr><tr><td>Chopped ginger</td><td>1 tsp</td></tr><tr><td>Salt, garam masala, red chilli powder</td><td>As per taste</td></tr><tr><td>Bread slices</td><td>4 nos.</td></tr><tr><td>Oil</td><td>2 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.2. In another bowl put besan & all spices & gradually add water & make a smooth batter for bread pakoras without any lumps.3. Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure. 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.	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												
For	Batter																																						
Besan	1 cup (130 gms)																																						
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Chopped ginger	1 tsp																																						
Salt, garam masala, red chilli powder	As per taste																																						
Bread slices	4 nos.																																						
Oil	2 tsp																																						

* Refer page 139, fig 2

Diet Fry

Category		Weight Limit	Utensil	Instructions	
dF4	PANEER PAKORA	0.4 Kg	Multicook tawa & High rack*	Paneer (Cut into 1.5" cubes)	400 gm
				For Batter	
				Besan	1 cup (130 g)
				Water	200 ml
				Salt, red chilli powder, haldi, garam masala	As per taste
				Oil	2 tsp
				Method : 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.	
dF5	GUJIA	10 Pc	Multicook tawa & Low rack* & High rack*	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 ¼tsp 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.	

* Refer page 139, fig 1

* Refer page 139, fig 2

Category		Weight Limit	Utensil	Instructions	
dF6	SAMOSA	8 Pc	Multicook tawa & Low rack* & High rack*	For Dough	
				Wheat flour (Refined)	1 cup
				Melted ghee	½ tbsp
				Oil	for kneading
				Salt	½ tsp
				For stuffing	
				Boiled potatoes	2 cup
				Boiled peas	½ cup
				Ginger-green chilli paste	1 tsp
				Amchoor	1½ tsp
				Red chilli powder	1 tsp
				Finely chopped Coriander leaves	2 tsp
				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.	
dF7	MASALA VADA	5 Pc	Multicook tawa & Low rack*	Soaked chana dal	1 cup
				Chopped onions, chopped green chillies	½ cup
				Grated ginger	1 tsp
				Cumin seeds	1 tbsp
				Chopped garlic	1 tbsp
				Chopped coriander leaves	3 tsp
				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 139, fig 1

* Refer page 139, fig 2

Diet Fry

Category		Weight Limit	Utensil	Instructions			
dF8	CHICKEN 65	0.2 – 0.4 kg	Multicook tawa & High rack* & Microwave safe (MWS) glass bowl	For	0.2 kg	0.3 kg	0.4 kg
				Chicken boneless (cut in 1½" pieces)	200 g	300 g	400 g
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Curry leaves	As required		
				Split green chilli	3 nos.	4 nos.	5 nos.
				Mustard seeds	1 tsp	1½ tsp	2 tsp
				Tomato ketchup	3 tbsp	4 tbsp	5 tbsp
				Lime juice (optional)	1 tsp	2 tsp	3 tsp
				For Marinade			
				Hung curd	1 tbsp	1½ tbsp	2 tbsp
				Maida	1 tbsp	1½ tbsp	2 tbsp
				Cornflour	1 tsp	1½ tsp	2 tsp
				Egg (beaten)	½ no.	1 no.	1 no.
				Red food colour	A pinch		
				Ginger-garlic paste	As required		
				Salt, turmeric powder	As per taste		
				Red chilli powder	1 tsp	1½ tsp	1½ tsp
				Method :			
				1. Add all the ingredients of marinade in a bowl & mix well. Add boneless chicken pieces & mix and cover. Keep in refrigerator for atleast 30 minutes.			
				2. When beeps, take marinated chicken pieces & place on tawa. Keep tawa & high rack inside the microwave.			
				3. Select 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 & tomato ketchup to the MWS glass bowl. Mix well & press start. Squeeze lime juice on top & serve immediately.			
dF9	STUFFED ALOO PATTIES	6 Pc	Multicook tawa & High rack*	For Patties			
				Boiled & mashed potatoes	2 cups		
				Cornflour	1 tbsp		
				Finely chopped green chilli	2 nos.		
				Salt	As per taste		
				Oil	1 tsp		
				For Stuffing			
				Oil	2 tsp		
				Boiled green pea	½ cup		
				Ginger & green chilli paste	2 tsp		
				Chopped coriander leaves	2 tbsp		
				Cumin seeds	1 tsp		
				Salt, red chilli powder, garam masala	As per taste		
				Lemon juice (optional)	2 tbsp		
				Method :			
				1. Pre-Preparation for Stuffing : In a 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.			

* Refer page 139, fig 2

Category		Weight Limit	Utensil	Instructions			
dF10	MUSHROOM ROLLS	16 Pc	Multicook tawa & Low rack*	For Stuffing Mushroom (finely chopped) 1½ cup Onions (chopped) 4 tbsp Green chilli (chopped) 2 nos. Butter (melted) 2 tbsp Fresh cream 4 tbsp Maida 1 tbsp Boiled peas ½ cup Lemon juice 1 tsp Coriander leaves (chopped) 3 tbsp Garlic paste ½ tsp Salt, 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.			
dF11	SABUDANA VADA	0.1 ~ 0.3 kg	Multicook tawa & High rack*	For 0.1 kg 0.2 kg 0.3 kg Boiled potato 1 no. 2 nos. 3 nos. Sabudana (soaked for at least 1 hour) ½ cup ¾ cup 1 cup Roasted & crushed peanuts 1 tbsp 2 tbsp 3 tbsp Chopped green chilli 1 no. 2 nos. 3 nos. Finely chopped ginger ¼ tsp ½ tsp 1 tsp Fresh curry leaves As required Coriander leaves (chopped) ½ tbsp 1 tbsp 1½ tbsp Salt As per taste			
				Method : 1. In a bowl take all the ingredients & mix well. Make mixture for sabudana vada. Divide the dough in equal parts & make round & flat vadas. 2. Take the multicook tawa & keep the vadas on tawa. Keep tawa on high rack & keep inside the microwave. Select category & weight and press start. 3. When beeps, turn the vadas & press start. 4. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice.			

* Refer page 139, fig 1

* Refer page 139, fig 2

Diet Fry

Category	Weight Limit	Utensil	Instructions																																																												
dF12	FISH AMRITSARI	0.3 kg	Multicook tawa & High rack*	<table><tr><td>For</td><td colspan="3">0.3 kg</td></tr><tr><td>Boneless fish (cut into 2" pieces)</td><td colspan="3">250 g</td></tr><tr><td>Lemon juice</td><td colspan="3">1 tsp</td></tr><tr><td>Salt</td><td colspan="3">¼ tsp</td></tr><tr><td colspan="4">For Batter</td></tr><tr><td>Egg (beaten)</td><td colspan="3">1 no.</td></tr><tr><td>Besan</td><td colspan="3">2 tbsp</td></tr><tr><td>Hung curd</td><td colspan="3">2 tbsp</td></tr><tr><td>Ajwain</td><td colspan="3">1 tsp</td></tr><tr><td>Ginger-garlic paste</td><td colspan="3">½ tbsp</td></tr><tr><td>Lemon juice</td><td colspan="3">1 no.</td></tr><tr><td>Salt, red chilli powder, garam masala, chaat masala, turmeric powder</td><td colspan="3">As per taste</td></tr><tr><td>Bread crumbs (for coating)</td><td colspan="3">1 cup</td></tr><tr><td>Oil (for basting)</td><td colspan="3">1 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. Sprinkle salt & lemon juice on fish pieces. Rub well & keep aside for 5 minutes & wash well. Remove excess moisture with an absorbent kitchen towel.2. In a bowl, mix together besan, hung curd, ginger garlic paste, ajwain, all the spices, beaten egg & lemon juice. Mix well & make a thick batter for marinade.3. Rub this marinade well on the fish pieces & keep covered in refrigerator for atleast half an hour.4. In a flat dish / plate take bread crumbs & coat the fish pieces one-by-one & keep on tawa. Keep tawa & high rack inside the microwave. Select category & press start.5. When beeps, turnover fish pieces & sprinkle 1 tbsp oil on all pieces & press start.6. Sprinkle chaat masala on fish pieces & serve them hot with lemon wedges & lachha onions.				For	0.3 kg			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		
For	0.3 kg																																																														
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																																																														
dF13	BATATA VADA	0.1 ~ 0.3 kg	Multicook tawa & High rack*	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Boiled potatoes</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Chopped coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Chopped green chillies</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Chopped onion</td><td>1 no.</td><td>1½ no.</td><td>2 nos.</td></tr><tr><td>Salt, red chilli powder, garam masala, chaat masala</td><td colspan="3">As per taste</td></tr><tr><td>Roasted jeera</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. Mix all the ingredients together. Make big vadas of the mixture.2. Grease the multicook tawa with some oil. Arrange the vada on the tawa. Keep the tawa on high rack.3. Select category & weight and press start.4. When beeps, turn over the vadas & press start.				For	0.1 kg	0.2 kg	0.3 kg	Boiled potatoes	100 g	200 g	300 g	Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp	Chopped green chillies	2 nos.	2 nos.	3 nos.	Chopped onion	1 no.	1½ no.	2 nos.	Salt, red chilli powder, garam masala, chaat masala	As per taste			Roasted jeera	1 tsp	1½ tsp	2 tsp																												
For	0.1 kg	0.2 kg	0.3 kg																																																												
Boiled potatoes	100 g	200 g	300 g																																																												
Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp																																																												
Chopped green chillies	2 nos.	2 nos.	3 nos.																																																												
Chopped onion	1 no.	1½ no.	2 nos.																																																												
Salt, red chilli powder, garam masala, chaat masala	As per taste																																																														
Roasted jeera	1 tsp	1½ tsp	2 tsp																																																												
dF14	PYAAZ PAKORA	0.1 kg	Multicook tawa & High rack*	<table><tr><td>For</td><td colspan="3">0.1 kg</td></tr><tr><td>Pyaz (Cut into rings)</td><td colspan="3">100 g</td></tr><tr><td colspan="4">For Batter</td></tr><tr><td>Besan</td><td colspan="3">1 cup (130 g)</td></tr><tr><td>Water</td><td colspan="3">200 mL</td></tr><tr><td>Salt, Red chilli powder, haldi, garam masala</td><td colspan="3">As per taste</td></tr><tr><td>Oil</td><td colspan="3">2 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.2. Keep the tawa on high rack. keep inside microwave. Select menu & press start. (Preheat process)3. When beeps, place all Pyaz rings evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.5. Serve hot with Chutney or Sauce. Cut into 1.5" cubes)				For	0.1 kg			Pyaz (Cut into rings)	100 g			For Batter				Besan	1 cup (130 g)			Water	200 mL			Salt, Red chilli powder, haldi, garam masala	As per taste			Oil	2 tsp																														
For	0.1 kg																																																														
Pyaz (Cut into rings)	100 g																																																														
For Batter																																																															
Besan	1 cup (130 g)																																																														
Water	200 mL																																																														
Salt, Red chilli powder, haldi, garam masala	As per taste																																																														
Oil	2 tsp																																																														

* Refer page 139, fig 2

Category		Weight Limit	Utensil	Instructions	
dF15	MIRCHI VADA	0.2 kg	Multicook tawa & High rack*	For	0.2 kg
				Mirchi (blanched)	200 g
				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
				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 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 without any lumps. 3. Take Mirchi pieces & slit them from between add boiled mash potato in it and cover chillies with potato mixture and keep it in batter 10-15 min~ Grease the tawa with 2-3 drops oil. 4. Keep the tawa on high rack. Select menu the press start.(Preheat process) 5. When beeps, keep the Mirchi Vada coated with the batter evenly on all sides on tawa & press start. 6. When beeps, turn the Mirchi Vada Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup.	
dF16	ALOO BHAJI	0.1 kg	Multicook tawa & High rack*	For	0.1 kg
				Potato (cube)	100 g
				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 menu & press start.(Preheat process) 3. When beeps, place all Potatoe pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start. 4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start. 5. Serve hot with Chutney or Sauce.	
dF17	SOYABEAN TIKKI	5 pc.	Multicook tawa & High rack*	For	5 pc.
				Boiled potato	1 no.
				Soyabean (soaked for at least 1 hour)	½ cup
				Roasted & crushed penuts	1 tbsp
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tbsp
				Salt	As per taste
				Method : 1. In a bowl take all the ingredintgs & mix wen. Make mixture for Tikki. Divide the dough in equalparts & make round & flat Soyabean Tikki. 2. Take the multicook tawa & keep the Tikkis on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start. 3. When beeps, turn the Tikkis & press start. 4. When beeps, again turn the Tikkis & press start. Serve them hot with the chutney of your choice.	

* Refer page 139, fig 2

Diet Fry

Category		Weight Limit	Utensil	Instructions																			
dF18	OATS CUTLET	5 pc.	Multicook tawa & High rack*	<table><tr><td>For</td><td>5 pc</td></tr><tr><td>Boiled potato</td><td>1 no.</td></tr><tr><td>Oats (roasted)</td><td>½ cup</td></tr><tr><td>Grated carrot</td><td>½ cup</td></tr><tr><td>Chopped green chilli</td><td>1 no.</td></tr><tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr><tr><td>Fresh curry leaves</td><td>As required</td></tr><tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl take all the ingredients & mix well. Make mixture for Oats Tikki Divide the dough in equal parts & make round & flat Oats Tikki.2. Take the multicook tawa & keep the Tikkis on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.3. When beeps, turn the Tikkis & press start.4. When beeps, again turn the Tikkis & press start. Serve them hot with the chutney of your choice.	For	5 pc	Boiled potato	1 no.	Oats (roasted)	½ cup	Grated carrot	½ cup	Chopped green chilli	1 no.	Finely chopped ginger	¼ tsp	Fresh curry leaves	As required	Coriander leaves (chopped)	½ tbsp	Salt	As per taste	
For	5 pc																						
Boiled potato	1 no.																						
Oats (roasted)	½ cup																						
Grated carrot	½ cup																						
Chopped green chilli	1 no.																						
Finely chopped ginger	¼ tsp																						
Fresh curry leaves	As required																						
Coriander leaves (chopped)	½ tbsp																						
Salt	As per taste																						
dF19	METHI MASALA VADA	5 pc.	Multicook tawa & High rack*	<table><tr><td>For</td><td>5 pc</td></tr><tr><td>Boiled potato</td><td>1 no.</td></tr><tr><td>Methi chopped</td><td>½ cup</td></tr><tr><td>Chana dal soaked for 1 hr.</td><td>1 cup</td></tr><tr><td>Chopped green chilli</td><td>1 no.</td></tr><tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr><tr><td>Fresh curry leaves</td><td>As required</td></tr><tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl take all the ingredients & mix well. Make mixture for Methi Masala. Divide the dough in equal parts & make round & flat2. Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start.3. When beeps, turn the vadas & press start.4. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice.	For	5 pc	Boiled potato	1 no.	Methi chopped	½ cup	Chana dal soaked for 1 hr.	1 cup	Chopped green chilli	1 no.	Finely chopped ginger	¼ tsp	Fresh curry leaves	As required	Coriander leaves (chopped)	½ tbsp	Salt	As per taste	
For	5 pc																						
Boiled potato	1 no.																						
Methi chopped	½ cup																						
Chana dal soaked for 1 hr.	1 cup																						
Chopped green chilli	1 no.																						
Finely chopped ginger	¼ tsp																						
Fresh curry leaves	As required																						
Coriander leaves (chopped)	½ tbsp																						
Salt	As per taste																						
dF20	POHA PATTIES	5 pc.	Multicook tawa & High rack*	<table><tr><td>For</td><td>5 pc</td></tr><tr><td>Boiled potato</td><td>1 no.</td></tr><tr><td>Poha soaked</td><td>1 cup</td></tr><tr><td>Yoghurt</td><td>2 tbsp</td></tr><tr><td>Chopped green chilli</td><td>1 no.</td></tr><tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr><tr><td>Fresh curry leaves</td><td>As required</td></tr><tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl take all the ingredients & mix well. Make mixture for Divide the dough in equal parts & make round & flat2. Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start.3. When beeps, turn the Poha Paule & press start.4. When beeps, again turn the Poha Paule & press start. Serve them hot with the chutney of your choice.	For	5 pc	Boiled potato	1 no.	Poha soaked	1 cup	Yoghurt	2 tbsp	Chopped green chilli	1 no.	Finely chopped ginger	¼ tsp	Fresh curry leaves	As required	Coriander leaves (chopped)	½ tbsp	Salt	As per taste	
For	5 pc																						
Boiled potato	1 no.																						
Poha soaked	1 cup																						
Yoghurt	2 tbsp																						
Chopped green chilli	1 no.																						
Finely chopped ginger	¼ tsp																						
Fresh curry leaves	As required																						
Coriander leaves (chopped)	½ tbsp																						
Salt	As per taste																						

* Refer page 139, fig 2

Category	Weight Limit	Utensil	Instructions																							
dF21	FRENCH TOAST	2 pc.	Multicook tawa & High rack*	<table><tr><td>For</td><td>2 pc</td></tr><tr><td>Egg</td><td>4 nos.</td></tr><tr><td>Salt, haldi, garam masala, red chilli powder</td><td>As per taste</td></tr><tr><td colspan="2">For filling</td></tr><tr><td>Boiled potatoes</td><td>2 nos. (medium)</td></tr><tr><td>Chopped green chillies</td><td>2 nos</td></tr><tr><td>Chopped coriander leaves</td><td>1 tbsp</td></tr><tr><td>Chopped ginger</td><td>1 tsp</td></tr><tr><td>Salt, garam masala, red chilli powder</td><td>As per taste</td></tr><tr><td>Bread slices</td><td>4 nos.</td></tr><tr><td>Oil</td><td>2 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.2. In another bowl mix Egg & all spices 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.3. Keep the tawa on high rack. Select menu the press start. (Preheat process)4. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start.5. When beeps, turn the bread Toast Sprinkle 2 tsp oil on all & press start.6. Serve hot with tomato ketchup.	For	2 pc	Egg	4 nos.	Salt, haldi, garam masala, red chilli powder	As per taste	For filling		Boiled potatoes	2 nos. (medium)	Chopped green chillies	2 nos	Chopped coriander leaves	1 tbsp	Chopped ginger	1 tsp	Salt, garam masala, red chilli powder	As per taste	Bread slices	4 nos.	Oil	2 tsp
For	2 pc																									
Egg	4 nos.																									
Salt, haldi, garam masala, red chilli powder	As per taste																									
For filling																										
Boiled potatoes	2 nos. (medium)																									
Chopped green chillies	2 nos																									
Chopped coriander leaves	1 tbsp																									
Chopped ginger	1 tsp																									
Salt, garam masala, red chilli powder	As per taste																									
Bread slices	4 nos.																									
Oil	2 tsp																									
dF22	BUFF VADA	5 pc.	Multicook tawa & High rack*	<table><tr><td>For</td><td>5 pc</td></tr><tr><td>Boiled potato</td><td>2 no.</td></tr><tr><td>Coconut (grated)</td><td>1 cup</td></tr><tr><td>Roasted crushed peanuts</td><td>1 tbsp</td></tr><tr><td>Chopped green chilli</td><td>1 no.</td></tr><tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr><tr><td>Fresh curry leaves</td><td>As required</td></tr><tr><td>Coriander leaves (chopped)</td><td>½ tsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl take all the ingredients & mix well. Make mixture for vada Divide the dough in equal parts & make round & flat vada2. Take the multicook tawa & keep the vada on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.3. When beeps, turn the vada & press start.4. When beeps, again turn the vada & press start. Serve them hot with the chutney of your choice.	For	5 pc	Boiled potato	2 no.	Coconut (grated)	1 cup	Roasted crushed peanuts	1 tbsp	Chopped green chilli	1 no.	Finely chopped ginger	¼ tsp	Fresh curry leaves	As required	Coriander leaves (chopped)	½ tsp	Salt	As per taste				
For	5 pc																									
Boiled potato	2 no.																									
Coconut (grated)	1 cup																									
Roasted crushed peanuts	1 tbsp																									
Chopped green chilli	1 no.																									
Finely chopped ginger	¼ tsp																									
Fresh curry leaves	As required																									
Coriander leaves (chopped)	½ tsp																									
Salt	As per taste																									
dF23	PALAK TIKKI	5 pc.	Multicook tawa & High rack*	<table><tr><td>For</td><td>5 pc</td></tr><tr><td>Boiled potato</td><td>1 no.</td></tr><tr><td>Palak (chopped)</td><td>½ cup</td></tr><tr><td>Corn flour</td><td>½ cup</td></tr><tr><td>Chopped green chilli</td><td>1 no.</td></tr><tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr><tr><td>Fresh curry leaves</td><td>As required</td></tr><tr><td>Coriander leaves (chopped)</td><td>½ tsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl take all the ingredients & mix well. Make mixture for palak tikki. Divide the dough in equal parts & make round & flat.2. Take the multicook tawa & keep the tikki on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.3. When beeps, turn the tikki & press start.4. When beeps, again turn the tikki & press start. Serve them hot with the chutney of your choice.	For	5 pc	Boiled potato	1 no.	Palak (chopped)	½ cup	Corn flour	½ cup	Chopped green chilli	1 no.	Finely chopped ginger	¼ tsp	Fresh curry leaves	As required	Coriander leaves (chopped)	½ tsp	Salt	As per taste				
For	5 pc																									
Boiled potato	1 no.																									
Palak (chopped)	½ cup																									
Corn flour	½ cup																									
Chopped green chilli	1 no.																									
Finely chopped ginger	¼ tsp																									
Fresh curry leaves	As required																									
Coriander leaves (chopped)	½ tsp																									
Salt	As per taste																									

* Refer page 139, fig 2

Diet Fry

Category		Weight Limit	Utensil	Instructions																			
dF24	CORN ALOO TIKKI	5 pc.	Multicook tawa & High rack*	<table><tr><td>For</td><td>5 pc</td></tr><tr><td>Boiled potato</td><td>1 no.</td></tr><tr><td>Corn (boiled & crushed)</td><td>1 cup</td></tr><tr><td>Corn flour</td><td>½ cup</td></tr><tr><td>Chopped green chilli</td><td>1 no.</td></tr><tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr><tr><td>Fresh curry leaves</td><td>As required</td></tr><tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table>	For	5 pc	Boiled potato	1 no.	Corn (boiled & crushed)	1 cup	Corn flour	½ cup	Chopped green chilli	1 no.	Finely chopped ginger	¼ tsp	Fresh curry leaves	As required	Coriander leaves (chopped)	½ tbsp	Salt	As per taste	<p>Method :</p> <ol style="list-style-type: none">1. In a bowl take all the ingredients & mix well. Make mixture for aloo tikki. Divide the dough in equal parts & make round & flat.2. Take the multicook tawa & high rack & put tikkies on tawa and keep inside the microwave. Select menu & weight and press start.3. When beeps, turn the Tikki & press start.4. When beeps, again turn the Tikki & press start. Serve them hot with the chutney of your choice.
For	5 pc																						
Boiled potato	1 no.																						
Corn (boiled & crushed)	1 cup																						
Corn flour	½ cup																						
Chopped green chilli	1 no.																						
Finely chopped ginger	¼ tsp																						
Fresh curry leaves	As required																						
Coriander leaves (chopped)	½ tbsp																						
Salt	As per taste																						
dF25	MIX VEG BHAJIA	0.2 kg	Multicook tawa & High rack*	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Potatoes (rings)</td><td>1 no.</td></tr><tr><td>Cauliflower (florets)</td><td>25 g</td></tr><tr><td>Onion (rings)</td><td>25 g</td></tr><tr><td>For batter</td><td></td></tr><tr><td>Besan</td><td>1 cup (130 g)</td></tr><tr><td>Water</td><td>200 mL</td></tr><tr><td>Salt, red chilli powder, haldi, garam masala</td><td>As per taste</td></tr><tr><td>Oil</td><td>2 tsp</td></tr></table>	For	0.2 kg	Potatoes (rings)	1 no.	Cauliflower (florets)	25 g	Onion (rings)	25 g	For batter		Besan	1 cup (130 g)	Water	200 mL	Salt, red chilli powder, haldi, garam masala	As per taste	Oil	2 tsp	<p>Method :</p> <ol style="list-style-type: none">1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.2. Keep the tawa on high rack. keep inside microwave. Select menu & press start. (Preheat process)3. When beeps, place all mix veg. pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.5. Serve hot with Chutney or Sauce.
For	0.2 kg																						
Potatoes (rings)	1 no.																						
Cauliflower (florets)	25 g																						
Onion (rings)	25 g																						
For batter																							
Besan	1 cup (130 g)																						
Water	200 mL																						
Salt, red chilli powder, haldi, garam masala	As per taste																						
Oil	2 tsp																						

* Refer page 139, fig 2

Low Calorie/Steam Cook

In the following example, show you how to cook 0.3Kg of BREAD SALAD.

1. Press STOP/CLEAR.



2. Press Low Calorie/Steam Cook. 

The display will show "SA1"

3. Keep pressing the Low Calorie/Steam Cook key until the display show "SA12".
4. Press -Less/+ More to set the weight 0.3kg.



5. Press START/Add 30secs.



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



! NOTE

- Low Calorie/Steam Cook menus are programmed.
- Low Calorie/Steam Cook menus allows you to cook your favourite food by selecting food & weight of food.

* Note: If display is blank, press STOP/CLEAR

Low Calorie

Category		Weight Limit	Utensil	Instructions			
SA1	BEETROOT SALAD	0.1 ~ 0.3 Kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish				
				For	0.1 Kg	0.2 Kg	0.3 Kg
				Beetroot (sliced)	100 g	200 g	300 g
				Saunf	½ tsp	1 tsp	1 tsp
				Coriander powder, pepper powder, salt, lemon juice	As per taste		
Method :							
1. In MWS bowl add ½ cup water. Keep the sliced beetroot on MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select category & weight and press start.							
2. In a bowl take the steamed beetroot add saunf, coriander powder, pepper powder, salt & lemon juice. Toss well. Chill & serve.							
SA2	COUS COUS SALAD	0.1 ~ 0.3 Kg	Microwave Safe (MWS) bowl				
				For	0.1 Kg	0.2 Kg	0.3 Kg
				Daliya	100 g	200 g	300 g
				Water	300 ml	600 ml	900 ml
				Salt	As per taste		
				Oil	Few drops		
				Vegetables (Cucumber cubes, chopped tomatoes, broccoli florets, sliced mushrooms)	2 cups	2½ cups	3 cups
				Lettuce leaves	2-3 leaves		
				For dressing			
				Pudina leaves (finely chopped)	¼ cup	½ cup	1 cup
				Lemon juice, pepper powder	As per taste		
Method :							
1. In a MWS bowl take daliya (Cous cous), add water & salt & few drops of oil. Select category & weight and press start.							
2. When beeps, remove & allow the daliya to cool for sometime so that the grains separate.							
3. Now add the vegetables & press start.							
4. Mix all the ingredients of dressing in a bowl.							
5. When cooking ends, add the cous cous to the dressing bowl. Toss all the ingredients together.							
6. Spread the lettuce leaves on a plate. And transfer the cous cous salad to the plate. Chill & serve.							
SA3	PASTA SALAD	0.2 Kg	Microwave Safe (MWS) bowl				
				For	0.2 Kg		
				Penne pasta	200 g		
				Water	400 ml		
				Vegetable (Grated carrot, capsicum, sliced olives, chopped spring onion)	1½ cup		
				Salt, pepper powder	As per taste		
				Olive oil	2 tsp		
				Vinegar	1 tsp		
				Oregano (optional)	As per taste		
				Curd	2 tbsp		
Method :							
1. In a MWS bowl add pasta, water & few drops of oil. Select category & press start.							
2. Wash the boiled paste under cold water to separate them.							
3. In a bowl take boiled pasta, add vegetable, salt, pepper powder, vinegar, curd, olive oil. Toss them together. Chill & serve.							
SA4	RICE SALAD	0.2 Kg	Microwave Safe (MWS) bowl				
				For	0.2 Kg		
				Basmati Rice	200 g		
				Water	400 ml		
				Apples (diced)	1 no.		
				Green peas	½ cup		
				Cauliflower florets	1 cup		
				Lemon Juice, salt, pepper	As per taste		
				Lettuce leaves	2-3 leaves		
				Shredded Cabbage leaves Coriander leaves	For garnishing		
Method :							
1. In a MWS bowl add rice & water. Select category & press start.							
2. When beeps, remove & in another MWS bowl add peas, Cauliflower florets & ½ cup water. Cover. Press start.							
3. In cooled rice add apple, green peas, cauliflower florets, salt & pepper.							
4. Now add lemon juice & toss well & transfer to serving dish lined with lettuce leaves. Garnish with shredded cabbage & coriander leaves.							

Category		Weight Limit	Utensil	Instructions				
SA5	CHICKEN IN TOMATO TOWERS	0.3 Kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High Rack	For		0.3 kg		
				Tomatoes		300 g (3 nos.)		
				Chicken Keema		100 g		
				Onion (finely chopped)		1 no.		
				Salt & pepper		As per taste		
				Method : 1. Take tomatoes wash & clean them. Cut from top & scoop out the pulp & seeds from tomatoes for the filling. 2. In a MWS glass bowl put chicken keema chopped onion, salt & pepper. Mix well. Select 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.				
SA6	TIRANGA SALAD	0.3 Kg	Microwave Safe (MWS) flat glass dish	For		0.3 kg		
				Grated carrot		100 g		
				Grated raddish		100 g		
				Broccoli florets		100 g		
				Olive		1-2		
				Salt, lemon juice		As per taste		
				Method : 1. In a MWS flat glass dish arrange grated carrot first in form of a band, then grated raddish & then broccoli florets, sprinkle water. cover with cling film select 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.				
SA7	HARI SEEKH SALAD	0.3 Kg	High Rack	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 high rack. 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. Keep it on high rack & keep it in microwave. 5. Select category & press start. Serve hot.				
SA8	BABYCORN AND BEAN SALAD	0.1 ~ 0.3 Kg	Microwave safe (MWS) bowl	For		0.1 Kg	0.2 Kg	0.3 Kg
				Babycorn		50 g	100 g	150 g
				Bean		50 g	100 g	150 g
				Salt, lemon juice, pepper powder (Optional)		As per taste		
				Method : 1. In a MWS bowl add babycorn & beans together. Add some water cover. 2. Select category & weight & press start. 3. Add salt, lemon juice, pepper powder. Mix well & serve.				

* Refer page 139, fig 2

Low Calorie

Category		Weight Limit	Utensil	Instructions			
SA9	CARROT AND PEAS SALAD	0.1 ~ 0.3 Kg	Microwave safe (MWS) Bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Carrot	50 g	100 g	150 g
				Peas	50 g	100 g	150 g
				Salt, lemon juice, pepper powder (Optional)	As per taste		
				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.			
SA10	PAPAYA LACHCHA SALAD	0.1 ~ 0.3 Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Papaya (thinly sliced)	100 g	200 g	300 g
				Water	As required		
				Sugar	10 g	20 g	30 g
				Cardamom essence	1 no.	Few drops	3 nos.
Method : 1. In a MWS bowl add papaya slices, sugar, some wter, cardamom essence. Select category and weight & press start.							
SA11	WHOLE WHEAT & MINT SALAD	0.1 ~ 0.3 Kg	Microwave safe (MWS) bowl	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.			
				SA12	BREAD SALAD	0.1 ~ 0.3 Kg	High rack
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)							

Category		Weight Limit	Utensil	Instructions			
SA13	SPRING BASKET SALAD	0.1-0.3 Kg	Microwave safe (MWS) Bowl & Microwave safe (MWS) flat glass dish	For	0.1 Kg	0.2 Kg	0.3 Kg
				Red cabbage leaves	20 g	40 g	60 g
				Baby corns	30 g	60 g	90 g
				Sprouts	20 g	40 g	50 g
				Black/green grapes	30 g	40 g	50 g
				Macroni (Boiled)	20 g	40 g	50 g
				For Dressing			
				Olive Oil	1 tbsp	1 tbsp	1½ tbsp
				Vinegar/lemon juice	½ tbsp	1 tbsp	1½ tbsp
				Oregano	1 tsp	1 tsp	1½ tsp
				Finely Chopped Onions	2 tbsp	3 tbsp	4 tbsp
				Salt & pepper	As per taste		
				Sugar	½ tsp	1 tsp	1 tsp
				Method : 1. Keep red cabbage leaves in MWS flat glass dish. Keep in MWS bowl & cover. Keep in microwave. Select category & weight and press start. 2. When beeps, remove steamed cabbage leaves. Do not throw the water from the MWS bowl. Keep baby corns cut into halves & sprouts in MWS flat glass dish. Cover & keep in microwave. Press start. 3. Remove from microwave. Allow to cool. 4. In a bottle or container with lid put all the ingredients of dressing & shake for 1-2 minutes till all ingredients blend well. 5. In a bowl add baby corns, grapes cut into halves, sprouts, boiled macroni & pour dressing, cover it. Mix well & fill the steamed cabbage leaves with it. 6. Serve the Salad basket chilled.			
SA14	CRUNCHY CHICKEN SALAD	0.5 Kg	Multicook Tawa* & High rack	For	0.5 Kg		
				Boneless Chicken	300 g		
				Vegetables (Boiled peas sweet corns, chopped tomato)	200 g		
				Lettuce leaves	For garnishing		
				Boiled Eggs	2 nos.		
				Lemon juice	2 tbsp		
				Salt	As per 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 & thoroughly coat with poppy seeds. 2. In another bowl mix boiled peas sweet corns, chopped tomatoes, add some salt, red chilli powder, lemon juice, olive oil. Adjust the seasoning as per your taste. Mix well. 5. Now keep the marinated boneless chicken pieces on tawa. Keep the tawa on high rack. Select category & press start. 6. When beeps, turn over the side & press start. 7. Line a serving dish with lettuce leaves. 8. Transfer the chicken pieces & vegetable to serving dish. Toss them over. Garnish with slices of boiled eggs & serve.			
SA15	BROCCOLI SALAD	0.5 Kg	Microwave safe (MWS) bowl	For	500 g		
				Broccoli florets	500 g		
				Olive oil	2 tbsp		
				Lemon Juice	2 tbsp		
				Salt, Pepper	As per taste		
				Sugar	1 tbsp		
				Lettuce leaves	For garnishing		
				Method : 1. In a MWS safe bowl add broccoli florets & add some water and cover it. 2. Select menu & press start. 3. When beeps, add olive oil, lemon juice, salt, pepper & sugar to the broccoli florets & press start. 4. Now garnish with lettuce leaves and serve.			

* Refer page 139, fig 2

Health Plus

Category		Weight Limit	Utensil	Instructions					
HP1	LEMON CHICKEN	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Boneless Chicken	100 g	200 g	300 g	400 g	500 g
				Soya sauce	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Corn flour	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Water	½ cup	½ cup	½ cup	1 cup	1 cup
				Salt, pepper & sugar	As per taste				
				Garlic paste	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Lemon juice	2 tsp	3 tsp	4 tsp	4 tsp	5 tsp
				Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Method : 1. Mix boneless chicken, soya sauce, salt & pepper, garlic paste & lemon juice in a bowl. Refrigerate for ½ hour. 2. In a MWS bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select category & weight & press start. 3. When beeps, mix well. Cover & press start. Allow to stand for 3 minutes.					
HP2	KALA CHANA	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Soaked 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.					
HP3	KARELA SUBZI	0.3 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa	Chopped Karela	0.3 kg				
				Oil	2 tbsp				
				Chopped Onion	1 cup				
				Water	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.					
HP4	MACHI KALI MIRCH	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	Pomfret (fish category)	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Salt, Lemon Juice & Kali Mirch Powder	To marinate as per your taste				
				Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic	As required				
				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.					

* Refer page 139, fig 2

Category	Weight Limit	Utensil	Instructions																																																
HP5	NUTRI-NUGGETS	0.1 – 0.3 kg	Microwave safe (MWS) bowl																																																
			<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Soaked and boiled nutrinuggets</td><td>50 g</td><td>100 g</td><td>150 g</td></tr><tr><td>Potato</td><td>50 g</td><td>100 g</td><td>150 g</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Jeera</td><td colspan="3">As per taste</td></tr><tr><td>Chopped onion</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Tomato puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Salt, garam masala, red chilli powder, haldi, dhania powder</td><td colspan="3">As per taste</td></tr><tr><td>Water</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr><tr><td>Chopped coriander leaves</td><td colspan="3">For garnishing</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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										
For	0.1 Kg	0.2 Kg	0.3 Kg																																																
Soaked and boiled nutrinuggets	50 g	100 g	150 g																																																
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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																																																		
HP6	SOYABEAN CURRY	0.2 kg	Microwave safe (MWS) bowl																																																
			<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Soyabean (soaked overnight)</td><td>200 g</td></tr><tr><td>Oil</td><td>1½ tbsp</td></tr><tr><td>Chopped onions</td><td>1 cup</td></tr><tr><td>Tomato puree</td><td>½ cup</td></tr><tr><td>Chopped green chillies</td><td>1 tbsp</td></tr><tr><td>Red chilli powder, garam masala, coriander powder, salt</td><td>As per taste</td></tr><tr><td>Water</td><td>200 ml</td></tr><tr><td>Coriander leaves</td><td>For garnishing</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																														
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Chopped onions	1 cup																																																		
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Chopped green chillies	1 tbsp																																																		
Red chilli powder, garam masala, coriander powder, salt	As per taste																																																		
Water	200 ml																																																		
Coriander leaves	For garnishing																																																		
HP7	CURD BRINJAL	0.1-0.5Kg	Microwave safe (MWS) bowl																																																
			<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Brinjal (cut into pieces)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Curd</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4 tbsp</td></tr><tr><td>Curry leaves</td><td colspan="5">A few sprigs</td></tr><tr><td>Mustard & cumin seeds</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>4 tsp</td></tr><tr><td>Salt</td><td colspan="5">As per taste</td></tr><tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>4 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
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																																														
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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																																														
HP8	FISH BHARTA	0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish																																																
			<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Fish (Fillet)</td><td>300 g</td></tr><tr><td>Mustard oil</td><td>1 tbsp</td></tr><tr><td>Mustard seeds</td><td>1 tsp</td></tr><tr><td>Chopped onion</td><td>1 cup</td></tr><tr><td>Red chilli powder, haldi, garam masala, salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																																				
For	0.3 kg																																																		
Fish (Fillet)	300 g																																																		
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Chopped onion	1 cup																																																		
Red chilli powder, haldi, garam masala, salt	As per taste																																																		

Health Plus

Category	Weight Limit	Utensil	Instructions									
HP9	SOYA IDLI	4 Pc, 8 Pc Microwave safe (MWS) Idli stand* & Microwave safe (MWS) bowl	Rice		100 g							
			Urad		4 tbsp							
			Soyabean granules		4 tbsp							
			Water		As required							
			Salt		As per taste							
			For		4 nos.	8 nos.						
			Oil		1 tsp	4 tsp						
			Chopped vegetables (capsicum & onion)		½ cup	2½ cups						
			Curry leaves		A few sprigs							
			Mustard seeds		As required							
			Red chilli powder		As per taste							
			Tomato sauce		2 tbsp							
			Water		¼ cup							
			Method :									
1. Wash & soak rice, urad daal & soyabeans granules for 4 hours.												
2. Grind, mix & ferment for 8 to 10 hours. Grind the mixture to paste consistency. (You an use the same batter for making 4, 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.												
4. When beeps, remove. In a microwave safe bowl add oil, mustard seeds, curry leaves & chopped vegetables. Press start.												
5. When beeps, mix well. Add red chilli powder, tomato sauce, water. Mix well. Add the idlies. Mix well to coat the idlies with sauce. Cover & press start.												
HP10	BATHUA RAITA	0.1 – 0.4 kg Microwave safe (MWS) bowl	For		0.1 kg	0.2 kg	0.3 kg	0.4 kg				
			Chopped bathua		25 g	50 g	75 g	100 g				
			Water		50 ml	75 ml	100 ml	125 ml				
			Beaten curd		3 tbsp	4 tbsp	5 tbsp	6 tbsp				
			Salt, roasted cumin seed powder		As per taste							
			Method :									
			1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select 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.									
			HP11	SPINACH DAL	0.1 – 0.5 kg Microwave safe (MWS) bowl	For		0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
						Dehusked soaked lentils (at least for 2 hours)		100 g	200 g	300 g	400 g	500 g
						Onions chopped		½ cup	1 cup	1 cup	1½ cup	2 cups
						Spinach chopped		1 cup	1½ cup	2 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.												

* Provided with LG kit.

Category		Weight Limit	Utensil	Instructions			
HP12	HEALTHY KHICHDI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Rice (soaked)	75 g	150 g	225 g
				Moong dal, washed (soaked)	25 g	50 g	75 g
				Desi ghee	½ tbsp	1 tbsp	1½ tbsp
				Carrot (grated finely)	1 no.	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.							
HP13	LEAF ROLLS	0.2-0.4Kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat Glass dish	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.							
HP14	MOONG DAL	0.2 kg	Microwave safe (MWS) bowl	Moong Dal soaked in water (for 1 hour)	0.2 kg		
				Water	400 ml		
				Oil	2 tbsp		
				Jeera	1 tsp		
				Hari Mirch	2-3 nos.		
				Curry Leaves	5-6 nos.		
				Salt, Dhania-Jeera Powder, Haldi, Hing, Kasuri Methi, Lemon Juice, Hara Dhania	As per your taste		
				Method :			
				1. Take 200 gms dal in Microwave Safe bowl, add Water, Haldi & Hing.			
				2. Select category press start to cook.			
3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves & press start.							
4. When beeps, add dal, salt, dhania jeera powder, hara dhania, kasuri methi (optional), water (if required) & lemon juice and press start to cook.							

Health Plus

Category		Weight Limit	Utensil	Instructions							
HP15	OATS IDLI	4 Pc, 8 Pc	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand* & Microwave safe (MWS) glass bowl	For Idli batter							
				Roasted & powdered oats		1 cup					
				Semolina		½ cup					
				Curd		½ cup					
				Water		¾ cup					
				Salt		As per taste					
				Soda bi carb		¼ tsp					
				Grated carrot		¼ cup					
				Chopped green chillies		2 nos.					
				Oil		For greasing					
				For Tempering							
				Mustard seeds		½ tsp					
				Curry leaves		A few					
				Dry red chillies		A few					
				Oil		½ tbsps					
				Method :							
1. Mix all the ingredients of batter in a bowl. Allow to stand for 10 minutes.											
2. Grease MWS idli stand & pour the batter (depending on the number you want to cook).											
3. Add ½ cup water to MWS bowl. Keep the idli stand inside the bowl. Cover.											
4. Select the category & number and press start.											
5. When beeps, remove the idli from the stand.											
6. Take a MWS glass bowl, add oil, mustard seeds, curry leaves & dry red chillies. Press start. Mix with idli & serve. Add lemon juice (optional)											
HP16	DALIYA KHICHDI	0.1 – 0.3 kg	Microwave safe (MWS) bowl	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 tbsps		1½ tbsps		2 tbsps	
				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.							
				HP17	FISH CUTLET	0.4 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa	For			
										0.4 kg	
Fish fillet		350 g									
Boiled potato		2 Nos.									
Bread crumbs		1 cup									
Oil		2 tbsps									
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 & mashed fish. Make cutlets and roll them in bread crumbs. Put them on tawa, put some oil around the cutlets. Keep this on high rack											
3. Press start.											
4. When beeps, turn them over.											
5. Press start.											
6. Remove and serve with lemon wedges & mint chutney.											

* Provided with LG kit.

* Refer page 139, fig 2

Category	Weight Limit	Utensil	Instructions						
HP18	FISH MASALA	Microwave safe (MWS) bowl	For	0.2 kg					
			Pomphret pieces	200 g					
			Onions	2 Nos.					
			Tomato	1 No.					
			Oil	2 tbsp					
			Chilli powder, turmeric, ginger garlic paste, salt, saunf powder	As per taste					
			Garam masala powder	1 tsp					
			Dhaniya and jeera powder	2 tsp					
			Coriander leaves	2 tbsp					
			Method : 1. In MWS bowl take oil and chopped onion. Select category and press start. 2. When beeps, remove and add pomphret pieces and tomato. Press start. 3. When beeps, add all the other ingredients and 1 cup water and mix well. Press start. When beeps, remove and garnish with coriander leaves.						
HP19	FISH PULUSU	Microwave safe (MWS) glass bowl	For	0.3 kg					
			Koramatta fish pieces	300 g					
			Oil	1½ tbsp					
			Ginger garlic paste	2 tbsp					
			Methi seeds	1 tsp					
			Chopped onion	1 no.					
			Fish masala	1 tbsp					
			Tamarind pulp	50 g					
			Red chilli powder, dhaniya powder, haldi & salt	As per taste					
			Lemon juice	As per taste					
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.									
HP20	COCONUT PRAWNS	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg			
			Prawns	100 g	200 g	300 g			
			Mustard oil	¼ 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.						
			HP21	CRAB CURRY	Microwave safe (MWS) glass bowl	For	0.3 kg		
						Crab pieces	250 g		
Ginger garlic paste	2 tbsp								
Water	1 cup								
Salt, dhania-jeera powder, garam masala, chilli powder, turmeric	As per taste								
Oil	2 tbsp								
Chopped onion	½ no.								
Coconut milk	2 tbsp								
Method : 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.									

Health Plus

Category		Weight Limit	Utensil	Instructions							
HP22	MASE KALAVAN	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg				
				Fish pieces	200 g	300 g	400 g				
				Oil	½ tbsp	1 tbsp	1 tbsp				
				Ginger-garlic paste	1 tsp	2 tsp	3 tsp				
				Tamarind paste	1 tbsp	1½ tbsp	2 tbsp				
				Salt, red chilli powder, turmeric powder, coriander powder	As per taste						
				Hing	A pinch						
				Green chilli (chopped)	1 no.	1 no.	2 nos.				
				Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp				
				Garlic (chopped)	1 tsp	1½ tsp	2 tsp				
				Coconut milk	½ cup	1 cup	1½ cup				
				Method :							
1. Wash, clean & pat dry fish with kitchen towel. In a bowl mix together ginger-garlic paste, tamarind paste, salt, red chilli powder, coriander powder, turmeric powder. Mix & rub this marinade on fish pieces & keep aside for atleast 15 minutes.											
2. In a MWS bowl take oil, hing, chopped garlic, coriander & green chilli & mix. Select 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.											
HP23	DALIYA KHICHDI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	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.											
HP24	SABUDANA KHICHDI	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg		
				Sabudana (soaked for 2 hours)	100 g	200 g	300 g	400 g	500 g		
				Oil	½ tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp		
				Rai, salt, lemon juice, chopped green chillies	As per taste						
				Potatoes (boiled & chopped)	1 No.	2 Nos.	3 Nos.	3 Nos.	4 Nos.		
				Coriander leaves	A few springs						
				Method :							
				1. In a MWS bowl add oil, rai, green chillies & coriander leaves. Mix. Select category & weight and press start.							
				2. When beeps, mix, add boiled potatoes, soaked sabudana. Mix & press start. Squeeze lemon juice & serve.							
				HP25	HOME MADE CEREAL	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
								Rice	50 g	100 g	150 g
								Moong daal	50 g	100 g	150 g
Salt, jeera powder, almonds (optional)	As per taste										
Ghee	1 tsp	2 tsp	3 tsp								
Groundnuts	1 tbsp	2 tbsp	3 tbsp								
Poha	1 tbsp	2 tbsp	3 tbsp								
Daliya	1 tbsp	2 tbsp	3 tbsp								
Method :											
1. Soak rice for 1 hour. In a MWS glass bowl put all the ingredients. Keep it in microwave. Select category & weight and press start.											
2. When beeps, remove and grind it in a mixer to a powder. You can store this mixture in a fridge. Take 2 tbsp of this powder, add water, salt, jeera powder and mix. Put this in microwave and press start.											
3. When beeps, remove it.											

Category		Weight Limit	Utensil	Instructions			
HP26	KHICHDI	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Soaked rice	50 g	75 g	100 g
				Moong daal	25 g	50 g	75 g
				Salt, jeera powder (optional)	As per taste		
				Ghee	1 tsp	2 tsp	3 tsp
				Water	200ml	400 ml	600 ml
				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.			

Soups

Category	Weight Limit	Utensil	Instructions																			
So1	CHICKEN SHORBA	0.6 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Boneless chicken</td><td>300 g</td></tr><tr><td>Oil</td><td>½ tbsp</td></tr><tr><td>Chopped garlic</td><td>2 tsp</td></tr><tr><td>Salt & pepper powder</td><td>As per taste</td></tr><tr><td>Maida</td><td>3 tbsp</td></tr><tr><td>Water</td><td>600 ml (3 cups)</td></tr><tr><td>Fresh cream</td><td>For garnishing</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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		
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																					
So2	TAMATAR SHORBA	0.6 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Chopped tomato</td><td>300 g</td></tr><tr><td>Oil</td><td>1 tbsp</td></tr><tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr><tr><td>Jeera, bay leaf, salt, garam masala, sugar</td><td>As per taste</td></tr><tr><td>Water</td><td>600 ml (3 cups)</td></tr><tr><td>Coriander leaves</td><td>For garnishing</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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				
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																					
So3	SWEET CORN SOUP	0.6 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Sweet Corn</td><td>200 g</td></tr><tr><td>Water</td><td>600 ml (3 cups)</td></tr><tr><td>Oil</td><td>1 tsp</td></tr><tr><td>Cornflour</td><td>2 tbsp & ½ cup water</td></tr><tr><td>Salt, Sugar and Kali Mirch and Green Chilli</td><td>As per your taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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						
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																					
So4	MUSHROOM SOUP	0.6 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Mushroom</td><td>120 g</td></tr><tr><td>Potato</td><td>1 No.</td></tr><tr><td>Cabbage</td><td>50 g</td></tr><tr><td>Onion</td><td>1 small</td></tr><tr><td>Water</td><td>600 ml (3 cups)</td></tr><tr><td>Salt, Black Pepper</td><td>As per your taste</td></tr><tr><td>Oil</td><td>1 tsp</td></tr><tr><td>Grated cheese</td><td>As per requirement</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
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																					

Category		Weight Limit	Utensil	Instructions	
So5	RASAM	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Tomato	300 g
				Tamarind pulp	50 g
				Salt & Jaggery	As per taste
				Green chillies	2 nos.
				Coriander & curry leaves	For garnishing
				Chopped garlic	2-3 flakes
				Coriander seeds, cumin seeds, cinnamon, hing	As per taste
				Water	600 ml (3 cups)
				Oil	1 tbsp
				Method : 1. In a MWS glass bowl add chopped tomato & water. Select 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.	
So6	HOT & SOUR SOUP	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Water	600 ml (3 cups)
				Chilli sauce	1 tbsp
				Soya sauce	2 tbsp
				Vinegar	As per taste
				Chopped vegetables (capsicum, spring onions, carrots, cabbage)	100 g
				Tomato sauce	2 tbsp
				Cornflour	2 tbsp & ½ cup water
				Salt, pepper, sugar	As per taste
				Ajinomoto	1 pinch
				Paneer	50 g
				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.	
So7	TOMATO SOUP	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Chopped Tomato	100 g
				Chopped Carrot	25 g
				Chopped Onion	1 small
				Chopped Ginger, Garlic	1 tsp
				Salt, Sugar, Pepper	As per your taste
				Cornflour & Oil / Butter	2 tbsp / 1 tsp
				Water	600 ml (3 cups)
				Method : 1. In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along 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.	

Soups

Category	Weight Limit	Utensil	Instructions																													
So8	MULLIG-TAWNY SOUP	0.6 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Cooked rice</td><td>50 g</td></tr><tr><td>Dehusked lentil</td><td>30 g</td></tr><tr><td>Apples (peeled & sliced)</td><td>½ no.</td></tr><tr><td>Carrot</td><td>50 g</td></tr><tr><td>Onion</td><td>50 g</td></tr><tr><td>Veg stock/water</td><td>600 ml (3 cups)</td></tr><tr><td>Salt & pepper</td><td>To taste</td></tr><tr><td>Butter</td><td>1 tsp</td></tr><tr><td>Curry powder</td><td>1 tsp</td></tr><tr><td>Lemon juice</td><td>1 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	For	0.6 kg	Cooked rice	50 g	Dehusked lentil	30 g	Apples (peeled & sliced)	½ no.	Carrot	50 g	Onion	50 g	Veg stock/water	600 ml (3 cups)	Salt & pepper	To taste	Butter	1 tsp	Curry powder	1 tsp	Lemon juice	1 tsp						
For	0.6 kg																															
Cooked rice	50 g																															
Dehusked lentil	30 g																															
Apples (peeled & sliced)	½ no.																															
Carrot	50 g																															
Onion	50 g																															
Veg stock/water	600 ml (3 cups)																															
Salt & pepper	To taste																															
Butter	1 tsp																															
Curry powder	1 tsp																															
Lemon juice	1 tsp																															
So9	TOM YUM KUNG	0.6 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Small sized prawns</td><td>10-12 nos.</td></tr><tr><td>Mushrooms (sliced)</td><td>5-6 nos.</td></tr><tr><td>Lemon grass stem</td><td>4 inch stalk</td></tr><tr><td>Lime leaves</td><td>5-6 nos.</td></tr><tr><td>Coriander fresh chopped</td><td>A few sprigs</td></tr><tr><td>Fish sauce</td><td>2 tbsp</td></tr><tr><td>Thai red curry paste</td><td>2 tbsp</td></tr><tr><td>Lemon juice</td><td>1 tbsp</td></tr><tr><td>Veg stock/chicken stock</td><td>600 ml (3 cups)</td></tr><tr><td>Green/red chillies</td><td>3 nos.</td></tr><tr><td>Salt & pepper</td><td>To taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a MWS glass bowl put head & shells of prawns, green/red chillies (cut into 2), salt, roughly crushed lemon grass, lime leaves & stock. Mix well. Select category & press start.2. When beeps, strain the stock. Add cleaned prawns, fish sauce, pepper, thai red curry paste. Stir well & press start.3. Add lemon juice & adjust the seasoning. Serve piping hot.	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				
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																															
So10	SICHUAN SOUP	0.6 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Boneless chicken pieces</td><td>100 g</td></tr><tr><td>Carrot (grated)</td><td>1 no.</td></tr><tr><td>Capsicum (chopped)</td><td>½ no.</td></tr><tr><td>Cabbage (shredded)</td><td>½ no.</td></tr><tr><td>Mushrooms (sliced)</td><td>4-5 nos.</td></tr><tr><td>Paneer (pieces)</td><td>50 g</td></tr><tr><td>Spring onions (bulb & greens)</td><td>1-2 nos.</td></tr><tr><td>Peppercorns (freshly crushed)</td><td>4-5 nos.</td></tr><tr><td>Chicken stock</td><td>600 ml (3 cups)</td></tr><tr><td>Cornflour</td><td>3 tbsp & ¼ cup</td></tr><tr><td>Salt & sugar</td><td>To taste</td></tr><tr><td>Vinegar</td><td>2 tbsp</td></tr><tr><td>Red chilli paste</td><td>1 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. Put chicken pieces, cabbage, carrot, capsicum, mushrooms, spring onion bulbs, peppercorns and chicken stock in a MWS glass bowl. Select category and press start.2. When beeps, take the bowl out & add red chilli paste, vinegar, salt & sugar, cornflour dissolved in ¼ cup cold water & paneer pieces. Stir well & press start.3. Garnish with greens of spring onions. Adjust seasonings & serve hot.	For	0.6 kg	Boneless chicken pieces	100 g	Carrot (grated)	1 no.	Capsicum (chopped)	½ no.	Cabbage (shredded)	½ no.	Mushrooms (sliced)	4-5 nos.	Paneer (pieces)	50 g	Spring onions (bulb & greens)	1-2 nos.	Peppercorns (freshly crushed)	4-5 nos.	Chicken stock	600 ml (3 cups)	Cornflour	3 tbsp & ¼ cup	Salt & sugar	To taste	Vinegar	2 tbsp	Red chilli paste	1 tbsp
For	0.6 kg																															
Boneless chicken pieces	100 g																															
Carrot (grated)	1 no.																															
Capsicum (chopped)	½ no.																															
Cabbage (shredded)	½ no.																															
Mushrooms (sliced)	4-5 nos.																															
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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																															

Category		Weight Limit	Utensil	Instructions	
So11	PALAK MAKAI SHORBA	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Palak (chopped)	200 g
				Water	600 ml (3 cups)
				Maggie tastemaker	1 cube
				Corn Niblets	½ cup
				Chopped onion	½ cup
				Jeera	1 tsp
				Butter	1 tbsp
				Milk	¼ cup
				Method : 1. In a MWS glass bowl add chopped palak & little water. Select category & press start. 2. When beeps, grind the palak, 3. In another MWS glass bowl add butter, jeera, chopped onions. Press start. 4. When beeps, remove & add palak & water, milk, corn niblets & Maggie tastemaker. Press start.	
So12	RAJMA SOUP	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Water	600 ml
				Rajma (boiled)	1 cup (170 g)
				Oil	½ tbsp
				Garlic cloves (chopped)	2 nos.
				Onion (chopped)	½ cup
				Tomato (chopped)	½ cup
				Coriander (chopped)	¼ cup
				Salt, pepper, red chilli powder	As per taste
				Lemon juice	1 tbsp
Method : 1. Grind the boiled rajma. Add water & strain it. 2. In a MWS glass bowl add oil, garlic, onion, tomato. Mix well. Select category & press start. 3. When beeps, mix well & add salt, pepper, red chilli powder & rajma stock. Mix well & press start. 4. Add lemon juice & garnish with coriander leaves & serve hot.					
So13	SHAHI SHORBA	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				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
				Method : 1. In a MWS glass bowl take butter & chopped onion. Mix well. Select category & press start. 2. When beeps, stir well. Add whole wheat flour, mint paste, coarsely chopped walnuts & mix well. Press start. 3. When beeps, mix and add water. Mix well so that no lumps are formed. Add seasoning. Press start. Serve hot.	

Soups

Category	Weight Limit	Utensil	Instructions		
So14	BOMBAY CURRY SOUP	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Water	500 ml (2½ cups)
				Soaked masoor dal (dehusked)	200 g
				Chopped tomato	2 nos.
				Chopped onions	1 no.
				Crushed garlic	3-4 cloves
				Oil	1 tbsp
				Curry powder	As per taste
				Salt, red chilli powder	As per taste
				Coriander leaves	For garnishing
Method : 1. In a MWS glass bowl add soaked masoor dal, tomato & water. Select 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.					
So15	BADAM SOUP	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Badam (soaked & blanched)	50 g
				Fresh basil leaves (Tulsi)	8-10 nos.
				Water	3 cups (600 ml)
				Cinnamon	1" stick
				Elaichi (green)	2-3 nos.
				Cloves	2-3 nos.
				Sugar	½ tsp
				Cornflour	½ tbsp
				Salt & pepper 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.					
So16	LIMBU DHANIA SHORBA	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Water	600 ml
				Oil	½ tbsp
				Shredded cabbage	1 cup
				Chopped carrot	½ cup
				Celery	½ cup
				Spring onions	½ cup
				Ginger (grated)	1 tsp
				Chopped garlic	3 nos.
				Bayleaf	2 nos.
Cloves	2 nos.				
Pepper corns	3 nos.				
Besan	2 tbsp (dissolved in ¼ cup water)				
Lemon juice	2 tbsp				
Coriander leaves (chopped)	½ cup				
Salt	As per taste				
Method : 1. In a MWS glass bowl add oil, cabbage, carrot, celery, spring onions, ginger, garlic, bayleaves, cloves, peppercorns. Mix well. Select 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.					

Category	Weight Limit	Utensil	Instructions				
So17	MUTTON SHORBA	Microwave safe (MWS) glass bowl	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.							
So18	DAL SHORBA	Microwave safe (MWS) glass bowl	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				
			So19	CHICKEN SOUP	Microwave Safe (MWS) Glass Bowl	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.							

Soups

Category		Weight Limit	Utensil	Instructions	
So20	WONTON SOUP	0.6 kg	Microwave safe glass bowl	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.	

Category		Weight Limit	Utensil	Instructions											
Co1	PASTA	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack**	Penne Pasta	0.1 Kg	0.2 Kg	0.3 Kg								
				Butter	1 tbsp	2 tbsp	3 tbsp								
				Onion Chopped	2 tbsp	3 tbsp	4 tbsp								
				Garlic Chopped	1 tsp	2 tsp	3 tsp								
				Chopped Palak leaves	50 g	75 g	100 g								
				Water	400 ml	800 ml	1200 ml								
				Cream	½ cup	1 cup	1½ cup								
				Grated Cheese	4 tbsp	5 tbsp	6 tbsp								
				Nutmeg Powder		1 pinch									
				Oregano	¼ tsp	½ tsp	¾ tsp								
				Salt & Pepper	As per your taste										
				Method :											
				1. In MWS glass bowl take pasta with water & oil drops. Select category & weight press start.											
				2. When beeps, remove the bowl from microwave oven, drain water from pasta. In MWS flat glass dish add butter, onion, garlic & Palak, mix well.											
				3. Press start.											
				4. When beeps, add cream, nutmeg powder, oregano, salt & pepper and boiled pasta, mix well & sprinkle grated cheese on the top & keep the vessel on high rack.											
				5. Press start.											
Co2	VEG AU GRATIN	0.1 ~ 0.5 kg	Microwave safe (MWS) flat glass dish & High rack*	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg						
				Mix Vegetables - Carrot, Cauliflower, French Beans (cut into small pieces), Sweet Corns, Green peas etc.	100 g	200 g	300 g	400 g	500 g						
				Maida	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp						
				Butter	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp						
				Milk	½ cup	1 cup	1 cup	1½ cup	1½ cup						
				Grated Cheese	2 tbsp	4 tbsp	6 tbsp	8 tbsp	10 tbsp						
				Salt, & Pepper	As per your taste										
				Method :											
				1. In a MWS flat glass dish take butter, milk, vegetables & maida. Mix well. Select category & weight and press start.											
				2. When beeps, mix well & add salt & pepper. Mix well.											
				3. Spread grated cheese on it & keep the MWS flat glass dish on high rack.											
				4. Press start.											
				Co3	BAKED MUSHROOM	0.1 ~ 0.5 kg	Microwave safe (MWS) flat glass dish & High Rack*	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg		
								Mushrooms	100 g	200 g	300 g	400 g	500 g		
								White Sauce	50 ml	100 ml	150 ml	200 ml	250 ml		
								Cheese (grated), Salt, 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.															
Co4	POTATO DUMPLING	0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish					For	0.3 kg						
								Maida	3-4 tbsp						
								Boiled & grated potato	100 g						
								Grated paneer	75 g						
								Salt, pepper, nutmeg powder	As per taste						
								Finely chopped spinach	1 cup						
								Butter & finely chopped garlic	1 tbsp each						
								Pizza sauce	4 tbsp						
				Method :											
				1. Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough.											
				2. In the 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.											

** Refer page 139, fig 5

* Refer page 139, fig 2

Category		Weight Limit	Utensil	Instructions			
Co5	LASANEYA	0.3 kg	Microwave safe (MWS) flat glass dish & High Rack*	Lasaneya Sheets (cooked)		150 gm	
				White Sauce		1 cup	
				Pizza Sauce		½ cup	
				Mix Vegetables (boiled) - Egg plant, Zukini, Broccoli, Mushrooms, Sweet Corns etc.		2 cups	
				Oil		2 tbsp	
				Oregano, Salt & Black Pepper		As per your taste	
				Grated Cheese		5 tbsp	
				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.			
Co6	MACARONI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	Macaroni	0.1 Kg	0.2 Kg	0.3 Kg
				Water	400 ml	800 ml	1200 ml
				Butter	1 tbsp	2 tbsp	3 tbsp
				Spring Onion Chopped	2 tbsp	3 tbsp	4 tbsp
				Garlic Chopped	1 tsp	2 tsp	3 tsp
				Mushrooms Chopped	3 Nos.	4 Nos.	5 Nos.
				Tomato Sauce	2 tbsp	3 tbsp	4 tbsp
				Chilli Sauce	1 tsp	2 tsp	3 tsp
				Salt, Sugar, Pepper & Oregano	As per your taste		
				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.			
Co7	CHILLI VEG	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Paneer pieces	100 g	200 g	300 g
				Chopped Capsicum & onion	½ cup	1 cup	1½ cup
				Chopped green chillies	1 no.	2 nos.	3 nos.
				Ginger garlic paste	½ tbsp	1 tbsp	1½ tbsp
				Oil	½ tsp	1 tsp	1½ tsp
				Soya sauce	1 tsp	1½ tsp	2 tsp
				Cornflour	1 tbsp	1½ tbsp	2 tbsp
				Green chilli sauce	1 tbsp	2 tbsp	3 tbsp
				Salt & Pepper	As per 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.			

* Refer page 139, fig 2

Category		Weight Limit	Utensil	Instructions			
Co8	THAI CHICKEN	0.5 kg.	Microwave safe (MWS) bowl	Boneless chicken	500 gm		
				Red curry paste	2 tbsp		
				Sugar	1 tsp		
				Soya sauce	2 tbsp		
				Salt	To taste		
				Chopped garlic	1 tsp		
				Blanched Broccoli (florets)	1 cup		
				Peanuts (Roasted & crushed)	¼ cup		
				Oil	2 tbsp		
				Red chilli paste	1 tsp		
				For Sauce			
				Butter	2 tbsp		
				Maida	2 tbsp		
				Milk	1 cup		
				Salt & pepper	To taste		
				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.			
Co9	SWEET & SOUR VEG	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Cut vegetables (Baby corns cut lengthwise, Broccoli florets, Mushroom pieces, Pineapple slices, Capsicum)	100 g	200 g	300 g
				Oil	½ tbsp	1 tbsp	1½ tbsp
				Chopped spring onion & garlic	¼ cup	½ cup	1 cup
				Red chilli paste	¼ tsp	¼ tsp	½ tsp
				Tomato Ketchup	¼ cup	¼ cup	½ cup
				Vinegar	As per taste		
				Sugar	½ tsp	1 tsp	1 tsp
				Salt	As per taste		
				Ajinomoto	¼ tsp	¼ tsp	½ tsp
				Soya sauce	1 tsp	1 tsp	1 tsp
				Pineapple juice	¼ cup	¼ cup	½ cup
				Water	1 cup	1 cup	1 cup
				Cornflour	2 tbsp mixed with ¼ 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.			
				Co10	MEDITERRANEAN CROSTINI@	0.3 kg.	Low rack
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.

Category	Weight Limit	Utensil	Instructions																																																																						
Co11	RISOTTO RICE	0.1 ~ 0.4 kg.	<div>Microwave safe (MWS) bowl</div> <table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Arborio rice (soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td></tr><tr><td>Chopped carrots</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr><tr><td>Peas</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Sliced mushroom</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Chopped coriander leaves/parseley</td><td colspan="4">As required</td></tr><tr><td>Spinach (blended & pureed)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr><tr><td>Tomato puree</td><td>1³/₈ cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr><tr><td>Fresh cream</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr><tr><td>Olive oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Grated cheese</td><td colspan="4">As required</td></tr><tr><td>Salt</td><td colspan="4">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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	1 ³ / ₈ 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			
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																																																																					
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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																																																																								
Co12	SPAGHETTI WITH TOMATO SAUCE	0.1 ~ 0.3 kg.	<div>Microwave safe (MWS) bowl</div> <table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Spaghetti noodles</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Water</td><td>400 ml</td><td>800 ml</td><td>1200 ml</td></tr><tr><td>Olive oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Chopped garlic</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Chopped tomatoes</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr><tr><td>Chopped mushrooms</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr><tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Sliced olives (pitted)</td><td>5 nos.</td><td>6 nos.</td><td>7 nos.</td></tr><tr><td>Fresh basil</td><td colspan="3">As required</td></tr><tr><td>Parmesan cheese</td><td colspan="3">As required</td></tr><tr><td>Salt, pepper, oregano & chilli flakes</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																								
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Parmesan cheese	As required																																																																								
Salt, pepper, oregano & chilli flakes	As per taste																																																																								

Category	Weight Limit	Utensil	Instructions				
Co13	COTTAGE CHEESE TORTELLINI	8 Pc Microwave safe (MWS) bowl	For	Dough			
			Maida	1 cup			
			Egg	1 no.			
			Olive oil	1 tbsp			
			Salt	As per taste			
			Water (to knead the dough)	As required			
			For Stuffing				
			Blanched spinach	½ cup			
			Paneer (roughly mashed)	100 g			
			Olive oil	1 tbsp			
			Garlic (minced)	1 tbsp			
			Salt & pepper	As per taste			
			For Sauce				
			Blanched 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 & blanched & chopped spinach, salt & pepper. Mix well & microwave 100 % for 2 minutes.							
2. In another bowl take maida, salt, beaten egg & olive oil. Mix well & knead a firm dough adding enough water. Cover & keep aside for 10-15 minutes.							
3. Divide the dough into 5-6 equal sized balls & roll out each ball into a long & rectangular strip (approx. 2.5" broad) & cut into squares.							
4. Fill each square shape with spinach & cottage cheese stuffing (1 tsp). Wet the edges with little water & cover with another square & seal it by pressing tightly. There should be no air-bubble left within. Make all tortellinis following same procedure.							
5. Take 500 ml water in a MWS bowl & keep inside the microwave. Select 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 blanched tomatoes, garlic pods, coriander leaves with a blender. Take this puree in a MWS bowl, add olive oil, salt, pepper oregano & chilli flakes. Mix well & press start.							
9. When cooking ends, pour this sauce over the cooked tortellini & serve hot.							
Co14	MEXICAN CORN RICE	0.1 ~ 0.4 kg. Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & Low rack	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
			Rice	100 g	200 g	300 g	400 g
			Cloves	2 nos.	3 nos.	4 nos.	5 nos.
			Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
			Water	200 ml	400 ml	600 ml	650 ml
			Butter	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
			Sweet corns	¼ cup	½ cup	1 cup	1½ cup
			Hot sauce*	¼ cup	½ cup	1 cup	1½ cup
			Cheese cubes	1 no.	2 nos.	3 nos.	4 nos.
			Salt (if required)	As per taste			
			Red chilli powder (if required)	As per taste			
			Tomato (chopped)	2 nos.	3 nos.	4 nos.	5 nos.
			Method :				
			1. In a MWS glass bowl add rice, cloves, water. Select category & weight and press start.				
			2. When beeps, remove the bowl & keep aside after mixing.				
3. In another MWS glass bowl add butter & sweet corns & press start.							
4. When beeps, add hot sauce, cooked rice, cheese cubes, salt & red chilli power (if required). Mix well. Now take a MWS flat glass dish & spread chopped tomatoes at the bottom, now layer with cooked rice & press it down properly. Cover with aluminium foil. Keep the MWS flat glass dish on low rack & press start.							
*Note : For Hot Sauce - In a MWS glass bowl take 8 blended & pureed tomatoes, 4 tbsp butter, 1 cup chopped onions, salt, red chilli powder, oregano, sugar, chilli sauce (as per taste), 1 tbsp garlic paste, 2 tbsp tomato sauce, a pinch ajwain. Mix well & microwave at 100% for 5 minutes.							

Category		Weight Limit	Utensil	Instructions				
Co15	BROCCOLI IN BUTTER SAUCE	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) glass dish	For	0.1 Kg	0.2 Kg	0.3 Kg	
				Broccoli	100 g	200 g	300 g	
				Milk	½ cup	1 cup	1½ cup	
				Fresh cream	¼ cup	½ cup	¾ cup	
				Onion (chopped)	1 no.	2 nos.	3 nos.	
				Garlic (chopped)	½ tsp	1 tsp	1 tsp	
				Mustard powder	½ tsp	1 tsp	1 tsp	
				Butter (melted)	1 tbsp	1½ tbsp	2 tbsp	
				Salt & pepper 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.				
Co16	SHRIMPS IN GARLIC BUTTER	0.4 Kg	Microwave safe (MWS) bowl	Shrimps (Small)	400 g			
				Butter	4 tbsp			
				Parsley (chopped)	A few sprigs			
				Garlic paste	3 tbsp			
				Mustard paste	1 tbsp			
				Lemon juice	1 tbsp			
				Pepper corns (Roughly crushed)	8-10 nos.			
				Salt	To taste			
				Method :				
				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.								
Co17	CHILLI CHICKEN	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				Boneless chicken	100 g	200 g	300 g	400 g
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Chopped ginger garlic	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
				Chopped onions	½ No.	1 No.	1 No.	2 No.
				Chopped green chillies	½ tbsp	1 tbsp	2 tbsp	2½ tbsp
				Capsicum	½ no.	1 no.	2 nos.	2 nos.
				Soya sauce	½ tbsp	½ tbsp	1 tbsp	1½ tbsp
				Chilli sauce	½ tbsp	½ tbsp	1 tbsp	1½ tbsp
				Vinegar	½ tbsp	½ tbsp	1 tbsp	1½ tbsp
				Salt, sugar & pepper	As per taste			
				Cornflour (mixed with ½ cup water)	1 tbsp	1 tbsp	1 tbsp	1½ tbsp
				Method :				
				1. In a MWS bowl add oil, chopped ginger, garlic, boneless chicken, soya sauce, chilli sauce and cover. Select category & weight & press start.				
2. In another MWS bowl add oil, mix vegetables, ajinomoto, salt, red chilli powder, green chilli sauce. Mix well & press start.								
3. When beeps, add noodles to the bowl. Mix & press start.								
Co18	HAKKA NOODLES	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	
				Hakka noodles	100 g	200 g	300 g	
				Water	400 ml	800 ml	1200 ml	
				Oil	1 tbsp	1½ tbsp	2 tbsp	
				Chopped veg - carrot, peas, french beans, capsicum	1 cup	1½ cup	2 cup	
				Ajinomoto	A pinch			
				Salt, red chilli powder, green chilli sauce	As per taste			
				Method :				
				1. In a MWS bowl add hakka noodles, water & few drops of oil. Select category & weight & press start.				
				2. When beeps, remove drain water & wash & separate the noodles under running water.				
3. In another MWS bowl add oil, mix vegetables, ajinomoto, salt, red chilli powder, green chilli sauce. Mix well & press start.								
4. When beeps, add noodles to the bowl. Mix & press start.								

Category		Weight Limit	Utensil	Instructions			
Co19	VEG IN HOT GARLIC SAUCE	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Mix veg - Cauliflower florets, capsicum, baby corns, beans	100 g	200 g	300 g
				Oil	1 tbsp	1½ tbsp	1½ tbsp
				Chopped garlic, ginger, green chillies	1 tbsp	2 tbsp	2 tbsp
				Corn flour	1 tbsp	1½ tbsp	2 tbsp
				Pepper, salt, sugar	As per taste		
				Ajinomoto	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.			
Co20	SCHEZWAN CHICKEN	0.5 kg	Microwave safe (MWS) bowl	For	0.5 kg		
				Boneless chicken	500 g		
				Dry red chillies	8 nos.		
				Garlic paste	4 tsp		
				Tomato ketchup	5 tbsp		
				Vinegar	2 tsp		
				Red chilli sauce	2 tbsp		
				Ajinomoto (optional)	¼ tsp		
				Sugar & salt	As per taste		
				Spring onions (with greens)	1 cup		
				Cornflour (mixed with ¼ cup water)	2 tsp		
				Oil	3 tbsp		
				Method :			
				1. In a MWS bowl mix together oil, garlic paste, dry red chillies, chicken pieces, tomato ketchup, ajinomoto, vinegar, red chilli paste, sugar. Mix well. Select category & press start.			
				2. When beeps, mix well and add spring onions, cornflour, salt. Mix well & press start.			
Co21	VEG MANCHURIAN	0.6 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	For Manchurian Balls			
				Grated Cabbage	1 cup		
				Grated carrots	¾ 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.			

Category	Weight Limit	Utensil	Instructions																																																												
Co22	CHILLI SOY NUGGETS	0.4 kg	Multicook tawa & High rack* & Microwave safe (MWS) glass bowl																																																												
			<table><tr><td>For</td><td>0.4 kg</td></tr><tr><td>Soyabean nuggets (soaked in hot water for 1 hour & squeezed)</td><td>150 g</td></tr><tr><td>Oil</td><td>2½ tbsp</td></tr><tr><td>Capsicum (cut in long strips)</td><td>¼ cup</td></tr><tr><td>Spring onions (cut into pieces)</td><td>¼ cup</td></tr><tr><td>Blanched tomatoes</td><td>3 nos.</td></tr><tr><td>Garlic pods</td><td>7-8 nos.</td></tr><tr><td>Soya sauce</td><td>2 tsp</td></tr><tr><td>Vinegar</td><td>1 tsp</td></tr><tr><td>Cornflour (mixed with ½ water)</td><td>1½ tsp</td></tr><tr><td>Chilli sauce</td><td>1 tbsp</td></tr><tr><td>Salt, red chilli powder, black pepper powder</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. Pre-Preparation of Sauce : Puree tomatoes & garlic pods in a blender. In a MWS glass bowl take 2 tbsp oil & all the vegetables. Mix well & microwave 100% for 2 minutes. Add tomato puree, soya sauce, chilli sauce, vinegar, cornflour (mixed with ½ cup water) & all the spices. Mix well & microwave 100% for 3 minutes. Sauce is ready.2. Take soaked & squeezed soyabean nuggets in a bowl & pour ½ tbsp oil & mix well. Put all soya nuggets on tawa. Keep tawa & high rack inside the microwave. Select category & press start.3. When beeps, turnover the soya nuggets & again press start.4. When beeps, transfer roasted soya nuggets in the sauce & stir well. Press start. Serve them hot with steamed rice.	For	0.4 kg	Soyabean nuggets (soaked in hot water for 1 hour & squeezed)	150 g	Oil	2½ tbsp	Capsicum (cut in long strips)	¼ cup	Spring onions (cut into pieces)	¼ cup	Blanched tomatoes	3 nos.	Garlic pods	7-8 nos.	Soya sauce	2 tsp	Vinegar	1 tsp	Cornflour (mixed with ½ water)	1½ tsp	Chilli sauce	1 tbsp	Salt, red chilli powder, black pepper powder	As per taste																																				
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Chilli sauce	1 tbsp																																																														
Salt, red chilli powder, black pepper powder	As per taste																																																														
Co23	STEAMED EGG WITH TOFU	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish																																																												
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Tofu (cut into chunks)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr><tr><td>Egg</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Sesame oil</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Light soya sauce</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Red chilli (chopped)</td><td>1 no.</td><td>1 no.</td><td>1 no.</td></tr><tr><td>Spring onion (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr><tr><td>Boiled egg yolk (cut into pieces)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr><tr><td>Salt & pepper</td><td colspan="3">A pinch</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																										
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Salt & pepper	A pinch																																																														
Co24	ALMOND & VEGETABLES STIR FRY	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl																																																												
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Broccoli (cut into florets)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr><tr><td>Red capsicum (cut into big square pieces)</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr><tr><td>Garlic (chopped)</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Ginger (chopped)</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Onions (sliced)</td><td>1 no.</td><td>1½ no.</td><td>2 nos.</td></tr><tr><td>Silvered almonds</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Canola oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td colspan="4">For Sauce</td></tr><tr><td>Soya sauce</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Water</td><td>3 tbsp</td><td>6 tbsp</td><td>9 tbsp</td></tr><tr><td>Sesame oil</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr><tr><td>Sugar</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr><tr><td>Cornflour</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr><tr><td>Salt & black pepper powder</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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, silvered almonds. Mix well & press start.4. When beeps, add the sauce & stir well. Press start. Serve stir fried vegetables hot.	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.	Silvered 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		
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* Refer page 139, fig 2

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

Steam Cook

Category		Weight Limit	Utensil	Instructions				
St6	SPROUTS	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	For	0.1 Kg	0.2 Kg	0.3 Kg	
				Moong sprouts	100 g	200 g	300 g	
				Chopped onion, Chopped tomato	1 cup	2 cups	2 cups	
				Salt, Chaat masala, Lemon juice	As per taste			
				Method : 1. In a MWS bowl, add ½ cup water, put moong sprouts In MWS flat glass dish. Keep in the MWS bowl and cover. 2. Select category and weight and press start. Stand for 3 minutes. Add chopped onion, tomato, salt, chaat masala and lemon juice and serve.				
St7	STEAMED CHICKEN	0.1-0.3Kg	Microwave safe (MWS) Bowl & Microwave safe (MWS) flat glass dish	For	0.1 Kg	0.2 Kg	0.3 Kg	
				Boneless chicken	100 g	200 g	300 g	
				Soya sauce, salt, pepper	0.1 Kg			
				Method : 1. Marinate the chicken with soya sauce, salt, pepper and keep it in refrigerator for 1 an hour. 2. In the MWS Bowl, add the ½ cup water place the marinated chicken on the MWS flat glass dish. Keep in MWS bowl and cover. 3. Select category and weight and press start. Stand for 3 minutes.				
St8	SARSON KA SAAG	0.1 ~ 0.4 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				Sarson (washed & separated leaves)	75 g	150 g	200 g	250 g
				Palak (washed & separated leaves)	20 g	50 g	100 g	150 g
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Onion garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp
				Tomato (chopped)	1/2 cup	1 cup	1½ cup	2 cups
				Salt, Red chilli powder	As per your taste			
				Water	As required			
St9	MATAR MUSHROOM	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg	
				Matar	50 g	100 g	150 g	
				Mushroom (chopped)	50 g	100 g	150 g	
				Oil	1 tbsp	1½ tbsp	2 tbsp	
				Onion (chopped)	1/2 cup	1 cup	1 cup	
				Tomato puree	2 tbsp	2½ tbsp	3 tbsp	
				Salt, Red chilli powder, Garam masala	As per taste			

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

Steam Cook

Category		Weight Limit	Utensil	Instructions			
St14	BHAFOURI	0.1 ~ 0.2 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand*	For	0.1 Kg	0.2 Kg	
				Mix dal paste (Moong dal, Urad dal)	100 g	200 g	
				Ginger- garlic paste	½ tbsp	1 tbsp	
				Hing	A pinch		
				Mitha soda	1/8 tsp	¼ tsp	
				Salt	As per taste		
				Method : 1. Mix all the ingredients together & make balls out of the mixture. 2. In MWS bowl, add ½ cup water. Keep the balls in MWS idli stand and keep it inside the bowl. Cover. Select category & weight and press start. Allow to stand for 3 minutes.			
St15	STEAMED CAULI-FLOWER	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish.	For	0.1 Kg	0.2 Kg	0.3 Kg
				Cauliflower florets	100 g	200 g	300 g
				Onion paste	1 tbsp	2 tbsp	3 tbsp
				Ginger garlic paste,	½ tbsp	1 tbsp	1½ tbsp
				Red chilli, dhania, coriander, turmeric (powdered), garam masala, salt, sugar	As per taste		
				Tomato puree	2 tbsp	3 tbsp	4 tbsp
				Curd	100 ml	150 ml	200 ml
				Method : 1. Mix all the ingredients together except cauliflower. Add cauliflower & marinate for 1 hour. 2. In MWS bowl, add ½ cup water. 3. Now keep the marinated cauliflower on the MWS flat glass dish. Keep in the MWS bowl & cover. Select category & weight and press start. 4. Allow to stand for 5 minutes.			

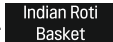
Indian Roti Basket

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

1. Press STOP/CLEAR.



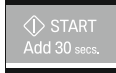
2. Press Indian Roti Basket.



The display will show "br1"

3. Keep pressing the Indian Roti Basket key until the display show "br4".

Press START/Add 30secs for category confirmation.



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



! NOTE

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

* Note: If display is blank, press STOP/CLEAR

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br1	NAAN	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				Refined flour (Maida)	225 gms
				Curd	4 tbsp
				Milk	100 ml
				Butter	1 tbsp
				Salt	1/8 tsp
				Castor Sugar	1 tsp
				Baking powder	½ tsp
				Butter (Melted)	1 tsp
				Soda-bi-carb	¼ tsp
				Onion seeds	1 tsp
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.					
br2	LACHHA PARANTHA	2 Pc	Multicook Tawa & low rack*	For	Dough
				Whole wheat flour	2 cups
				Salt	½ tsp
				Ghee	2 Tbsp
				Milk	½ cup
				Water	½ cup
Method : 1. In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & then water & knead a soft dough. 2. Keep tawa on low rack, keep inside the microwave. select 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.					
br3	APPAM	1 Pc	Multicook Tawa & High Rack*	For	Batter
				Rice (soaked for 5-6 hours)	1 cup
				Cooked rice (Boiled)	½ cup
				Fresh coconut shavings	2 cups
				Yeast	¼ tsp
				Coconut water	To dissolve yeast & for diluting the batter
				Salt & Sugar	As per taste
Method : 1. Grind together soaked rice, cooked rice & coconut shaving till get a fine thick paste. Do not add too much water. Instead use coconut water for grinding & diluting. Batter should have a consistency similar to dosa batter or slightly thickened. 2. Add the yeast (diluted in 2 tbsp coconut water) & salt & sugar to taste. Allow the batter to ferment at room temperature for atleast 6-8 hours. 3. Keep the tawa on high rack, keep inside the microwave. Select 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.					

* Refer page 139, fig 1

* Refer page 139, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br4	MASALA ROTI	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				Whole wheat flour	1 cup
				Besan	3/4 cup
				Finely copped onion	1 no. (medium)
				Finely chopped green chilli	2 no.
				Black pepper powder	1 tsp
				Red chilli powder	1 tsp
				Garam Masala	½ tsp
				Ghee	1 tbsp
				Salt	As per taste
				Fresh Curd	¼ cup
				Water (to knead dough)	¼ cup
				Oil	½ tsp
Coriander leaves (Chopped)	2 tbsp				
Method :					
1. In a bowl combine whole wheat flour, besan, chopped onion, chopped green chillies, coriander leaves & all the spices. Rub in ghee & 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.					
br5	MISSI ROTI	2 Pc	Multicook Tawa & low rack*	For	Dough
				Wheat flour	1½ cups
				Besan	1½ cups
				Oil	4 Tbsp
				Kasuri methi, Red Chilli powder, Salt	As per taste
				Water (for dough kneading)	50 ml
				Curd	½ cup
				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.	

* Refer page 139, fig 1

Indian Roti Basket

Category	Weight Limit	Utensil	Instructions	
br6	STUFFED NAAN	Multicook Tawa & Low Rack [*]	For	Dough
			Refined flour (maida)	225 g
			Curd	4 tbsp
			Milk	100 ml
			Butter	1 tbsp
			Salt	1/8 tsp
			Castor Sugar	1 tsp
			Baking powder	½ tsp
			Butter (melted)	1 tsp
			Soda-bi-carb	¼ tsp
			Onion seeds	1 tsp
			For filling	
			Grated Paneer	150 g
			Chopped onions	1 no (medium)
			Chopped green chilli	2 nos.
Coriander leaves (Chopped)	A few sprigs			
Red Chilli powder, salt, garam masala, anardana powder	As per taste			
Method :				
1. In a bowl add all the ingredients mentioned for filling & mix well & prepare the stuffing for naan.				
2. In another bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi carb & add to the dough. Mix well & knead & soft dough adding the milk & water (if required). Add melted butter & again knead the dough. Keep the dough covered in a warm place of about 1-2 hours to ferment properly.				
3. Keep the tawa on low rack. Keep inside the microwave. Select 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.				
br7	KHASTA PARATHA	Multicook Tawa & Low Rack [*]	For	Dough
			Whole wheat flour	1½ cup
			Melted butter	1/3 cup
			Salt	As per taste
			Buttermilk	½ cup
			Method :	
			1. Mix whole wheat flour, melted butter, salt in a bowl.	
			2. Gradually add buttermilk to form a firm dough. Add more buttermilk (if required).	
			3. After kneading lightly on a floured surface, form into a smooth ball.	
			4. Allow the dough to rest for 20 minutes covered. Divide whole dough into 8 equal portion (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.	

^{*} Refer page 139, fig 1

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br8	PUDINA PARANTHA	2 Pc	Multicook Tawa & High Rack*	For	Dough
				Whole wheat flour	1 cup
				Mint leaves	½ cup
				Salt	As per taste
				Butter	2 tbsp
				Chaat Masala	2 tsp
				Oil/ghee	2 tsp
				Dry pudina powder	1 tbsp
				Water	As required to make the dough
				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.	
br9	RAJMA PARANTHA	2 Pc	Multicook Tawa & High rack*	For	Dough
				Boiled Rajma	1/3 cup
				Whole Wheat flour (atta)	1 cup
				Soyabean flour	2 Tbsp
				Chopped green chillies	3-4 nos.
				Fresh mint leaves	8-10 nos.
				Anardana (Crushed)	1 tsp
				Red Chilli Powder	1 tsp
				Tomato Puree	2 tbsp.
				Salt	As per taste
				Oil	2 tsp
				Coriander leaves (Chopped)	2 tbsp
				Water	To knead to dough
				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.	

* Refer page 139, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br10	PANEER PARANTHA	2 Pc	Multicook Tawa & High Rack*	For	Dough
				Whole wheat flour (atta)	2 cups
				Desi ghee	1 tbsp + 1 tsp
				Salt	A pinch
				Water (to knead dough)	1 cup (200 ml)
				For stuffing	
				Grated paneer	2 cups
				Chopped green chilli (deseeded)	3 nos.
				Chopped coriander leaves	2 tbsp
				Salt, red chilli powder, garam masala	As per taste
				Anardana powder	1 tsp
				Method :	
1. In a bowl take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands, gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.					
2. In another bowl take all the ingredients of stuffing & mix well.					
3. Grease the multicook tawa with ¼ tsp ghee & keep on high rack. Keep the high rack & tawa inside the microwave. Select 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.					
br11	KULCHE	2 Pc	Multicook Tawa & Low Rack#	For	Dough
				Maida	1 cup
				Salt	A pinch
				Fresh cream	2 tbsp
				Lukewarm water	50 ml
				Sugar	1 tbsp
				Dry yeast	1 tsp
				Oil	½ tsp
				Kalonji (onion seeds)	As required
				Coriander leaves	As required
				Method :	
				1. In a cup/bowl take 50 ml lukewarm water & add sugar. Stir well. Add dry yeast & stir again to dissolve. Keep aside for at least 5-7 minutes.	
2. In a bowl take maida, salt & fresh cream. Mix well with hands. Add the yeast water & knead a firm dough. Pour ½ tsp oil & knead again.					
3. Divide the dough into 4 equal portions (approx. 60 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.					
br12	DAAL PARANTHA	2 Pcs	Multi cook Tawa + High rack*	For Dough	
				Boiled Daal/Left over daal	1/3rd cup
				Whole wheat flour(aata)	1 cup
				Chopped green chillies	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. (Pre-heat process)					
3. Divide dough into 6 to 7 equal size portions(approximate 35 to 40 gram). Rollout each dough into ovalar 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 139, fig 1
* Refer page 139, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br13	ALOO PARANTHA	2 Pcs	Multi cook Tawa + High rack*	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
br14	PALAK PARANTHA	2 Pcs	Multi cook Tawa + High rack*	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. 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 carefully & 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 139, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions					
br15	GOBHI PARANTHA	2 Pcs	Multi cook Tawa + High rack*	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 tsp 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 carefully & 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.									
br16	AJWAIN PARANTHA	2 Pcs	Multi cook Tawa + High rack*	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.					
				br17	PYAAZ PARANTHA	2 Pcs	Multi cook Tawa + High rack*	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 tsp 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 carefully & 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 139, fig 2

Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																								
br18	CHATPATA PARANTHA	2 Pcs	Multi cook Tawa + High rack*																								
			<table><tr><th colspan="2">For Dough</th></tr><tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr><tr><td>Amchoor</td><td>1/2 tsp</td></tr><tr><td>Chaat Masala</td><td>1 tsp</td></tr><tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr><tr><td>Water</td><td>To knead dough</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a bowl combine wheat flour, salt, amchoor, 1 tsp oil, water to knead a soft dough.Keep the tawa on high rack, keep inside microwave. Select menu & press start.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).When beeps keep 2 rolled out paranthas on tawa & press start.When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure.Serve them hot with curd or pickle. Wrap in foil & store.	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												
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																										
br19	ALOO GOBHI PARANTHA	2 Pcs	Multi cook Tawa + High rack*																								
			<table><tr><th colspan="2">For Dough</th></tr><tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr><tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr><tr><td>Salt</td><td>A pinch</td></tr><tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr></table> <table><tr><th colspan="2">For Stuffing</th></tr><tr><td>Boiled & mashed potato</td><td>1 cup</td></tr><tr><td>Boiled & grated gobi</td><td>1 cup</td></tr><tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr><tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr><tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr><tr><td>Anardana powder</td><td>1 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.In another bowl take all the ingredients of stuffing & mix well.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.Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly into 15cm ovalar length.When beeps keep two rolled out paranthas on tawa & press start.When beeps turn parantha. Press start. Make all the paranthas same procedure.Serve them hot with curd or pickle. Wrap in foil & store.	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 gobi	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
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 gobi	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																										
br20	METHI PARANTHA	2 Pcs	Multi cook Tawa + High rack*																								
			<table><tr><th colspan="2">For Dough</th></tr><tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr><tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr><tr><td>Salt</td><td>A pinch</td></tr><tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr></table> <table><tr><th colspan="2">For Stuffing</th></tr><tr><td>Chopped Methi</td><td>2 cups</td></tr><tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr><tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr><tr><td>Water</td><td>To knead dough</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.In another bowl take all the ingredients of stuffing & mix well.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.Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length.When beeps keep two rolled out paranthas on tawa & press start.When beeps turn paranthas. Press start. Make all the paranthas same procedure.Serve them hot with curd or pickle. Wrap in foil & store.	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				
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																										

* Refer page 139, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br21	CABBAGE PARANTHA	2 Pcs	Multi cook Tawa + High rack*	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 :	
				<ol style="list-style-type: none"> 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 carefully & 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. 	
br22	CORN PARANTHA	2 Pcs	Multi cook Tawa + High rack*	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 :	
				<ol style="list-style-type: none"> 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 carefully & 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 139, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br23	CARROT PARANTHA	2 Pcs	Multi cook Tawa + High rack*	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 & 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 carefully & 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.					
br24	PEA PARANTHA	2 Pcs	Multi cook Tawa + High rack*	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 & 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 carefully & 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 139, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions																									
br25	MUSHROOM PARANTHA	2 Pcs	Multi cook Tawa + High rack*	<table><tr><td>For Dough</td><td></td></tr><tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr><tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr><tr><td>Salt</td><td>A pinch</td></tr><tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr><tr><td>For Stuffing</td><td></td></tr><tr><td>Boiled & mashed Mushrooms</td><td>2 cups</td></tr><tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr><tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr><tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr><tr><td>Anardana powder</td><td>1 tsp</td></tr><tr><td>Water</td><td>To knead dough</td></tr></table>	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	
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 & 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 carefully & 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 139, fig 2

Indian Cuisine

In the following example, show you how to cook 0.4Kg of DUM ALOO.

1. Press STOP/CLEAR.



2. Press Indian Cuisine. **Indian Cuisine**

The display will show "IC1"

3. Keep pressing the Indian Cuisine key until the display show "IC5".

4. Press -Less/+More to set the weight 0.4kg.



5. Press START/Add 30secs.



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



NOTE

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

* Note: If display is blank, press STOP/CLEAR

Indian Cuisine

Category	Weight Limit	Utensil	Instructions																																																
IC1	MIX VEG	0.1 ~ 0.5 kg	<div>Microwave safe (MWS) bowl</div> <table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Mix Veg. (Carrot, Cauliflower, peas, beans, potato)</td><td>100 g (Total)</td><td>200 g (Total)</td><td>300 g (Total)</td><td>400 g (Total)</td><td>500 g (Total)</td></tr><tr><td>Oil</td><td>¼ tbsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Onion (chopped)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2 cup</td></tr><tr><td>Tomato (chopped)</td><td>¼ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td><td>1½ cup</td></tr><tr><td>Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder</td><td colspan="5">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select category & weight and press start.2. When beeps, remove & mix well. Add vegetable & some water. Cover & press start.3. When beeps, mix well. Cover & press start. Garnish with coriander leaves.	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	Mix Veg. (Carrot, Cauliflower, peas, beans, potato)	100 g (Total)	200 g (Total)	300 g (Total)	400 g (Total)	500 g (Total)	Oil	¼ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	Onion (chopped)	½ cup	1 cup	1½ cup	2 cup	2 cup	Tomato (chopped)	¼ cup	1 cup	1½ cup	1½ cup	1½ cup	Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder	As per taste																
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg																																														
Mix Veg. (Carrot, Cauliflower, peas, beans, potato)	100 g (Total)	200 g (Total)	300 g (Total)	400 g (Total)	500 g (Total)																																														
Oil	¼ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp																																														
Onion (chopped)	½ cup	1 cup	1½ cup	2 cup	2 cup																																														
Tomato (chopped)	¼ cup	1 cup	1½ cup	1½ cup	1½ cup																																														
Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder	As per taste																																																		
IC2	KADHAI PANEER	0.1 ~ 0.5 kg	<div>Microwave safe (MWS) bowl</div> <table><tr><td>Paneer</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Capsicum & Onion (sliced)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr><tr><td>Onion Paste</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td><td>6½ tbsp</td></tr><tr><td>Tomato Puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4½ tbsp</td><td>5 tbsp</td></tr><tr><td>Ginger-Garlic Paste, Salt & Sugar</td><td colspan="5">To taste</td></tr><tr><td>Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala</td><td colspan="5">To taste</td></tr><tr><td>Butter</td><td>1½ tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr><tr><td>Fresh Cream</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum & onion. Mix well, cover. Select category & weight and press start.2. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt, sugar and paneer cubes, mix well and press start. Stand for 5 minutes. Garnish with hara dhania and serve hot.	Paneer	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	Capsicum & Onion (sliced)	½ cup	1 cup	1½ cup	2 cup	2½ cup	Onion Paste	3 tbsp	4 tbsp	5 tbsp	6 tbsp	6½ tbsp	Tomato Puree	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp	Ginger-Garlic Paste, Salt & 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
Paneer	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg																																														
Capsicum & Onion (sliced)	½ cup	1 cup	1½ cup	2 cup	2½ cup																																														
Onion Paste	3 tbsp	4 tbsp	5 tbsp	6 tbsp	6½ tbsp																																														
Tomato Puree	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp																																														
Ginger-Garlic Paste, Salt & 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																																														
IC3	DAL TADKA	0.2 ~ 0.4 kg	<div>Microwave safe (MWS) bowl</div> <table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Dal (soaked for 2 hours)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Water</td><td>400 ml</td><td>600 ml</td><td>800 ml</td></tr><tr><td>Oil</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch</td><td colspan="3">To taste</td></tr><tr><td>Salt, dhania powder</td><td colspan="3">To taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. Take dal in Microwave Safe bowl, add Water, Haldi & Hing.2. Select category & weight and press start to cook.3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves, salt, dhania jeera powder, hara dhania, kasuri methi (optional). Press start.4. When beeps, add dal, water (if required), mix well & again press start.	For	0.2 kg	0.3 kg	0.4 kg	Dal (soaked for 2 hours)	200 g	300 g	400 g	Water	400 ml	600 ml	800 ml	Oil	2 tbsp	2½ tbsp	3 tbsp	Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch	To taste			Salt, dhania powder	To taste																										
For	0.2 kg	0.3 kg	0.4 kg																																																
Dal (soaked for 2 hours)	200 g	300 g	400 g																																																
Water	400 ml	600 ml	800 ml																																																
Oil	2 tbsp	2½ tbsp	3 tbsp																																																
Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch	To taste																																																		
Salt, dhania powder	To taste																																																		
IC4	SAMBHAR	0.2 kg	<div>Microwave safe (MWS) bowl</div> <table><tr><td>Arhar Dal (Soaked for 2 hrs)</td><td>200 g</td></tr><tr><td>Oil</td><td>2 tbsp</td></tr><tr><td>Onion chopped</td><td>1 medium</td></tr><tr><td>Tomato chopped</td><td>1 medium</td></tr><tr><td>Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin</td><td>1 cup</td></tr><tr><td>Boiled Water</td><td>400 ml</td></tr><tr><td>Imli pulp, Green Chilli, Sambhar Masala, Salt, Gud</td><td>As per your taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. Soak dal for 2 hours, In Microwave Safe Bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select category and press start.2. When beeps, in another Microwave Safe Bowl take oil, add rai, hing, curry leaves, dhania, red chilli. Press start.3. When beeps, mash dal very well and add to tadka. Add imli pulp sambhar masala, gud and some water (if required). Press start. Stand for 5 minutes. Garnish with coconut and hara dhania and serve with Idli.	Arhar Dal (Soaked for 2 hrs)	200 g	Oil	2 tbsp	Onion chopped	1 medium	Tomato chopped	1 medium	Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin	1 cup	Boiled Water	400 ml	Imli pulp, Green Chilli, Sambhar Masala, Salt, Gud	As per your taste																																		
Arhar Dal (Soaked for 2 hrs)	200 g																																																		
Oil	2 tbsp																																																		
Onion chopped	1 medium																																																		
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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																																																		

Category		Weight Limit	Utensil	Instructions					
IC5	DUM ALOO	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Boiled Aloo (small)	100 g	200 g	300 g	400 g	500 g
				Oil	2 tbsp	3 tbsp	3 tbsp	3½ tbsp	3½ tbsp
				Jeera, pepper seeds, cloves, hing	As required				
				Onion paste	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp
				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				
				Method :					
				1. In a MWS bowl add oil, jeera, pepper seeds, cloves, hing, onion paste, ginger garlic paste. Mix well.					
				2. Select category & weight and press start.					
3. When beeps, mix well & add tomato puree & boiled potatoes. Mix well & cover. Press start.									
4. When beeps, mix well & add curd. Cover & press start.									
5. Allow to stand for 3 minutes.									
IC6	KADHI	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg		
				Besan	25 g	50 g	75 g		
				Curd / matha	1/2 cup	1 cup	1½ cup		
				Oil	1 tbsp	1½ tbsp	2 tbsp		
				Rai, cumin seeds	As per taste				
				Chopped onions	1 cup	1½ cup	1½ cup		
				Salt, red chilli powder, haldi, coriander powder, amchur	As per taste				
				Water	2 cups	3 cups	4 cups		
				Method :					
				1. In a MWS bowl add oil, rai, jeera, chopped onion. Select category & weight and press start.					
				2. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (½ the amount mentioned per weight). Mix & press start.					
				3. When beeps, mix & add remaining water & press start. Pour tempering & serve.					
IC7	BAATI	0.4 kg	Multicook tawa & Low rack* & High rack*	For	0.4 kg				
				Wheat flour	200 g				
				Suji	50 g				
				Melted ghee	75 ml (5 tbsp)				
				Jeera	½ tsp				
				Ajwain	¼ tsp				
				Baking powder	¼ tsp				
				Salt	As per taste				
				Haldi	As required				
				Method :					
				1. In a bowl mix all the ingredients, but ghee only 3 tbsp. Knead the dough with little warm water to make it like poori dough. Cover and keep for half an hour.					
				2. Make medium sized balls of the dough. Keep them on tawa & keep the tawa on low rack. Keep aside.					
3. Select category & press start.									
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.									

* Refer page 139, fig 1

* Refer page 139, fig 2

Indian Cuisine

Category		Weight Limit	Utensil	Instructions			
IC8	DALMA	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg		
				Moong dal (soaked for 2 hours)	300 g		
				Water	600 ml		
				Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato)	2 cups		
				For tadka			
				Oil	2 tbsp		
				Bay leaves, jeera, dry chillies, salt, haldi	As per taste		
				Grated coconut	4 tbsp		
				Chopped onion	1 no.		
				Method :			
1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select category & press start.							
2. When beeps, in another MWS bowl add oil, bay leaves, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start.							
3. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start.							
IC9	PITHLA	0.6 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish	For	0.6 kg		
				Besan	½ cup		
				Oil	1½ tbsp		
				Ginger, garlic, green chillies (chopped)	1 tsp each		
				Onion, Tomato (chopped)	1 no. each		
				Coriander chopped	A few sprigs		
				Water	2 cups (400 ml)		
				Salt, turmeric powder, garam masala, red chilli powder	As per taste		
				Method :			
				1. In a MWS flat glass dish put besan. Select category & press start.			
2. When beeps, remove & in another MWS glass bowl put oil, chopped ginger, garlic, green chilli, chopped onion & tomato, turmeric powder, garam masala, red chilli powder. Mix well & press start.							
3. When beeps, mix besan with masala & add water & salt. Mix well. Keep MWS glass bowl in microwave & press start.							
4. Stir well. Garnish with fresh coriander & serve.							
IC10	PANCHMEL KI SUBZI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Chopped vegetables (Gavarfali, chawli, shimla mirch, kheera, gajar)	100 g	200 g	300 g
				Oil	½ tbsp	1 tbsp	2 tbsp
				Jeera	½ tsp	1 tsp	1 tsp
				Onion	½ cup	½ cup	1 cup
				Ginger & green chilli paste	1 tsp	1½ tsp	2 tsp
				Coriander powder, amchur, haldi & salt	As per taste		
				Method :			
				1. In a MWS bowl add oil, jeera, onion, ginger & green chilli paste. Mix well.			
				2. Select category & weight and press start.			
3. When beeps, mix well & add the chopped vegetables & little water. Cover and press start.							
4. When beeps, mix well & add coriander powder, amchur, haldi & salt. Press start. Allow to stand for 5 minutes.							

Category		Weight Limit	Utensil	Instructions							
IC11	GUJARATI TUVAR DAL	0.3 kg	Microwave safe (MWS) bowl	For		0.3 kg					
				Tuvar dal / Arhar dal (soaked for 2 hours)		300 g					
				Water		600 ml					
				Oil		1 tbsp					
				Mustard seeds		½ tsp					
				Jeera		½ tsp					
				Finely chopped ginger		1 tbsp					
				Slit green chillies		3 nos.					
				Curry leaves		A few					
				Chopped tomato		2 nos.					
				Chopped onion		1 no.					
				Hing		A pinch					
				Salt, turmeric powder, red chilli powder		As per taste					
Jaggery (Gud)		As per taste									
Method :											
1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select category & press start.											
2. When beeps, remove the dal.											
3. In another MWS bowl add oil, mustard seeds, jeera, finely chopped ginger, slit green chillies, curry leaves, chopped, onions, red chilli powder. Mix well & press start.											
4. When beeps, remove the bowl & add these ingredients to the dal. Add tomato, jaggery & mix well. Press start. Squeeze lemon juice & serve.											
IC12	BUTTER CHICKEN	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For		0.3 kg	0.4 kg	0.5 kg			
				Chicken (boneless)		300 g	400 g	500 g			
				Ginger garlic paste		2 tbsp	2½ tbsp	3 tbsp			
				Tomato puree		½ cup	1 cup	1 cup			
				Chopped onions		1 no.	1 no.	2 nos.			
				Garam masala, dhania powder, jeera powder, kasuri methi, red chilli powder, salt		As per taste					
				Kaju paste		2 tbsp	2½ tbsp	3 tbsp			
				Fresh cream		1 cup	1½ cup	1½ cup			
				Butter		2 tbsp	3 tbsp	3½ tbsp			
				Oil		2 tbsp	2½ tbsp	2½ tbsp			
				Slit green chillies		3 nos.	4 nos.	5 nos.			
				Method :							
				1. In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select category & weight & press start.							
2. When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well & cover. Press start.											
3. When beeps, mix well, add kaju paste, cream & butter. Mix well & cover. Press start.											
4. Garnish with slit chillies.											
IC13	BEANS PORIAL	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For		0.1 kg	0.2 kg	0.3 kg			
				French beans (cut evenly)		100 g	200 g	300 g			
				Oil		1 tsp	1 tsp	2 tsp			
				Mustard seeds		¼ tsp	½ tsp	½ tsp			
				Urad dhal		¼ tsp	½ tsp	½ tsp			
				Grated coconut		2 tbsp	3 tbsp	4 tbsp			
				Green chillies		1 no.	2 nos.	3 nos.			
				Salt		As per taste					
				Method :							
				1. In a MWS bowl add oil, mustard seeds, urad dal, green chillies & salt. Select category & weight and press start.							
				2. When beeps, add beans, sprinkle little water. Cover & press start.							
				3. Add grated coconut, cover & stand for 3 minutes.							

Indian Cuisine

Category	Weight Limit	Utensil	Instructions																																																				
IC14	GOAN POTATO CURRY	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl																																																				
			<table><tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Boiled potato</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Boiled mix veg (capsicum, cauliflower, carrot, peas)</td><td>100 g</td><td>150 g</td><td>200 g</td></tr><tr><td>Chopped onion</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Oil</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr><tr><td>Mustard seeds</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Grated coconut</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Coconut milk</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr><tr><td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr><tr><td>Kaju powder</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr><tr><td>Salt, red chilli powder</td><td colspan="3">As per taste</td></tr><tr><td>Fresh cream</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Coriander</td><td colspan="3">A few sprigs</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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		
For	0.3 kg	0.4 kg	0.5 kg																																																				
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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																																																						
IC15	VEG HANDVA@	0.3 kg	Microwave safe (MWS) flat glass dish & Low rack & High rack**																																																				
			<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Rice</td><td>200 g (1 cup)</td></tr><tr><td>Urad Dal (Dehusked)</td><td>2 tbsp</td></tr><tr><td>Sour curd</td><td>½ cup</td></tr><tr><td>Boiled vegetables (Potato, Carrots, Peas, Palak)</td><td>2 cups</td></tr><tr><td>Oil</td><td>1 tsp</td></tr><tr><td>Lemon juice</td><td>2 tsp</td></tr><tr><td>Soda bi carb</td><td>A pinch</td></tr><tr><td>Chilli powder, turmeric powder, salt</td><td>As per taste</td></tr><tr><td>Ginger & chilli paste</td><td>1 tsp</td></tr><tr><td>Mustard seeds</td><td>1 tsp</td></tr><tr><td>Curry leaves</td><td>A few sprigs</td></tr><tr><td>Hing</td><td>¼ tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																										
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Ginger & chilli paste	1 tsp																																																						
Mustard seeds	1 tsp																																																						
Curry leaves	A few sprigs																																																						
Hing	¼ tsp																																																						

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

** Refer page 139, fig 5

Category	Weight Limit	Utensil	Instructions						
IC16	KASHMIRI KAJU PANEER	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Paneer pieces	100 g	200 g	300 g	400 g	500 g
				Kaju paste	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp
				Sliced onions	½ no.	1 nos.	1½ nos.	1½ nos.	2 nos.
				Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
				Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
				Chilli powder	As per taste				
				Khus Khus paste	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
				Tomato puree	½ cup	1 cup	1½ cup	2 cup	2 cup
				Milk	¼ cup	½ cup	1 cup	1½ cup	1½ cup
				Garam masala & salt	As per taste				
				Method : 1. In a MWS bowl add oil, onion slices, chopped ginger & garlic. Select category & weight and press start. 2. When beeps, mix well, add khus khus paste, kaju paste, tomato puree, chilli powder, garam masala & salt and press start. 3. When beeps, mix well, add paneer pieces and milk. Press start. Stand for 3 minutes.					
IC17	KADHAI CHICKEN	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Boneless chicken	100 g	200 g	300 g	400 g	500 g
				Oil	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp
				Methidana	¼ tsp	¼ tsp	1 tsp	1 tsp	1 tsp
				Onion slices	1 no.	2 nos.	3 nos.	3 nos.	3½ nos.
				Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
				Dhania powder, red chilli powder salt	As per taste				
				Tomato puree	¼ cup	½ cup	1 cup	1½ cup	1½ cup
				Hara dhania	A few sprigs				
				Capsicum	1 no.	1½ nos.	2 nos.	2 nos.	2 nos.
				Ginger (finely sliced)	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4½ tbsp
				Cream	For garnishing				
Method : 1. In Microwave Safe Bowl add oil, methidana, onion slices, garlic, dhanian powder, red chilli powder, chicken & salt. Cover. Select category & weight and press start. 2. When beeps, mix well & add tomato puree, hara dhana, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes. 3. Add cream. Mix well. Serve hot.									
IC18	BAIGAN KA BHARTHA	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg		
				Baigan (Chopped in big pieces)	300 g	400 g	500 g		
				Oil	1 tbsp	1½ tbsp	2 tbsp		
				Chopped onions	1 cup	1½ cup	2 cup		
				Chopped green chillies	3 nos.	4 nos.	5 nos.		
				Chopped ginger	1 tbsp	1½ tbsp	2 tbsp		
				Chopped tomato	2 nos.	3 nos.	4 nos.		
				Tomato puree	4 tbsp	5 tbsp	6 tbsp		
				Salt, dhanian 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, dhanian powder, garam masala, red chilli powder, haldi. Mix well. Cover & press start. 4. When beeps, mix well. Add the mashed baigan & mix well. Press start. Allow to stand for 3 minutes. Garnish with coriander leaves.					

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Category		Weight Limit	Utensil	Instructions			
IC19	Kofta CURRY	0.1-0.3 kg	Microwavesafe (MWS) flat glass dish & Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Grated Lauki	100 g	200 g	300 g
				Besan	1 tbsp	2 tbsp	3 tbsp
				Chopped Onion	½ cup	1 cup	1 cup
				Tomato puree	¼ cup	½ cup	1 cup
				Chopped garlic	1 tsp	1½ tsp	2 tsp
				Chopped Ginger	1 tsp	1½ tsp	2 tsp
				Coriander power, haldi, garam masala red chilli powder, jeera, salt	As per taste		
				Oil	½ tbsp	1 tbsp	1½ tbsp
				Water	½ cup	1 cup	1½ cup
				Lemon juice	As per taste		
				Method :			
				1. In a bowl mix grated lauki, besan, salt & haldi together. Mix well & prepare balls of medium size out of the mixture.			
				2. Grease a MWS flat glass dish & keep the koftas on it select 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.			
IC20	ALOO GOBHI	0.3-0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				Potatoes (chopped)	150 g	200 g	250 g
				Cauliflower florets	150 g	200 g	250 g
				Oil	1 tbsp	2 tbsp	3 tbsp
				Jeera	1 tbsp	1 tbsp	1 tbsp
				Chopped onion	½ cup	½ cup	1 cup
				Chopped green chillies	1 no	2 nos.	3 nos.
				Coriander powder, red chilli powder, haldi, salt, garam masala	As per taste		
				Coriander leaves	A few sprigs		
				Method :			
				1. In a MWS bowl add oil, jeera, chopped onion, green chillies, mix well. Select Category & weight & press start.			
				2. When beeps, mix well and add potatoes (chopped in medium sizes), cauliflower florets, coriander powder, red chilli powder, haldi, salt, garam masala & mix well. Add some water Cover. Press start.			
				3. When beeps, mix well & add coriander leaves and cover. Press start. Allow to stand for 15 mins with cover inside the microwave. Garnish with coriander leaves & serve.			
				IC21	MATAR PANEER	0.2-0.4 kg	Microwave safe (MWS) bowl
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	¾ cup	½ cup	1 cup				
Method :							
1. In a MWS bowl add oil, chopped ginger, garlic, onion. Mix well select category & weight & press start.							
2. When beeps, mix well, add paneer cubes, peas, tomato puree, jeera, powder, salt, haldi, red chilli powder, garam masala. Mix well cover. Press Start.							
3. When beeps, mix well, add water, coriander leaves & cover. Press start. Stand for 5 minutes.							

Category		Weight Limit	Utensil	Instructions									
IC22	GATTE KI SUBZI	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg						
				For making gattas									
				Besan	100 g	125 g	150 g						
				Red chilli powder, haldi, dhania powder, salt	As per taste								
				Water	As required								
				For Subzi									
				Oil	1 tbsp	1½ tbsp	2 tbsp						
				Rai, jeera	2 tsp	2 tsp	3 tsp						
				Curry leaves	A few								
				Sour curd	1 cup	1 cup	1½ cup						
				Red chilli powder, haldi, dhaniya powder, salt	As per taste								
				Tomato puree	¼ cup	½ cup	1 cup						
				Method :									
				1. In a bowl mix besan, red chilli powder, haldi, dhania powder, salt. Add water, little oil and make it like a chapati dough.									
				2. After making the dough break the dough into different pieces and make the rolls out of those pieces.									
				3. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover.									
				4. Select category & weight and press start.									
				5. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices.									
				6. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhaniya powder, haldi, salt. Cover & press start.									
				7. When beeps, add beaten curd, gattas & haldi. Mix well & press start.									
				IC23	EGG CURRY	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg		
								Boiled eggs					
									2 nos.	4 nos.	6 nos.		
Onions (chopped)	2 nos.	3 nos.	4 nos.										
Green chilli	1 no.	2 nos.	3 nos.										
Garlic (pods)	6-7 nos.	8-10 nos.	10-12 nos.										
Ginger (chopped)	1 tbsp	1½ tbsp	2 tbsp										
Tomato puree	3 tbsp	5 tbsp	6 tbsp										
Water	½ cup	1 cup	1½ cup										
Green peas (shelled)	¼ cup	½ cup	1 cup										
Salt, red chilli powder, garam masala, turmeric powder, dhania powder	As per taste												
Oil	2 tbsp	3 tbsp	3 tbsp										
Coriander leaves	A few sprigs												
Method :													
1. Put chopped onions, green chilli, garlic, ginger in a spice blender & make paste adding 1 tbsp water.													
2. In a MWS bowl take oil & add the paste. Mix well. Select 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.													
IC24	JHINGA MATAR CURRY	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl					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. Grnd 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.									

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Category	Weight Limit	Utensil	Instructions				
IC25	DUM TANGRI	0.6 kg	Microwave safe (MWS) glass bowl & High rack	For		0.6 kg	
				Chicken legs		5 nos.	
				For Marinade			
				Hung curd		4 tbsp	
				Fresh cream		1 tbsp	
				Ginger-garlic paste		1 tsp	
				Oil		½ tbsp	
				Tandoori chicken masala		1 tbsp	
				Kasoori methi		As required	
				Salt, red chilli powder, garam masala, 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	
			</				

Category		Weight Limit	Utensil	Instructions			
IC27	LITTI	6 Pc	Multicook tawa & Low rack*	For	Dough		
				Whole wheat flour	1 cup		
				Curd	¼ cup		
				Desi ghee	2 tbsp		
				Ajwain	1 tsp		
				Salt	As per taste		
				Baking soda	A pinch		
				Water (to knead the dough)	¼ cup		
				For Stuffing			
				Sattu	½ cup		
				Chopped onion	½ cup		
				Chopped coriander	½ cup		
				Chopped green chilli	1 tbsp		
				Chopped ginger	1 tsp		
				Mustard oil	1 tbsp		
				Red chilli pickle masala	1 tbsp		
				Lemon juice	1 tsp		
				Salt, red chilli powder, garam masala	As per taste		
				Method :			
				1. In a bowl mix all the ingredients of dough except water & mix well with hands. Now add water & knead a soft dough. Cover & keep aside for 10-15 minutes.			
				2. In another bowl take all the ingredients of stuffing & mix very well. If the stuffing is too dry, then add 1 or 2 cup water (just enough to mix all the ingredients) & mix well. The stuffing should not be wet.			
				3. Divide the dough into 6 equal medium sized balls (approx. 45 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.			
IC28	CHOKHA	0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For	0.3 kg		
				Brinjal (peeled & chopped)	300 g		
				Onion (chopped)	1 no.		
				Tomato (de-seeded & cut into pieces)	3 nos.		
				Green chilli (chopped)	2 nos.		
				Coriander leaves (chopped)	2 tbsp		
				Ginger (chopped)	1 tsp		
				Mustard oil	½ tbsp		
				Salt, red chilli powder	As per taste		
				Method :			
				1. In a MWS glass bowl take peeled & chopped brinjal pieces. Sprinkle some water. Select category & press start.			
				2. When beeps, remove MWS glass bowl from the microwave. Mash the cooked brinjal with the back of the spoon/ladle & 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.			
IC29	METHI ALOO	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg
				Methi leaves (chopped)	2 cups	3 cups	4 cups
				Big size potato (cut in pieces)	1 no.	2 nos.	3 nos.
				Tomato (chopped)	1 no.	2 nos.	3 nos.
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Green chilli (chopped)	1 no.	2 nos.	2 nos.
				Salt, red chilli powder, haldi, garam masala	As per taste		
				Method :			
				1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select 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 139, fig 1

* Refer page 139, fig 2

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Category		Weight Limit	Utensil	Instructions				
IC30	KADDU KI SUBZI	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Kaddu (cut into pieces)	200 g	300 g	400 g	500 g
				Chopped tomato	1 no.	2 nos.	3 nos.	4 nos.
				Chopped green chilli	1 no.	2 nos.	3 nos.	4 nos.
				Finely chopped ginger	½ tsp	½ tsp	1 tsp	1 tsp
				Chopped coriander leaves	1 tbsp	2 tbsp	3 tbsp	4 tbsp
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Salt, red chilli power, garam masala, amchoor, turmeric powder	As per taste			
				Method :				
				1. In a MWS bowl take kaddu pieces, sprinkle some water & cover. Select 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.				
IC31	PALAK KEEMA	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	
				Palak leaves (chopped)	1½ cup	2½ cups	3½ cups	
				Chicken keema	½ cup	1 cup	1½ cup	
				Chopped onion	1 no.	2 nos.	3 nos.	
				Tomatoes	2 nos.	3 nos.	4 nos.	
				Dry red chillies	2 nos.	3 nos.	4 nos.	
				Ginger (chopped)	½ tsp	1 tsp	1 tsp	
				Garlic (chopped)	½ tsp	1 tsp	1 tsp	
				Salt	As per taste			
				Oil	1 tbsp	1½ tbsp	2 tbsp	
				Kalonji	¼ tsp	½ tsp	½ tsp	
				Saunf	¼ tsp	½ tsp	½ tsp	
Jeera	¼ tsp	½ tsp	½ tsp					
Methi dana	¼ tsp	½ tsp	½ tsp					
Method :								
1. In a spice blender take tomatoes (cut into pieces), chopped ginger, chopped garlic, dry red chilli, a pinch of salt & make a puree of it. Keep aside for later use.								
2. In a MWS bowl take oil, saunf, jeera, kalonji & methi dana, chopped onions. Mix well. Select 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.								
IC32	PANEER PISTA HARYALI	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg	
				Paneer (cut into cubes)	200 g	300 g	400 g	
				Pista (skin removed)	2 tbsp	3 tbsp	4 tbsp	
				Coriander leaves	¼ cup	½ cup	½ cup	
				Milk	¼ cup	½ cup	½ cup	
				Salt & pepper	As per taste			
				Onion	2 nos.	3 nos.	4 nos.	
				Green chilli (chopped)	2 nos.	3 nos.	4 nos.	
				Oil	1 tbsp	2 tbsp	2½ tbsp	
				Dhania powder	½ tbsp	1 tbsp	1 tbsp	
				Garlic (chopped)	1 tsp	1½ tsp	1½ tsp	
				Water	½ cup	1 cup	1 cup	
Method :								
1. Peel & cut onions into 4 pieces. Put pista & chopped onion in a MWS bowl. Put water & cover. Select 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.								

Category		Weight Limit	Utensil	Instructions			
IC33	BANDH-GOBHI MATAR	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	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.			
IC34	MUSHROOM CHILLI	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	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.							
IC35	KALONJI ALOO	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	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 kalonji & 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.			
IC36	DAHI ALOO	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	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.							

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Category		Weight Limit	Utensil	Instructions						
IC37	ALOO SHIMLA-MIRCH	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	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.										
IC38	PANEER BHURJI	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	
				Paneer (mashed)	100 g	200 g	300 g	400 g	500 g	
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp	
				Chopped capsicum	1 no.	2 nos.	3 nos.	4 nos.	4 nos.	
				Chopped onion	½ cup	1 cup	1 cup	1½ cup	2 cup	
				Coriander leaves	A few sprigs					
				Coriander powder, jeera powder, red chilli powder, salt	As per taste					
				Method :						
				1. In a MWS bowl add oil, onion & capsicum. Select category & weight and press start.						
				2. When beeps, mix well & add paneer, coriander leaves, coriander powder, jeera powder, red chilli powder & salt. Mix well & press start.						
3. Serve with toast or wrapped in roti.										
IC39	SCRAMBLED EGGS	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	For	0.2 kg		0.3 kg		0.4 kg	
				Eggs	2 nos.		3 nos.		4 nos.	
				Milk	2 tbsp		3 tbsp		4 tbsp	
				Salt, pepper	As per taste					
				Butter / oil	For greasing					
				Coriander leaves (chopped)	For garnishing					
				Method :						
				1. Grease a MWS flat glass dish with butter or oil.						
				2. In another bowl lightly beat eggs, milk, salt & pepper together.						
				3. Now pour the egg mixture in greased MWS flat glass dish. Select 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.										
IC40	MUSHROOM CAPSICUM	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	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.										

Category	Weight Limit	Utensil	Instructions																								
SC1	SUJI HALWA	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl																								
			<table><tr><td>Suji</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Ghee (melted)</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Water</td><td>300 ml</td><td>600 ml</td><td>900 ml</td></tr><tr><td>Sugar</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Cashewnuts, Kishmish, Kesar Elaichi Powder</td><td colspan="3">As per your taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In Microwave safe glass bowl take Suji, add ghee, mix it together. Select category & weight and press start.2. When beeps, stir it and press start. Allow to cool.3. When beeps, add water, sugar, cashewnuts, kishmish, kesar, Elaichi powder, mix it well and press start. Stand for 5 minutes. Serve hot.	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						
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																										
SC2	BESAN LADOO	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish																								
			<table><tr><td>Besan</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Ghee (melted)</td><td>3 tbsp</td><td>5 tbsp</td><td>7 tbsp</td></tr><tr><td>Powder Sugar</td><td>50 g</td><td>100 g</td><td>150 g</td></tr><tr><td>Elaichi Powder</td><td>1/2 tsp</td><td>1 tsp</td><td>1 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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. <p>Note : For binding the ladoo use ghee.</p>	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								
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																								
SC3	KHEER	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl																								
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Milk</td><td>100 ml</td><td>200 ml</td><td>300 ml</td></tr><tr><td>Milkmaid</td><td>150 ml</td><td>200 ml</td><td>300 ml</td></tr><tr><td>Seviyaan (roasted)</td><td>20 gm</td><td>40 gm</td><td>60 gm</td></tr><tr><td>Badam, Pista Pieces</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Kesar & Elaichi Powder</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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. <p>Note : The bowl should be filled at 1/4 level of the total volume.</p>	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		
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																										
SC4	PAYASAM	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl																								
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Broken Rice (soaked for 2 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Milk & Water</td><td>300 ml</td><td>500 ml</td><td>700 ml</td></tr><tr><td>Sugar</td><td>75 g</td><td>150 g</td><td>200 g</td></tr><tr><td>Kesar, elaichi powder dry fruits</td><td colspan="3">As per taste</td></tr><tr><td>Ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a MWS bowl take ghee, soaked rice, milk, sugar & water & cover it.2. Select category & weight and press start.3. When beeps, add more milk, dry fruits, kesar, elaichi powder. Mix well & press start. Stand for 5 minutes. Sprinkle kewada jal on it. Serve hot or chilled.	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
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																								
SC5	MYSORE PAK	0.3 Kg	Microwave safe (MWS) flat glass dish																								
			<table><tr><td>For</td><td>0.3 Kg</td></tr><tr><td>Besan</td><td>100 g</td></tr><tr><td>Melted ghee</td><td>100 ml</td></tr><tr><td>Powdered Sugar</td><td>100 g</td></tr><tr><td>Milk</td><td>¼ cup</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a MWS flat glass dish add besan. Select Category & press start.2. When beeps, mix well & add melted ghee, powdered sugar. Mix very well while adding. Press start.3. When beeps, mix well & add milk. Press start. Allow to cool & cut into pieces & serve.	For	0.3 Kg	Besan	100 g	Melted ghee	100 ml	Powdered Sugar	100 g	Milk	¼ cup														
For	0.3 Kg																										
Besan	100 g																										
Melted ghee	100 ml																										
Powdered Sugar	100 g																										
Milk	¼ cup																										

Sweet Corner

Category		Weight Limit	Utensil	Instructions			
SC6	NARIYAL BURFI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Grated coconut	100 g	200 g	300 g
				Milkmaid	½ cup	1 cup	1½ cup
				Milk powder	3 tbsp	4 tbsp	5 tbsp
				Ghee	1 tsp	2 tsp	3 tsp
				Elaichi powder	1 tsp	2 tsp	3 tsp
				Method : 1. In a MWS bowl add ghee & fresh grated coconut. Mix well. 2. Select 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			
SC7	SANDESH	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg
				Paneer (grated)	200 g	300 g	400 g
				Milkmaid	50 g	75 g	100 g
				Rose water	1 tbsp	1½ tbsp	2 tbsp
				Elaichi seeds	½ tsp	1 tsp	1½ tsp
				Chopped pista	A few		
				Khoa (mashed)	100 gm	150 gm	200 gm
				Method : 1. In a MWS bowl add grated paneer, khoa, rose water & milkmaid. Mix well. 2. Select menu & weight and press start. 3. When beeps, stir well & press start. 4. Allow to cool. Hang in Muslin cloth for 20 minutes if it is too wet. Make balls out of the mixture & roll them in elaichi powder & chopped pista. Refrigerate till set.			
SC8	SEVIYAN ZARDA	0.2 kg	Microwave safe (MWS) glass bowl	Roasted Seviyan	200 g		
				Sugar	5 tbsp		
				Water	3 cups		
				Rose essence	A few drops		
				Almonds	A few		
				Chopped pista	A few		
				Elaichi powder	½ tsp		
				Ghee	1 ½ tbsp		
				Method : 1. In a MWS glass bowl add sugar & water. Select 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.			
SC9	BURFI	0.3 kg	Microwave safe (MWS) flat glass dish	For	0.3 kg		
				Milk powder	100 g		
				Milkmaid	100 ml		
				Cream	100 ml		
				Corn flour	4 tbsp		
				Chopped almonds & pistas	As required		
				Method : 1. In a bowl mix milk powder, corn flour, milkmaid & cream. Beat well till smooth. 2. Pour the mixture in a MWS flat glass dish. Select 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.			
SC10	KALAKAND	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	Grated Paneer	0.1 kg	0.2 kg	0.3 kg
				Milkmaid	50 ml	100 ml	200 ml
				Milk Powder	2 tbsp	3 tbsp	4 tbsp
				Cornflour	1/2 tsp	1 tsp	1 tsp
				Elaichi Powder	1/2 tsp	1 tsp	1 tsp
				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.			

Category		Weight Limit	Utensil	Instructions			
SC11	SHAHI RABDI	0.3 kg	Microwave safe (MWS) bowl	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.							
SC12	SHAHI TUKDA	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish & High Rack**	For	0.1 kg	0.2 kg	0.3 kg
				Bread Slices	1 slice	2 slices	3 slices
				Milkmaid	50 ml	100 ml	150 ml
				Milk	50 ml	100 ml	125 ml
				Sugar	1 tbsp	2 tbsp	3 tbsp
				Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp
				Kesar-Elaichi Powder	As per 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.							
SC13	KADDU KHEER	0.5 kg	Microwave safe (MWS) glass bowl	For	0.5 kg		
				Milk	300 ml		
				Grated kaddu	200 g		
				Milkmaid	150 g		
				Dry fruits (Kaju, kishmish, pista)	As required		
				Method : 1. In a MWS glass bowl add milk & milkmaid, grated kaddu. Select 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.							
SC14	RAVA LADOO	0.5 kg	Microwave safe (MWS) glass bowl	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.							

** Refer page 139, fig 5

Sweet Corner

Category		Weight Limit	Utensil	Instructions							
SC15	KAJU BURFI	0.4 kg	Microwave safe (MWS) glass bowl	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.							
SC16	BADAM HALWA	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	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 and press start. 3. When beeps, stir very well & again press start. 4. When beeps, stir very well. Add sugar & milk (for cooking). Again mix well & press start. Give standing time of 5-6 minutes & mix well. Garnish with slivered almonds & serve badam halwa hot.							
				SC17	SUJI KHEER	0.2 kg	Microwave safe (MWS) glass bowl	For	0.2 kg		
								Moong dal (dehusked)	10 g		
Suji	20 g										
Powdered jaggery	30 g										
Milk	140 ml										
Method : 1. In a MWS glass bowl add moong dal. Select 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.											
SC18	FRUIT DESSERT	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg				
				Apple, banana	100 g	200 g	300 g				
				Orange juice	1 tbsp	2 tbsp	3 tbsp				
				Sugar	1 tbsp	2 tbsp	3 tbsp				
				Method : 1. Put the peeled apple & banana pieces, orange juice & sugar in a MWS glass bowl. Select category & weight & press start. 2. When beeps, remove & mash well. Cover & press start.							
SC19	RAGGI KHEER	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg						
				Raggi powder	2 tbsp						
				Milk	1 cup						
				Milk	As per taste						
				Ghee	1 tsp						
				Water	½ cup						
				Method : 1. Put Raggi powder and water in MWS glass bowl and keep in microwave. Select category and press start. 2. when beeps, remove and add sugar, milk and ghee. Mix well. Put this in microwave and press start.							

Category		Weight Limit	Utensil	Instructions			
SC20	FRUIT RAVA KESARI	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	Suji	0.1 kg	0.2 kg	0.3 kg
				Ghee (melted)	2 tbsp	3 tbsp	4 tbsp
				Water	300 ml	600 ml	900 ml
				Sugar	100 g	200 g	300 g
				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.			

Rice Delight

Category	Weight Limit	Utensil	Instructions																																																																														
rd1	CHICKEN BIRYANI	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl																																																																														
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td colspan="6">For Marinade</td></tr><tr><td>Hung curd</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr><tr><td>Tomato puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr><tr><td>Ginger garlic paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr><tr><td>Salt, garam masala, coriander powder, red chilli powder, turmeric powder</td><td colspan="5">As per taste</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr><tr><td>Salt</td><td colspan="5">If required</td></tr><tr><td>Coriander leaves</td><td colspan="5">A few springs</td></tr><tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr></table> <p>Method :</p> <p>1. Marinade the chicken & keep it in refrigerator for 1 hour.</p> <p>2. In a MWS bowl add oil, chopped onions & marinated chicken & cover. Select category & weight and press start.</p> <p>3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover & press start. Stand for 5 minutes. Serve hot.</p>	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
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg																																																																												
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Water	200 ml	400 ml	600 ml	650 ml	750 ml																																																																												
rd2	GOSHT DUM BIRYANI	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl																																																																														
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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																																																																												
rd3	MALABAR BIRYANI	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl																																																																														
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td colspan="6">For Marinade</td></tr><tr><td>Salt, red chilli powder, turmeric powder</td><td colspan="5">As per taste</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Salt, biryani masala</td><td colspan="5">As per taste</td></tr><tr><td>Curd</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Sliced tomato</td><td>1 No.</td><td>1 No.</td><td>2 Nos.</td><td>2 Nos.</td><td>3 Nos.</td></tr><tr><td>Sliced onion</td><td>1 No.</td><td>1 No.</td><td>2 Nos.</td><td>2 Nos.</td><td>3 Nos.</td></tr><tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr></table> <p>Method :</p> <p>1. Marinade the chicken & refrigerate it for 1 hour.</p> <p>2. In a MWS bowl add oil, onion, chopped coriander & mint leaves, biryani masala & salt. Mix, select category & weight & press start.</p> <p>3. When beeps, remove the bowl & in another MWS bowl add soaked rice, water, tomato, curd, mix & cover. Press start.</p> <p>4. When beeps, add the marinated chicken to the first bowl. Cover & press start. Stand for 5 minutes. Serve hot.</p>	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g	Boneless chicken	100 g	200 g	300 g	400 g	500 g	For Marinade						Salt, red chilli powder, turmeric powder	As per taste					Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp	Salt, biryani masala	As per taste					Curd	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp	Sliced tomato	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.	Sliced onion	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.	Water	200 ml	400 ml	600 ml	650 ml	750 ml												
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																																																																												
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Water	200 ml	400 ml	600 ml	650 ml	750 ml																																																																												

Category	Weight Limit	Utensil	Instructions										
rd4	PINEAPPLE FRIED RICE	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg				
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g				
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp				
				Mix veg - Peas, french beans, carrots, capsicum	½ cup	1 cup	1½ cup	2 cup	2½ cup				
				Pineapple (chopped)	½ cup	1 cup	1 cup	1½ cup	2 cup				
				Ajinomoto	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.									
rd5	VEG PULAO	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg				
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g				
				Water	200 ml	400 ml	600 ml	650 ml	750 ml				
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp				
				Jeera, laung, tej patta, salt, garam masala, red chilli powder	As per taste								
				Mix veg - Gobhi, matar, gajar, french beans etc.	½ cup	1 cup	1½ cup	2 cup	2½ cup				
				Method :									
				1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.									
				2. Select category & weight and press start.									
				3. When beeps, mix well & add rice, water, salt, garam masala, red chilli powder. Press start. Mix well. Stand for 5 minutes.									
				rd6	VEG TAHIRI	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
								Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
Water	200 ml	400 ml	600 ml					650 ml	750 ml				
Oil	1 tbsp	1½ tbsp	2 tbsp					2½ tbsp	3 tbsp				
Jeera, laung, tej patta, salt, garam masala, haldi, red chilli powder	As per taste												
Mix veg - Gobhi, matar, gajar, tomato, potato etc.	½ cup	1 cup	1½ cup					2 cup	2½ cup				
Method :													
1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.													
2. Select category & weight and press start.													
3. When beeps, mix well & add rice, water, salt, garam masala, haldi, red chilli powder. Press start. Mix well. Stand for 5 minutes. Serve hot.													
rd7	PEPPER RICE	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl					For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
								Soaked Rice (2 hours)	100 g	200 g	300 g	400 g	500 g
				Water	200 ml	400 ml	600 ml	650 ml	750 ml				
				Dry coconut	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp				
				Green chilli (Chopped)	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.				
				Garlic (Chopped)	2 cloves	3 cloves	4 cloves	5 cloves	6 cloves				
				Ghee	1 tbsp	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp				
				Salt	As per taste								
				Black pepper powder	As per taste								
				Seasoning									
				Mustard seeds	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp				
				Black gram dal	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp				
				Bengal gram dal	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp				
				Curry leaves	A few leaves								
				Dry Red Chilli	1 no.	2 nos.	3 nos.	4 nos.	5 nos.				
				Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp				
				Method :									
				1. In a MWS bowl add oil, dry red chilli, green chilli, chopped garlic, mustard seeds, black gram dal, Bengal gram dal, curry leaves. Select category & weight and press start.									
				2. When beeps, add soaked rice, water, ghee, salt, black pepper powder. Mix well & press start. Stand for 5 minutes. Add grated coconut & serve hot.									

Rice Delight

Category	Weight Limit	Utensil	Instructions																																																																		
rd8	ZAFRANI PULAO	01 ~ 0.5 kg	Microwave safe (MWS) bowl																																																																		
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Basmati rice</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Melted ghee</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr><tr><td>Nutmeg powder, cardamon powder</td><td colspan="5">As per taste</td></tr><tr><td>Sugar</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Saffron (Kesar)</td><td colspan="5">A pinch</td></tr><tr><td>Warm milk</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr><tr><td>Water</td><td>150 ml</td><td>300 ml</td><td>350 ml</td><td>650 ml</td><td>750 ml</td></tr><tr><td>Kishmish, Kaju</td><td colspan="5">As per required</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																
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Water	150 ml	300 ml	350 ml	650 ml	750 ml																																																																
Kishmish, Kaju	As per required																																																																				
rd9	BENGALI BIRYANI	0.1 ~ 0.5 Kg	Microwave safe (MWS) bowl																																																																		
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Basmati Rice (Cooked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Fish (Hilsa)</td><td>250 g</td><td>350 g</td><td>450 g</td><td>550 g</td><td>650 g</td></tr><tr><td>Desi Ghee</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td></tr><tr><td>Onion (sliced)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr><tr><td>Ginger-garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td></tr><tr><td>Red chilli powder, salt, turmeric powder, cumin powder, garam masala</td><td colspan="5">As per taste</td></tr><tr><td>Black pepper corns, cloves, cinnamon, bayleaf, cardamom (green)</td><td colspan="5">As per requirement</td></tr><tr><td>Hung curd</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr><tr><td>Oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td></tr><tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl take hung curd, ginger-garlic paste, oil, all the spices, mix well & make a paste for marinade. Apply this marinade on fish pieces evenly keep the marinated fish in refrigerator for atleast 1-1½ hours.2. In a MWS bowl take soaked rice, water, select category & weight & press start.3. When beeps remove rice from microwave. In another MWS bowl take sliced onions, desi ghee, black pepper corns, cloves, cinnamon stick, bay leaf, cardamom, mix well. Press start.4. When beeps add the cooked onions to rice, add marinated fish pieces, salt. Mix well, cover & press start. Allow to stand for 5-10 minutes.5. Serve hot with curd or gravy of your choice.	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	Basmati Rice (Cooked)	100 g	200 g	300 g	400 g	500 g	Fish (Hilsa)	250 g	350 g	450 g	550 g	650 g	Desi Ghee	1 tbsp	2 tbsp	2 tbsp	3 tbsp	3 tbsp	Onion (sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.	Ginger-garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp	Red chilli powder, salt, turmeric powder, cumin powder, garam masala	As per taste					Black pepper corns, cloves, cinnamon, bayleaf, cardamom (green)	As per requirement					Hung curd	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	4 tbsp	Oil	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp	Water	200 ml	400 ml	600 ml	650 ml	750 ml
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																																																																
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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																																																																
rd10	KHUMB PULAO	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl																																																																		
			<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Basmati Rice (Soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Sliced mushrooms</td><td>50 g</td><td>100 g</td><td>150 g</td><td>200 g</td><td>250 g</td></tr><tr><td>Water</td><td>100 ml</td><td>200 ml</td><td>300 ml</td><td>325 ml</td><td>375 ml</td></tr><tr><td>Milk</td><td>100 ml</td><td>200 ml</td><td>300 ml</td><td>325 ml</td><td>375 ml</td></tr><tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr><tr><td>Chopped spring onions</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr><tr><td>Chopped garlic</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr><tr><td>Salt, pepper</td><td colspan="5">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																
For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg																																																																
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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																																																																				

Category	Weight Limit	Utensil	Instructions				
rd11	TIRANGA PULAO	0.2 ~ 0.4Kg	Microwave safe (MWS) bowl & Microwave safe (MWS) glass bowl	For	0.2 Kg	0.3 Kg	0.4 Kg
				Rice (soaked for 1 hour)	200 g	300 g	400 g
				Water	350 ml	500 ml	650 ml
				Salt	As per taste		
				For Red Mixture			
				Beat root (grated)	½ cup	1 cup	1 cup
				Onion (sliced)	½ nos.	1 no.	1 no.
				Oil / ghee	½ tbsp	1 tbsp	1 tbsp
				Salt	As per taste		
				Laung, dalcini, chhoti elaichi	As requisite		
				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 chillies & 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.							
rd12	EGG BIRYANI	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Boiled eggs	2 nos.	3 nos.	4 nos.
				Rice (soaked for 1 hour)	100 g	200 g	300 g
				Water	200 ml	350 ml	500 ml
				Onions (Big sized sliced)	1 no.	2 nos.	2 nos.
				Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp
				Ginger-garlic paste	½ tsp	1 tsp	1 tsp
				Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste		
				Biryani masala	½ tsp	1 tsp	1 tsp
				Slit green chillies	1 no.	2 nos.	2 nos.
				Method :			
				1. In a MWS bowl take soaked rice, water. Select 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.			

Rice Delight

Category	Weight Limit	Utensil	Instructions																																																				
rd13	ACHARI CHANA PULAO	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl																																																				
			<table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Soaked rice</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Soaked & boiled kabuli chana</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Sliced onions</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Water</td><td>200 ml</td><td>350 ml</td><td>500 ml</td></tr> <tr> <td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> <tr> <td>Desi ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Laung, chhoti elaichi, badi elaichi, saunf, jeera</td><td colspan="3">As per requirement</td></tr> <tr> <td>Salt, red chilli powder, garam masala, haldi</td><td colspan="3">As per taste</td></tr> <tr> <td>Mango pickle paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Slit green chilli</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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.								
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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.																																																				
rd14	METHI RICE	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl																																																				
			<table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Methi leaves (chopped)</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr> <tr> <td>Soaked rice</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Water</td><td>200 ml</td><td>350 ml</td><td>500 ml</td></tr> <tr> <td>Onions (sliced)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> <tr> <td>Salt, red chilli powder, garam masala</td><td colspan="3">As per taste</td></tr> <tr> <td>Oil / ghee</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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																				
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Salt, red chilli powder, garam masala	As per taste																																																						
Oil / ghee	1½ tbsp	2 tbsp	2½ tbsp																																																				
rd15	COCONUT RICE	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl																																																				
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For	0.1 Kg	0.2 Kg	0.3 Kg																																																				
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Salt & pepper	As per taste																																																						
Finely chopped ginger	1 tsp	1½ tsp	2 tsp																																																				
Beaten curd	1 tbsp	2 tbsp	3 tbsp																																																				

Category		Weight Limit	Utensil	Instructions									
rd16	CURD RICE	0.1 ~ 0.5 Kg	Microwave safe (MWS) glass bowl	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg				
				Basmati Rice (Soaked)	100 g	200 g	300 g	400 g	500 g				
				Water	200 ml	400 ml	600 ml	650 ml	750 ml				
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp				
				Mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp				
				Urad dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp				
				Chana dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp				
				Curry leaves	A few leaves								
				Green chillies (chopped)	2 nos.	2 nos.	3 nos.	3 nos.	3 nos.				
				Grated ginger	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp				
				Curd	½ cup	½ cup	1cup	1 cup	1½ cup				
				Milk	¼ cup	¼ cup	½ cup	½ cup	1 cup				
				Coriander leaves (chopped)	A few sprigs								
				Method :									
				1. In a MWS glass bowl add oil, mustard seeds, urad dal, chana dal. Select 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.									
rd17	KEEMA PULAO	0.3 kg	Microwave safe (MWS) bowl	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.									
				rd18	TOMATO PULAO	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	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 tomatoes & 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.													

Rice Delight

Category		Weight Limit	Utensil	Instructions					
rd19	PANEER FRIED RICE	0.1 ~ 0.5Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg	0.4 Kg	0.5 Kg
				Paneer (cubes)	½ cup	1 cup	1½ cup	1½ cup	2cup
				Rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
				Water	200 ml	350 ml	500 ml	650 ml	800 ml
				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.
				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, paneer cubes & all the spices. Mix very well & press start. 3. When beeps, add boiled rice to the sliced onions. Mix well. Press start. 4. Serve paneer fried rice hot with plain curd or raita.					
rd20	CHILLI GARLIC RICE	0.2 ~ 0.5 kg	Microwave safe (MWS) glass bowl	For	0.2 kg	0.3 kg	0.4 kg	0.5 kg	
				Rice (soaked)	200 g	300 g	400 g	500 g	
				Water	400 ml	600 ml	650 ml	750 ml	
				Oil	2 tsp	2½ tsp	3 tsp	3½ tsp	
				Ghee	2 tsp	2½ tsp	3 tsp	3½ tsp	
				Jeera	1 tsp	1½ tsp	2 tsp	2½ tsp	
				Chopped garlic	1 tsp	1½ tsp	2 tsp	2½ tsp	
				Garlic paste	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	
				Chopped green chillies	3 nos.	4 nos.	5 nos.	6 nos.	
				Chopped coriander leaves	½ cup	1 cup	1½ cup	2 cup	
				Chilli sauce	2 tbsp	3 tbsp	4 tbsp	5 tbsp	
				Salt	As per taste				
				Method : 1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start. 2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, paneer cubes & all the spices. Mix well & press start. 3. When beeps, add cooked rice, chilli sauce, salt. Mix well & press start.					

Category		Weight Limit	Utensil	Instructions	
CC1	APPLE TOMATO CHUTNEY	0.3 kg	Microwave Safe (MWS) Glass Bowl	Apple pieces	150 g
				Tomato pieces	150 g
				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 apple, tomato, green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook. 2. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start. 3. When beeps, add ground mixture and press start. Garnish with chopped coriander.	
CC2	LEMON PICKLE	0.3 kg	Microwave Safe (MWS) Glass Bowl	Lemon pieces	150 g
				Sugar	150 g
				Chilli powder, Salt	As per your taste
				For Tempering : Rai, Jeera, Hing etc.	
				Method : 1. Cut lemon and remove seeds. In MWS glass bowl add lemon pieces, sugar, salt and chilli powder. Select category and press start. Store it in a bottle after it cools.	
CC3	MIX VEG. PICKLE	0.3 kg	Microwave Safe (MWS) Glass Bowl	For	0.3 kg
				Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)	300 g
				Lemon juice	2 tbsp
				Salt, Chilli powder, Sugar, Pickle Masala	As per your taste
				Oil	2 tbsp
				For tempering : Rai, Jeera, Hing etc.	
				Method : 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. 2. When it gives a beep, remove. 3. In another MWS glass bowl add oil and tempering and press start. When it gives a beep add masala, sugar, salt & lemon juice. Add vegetables to this when it cools. Mix well and store it in a fridge.	
CC4	PIZZA SAUCE	0.3 kg	Microwave Safe (MWS) Glass Bowl	Tomato	200 g
				Onion	1 No.
				Salt, Sugar, Ajwain, Oregano, Basil leaves	As per your taste
				Garlic pods	7-8 nos.
				Oil	2 tbsp
				Method : 1. In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select category & press start to cook. 2. When beeps, remove, allow to cool and grind it in a mixer. Now add salt, sugar, ajwain, basil leaves. Keep it in Microwave and press start. 3. When cooking ends, the sauce is ready.	
CC5	TOMATO SAUCE	0.5 kg	Microwave Safe (MWS) Glass Bowl	Tomato	500 g
				Onion	1 No.
				Chilli powder, Salt, Sugar	As per your taste
				Chopped ginger and garlic	2 tbsp
				Garam masala	1 tsp
				Method : 1. In a MWS glass bowl put tomato pieces, cover and keep it in a Microwave. Select category & press start to cook. 2. When beeps, remove, allow to cool and grind it in a mixer. Strain it. Add salt, sugar, garam masala. Mix well. Press start.	

Chatpat Corner

Category		Weight Limit	Utensil	Instructions	
CC6	MASALA CHUTNEY	0.3 kg	Microwave Safe (MWS) Glass Bowl	Chana Daal, Urad Daal	100 g each
				Grated dry coconut	100 g
				Sesame, Salt, Sugar, Turmeric, Dhaniya powder, Jeera powder, Curry leaves, Methi seeds	As per your taste
				Oil	1 tsp
				Method : 1. In a MWS bowl put daals and keep it in Microwave. Select category & press start to cook. 2. When beeps, remove. Add the rest of the ingredients and keep it in microwave and press start. 3. Remove, cool it and grind it in a mixer adding required amount of water. This chutney can be served with Idly, Parantha or Rice.	
CC7	LEHSUN KI CHUTNEY	0.2 kg	Microwave safe (MWS) bowl	Chopped tomatoes	2 nos.
				Chopped garlic	20 g
				Chopped green chillies	2 nos.
				Chopped onion	½ cup
				Oil	2 tsp
				Jeera	1 tsp
				Haldi, red chilli powder, salt	As per taste
				Water	¼ cup
				Method : 1. In a MWS bowl mix all the ingredients. Select category & press start. 2. Remove when cooking ends. Allow to cool. Grind it & serve as an accompaniment.	
CC8	MANCHURIAN SAUCE	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg
				Water	1½ cups (300 ml)
				Vinegar sauce	1 tbsp
				Soya sauce	1 tsp
				Tomato sauce	½ cup
				Ajinomoto	A pinch
				Cornflour	2 tbsp + ½ cup water
				Method : 1. In a MWS bowl add all the ingredients. Select category & press start.	
CC9	AAM KI CHUTNEY	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg
				Aam (peeled & chopped)	300 g
				Kishmish (seedless & chopped)	25 g
				Chopped ginger & garlic	2 tsp
				Tamarind pulp	1 tbsp
				Salt & sugar	As per taste
				Method : 1. In a MWS bowl mix all the ingredients. Cover. Select category & press start.	
CC10	COCONUT CHUTNEY	0.3 kg	Microwave Safe (MWS) Glass Bowl	For	0.3 kg
				Fresh grated coconut	300 g
				Chopped green chillies	2 nos.
				Chopped ginger	½ tbsp
				Roasted split gram dal (optional)	1 tbsp
				Salt	As per taste
				For tempering	
				Oil	1 tbsp
				Mustard seeds	½ tsp
				Broken dry red chillies	1 no.
				Curry leaves	A few
				Method : 1. Grind grated coconut, chopped green chillies, ginger, roasted split gram dhal, salt together in a blender. 2. In a MWS glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select category & press start. 3. Pour the tempering over the chutney & serve.	

Category	Weight Limit	Utensil	Instructions																																								
CC11	TIL KI CHUTNEY 0.2 kg	Microwave Safe (MWS) Glass Bowl	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Roasted til</td><td>½ cup</td></tr><tr><td>Tamarind paste</td><td>2 tbsp</td></tr><tr><td>Green chilli</td><td>4-5 nos.</td></tr><tr><td>Coriander leaves</td><td>2 tbsp</td></tr><tr><td>Mint leaves</td><td>1 tbsp</td></tr><tr><td>Water</td><td>½ cup</td></tr><tr><td>Garlic pods</td><td>2-3 nos.</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td colspan="2">For Tempering</td></tr><tr><td>Oil</td><td>1 tbsp</td></tr><tr><td>Cumin seeds</td><td>1 tsp</td></tr><tr><td>Curry leaves</td><td>6-7 nos.</td></tr><tr><td>Red chilli (dry)</td><td>2 nos.</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Grind together roasted til, tamarind paste, green chilli, coriander leaves, mint leaves, garlic pods, salt & water in spice grinder. Make a rough paste.In a MWS glass bowl take oil, cumin seeds, curry leaves & dried red chilli. Mix well. Select category & press start.When beeps, add the grounded paste to the tempering & mix well.	For	0.2 kg	Roasted til	½ cup	Tamarind paste	2 tbsp	Green chilli	4-5 nos.	Coriander leaves	2 tbsp	Mint leaves	1 tbsp	Water	½ cup	Garlic pods	2-3 nos.	Salt	As per taste	For Tempering		Oil	1 tbsp	Cumin seeds	1 tsp	Curry leaves	6-7 nos.	Red chilli (dry)	2 nos.												
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Cumin seeds	1 tsp																																										
Curry leaves	6-7 nos.																																										
Red chilli (dry)	2 nos.																																										
CC12	CHANA CHAAT 0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Kala chana (soaked overnight)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Water</td><td>250 ml</td><td>500 ml</td><td>750 ml</td><td>1000 ml</td></tr><tr><td>Oil</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr><tr><td>Jeera, hing</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2 tsp</td></tr><tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td></tr><tr><td>Boiled potato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr><tr><td>Salt, red chilli powder, chaat masala, lemon juice, imli chatni</td><td colspan="4">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a MWS bowl add soaked chana, water & cover. Select category & weight and press start.When beeps, remove & drain water from the chanas. In a MWS bowl add oil, jeera, hing & chopped onion and press start.Add boiled chanas, salt, red chilli powder, chaat masala, lemon juice, imli chutney, boiled potato. Mix well & serve.	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			
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																																										
CC13	ALOO KAND CHAAT 0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Aloo (cut in medium pieces)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr><tr><td>Jimikand (cut in medium pieces)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr><tr><td>Sugar, salt, red chilli powder, chaat masala</td><td colspan="3">As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a MWS bowl add aloo, jimikand & add little water Cover. Select category & weight & press start.When beeps, stir well. Cover & press start.Add sugar, salt, red chilli powder, chaat masala. Allow to stand for 3 minutes.	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																										
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																																										
CC14	AMLA CHUTNEY 0.5 kg	Microwave Safe (MWS) Glass Bowl	<table><tr><td>Amla</td><td>500 g</td></tr><tr><td>Water for boiling</td><td>As per required</td></tr><tr><td>Green chillies, Salt, Sugar</td><td>As per your taste</td></tr><tr><td>Oil</td><td>2 tbsp</td></tr><tr><td colspan="2">For Tempering : Rai, Jeera, Hing etc.</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">In a MWS glass bowl put amla, water & press start.When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start.When beeps, add ground mixture and green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook.	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.																															
Amla	500 g																																										
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Green chillies, Salt, Sugar	As per your taste																																										
Oil	2 tbsp																																										
For Tempering : Rai, Jeera, Hing etc.																																											

Chatpat Corner

Category		Weight Limit	Utensil	Instructions	
CC15	BAINGAN CHUTNEY	0.5 kg	Microwave Safe (MWS) Glass Bowl	Baingan (Whole)	500 g
				Amchoor powder	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 keep baingan & press start. 2. When beeps, allow to cool and peel off the skin. In another MWS glass bowl add oil and tempering and press start. 3. When beeps, add mashed baingan and green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook.	

Kids' Delight

In the following example, show you how to cook 0.4Kg of OMELLETTE.

1. Press STOP/CLEAR.



2. Press Kids' Delight. Kids' Delight

The display will show "CF1"

3. Keep pressing the Kids' Delight key until the display show "CF3".
4. Press -Less/+More to set the weight 0.4kg.



5. Press START/Add 30secs.



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



NOTE

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

* Note: If display is blank, press STOP/CLEAR

Child's Favourite

Category		Weight Limit	Utensil	Instructions			
CF1	CORN CHAAT	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Sweet corn	100 g	200 g	300 g
				Mix fruits (Pomegranate, cucumber, apple)	½ cup	1 cup	1½ cup
				Salt, red chilli powder, chaat masala, lemon juice	As per taste		
				Method : 1. In a MWS bowl add some water & sweet corns. Select category & weight and press start. 2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.			
CF2	VERMICELLI KHICHDI	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Roasted vermicelli	100 g	200 g	300 g
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Rai, urad dal, curry leaves	As per taste		
				Chopped onion	½ cup	1 cup	1 cup
				Chopped tomato	1 No.	2 Nos.	3 Nos.
				Salt, red chilli powder, haldi, garam masala	As per taste		
				Water	400 ml	800 ml	1200 ml
				Lemon juice	As per taste		
				Method : 1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix. Select category & weight and press start. 2. When beeps, mix & add tomato. Press start. 3. When beeps, mix & add vermicelli, water, salt, red chilli powder, haldi, garam masala. Press start. Stand for 3 minutes. 4. Squeeze lemon, mix & serve.			
CF3	OMELETTE	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	For	0.2 kg	0.3 kg	0.4 kg
				Eggs	2 Nos.	3 Nos.	4 Nos.
				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.			
CF4	PIZZA@	0.3 kg	Low rack & High rack	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.			
CF5	GARLIC BREAD@	0.3 kg	Low Rack	Bread slices (French Bread)	4 pcs		
				Butter	5 tbsp		
				Garlic paste	2 tbsp		
				Grated cheese	4 tbsp		
				Salt, kali mirchi powder, Oregano, chilli flakes	As per your taste		
				Method : 1. Mix butter, garlic paste, grated cheese, salt, kali mirchi powder and oregano together. Apply this mixture to both sides of bread slices. 2. Select category & press start. (Pre-heat process). 3. When beeps, keep the bread slices on low rack & press start. Note : Use French bread to make garlic bread.			

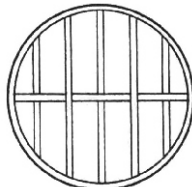
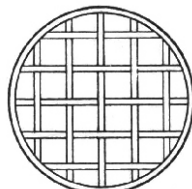
@ Do not keep anything in the oven during preheat mode.

Category		Weight Limit	Utensil	Instructions			
CF6	BREAD PUDDING	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	For	0.1 kg	0.2 kg	0.3 kg
				Bread slices	2 Nos.	3 Nos.	4 Nos.
				Milk (for dipping the bread)	½ cup	1 cup	1½ cup
				Egg	1 Nos.	2 Nos.	2 Nos.
				Vanilla Essence	½ tsp	¾ tsp	1 tsp
				Sugar	3 tbsp	4 tbsp	5 tbsp
				Dry fruits	As per your taste		
				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.			
CF7	CHEESY NACHOS	0.3 kg	Microwave safe (MWS) flat glass dish	For	0.3 kg		
				Nachos	300 g		
				Grated cheese	1 cup		
				Pizza sauce	6 tbsp		
				Chopped onion, tomato	2 cups		
				Method :			
				1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select category & press start.			
CF8	CHOCOLATE BALLS	0.3 kg	Microwave safe (MWS) glass bowl	Milkmaid	1 cup		
				Marie biscuit powder	1 cup		
				Milk powder	½ cup		
				Bournvita	½ cup		
				Grated coconut	½ cup		
				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.			
CF9	STRAW- BERRY CUSTARD	0.5 kg	Microwave safe (MWS) bowl	For	0.5 kg		
				Milk	1 cup		
				Strawberry custard powder	3 tbsp		
				Sugar	50 g		
				Strawberry pieces	As required		
				Method :			
				1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well. 2. Select category & press start. 3. When beeps, stir well. Press start. 4. When beeps, stir well. Press start. Allow to set in refrigerator.			

Child's Favourite

Category	Weight Limit	Utensil	Instructions																																																												
CF10	VEG BURGER	0.1 – 0.3 kg	Multicook tawa & High rack*																																																												
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Burger buns</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>For Tikkis</td><td></td><td></td><td></td></tr><tr><td>Potatoes (boiled)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Boiled peas</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr><tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr><tr><td>Green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Chopped coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Salt, red chilli powder, garam masala, chaat masala</td><td colspan="3">As per taste</td></tr><tr><td>Cornflour</td><td colspan="3">For binding</td></tr><tr><td>Tomato slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Onion slices</td><td>2 no.</td><td>4 nos.</td><td>6 nos.</td></tr><tr><td>Cheese slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Butter</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr><tr><td>Tomato sauce</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
For	0.1 kg	0.2 kg	0.3 kg																																																												
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Butter	1 tsp	2 tsp	3 tsp																																																												
Tomato sauce	1 tbsp	2 tbsp	3 tbsp																																																												
CF11	CHOCO BARS	0.2 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish																																																												
			<table><tr><td>Chocolate chips</td><td>½ cup</td></tr><tr><td>Oats (crushed)</td><td>1 cup</td></tr><tr><td>Honey</td><td>3 tbsp</td></tr><tr><td>Brown sugar</td><td>4 tbsp</td></tr><tr><td>Butter (softened)</td><td>8 tbsp</td></tr><tr><td>Chopped nuts (almonds, pistachio, walnut)</td><td>As required</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																																																
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Chopped nuts (almonds, pistachio, walnut)	As required																																																														

* Refer page 139, fig 2

Category	Weight Limit	Utensil	Instructions																																			
CF12	APPLE PIE®	0.6 kg	Metal cake tin & Low rack**	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Apple Filling</td><td></td></tr><tr><td>Apples (peeled, cleaned & sliced thinly)</td><td>4 large sized</td></tr><tr><td>White sugar</td><td>¼ cup</td></tr><tr><td>Brown sugar</td><td>¼ cup</td></tr><tr><td>Lemon juice</td><td>1 tsp</td></tr><tr><td>Cinnamon powder</td><td>1 tsp</td></tr><tr><td>Nutmeg powder</td><td>¼ tsp</td></tr><tr><td>Salt</td><td>¼ tsp</td></tr><tr><td>Softened butter</td><td>2 tbsp</td></tr><tr><td>Cornflour</td><td>2 tbsp</td></tr><tr><td>Short Crust Pastry</td><td></td></tr><tr><td>Maida</td><td>2½ cup (300 g)</td></tr><tr><td>Salt</td><td>½ tsp</td></tr><tr><td>Sugar (granulated)</td><td>2 tbsp</td></tr><tr><td>Unsalted butter (chilled & cut into 1 inch pieces)</td><td>1 cup (225 g)</td></tr><tr><td>Ice water</td><td>¼ - ½ cup (60-120 ml)</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.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.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.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.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.Seal the edges & wet them with water. Cover the edges with foil paper to avoid over burning.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. <p>Note: If the butter becomes soft while making pie, keep the rolled dough in freezer.</p>	For	0.6 kg	Apple Filling		Apples (peeled, cleaned & sliced thinly)	4 large sized	White sugar	¼ cup	Brown sugar	¼ cup	Lemon juice	1 tsp	Cinnamon powder	1 tsp	Nutmeg powder	¼ tsp	Salt	¼ tsp	Softened butter	2 tbsp	Cornflour	2 tbsp	Short Crust Pastry		Maida	2½ cup (300 g)	Salt	½ tsp	Sugar (granulated)	2 tbsp	Unsalted butter (chilled & cut into 1 inch pieces)	1 cup (225 g)	Ice water	¼ - ½ cup (60-120 ml)
For	0.6 kg																																					
Apple Filling																																						
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Ice water	¼ - ½ cup (60-120 ml)																																					
<div><p>Fig -1</p><p>Fig -2</p></div>																																						
CF13	MUSHROOM & PEPPER PIZZA®	0.3 kg	Multicook tawa & Low rack*	<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Pizza base</td><td></td></tr><tr><td>Dry active yeast</td><td>3 g</td></tr><tr><td>Water</td><td>2 tbsp</td></tr><tr><td>Sugar</td><td>¼ tsp</td></tr><tr><td>Maida</td><td>60 g</td></tr><tr><td>Salt</td><td>¼ tsp</td></tr><tr><td>Oil</td><td>1 tsp</td></tr><tr><td>Topping</td><td></td></tr><tr><td>Pizza sauce</td><td>2 tbsp</td></tr><tr><td>Vegetables (sliced mushroom, chopped yellow & red bell pepper)</td><td>1 cup</td></tr><tr><td>Grated cheese</td><td>1 cup</td></tr><tr><td>Oregano & chilli flakes</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">Dissolve the yeast in lukewarm water, stir in sugar & keep for 10 minutes till frothy.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.Cover the dough with a muslin cloth & keep it till it doubles the volume.Knead lightly & roll out thin chapati.Keep on greased tawa. Spread the sauce, sprinkle oregano & chilli flakes, add vegetables & spread grated cheese. Keep aside.Select category & press start. (Pre-heat process).When beeps, keep the tawa on low rack. Keep it inside the microwave oven. Press start.	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								
For	0.3 kg																																					
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Oregano & chilli flakes	As per taste																																					

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

^{ast} Refer page 139, fig 4

^a Refer page 139, fig 1

Child's Favourite

Category	Weight Limit	Utensil	Instructions			
CF14	NOODLE ROSTI	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For Rosti			
			Boiled whole wheat noodles		¾ cup	
			Grated paneer		¼ cup	
			Grated mozzarella 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.			
CF15	BREAD ROLLS	Multicook tawa & High rack*	Bread slices			
					10 pcs	
			For filling			
			Boiled totatoes		200 g	
			Chopped green chillies		2 nos	
			Chat masala, garam masala, salt, red chilli powder, pepper		As per taste	
			Oil		For brushing	
			Method : 1. Take the bread slices & cut the edges. 2. Mix all the ingredients for filling in a bowl. 3. Take bread slices one by one & soak in water. Squeeze & drain extra. 4. Fill in the prepared potato mixture & shape into cylindrical rolls. 5. Brush with some oil. Prepare all the rolls. 6. Grease the Multicook tawa with some oil. 7. Keep the roll in Multicook tawa & keep the tawa on high rack. 8. Select category & press start. 9. When beeps, turn over & press start. 10. When beeps, again turn over & press start. Serve with sauce or chutney of your choice.			
CF16	APPLE CUSTARD	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
			Apple	100 g	200 g	300 g
			Sugar	1 tbsp	2 tbsp	3 tbsp
			Method : 1. Mix all the ingredients in a MWS glass bowl. Select category & weight and press start. 2. When beeps, mix well & press start.			

* Refer page 139, fig 2

Category		Weight Limit	Utensil	Instructions								
CF17	DHOKLA	0.3 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	For		0.3 kg						
				Besan		100 g						
				Warm water		100 ml						
				Curd		4 tbsp						
				Green chilli & ginger paste		2 tsp						
				Salt & sugar		As per taste						
				Fruit salt / Mitha Soda		¼ tsp						
				Oil, rai, curry leaves, water		For tempering						
				Grated coconut		For garnishing						
				Yellow colour / Haldi		As required						
				Method :								
				1. Mix besan, curd, sugar, salt, water, green chilli-ginger paste, yellow color, fruit salt together. Mix well. Keep for 5-10 minutes.								
				2. Pour the mixture in MWS safe flat glass dish. Add ½ cup water to the MWS bowl, keep the flat glass dish, cover. Select category & weight and press start.								
				3. Add the tempering to the dhokla & cover. Stand for 5 minutes. Garnish with grated coconut & serve. Note : For tempering in a MWS glass bowl add oil, rai & curry leaves. Microwave at 100% for 2 minutes. Add some water & dissolve sugar.								
CF18	POHA	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For		0.1 Kg	0.2 Kg	0.3 Kg				
				Poha (washed)		100 g	200 g	300 g				
				Oil		1 tbsp	1½ tbsp	2 tbsp				
				Rai, jeera, hing, haldi, curry leaves		As per taste						
				Chopped onion		1/2 cup	1 cup	1 cup				
				Green chillies		1 No.	2 Nos.	3 Nos.				
				Salt, red chilli powder, garam masala, sugar		As per taste						
				Grated coconut & hara dhania		For garnishing						
				Method :								
				1. In a MWS glass bowl add oil, rai, jeera, curry leaves. Select 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.								
				CF19	UPMA	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For		0.1 Kg	0.2 Kg	0.3 Kg
								Suji		100 g	200 g	300 g
Oil		1 tbsp	2 tbsp					3 tbsp				
Water		200 ml	400 ml					600 ml				
Salt & sugar		As per taste										
Onion		1 No.	2 Nos.					2 Nos.				
Green chilli		2 No.	3 Nos.					3 Nos.				
Rai, jeera, hing, curry leaves, urad dal		As per taste										
Lemon juice		As per taste										
Method :												
1. In a MWS glass bowl add oil, rai, jeera, urad dal, green chilli, suji. Mix well.												
2. Select category & weight and press start.												
3. When beeps, add onions, stir well & press start.												
4. When beeps, add water, sugar, salt, lemon juice. Mix well & press start. Stand for 5 minutes.												
CF20	BESAN CHEELA	1 Pc	Multicook Tawa & High Rack*	Besan		1 cup (120 g)						
				Water		200 ml						
				Chopped green chillies		2 nos.						
				Chopped coriander leaves		2 tsp						
				Salt, Red chilli powder, garam masala, haldi		As per taste						
				Method :								
				1. In a bowl take besan, salt, red chilli powder, Garam masala, haldi, chopped coriander & green chillies. Mix & gradually add water in small amounts to make a batter for cheela without any lumps.								
2. Grease the tawa with 2-3 drops of oil, keep on high rack. Select category & press start.												
3. When beeps, pour ½ cup (approx 100 ml) batter on the tawa & spread evenly, make a circle. Keep on rack & press start.												
4. When beeps, smear ¼ tsp oil on cheela, spread oil evenly & turn & press start.												
5. Serve cheela hot with tomato Ketchup or mint Chutney.												

* Refer page 139, fig 2

Child's Favourite

Category		Weight Limit	Utensil	Instructions			
CF21	VEG SANDWICH	0.1 ~ 0.3 kg	High rack	For	0.1 kg	0.2 kg	0.3 Kg
				Bread slices	100 g (2 slices)	200 g (4 slices)	300 g (6 slices)
				Butter	1 tbsp	2 tbsp	4 tbsp
				Sauce / spread	1½ tbsp	3 tbsp	4 tbsp
				Chopped vegetables (onion, tomato, capsicum)	2 tbsp	4 tbsp	6 tbsp
				Grated cheese	2 tbsp	4 tbsp	6 tbsp
				Salt & pepper	As per taste		
				Method : 1. On a bread slice apply butter, layer with sauce, spread chopped vegetables, sprinkle grated cheese. Cover it with the other bread slice. 2. Keep the sandwich on high rack. Select category & weight and press start. 3. When beeps, change the side of the sandwich & again press start.			
CF22	PANEER SANDWICH	0.1 ~ 0.3 kg	High rack	For	0.1 kg	0.2 kg	0.3 kg
				Bread slices	2 nos.	4 nos.	6 nos.
				Grated paneer	100 g	150 g	200 g
				Chopped onion	2 tbsp	3 tbsp	4 tbsp
				Cheese spread	2 tbsp	3 tbsp	4 tbsp
				Salt, pepper & mustard powder	As per taste		
				Minced ginger	As per taste		
				Method : 1. In a bowl mix grated paneer, chopped onion, cheese spread, minced ginger salt, pepper & mustard together. 2. Spread the mixture on one bread slice & cover it with the other slice. Keep the sandwich on high rack. 3. Select category & weight & press start. 4. When beeps, change the side & press start.			
CF23	MASALA CHEESE TOAST	0.1 ~ 0.3 kg	High rack	For	0.1 kg	0.2 kg	0.3 kg
				Bread slices	2 nos.	4 nos.	6 nos.
				Butter	For applying on bread slices		
				For Filling			
				Chopped boiled vegetables - cabbage, cauliflower, green peas, french beans, capsicum	1 cup	1½ cup	2 cups
				Chopped onions	1 no.	2 nos.	2 nos.
				Mashed boiled potatoes	2 nos.	3 nos.	4 nos.
				Chopped green chillies	1 no.	2 nos.	3 nos.
				Salt, red chilli powder, garam masala	As per taste		
				Chopped coriander leaves	1 tsp	2 tsp	3 tsp
				Grated cheese	2 tsp	4 tsp	6 tsp
				Method : 1. In a bowl add mashed boiled potatoes, boiled vegetables. Mash them well. Add chopped onion, green chillies & chopped coriander leaves. Mix well. Now add salt, red chilli powder, garam masala. Mix well. 2. Apply butter on one side of all bread slices. 3. Put the filling & grated cheese on one slice & cover with other slice. Prepare all the toasts in same way. 4. Keep the toasts on high rack. Select category & weight and press start. 5. When beeps, turn over the side & press start.			

Category		Weight Limit	Utensil	Instructions							
CF24	KHANDVI	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg						
				Besan	100 g						
				Water	1 cup						
				Curd	1 cup						
				Salt	As per taste						
				Green chilli & ginger paste	As per taste						
				Chopped coriander leaves	A few sprigs						
				Rai seeds (spluttered)	½ tsp						
				Grated coconut	As required						
				Method : 1. In a MWS bowl mix besan, water, curd, salt & green chilli & ginger paste together. Mix well. Cover. 2. Select category & press start. 3. When beeps, stir well & press start. 4. When beeps, stir well & press start. 5. Spread the batter on a greased smooth flat kitchen slab. Allow to cool, cut into lengthwise strips. 6. Roll the strips, garnish with spluttered rai, coriander leaves & grated coconut & serve.							
				CF25	COTTAGE HONEY TOAST	0.1 ~ 0.3 kg	High rack	For	0.1 kg	0.2 kg	0.3 kg
								Bread slices	2 nos.	4 nos.	6 nos.
Grated cottage cheese	As required										
Cinnamon powder	As required										
Method : 1. Spread cottage cheese & cinnamon powder on the bread slices. Keep on high rack. Select category & weight & press start. 2. When beeps, turn over the slices & press start. 3. Drizzle honey on slices & serve.											
CF26	TOKRI CHAAT	0.1 ~ 0.3 kg	Metal muffin case & High rack	For	0.1 kg	0.2 kg	0.3 kg				
				Bread slices	2 nos.	4 nos.	6 nos.				
				For filling							
				Moong sprouts, pomegranate, cucumber, onion, boiled potato, chopped mango	1 cup	1½ cup	2 cups				
				Salt, chaat masala, imli chutney, lemon juice	As per taste						
Method : 1. In a bowl mix all the ingredients for filling & keep aside. 2. On a rolling board keep the bread slice and with the help of a rolling pin roll out the bread thinly. Take muffin cases & arrange the bread slices in them. 3. Place the muffin case on high rack. Select category & weight and press start. 4. When beeps, take out the bread slices & turn over & keep on high rack & press start. 5. Remove, allow to cool. Put the ingredients for filling inside the tokri & serve.											
CF27	SPICY BABY CORN	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg				
				Baby corn (cut lengthwise)	100 g	200 g	300 g				
				Lemon juice	As per taste						
				Sugar, salt	As per taste						
				Oil	1 tsp	1½ tsp	2 tsp				
				For paste							
				Chopped coriander leaves	1 cup	1½ cup	2 cups				
				Chopped ginger	½ tsp	1 tsp	1½ tsp				
				Garlic cloves	1 no.	2 nos.	3 nos.				
				Chopped green chillies	1 no.	2 nos.	3 nos.				
				Chopped onion	½ cup	1 cup	1 cup				
				Cumin seeds	As required						
Method : 1. Grind chopped coriander leaves, ginger, garlic cloves, green chillies, onion & cumin seeds together to prepare the paste. 2. In a MWS bowl add oil, baby corns, sugar, salt & paste. Mix well. Cover. Select category & weight & press start. 3. Allow to stand for 3 minutes.											

Child's Favourite

Category		Weight Limit	Utensil	Instructions			
CF28	BREAD UPMA	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Bread slices (cut into small pieces)	100 g	200 g	300 g
				Oil	½ tbsp	1 tbsp	1½ tbsp
				Mustard seeds	¼ tsp	½ tsp	1 tsp
				Jeera	¼ tsp	½ tsp	1 tsp
				Curry leaves	As required		
				Onion (chopped)	¼ cup	½ cup	1 cup
				Chopped green chillies	2 nos.	3 nos.	4 nos.
				Chopped tomatoes	1 no.	2 nos.	3 nos.
				Salt, red chilli powder, haldi	As per taste		
				Lemon juice	As required		
				Method :			
				1. In a MWS bowl add oil, mustard seeds, jeera, curry leaves & onion. Select 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.			
CF29	UGGANI	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg		
				Puffed rice (murmura)	150 g		
				Besan (roasted)	2 tbsp		
				Oil	1½ tbsp		
				Mustard seeds (spluttered)	1 tsp		
				Green chilli (chopped)	2 nos.		
				Curry leaves	8-10 nos.		
				Coriander leaves (chopped)	2 tbsp		
				Onion (chopped)	2 nos.		
				Tomato (chopped)	2 nos.		
				Lemon juice (optional)	1 tbsp		
				Salt, turmeric powder, red chilli powder, garam masala	As per taste		
				Method :			
				1. In a bowl take puffed rice (murmura) & soak in water for 1-2 minutes. Drain all the water by lightly squeezing murmura with hands. Add roasted besan & mix well with murmura. Keep aside for later use.			
				2. In a MWS bowl take oil, spluttered mustard seeds, chopped green chilli, tomato, onion & curry leaves. Mix well. Select 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.							
CF30	MURMURA	0.1 kg	Microwave safe (MWS) glass bowl	For	0.1 kg		
				Murmura	100 g		
				Roasted peanuts	As required		
				Oil	1 tbsp		
				Jeera	1 tsp		
				Salt, chaat masala	As per taste		
				Haldi	¼ tsp		
				Method :			
				1. In a MWS glass bowl add oil, jeera, haldi. Select category & press start.			
				2. When beeps, add murmura. Mix & press start.			
3. When beeps, add roasted peanuts, salt, chaat masala & serve.							

Category	Weight Limit	Utensil	Instructions																		
bA1	CHOCOLATE CAKE@	0.4 kg	Metal Cake Tin & Low Rack**																		
			<table><tr><td>For</td><td>0.4 kg</td></tr><tr><td>Maida</td><td>110 g</td></tr><tr><td>Baking powder</td><td>¼ tsp</td></tr><tr><td>Cocoa powder</td><td>50 g</td></tr><tr><td>Curd</td><td>70 ml</td></tr><tr><td>Powder sugar</td><td>100 g</td></tr><tr><td>Egg</td><td>1 no.</td></tr><tr><td>Vanilla essence</td><td>¼ tsp</td></tr><tr><td>Oil</td><td>50 ml</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.2. Sieve maida, baking powder & cocoa powder together.3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Add oil. Combine all, beat well. If required add milk to the batter to adjust the consistency.4. Grease a metal cake tin or line with butter paper. Add the cake batter.5. Select category & press start. (Pre-heat process)6. When beeps, put the cake tin on low rack & keep in microwave & press start.	For	0.4 kg	Maida	110 g	Baking powder	¼ tsp	Cocoa powder	50 g	Curd	70 ml	Powder sugar	100 g	Egg	1 no.	Vanilla essence	¼ tsp	Oil	50 ml
For	0.4 kg																				
Maida	110 g																				
Baking powder	¼ tsp																				
Cocoa powder	50 g																				
Curd	70 ml																				
Powder sugar	100 g																				
Egg	1 no.																				
Vanilla essence	¼ tsp																				
Oil	50 ml																				
bA2	NAN KHATAI@	0.4 kg	Multicook tawa & Low rack*																		
			<table><tr><td>For</td><td>0.4 kg</td></tr><tr><td>Maida</td><td>150 g</td></tr><tr><td>Suji</td><td>50 g</td></tr><tr><td>Powdered sugar</td><td>85 g</td></tr><tr><td>Vanilla essence</td><td>1 tsp</td></tr><tr><td>Butter</td><td>100 g</td></tr><tr><td>Almonds & cashewnuts</td><td>A few</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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				
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																				
bA3	CHENA PODA@	0.3 kg	Low rack & Microwave safe (MWS) flat glass dish & High rack**																		
			<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Chena</td><td>300 g</td></tr><tr><td>Sugar</td><td>100 g</td></tr><tr><td>Suji</td><td>20 g</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	For	0.3 kg	Chena	300 g	Sugar	100 g	Suji	20 g										
For	0.3 kg																				
Chena	300 g																				
Sugar	100 g																				
Suji	20 g																				
bA4	VANILLA CAKE@	0.4 kg	Metal Cake Tin & Low Rack**																		
			<table><tr><td>For</td><td>0.4 kg</td></tr><tr><td>Maida</td><td>100 g</td></tr><tr><td>Powdered Sugar</td><td>75 g</td></tr><tr><td>Butter</td><td>75 g</td></tr><tr><td>Eggs</td><td>1 no.</td></tr><tr><td>Baking Powder</td><td>1 tsp</td></tr><tr><td>Vanilla essence</td><td>1 tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	For	0.4 kg	Maida	100 g	Powdered Sugar	75 g	Butter	75 g	Eggs	1 no.	Baking Powder	1 tsp	Vanilla essence	1 tsp				
For	0.4 kg																				
Maida	100 g																				
Powdered Sugar	75 g																				
Butter	75 g																				
Eggs	1 no.																				
Baking Powder	1 tsp																				
Vanilla essence	1 tsp																				

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

* Refer page 139, fig 4

* Refer page 139, fig 1

** Refer page 139, fig 5

Bakery

Category	Weight Limit	Utensil	Instructions																	
bA5	SWISS ROLL@	0.2 kg	Multicook tawa & Low Rack*	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>80 gm</td></tr><tr><td>Condensed Milk (Milkmaid)</td><td>100 ml</td></tr><tr><td>Butter</td><td>75 gm</td></tr><tr><td>Soda bicarb</td><td>¼ tsp</td></tr><tr><td>Vanilla essence</td><td>¼ tsp</td></tr><tr><td>Mix fruit jam</td><td>2 tbsp</td></tr></table>	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		
				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.																				
bA6	CARROT CAKE@	0.3 kg	Metal Cake Tin & Low Rack**	<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Maida</td><td>110 g</td></tr><tr><td>Baking powder</td><td>¼ tsp</td></tr><tr><td>Grated carrot</td><td>½ cup</td></tr><tr><td>Curd</td><td>70 ml</td></tr><tr><td>Powdered suger</td><td>170 g</td></tr><tr><td>Egg</td><td>1 no.</td></tr><tr><td>Vanilla essence</td><td>¼ tsp</td></tr></table>	For	0.3 kg	Maida	110 g	Baking powder	¼ tsp	Grated carrot	½ cup	Curd	70 ml	Powdered suger	170 g	Egg	1 no.	Vanilla essence	¼ tsp
				For	0.3 kg															
Maida	110 g																			
Baking powder	¼ tsp																			
Grated carrot	½ cup																			
Curd	70 ml																			
Powdered suger	170 g																			
Egg	1 no.																			
Vanilla essence	¼ tsp																			
Method : 1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. 2. Sieve maida, baking powder & add grated carrot to it. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well. 4. Grease a metal cake tin or line with butter paper. Add the cake batter. 5. Select category & press start. (Pre-heat process) 6. When beeps, put the cake tin on low rack & keep in microwave & press start.																				
bA7	CHOCOLATE COOKIES@	0.3 kg	Multicook tawa & Low Rack*	<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Maida</td><td>200 g</td></tr><tr><td>Powdered sugar</td><td>100 g</td></tr><tr><td>Butter</td><td>½ cup</td></tr><tr><td>Baking Powder</td><td>70 ml</td></tr><tr><td>Cocoa powder</td><td>170 g</td></tr><tr><td>Vanilla essence</td><td>¼ tsp</td></tr></table>	For	0.3 kg	Maida	200 g	Powdered sugar	100 g	Butter	½ cup	Baking Powder	70 ml	Cocoa powder	170 g	Vanilla essence	¼ tsp		
				For	0.3 kg															
Maida	200 g																			
Powdered sugar	100 g																			
Butter	½ cup																			
Baking Powder	70 ml																			
Cocoa powder	170 g																			
Vanilla essence	¼ tsp																			
Method : 1. Sieve maida, cocoa powder & baking powder together. In a bowl cream butter & sugar together. 2. Add maida to the creamed butter & sugar. Add vanilla essence. 3. Mix well to make soft dough. 4. Roll out the dough on rolling board & cut with a cookie cutter. 5. Select the menu & press start. (Pre-heat process) 6. When beeps, place the cookies on tawa & place the tawa on low rack. Pres start.																				

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

** Refer page 139, fig 4

* Refer page 139, fig 1

Category	Weight Limit	Utensil	Instructions																					
bA8	JEERA BISCUITS@	0.2 kg	Low rack & Multi cook tawa*	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>120 g</td></tr><tr><td>Powdered suger</td><td>50 g</td></tr><tr><td>Butter</td><td>50 g</td></tr><tr><td>Jeera / Ajwain</td><td>As per taste</td></tr><tr><td>Soda bi carb</td><td>1 pinch</td></tr><tr><td>Baking powder</td><td>1.4 tsp</td></tr><tr><td>Water</td><td>As required</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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				
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																							
bA9	LAMINGTON CAKE@	0.4 kg	Low rack & Metal cake tin** & Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.4 kg</td></tr><tr><td>Maida</td><td>100 g</td></tr><tr><td>Powdered sugar</td><td>75 g</td></tr><tr><td>Butter</td><td>75 g</td></tr><tr><td>Eggs</td><td>1 No.</td></tr><tr><td>Baking powder</td><td>1 tsp</td></tr><tr><td>Vanilla essence</td><td>1 tsp</td></tr><tr><td>For Lamington solution - Coco powder</td><td>2 tbsp</td></tr><tr><td>Water</td><td>2 cups</td></tr><tr><td>Desiccated coconut</td><td>As required</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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) When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.3. In MWS bowl add water and coco powder and put in the microwave. Press start. When it gives a beep remove and cool. Cut the cake in to squares and dip the pieces in the coco solution on all sides. Roll these in the desiccated coconut and serve.	For	0.4 kg	Maida	100 g	Powdered sugar	75 g	Butter	75 g	Eggs	1 No.	Baking powder	1 tsp	Vanilla essence	1 tsp	For Lamington solution - Coco powder	2 tbsp	Water	2 cups	Desiccated coconut	As required
For	0.4 kg																							
Maida	100 g																							
Powdered sugar	75 g																							
Butter	75 g																							
Eggs	1 No.																							
Baking powder	1 tsp																							
Vanilla essence	1 tsp																							
For Lamington solution - Coco powder	2 tbsp																							
Water	2 cups																							
Desiccated coconut	As required																							
bA10	DOUGHNUTS @	0.2 kg	Multicook tawa & Low rack*	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>200 g</td></tr><tr><td>Yeast</td><td>½ tbsp</td></tr><tr><td>Luke warm milk</td><td>100 ml</td></tr><tr><td>Powdered sugar</td><td>50 g</td></tr><tr><td>Nutmeg powder</td><td>A pinch</td></tr><tr><td>Egg</td><td>½ (beaten)</td></tr><tr><td>Vanilla essence</td><td>¼ tsp</td></tr><tr><td>Butter</td><td>1 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. Dissolve yeast in milk & set aside for 5 minutes to prepare yeast mixture.2. Add sugar & butter to milk & dissolve. Add to yeast mixture.3. Now add maida, egg, vanilla essence & nutmeg powder & make a soft dough. Keep it covered for 1 hour. Roll out the dough to ½ inch thickness. Cut it with a doughnut cutter.4. Select category & press start. (Pre-heat process) When beeps arrange the doughnuts on tawa & keep tawa on low rack & press start. <p>Note : If the dough is too dry add milk & if too soft then add maida.</p>	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		
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																							
bA11	WHOLE WHEAT COOKIES@	0.3 kg	Multicook tawa & Low rack*	<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Whole wheat flour</td><td>200 g</td></tr><tr><td>Brown sugar</td><td>100 g</td></tr><tr><td>Granulated sugar</td><td>50 g</td></tr><tr><td>Butter</td><td>100 g</td></tr><tr><td>Egg</td><td>1 No.</td></tr><tr><td>Vanilla essence</td><td>½ tsp</td></tr><tr><td>Baking powder</td><td>½ tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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				
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																							

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

** Refer page 139, fig 4.

* Refer page 139, fig 1

Bakery

Category		Weight Limit	Utensil	Instructions	
bA12	BUNS@	4 Pc	Multicook tawa & Low rack [†]	For Dough	
				Maida	1½ cup
				Salt	1 tsp
				Sugar	1 tbsp
				Dry yeast	1½ tsp
				Beaten egg	1 no.
				Milk powder	1 tbsp
				Warm water	100 ml
				Oil	1 tbsp
Method :					
1. In a bowl / cup take sugar & warm water and dissolve it. Add dry yeast & stir to dissolve. Cover & keep aside for 5-6 minutes.					
2. In another bowl take maida, salt & milk powder. Add beaten egg & mix well with hands to get a crumbly texture. Now add yeast water & knead a soft dough for buns. The dough may be a little sticky at this stage. Add oil & knead the dough again.					
3. Take multicook tawa & grease it with little oil & then dust with little flour. Divide the dough into 4 equal parts & make round shape & keep on tawa at equal distance.					
4. Cover the tawa with a lid & keep at warm & dark place for atleast 45 minutes to 1 hour.					
5. Select 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.					
bA13	APPLE CUP CAKES@	0.4 kg	Metal muffin tray & Low rack	For	0.4 kg
				Maida	1 cup
				Apple (peeled & pureed)	½ cup
				Powdered sugar	½ cup
				Brown sugar	¼ cup
				Butter (softened)	50 g
				Cinnamon powder, clove powder, nutmeg powder	A pinch (each)
				Eggs	2 nos.
				Chopped almonds	2 tbsp
				Baking powder	½ tsp
Method :					
1. In a dry & clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt & mix with a fork & keep aside.					
2. In another bowl take softened butter, powdered sugar, brown sugar & beat with a electric beater till light & fluffy. Add one egg at a time & beat. Add apple puree & again mix well.					
3. Select 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.					
bA14	EGGLESS CHOCOLATE CAKE@	0.5 kg	Metal cake tin & Low rack ^{**}	For	0.5 kg
				Maida	125 g
				Coco powder	2 tbsp
				Baking powder	1 tsp
				Soda bi carb	½ tsp
				Milkmaid	200 ml
				Water	100 ml
				Butter (melted)	60 ml
Method :					
1. Select 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 139, fig 4.

** Refer page 139, fig 1

Category	Weight Limit	Utensil	Instructions																			
bA15	CHEESE STRAW@	0.2 kg	Multicook tawa & Low rack*	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>100 g</td></tr><tr><td>Grated cheese</td><td>25 g</td></tr><tr><td>Butter</td><td>50 g</td></tr><tr><td>Cold water</td><td>As required</td></tr><tr><td>Pepper powder</td><td>1/4 tsp</td></tr><tr><td>Baking powder</td><td>1/8 tsp</td></tr><tr><td>Chilli powder</td><td>1/2 tsp</td></tr><tr><td>Salt</td><td>1/4 tsp</td></tr></table>	For	0.2 kg	Maida	100 g	Grated cheese	25 g	Butter	50 g	Cold water	As required	Pepper powder	1/4 tsp	Baking powder	1/8 tsp	Chilli powder	1/2 tsp	Salt	1/4 tsp
				For	0.2 kg																	
Maida	100 g																					
Grated cheese	25 g																					
Butter	50 g																					
Cold water	As required																					
Pepper powder	1/4 tsp																					
Baking powder	1/8 tsp																					
Chilli powder	1/2 tsp																					
Salt	1/4 tsp																					
Method : 1. Sieve maida, baking powder, chilli powder and pepper powder. In a bowl add maida and butter and cheese and rub it with fingertips till it resembles breadcrumbs. Add little cold water to make a soft dough. Roll it in to ½ cm thick roti and cut thin strips. Twist them and put in the metal cake tin. 2. Select category & press start. (Pre-heat process) When beeps, put the tawa on low rack. Press start to bake. Remove when it gives a beep.																						
bA16	PATTIES@	3 Pc	Multicook tawa & Low rack* & High rack*	<table><tr><td>For</td><td>3 No.</td></tr><tr><td>Maida</td><td>200 g</td></tr><tr><td>Salt</td><td>1/2 tsp</td></tr><tr><td>Cold fat (Butter or margarine)</td><td>100 g</td></tr><tr><td>Cold water</td><td>For making dough</td></tr><tr><td>Dry mix vegetables for stuffing</td><td>As required</td></tr></table>	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						
				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																					
<div><div><div>1</div><div>2</div><div>3</div></div><div>Fig. 1</div></div> <div><div><div>1</div><div>3</div></div><div>Fig. 2</div></div> <div><div><div>3</div></div><div>Fig. 3</div></div> <div><div><div></div></div><div>Fig. 4</div></div>																						
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.																						
bA17	MASALA BISCUITS@	0.2 kg	Low rack & Multi cook tawa*	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>100 g</td></tr><tr><td>Butter</td><td>50 g</td></tr><tr><td>Sugar</td><td>50 g</td></tr><tr><td>Baking powder</td><td>1 tsp</td></tr><tr><td>Salt, chilli powder, coriander powder</td><td>As per taste</td></tr></table>	For	0.2 kg	Maida	100 g	Butter	50 g	Sugar	50 g	Baking powder	1 tsp	Salt, chilli powder, coriander powder	As per taste						
				For	0.2 kg																	
Maida	100 g																					
Butter	50 g																					
Sugar	50 g																					
Baking powder	1 tsp																					
Salt, chilli powder, coriander powder	As per taste																					
Method : 1. Sieve maida & baking powder together. Cream butter & sugar together. 2. Add maida to the butter & cream mixture. Add salt, chilli powder & coriander powder. Mix them well adding little water (if required) to form a soft dough. 3. Roll out the dough & shape into biscuits with the help of a biscuit cutter. 4. Select category & press start. (Pre-heat process) 5. When beeps, keep the biscuits on the multi cook tawa & place the tawa on low rack & press start.																						

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

* Refer page 139, fig 2,

* Refer page 139, fig 1

Bakery

Category		Weight Limit	Utensil	Instructions	
bA18	PINWHEEL COOKIES@	0.2 kg	Multicook tawa & Low rack*	For	0.2 kg
				Maida	2½ cups
				Butter (melted)	½ cup
				Powdered sugar	¾ cup
				Egg (beaten)	1 no.
				Coco powder	2 tbsp
				Salt	A pinch
				Baking powder	¼ tsp
				Vanilla essence	1 tsp
				Method : 1. In a bowl take melted butter & powdered sugar. Beat well with beater till creamy & fluffy. 2. Add beaten egg & vanilla essence & again beat. Sift together maida, salt, baking powder. Add sifted flour to the beaten mixture & knead a dough. 3. Divide the dough into 2 parts. Add coco powder to one portion & knead again. Add 1 tbsp milk to knead the dough (if required). 4. Dust the kitchen slab with little flour (maida) & roll plain dough into a rectangle & roll chocolate dough in the same way. Place on top of plain rolled out dough. 5. Roll out both doughs until ½” thick. Starting from one-edge roll the doughs, give the shape of a log. Cut the cookies of ¼” thickness. 6. Select category & press start. (Pre-heat process) 7. When beeps, place cookies on the tawa. Keep tawa on low rack & keep both inside the microwave and press start. 8. When cooking ends, remove the cookies immediately from tawa & cool on a rack.	
bA19	BROWNIE@	0.3 kg	Low rack & metal cake tin**	For	0.3 kg
				Maida	125 g
				Condensed milk	150 g
				Butter	100 g
				Almonds, Walnuts	As per taste
				Baking powder	¼ tsp
				Chocolate Essence	1 tsp
				Coco powder	2 tbsp
				Method : 1. Sieve maida and baking powder. In a bowl add milkmaid and butter and beat well. Add maida, coco powder, essence and mix. For spoon dropping consistency add milk or water. Pour the batter in metal cake tin lined with butter paper. 2. Select category & press start. (Pre-heat process) When beeps, put the tin with batter on low rack. Press start to bake. Remove when it gives a beep.	
				bA20	MUFFINS@
Maida	200 g				
Powdered sugar	100 g				
Butter	75 g				
Almonds, Walnuts	As per taste				
Egg	1 No.				
Baking powder	1/2 tsp				
Almond essence	1/2 tsp				
Method : 1. Sieve maida, baking powder . In a bowl add powdered sugar and butter and beat well. Add maida, essence and mix. For spoon dropping consistency add milk or water. Pour in to the greased muffin tray and sprinkle chopped almonds / walnuts. 2. Select category & press start. (Pre-heat process) When beeps, put the tray on low rack. Press start to bake. Remove when it gives a beep.					

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

* Refer page 139, fig 1

** Refer page 139, fig 4

Tea/Dairy Delight

In the following example, show you how to make 2 cups of COFFEE.

1. Press STOP/CLEAR.



2. Press Tea/Dairy Delight: 

The display will show "dd1"

3. Keep pressing the Tea/Dairy Delight key until the display show "dd2".
4. Press -Less/+More to set the weight 2 cups.



5. Press START/Add 30secs.



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



NOTE

- Tea/Dairy Delight menus are programmed.
- Tea/Dairy Delight menus allows you to cook your favourite food by selecting food & weight of food.

* Note: If display is blank, press STOP/CLEAR

Tea/Dairy Delight

Category		Weight Limit	Utensil	Instructions				
dd1	TEA	1-4 cups	Microwave safe glass bowl	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								
dd2	COFFEE	1-4 cups	Microwave safe glass bowl	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								
dd3	MASALA TEA	1-4 cups	Microwave safe glass bowl	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								
dd4	GINGER TEA	1-4 cups	Microwave safe glass bowl	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								
dd5	TULSI TEA	1-4 cups	Microwave safe glass bowl	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			
Tulsi leaves	As per taste							
Method : 1. In a MWS glass bowl add water, tea leaves & tulsi leaves. 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								

Tea/Dairy Delight

Category		Weight Limit	Utensil	Instructions																																							
dd6	LEMON TEA	1-4 cups	Microwave safe glass bowl	<table><tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr><tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr><tr><td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr><tr><td>Lemon</td><td>½ No.</td><td>1 No.</td><td>1 No.</td><td>1½ No.</td></tr><tr><td>Sugar</td><td colspan="4">As per taste</td></tr></table> <p>Method : 1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. 2. When beeps, add lemon & sugar. Press start. Serve hot. 1 cup tea = 150ml approx</p>					For	1cup	2cups	3cups	4cups	Water	120ml	240ml	360ml	480ml	Tea leaves	1tsp	2tsp	3tsp	4tsp	Lemon	½ No.	1 No.	1 No.	1½ No.	Sugar	As per taste													
For	1cup	2cups	3cups	4cups																																							
Water	120ml	240ml	360ml	480ml																																							
Tea leaves	1tsp	2tsp	3tsp	4tsp																																							
Lemon	½ No.	1 No.	1 No.	1½ No.																																							
Sugar	As per taste																																										
dd7	BLACK TEA	1-4 cups	Microwave safe glass bowl	<table><tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr><tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr><tr><td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr><tr><td>Sugar</td><td colspan="4">As per taste</td></tr></table> <p>Method : 1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. 2. When beeps, add sugar. Press start. Serve hot. 1 cup tea = 150ml approx</p>					For	1cup	2cups	3cups	4cups	Water	120ml	240ml	360ml	480ml	Tea leaves	1tsp	2tsp	3tsp	4tsp	Sugar	As per taste																		
For	1cup	2cups	3cups	4cups																																							
Water	120ml	240ml	360ml	480ml																																							
Tea leaves	1tsp	2tsp	3tsp	4tsp																																							
Sugar	As per taste																																										
dd8	GREEN TEA	1-4 cups	Microwave safe glass bowl	<table><tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr><tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr><tr><td>Green Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr><tr><td>Sugar</td><td colspan="4">As per taste</td></tr></table> <p>Method : 1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start. 2. When beeps, add sugar. Press start. And allow it to for 5 minutes Serve hot. 1 cup tea = 150ml approx</p>					For	1cup	2cups	3cups	4cups	Water	120ml	240ml	360ml	480ml	Green Tea leaves	1tsp	2tsp	3tsp	4tsp	Sugar	As per taste																		
For	1cup	2cups	3cups	4cups																																							
Water	120ml	240ml	360ml	480ml																																							
Green Tea leaves	1tsp	2tsp	3tsp	4tsp																																							
Sugar	As per taste																																										
dd9	SPICED CIDER TEA	1-4 cups	Microwave safe glass bowl	<table><tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr><tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr><tr><td>Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr><tr><td>Cinnamon</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr><tr><td>Cloves, peppercorns</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr><tr><td>Cider</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr><tr><td>Sugar</td><td colspan="4">As per taste</td></tr></table> <p>Method : 1. In a MWS glass bowl add water, cinnamon, cloves, peppercorn & tea leaves . Select category & weight. Press start. 2. When beeps, add sugar & cider. Press start. And allow it to for 5 minutes Serve hot. 1 cup tea = 150ml approx</p>					For	1cup	2cups	3cups	4cups	Water	120ml	240ml	360ml	480ml	Tea leaves	1tsp	2tsp	3tsp	4tsp	Cinnamon	1tsp	2tsp	3tsp	4tsp	Cloves, peppercorns	1tsp	2tsp	3tsp	4tsp	Cider	1tsp	2tsp	3tsp	4tsp	Sugar	As per taste			
For	1cup	2cups	3cups	4cups																																							
Water	120ml	240ml	360ml	480ml																																							
Tea leaves	1tsp	2tsp	3tsp	4tsp																																							
Cinnamon	1tsp	2tsp	3tsp	4tsp																																							
Cloves, peppercorns	1tsp	2tsp	3tsp	4tsp																																							
Cider	1tsp	2tsp	3tsp	4tsp																																							
Sugar	As per taste																																										
dd10	PEPPER-MINT TEA	1-4 cups	Microwave safe glass bowl	<table><tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr><tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr><tr><td>Green Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr><tr><td>Mint leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr><tr><td>Sugar</td><td colspan="4">As per taste</td></tr></table> <p>Method : 1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start. 2. When beeps, add sugar & mint leaves. Press start. And allow it to for 5 minutes Serve hot. 1 cup tea = 150ml approx</p>					For	1cup	2cups	3cups	4cups	Water	120ml	240ml	360ml	480ml	Green Tea leaves	1tsp	2tsp	3tsp	4tsp	Mint leaves	1tsp	2tsp	3tsp	4tsp	Sugar	As per taste													
For	1cup	2cups	3cups	4cups																																							
Water	120ml	240ml	360ml	480ml																																							
Green Tea leaves	1tsp	2tsp	3tsp	4tsp																																							
Mint leaves	1tsp	2tsp	3tsp	4tsp																																							
Sugar	As per taste																																										
dd11	LEMON HONEY TEA	1-4 cups	Microwave safe glass bowl	<table><tr><td>For</td><td>1cup</td><td>2cups</td><td>3cups</td><td>4cups</td></tr><tr><td>Water</td><td>120ml</td><td>240ml</td><td>360ml</td><td>480ml</td></tr><tr><td>Green Tea leaves</td><td>1tsp</td><td>2tsp</td><td>3tsp</td><td>4tsp</td></tr><tr><td>Lemon</td><td>½ no.</td><td>1 no.</td><td>1 no.</td><td>1 no.</td></tr><tr><td>Honey</td><td colspan="4">As per taste</td></tr></table> <p>Method : 1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start. 2. When beeps, add lemon. Press start. When beeps add honey to it. Serve hot. 1 cup tea = 150ml approx</p>					For	1cup	2cups	3cups	4cups	Water	120ml	240ml	360ml	480ml	Green Tea leaves	1tsp	2tsp	3tsp	4tsp	Lemon	½ no.	1 no.	1 no.	1 no.	Honey	As per taste													
For	1cup	2cups	3cups	4cups																																							
Water	120ml	240ml	360ml	480ml																																							
Green Tea leaves	1tsp	2tsp	3tsp	4tsp																																							
Lemon	½ no.	1 no.	1 no.	1 no.																																							
Honey	As per taste																																										

Paneer/Curd

In the following example, show you how to cook 0.5Kg of PANEER.

1. Press STOP/CLEAR.



2. Press Paneer/Curd.



The display will show "PA1"

3. Press START/Add 30secs for category confirmation.



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



! NOTE

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

Paneer/Curd

Category		Weight Limit	Utensil	Instructions	
PA1	PANEER	0.5 kg	Microwave safe (MWS) glass bowl	Milk	500ml
				Lemon juice/Vinager	4 tbsp
Method : 1. In a MWS glass bowl add milk and lemon juice/vinegar. Select menu & press start. 2. When it gives beeps, stir it & again press start. 3. When beeps, remove the bowl & strain in a muslin cloth & press it.					
PA2	MASALA PANEER	0.5 kg	Microwave safe (MWS) glass bowl	For	0.5 kg
				Milk	500 ml
				Curd	2 tbsp
				Coriander powder	1 tbsp
				Jeera powder	1 tsp
Method : 1. In MWS glass bowl add milk. Select category and press start. 2. When it gives a beep, remove and add curd, coriander and jeera powder. Press start. When beeps, remove and strain and press in a muslin cloth.					
CU1	CURD	0.5 kg	Microwave safe (MWS) glass bowl	Milk	500 ml
				Starter curd	2 tbsp
Method : 1. In a MWS glass bowl add milk and select menu & press start. 2. When beeps add starter culture of curd for inoculation & stir it. Again press start. 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					
CU2	FLAVOURED YOGHURT@	0.6 kg	Microwave safe (MWS) glass bowl & Low rack ^{##}	For	0.6 kg
				Curd	200 ml
				Milkmaid	100 ml
				Fresh cream	200 ml
				Flavours (Vanilla, Strawberry, Pineapple essence)	500 ml
Method : 1. In a MWS glass bowl mix all the ingredients. Beat well till smooth. 2. Select menu & press start. (Pre-heat process) 3. When beeps, keep the MWS glass bowl on low rack & keep it in microwave. Press start. 4. When cooking ends, take out & allow to come to room temperature. Keep in freezer 1 hour. Note: In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple yoghurt, add pineapple slices t the times serving.					

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

** Refer page 139, fig 3

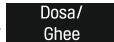
Dosa/Ghee

In the following example, show you how to cook
1 Pc of ONION RAVA DOSA.

1. Press STOP/CLEAR.



2. Press Dosa/Ghee.



The display will show "do1"

3. Keep pressing the Dosa/Ghee key until the display show "do3".

Press START/Add 30secs for category confirmation.



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



NOTE

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

* Note: If display is blank, press STOP/CLEAR

Category		Weight Limit	Utensil	Instructions	
do1	MASALA DOSA@	1 Pc	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*	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.	
do2	BOMBAY MYSORE MASALA DOSA@	1 Pc	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*	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.	

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

* Refer page 139, fig 2

Dosa

Category	Weight Limit	Utensil	Instructions																							
do3	ONION RAVA DOSA@	1 Pc	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*	<table><tr><td colspan="2">For Dough</td></tr><tr><td>Parboiled rice/Ukda chawal</td><td>1 cup</td></tr><tr><td>Split black lentils/Urad daal</td><td>1 cup</td></tr><tr><td>Fenugreek/Methi seeds</td><td>1/4 tsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Water</td><td>As required</td></tr><tr><td>Chopped onion</td><td>1 cup</td></tr><tr><td>Oil</td><td>1 tbsp</td></tr><tr><td>Jeera, Mustard seeds, hing, onion,</td><td>1 tsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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		
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																									
do4	PANEER CHILLI DOSA@	1 Pc	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*	<table><tr><td colspan="2">For Dough</td></tr><tr><td>Parboiled rice/Ukda chawal</td><td>1 cup</td></tr><tr><td>Split black lentils/Urad daal</td><td>1 cup</td></tr><tr><td>Fenugreek/Methi seeds</td><td>1/4 tsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Water</td><td>As required</td></tr><tr><td colspan="2">For Stuffing</td></tr><tr><td>Paneer (mashed)</td><td>1 cup</td></tr><tr><td>Oil</td><td>1 tbsp</td></tr><tr><td>Jeera, Mustard seeds, hing, onion, Turmeric powder, green chilli</td><td>1 tsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
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																									

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

* Refer page 139, fig 2

Category		Weight Limit	Utensil	Instructions	
do5	PALAK PANEER DOSAS@	1 Pc	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*	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)	
do6	CORN DOSAS@	1 Pc	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*	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.	

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

* Refer page 139, fig 2

Dosa

Category		Weight Limit	Utensil	Instructions	
do7	MATAR PANEER DOSA@	1 Pc	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*	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.					
do8	MUSHROOM CHILLI DOSA@	1 Pc	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*	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 139, fig 2

Category		Weight Limit	Utensil	Instructions	
Gh1	GHEE	500 g	Microwave safe (MWS) glass bowl	Malai/Cream (Collected over 10 days)	500g
				Cold water	As required
				Method : 1. In a big vessel put all the malai & blend with a hand mixer till it solidifies into butter & separates from residual liquid. 2. Wash this white butter in cold water as couple of times, so as to remove any remaining smell of milk. 3. Now collect all the butter in a MWS glass bowl & keep in the microwave. Select menu & press start. 4. When beeps, stir it properly with the spoon (not plastic) & again press start. 5. After beeps, allow it to stand for 5 minutes & then strain it through stainless steel strainer into a glass jar & then store it.	

Cooking Aid

In the following example, show you how to defrost 0.2Kg of DEFROST VEG.

1. Press STOP/CLEAR.



2. Press Cooking Aid.

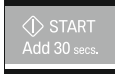


The display will show "UC1"

3. Keep pressing the Cooking Aid key until the display show "UC2".
4. Press -Less/+More to set the weight 0.2kg.



5. Press START/Add 30secs.



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



! NOTE

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

* Note: If display is blank, press STOP/CLEAR

Category		Weight Limit	Utensil	Instructions												
UC1	KEEP WARM	0.3 kg	Microwave safe (MWS) bowl	Method : 1. Any cooked food with cover (Rice, Dal, Subzi, Halwa, Upma etc.) Select category & press start. 2. When beeps, mix well & press start. When beeps, mix well & press start.												
UC2	DEFROST VEG	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	Veg - (Paneer, Green Peas, Corn etc.) Method : 1. Take in Microwave Safe Bowl, select category & weight and press start. 2. When beeps, turn the food. Press start.												
UC3	DEFROST NON VEG	0.5 ~ 1.0 kg	Microwave safe (MWS) bowl	Non-Veg - (Chicken, Mutton etc.) Method : 1. Take in Microwave Safe Bowl, select category & weight and press start. 2. When beeps, turn the food. Press start.												
UC4	DEHUMIDI-FICATION	0.3 kg	Microwave safe (MWS) bowl	Namkin, Biscuits, Bhujia, Papad and Wafers etc. Method : 1. In MWS bowl add the food to be dehumidified. Select category and press start.												
UC5	LIGHT DISINFECT		Microwave safe (MWS) glass utensil & Empty cavity	Namkin, Biscuits, Bhujia, Papad and Wafers etc. Method : 1. Sterilize Microwave safe glass utensil - Keep the empty utensil & select category & press start. 2. Clean the cavity - Keep the cavity empty. Select category & press start. When time ends (beeps), clean the cavity with a damp cloth. Note : The oven has a special function Light Disinfect which allows to sterilize the MWS glass utensil thereby giving a hygiene & clean utensils/cavity.												
UC6	BODY MASSAGE OIL	0.2 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Garlic</td><td>10 pods</td></tr><tr><td>Ajwain</td><td>½ tsp</td></tr><tr><td>Cloves</td><td>2-3 nos.</td></tr><tr><td>Almonds</td><td>3-4 nos.</td></tr><tr><td>Mustard oil</td><td>1 cup</td></tr></table> Method : 1. In a MWS glass bowl put all the ingredients. Select category and press start. 2. Remove when it gives a beep. Keep it for 2 hours. 3. Strain and store in a glass a jar.	For	0.2 kg	Garlic	10 pods	Ajwain	½ tsp	Cloves	2-3 nos.	Almonds	3-4 nos.	Mustard oil	1 cup
For	0.2 kg															
Garlic	10 pods															
Ajwain	½ tsp															
Cloves	2-3 nos.															
Almonds	3-4 nos.															
Mustard oil	1 cup															
UC7	PIZZA BASE@	0.2 kg	Low rack* & Multicook tawa	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>200 g</td></tr><tr><td>Yeast</td><td>1 tbsp</td></tr><tr><td>Salt</td><td>1/2 tsp</td></tr><tr><td>Sugar</td><td>1 tsp</td></tr><tr><td>Water</td><td>As required</td></tr></table> Method : 1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Roll out the dough to 6" to 7" & keep on dusted tawa. Prick with a fork. Keep for half to 1 hour in a dark place. 2. Select category & press start. (Pre-heat process) 3. When beeps, keep the tawa on low rack. Press start.	For	0.2 kg	Maida	200 g	Yeast	1 tbsp	Salt	1/2 tsp	Sugar	1 tsp	Water	As required
For	0.2 kg															
Maida	200 g															
Yeast	1 tbsp															
Salt	1/2 tsp															
Sugar	1 tsp															
Water	As required															
UC8	YEAST DOUGH	0.3 kg	Microwave safe (MWS) glass bowl	<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Maida</td><td>300 g</td></tr><tr><td>Yeast</td><td>1 tbsp</td></tr><tr><td>Salt</td><td>½ tsp</td></tr><tr><td>Sugar</td><td>1 tsp</td></tr><tr><td>Water</td><td>As required</td></tr></table> Method : 1. In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. 2. Select category and press start. Rest for 3 minutes. Now remove.	For	0.3 kg	Maida	300 g	Yeast	1 tbsp	Salt	½ tsp	Sugar	1 tsp	Water	As required
For	0.3 kg															
Maida	300 g															
Yeast	1 tbsp															
Salt	½ tsp															
Sugar	1 tsp															
Water	As required															

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

* Refer page 139, fig 1

Cooking Aid

Category	Weight Limit	Utensil	Instructions		
UC9	BOIL POTATOES	0.3 kg	Glass tray	For	0.3 kg
				Potato	300 g
Method : 1. Take potatoes and pierce with fork or knife from all side & keep in a microwave on a glass tray. And press start. 2. Boiled potatoes are ready for use.					
UC10	LEMON SQUEEZE	5 Pcs	Glass tray	Lemon	5 pcs
				Method : 1. Take 5 no. of lemons & keep on glass tray of microwave oven. 2. Now select menu & press start. 3. When beeps, take out lemons & squeeze it to get more juice out of them.	
UC11	GARLIC PEEL	10 Cloves	Glass tray	Garlic Cloves	10 nos
				Method : 1. Take 10 cloves of garlic & keep in MWS glass tray of microwave oven. 2. Select menu & press start. 3. When beeps, take out cloves will slide right out of their skin, hassle free.	
UC12	TEAR FREE ONIONS	5 Pcs	Glass tray	Onions	10 nos
				Method : 1. Take 5 onions & pierce it with knife & keep in MWS glass tray of microwave oven. 2. Select menu & press start. 3. When beeps, take out onions & peel it off & chop easily without getting tears in eyes.	
UC13	CRISPY NUTS	0.1 kg	Microwave safe (MWS) flat glass dish	For	0.1 kg
				Nuts	100 g
				Oil	As required
				Method : 1. In a microwave safe flat glass dish add drops of oil, nuts. Mix well. 2. Select category & weight & press start. 3. Serve plain or with chaat masala.	
UC14	SMOOTH HONEY	0.3 kg	Microwave safe (MWS) glass Utensils	For	0.3 kg
				Crystallized Honey	300 g
				Method : 1. Keep Crystallize honey in a microwave safe glass utensil or jar in microwave & press start. 2. Smooth and free flowing honey ready to use.	
UC15	Stale to Fresh Bread	2 Pc	Microwave safe (MWS) Rotating Glass tray	For	2 Pcs
				Stale or hard bread	2 Pcs
				Method : 1. Keep hardened bread or refrigerated bread enveloped in damped cotton cloth in a microwave glass tray. Press start. 2. Hardened bread turns soft & fresh.	

Steam Clean

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

1. Press STOP/CLEAR.



2. Press Steam Clean.



The display will show "SL1"

3. Press START/Add 30secs for category confirmation.









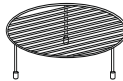

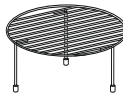

NOTE

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

Steam Clean

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

Usage of Accessories/Utensils

- 1)  + 
Low rack Multi cook tawa
- 2)  + 
High rack Multi cook tawa
- 3)  + 
Low rack Microwave safe glass bowl
(Not provided with LG Kit)
- 4)  + 
Low rack Metal cake tin
(Not provided with LG Kit)
- 5)  + 
High rack Microwave flat glass dish
(Not provided with LG Kit)

List of Ingredients

Spices

English Name	Hindi Name
*Ajinomoto (Flavor 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
Mace	Javitri
Mustard seeds	Sarson , Rai
Nutmeg	Jaiphal
Onion seeds	Kalonji
Oregano	Oregano
Pepper	Kali Mirch
Pomegranate seeds, dried	Anardana
Poppy seeds	Khus Khus
Red Chilli	Lal Mirch
Salt	Namak
Turmeric	Haldi
Thyme	Thyme

Vegetables

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

*Ajinomoto shall not be added to the food for infants below 12 months.

List of Ingredients

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

List of Ingredients

Fruits

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

Cereals

English Name	Hindi Name
Flattened Rice	Poha
Oats	Jaei
Puffed Rice	Murmura
Refined wheat Flour	Maida
Rice	Chawal
Sago	Sabudana
Semolina	Suji
Whole wheat broken	Daliya
Wheat 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

List of Ingredients

Dry Fruits

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

Fats & oils

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

Miscellaneous

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



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