

RECIPE MANUAL

MICROWAVE OVEN

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

MC3286BRUM/
MC3286BPUM

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Various Cook Functions

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

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

301 Recipes List

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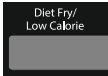
Diet Fry/Low Calorie

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

1. Press STOP/CLEAR.



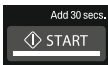
2. Press Diet Fry/Low Calorie.



3. Turn DIAL until display show "dF8".



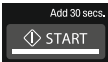
4. Press START/Add 30secs for category confirmation.



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



6. Press START/Add 30secs.



For Low Calorie

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

! NOTE

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

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

Category		Weight Limit	Utensil	Instructions			
dF1	Chicken Nuggets	0.1-0.3 Kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High Rack	For	0.1 kg	0.2 kg	0.3 kg
				Boneless Chicken	100 g	150 g	200 g
				Bread slice	1 no.	2 nos.	2 nos.
				Pepper corns	4-5	5-6	6-7
				Cloves	2-3	3-4	4-5
				Garlic paste	½ tsp	1 tsp	1½ tsp
				Olive oil	1 tsp	1½ tsp	2 tsp
				Salt	As per taste		
				Chopped garlic	2 cloves	3 cloves	4 cloves
				Method :			
1. In a MWS glass bowl put boneless chicken, pepper corns, clones, olive oil, chopped garlic. Mix well & cover. Select Category & weight. press start.							
2. When beeps, remove the bowl from microwave oven. allow to cool & grind everything in a mixer. Take out in the bowl add salt, crumbled bread slices. Mix well.							
3. Make small round shaped nuggets from the mixture. Keep on tawa. Place the tawa on high rack.							
4. Press start.							
5. When beeps, turn the nuggets							
6. Press start.							
7. Serve them hot with tomato Ketchup & shredded salad.							
Note: If the mixture of nuggets is too dry, then sprinkle few drops of water to it.							
dF2	Aloo Chips	0.2 Kg	Microwave glass tray	For	0.2 Kg		
				Potato (very thinly sliced)	200 g		
				Oil	A few drops		
				Salt, Chaat masala (optional)	As per taste		
				Method :			
1. In a bowl mix very thinly sliced potatoes, salt, chaat masala.							
2. Put few drop of oil on the glass tray of the microwave oven & smear it properly throughout.							
3. Spread the potato slices throughout the glass tray, select category & press start. Allow the glass tray to cool down. Remove the chips & serve.							
dF3	Bread Pakora	4 Pc	Multicook tawa* & High Rack	For	Batter		
				Besan	1 cup (130 gms)		
				Water	200 ml		
				Salt, haldi, garam masala, red chilli powder,	As per taste		
				For filling			
				Boiled potatoes	2 nos. (medium)		
				Chopped green chillies	2 nos.		
				Chopped Coriander	1 tbsp		
				Chopped ginger	1 tsp		
				Salt, garam masala, red chilli powder	As per taste		
				Bread slices	4 nos.		
				Oil	2 tsp		
				Method :			
1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.							
2. In another bowl put besan & all spices & gradually add water & make a smooth batter for bread pakoras without any lumps.							
3. Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure. Grease the tawa with 2-3 drops oil.							
4. Keep the tawa on high rack. Select category the press start.							
5. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start.							
6. When beeps, turn the bread pakoras. Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup.							

* Refer page 116, 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 ¼ tsp oil. Keep on low rack. keep in the microwave. Select category & press start. 5. When beeps, place the gujias on tawa & keep on low rack. Press start. 6. when beeps, keep the tawa on high rack, sprinkle 1 tsp ghee/oil on all the gujias & Press start. *Note: Grease the surface with 1-2 drops of oil before rolling the circle for gujias. *Not provided with the start up kit.	

* Refer page 116, fig 1

* Refer page 116, 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
				<p>Method :</p> <ol style="list-style-type: none"> 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
				<p>Method :</p> <ol style="list-style-type: none"> 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 116, fig 1

* Refer page 116, 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. 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 116, 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 116, fig 1
 * Refer page 116, fig 2

Diet Fry

Category		Weight Limit	Utensil	Instructions	
dF12	Fish Amritsari	0.3 kg	Multicook tawa & High rack*	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 tsp
				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
				<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. 	

* Refer page 116, fig 2

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 tomatoes 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	Rotisserie*	For	0.3 kg
				Vegetable (Spinach leaves, broccoli, bulbs of spring onion, cabbage leave)	300 g
				For Marinade	
				Hung curd	3 tbsp
				Onion paste	2 tbsp
				Garam Masala, Amchoor, Salt	As per taste
				Oil	For basting
				Method : 1. Mix all the ingredients of marinade in a bowl. 2. Take one vegetable at a time and spread the marinade on each vegetable or leaf on both the sides thoroughly. Mix well leave aside for 1 hour mixing at least twice in between. 3. Oil & wipe the skewers of the rotisserie. 4. Skewer the vegetables-thread them starting with broccoli, then fold a cabbage leaf & insert, fold a spinach leaf one & then fold again (like a pan) & insert, then insert a whole spring onion & then again another folded cabbage leaf & spinach leaf in the same skewer, Repeat the same for all the skewers. 5. Install the rotisserie in the oven. (Refer Pg. 116) 6. Select category & press start. Serve hot.	
SA8	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.	

* Refer page 117

* Refer page 116, fig 2

Category		Weight Limit	Utensil	Instructions			
SA9	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.			
SA10	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.			
SA11	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 water, cardamom essence. Select category and weight & press start.							
SA12	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.			

Category		Weight Limit	Utensil	Instructions			
SA13	Bread Salad	0.1 ~ 0.3 Kg	High rack	For	0.1 Kg	0.2 Kg	0.3 Kg
				Whole wheat bread slices	2 nos.	3 nos.	4 nos.
				Tomatoes (seedless & cut in pieces)	¼ cup	½ cup	1 cup
				Cucumber (Cut in pieces)	¼ cup	½ cup	1 cup
				Steamed french beans	¼ cup	½ cup	1 cup
				Fresh basil leaves	A few sprigs		
				For Salad Dressing			
				Olive Oil	1 tbsp	1½ tbsp	2 tbsp
				Vinegar	½ tsp	1 tsp	1½ tsp
				Salt, pepper & Sugar	As per taste		
				Method :			
				1. Take bread slices (0.1kg/0.2kg/0.3kg) & keep on high rack. Select 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									
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 116, fig 2

Category		Weight Limit	Utensil	Instructions									
HP5	Nutrinuggets	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg						
				Soaked and boiled nutrinuggets	50 g	100 g	150 g						
				Potato	50 g	100 g	150 g						
				Oil	1 tbsp	1½ tbsp	2 tbsp						
				Jeera	As per taste								
				Chopped onion	1/2 cup	1 cup	1½ cup						
				Tomato puree	2 tbsp	3 tbsp	4 tbsp						
				Salt, garam masala, red chilli powder, haldi, dhania powder	As per taste								
				Water	1½ cup	2 cup	2½ cup						
				Chopped coriander leaves	For garnishing								
				Method :									
				1. In a MWS bowl add oil, jeera, onion. Select 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.									
				HP6	Soyabean Curry	0.2 kg	Microwave safe (MWS) bowl	For	0.2 kg				
Soyabean (soaked overnight)	200 g												
Oil	1½ tbsp												
Chopped onions	1 cup												
Tomato puree	½ cup												
Chopped green chillies	1 tbsp												
Red chilli powder, garam masala, coriander powder, salt	As per taste												
Water	200 ml												
Coriander leaves	For garnishing												
Method :													
1. In a MWS bowl add oil, chopped onions. Select 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.													
HP7	Curd Brinjal	0.1-0.5Kg	Microwave safe (MWS) bowl					For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
								Brinjal (cut into pieces)	100 g	200 g	300 g	400 g	500 g
				Curd	100 g	200 g	300 g	400 g	500 g				
				Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4 tbsp				
				Curry leaves	A few sprigs								
				Mustard & cumin seeds	1 tsp	2 tsp	3 tsp	4 tsp	4 tsp				
				Salt	As per taste								
				Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	4 tsp				
				Method :									
				1. In a MWS bowl add oil & brinjal. Cover. Select 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.									
				HP8	Fish Bharta	0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	For	0.3 kg				
								Fish (Fillet)	300 g				
								Mustard oil	1 tbsp				
Mustard seeds	1 tsp												
Chopped onion	1 cup												
Red chilli powder, haldi, garam masala, salt	As per taste												
Method :													
1. In a MWS bowl add ½ cup water. Place the fish pieces on the MWS flat glass dish. Cover. Keep the dish in MWS bowl. Select category and press start.													
2. When beeps, remove & mash the fish. In a MWS bowl, add oil, chopped onions, mashed fish, red chilli powder, garam masala, haldi, salt. Cover and press start.													

Category	Weight Limit	Utensil	Instructions																																																																		
HP9	Soya Idli	4Pc, 8 Pc	<div>Microwave safe (MWS) Idli stand* & Microwave safe (MWS) bowl</div> <table><tr><td>Rice</td><td>100 g</td></tr><tr><td>Urad</td><td>4 tbsp</td></tr><tr><td>Soyabean granules</td><td>4 tbsp</td></tr><tr><td>Water</td><td>As required</td></tr><tr><td>Salt</td><td>As per taste</td></tr></table> <p>Method :</p> <p>1. Wash & soak rice, urad daal & soyabeans granules for 4 hours.</p> <p>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)</p> <p>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.</p>	Rice	100 g	Urad	4 tbsp	Soyabean granules	4 tbsp	Water	As required	Salt	As per taste																																																								
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Water	As required																																																																				
Salt	As per taste																																																																				
HP10	Bathua Raita	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>Chopped bathua</td><td>25 g</td><td>50 g</td><td>75 g</td><td>100 g</td></tr><tr><td>Water</td><td>50 ml</td><td>75 ml</td><td>100 ml</td><td>125 ml</td></tr><tr><td>Beaten curd</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr><tr><td>Salt, roasted cumin seed powder</td><td colspan="4">As per taste</td></tr></table> <p>Method :</p> <p>1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select category & weight and press start.</p> <p>2. When beeps, remove.</p> <p>3. In a bowl add water, beaten curd, bathua leaves & mix well. Add salt & roasted cumin seed powder.</p> <p>4. Mix well & refrigerate it for some time & serve.</p>	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																																												
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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																																																																				
HP11	Spinach Dal	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>Dehusked soaked lentils (at least for 2 hours)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Onions chopped</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr><tr><td>Spinach chopped</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2 cup</td><td>2½ cups</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>2½ tbsp</td></tr><tr><td>Cumin seeds</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Ginger & green chillies (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td></tr><tr><td>Water</td><td>300 ml</td><td>500 ml</td><td>700 ml</td><td>800 ml</td><td>900 ml</td></tr><tr><td>Turmeric, salt</td><td colspan="5">As per taste</td></tr><tr><td>Lemon juice</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>3½ tsp</td><td>4 tsp</td></tr><tr><td>Coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4½ tbsp</td><td>5 tbsp</td></tr></table> <p>Method :</p> <p>1. In a MWS bowl put soaked dal (lentils), water, salt, turmeric powder. Select category & weight and press start.</p> <p>2. When beeps, in another MWS bowl put oil, chopped onions, cumin seeds, chopped ginger & green chillies, chopped spinach. Mix well and press start.</p> <p>3. When beeps, mix well & add boiled lentils, add some water (if required). Mix again & press start.</p> <p>4. Garnish with coriander leaves & serve hot.</p>	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
For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg																																																																
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Water	300 ml	500 ml	700 ml	800 ml	900 ml																																																																
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Lemon juice	1 tsp	2 tsp	3 tsp	3½ tsp	4 tsp																																																																
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HP12	Healthy Khichdi	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>Rice (soaked)</td><td>75 g</td><td>150 g</td><td>225 g</td></tr><tr><td>Moong dal, washed (soaked)</td><td>25 g</td><td>50 g</td><td>75 g</td></tr><tr><td>Desi ghee</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Carrot (grated finely)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr><tr><td>Soya granules (soaked)</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Salt & pepper</td><td colspan="3">As per taste</td></tr><tr><td>Water</td><td>300 ml</td><td>500 ml</td><td>750 ml</td></tr></table> <p>Method :</p> <p>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.</p> <p>2. When beeps, mix, add water & salt. Mix again & press start.</p> <p>3. When beeps, stir & mash well. Add pepper powder & ½ cup water. Mix & cover and press start.</p> <p>4. Serve hot with fresh curds.</p>	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																																		
For	0.1 Kg	0.2 Kg	0.3 Kg																																																																		
Rice (soaked)	75 g	150 g	225 g																																																																		
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Soya granules (soaked)	2 tbsp	3 tbsp	4 tbsp																																																																		
Salt & pepper	As per taste																																																																				
Water	300 ml	500 ml	750 ml																																																																		

* Provided with LG Kit.

Category		Weight Limit	Utensil	Instructions			
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	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 tbsp		
				Chilli powder, turmeric, ginger garlic paste, salt	As per taste		
				Garam masala powder	1 tsp		
				Coriander leaves	A few sprigs		
				Method :			
				1. In a MWS glass bowl take fish fillet add 1 cup water. Select category & press start. Mash the fish.			
2. Remove the bowl from microwave oven & add all the other ingredients except oil and mix well with boiled and mashed fish. Make cutlets 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.							
HP15	Fish Masala	0.2 kg	Microwave safe (MWS) bowl	For	0.2 kg		
				Pomphret pieces	200 g		
				Onions	2 Nos.		
				Tomato	1 No.		
				Oil	2 tbsp		
				Chilli powder, turmeric, ginger garlic paste, salt, saunf powder	As per taste		
				Garam masala powder	1 tsp		
				Dhaniya and jeera powder	2 tsp		
				Coriander leaves	2 tbsp		
				Method :			
1. In MWS bowl take oil and chopped onion. Select category and press start.							
2. When beeps, remove and add pomphret pieces and tomato. Press start.							
3. When beeps, add all the other ingredients and 1 cup water and mix well. Press start. When beeps, remove and garnish with coriander leaves.							

* Refer page 116, fig 2

Category		Weight Limit	Utensil	Instructions			
HP16	Fish Pulusu	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg		
				Koramatta fish pieces	300 g		
				Oil	1½ tbsp		
				Ginger garlic paste	2 tbsp		
				Methi seeds	1 tsp		
				Chopped onion	1 no.		
				Fish masala	1 tbsp		
				Tamarind pulp	50 g		
				Red chilli powder, 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.							
HP17	Coconut Prawn	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Prawns	100 g	200 g	300 g
				Mustard oil	½ tbsp	1 tbsp	1½ tbsp
				Rai paste	½ tbsp	1 tbsp	1½ tbsp
				Green chilli paste	1 tsp	2 tsp	3 tsp
				Turmeric powder, sugar & salt	As per taste		
				Pulpy green coconut (remove the coconut water)	1 no.	1 no.	1 no.
				Method :			
				1. Marinate the prawn with rai paste, mustard oil, turmeric powder, green chilli paste, sugar & salt for 1 hour.			
				2. Take the coconut kernel & scoop out the creamy pulp with a spoon. Divide the coconut lengthwise into 2 halves.			
				3. Put the marinated prawns inside the kernel & cover with the other half kernel. Keep this in a MWS glass bowl. Select category & weight & press start.			
HP18	Crab Curry	0.3 kg	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.							
HP19	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.							

Category		Weight Limit	Utensil	Instructions			
HP20	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
				<p>Method :</p> <ol style="list-style-type: none"> 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. 			

Category		Weight Limit	Utensil	Instructions	
So1	Chicken Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Boneless chicken	300 g
				Oil	½ tsp
				Chopped garlic	2 tsp
				Salt & pepper powder	As per taste
				Maida	3 tsp
				Water	600 ml (3 cups)
				Fresh cream	For garnishing
				Method : 1. In a MWS bowl add chicken pieces, chopped garlic and water. Select category and press start. 2. When beeps, remove & strain stock. In another MWS glass bowl add oil, cumin seeds and maida and press start. 3. When beeps, add the chicken stock, salt, pepper and press start. Garnish with fresh cream and serve hot.	
So2	Tamatar Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Chopped tomato	300 g
				Oil	1 tsp
				Ginger garlic paste	2 tsp
				Jeera, bay leaf, salt, garam masala, sugar	As per taste
				Water	600 ml (3 cups)
				Coriander leaves	For garnishing
				Method : 1. In a MWS glass bowl add tomatoes cut into quarters with water, select category and press start. 2. When beeps, grind and strain the whole stock. 3. In another MWS glass bowl add oil, ginger garlic paste, jeera, bay leaf and press start. Mix well. 4. When beeps, add the strained stock, season with salt, garam masala and press start. Add sugar if very sour. Garnish with coriander leaves and serve hot.	
So3	Sweet Corn Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Sweet Corn	200 g
				Water	600 ml (3 cups)
				Oil	1 tsp
				Cornflour	2 tbsp & ½ cup water
				Salt, Sugar and Kali Mirch and Green Chilli	As per your taste
				Method : 1. Grind sweet corn with water and put in MWS Glass Bowl. Select category & press start. 2. When beeps, remove, in another MWS glass bowl put oil, green chilli & press start. 3. When beeps, add corn mixture in it. Mix cornflour with ½ cup water and mix with it. Add salt, sugar, kali mirch and press start.	
So4	Mushroom Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Mushroom	120 g
				Potato	1 No.
				Cabbage	50 g
				Onion	1 small
				Water	600 ml (3 cups)
				Salt, Black Pepper	As per your taste
				Oil	1 tsp
				Grated cheese	As per requirement
				Method : 1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select category & press start. 2. When beeps, remove the bowl. Allow to cool & separate the mushrooms & grind the remaining stock & strain it. 3. In a MWS glass bowl, add oil, chopped mushrooms, salt & pepper and then add the stock & press start. Garnish with grated cheese & serve.	

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.	

Category		Weight Limit	Utensil	Instructions	
So8	Mulligatawny Soup	0.6 kg	Microwave safe (MWS) glass bowl	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
				Method :	
				1. In MWS glass bowl add butter, carrot, onion & apples. Mix well. Select category & weight and press start.	
				2. When, beep, mix well, add cooked rice, lentils & water and press start.	
				3. When, beep, mix well, allow to cool. Blend & strain. In the same MWS glass bowl add the strained stock, salt, pepper, curry powder & lemon juice. Press start.	
So9	Tom Yum Kung	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Small sized prawns	10-12 nos.
				Mushrooms (sliced)	5-6 nos.
				Lemon grass stem	4 inch stalk
				Lime leaves	5-6 nos.
				Coriander fresh chopped	A few sprigs
				Fish sauce	2 tbsp
				Thai red curry paste	2 tbsp
				Lemon juice	1 tbsp
				Veg stock/chicken stock	600 ml (3 cups)
				Green/red chillies	3 nos.
				Salt & pepper	To taste
				Method :	
				1. In a MWS glass bowl put head & shells of prawns, green/red chillies (cut into 2), salt, roughly crushed lemon grass, lime leaves & stock. Mix well. Select category & press start.	
				2. When beeps, strain the stock. Add cleaned prawns, fish sauce, pepper, thai red curry paste. Stir well & press start.	
				3. Add lemon juice & adjust the seasoning. Serve piping hot.	
So10	Sichuan Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Boneless chicken pieces	100 g
				Carrot (grated)	1 no.
				Capsicum (chopped)	½ no.
				Cabbage (shredded)	½ no.
				Mushrooms (sliced)	4-5 nos.
				Paneer (pieces)	50 g
				Spring onions (bulb & greens)	1-2 nos.
				Peppercorns (freshly crushed)	4-5 nos.
				Chicken stock	600 ml (3 cups)
				Cornflour	3 tbsp & ¼ cup
				Salt & sugar	To taste
				Vinegar	2 tbsp
				Red chilli paste	1 tbsp
				Method :	
				1. Put chicken pieces, cabbage, carrot, capsicum, mushrooms, spring onion bulbs, peppercorns and chicken stock in a MWS glass bowl. Select 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.	

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.	

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	0.6 kg	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
				<p>Method :</p> <ol style="list-style-type: none"> 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	0.6 kg	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)
				<p>Method :</p> <ol style="list-style-type: none"> 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	0.6 kg	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)
				<p>Method :</p> <ol style="list-style-type: none"> 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. 	

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
				<p>Method :</p> <ol style="list-style-type: none"> 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. <p>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.</p>	

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 Mushrooms	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 116, 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 116, fig 2

Category	Weight Limit	Utensil	Instructions																																																								
Co8	Thai Chicken	0.5 kg.	<div>Microwave safe (MWS) bowl</div> <table><tr><td>Boneless chicken</td><td>500 gm</td></tr><tr><td>Red curry paste</td><td>2 tbsp</td></tr><tr><td>Sugar</td><td>1 tsp</td></tr><tr><td>Soya sauce</td><td>2 tbsp</td></tr><tr><td>Salt</td><td>To taste</td></tr><tr><td>Chopped garlic</td><td>1 tsp</td></tr><tr><td>Blanched Broccoli (florets)</td><td>1 cup</td></tr><tr><td>Peanuts (Roasted & crushed)</td><td>¼ cup</td></tr><tr><td>Oil</td><td>2 tbsp</td></tr><tr><td>Red chilli paste</td><td>1 tsp</td></tr><tr><td>For Sauce</td><td></td></tr><tr><td>Butter</td><td>2 tbsp</td></tr><tr><td>Maida</td><td>2 tbsp</td></tr><tr><td>Milk</td><td>1 cup</td></tr><tr><td>Salt & pepper</td><td>To taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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																										
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For Sauce																																																											
Butter	2 tbsp																																																										
Maida	2 tbsp																																																										
Milk	1 cup																																																										
Salt & pepper	To taste																																																										
Co9	Sweet & Sour Veg	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>Cut vegetables (Baby corns cut lengthwise, Broccoli florets, Mushroom pieces, Pineapple slices, Capsicum)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Chopped spring onion & garlic</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr><tr><td>Red chilli paste</td><td>¼ tsp</td><td>¼ tsp</td><td>½ tsp</td></tr><tr><td>Tomato Ketchup</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td></tr><tr><td>Vinegar</td><td colspan="3">As per taste</td></tr><tr><td>Sugar</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Salt</td><td colspan="3">As per taste</td></tr><tr><td>Ajinomoto</td><td>¼ tsp</td><td>¼ tsp</td><td>½ tsp</td></tr><tr><td>Soya sauce</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Pineapple juice</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td></tr><tr><td>Water</td><td>1 cup</td><td>1 cup</td><td>1 cup</td></tr><tr><td>Cornflour</td><td colspan="3">2 tbsp mixed with ½ cup water</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	For	0.1 Kg	0.2 Kg	0.3 Kg	Cut vegetables (Baby corns cut lengthwise, Broccoli florets, Mushroom pieces, Pineapple slices, Capsicum)	100 g	200 g	300 g	Oil	½ tbsp	1 tbsp	1½ tbsp	Chopped spring onion & garlic	¼ cup	½ cup	1 cup	Red chilli paste	¼ tsp	¼ tsp	½ tsp	Tomato Ketchup	¼ cup	¼ cup	½ cup	Vinegar	As per taste			Sugar	½ tsp	1 tsp	1 tsp	Salt	As per taste			Ajinomoto	¼ tsp	¼ tsp	½ tsp	Soya sauce	1 tsp	1 tsp	1 tsp	Pineapple juice	¼ cup	¼ cup	½ cup	Water	1 cup	1 cup	1 cup	Cornflour	2 tbsp mixed with ½ cup water		
For	0.1 Kg	0.2 Kg	0.3 Kg																																																								
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Water	1 cup	1 cup	1 cup																																																								
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Co10	Mediterranean Crostini@	0.3 kg.	<div>Low rack</div> <table><tr><td>French bread</td><td>6 slices</td></tr><tr><td>Black olives (sliced)</td><td>¼ cup</td></tr><tr><td>Cheese (grated)</td><td>½ cup</td></tr><tr><td>Butter</td><td>2 tbsp</td></tr><tr><td>To be mixed together for the marinated tomatoes :</td><td></td></tr><tr><td>Tomatoes (sliced)</td><td>2 nos.</td></tr><tr><td>Basil leaves (freshly chopped)</td><td>1 tsp</td></tr><tr><td>Garlic (chopped)</td><td>1 tsp</td></tr><tr><td>Olive oil</td><td>2 tsp</td></tr><tr><td>Salt & freshly crushed pepper corns</td><td>As per taste</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	French bread	6 slices	Black olives (sliced)	¼ cup	Cheese (grated)	½ cup	Butter	2 tbsp	To be mixed together for the marinated tomatoes :		Tomatoes (sliced)	2 nos.	Basil leaves (freshly chopped)	1 tsp	Garlic (chopped)	1 tsp	Olive oil	2 tsp	Salt & freshly crushed pepper corns	As per taste																																				
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Olive oil	2 tsp																																																										
Salt & freshly crushed pepper corns	As per taste																																																										

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

Category		Weight Limit	Utensil	Instructions				
Co11	Risotto Rice	0.1 ~ 0.4 kg.	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				Arborio rice (soaked)	100 g	200 g	300 g	400 g
				Water	200 ml	400 ml	600 ml	650 ml
				Chopped carrots	¼ cup	½ cup	1 cup	1½ cup
				Chopped garlic	1 tsp	1½ tsp	2 tsp	2½ tsp
				Peas	¼ cup	½ cup	1 cup	1½ cup
				Sliced mushroom	¼ cup	½ cup	1 cup	1½ cup
				Chopped coriander leaves/parseley	As required			
				Spinach (blended & pureed)	¼ cup	½ cup	1 cup	1 cup
				Tomato puree	½ cup	½ cup	1 cup	1 cup
				Fresh cream	3 tbsp	4 tbsp	5 tbsp	6 tbsp
				Olive oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
				Grated cheese	As required			
				Salt	As per taste			
				Method :				
				1. In a MWS bowl add olive oil, garlic, mushrooms, peas, carrots & tomato puree. Mix well. Select category & weight and press start.				
				2. When beeps, mix well & add rice. Mix well and press start.				
3. When beeps, mix well & add water & salt. Press start.								
4. Mix well & stand for 5 minutes.								
5. Add spinach, tomato puree, cream, grated cheese & chopped coriander/parseley & serve.								
Co12	Spaghetti with tomato sauce	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg	
				Spaghetti noodles	100 g	200 g	300 g	
				Water	400 ml	800 ml	1200 ml	
				Olive oil	1 tbsp	1½ tbsp	2 tbsp	
				Chopped garlic	1 tbsp	1½ tbsp	2 tbsp	
				Chopped tomatoes	1 cup	1½ cup	2 cup	
				Chopped mushrooms	¼ cup	½ cup	1 cup	
				Chopped onion	½ cup	1 cup	1½ cup	
				Sliced olives (pitted)	5 nos.	6 nos.	7 nos.	
				Fresh basil	As required			
				Parmesan cheese	As required			
				Salt, pepper, oregano & chilli flakes	As per taste			
				Method :				
				1. In a MWS bowl add spaghetti noodles, water & few drops of oil. Select 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.				

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	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.				

Category		Weight Limit	Utensil	Instructions				
Co15	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. When beeps add, chopped onions, capsicum, chopped green chillies, vinegar, salt, sugar, pepper, cornflour mixed with water. Cover & press start. Stand for 5 minutes. Serve.				
Co16	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.								
Co17	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.				

Category		Weight Limit	Utensil	Instructions			
Co18	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.			
Co19	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.			
Co20	Steamed Egg with Tofu	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	For	0.1 kg	0.2 kg	0.3 kg
				Tofu (cut into chunks)	50 g	100 g	150 g
				Egg	1 no.	2 nos.	3 nos.
				Sesame oil	½ tsp	1 tsp	1 tsp
				Light soya sauce	½ tsp	1 tsp	1 tsp
				Red chilli (chopped)	1 no.	1 no.	1 no.
				Spring onion (chopped)	1 tbsp	2 tbsp	3 tbsp
				Boiled egg yolk (cut into pieces)	1 no.	2 nos.	2 nos.
				Salt & pepper	A pinch		
				Method :			
				1. In a bowl take sesame oil, soya sauce, black pepper powder, salt & egg. Beat well with blender. Mix tofu chunks into it & mix.			
				2. Put this mixture in a MWS flat glass dish. Sprinkle chopped spring onions & chopped red chilli on top. Now put boiled egg yolk (cut in pieces) on top. Cover the flat dish with plastic film.			
				3. Keep the MWS flat glass dish in the microwave. Select category & weight and press start.			
				4. Give standing time of 5 minutes & serve hot.			

Category		Weight Limit	Utensil	Instructions			
Co21	Almond & Vegetables Stir Fry	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Broccoli (cut into florets)	50 g	100 g	150 g
				Red capsicum (cut into big square pieces)	¼ cup	½ cup	¾ cup
				Garlic (chopped)	½ tsp	1 tsp	1 tsp
				Ginger (chopped)	½ tsp	1 tsp	1 tsp
				Onions (sliced)	1 no.	1½ no.	2 nos.
				Slivered almonds	2 tbsp	3 tbsp	4 tbsp
				Canola oil	1 tbsp	1½ tbsp	2 tbsp
				For Sauce			
				Soya sauce	1 tsp	1½ tsp	2 tsp
				Water	3 tbsp	6 tbsp	9 tbsp
				Sesame oil	½ tsp	1 tsp	1½ tsp
				Sugar	1 tsp	2 tsp	3 tsp
				Cornflour	½ tsp	1 tsp	1½ tsp
				Salt & black pepper powder	As per taste		
				Method : 1. In a MWS glass bowl take canola oil, chopped ginger- garlic, sliced onions. Select category & weight and press start. 2. In a small bowl, take sugar, cornflour. Add water, soya sauce, sesame oil & mix well. Make a smooth paste. 3. When beeps, add broccoli, red capsicum, slivered almonds. Mix well & press start. 4. When beeps, add the sauce & stir well. Press start. Serve stir fried vegetables hot.			

Tandoor Se/Kids' Delight

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

1. Press *STOP/CLEAR*.



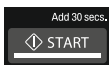
2. Press *Tandoor Se/Kids' Delight*.



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



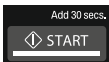
4. Press *START/Add 30secs* for category confirmation.



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



6. Press *START/Add 30secs*.



For Kids' Delight

7. If you want to select Kids' Delight Press the button twice, the display will show "CF1"
8. Turn the dial to select CF1 to bA13.
9. Again follow step 4 to 6.

NOTE

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

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

Category		Weight Limit	Utensil	Instructions							
TS1	Murg Tandoori	1 kg	Rotisserie*	Whole Chicken		1 Kg					
				For Marinade							
				Hung Curd		1 Cup					
				Garlic Paste		3 Tbsp					
				Ginger Paste		1 Tbsp					
				Salt		As per taste					
				Tandoori Masala		3 Tsp					
				Cumin Powder		As per taste					
				Tandoori Color		A pinch					
				Red Chilli Powder		As per taste					
Method :											
1. Mix all the ingredient of marinade in a bowl											
2. Wash the Chicken properly & make cuts on the chicken all over.											
3. Marinade the Chicken properly coating all the places. keep marinated for 3-4 hours in refrigerator.											
4. Keep paper towel (Kitchen towel) on glass tray.											
5. Assemble the rotisserie & insert the Chicken & tie up with thread.											
6. Install the rotisserie in the microwave select category & press start. Serve with grilled onion slices, lemon wedges & onion chutney.											
Note : For Rotisserie installation refer Pg. 113.											
TS2	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.											
TS3	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 117

* Refer page 116, fig 2

Tandoor Se

Category	Weight Limit	Utensil	Instructions																																																												
tS4	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>For Marinade</td><td></td><td></td><td></td></tr> <tr> <td>Jeera powder</td><td>½ Tsp</td><td>1 Tsp</td><td>1 Tsp</td></tr> <tr> <td>Red Chilli Powder, Salt, 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																												
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Oil	1 Tbsp	1½ Tbsp	2 Tbsp																																																												
Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp																																																												
tS5	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></td><td>1 no.</td></tr> <tr> <td>For Stuffing</td><td></td><td></td><td></td></tr> <tr> <td>Coriander Powder</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> <tr> <td>Turmeric Powder</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Saunf Powder</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Amchoor</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Red Chilli Powder, Salt</td><td colspan="3">As per taste</td></tr> </table> <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.	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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Saunf Powder	1 tsp	1½ tsp	2 tsp																																																												
Amchoor	1 tsp	1½ tsp	2 tsp																																																												
Red Chilli Powder, Salt	As per taste																																																														
tS6	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>For Stuffing</td><td></td><td></td><td></td></tr> <tr> <td>Tomato(grated)</td><td>1 no.</td><td>1½ no.</td><td>2 nos.</td></tr> <tr> <td>Onion (chopped))</td><td>¼ cup</td><td>½ cup</td><td>1 cup.</td></tr> <tr> <td>Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder</td><td colspan="3">As per taste</td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> </table> <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(grated)	1 no.	1½ no.	2 nos.	Onion (chopped))	¼ cup	½ cup	1 cup.	Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder	As per taste			Oil	1 tbsp	1½ tbsp	2 tbsp																																
For	0.2 kg	0.3 kg	0.4 kg																																																												
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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																																																												

* Refer page 116, fig 2

Category	Weight Limit	Utensil	Instructions				
ts7	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.							
ts8	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	½ tsp	
			Garlic Cloves	2 nos.	3 nos.	3 nos.	
			Salt		As per taste		
			Ginger Chopped	1 tsp.	2 tsp.	3 tsp	
			Bread pieces	1 no.	2 nos.	2 nos.	
			Whole red chilly	1 no	2 nos.	3 nos.	
			Bread crumbs		For coating		
			Method :				
			1. Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces, whole red chilli, to a paste.				
			2. Now shape the paste in the form of kababs & roll out each kababs in bread crumbs for complete coating.				
			3. Now keep the kababs on tawa & keep the tawa on high rack. Select category & weight & press start.				
			4. When beeps, turn over the side & press start.				
			ts9	Paneer tikka	Rotisserie*	For	0.3 kg
						Paneer cubes (cut into 1½" cubes), Capsicum (cut into cubes), onion (cut into cube), tomato(cut into cubes, pulp removed)	300 g
For marinade							
Hung curd	2 tbsp						
Ginger garlic paste	1 tbsp						
Salt, Garam masala, Red Chilli powder	As per taste						
Tandoori masala	1 tsp						
Tandoori Color	A pinch						
Oil	For basting						
Method :							
1. Mix all the ingredients of the marinade in a bowl.							
2. Make holes in the paneer pieces with the rotisserie skewers.							
3. Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour.							
4. Skewer all the vegetables in the rotisserie & assemble the rotisserie & install the rotisserie in the oven. Select category & press start.							
5. When beeps, pour some oil & press start.							
Note: For rotisserie installation refer Pg. 116.							

* Refer page 117, fig

* Refer page 116, fig 2

Tandoor Se

Category		Weight Limit	Utensil	Instructions				
IS10	Matar Kababs	0.2 ~ 0.4 kg	Multicook tawa* & High rack	For	0.2 kg	0.3 kg	0.4 kg	
				Boiled peas	200 g	300 g	400 g	
				Roasted makhanas	1 cup.	1½ cups.	2 cups.	
				Chopped green chillies	2 nos.	3 nos.	4 nos.	
				Salt, pepper, garam masala	As per taste			
				Seeds of Chhoti Elaichi	4 nos.	5 nos.	6 nos.	
				Roasted Cashewnuts	2 tbsp	3 tbsp	4 tbsp	
				Method :				
				1. Grind the boiled peas, green chillies & elaichi seeds together to a fine paste.				
				2. Grind the makhanas & cashewnuts together to a rough powder.				
IS11	Tandoori Mushrooms	0.2 ~ 0.5 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Mushroom Buttons (stalk removed)	200 g	300 g	400 g	500 g
				For Marinade				
				Hung Curd	1 tbsp	2 tbsp	3 tbsp	4 tbsp
				Ginger Garlic Paste	½ tbsp	1 tbsp	2 tbsp	2½ tbsp
				Salt, Coriander powder, cumin powder, amchoor	As per taste			
				Cornflour	¼ tsp	½ tsp	1 tsp	1½ tsp
				Tandoori Color	A pinch			
				Method :				
				1. Mix all the ingredients of the marinade in a bowl.				
IS12	Arbi Tandoori	0.3 ~ 0.5 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For	0.3 kg	0.4 kg	0.5 kg	
				Arbi (Cut into slices)	300 g	400 g	500 g	
				Oil	2 tsp	3 tsp	4 tsp	
				Onion rings	1 cup	1½ cup	2 cups	
				Garam Masala, Amchoor, Salt	As per taste			
				Green Chillies (Chopped)	2 nos.	3 nos.	4 nos.	
				Ginger (shredded)	1 tsp	1½ tsp	2 tsp	
				Coriander Seeds	½ tsp	1½ tsp	1 tsp	
				For Marinade				
				Hung curd	2 tbsp	3 tbsp	4 tbsp	
				Tandoori Masala	½ tbsp	1 tbsp	1½ tbsp	
				Ginger Paste	½ tsp	½ tsp	1 tsp	
				Pepper corns (crushed)	4 nos.	5 nos.	6 nos.	
				Ajwain	½ tsp	½ tsp	1 tsp.	
				Haldi	A pinch			
				Salt	As per taste			
				Oil	½ tbsp.	½ tbsp	1 tbsp	
				Besan	½ tbsp	½ tbsp	1 tbsp	
				Method :				
				1. Pre- preparation –In a MWS glass bowl arbi slices with some water. Cover & micro at 100% for 5 mins.				
2. Mix all the ingredients of marinade in a bowl. Add the arbi slices & keep for ½ an hour.								
3. In a MWS glass bowl add oil, onion rings, shredded ginger & green chillies, garam masala, amchoor & salt. Mix well. Select Category & weight & press start								
4. When beeps, remove the bowl from microwave oven, Transfer the marinated arbi on tawa & keep the tawa on high rack.								
5. Press start.								
6. When beeps, drizzle few drops of oil. Add onion rings mixture & turn over the slices								
7. Press start.								

* Refer page 116, fig 2

Category		Weight Limit	Utensil	Instructions			
tS13	Malai Tikka	0.3 kg	Rotisserie *	For	0.3 kg		
				Boneless Chicken (1½" pieces)	300 g		
				Oil	For basting		
				For Marinade			
				Thick cream	¼ cup		
				Green cardamom powder	¼ tsp		
				Pepper powder	As per taste		
				Garlic paste	½ tsp		
				Ginger paste	1 tsp		
				Melted butter	¼ tbsp		
				Garam masala, amchoor, jeera powder, salt	As per taste		
				Green chillies	1 no.		
				Method :			
				1. Mix all the ingredients of the marinade in a bowl. Marinate Chicken & keep in refrigerator for 1 hour.			
2. Grease the rotisserie skewers with some oil. Put the chicken pieces on skewers. Assemble the rotisserie. Install the rotisserie in the microwave, spread the tissue paper on the glass tray.							
3. Select category & press start.							
4. When beeps, add 1tsp oil & again press start. Sprinkle the chaat masala & serve. Note: For rotisserie installation refer Pg. 113.							
tS14	Corn Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg
				Boiled potatoes	2 medium	3 medium	4 medium
				Boiled sweet corns	¼ cup	½ cup	1 cup
				Onions (Chopped)	¼ cup	½ cup	1 cup
				Green chillies (Chopped)	1 no.	1 no.	2 no.
				Fresh coriander (finely chopped)	1 tbsp.	2 tbsp.	3 tbsp
				Pudina (finely chopped)	½ tbsp.	1 tbsp	1½ tbsp
				Melted butter	¼ tbsp.	½ tbsp	1 tbsp
				Garam Masala, pepper powder, salt	As per taste		
				Lemon juice	2 tsp	3 tsp	3 tsp
				Bread crumbs	1 tbsp	2 tbsp	3 tbsp
				Method :			
				1. Mash the boiled potatoes & corns. Mix well.			
				2. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice.			
3. Make long kababs out of this mixture.							
4. Keep the kababs on tawa & tawa on high rack. Select category & weight & press start.							
5. When beeps, turn over & press start.							
6. When beeps, turn over & press start. Serve with chutney or sauce.							

* Refer page 117

* Refer page 116, fig 2

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
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	Strawberry Custard	0.5 kg	Microwave safe (MWS) bowl	For	0.5 kg		
				Milk	1 cup		
				Strawberry custard powder	3 tbsp		
				Sugar	50 g		
				Strawberry pieces	As required		
				Method :			
1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well.							
2. Select category & press start.							
3. When beeps, stir well. Press start.							
4. When beeps, stir well. Press start. Allow to set in refrigerator.							

Category		Weight Limit	Utensil	Instructions			
CF10	Veg Burger	0.1 ~ 0.3 kg	Multicook tawa & High rack*	For	0.1 kg	0.2 kg	0.3 kg
				Burger buns	1 no.	2 nos.	3 nos.
				For Tikkis			
				Potatoes (boiled)	100 g	200 g	300 g
				Boiled peas	¼ cup	½ cup	1 cup
				Chopped ginger	1 tsp	2 tsp	3 tsp
				Green chillies	1 no.	2 nos.	3 nos.
				Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp
				Salt, red chilli powder, garam masala, chaat masala	As per taste		
				Cornflour	For binding		
				Tomato slices	1 no.	2 nos.	3 nos.
				Onion slices	2 no.	4 nos.	6 nos.
				Cheese slices	1 no.	2 nos.	3 nos.
				Butter	1 tsp	2 tsp	3 tsp
				Tomato sauce	1 tbsp	2 tbsp	3 tbsp
				Method :			
1. In a bowl mix all the ingredients for tikkis & prepare round & flat tikkis out of it.							
2. Slit the buns into two halves. Apply the butter inside the buns.							
3. Keep the tikkis on the tawa. Keep on high rack. Select 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.							
CF11	Choco Bars	0.2 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish	Chocolate chips	½ cup		
				Oats (crushed)	1 cup		
				Honey	3 tbsp		
				Brown sugar	4 tbsp		
				Butter (softened)	8 tbsp		
				Chopped nuts (almonds, pistachio, walnut)	As required		
				Method :			
1. In a microwave safe glass bowl put oats, half amount of butter (4 tbsp), honey and brown sugar. mix well. Select category and press start.							
2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter.							
3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmly with spoon.							
4. In MWS glass bowl add rest of the butter, chocolate chips. Mix & press start.							
5. When beeps, pour this mixture on oats & sprinkle chopped nuts.							
6. Cut into rectangle bars when set & serve chilled.							

* Refer page 116, fig 2

Category		Weight Limit	Utensil	Instructions	
CF12	Apple Pie®	0.6 kg	Metal cake tin & Low rack**	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)
				Method :	
				1. Put maida, salt, sugar in a food processor/mixer. Grind it well. Take it in a bowl. Add chilled cubes of butter. Rub with hand to make bread crumb texture or till soft & well granulated.	
				2. Add ¼ cup ice water to make a soft dough when pinched. Roll out the dough into 2 equal parts. Make disc shapes. Cover with plastic wrap & keep refrigerated at least for 30 minutes.	
				3. When chilled, roll out one disc into big shape & place in a greased cake tin, covering it from the edges. Again keep in refrigerator for 1 hour.	
				4. Take all the ingredients of apple filling in a mixer. Grind it to make a puree without any water. Pour this mixture in the cake tin.	
				5. Roll out the second chilled disc & cut out long strips of ½ inch width. Cover the pie dish with these strips, arranging crossways as shown in figure 1 & figure 2.	
				6. Seal the edges & wet them with water. Cover the edges with foil paper to avoid over burning.	
				7. Select the category & press start. (Pre-heat process). When beeps, place the cake tin on low rack & press start. When beeps, give a standing time of 5-10 minutes. Cool & serve in pieces.	
				Note: If the butter becomes soft while making pie, keep the rolled dough in freezer.	
				Fig -1	
				Fig -2	
CF13	Mushroom & Pepper Pizza®	0.3 kg	Multicook tawa & Low rack*	For	0.3 kg
				Pizza base	
				Dry active yeast	3 g
				Water	2 tbsp
				Sugar	¼ tsp
				Maida	60 g
				Salt	¼ tsp
				Oil	1 tsp
				Topping	
				Pizza sauce	2 tbsp
				Vegetables (sliced mushroom, chopped yellow & red bell pepper)	1 cup
				Grated cheese	1 cup
				Oregano & chilli flakes	As per taste
				Method :	
				1. Dissolve the yeast in lukewarm water, stir in sugar & keep for 10 minutes till frothy.	
				2. Sieve the flour, add the yeast mixture, oil & salt. Prepare a dough using a little water if required. Knead till it does not stick to the pan/bowl.	
				3. Cover the dough with a muslin cloth & keep it till it doubles the volume.	
				4. Knead lightly & roll out thin chapati.	
				5. Keep on greased tawa. Spread the sauce, sprinkle oregano & chilli flakes, add vegetables & spread grated cheese. Keep aside.	
				6. Select category & press start. (Pre-heat process).	
				7. When beeps, keep the tawa on low rack. Keep it inside the microwave oven. Press start.	

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

* Refer page 116, fig 4

* Refer page 116, fig 1

Category		Weight Limit	Utensil	Instructions			
CF14	Cheese Bread Delight	8 Pc	High rack	For	8 nos.		
				Brown bread slice (buttered)	4 nos.		
				Cheese slice	4 nos.		
				Butter (softened)	2 tbsp		
				Chilli flakes	1 tbsp		
				Salt (optional)	As per taste		
				Cherry tomatoes	20 nos.		
				For Dressing			
				Olive oil	3 tbsp		
				Vinegar	1 tbsp		
				Light soya sauce	½ tsp		
				Chopped parsley / coriander leaves	1 tbsp		
				Salt, black pepper powder	As per taste		
				Method :			
				1. Take bread slices & remove its edges using a sharp bread knife. In a bowl mix together all the ingredients of dressing.			
2. Take 2 buttered bread slices. Place a cheese slice on top of a bread & sprinkle some chilli flakes & salt. Cover with the second piece of bread. Press gently to stick them together. Follow same procedure to make more sandwiches like this from rest of the ingredients.							
3. Cut each sandwich into 4 quarters/triangles to get 8 quarters/triangles in all.							
4. Take a wooden skewer & insert 1 sandwich triangle & followed by a cherry tomato. Repeat the same step in the same skewer. So that 1 skewer has 2 triangles & 2 cherry tomatoes. Make all sandwich in the same way.							
5. Brush all skewered sandwiches with the prepared dressing from all sides. Place them on high rack.							
6. Keep high rack inside the microwave. Select category and press start.							
7. When beeps, turn over the sandwiches carefully & again press start. Serve them hot with tomato ketchup.							
CF15	Noodle Rosti	0.2 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For Rosti			
				Boiled whole wheat noodles	¾ cup		
				Grated paneer	¼ cup		
				Grated 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.							
CF16	Apple Custard	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Apple	100 g	200 g	300 g
				Sugar	1 tbsp	2 tbsp	3 tbsp
				Method :			
1. Mix all the ingredients in a MWS glass bowl. Select category & weight and press start.							
2. When beeps, mix well & press start.							

* Refer page 116, fig 2

Category		Weight Limit	Utensil	Instructions			
CF17	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.			
CF18	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.			
CF19	Vegetable Mix	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Dehusked green gram dal (roasted & ground)	20 g	40 g	60 g
				Carrot (chopped)	20 g	40 g	60 g
				Potato (chopped)	40 g	80 g	120 g
				Spinach (chopped)	20 g	40 g	60 g
				Curd	40 g	80 g	120 g
				Jaggery	50 g	90 g	100 g
				Method :			
				1. In a MWS glass bowl add vegetables, add some water. Select category and weight and press start.			
				2. When beeps, add the ground dal. Press start.			
CF20	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.			

Category		Weight Limit	Utensil	Instructions			
CF21	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.							
CF22	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 leacves, urad dal	As per taste		
				Lemon juice	As per taste		
				Method :			
1. In a MWS glass bowl add oil, rai, jeera, urad dal, green chilli, suji. Mix well.							
2. Select category & weight and press start.							
3. When beeps, add onions, stir well & press start.							
4. When beeps, add water, sugar, salt, lemon juice. Mix well & press start. Stand for 5 minutes.							
CF23	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.							

Category		Weight Limit	Utensil	Instructions			
CF24	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.							
CF25	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.			
CF26	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.							

Category		Weight Limit	Utensil	Instructions	
CF27	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	0.4Kg	Metal Cake Tin & Low rack**	For	0.4Kg
				Refined Wheat flour	110g
				Powdered Sugar	120g
				Oil	¼ cup
				Cocoa powder	¼ cup
				Baking powder	1 tsp
				Vanilla essence	1 tsp
				Eggs	4 no.
				Method :	
				1. Grease a metal cake tin. Dust light with flour.	
				2. Sift flour, baking powder & cocoa powder together.	
				3. Separate eggs yolk from whites.	
bA2	Lamington@ Cake	0.4 kg	Low rack & Metal cake tin** & Microwave safe (MWS) glass bowl	For	0.4 kg
				Maida	100 g
				Powdered sugar	75 g
				Butter	75 g
				Eggs	1 No.
				Baking powder	1 tsp
				Vanilla essence	1 tsp
				Milk	75ml
				For Lamington solution - Coco powder	2 tbsp
				Powdered Sugar	1tbsp
				Water	1 cup
				Desiccated coconut	As required
Method :					
1. Sieve maida, baking powder. In a bowl add 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. Pour the mixture in a greased cake tin.					
2. Select category, press start. (Pre-heat process). When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.					
3. In MWS glass bowl add water and coco powder and put in the microwave. Press start. When it gives a beep remove and cool. Cut the cake in to squares and dip the pieces in the coco solution on all sides. Roll these in the desiccated coconut and serve.					
bA3	Doughnuts@	0.2 kg	Multicook tawa* & Low rack	For	0.2 kg
				Maida	200 g
				Yeast	½ tbsp
				Luke warm milk	100 ml
				Powdered sugar	50 g
				Nutmeg powder	A pinch
				Egg	½ (beaten)
				Vanilla essence	¼ tsp
				Butter	1 tbsp
				Method :	
				1. Dissolve yeast in milk & set aside for 5 minutes to prepare yeast mixture.	
				2. Add sugar & butter to milk & dissolve. Add to yeast mixture.	
3. Now add maida, egg, vanilla essence & nutmeg powder & make a soft dough. Keep it covered for 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. Note : If the dough is too dry add milk & if too soft then add maida.					

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

* Refer page 116, fig 1

** Refer page 116, fig 4

Category		Weight Limit	Utensil	Instructions																	
bA4	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																				
bA5	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																				
bA6	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																				
bA7	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																				

@ Refer page 116, fig 1

** Refer page 116, fig 4

Category		Weight Limit	Utensil	Instructions																				
bA8	Buns@	4 Pc	Multicook tawa & Low rack*	<table><tr><td>For Dough</td><td></td></tr><tr><td>Maida</td><td>1½ cup</td></tr><tr><td>Salt</td><td>1 tsp</td></tr><tr><td>Sugar</td><td>1 tbsp</td></tr><tr><td>Dry yeast</td><td>1½ tsp</td></tr><tr><td>Beaten egg</td><td>1 no.</td></tr><tr><td>Milk powder</td><td>1 tbsp</td></tr><tr><td>Warm water</td><td>100 ml</td></tr><tr><td>Oil</td><td>1 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl / cup take sugar & warm water and dissolve it. Add dry yeast & stir to dissolive. 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.	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		
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																							
bA9	Apple cup cakes@	0.4 kg	Metal muffin tray & Low rack	<table><tr><td>For</td><td>0.4 kg</td></tr><tr><td>Maida</td><td>1 cup</td></tr><tr><td>Apple (peeled & pureed)</td><td>½ cup</td></tr><tr><td>Powdered sugar</td><td>½ cup</td></tr><tr><td>Brown sugar</td><td>¼ cup</td></tr><tr><td>Butter (softened)</td><td>50 g</td></tr><tr><td>Cinnamon powder, clove powder, nutmeg powder</td><td>A pinch (each)</td></tr><tr><td>Eggs</td><td>2 nos.</td></tr><tr><td>Chopped almonds</td><td>2 tbsp</td></tr><tr><td>Baking powder</td><td>½ tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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
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																							
bA10	Eggless Chocolate Cake@	0.5 kg	Metal cake tin & Low rack**	<table><tr><td>For</td><td>0.5 kg</td></tr><tr><td>Maida</td><td>125 g</td></tr><tr><td>Coco powder</td><td>2 tbsp</td></tr><tr><td>Baking powder</td><td>1 tsp</td></tr><tr><td>Soda bi carb</td><td>½ tsp</td></tr><tr><td>Milkmaid</td><td>200 ml</td></tr><tr><td>Water</td><td>100 ml</td></tr><tr><td>Butter (melted)</td><td>60 ml</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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.	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				
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																							

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

* Refer page 116, fig 1

** Refer page 116, fig 4

Category	Weight Limit	Utensil	Instructions		
bA11	Swiss@ Roll	0.2 kg	Multicook tawa & Low Rack*	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.					
bA12	Patties@	3 Pc	Multicook tawa & Low rack* & High rack ^a	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
				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.					
bA13	Jeera@ Biscuits	0.2 kg	Low rack & Multi cook tawa*	For	0.2 kg
				Maida	120 g
				Powdered suger	50 g
				Butter	50 g
				Jeera / Ajwain	As per taste
				Soda bi carb	1 pinch
				Baking powder	1.4 tsp
				Water	As required
				Method :	
				1. Sieve maida, baking powder and soda. In a bowl add powdered sugar and butter and beat well. Add maida, jeera powder, ajwain and make a soft dough with little water. Roll a thick roti and cut cookies with the cutter. Prick with a fork. Arrange on tawa.	
2. Select category & press start. (Pre-heat process). When beeps, keep the tawa on low rack. Keep both inside the microwave & press start to bake. Remove when it gives a beep. Allow them to cool.					

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

*Refer page 116, fig 1

* Refer page 116, fig 2

Indian Roti Basket

In the following example, show you how to cook 2 pcs of Naan.

1. Press STOP/CLEAR.



2. Press Indian Roti Basket.



3. The display will show "br1".

4. Press START/Add 30secs.



NOTE

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

Indian Roti Basket

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 116, fig 1
Refer page 116, 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 116, fig 1

* Refer page 116, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br6	Stuffed Naan	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				Refined flour (maida)	225 g
				Curd	4 tbsp
				Milk	100 ml
				Butter	1 tbsp
				Salt	1/8 tsp
				Castor Sugar	1 tsp
				Baking powder	½ tsp
				Butter (melted)	1 tsp
				Soda-bi-carb	¼ tsp
				Onion seeds	1 tsp
				For filling	
				Grated Paneer	150 g
				Chopped onions	1 no (medium)
				Chopped green chilli	2 nos.
				Coriander leaves (Chopped)	A few sprigs
				Red Chilli powder, salt, garam masala, anardana powder	As per taste
<p>Method :</p> <ol style="list-style-type: none"> 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. <p>Note: Grease the surface with little oil to prevent the naan from sticking to the surface while rolling.</p>					
br7	Khasta Paratha	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				Whole wheat flour	1½ cup
				Melted butter	1/3 cup
				Salt	As per taste
				Buttermilk	½ cup
<p>Method :</p> <ol style="list-style-type: none"> 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 116, fig 1

* Refer page 116, fig 2

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 tbsps
				Chaat Masala	2 tsp
				Oil/ghee	2 tsp
				Dry pudina powder	1 tbsps
				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 Tbsps
				Chopped green chillies	3-4 nos.
				Fresh mint leaves	8-10 nos.
				Anardana (Crushed)	1 tsp
				Red Chilli Powder	1 tsp
				Tomato Puree	2 tbsps.
				Salt	As per taste
Oil		2 tsp			
Coriander leaves (Chopped)		2 tbsps			
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 116, 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.					
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 116, fig 1

* Refer page 116, 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
Anardana powder	1 tsp				
Water	To knead dough				
				Method :	
				1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.	
				2. In another bowl take all the ingredients of stuffing & mix well.	
				3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.	
				4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it 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.	
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
				1. Take boiled spinach leaves & puree the spinach in a blender.	
				2. In a bowl combine wheat flour, salt, hing, ajwain, spinach puree, red chilli powder & garam masala and knead a soft dough. Keep the dough covered for 5 to 7 minutes.	
				3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.	
				4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it 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 116, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br15	Gobhi Parantha	2 Pcs	Multi cook Tawa + High rack ^a	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 tsp
				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.	
br16	Ajwain Parantha	2 Pcs	Multi cook Tawa + High rack ^a	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	Pyaz Parantha	2 Pcs	Multi cook Tawa + High rack ^a	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 Pyaz	2 cups
				Chopped green chilli (deseeded)	3 nos.
				Chopped coriander leaves	2 tsp
				Salt, Red chilli powder, Garam masala	As per taste
				Anardana powder	1 tsp
				Method : 1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. 2. In another bowl take all the ingredients of stuffing & mix well. 3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. 4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it 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.	

^a Refer page 116, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br18	Chatpata Parantha	2 Pcs	Multi cook Tawa + High rack ^a	For Dough	
				Whole wheat flour(aata)	2 cups
				Amchoor	1/2 tsp
				Chaat Masala	1 tsp
				Salt, Red chilli powder, Garam masala	As per taste
				Water	To knead dough
Method :					
1. In a bowl combine wheat flour, salt, amchoor, 1 tsp oil, water to knead a soft dough.					
2. Keep the tawa on high rack, keep inside microwave. Select menu & press start.					
3. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over & dust with some chaat masala fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm(oval shape).					
4. When beeps keep 2 rolled out paranthas on tawa & press start.					
5. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure.					
6. Serve them hot with curd or pickle. Wrap in foil & store.					
br19	Aloo Gobhi Parantha	2 Pcs	Multi cook Tawa + High rack ^a	For Dough	
				Whole wheat flour(aata)	2 cups
				Desi ghee	1 tbsp + 1 tsp
				Salt	A pinch
				Water (to knead dough)	1 cup (200 ml)
				For Stuffing	
				Boiled & mashed potato	1 cup
				Boiled & grated gobhi	1 cup
				Chopped green chilli (deseeded)	3 nos.
				Chopped coriander leaves	2 tbsp
				Salt, Red chilli powder, Garam masala	As per taste
				Anardana powder	1 tsp
Method :					
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.					
2. In another bowl take all the ingredients of stuffing & mix well.					
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.					
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly into 15cm ovalar length.					
5. When beeps keep two rolled out paranthas on tawa & press start.					
6. When beeps turn parantha. Press start. Make all the paranthas same procedure.					
7. Serve them hot with curd or pickle. Wrap in foil & store.					
br20	Methi Parantha	2 Pcs	Multi cook Tawa + High rack ^a	For Dough	
				Whole wheat flour(aata)	2 cups
				Desi ghee	1 tbsp + 1 tsp
				Salt	A pinch
				Water (to knead dough)	1 cup (200 ml)
				For Stuffing	
				Chopped Methi	2 cups
				Chopped green chilli (deseeded)	3 nos.
				Salt, Red chilli powder, Garam masala	As per taste
				Water	To knead dough
Method :					
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.					
2. In another bowl take all the ingredients of stuffing & mix well.					
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.					
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it 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.					

^a Refer page 116, 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 :					
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.					
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 :					
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 116, 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
				<p>Method :</p> <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 & 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. 	
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
				<p>Method :</p> <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 & 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 116, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br25	Mushroom Parantha	2 Pcs	Multi cook Tawa + High rack ^a	For Dough	
				Whole wheat flour(aata)	2 cups
				Desi ghee	1 tbsp + 1 tsp
				Salt	A pinch
				Water (to knead dough)	1 cup (200 ml)
				For Stuffing	
				Boiled & mashed Mushrooms	2 cups
				Chopped green chilli (deseeded)	3 nos.
				Chopped coriander leaves	2 tbsp
				Salt, Red chilli powder, Garam masala	As per taste
				Anardana powder	1 tsp
				Water	To knead dough
				Method :	
				1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.	
				2. In another bowl take all the ingredients of stuffing & mix well.	
				3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.	
				4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it 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.	

^a Refer page 116, fig 2

Indian Cuisine

In the following example, show you how to cook 0.4 kg of Kadhi.

1. Press STOP/CLEAR.



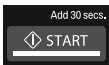
2. Press Indian Cuisine.



3. Turn DIAL until display show "IC6".



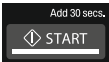
4. Press START/Add 30secs for category confirmation.



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



6. Press START/Add 30secs.



! NOTE

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

* Note: If the recipe has single weight e.g. "IC4" Sambhar 0.2 kg, do not follow step 4, 5. Directly go to step 6.

Indian Cuisine

Category		Weight Limit	Utensil	Instructions					
IC1	Mix Veg	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Mix Veg. (Carrot, Cauliflower, peas, beans, potato)	100 g (Total)	200 g (Total)	300 g (Total)	400 g (Total)	500 g (Total)
				Oil	¼ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
				Onion (chopped)	½ cup	1 cup	1½ cup	2 cup	2 cup
				Tomato (chopped)	¼ cup	1 cup	1½ cup	1½ cup	1½ cup
				Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder					
				As per taste					
				Method : 1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select 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.					
IC2	Kadhai Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	Paneer	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Capsicum & Onion (sliced)	½ cup	1 cup	1½ cup	2 cup	2½ cup
				Onion Paste	3 tbsp	4 tbsp	5 tbsp	6 tbsp	6½ tbsp
				Tomato Puree	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp
				Ginger-Garlic Paste, Salt & 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
				Method : 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.					
IC3	Dal Tadka	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg		
				Dal (soaked for 2 hours)	200 g	300 g	400 g		
				Water	400 ml	600 ml	800 ml		
				Oil	2 tbsp	2½ tbsp	3 tbsp		
				Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch	To taste				
				Salt, dhania powder	To taste				
				Method : 1. Take dal in 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.					
IC4	Sambhar	0.2 kg	Microwave safe (MWS) bowl	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				
				Method : 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.					

Indian Cuisine

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. (Pre-heat process). 4. When beeps, keep the tawa & low rack & press start. 5. When beeps, keep the tawa on high rack.Press start. Dip the baati in melted ghee & serve with dal.							

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

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		
				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.							

Indian Cuisine

Category		Weight Limit	Utensil	Instructions			
IC11	Gujarati Tuvār 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	For	0.3 kg	0.4 kg	0.5 kg
				Boiled potato	300 g	400 g	500 g
				Boiled mix veg (capsicum, cauliflower, carrot, peas)	100 g	150 g	200 g
				Chopped onion	1 no.	2 nos.	3 nos.
				Oil	1½ tbsp	2 tbsp	2 tbsp
				Mustard seeds	1 tsp	1½ tsp	2 tsp
				Grated coconut	2 tbsp	2½ tbsp	3 tbsp
				Coconut milk	1 cup	1½ cup	1½ cup
				Tomato puree	½ cup	1 cup	1 cup
				Kaju powder	1 tbsp	2 tbsp	3 tbsp
				Salt, red chilli powder	As per taste		
				Fresh cream	2 tbsp	3 tbsp	4 tbsp
				Coriander	A few sprigs		
				Method :			
				1. In a MWS bowl add oil, mustard seeds & chopped onion. Select category & weight and press start.			
2. When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder & press start.							
3. When beeps, mix well & add boiled potato & mix vegetables & fresh cream. Press start. Give standing time of 3 minutes.							
4. Garnish with chopped coriander leaves & serve.							
IC15	Veg Handva@	0.3 kg	Microwave safe (MWS) flat glass dish & Low rack & High rack**	For	0.3 kg		
				Rice	200 g (1 cup)		
				Urad Dal (Dehusked)	2 tbsp		
				Sour curd	½ cup		
				Boiled vegetables (Potato, Carrots, Peas, Palak)	2 cups		
				Oil	1 tsp		
				Lemon juice	2 tsp		
				Soda bi carb	A pinch		
				Chilli powder, turmeric powder, salt	As per taste		
				Ginger & chilli paste	1 tsp		
				Mustard seeds	1 tsp		
				Curry leaves	A few sprigs		
				Hing	¼ tsp		
				Method :			
				1. Clean, wash & soak the rice & dal together in enough water for at least 4 to 5 hours. Drain & keep aside.			
2. Blend in a mixer till smooth, add the curds & mix well. Cover & keep aside to ferment overnight.							
3. After fermentation, add salt, chilli powder, turmeric powder, soda bi carb, ginger & green chilli paste. Mix well.							
4. In a MWS bowl, add oil, mustard seeds & curry leaves & microwave for 2 minutes and keep aside.							
5. Add the boiled vegetables to the fermented batter, add the tadka prepared & lemon juice & hing. Mix well all the ingredients.							
6. Pour the batter in MWS flat glass dish. Keep aside.							
7. Select 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.							

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

** Refer page 116, fig 5

Indian Cuisine

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, dhanias 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, dhanias 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, dhanias 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.					

Indian Cuisine

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	For	0.2 Kg	0.3 Kg	0.4 Kg
								Matar	100 g	150 g	200 g
								Paneer Cubes	100 g	150 g	200 g
Oil	1 tbsp	1½tbsp	2 tbsp								
Tomato puree	¼ cup	½ cup	1 cup								
Chopped Onion	1 tbsp	1½ tbsp	2 tbsp								
Chopped Ginger	1 tsp	1½ tsp	2 tsp								
Chopped garlic	1 tsp	1½ tsp	2 tsp								
Jeera powder, salt, haldi, red chilli powder, garam masala	As per taste										
Coriander leaves	A few sprigs										
Water	¼ cup	½ cup	1 cup								
Method :											
1. In a MWS bowl add oil, chopped ginger, garlic, onion. Mix well select category & weight & press start.											
2. When beeps, mix well, add paneer cubes, peas, tomato puree, jeera, powder, salt, haldi, red chilli powder, garam masala. Mix well cover. Press Start.											
3. When beeps, mix well, add water, coriander leaves & cover. Press start. Stand for 5 minutes.											

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

Indian Cuisine

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		
				Method :			
				1. Take chicken legs, wash, clean & pat dry them with kitchen towel. Make cuts on legs with a sharp knife & keep aside.			
				2. In a bowl take all the ingredients of marinade & mix to a thick paste. Apply the marinade on chicken legs all over & inside the cuts as well. Keep covered inside the refrigerator for at least half an hour.			
				3. After marination is done, keep the marinated chicken legs on high rack. Place tissue paper on the glass tray to absorb all drippings. Keep high rack with chicken legs in the microwave. Select category & press start.			
				4. When beeps, turn the chicken legs & press start.			
				5. When beeps, remove chicken legs & high rack from microwave & keep aside. In a MWS glass bowl take all the ingredients given for gravy. Mix well & press start.			
				6. Take chicken legs & roll in the gravy. Mix well & serve hot with butter naan or laccha parantha.			
IC26	Makki Korma	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Corns	100 g	200 g	300 g
				Peas	¼ cup	½ cup	¾ cup
				Onion (chopped)	1 no.	2 nos.	2 nos.
				Tomato (chopped)	1 no.	2 nos.	2 nos.
				Green chilli (chopped)	1 no.	2 nos.	3 nos.
				Beaten curd	4 tbsp	6 tbsp	8 tbsp
				Water (for boiling)	½ cup	1 cup	1 cup
				Water (for cooking)	¼ cup	½ cup	1 cup
				Salt, red chilli power, turmeric powder, garam masala	As per taste		
				Oil	½ tbsp	1 tbsp	1½ tbsp
				Method :			
				1. In a MWS glass bowl put corns, peas, water (for boiling) & stir. Select category & weight and press start.			
				2. When beeps, remove & strain the corns & peas in a strainer & keep aside. In the same glass bowl add put oil, chopped onion, tomato & green chilli. Mix well & press start.			
				3. When beeps, add corns & peas, water (for cooking), add all spices, beaten curd & mix well. Press start. Give standing time of 5-10 minutes & serve hot.			

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.			

Indian Cuisine

Category	Weight Limit	Utensil	Instructions				
IC30	Kaddu ki Subzi	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	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	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	Bandhgobhi 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.							

Indian Cuisine

Category		Weight Limit	Utensil	Instructions					
IC37	Aloo Shimlamirch	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	Suji	0.1 kg	0.2 kg	0.3 kg
				Ghee (melted)	2 tbsp	3 tbsp	4 tbsp
				Water	300 ml	600 ml	900 ml
				Sugar	100 g	200 g	300 g
				Cashewnuts, Kishmish, Kesar Elaichi Powder	As per your taste		
				Method : 1. In 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.			
SC2	Besan Ladoo	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	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	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	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	For	0.3 Kg		
				Besan	100 g		
				Melted ghee	100 ml		
				Powdered Sugar	100 g		
				Milk	¼ cup		
				Method : 1. In a MWS flat glass dish add besan. Select Category & press start. 2. When beeps, mix well & add melted ghee, powdered sugar. Mix very well while adding. Press start. 3. When beeps, mix well & add milk. Press start. Allow to cool & cut into pieces & serve.			

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.							

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	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
				Boneless chicken	100 g	200 g	300 g	400 g	500 g
				For Marinade					
				Hung curd	½ cup	1 cup	1½ cup	2 cup	2½ cup
				Tomato puree	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp
				Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp
				Salt, garam masala, coriander powder, red chilli powder, turmeric powder	As per taste				
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Onion	½ cup	1 cup	1 cup	1½ cup	1½ cup
				Salt	If required				
				Coriander leaves	A few springs				
				Water	200 ml	400 ml	600 ml	650 ml	750 ml
				Method :					
				1. Marinade the chicken & keep it in refrigerator for 1 hour.					
				2. In a MWS bowl add oil, chopped onions & marinated chicken & cover. Select category & weight and press start.					
				3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover & press start. Stand for 5 minutes. Serve hot.					
rd2	Gosht Dum Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
				Boneless mutton	100 g	200 g	300 g	400 g	500 g
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Chopped onion	½ cup	1 cup	1 cup	1½ cup	1½ cup
				Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp
				Jeera, laung, tej patta, salt, red chilli powder, garam masala	As per taste				
				Water	200 ml	400 ml	600 ml	650 ml	750 ml
				Method :					
				1. In a MWS bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton & cover. Select category & weight and press start.					
				2. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala & cover. Press start. Stand for 5 minutes. Serve hot.					
rd3	Malabar Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
				Boneless chicken	100 g	200 g	300 g	400 g	500 g
				For Marinade					
				Salt, red chilli powder, turmeric powder	As per taste				
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Salt, biryani masala	As per taste				
				Curd	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Sliced tomato	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.
				Sliced onion	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.
				Water	200 ml	400 ml	600 ml	650 ml	750 ml
				Method :					
				1. Marinade the chicken & refrigerate it for 1 hour.					
				2. In a MWS bowl add oil, onion, chopped coriander & mint leaves, biryani masala & salt. Mix, select category & weight & press start.					
				3. When beeps, remove the bowl & in another MWS bowl add soaked rice, water, tomato, curd, mix & cover. Press start.					
				4. When beeps, add the marinated chicken to the first bowl. Cover & press start. Stand for 5 minutes. Serve hot.					

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	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati rice	100 g	200 g	300 g	400 g	500 g
				Melted ghee	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
				Nutmeg powder, cardamon powder	As per taste				
				Sugar	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Saffron (Kesar)	A pinch				
				Warm milk	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
				Water	150 ml	300 ml	350 ml	650 ml	750 ml
				Kishmish, Kaju	As per required				
				Method :					
				1. In a MWS bowl add ghee & rice. Mix well. select 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.					
rd9	Bengali Biryani	0.1 ~ 0.5 Kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati Rice (Cooked)	100 g	200 g	300 g	400 g	500 g
				Fish (Hilsa)	250 g	350 g	450 g	550 g	650 g
				Desi Ghee	1 tbsp	2 tbsp	2 tbsp	3 tbsp	3 tbsp
				Onion (sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.
				Ginger-garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
				Red chilli powder, salt, turmeric powder, cumin powder, garam masala	As per taste				
				Black pepper corns, cloves, cinnamon, bayleaf, cardamom (green)	As per requirement				
				Hung curd	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	4 tbsp
				Oil	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
				Water	200 ml	400 ml	600 ml	650 ml	750 ml
				Method :					
1. In a bowl take hung curd, ginger-garlic paste, oil, all the spices, mix well & make a paste for marinade. Apply this marinade on fish pieces evenly keep the marinated fish in refrigerator for atleast 1-1½ hours.									
2. In a MWS bowl take soaked rice, water, select 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.									
rd10	Khumb Pulao	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati Rice (Soaked)	100 g	200 g	300 g	400 g	500 g
				Sliced mushrooms	50 g	100 g	150 g	200 g	250 g
				Water	100 ml	200 ml	300 ml	325 ml	375 ml
				Milk	100 ml	200 ml	300 ml	325 ml	375 ml
				Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Chopped spring onions	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.
				Chopped garlic	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Salt, pepper	As per taste				
				Method :					
				1. In a MWS bowl add oil, chopped garlic & spring onions. Select 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.									

Rice Delight

Category	Weight Limit	Utensil	Instructions																																																																																
rd11	Tiranga Pulao	0.2 ~ 0.4Kg	<table> <tr> <td>For</td><td>0.2 Kg</td><td>0.3 Kg</td><td>0.4 Kg</td></tr> <tr> <td>Rice (soaked for 1 hour)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr> <tr> <td>Water</td><td>350 ml</td><td>500 ml</td><td>650 ml</td></tr> <tr> <td>Salt</td><td colspan="3">As per taste</td></tr> <tr> <td>For Red Mixture</td><td></td><td></td><td></td></tr> <tr> <td>Beet root (grated)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr> <tr> <td>Onion (sliced)</td><td>½ nos.</td><td>1 no.</td><td>1 no.</td></tr> <tr> <td>Oil / ghee</td><td>½ tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr> <tr> <td>Salt</td><td colspan="3">As per taste</td></tr> <tr> <td>Laung, dalcini, chhoti elaichi</td><td colspan="3">As requisite</td></tr> <tr> <td>For White Mixture</td><td></td><td></td><td></td></tr> <tr> <td>Cashewnuts (broken into pieces)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Oil / ghee</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr> <tr> <td>For Green Mixture</td><td></td><td></td><td></td></tr> <tr> <td>Mint leaves</td><td>½ cup</td><td>1cup</td><td>1 cup</td></tr> <tr> <td>Coriander leaves</td><td>½ cup</td><td>1cup</td><td>1 cup</td></tr> <tr> <td>Onion</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr> <tr> <td>Salt</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a spice grinder take mint leaves, coriander leaves, onion (cut into pieces), green chilli & salt. Grind them & make green chutney. Keep aside for late use. 2. In a MWS bowl take soaked rice & water. Add ¼ salt. Select category & weight and press start. 3. When beeps, remove the MWS bowl & drain excess water from the rice. Divide the cooked rice into 3 equal parts. Cover them. 4. In another MWS bowl add oil/ghee, grated beet root, sliced onion, laung, elaichi & salt. Mix well. Press start. 5. When beeps, remove the MWS bowl and in a MWS glass bowl add oil/ghee & cashewnuts. Press start. 6. Mix one portion of rice to the red mixture with a fork. Do not break the rice. Mix second portion with green chutney & third portion of rice with chashewnuts. 7. Take square / rectangular dish & arrange the red coloured layer first, white layer in the centre & green layer in the end. Serve them hot. 	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				Beet 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		
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rd12	Egg Biryani	0.1 ~ 0.3Kg	<table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Boiled eggs</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr> <tr> <td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Water</td><td>200 ml</td><td>350 ml</td><td>500 ml</td></tr> <tr> <td>Onions (Big sized sliced)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr> <tr> <td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr> <tr> <td>Salt, red chilli powder, garam masala, dhania powder, turmeric powder</td><td colspan="3">As per taste</td></tr> <tr> <td>Biryani masala</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr> <tr> <td>Slit green chillies</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr> </table> <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, 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. 	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.																																								
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Slit green chillies	1 no.	2 nos.	2 nos.																																																																																

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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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																				
For	0.1 Kg	0.2 Kg	0.3 Kg																																																				
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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																																																				
			<table> <tr> <td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr> <td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>1 cup</td></tr> <tr> <td>Coconut (grated)</td><td>¼ cup</td><td>½ cup</td><td>0.3 Kg</td></tr> <tr> <td>Coconut milk</td><td>100 ml</td><td>200 ml</td><td>300 ml</td></tr> <tr> <td>Water</td><td>100 ml</td><td>150 ml</td><td>200 ml</td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr> <tr> <td>Chopped cashewnuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Mustard seeds</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr> <tr> <td>Curry leaves</td><td>10 nos.</td><td>15 nos.</td><td>20 nos.</td></tr> <tr> <td>Chopped green chilli</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr> <tr> <td>Salt & pepper</td><td colspan="3">As per taste</td></tr> <tr> <td>Finely chopped ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Beaten curd</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS bowl take soaked rice coconut milk & water. Select category & weight and press start. 2. When beeps, remove the rice & separate rice grains using a fork & keep aside. In another MWS bowl take oil, mustard seeds, chopped cashewnuts, curry leaves, chopped ginger, chopped green chilli. Mix well & press start. 3. When beeps, add cooked rice to the tadka. Add beaten curd, grated coconut, salt & pepper. Mix very well & press start. Serve coconut rice hot with sambhar. 	For	0.1 Kg	0.2 Kg	0.3 Kg	Rice (soaked for 1 hour)	100 g	200 g	1 cup	Coconut (grated)	¼ cup	½ cup	0.3 Kg	Coconut milk	100 ml	200 ml	300 ml	Water	100 ml	150 ml	200 ml	Oil	1 tbsp	2 tbsp	2 tbsp	Chopped cashewnuts	1 tbsp	2 tbsp	3 tbsp	Mustard seeds	½ tsp	1 tsp	1 tsp	Curry leaves	10 nos.	15 nos.	20 nos.	Chopped green chilli	2 nos.	3 nos.	3 nos.	Salt & pepper	As per taste			Finely chopped ginger	1 tsp	1½ tsp	2 tsp	Beaten curd	1 tbsp	2 tbsp	3 tbsp
For	0.1 Kg	0.2 Kg	0.3 Kg																																																				
Rice (soaked for 1 hour)	100 g	200 g	1 cup																																																				
Coconut (grated)	¼ cup	½ cup	0.3 Kg																																																				
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Water	100 ml	150 ml	200 ml																																																				
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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																																																				

Rice Delight

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																																																												
			<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td><td>0.4 Kg</td><td>0.5 Kg</td></tr><tr><td>Paneer (cubes)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td><td>2cup</td></tr><tr><td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Water</td><td>200 ml</td><td>350 ml</td><td>500 ml</td><td>650 ml</td><td>800 ml</td></tr><tr><td>Onions (Big sized 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>Coriander leaves (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4 tbsp</td></tr><tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td><td>2 tsp</td></tr><tr><td>Salt, red chilli powder, garam masala, dhania powder, turmeric powder</td><td colspan="5">As per taste</td></tr><tr><td>Biryani masala</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td><td>2 tsp</td></tr><tr><td>Slit green chillies</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td><td>3 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, 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.	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.
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.																																																										
rd20	Chilli Garlic Rice	0.2 ~ 0.5 kg	Microwave safe (MWS) glass bowl																																																												
			<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>Rice (soaked)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Water</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr><tr><td>Oil</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr><tr><td>Ghee</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr><tr><td>Jeera</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</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>Garlic paste</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Chopped green chillies</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr><tr><td>Chopped coriander leaves</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr><tr><td>Chilli sauce</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</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 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, coriander leaves, garlic paste. Mix well & press start.3. When beeps, add cooked rice, chilli sauce, salt. Mix well & press start.	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			
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																																																														

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.	As required
				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.	

Chatpat Corner

Category		Weight Limit	Utensil	Instructions									
CC11	Til Ki Chutney	0.2 kg	Microwave Safe (MWS) Glass Bowl	For		0.2 kg							
				Roasted til		½ cup							
				Tamarind paste		2 tbsp							
				Green chilli		4-5 nos.							
				Coriander leaves		2 tbsp							
				Mint leaves		1 tbsp							
				Water		½ cup							
				Garlic pods		2-3 nos.							
				Salt		As per taste							
				For Tempering									
				Oil		1 tbsp							
				Cumin seeds		1 tsp							
				Curry leaves		6-7 nos.							
				Red chilli (dry)		2 nos.							
				Method :									
1. Grind together roasted til, tamarind paste, green chilli, coriander leaves, mint leaves, garlic pods, salt & water in spice grinder. Make a rough paste.													
2. In a MWS glass bowl take oil, cumin seeds, curry leaves & dried red chilli. Mix well. Select category & press start.													
3. When beeps, add the grounded paste to the tempering & mix well.													
CC12	Chana Chaat	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	For		0.1 kg	0.2 kg	0.3 kg	0.4 kg				
				Kala chana (soaked overnight)		100 g	200 g	300 g	400 g				
				Water		250 ml	500 ml	750 ml	1000 ml				
				Oil		1 tsp	2 tsp	3 tsp	4 tsp				
				Jeera, hing		1 tsp	1½ tsp	2 tsp	2 tsp				
				Chopped onion		½ cup	1 cup	1 cup	1½ cup				
				Boiled potato		1 no.	2 nos.	3 nos.	3 nos.				
				Salt, red chilli powder, chaat masala, lemon juice, imli chatni		As per taste							
				Method :									
				1. In a MWS bowl add soaked chana, water & cover. Select category & weight and press start.									
				2. When beeps, remove & drain water from the chanas. In a MWS bowl add oil, jeera, hing & chopped onion and press start.									
				3. Add boiled chanas, salt, red chilli powder, chaat masala, lemon juice, imli chutney, boiled potato. Mix well & serve.									
				CC13	Aloo Kand Chaat	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For		0.1 kg	0.2 kg	0.3 kg	
								Aloo (cut in medium pieces)		50 g	100 g	150 g	
								Jimikand (cut in medium pieces)		50 g	100 g	150 g	
Sugar, salt, red chilli powder, chaat masala		As per taste											
Method :													
1. In a MWS bowl add aloo, jimikand & add little water Cover. Select category & weight & press start.													
2. When beeps, stir well. Cover & press start.													
3. Add sugar, salt, red chilli powder, chaat masala. Allow to stand for 3 minutes.													
CC14	Amla chutney	0.5 kg	Microwave Safe (MWS) Glass Bowl	Amla		500 g							
				Water for boiling		As per required							
				Green chillies, Salt, Sugar		As per your taste							
				Oil		2 tbsp							
				For Tempering : Rai, Jeera, Hing etc.									
				Method :									
1. In a MWS glass bowl put amla, water & press start.													
2. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start.													
3. When beeps, add ground mixture and green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook.													

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.	

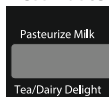
Pasteurize Milk/Tea/Dairy Delight

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

1. Press STOP/CLEAR.



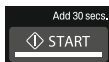
2. Press Pasteurize Milk/Tea/Dairy Delight the display will show "PS1".



3. Turn Dial until display shows "2.0 L"



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



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



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



For Tea/Dairy Delight

7. If you want to select Tea/Dairy Delight, Press the button twice, the display will show "dd1"
8. Turn the dial to select dd1 to CU2.
9. Press START/Add 30secs for category confirmation.
10. Turn dial to select weight.
11. Press START/Add 30secs

When cooking you can increase or decrease
cooking time by turning Dial. (Dairy delight only)



NOTE

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

*Note: If the recipe has single weight e.g
"PA1", do not follow step 9, 10, directly go to step 11.

Pasteurize Milk

Category		Weight Limit	Utensil	Instructions			
PS1	Pasteurize Milk	1-2 L	Milk Pasteurization Kit	Milk (Cow, buffalo, Packet etc)	1.0 L	1.5 L	2.0L
				Method : 1. Pour milk to the scale shown in the Milk Pasteurization kit. (Fig.1) 2. Cover with lid & close as per the directions on the kit. (Fig.2) 3. Place the kit in microwave oven. 4. Select the category, weight & temperature. (refrigerated - select 4°C, room temp – select 25°C) 5. Press start. When pasteurization is over, use the milk for drinking, making tea or coffee etc. For opening the lid refer (Fig.3) Tips : 1. Milk Pasteurization kit is only for milk. Do not use for other purpose. 2. Use fresh loose or packet milk. Do not repeat pasteurization. 3. For storage, let the milk stand to cool down after pasteurization, and then keep it in a refrigerator with covered. Do not move to another container. 4. The pasteurized milk can be consumed up to 2-3 days.			

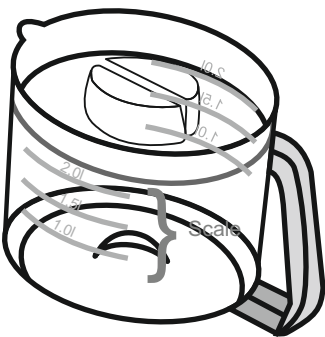


Fig.1

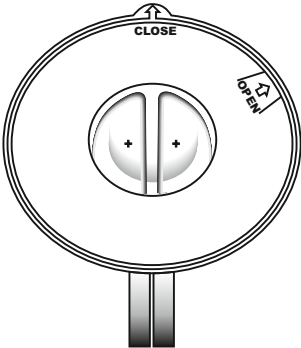


Fig.2

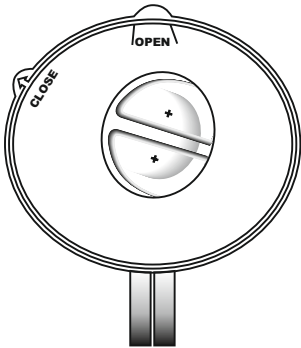


Fig.3

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

Category		Weight Limit	Utensil	Instructions				
dd6	Lemon Tea	1-4 cups	Microwave safe glass bowl	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			
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								
dd7	Black Tea	1-4 cups	Microwave safe glass bowl	For	1cup	2cups	3cups	4cups
				Water	120ml	240ml	360ml	480ml
				Tea leaves	1tsp	2tsp	3tsp	4tsp
				Sugar	As per taste			
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								
dd8	Green Tea	1-4 cups	Microwave safe glass bowl	For	1cup	2cups	3cups	4cups
				Water	120ml	240ml	360ml	480ml
				Green Tea leaves	1tsp	2tsp	3tsp	4tsp
				Sugar	As per taste			
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								
dd9	Spiced Cider Tea	1-4 cups	Microwave safe glass bowl	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			
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								
dd10	Peppermint Tea	1-4 cups	Microwave safe glass bowl	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			
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								

Category		Weight Limit	Utensil	Instructions				
dd11	Lemon Honey Tea	1-4 cups	Microwave safe glass bowl	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			
				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								

Dairy Delight

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 116, fig 3

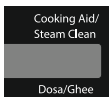
Cooking Aid/Steam Clean/Dosa/Ghee

In the following example, show you how to cook
0.4 kg of Defrost veg.

1. Press STOP/CLEAR.



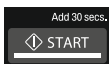
2. Press Cooking Aid/Steam Clean/Dosa/Ghee.



3. Turn DIAL until display show "UC2".



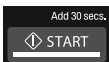
4. Press START/Add 30secs for category confirmation.



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



6. Press START/Add 30secs.



For Dosa/Ghee

7. If you want to select Dosa/Ghee, Press the button twice, the display will show "do1"
8. Turn the dial to select do1 to Gh1.
9. Again follow step 4 to 6.



NOTE

- Cooking Aid/Steam Clean/Dosa/Ghee menus are programmed.
- Cooking Aid/Steam Clean/Dosa/Ghee cook allows you to cook most of your favorite food by selecting the food type and the weight of the food.

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

Cooking Aid

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	Dehumidification	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 116, fig 1

Category		Weight Limit	Utensil	Instructions	
UC9	Boil Potato	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 Pcs	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

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.

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 116, 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>For Dough</td><td></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>For Dough</td><td></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>For Stuffing</td><td></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 116, fig 2

Category		Weight Limit	Utensil	Instructions	
do5	Palak 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	
				Spinach boiled	½ cup
				Paneer (mashed)	½ cup
				Oil	1 tbsp
				Jeera, Mustard seeds, hing, onion, Turmeric powder	1 tsp
				Salt	As per taste
Method :					
1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste.					
2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process)					
3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100%) for 3 minutes & then add boiled Spinach mashed paneer & again microwave for 3 minutes. Keep it aside.					
4. Select menu & press start (Pre-heat process).					
5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape.					
6. After beep, put the tawa on high rack & press start.					
7. When beeps, fill the stuffing & fold the dosa from both ends.					
do6	Corn 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 & 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 116, 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 116, 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.	


Usage of Accessories/Utensils

- 1)




Low rack

+




Multi cook tawa
- 2)




High rack

+




Multi cook tawa
- 3)

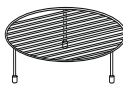


Low rack

+

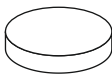


Microwave safe glass bowl
(Not provided with LG Kit)
- 4)




Low rack

+




Metal cake tin
(Not provided with LG Kit)
- 5)



High rack

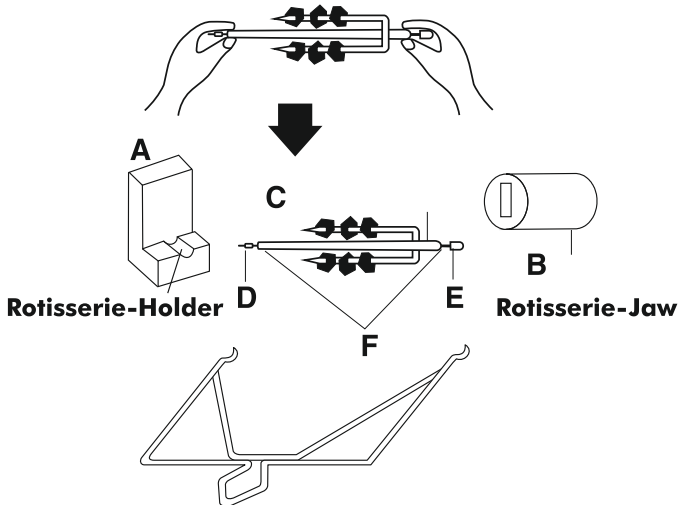
+



Microwave flat glass dish
(Not provided with LG Kit)

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

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



List of Ingredients

Spices

English Name	Hindi Name
*Ajinomoto (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



MFL67281868 (01)