



ENGLISH

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) (d01-d08) (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

Diet Fry/Low Calorie (Pg. 8-39)		
Diet Fry		
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HP10	Bathua Raita	21
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Code No.	Recipe Name	
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HP17	Coconut Prawns	23
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So1	Chicken Shorba	25
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Code No.	Recipe Name	
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Indian Cuisine		
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Steam Clean		
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do6	Corn dosa	113
do7	Matar paneer dosa	114
do8	Mushroom chilli dosa	114
Ghee		
Gh1	Ghee	115

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.

Diet Fry

Category	Weight Limit	Utensil	Instructions																																								
dF1	Chicken Nuggets	0.1-0.3 Kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High Rack	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Boneless Chicken</td><td>100 g</td><td>150 g</td><td>200 g</td></tr> <tr> <td>Bread slice</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr> <tr> <td>Pepper corns</td><td>4-5</td><td>5-6</td><td>6-7</td></tr> <tr> <td>Cloves</td><td>2-3</td><td>3-4</td><td>4-5</td></tr> <tr> <td>Garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> <tr> <td>Olive oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Salt</td><td></td><td colspan="2">As per taste</td></tr> <tr> <td>Chopped garlic</td><td>2 cloves</td><td>3 cloves</td><td>4 cloves</td></tr> </table>	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	<p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS glass bowl put boneless chicken, pepper corns, cloves, 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. <p>Note: If the mixture of nuggets is too dry, them sprinkle few drops of water to it.</p>		
For	0.1 kg	0.2 kg	0.3 kg																																								
Boneless Chicken	100 g	150 g	200 g																																								
Bread slice	1 no.	2 nos.	2 nos.																																								
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Chopped garlic	2 cloves	3 cloves	4 cloves																																								
dF2	Aloo Chips	0.2 Kg	Microwave glass tray	<table border="1"> <tr> <td>For</td><td>0.2 Kg</td></tr> <tr> <td>Potato (very thinly sliced)</td><td>200 g</td></tr> <tr> <td>Oil</td><td>A few drops</td></tr> <tr> <td>Salt, Chaat masala (optional)</td><td>As per taste</td></tr> </table>	For	0.2 Kg	Potato (very thinly sliced)	200 g	Oil	A few drops	Salt, Chaat masala (optional)	As per taste	<p>Method :</p> <ol style="list-style-type: none"> 1. In a bowl mix very thinly sliced potatoes, salt, chaat masala. 2. Put few drop of oil on the glass tray of the microwave oven & smear it properly throughout. 3. Spread the potato slices throughout the glass tray. select category & press start. Allow the glass tray to cool down. Remove the chips & serve. 																														
For	0.2 Kg																																										
Potato (very thinly sliced)	200 g																																										
Oil	A few drops																																										
Salt, Chaat masala (optional)	As per taste																																										
dF3	Bread Pakora	4 Pc	Multicook tawa* & High Rack	<table border="1"> <tr> <td>For</td><td>Batter</td></tr> <tr> <td>Besan</td><td>1 cup (130 gms)</td></tr> <tr> <td>Water</td><td>200 ml</td></tr> <tr> <td>Salt, haldi, garam masala, red chilli powder,</td><td>As per taste</td></tr> <tr> <td>For filling</td><td></td></tr> <tr> <td>Boiled potatoes</td><td>2 nos. (medium)</td></tr> <tr> <td>Chopped green chillies</td><td>2 nos.</td></tr> <tr> <td>Chopped Coriander</td><td>1 tbsp</td></tr> <tr> <td>Chopped ginger</td><td>1 tsp</td></tr> <tr> <td>Salt, garam masala, red chilli powder</td><td>As per taste</td></tr> <tr> <td>Bread slices</td><td>4 nos.</td></tr> <tr> <td>Oil</td><td>2 tsp</td></tr> </table>	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	<p>Method :</p> <ol style="list-style-type: none"> 1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well. 2. In another bowl put besan & all spices & gradually add water & make a smooth batter for bread pakoras without any lumps. 3. Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure. Grease the tawa with 2-3 drops oil. 4. Keep the tawa on high rack. Select category the press start. 5. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start. 6. When beeps, turn the bread pakoras. Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup. 														
For	Batter																																										
Besan	1 cup (130 gms)																																										
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* Refer page 116, fig 2

Diet Fry

Category	Weight Limit	Utensil	Instructions																					
df4	Paneer Pakora	0.4 Kg	Multicook tawa* & High rack	<table border="1"> <tr><td>Paneer (Cut into 1.5" cubes)</td><td>400 gm</td></tr> <tr><td>For Batter</td><td></td></tr> <tr><td>Besan</td><td>1 cup (130 g)</td></tr> <tr><td>Water</td><td>200 ml</td></tr> <tr><td>Salt, red chilli powder, haldi, garam masala</td><td>As per taste</td></tr> <tr><td>Oil</td><td>2 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil. 2. Keep the tawa on high rack. keep inside microwave. Select 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. 	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								
Paneer (Cut into 1.5" cubes)	400 gm																							
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Besan	1 cup (130 g)																							
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Salt, red chilli powder, haldi, garam masala	As per taste																							
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df5	Gujia	10 Pc	Multicook tawa & Low rack* & High rack*	<table border="1"> <tr><td>For dough</td><td></td></tr> <tr><td>Maida</td><td>100 g</td></tr> <tr><td>Desi ghee</td><td>1 tbsp & 1 tsp</td></tr> <tr><td>Water</td><td>To knead the dough</td></tr> <tr><td>For stuffing</td><td></td></tr> <tr><td>Grated Khoya</td><td>50 g</td></tr> <tr><td>Dessicated coconut</td><td>50 g</td></tr> <tr><td>Powdered Sugar</td><td>50 g</td></tr> <tr><td>Elaichi powder</td><td>1 tsp</td></tr> <tr><td>Kishmish, Chopped, Almonds, Cashew nuts</td><td>As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 $\frac{1}{4}$ tsp oil. Keep on low rack. keep in the microwave. Select category & press start. 5. When beeps, place the gujas 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 gujas & Press start. <p>*Note: Grease the surface with 1-2 drops of oil before rolling the circle for gujas. *Not provided with the start up kit.</p>	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
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																							

* Refer page 116, fig 1

* Refer page 116, fig 2

Diet Fry

Category	Weight Limit	Utensil	Instructions																													
dF6	Samosa	8 Pc	Multicook tawa & Low rack* & High rack*	<table border="1"> <tr><td>For Dough</td><td></td></tr> <tr><td>Wheat flour (Refined)</td><td>1 cup</td></tr> <tr><td>Melted ghee</td><td>½ tbsp</td></tr> <tr><td>Oil</td><td>for kneading</td></tr> <tr><td>Salt</td><td>½ tsp</td></tr> <tr><td>For stuffing</td><td></td></tr> <tr><td>Boiled potatoes</td><td>2 cup</td></tr> <tr><td>Boiled peas</td><td>½ cup</td></tr> <tr><td>Ginger-green chilli paste</td><td>1 tsp</td></tr> <tr><td>Amchoor</td><td>1½ tsp</td></tr> <tr><td>Red chilli powder</td><td>1 tsp</td></tr> <tr><td>Finely chopped Coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Jeera</td><td>1 tsp</td></tr> <tr><td>Oil</td><td>2½ tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 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. Prepare medium size 8 chapatis 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. Grease the tawa with ¼ tsp oil. Keep on low rack & keep the it inside the microwave. Select category & press start. When beeps, keep the samosas on the tawa. Keep tawa on low rack & press start. When beeps, keep the tawa on high rack. Pour 1tsp oil on all the samosas & turn over. Press start. Serve with chutney. 	For Dough		Wheat flour (Refined)	1 cup	Melted ghee	½ tbsp	Oil	for kneading	Salt	½ tsp	For stuffing		Boiled potatoes	2 cup	Boiled peas	½ cup	Ginger-green chilli paste	1 tsp	Amchoor	1½ tsp	Red chilli powder	1 tsp	Finely chopped Coriander leaves	2 tbsp	Jeera	1 tsp	Oil	2½ tsp
For Dough																																
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Ginger-green chilli paste	1 tsp																															
Amchoor	1½ tsp																															
Red chilli powder	1 tsp																															
Finely chopped Coriander leaves	2 tbsp																															
Jeera	1 tsp																															
Oil	2½ tsp																															
dF7	Masala Vada	5 Pc	Multicook tawa & Low rack	<table border="1"> <tr><td>Soaked chana dal</td><td>1 cup</td></tr> <tr><td>Chopped onions, chopped green chillies</td><td>½ cup</td></tr> <tr><td>Grated ginger</td><td>1 tsp</td></tr> <tr><td>Cumin seeds</td><td>1 tbsp</td></tr> <tr><td>Chopped garlic</td><td>1 tbsp</td></tr> <tr><td>Chopped coriander leaves</td><td>3 tbsp</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> <tr><td>Red chillies</td><td>As per taste</td></tr> <tr><td>Oil</td><td>2 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> Soak the chanas for 3-4 hours. Keep 1 tbsp of soaked chanas aside. In a blender grind soaked chanas, green chillies, cumin seeds, ginger & salt into a coarse paste. (Don't make it into smooth paste). Mix chopped onions, chopped garlic, chopped coriander leaves, soaked chana dal, red chilli powder with the coarse paste. Grease the tawa with 1 tsp of oil. Keep the tawa on low rack. Keep both inside the microwave oven. Select category & press start. When beeps, pour 1 tbsp of paste & spread a little. Same way prepare all the 5 vadas. Press start. When beeps, pour 1 tsp oil on vadas & keep the tawa on high rack. Press start. Serve with sambar or coconut chutney. 	Soaked chana dal	1 cup	Chopped onions, chopped green chillies	½ cup	Grated ginger	1 tsp	Cumin seeds	1 tbsp	Chopped garlic	1 tbsp	Chopped coriander leaves	3 tbsp	Salt	As per taste	Red chillies	As per taste	Oil	2 tsp										
Soaked chana dal	1 cup																															
Chopped onions, chopped green chillies	½ cup																															
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Cumin seeds	1 tbsp																															
Chopped garlic	1 tbsp																															
Chopped coriander leaves	3 tbsp																															
Salt	As per taste																															
Red chillies	As per taste																															
Oil	2 tsp																															

* 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 Chicken boneless (cut in 1½" pieces) Oil Curry leaves Split green chilli Mustard seeds Tomato ketchup Lime juice (optional) For Marinade Hung curd Maida Cornflour Egg (beaten) Red food colour Ginger-garlic paste Salt, turmeric powder Red chilli powder	0.2 kg 200 g 1 tbsp As required 3 nos. 1 tsp 3 tbsp 1 tsp 1 nos. 1 tsp 1½ tsp 1 tsp ½ no. A pinch As required As per taste 1 tsp	0.3 kg 300 g 1½ tbsp 2 tbsp 5 nos. 2 tsp 5 tbsp 3 tsp 2 tbsp 2 tbsp 2 tsp 1 no. 1 no. 1½ tsp
				Method :	1. Add all the ingredients of marinade in a bowl & mix well. Add boneless chicken pieces & mix and cover. Keep in refrigerator for atleast 30 minutes. 2. Take marinated chicken pieces & place on tawa. Keep tawa & high rack inside the microwave. 3. Select category & weight and press start. 4. When beeps, remove high rack & tawa from microwave. Keep aside. In a MWS glass bowl take oil, mustard seeds, curry leaves, split green chillies & press start. 5. When beeps, add roasted chicken pieces pieces & tomato ketchup to the MWS glass bowl. Mix well & press start. Squeeze lime juice on top & serve immediately.	
dF9	Stuffed Aloo Patties	6 Pc	Multicook tawa & High rack*	For Patties Boiled & mashed potatoes Cornflour Finely chopped green chilli Salt Oil For Stuffing Oil Boiled green pea Ginger & green chilli paste Chopped coriander leaves Cumin seeds Salt, red chilli powder, garam masala Lemon juice (optional)		2 cups 1 tbsp 2 nos. As per taste 1 tsp 2 tsp ½ cup 2 tsp 2 tbsp 1 tsp As per taste 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*	<table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Boneless fish (cut into 2" pieces)</td><td>250 g</td></tr> <tr><td>Lemon juice</td><td>1 tsp</td></tr> <tr><td>Salt</td><td>1/4 tsp</td></tr> <tr><td>For Batter</td><td></td></tr> <tr><td>Egg (beaten)</td><td>1 no.</td></tr> <tr><td>Besan</td><td>2 tbsps</td></tr> <tr><td>Hung curd</td><td>2 tbsps</td></tr> <tr><td>Ajwain</td><td>1 tsp</td></tr> <tr><td>Ginger-garlic paste</td><td>1/2 tbsps</td></tr> <tr><td>Lemon juice</td><td>1 no.</td></tr> <tr><td>Salt, red chilli powder, garam masala, chaat masala, turmeric powder</td><td>As per taste</td></tr> <tr><td>Bread crumbs (for coating)</td><td>1 cup</td></tr> <tr><td>Oil (for basting)</td><td>1 tbsps</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Sprinkle salt & lemon juice on fish pieces. Rub well & keep aside for 5 minutes & wash well. Remove excess moisture with an absorbent kitchen towel. 2. In a bowl, mix together besan, hung curd, ginger garlic paste, ajwain, all the spices, beaten egg & lemon juice. Mix well & make a thick batter for marinade. 3. Rub this marinade well on the fish pieces & keep covered in refrigerator for atleast half an hour. 4. In a flat dish / plate take bread crumbs & coat the fish pieces one-by-one & keep on tawa. Keep tawa & high rack inside the microwave. Select category & press start. 5. When beeps, turnover fish pieces & sprinkle 1 tbsps oil on all pieces & press start. 6. Sprinkle chaat masala on fish pieces & serve them hot with lemon wedges & lachha onions. 	For	0.3 kg	Boneless fish (cut into 2" pieces)	250 g	Lemon juice	1 tsp	Salt	1/4 tsp	For Batter		Egg (beaten)	1 no.	Besan	2 tbsps	Hung curd	2 tbsps	Ajwain	1 tsp	Ginger-garlic paste	1/2 tbsps	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 tbsps	
For	0.3 kg																															
Boneless fish (cut into 2" pieces)	250 g																															
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Ajwain	1 tsp																															
Ginger-garlic paste	1/2 tbsps																															
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 tbsps																															

* Refer page 116, fig 2

Low Calorie

Salad

Category	Weight Limit	Utensil	Instructions						
SA1	Beetroot Salad	0.1 ~ 0.3 Kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	For Beetroot (sliced) Saunf Coriander powder, pepper powder, salt, lemon juice	0.1 Kg 100 g ½ tsp	0.2 Kg 200 g 1 tsp	0.3 Kg 300 g 1 tsp		
				Method :					
				1. In a 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 Daliya Water Salt Oil Vegetables (Cucumber cubes, chopped tomatoes, broccoli florets, sliced mushrooms) Lettuce leaves For dressing Pudina leaves (finely chopped) Lemon juice, pepper powder	0.1 Kg 100 g 300 ml	0.2 Kg 200 g 600 ml	0.3 Kg 300 g 900 ml As per taste Few drops 2 cups 2-3 leaves ½ cup 1 cup As per taste		
				Method :					
				1. In a MWS bowl take daliya (Couscous), 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 couscous to the dressing bowl. Toss all the ingredients together.					
				6. Spread the lettuce leaves on a plate. And transfer the couscous salad to the plate. Chill & serve.					
SA3	Pasta Salad	0.2 Kg	Microwave Safe (MWS) bowl	For Penne pasta Water Vegetable (Grated carrot, capsicum, sliced olives, chopped spring onion) Salt, pepper powder Olive oil Vinegar Oregano (optional) Curd	0.2 Kg 200 g 400 ml 1½ cup As per taste 2 tsp 1 tsp As per taste 2 tbsp				
				Method :					
				1. In a MWS bowl add pasta, water & few drops of oil. Select category & press start.					
				2. Wash the boiled pasta 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 Basmati Rice Water Apples (diced) Green peas Cauliflower florets Lemon Juice, salt, pepper Lettuce leaves Shredded Cabbage leaves Coriander leaves	0.2 Kg 200 g 400 ml 1 no. ½ cup 1 cup As per taste 2-3 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	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Tomatoes</td><td>300 g (3 nos.)</td></tr> <tr> <td>Chicken Keema</td><td>100 g</td></tr> <tr> <td>Onion (finely chopped)</td><td>1 no.</td></tr> <tr> <td>Salt & pepper</td><td>As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	0.3 kg	Tomatoes	300 g (3 nos.)	Chicken Keema	100 g	Onion (finely chopped)	1 no.	Salt & pepper	As per taste								
For	0.3 kg																				
Tomatoes	300 g (3 nos.)																				
Chicken Keema	100 g																				
Onion (finely chopped)	1 no.																				
Salt & pepper	As per taste																				
SA6 Tiranga Salad	0.3 Kg	Microwave Safe (MWS) flat glass dish	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Grated carrot</td><td>100 g</td></tr> <tr> <td>Grated radish</td><td>100 g</td></tr> <tr> <td>Broccoli florets</td><td>100 g</td></tr> <tr> <td>Olive</td><td>1-2</td></tr> <tr> <td>Salt, lemon juice</td><td>As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS flat glass dish arrange grated carrot first in form of a band, then grated radish & 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 radish layer with olive slices chill & serve. 	For	0.3 kg	Grated carrot	100 g	Grated radish	100 g	Broccoli florets	100 g	Olive	1-2	Salt, lemon juice	As per taste						
For	0.3 kg																				
Grated carrot	100 g																				
Grated radish	100 g																				
Broccoli florets	100 g																				
Olive	1-2																				
Salt, lemon juice	As per taste																				
SA7 Hari Seekh Salad	0.3 Kg	Rotisserie*	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Vegetable (Spinach leaves, broccoli, bulbs of spring onion, cabbage leave)</td><td>300 g</td></tr> <tr> <td>For Marinade</td><td></td></tr> <tr> <td>Hung curd</td><td>3 tbsp</td></tr> <tr> <td>Onion paste</td><td>2 tbsp</td></tr> <tr> <td>Garam Masala, Amchoor, Salt</td><td>As per taste</td></tr> <tr> <td>Oil</td><td>For basting</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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				
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																				
SA8 Crunchy Chicken Salad	0.5 Kg	Multicook Tawa* & High rack	<table border="1"> <tr> <td>For</td><td>0.5 Kg</td></tr> <tr> <td>Boneless Chicken</td><td>300 g</td></tr> <tr> <td>Vegetables (Boiled peas sweet corns, chopped tomato)</td><td>200 g</td></tr> <tr> <td>Lettuce leaves</td><td>For garnishing</td></tr> <tr> <td>Boiled Eggs</td><td>2 nos.</td></tr> <tr> <td>Lemon juice</td><td>2 tbsp</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> <tr> <td>Poppy seeds</td><td>4 tsp</td></tr> <tr> <td>Olive oil</td><td>1 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 3. Now keep the marinated boneless chicken pieces on tawa. Keep the tawa on high rack. Select category & press start. 4. When beeps, turn over the side & press start. 5. Line a serving dish with lettuce leaves. 6. Transfer the chicken pieces & vegetable to serving dish. Toss them over. Garnish with slices of boiled eggs & serve. 	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
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																				

* 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 Babycorn Bean Salt, lemon juice, pepper powder (Optional)	0.1 Kg 50 g 50 g As per taste	0.2 Kg 100 g 100 g 150 g	0.3 Kg 150 g 150 g
				Method :	1. In a MWS bowl add babycom & beans together. Add some water cover. 2. Select category & weight & press start. 3. Add salt, lemon juice, pepper powder. Mix well & serve.		
SA10	Carrot and peas Salad	0.1 ~ 0.3 Kg	Microwave safe (MWS) Bowl	For Carrot Peas Salt, lemon juice, pepper powder (Optional)	0.1 Kg 50 g 50 g As per taste	0.2 Kg 100 g 100 g 150 g	0.3 Kg 150 g 150 g
				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 Papaya (thinly sliced) Water Sugar Cardamom essence	0.1 Kg 100 g As required 10 g 1 no.	0.2 Kg 200 g As required 20 g Few drops	0.3 Kg 300 g 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 Whole wheat (Soaked in hot water for 2 hours) Mint leaves Sprouted Chana Green Chilli Ginger Salt & pepper Lemon Juice Water (with salt)	0.1 Kg 100 g 1 cup 100 g 1 no. As per taste As per taste 1 tsp 200 ml	0.2 Kg 200 g 1½ cups 200 g 2 nos. As per taste As per taste 1½ tsp 400 ml	0.3 Kg 300 g 2 cups 300 g 3 nos. 2 tsp 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	<table border="1"> <tr><td>For</td><td>0.1 Kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr><td>Boneless Chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr><td>Soya sauce</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr> <tr><td>Corn flour</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr> <tr><td>Water</td><td>½ cup</td><td>½ cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr> <tr><td>Salt, pepper & sugar</td><td></td><td></td><td></td><td colspan="2">As per taste</td></tr> <tr><td>Garlic paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr> <tr><td>Lemon juice</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>4 tsp</td><td>5 tsp</td></tr> <tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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					
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																																																										
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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																																																										
HP2	Kala Chana	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.1 Kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr><td>Soaked Kala Chana</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>800 ml</td><td>1000 ml</td></tr> <tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr> <tr><td>Onion chopped</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td><td>2½ cups</td></tr> <tr><td>Salt, Chaat masala, Red chilli powder, hara dhania</td><td></td><td></td><td></td><td colspan="2">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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																								
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																																																											
HP3	Karela Subzi	0.3 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa	<table border="1"> <tr><td>Chopped Karela</td><td>0.3 kg</td></tr> <tr><td>Oil</td><td>2 tbsp</td></tr> <tr><td>Chopped Onion</td><td>1 cup</td></tr> <tr><td>Water</td><td>1 cup</td></tr> <tr><td>Rai, Jeera, Hing & Haldi</td><td>For tempering</td></tr> <tr><td>Salt, Sugar, Garam Masala, Dhania, Jeera Powder</td><td>As per your taste</td></tr> <tr><td>Grated Coconut & Hara Dhania</td><td>For garnishing</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. <p>Note: Before cooking, scrap & rub the karela with salt & keep aside for 2-3 hours.</p>	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																																													
Chopped Karela	0.3 kg																																																														
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Salt, Sugar, Garam Masala, Dhania, Jeera Powder	As per your taste																																																														
Grated Coconut & Hara Dhania	For garnishing																																																														
HP4	Machi Kali Mirch	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>Pomfret (fish category)</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>Salt, Lemon Juice & Kali Mirch Powder</td><td></td><td></td><td></td><td colspan="2">To marinate as per your taste</td></tr> <tr><td>Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic</td><td></td><td></td><td></td><td colspan="2">As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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																																										
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																																																											

* 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									
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						
			Brinjal (cut into pieces)	100 g	200 g	300 g	400 g						
			Curd	100 g	200 g	300 g	400 g						
			Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp						
			Curry leaves	A few sprigs									
			Mustard & cumin seeds	1 tsp	2 tsp	3 tsp	4 tsp						
			Salt	As per taste									
			Chopped ginger	1 tsp	2 tsp	3 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	Microwave safe (MWS) Idli stand* & Microwave safe (MWS) bowl	<table border="1"> <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> <ol style="list-style-type: none"> 1. Wash & soak rice, urad daal & soyabeans granules for 4 hours. 2. Grind, mix & ferment for 8 to 10 hours. Grind the mixture to paste consistency. (You can use the same batter for making 4, 5, 6, 7, 8 idlies) 3. Grease idli in MWS bowl with little oil. Put idli batter in it. Add ½ cup water in MWS bowl. Keep the idli stand in MWS bowl & cover. Select category & number and press start. 	Rice	100 g	Urad	4 tbsp	Soyabean granules	4 tbsp	Water	As required	Salt	As per taste																																																												
Rice	100 g																																																																									
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Soyabean granules	4 tbsp																																																																									
Water	As required																																																																									
Salt	As per taste																																																																									
HP10	Bathua Raita	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	<table border="1"> <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> <ol style="list-style-type: none"> 1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select category & weight and press start. 2. When beeps, remove. 3. In a bowl add water, beaten curd, bathua leaves & mix well. Add salt & roasted cumin seed powder. 4. Mix well & refrigerate it for some time & serve. 	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																																																
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg																																																																						
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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	Microwave safe (MWS) bowl	<table border="1"> <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> <ol style="list-style-type: none"> 1. In a MWS bowl put soaked dal (lentils), water, salt, turmeric powder. Select category & weight and press start. 2. When beeps, in another MWS bowl put oil, chopped onions, cumin seeds, chopped ginger & green chillies, chopped spinach. Mix well and press start. 3. When beeps, mix well & add boiled lentils, add some water (if required). Mix again & press start. 4. Garnish with coriander leaves & serve hot. 	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																																																																					
Dehusked soaked lentils (at least for 2 hours)	100 g	200 g	300 g	400 g	500 g																																																																					
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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																																																																					
HP12	Healthy Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <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> <ol style="list-style-type: none"> 1. In a MWS bowl take soaked dal, rice & ghee. Also add grated carrot, soaked & drained soya granules & peas. Mix well. Select category & weight and press start. 2. When beeps, mix, add water & salt. Mix again & press start. 3. When beeps, stir & mash well. Add pepper powder & ½ cup water. Mix & cover and press start. 4. Serve hot with fresh curds. 	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																																						
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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 Palak leaves Cabbage leaves For filling Boiled Veg (Potato, Capsicum, Carrot, French beans, sprouts) Chopped onion	0.2 Kg 100 g 100 g 1 cup ½ no.	0.3 Kg 150 g 150 g 1½ cup 1 no. 1 no. As per your taste
				Method :	<ol style="list-style-type: none"> 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 Fish fillet Boiled potato Bread crumbs Oil Chilli powder, turmeric, ginger garlic paste, salt Garam masala powder Coriander leaves	0.4 kg 350 g 2 Nos. 1 cup 2 tbsp As per taste 1 tsp A few sprigs	Method : <ol style="list-style-type: none"> 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 Pomphret pieces Onions Tomato Oil Chilli powder, turmeric, ginger garlic paste, salt, sauté powder Garam masala powder Dhaniya and jeera powder Coriander leaves	0.2 kg 200 g 2 Nos. 1 No. 2 tbsp As per taste 1 tsp 2 tsp 2 tbsp	Method : <ol style="list-style-type: none"> 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 Koramatta fish pieces Oil Ginger garlic paste Methi seeds Chopped onion Fish masala Tamarind pulp Red chilli powder, dhaniya powder, haldi & salt Lemon juice	0.3 kg 300 g 1½ tbsp 2 tbsp 1 tsp 1 no. 1 tbsp 50 g As per taste 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 Prawns Mustard oil Rai paste Green chilli paste Turmeric powder, sugar & salt Pulpy green coconut (remove the coconut water)	0.1 kg 100 g ½ tbsp ½ tbsp 1 tsp As per taste 1 no.	0.2 kg 200 g 1 tbsp 1 tbsp 2 tsp 1 no.	0.3 kg 300 g 1½ tbsp 1½ tbsp 3 tsp 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 Crab pieces Ginger garlic paste Water Salt, dhania-jeera powder, garam masala, chilli powder, turmeric Oil Chopped onion Coconut milk	0.3 kg 250 g 2 tbsp 1 cup As per taste 2 tbsp ½ no. 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) Butter Parsley (chopped) Garlic paste Mustard paste Lemon juice Pepper corns (Roughly crushed) Salt	400 g 4 tbsp A few sprigs 3 tbsp 1 tbsp 1 tbsp 8-10 nos. 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
			Method :			
			1. Wash, clean & pat dry fish with kitchen towel. In a bowl mix together ginger-garlic paste, tamarind paste, salt, red chilli powder, coriander powder, turmeric powder. Mix & rub this marinade on fish pieces & keep aside for atleast 15 minutes.			
			2. In a MWS bowl take oil, hing, chopped garlic, coriander & green chilli & mix. Select category & weight and press start.			
			3. When beeps, add the marinated fish to the MWS bowl. Mix well, sprinkle water on top & cover and press start.			
			4. When beeps, mix & add coconut milk to the fish. Mix well again and press start. Serve more kalavan hot with steamed rice.			

Low Calorie

Soup

Category	Weight Limit	Utensil	Instructions																		
So1 Chicken Shorba	0.6 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Boneless chicken</td><td>300 g</td></tr> <tr><td>Oil</td><td>½ tbsp</td></tr> <tr><td>Chopped garlic</td><td>2 tsp</td></tr> <tr><td>Salt & pepper powder</td><td>As per taste</td></tr> <tr><td>Maida</td><td>3 tbsp</td></tr> <tr><td>Water</td><td>600 ml (3 cups)</td></tr> <tr><td>Fresh cream</td><td>For garnishing</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS bowl add chicken pieces, chopped garlic and water. Select category and press start. 2. When beeps, remove & strain stock. In another MWS glass bowl add oil, cumin seeds and maida and press start. 3. When beeps, add the chicken stock, salt, pepper and press start. Garnish with fresh cream and serve hot. 	For	0.6 kg	Boneless chicken	300 g	Oil	½ tbsp	Chopped garlic	2 tsp	Salt & pepper powder	As per taste	Maida	3 tbsp	Water	600 ml (3 cups)	Fresh cream	For garnishing		
For	0.6 kg																				
Boneless chicken	300 g																				
Oil	½ tbsp																				
Chopped garlic	2 tsp																				
Salt & pepper powder	As per taste																				
Maida	3 tbsp																				
Water	600 ml (3 cups)																				
Fresh cream	For garnishing																				
So2 Tamatar Shorba	0.6 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Chopped tomato</td><td>300 g</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> <tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr> <tr><td>Jeera, bay leaf, salt, garam masala, sugar</td><td>As per taste</td></tr> <tr><td>Water</td><td>600 ml (3 cups)</td></tr> <tr><td>Coriander leaves</td><td>For garnishing</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS glass bowl add tomatoes cut into quarters with water, select category and press start. 2. When beeps, grind and strain the whole stock. 3. In another MWS glass bowl add oil, ginger garlic paste, jeera, bay leaf and press start. Mix well. 4. When beeps, add the strained stock, season with salt, garam masala and press start. Add sugar if very sour. Garnish with coriander leaves and serve hot. 	For	0.6 kg	Chopped tomato	300 g	Oil	1 tbsp	Ginger garlic paste	2 tbsp	Jeera, bay leaf, salt, garam masala, sugar	As per taste	Water	600 ml (3 cups)	Coriander leaves	For garnishing				
For	0.6 kg																				
Chopped tomato	300 g																				
Oil	1 tbsp																				
Ginger garlic paste	2 tbsp																				
Jeera, bay leaf, salt, garam masala, sugar	As per taste																				
Water	600 ml (3 cups)																				
Coriander leaves	For garnishing																				
So3 Sweet Corn Soup	0.6 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Sweet Corn</td><td>200 g</td></tr> <tr><td>Water</td><td>600 ml (3 cups)</td></tr> <tr><td>Oil</td><td>1 tsp</td></tr> <tr><td>Cornflour</td><td>2 tbsp & ½ cup water</td></tr> <tr><td>Salt, Sugar and Kali Mirch and Green Chilli</td><td>As per your taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Grind sweet corn with water and put in MWS Glass Bowl. Select category & press start. 2. When beeps, remove, in another MWS glass bowl put oil, green chilli & press start. 3. When beeps, add corn mixture in it. Mix cornflour with ½ cup water and mix with it. Add salt, sugar, kali mirch and press start. 	For	0.6 kg	Sweet Corn	200 g	Water	600 ml (3 cups)	Oil	1 tsp	Cornflour	2 tbsp & ½ cup water	Salt, Sugar and Kali Mirch and Green Chilli	As per your taste						
For	0.6 kg																				
Sweet Corn	200 g																				
Water	600 ml (3 cups)																				
Oil	1 tsp																				
Cornflour	2 tbsp & ½ cup water																				
Salt, Sugar and Kali Mirch and Green Chilli	As per your taste																				
So4 Mushroom Soup	0.6 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Mushroom</td><td>120 g</td></tr> <tr><td>Potato</td><td>1 No.</td></tr> <tr><td>Cabbage</td><td>50 g</td></tr> <tr><td>Onion</td><td>1 small</td></tr> <tr><td>Water</td><td>600 ml (3 cups)</td></tr> <tr><td>Salt, Black Pepper</td><td>As per your taste</td></tr> <tr><td>Oil</td><td>1 tsp</td></tr> <tr><td>Grated cheese</td><td>As per requirement</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select category & press start. 2. When beeps, remove the bowl. Allow to cool & separate the mushrooms & grind the remaining stock & strain it. 3. In a MWS glass bowl, add oil, chopped mushrooms, salt & pepper and then add the stock & press start. Garnish with grated cheese & serve. 	For	0.6 kg	Mushroom	120 g	Potato	1 No.	Cabbage	50 g	Onion	1 small	Water	600 ml (3 cups)	Salt, Black Pepper	As per your taste	Oil	1 tsp	Grated cheese	As per requirement
For	0.6 kg																				
Mushroom	120 g																				
Potato	1 No.																				
Cabbage	50 g																				
Onion	1 small																				
Water	600 ml (3 cups)																				
Salt, Black Pepper	As per your taste																				
Oil	1 tsp																				
Grated cheese	As per requirement																				

Category	Weight Limit	Utensil	Instructions																						
So5	Rasam	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Tomato</td><td>300 g</td></tr> <tr><td>Tamarind pulp</td><td>50 g</td></tr> <tr><td>Salt & Jaggery</td><td>As per taste</td></tr> <tr><td>Green chillies</td><td>2 nos.</td></tr> <tr><td>Coriander & curry leaves</td><td>For garnishing</td></tr> <tr><td>Chopped garlic</td><td>2-3 flakes</td></tr> <tr><td>Coriander seeds, cumin seeds, cinnamon, hing</td><td>As per taste</td></tr> <tr><td>Water</td><td>600 ml (3 cups)</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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		
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																								
So6	Hot & Sour Soup	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Water</td><td>600 ml (3 cups)</td></tr> <tr><td>Chilli sauce</td><td>1 tbsp</td></tr> <tr><td>Soya sauce</td><td>2 tbsps</td></tr> <tr><td>Vinegar</td><td>As per taste</td></tr> <tr><td>Chopped vegetables (capsicum, spring onions, carrots, cabbage)</td><td>100 g</td></tr> <tr><td>Tomato sauce</td><td>2 tbsps</td></tr> <tr><td>Cornflour</td><td>2 tbsp & ½ cup water</td></tr> <tr><td>Salt, pepper, sugar</td><td>As per taste</td></tr> <tr><td>Ajinomoto</td><td>1 pinch</td></tr> <tr><td>Paneer</td><td>50 g</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	0.6 kg	Water	600 ml (3 cups)	Chilli sauce	1 tbsp	Soya sauce	2 tbsps	Vinegar	As per taste	Chopped vegetables (capsicum, spring onions, carrots, cabbage)	100 g	Tomato sauce	2 tbsps	Cornflour	2 tbsp & ½ cup water	Salt, pepper, sugar	As per taste	Ajinomoto	1 pinch	Paneer	50 g
For	0.6 kg																								
Water	600 ml (3 cups)																								
Chilli sauce	1 tbsp																								
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Cornflour	2 tbsp & ½ cup water																								
Salt, pepper, sugar	As per taste																								
Ajinomoto	1 pinch																								
Paneer	50 g																								
So7	Tomato Soup	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Chopped Tomato</td><td>100 g</td></tr> <tr><td>Chopped Carrot</td><td>25 g</td></tr> <tr><td>Chopped Onion</td><td>1 small</td></tr> <tr><td>Chopped Ginger, Garlic</td><td>1 tsp</td></tr> <tr><td>Salt, Sugar, Pepper</td><td>As per your taste</td></tr> <tr><td>Cornflour & Oil / Butter</td><td>2 tbsp / 1 tsp</td></tr> <tr><td>Water</td><td>600 ml (3 cups)</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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)						
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)																								

Low Calorie

Soup

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

Category	Weight Limit	Utensil	Instructions																				
So11	Palak Makai Shorba	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Palak (chopped)</td><td>200 g</td></tr> <tr><td>Water</td><td>600 ml (3 cups)</td></tr> <tr><td>Maggie tastemaker</td><td>1 cube</td></tr> <tr><td>Corn Niblets</td><td>½ cup</td></tr> <tr><td>Chopped onion</td><td>½ cup</td></tr> <tr><td>Jeera</td><td>1 tsp</td></tr> <tr><td>Butter</td><td>1 tbsp</td></tr> <tr><td>Milk</td><td>¼ cup</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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		
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																						
So12	Rajma Soup	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Water</td><td>600 ml</td></tr> <tr><td>Rajma (boiled)</td><td>1 cup (170 g)</td></tr> <tr><td>Oil</td><td>½ tbsp</td></tr> <tr><td>Garlic cloves (chopped)</td><td>2 nos.</td></tr> <tr><td>Onion (chopped)</td><td>½ cup</td></tr> <tr><td>Tomato (chopped)</td><td>½ cup</td></tr> <tr><td>Coriander (chopped)</td><td>¼ cup</td></tr> <tr><td>Salt, pepper, red chilli powder</td><td>As per taste</td></tr> <tr><td>Lemon juice</td><td>1 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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
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																						
So13	Shahi Shorba	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Onions (finely chopped)</td><td>2 nos.</td></tr> <tr><td>Walnuts (coarsely chopped)</td><td>¼ cup</td></tr> <tr><td>Mint paste</td><td>1 tbsp</td></tr> <tr><td>Whole wheat flour</td><td>2 tbsp</td></tr> <tr><td>Butter</td><td>2 tbsp</td></tr> <tr><td>Salt, black pepper powder, garam masala</td><td>As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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						
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																						

Category	Weight Limit	Utensil	Instructions																																
So14	Bombay Curry Soup	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Water</td><td>500 ml (2½ cups)</td></tr> <tr><td>Soaked masoor dal (dehusked)</td><td>200 g</td></tr> <tr><td>Chopped tomato</td><td>2 nos.</td></tr> <tr><td>Chopped onions</td><td>1 no.</td></tr> <tr><td>Crushed garlic</td><td>3-4 cloves</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> <tr><td>Curry powder</td><td>As per taste</td></tr> <tr><td>Salt, red chilli powder</td><td>As per taste</td></tr> <tr><td>Coriander leaves</td><td>For garnishing</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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												
For	0.6 kg																																		
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Oil	1 tbsp																																		
Curry powder	As per taste																																		
Salt, red chilli powder	As per taste																																		
Coriander leaves	For garnishing																																		
So15	Badam Soup	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Badam (soaked & blanched)</td><td>50 g</td></tr> <tr><td>Fresh basil leaves (Tulsi)</td><td>8-10 nos.</td></tr> <tr><td>Water</td><td>3 cups (600 ml)</td></tr> <tr><td>Cinnamon</td><td>1" stick</td></tr> <tr><td>Elaichi (green)</td><td>2-3 nos.</td></tr> <tr><td>Cloves</td><td>2-3 nos.</td></tr> <tr><td>Sugar</td><td>½ tsp</td></tr> <tr><td>Cornflour</td><td>½ tbsp</td></tr> <tr><td>Salt & pepper powder</td><td>As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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, elachi & 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. 	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												
For	0.6 kg																																		
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Cloves	2-3 nos.																																		
Sugar	½ tsp																																		
Cornflour	½ tbsp																																		
Salt & pepper powder	As per taste																																		
So16	Limbu Dhania Shorba	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Water</td><td>600 ml</td></tr> <tr><td>Oil</td><td>½ tbsp</td></tr> <tr><td>Shredded cabbage</td><td>1 cup</td></tr> <tr><td>Chopped carrot</td><td>½ cup</td></tr> <tr><td>Celery</td><td>½ cup</td></tr> <tr><td>Spring onions</td><td>½ cup</td></tr> <tr><td>Ginger (grated)</td><td>1 tsp</td></tr> <tr><td>Chopped garlic</td><td>3 nos.</td></tr> <tr><td>Bayleaf</td><td>2 nos.</td></tr> <tr><td>Cloves</td><td>2 nos.</td></tr> <tr><td>Pepper corns</td><td>3 nos.</td></tr> <tr><td>Besan</td><td>2 tbsp (dissolved in ¼ cup water)</td></tr> <tr><td>Lemon juice</td><td>2 tbsp</td></tr> <tr><td>Coriander leaves (chopped)</td><td>½ cup</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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
For	0.6 kg																																		
Water	600 ml																																		
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Besan	2 tbsp (dissolved in ¼ cup water)																																		
Lemon juice	2 tbsp																																		
Coriander leaves (chopped)	½ cup																																		
Salt	As per taste																																		

Category	Weight Limit	Utensil	Instructions																												
So17	Mutton Shorba	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Boneless mutton</td><td>300 g</td></tr> <tr><td>Water</td><td>600 ml (3 cup)</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> <tr><td>Chopped onion</td><td>1 nos.</td></tr> <tr><td>Chopped garlic</td><td>3 cloves</td></tr> <tr><td>Chilli flakes salt</td><td>As per taste</td></tr> <tr><td>Chopped & skinned tomato</td><td>2 nos.</td></tr> <tr><td>Cinnamon</td><td>½ " Stick</td></tr> <tr><td>Cardamom</td><td>1 nos.</td></tr> <tr><td>Cumin seeds</td><td>1 tsp</td></tr> <tr><td>Saffron</td><td>A few</td></tr> <tr><td>Dry mint leaves</td><td>½ cup</td></tr> <tr><td>Beaten curd</td><td>½ cup</td></tr> </table> <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. 	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
For	0.6 kg																														
Boneless mutton	300 g																														
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Cardamom	1 nos.																														
Cumin seeds	1 tsp																														
Saffron	A few																														
Dry mint leaves	½ cup																														
Beaten curd	½ cup																														
So18	Dal Shorba	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Soaked urad dal (dehusked)</td><td>½ cup</td></tr> <tr><td>Olive oil</td><td>1 tsp</td></tr> <tr><td>Chopped green chillies</td><td>2 no.</td></tr> <tr><td>Ginger paste</td><td>1 tsp</td></tr> <tr><td>Garlic paste</td><td>1 tsp</td></tr> <tr><td>Chopped onion</td><td>1 no.</td></tr> <tr><td>Salt turmeric powder, onion powder, sugar</td><td>As per taste</td></tr> <tr><td>Lemon juice</td><td>As per taste</td></tr> <tr><td>Water</td><td>600 ml (3 cup)</td></tr> </table> <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 	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)								
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Salt turmeric powder, onion powder, sugar	As per taste																														
Lemon juice	As per taste																														
Water	600 ml (3 cup)																														
So19	Chicken Soup	0.6 kg	<p>Microwave Safe (MWS) Glass Bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Boneless Chicken</td><td>300 g</td></tr> <tr><td>Ginger Paste</td><td>1 tsp</td></tr> <tr><td>Salt & Pepper Powder</td><td>As per your taste</td></tr> <tr><td>Cornflour Paste</td><td>2 tbsp + 1/2 cup of water</td></tr> <tr><td>Oil</td><td>1 tsp</td></tr> <tr><td>Water</td><td>600 ml (3 cups)</td></tr> </table> <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. 	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)														
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)																														

Category	Weight Limit	Utensil	Instructions																			
So20	Wonton Soup	0.6 kg	Microwave safe glass bowl <table border="1"> <tr> <td>For</td><td>0.6 kg</td></tr> <tr> <td>Chopped cabbage, carrot, capsicum, french beans</td><td>200 g (Total)</td></tr> <tr> <td>Ginger paste</td><td>2 tsp</td></tr> <tr> <td>Garlic paste</td><td>2 tsp</td></tr> <tr> <td>Spinach in pieces</td><td>10 leaves</td></tr> <tr> <td>Oil</td><td>1 tsp</td></tr> <tr> <td>Salt, pepper powder</td><td>As per taste</td></tr> <tr> <td>Water</td><td>600 ml (3 cup)</td></tr> <tr> <td>Ready wonton</td><td>6-7 pieces</td></tr> </table>	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</p> <p>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.</p> <p>For Stuffing :Cabbage, carrot, capsicum which is cut in long pieces</p> <p>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>
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																					

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, Brocolli, Mushrooms, Sweet Corns etc.	2 cups		
				Oil	2 tbsp		
				Oregano, Salt & Black Pepper	As per your taste		
				Grated Cheese	5 tbsp		
			Method :				
			1. Except Lasaneya sheets and cheese mix all the ingredients in MWS flat glass dish. Select category & press start.				
			2. When beeps, remove the MWS flat glass dish from microwave oven. In MWS flat glass dish arrange lasaneya sheet in the bottom. Then spread vegetable mixture on it again keep another lasaneya sheet on it and make layers of sheets and vegetable mixture.				
			3. Press start.				
			4. When beeps, spread grated cheese on the top & place the glass dish on high rack.				
			5. Press start.				
			6. Serve hot.				
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.	Microwave safe (MWS) bowl	<table border="1"> <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>1/4 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>	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)	1/4 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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Milk	1 cup																																																														
Salt & pepper	To taste																																																														
				<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. 																																																											
Co9	Sweet & Sour Veg	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	<table border="1"> <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>1/2 tbsp</td><td>1 tbsp</td><td>1 1/2 tbsp</td></tr> <tr><td>Chopped spring onion & garlic</td><td>1/4 cup</td><td>1/2 cup</td><td>1 cup</td></tr> <tr><td>Red chilli paste</td><td>1/4 tsp</td><td>1/4 tsp</td><td>1/2 tsp</td></tr> <tr><td>Tomato Ketchup</td><td>1/4 cup</td><td>1/4 cup</td><td>1/2 cup</td></tr> <tr><td>Vinegar</td><td></td><td>As per taste</td><td></td></tr> <tr><td>Sugar</td><td>1/2 tsp</td><td>1 tsp</td><td>1 tsp</td></tr> <tr><td>Salt</td><td></td><td>As per taste</td><td></td></tr> <tr><td>Ajinomoto</td><td>1/4 tsp</td><td>1/4 tsp</td><td>1/2 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>1/4 cup</td><td>1/4 cup</td><td>1/2 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></td><td>2 tbsp mixed with 1/2 cup water</td><td></td></tr> </table>	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	1/2 tbsp	1 tbsp	1 1/2 tbsp	Chopped spring onion & garlic	1/4 cup	1/2 cup	1 cup	Red chilli paste	1/4 tsp	1/4 tsp	1/2 tsp	Tomato Ketchup	1/4 cup	1/4 cup	1/2 cup	Vinegar		As per taste		Sugar	1/2 tsp	1 tsp	1 tsp	Salt		As per taste		Ajinomoto	1/4 tsp	1/4 tsp	1/2 tsp	Soya sauce	1 tsp	1 tsp	1 tsp	Pineapple juice	1/4 cup	1/4 cup	1/2 cup	Water	1 cup	1 cup	1 cup	Cornflour		2 tbsp mixed with 1/2 cup water				
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Water	1 cup	1 cup	1 cup																																																												
Cornflour		2 tbsp mixed with 1/2 cup water																																																													
				<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. 																																																											
Co10	Mediterranean Crostini@	0.3 kg.	Low rack	<table border="1"> <tr><td>French bread</td><td>6 slices</td></tr> <tr><td>Black olives (sliced)</td><td>1/4 cup</td></tr> <tr><td>Cheese (grated)</td><td>1/2 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>	French bread	6 slices	Black olives (sliced)	1/4 cup	Cheese (grated)	1/2 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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Salt & freshly crushed pepper corns	As per taste																																																														
				<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. 																																																											

@ 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	1/4 cup	1/2 cup	1 cup	1 1/2 cup		
				Chopped garlic	1 tsp	1 1/2 tsp	2 tsp	2 1/2 tsp		
				Peas	1/4 cup	1/2 cup	1 cup	1 1/2 cup		
				Sliced mushroom	1/4 cup	1/2 cup	1 cup	1 1/2 cup		
				Chopped coriander leaves/parseley			As required			
				Spinach (blended & pureed)	1/4 cup	1/2 cup	1 cup	1 cup		
				Tomato puree	1/2 cup	1/2 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	1 1/2 tbsp	2 tbsp			
				Chopped garlic	1 tbsp	1 1/2 tbsp	2 tbsp			
				Chopped tomatoes	1 cup	1 1/2 cup	2 cup			
				Chopped mushrooms	1/4 cup	1/2 cup	1 cup			
				Chopped onion	1/2 cup	1 cup	1 1/2 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 :						
<ol style="list-style-type: none"> 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 :						
<ol style="list-style-type: none"> 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)	1/4 tsp		
				Sugar & salt	As per taste		
				Spring onions (with greens)	1 cup		
				Cornflour (mixed with 1/4 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	3/4 cup		
				Grated cauliflower	1/2 cup		
				Cornflour	3 tbsp		
				Maida	1 tbsp		
				Ajinomoto	1/4 tsp		
				Salt & pepper	As per taste		
				For Manchurian Sauce			
				Chopped ginger	1 tsp		
				Chopped green chilli	1 no.		
				Chopped Onion	1/2 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 1/2 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	1/2 tsp	1 tsp	1 tsp
				Light soya sauce	1/2 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 ²	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	1/4 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.			

² 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*	For Cauliflower florets	0.3 Kg 300 g	0.4 Kg 400 g	0.5 Kg 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	½ Tbsp	2 Tbsp
			Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp
			Method :			
			1. Mix together in a bowl all the ingredients of marinade. Add the cauliflower to the marinade & rub them properly with the marinade. Keep aside for 1 hours.			
			2. Transfer the marinated cauliflower on tawa & keep on high rack. Select category & weight and press start.			
			3. When beeps, drizzle few drops of oil on cauliflower & turn them over. Press start. Serve with onion rings, coriander leaves & tomato slices.			
tS5 Bharwan Bhindi	0.2 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For Bhindi	0.2 kg 200 g	0.3 kg 300 g	0.4 kg 400 g
			Oil	¼ tbsp	½ tbsp	1 tbsp
			Jeera	¼ tsp	½ tsp	1 tsp
			Onion (chopped)	½ no.	1 no.	1 no.
			Green Chillies	1 no.	2 no.	2 no.
			Ginger	¼"	½"	½"
			Hing		A pinch	
			Tomato	½ no.	1 no.	1 no.
			For Stuffing			
			Coriander Powder	1 tsp	2 tsp	3 tsp
			Turmeric Powder	1 tsp	½ tsp	2 tsp
			Saunf Powder	1 tsp	½ tsp	2 tsp
			Amchoor	1 tsp	½ 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	Method :			
			1. Cut stalk of each bhindi & make lengthwise slit.			
			2. Combine stuffing ingredients & mix well stuff each bhindi with this mixture.			
			3. In MWS glass bowl add oil, jeera, onion, green chilli, ginger, tomato & hing. Select category & weight & press start.			
			4. When beeps, remove the bowl from microwave oven & keep the stuffed bhindi on tawa, drizzle few drops of oil on bhindis. Keep tawa on high rack.			
			5. Press start.			
			6. When beeps, turn over bhindis & add the onion mixture & mix well.			
			7. Press start.			

* Refer page 116, fig 2

Tandoor Se

* Refer page 117, fig

* Refer page 116, fig 2

Tandoor Se

Category	Weight Limit	Utensil	Instructions					
tS10	Matar Kababs	0.2 ~ 0.4 kg	Multicook tawa* & High rack	For Boiled peas Roasted makhanas Chopped green chillies Salt, pepper, garam masala Seeds of Chhoti Elaichi Roasted Cashewnuts	0.2 kg 200 g 1 cup. 2 nos. As per taste 4 nos. 2 tbsp	0.3 kg 300 g 1½ cups. 3 nos. 4 nos. 6 nos. 3 tbsp 4 tbsp	0.4 kg 400 g 2 cups. 4 nos. As per taste 6 nos. 4 tbsp	
				Method :	<ol style="list-style-type: none"> 1. Grind the boiled peas, green chillies & elaichi seeds together to a fine paste. 2. Grind the makhanas & cashewnuts together to a rough powder. 3. Mix peas & makhanas paste. Add salt, pepper, garam masala. 4. Make small balls & flatten them to get small round kababs. 5. Keep on tawa & keep the tawa on high rack. Select category & weight and press start. 6. When beeps, turn over & press start. 7. When beeps, turn over & press start. Sprinkle chaat masala & serve. 			
tS11	Tandoori Mushrooms	0.2 ~ 0.5 kg	Multicook tawa & High rack*	For Mushroom Buttons (stalk removed) For Marinade Hung Curd Ginger Garlic Paste Salt, Coriander powder, cumin powder, amchoor Cornflour Tandoori Color	0.2 kg 200 g As per taste 1 tbsp ½ tbsp 1/4 tsp A pinch	0.3 kg 300 g As per taste 2 tbsp 1 tbsp ½ tsp 1 tsp	0.4 kg 400 g 4 tbsp 2 tbsp 2½ tbsp 1½ tsp	0.5 kg 500 g 2 cups 3 tbsp 2 tbsp 1 tsp
				Method :	<ol style="list-style-type: none"> 1. Mix all the ingredients of the marinade in a bowl. 2. Prick all the mushroom buttons & add to the marinade. 3. Keep the mushroom marinated for 1 hour. 4. Transfer the mushrooms on tawa & keep the tawa on high rack. Select category & weight and press start. 5. When beeps, turn over the mushroom & press start. 6. When beeps, turn over again & press start. <p>Note: If mushroom run watery while cooking, drain water & start cooking again.</p>			
tS12	Arbi Tandoori	0.3 ~ 0.5 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For Arbi (Cut into slices) Oil Onion rings Garam Masala, Amchoor, Salt Green Chillies (Chopped) Ginger (shredded) Coriander Seeds For Marinade Hung curd Tandoori Masala Ginger Paste Pepper corns (crushed) Ajwain Haldi Salt Oil Besan	0.3 kg 300 g 2 tsp 1 cup As per taste 2 nos. 1 tsp ½ tsp As per taste 2 tbsp ½ tsp ½ tsp 4 nos. ½ tsp ½ tsp 2 tbsp 1 tsp A pinch As per taste ½ tbsp. ½ tbsp	0.4 kg 400 g 3 tsp 1½ cup 4 nos. 1½ tsp 1 tsp 5 nos. ½ tsp 3 nos. 2 tsp 1 tsp 6 nos. 1 tsp A pinch 1 tbsp 1 tbsp	0.5 kg 500 g 4 tsp 2 cups 4 tbsp 1½ tbsp 1 tsp 6 nos. 1 tsp 4 tbsp 1½ tbsp 1 tsp	
				Method :	<ol style="list-style-type: none"> 1. Pre- preparation –In a MWS glass bowl arbi slices with some water. Cover & micro at 100% for 5 mins. 2. Mix all the ingredients of marinade in a bowl. Add the arbi slices & keep for ½ an hour. 3. In a MWS glass bowl add oil, onion rings, shredded ginger & green chillies, garam masala, amchoor & salt. Mix well. Select Category & weight & press 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 Boneless Chicken (1½" pieces) Oil For Marinade Thick cream Green cardamom powder Pepper powder Garlic paste Ginger paste Melted butter Garam masala, amchoor, jeera powder, salt Green chillies	0.3 kg 300 g For basting As per taste ½ cup ¼ tsp As per taste ½ tsp 1 tsp ¼ tbsp As per taste 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 Boiled potatoes Boiled sweet corns Onions (Chopped) Green chillies (Chopped) Fresh coriander (finely chopped) Pudina (finely chopped) Melted butter Garam Masala, pepper powder, salt Lemon juice Bread crumbs	0.2 kg 2 medium ¼ cup ¼ cup 1 no. ½ tbsp. ½ tbsp. ½ tbsp. As per taste 2 tsp 1 tbsp	0.3 kg 3 medium ½ cup ½ cup 1 no. 2 tbsp. 1 tbsp 1½ tbsp 1 tbsp 3 tsp 2 tbsp	0.4 kg 4 medium 1 cup 1 cup 2 no. 3 tbsp 1½ tbsp 1 tbsp 3 tsp 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	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Sweet corn</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Mix fruits (Pomegranate, cucumber, apple)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Salt, red chilli powder, chaat masala, lemon juice</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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																						
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																																							
CF2	Vermicelli Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Roasted vermicelli</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Rai, urad dal, curry leaves</td><td colspan="3">As per taste</td></tr> <tr> <td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr> <tr> <td>Chopped tomato</td><td>1 No.</td><td>2 Nos.</td><td>3 Nos.</td></tr> <tr> <td>Salt, red chilli powder, haldi, garam masala</td><td colspan="3">As per taste</td></tr> <tr> <td>Water</td><td>400 ml</td><td>800 ml</td><td>1200 ml</td></tr> <tr> <td>Lemon juice</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	0.1 kg	0.2 kg	0.3 kg	Roasted vermicelli	100 g	200 g	300 g	Oil	1 tbsp	½ 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		
For	0.1 kg	0.2 kg	0.3 kg																																					
Roasted vermicelli	100 g	200 g	300 g																																					
Oil	1 tbsp	½ 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																																							
CF3	Omlette	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	<table border="1"> <tr> <td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr> <td>Eggs</td><td>2 Nos.</td><td>3 Nos.</td><td>4 Nos.</td></tr> <tr> <td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr> <tr> <td>Chopped onion, tomato, coriander leaves</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr> <tr> <td>Salt, pepper</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	0.2 kg	0.3 kg	0.4 kg	Eggs	2 Nos.	3 Nos.	4 Nos.	Oil	½ tbsp	1 tbsp	1 tbsp	Chopped onion, tomato, coriander leaves	½ cup	1 cup	1 cup	Salt, pepper	As per taste																		
For	0.2 kg	0.3 kg	0.4 kg																																					
Eggs	2 Nos.	3 Nos.	4 Nos.																																					
Oil	½ tbsp	1 tbsp	1 tbsp																																					
Chopped onion, tomato, coriander leaves	½ cup	1 cup	1 cup																																					
Salt, pepper	As per taste																																							
CF4	Pizza@	0.3 kg	Low rack & High rack	<table border="1"> <tr> <td>Pizza base</td><td>1 medium pizza base</td></tr> <tr> <td>Topping</td><td>3 tbsp</td></tr> <tr> <td>Mix Vegetables - Tomato, Capsicum, Onion</td><td>1 cup</td></tr> <tr> <td>Grated Cheese</td><td>1/2 cup</td></tr> <tr> <td>Oregano & Chilli flakes (Optional)</td><td>As per your taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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																										
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																																							
CF5	Garlic Bread@	0.3 kg	Low Rack	<table border="1"> <tr> <td>Bread slices (French Bread)</td><td>4 pcs</td></tr> <tr> <td>Butter</td><td>5 tbsp</td></tr> <tr> <td>Garlic paste</td><td>2 tbsp</td></tr> <tr> <td>Grated cheese</td><td>4 tbsp</td></tr> <tr> <td>Salt, kali mirchi powder, Oregano, chilli flakes</td><td>As per your taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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																										
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																																							

@ 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 Bread slices Milk (for dipping the bread) Egg Vanilla Essence Sugar Dry fruits	0.1 kg 2 Nos. ½ cup 1 Nos. ½ tsp 3 tbsp	0.2 kg 3 Nos. 1 cup 2 Nos. ¾ tsp 4 tbsp	0.3 kg 4 Nos. 1½ cup 2 Nos. 1 tsp 5 tbsp 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 Nachos Grated cheese Pizza sauce Chopped onion, tomato	0.3 kg 300 g 1 cup 6 tbsp 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 Marie biscuit powder Milk powder Bournvita Grated coconut	1 cup 1 cup ½ cup ½ cup 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 Milk Strawberry custard powder Sugar Strawberry pieces	0.5 kg 1 cup 3 tbsp 50 g 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 Burger buns For Tikkis Potatoes (boiled) Boiled peas Chopped ginger Green chillies Chopped coriander leaves Salt, red chilli powder, garam masala, chaat masala Cornflour Tomato slices Onion slices Cheese slices Butter Tomato sauce	0.1 kg 1 no. 100 g ¼ cup 1 tsp 1 no. 2 tbsp As per taste For binding 1 no. 2 no. 1 no. 1 tsp 1 tbsp	0.2 kg 2 nos. 300 g ½ cup 2 tsp 2 nos. 3 nos. 3 tbsp 4 tbsp 3 nos. 6 nos. 3 nos. 3 tsp 3 tbsp	0.3 kg 3 nos. 300 g 1 cup 3 tsp 3 nos. 4 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 Oats (crushed) Honey Brown sugar Butter (softened) Chopped nuts (almonds, pistachio, walnut)		½ cup 1 cup 3 tbsp 4 tbsp 8 tbsp 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 ^{**}	<table border="1"> <tr> <td>For</td><td>0.6 kg</td></tr> <tr> <td>Apple Filling</td><td></td></tr> <tr> <td>Apples (peeled, cleaned & sliced thinly)</td><td>4 large sized</td></tr> <tr> <td>White sugar</td><td>1/4 cup</td></tr> <tr> <td>Brown sugar</td><td>1/4 cup</td></tr> <tr> <td>Lemon juice</td><td>1 tsp</td></tr> <tr> <td>Cinnamon powder</td><td>1 tsp</td></tr> <tr> <td>Nutmeg powder</td><td>1/4 tsp</td></tr> <tr> <td>Salt</td><td>1/4 tsp</td></tr> <tr> <td>Softened butter</td><td>2 tbsp</td></tr> <tr> <td>Cornflour</td><td>2 tbsp</td></tr> <tr> <td>Short Crust Pastry</td><td></td></tr> <tr> <td>Maida</td><td>2 1/2 cup (300 g)</td></tr> <tr> <td>Salt</td><td>1/4 tsp</td></tr> <tr> <td>Sugar (granulated)</td><td>2 tbsp</td></tr> <tr> <td>Unsalted butter (chilled & cut into 1 inch pieces)</td><td>1 cup (225 g)</td></tr> <tr> <td>Ice water</td><td>1/4 - 1/2 cup (60-120 ml)</td></tr> </table>	For	0.6 kg	Apple Filling		Apples (peeled, cleaned & sliced thinly)	4 large sized	White sugar	1/4 cup	Brown sugar	1/4 cup	Lemon juice	1 tsp	Cinnamon powder	1 tsp	Nutmeg powder	1/4 tsp	Salt	1/4 tsp	Softened butter	2 tbsp	Cornflour	2 tbsp	Short Crust Pastry		Maida	2 1/2 cup (300 g)	Salt	1/4 tsp	Sugar (granulated)	2 tbsp	Unsalted butter (chilled & cut into 1 inch pieces)	1 cup (225 g)	Ice water	1/4 - 1/2 cup (60-120 ml)
For	0.6 kg																																					
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Ice water	1/4 - 1/2 cup (60-120 ml)																																					
				<p>Method :</p> <ol style="list-style-type: none"> 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 1/4 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 1/2 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. <p>Note: If the butter becomes soft while making pie, keep the rolled dough in freezer.</p>																																		
CF13	Mushroom & Pepper Pizza@	0.3 kg	Multicook tawa & Low rack*	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Pizza base</td><td></td></tr> <tr> <td>Dry active yeast</td><td>3 g</td></tr> <tr> <td>Water</td><td>2 tbsp</td></tr> <tr> <td>Sugar</td><td>1/4 tsp</td></tr> <tr> <td>Maida</td><td>60 g</td></tr> <tr> <td>Salt</td><td>1/4 tsp</td></tr> <tr> <td>Oil</td><td>1 tsp</td></tr> <tr> <td>Topping</td><td></td></tr> <tr> <td>Pizza sauce</td><td>2 tbsp</td></tr> <tr> <td>Vegetables (sliced mushroom, chopped yellow & red bell pepper)</td><td>1 cup</td></tr> <tr> <td>Grated cheese</td><td>1 cup</td></tr> <tr> <td>Oregano & chilli flakes</td><td>As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	0.3 kg	Pizza base		Dry active yeast	3 g	Water	2 tbsp	Sugar	1/4 tsp	Maida	60 g	Salt	1/4 tsp	Oil	1 tsp	Topping		Pizza sauce	2 tbsp	Vegetables (sliced mushroom, chopped yellow & red bell pepper)	1 cup	Grated cheese	1 cup	Oregano & chilli flakes	As per taste								
For	0.3 kg																																					
Pizza base																																						
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Oregano & chilli flakes	As per taste																																					

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

^{**} Refer page 116, fig 4

* Refer page 116, fig 1

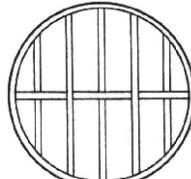


Fig -1

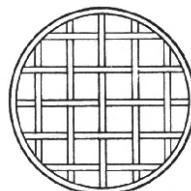


Fig -2

Category	Weight Limit	Utensil	Instructions																										
CF14 Cheese Bread Delight	8 Pc	High rack	<table border="1"> <tr><td>For</td><td>8 nos.</td></tr> <tr><td>Brown bread slice (buttered)</td><td>4 nos.</td></tr> <tr><td>Cheese slice</td><td>4 nos.</td></tr> <tr><td>Butter (softened)</td><td>2 tbsp</td></tr> <tr><td>Chilli flakes</td><td>1 tbsp</td></tr> <tr><td>Salt (optional)</td><td>As per taste</td></tr> <tr><td>Cherry tomatoes</td><td>20 nos.</td></tr> <tr><td>For Dressing</td><td></td></tr> <tr><td>Olive oil</td><td>3 tbsp</td></tr> <tr><td>Vinegar</td><td>1 tbsp</td></tr> <tr><td>Light soya sauce</td><td>½ tsp</td></tr> <tr><td>Chopped parsley / coriander leaves</td><td>1 tbsp</td></tr> <tr><td>Salt, black pepper powder</td><td>As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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
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CF15 Noodle Rosti	0.2 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	<table border="1"> <tr><td>For Rosti</td><td></td></tr> <tr><td>Boiled whole wheat noodles</td><td>¾ cup</td></tr> <tr><td>Grated paneer</td><td>¼ cup</td></tr> <tr><td>Grated mozzarella cheese</td><td>¼ cup</td></tr> <tr><td>Oil</td><td>2 tsp</td></tr> <tr><td>Salt & pepper</td><td>As per taste</td></tr> <tr><td>Coriander (chopped)</td><td>2 tbsp</td></tr> <tr><td>For Topping</td><td></td></tr> <tr><td>Mixed shredded vegetables (carrot, cabbage, capsicum)</td><td>½ cup</td></tr> <tr><td>Boiled bean sprouts</td><td>¼ cup</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> <tr><td>Salt & pepper</td><td>As per taste</td></tr> <tr><td>Tomato ketchup</td><td>4 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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
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CF16 Apple Custard	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Apple</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr><td>Sugar</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Mix all the ingredients in a MWS glass bowl. Select category & weight and press start. 2. When beeps, mix well & press start. 	For	0.1 kg	0.2 kg	0.3 kg	Apple	100 g	200 g	300 g	Sugar	1 tbsp	2 tbsp	3 tbsp														
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* Refer page 116, fig 2

Category	Weight Limit	Utensil	Instructions																																				
CF17	Home made Cereal	0.1 ~ 0.3 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Rice</td><td>50 g</td><td>100 g</td><td>150 g</td></tr> <tr><td>Moong daal</td><td>50 g</td><td>100 g</td><td>150 g</td></tr> <tr><td>Salt, jeera powder, almonds (optional)</td><td></td><td></td><td>As per taste</td></tr> <tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> <tr><td>Groundnuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr><td>Poha</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr><td>Daliya</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Soak rice for 1 hour. In a MWS glass bowl put all the ingredients. Keep it in microwave. Select category & weight and press start. 2. When beeps, remove and grind it in a mixer to a powder. You can store this mixture in a fridge. Take 2 tbsp of this powder, add water, salt, jeera powder and mix. Put this in microwave and press start. 3. When beeps, remove it. 	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				
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CF18	Khichdi	0.1 ~ 0.3 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Soaked rice</td><td>50 g</td><td>75 g</td><td>100 g</td></tr> <tr><td>Moong daal</td><td>25 g</td><td>50 g</td><td>75 g</td></tr> <tr><td>Salt, jeera powder (optional)</td><td></td><td></td><td>As per taste</td></tr> <tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> <tr><td>Water</td><td>200ml</td><td>400 ml</td><td>600 ml</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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												
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CF19	Vegetable Mix	0.1 ~ 0.3 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Dehusked green gram dal (roasted & ground)</td><td>20 g</td><td>40 g</td><td>60 g</td></tr> <tr><td>Carrot (chopped)</td><td>20 g</td><td>40 g</td><td>60 g</td></tr> <tr><td>Potato (chopped)</td><td>40 g</td><td>80 g</td><td>120 g</td></tr> <tr><td>Spinach (chopped)</td><td>20 g</td><td>40 g</td><td>60 g</td></tr> <tr><td>Curd</td><td>40 g</td><td>80 g</td><td>120 g</td></tr> <tr><td>Jaggery</td><td>50 g</td><td>90 g</td><td>100 g</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS glass bowl add vegetables, add some water. Select category and weight and press start. 2. When beeps, add the ground dal. Press start. 3. When beeps, remove and allow to cool. Grind all the ingredients adding curd and jaggery. Keep in MWS bowl & again press start. 	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								
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CF20	Daliya Khichdi	0.1 ~ 0.3 kg	<p>Microwave safe (MWS) bowl</p> <table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Soaked dalia</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr> <tr><td>Soaked moong dal</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr> <tr><td>Grated carrot</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr><td>Grated potato</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr> <tr><td>Spinach (chopped)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr><td>Desi ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr><td>Turmeric powder, salt</td><td></td><td></td><td>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> <ol style="list-style-type: none"> 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. 	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
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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.						
CF22 Upma	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	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.						
			For	0.1 Kg	0.2 Kg	0.3 Kg			
			Suji	100 g	200 g	300 g			
			Oil	1 tbsp	2 tbsp	3 tbsp			
			Water	200 ml	400 ml	600 ml			
			Salt & sugar	As per taste					
			Onion	1 No.	2 Nos.	2 Nos.			
			Green chilli	2 No.	3 Nos.	3 Nos.			
			Rai, jeera, hing, curry leaves, urad dal	As per taste					
CF23 Khandvi	0.3 kg	Microwave safe (MWS) bowl	Lemon juice	As per taste					
			Method :						
			1. In a MWS 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.						
			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.						

Category	Weight Limit	Utensil	Instructions																																																
CF24 Spicy Baby Corn	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Baby corn (cut lengthwise)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr><td>Lemon juice</td><td colspan="3">As per taste</td></tr> <tr><td>Sugar, salt</td><td colspan="3">As per taste</td></tr> <tr><td>Oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr><td>For paste</td><td></td><td></td><td></td></tr> <tr><td>Chopped coriander leaves</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr> <tr><td>Chopped ginger</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> <tr><td>Garlic cloves</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr><td>Chopped green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr> <tr><td>Cumin seeds</td><td colspan="3">As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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		
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CF25 Bread Upma	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Bread slices (cut into small pieces)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr> <tr><td>Mustard seeds</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr> <tr><td>Jeera</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr> <tr><td>Curry leaves</td><td colspan="3">As required</td></tr> <tr><td>Onion (chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr><td>Chopped green chillies</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr> <tr><td>Chopped tomatoes</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr><td>Salt, red chilli powder, haldi</td><td colspan="3">As per taste</td></tr> <tr><td>Lemon juice</td><td colspan="3">As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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						
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CF26 Uggani	0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Puffed rice (murmura)</td><td>150 g</td></tr> <tr><td>Besan (roasted)</td><td>2 tbsp</td></tr> <tr><td>Oil</td><td>1½ tbsp</td></tr> <tr><td>Mustard seeds (spluttered)</td><td>1 tsp</td></tr> <tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr> <tr><td>Curry leaves</td><td>8-10 nos.</td></tr> <tr><td>Coriander leaves (chopped)</td><td>2 tbsp</td></tr> <tr><td>Onion (chopped)</td><td>2 nos.</td></tr> <tr><td>Tomato (chopped)</td><td>2 nos.</td></tr> <tr><td>Lemon juice (optional)</td><td>1 tbsp</td></tr> <tr><td>Salt, turmeric powder, red chilli powder, garam masala</td><td>As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a bowl take puffed rice (murmura) & soak in water for 1-2 minutes. Drain all the water by lightly squeezing murmurra with hands. Add roasted besan & mix well with murmurra. 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 murmurra. Mix very well & press start. Squeeze lemon juice & sprinkle fresh coriander and serve hot. 	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																								
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Salt, turmeric powder, red chilli powder, garam masala	As per taste																																																		

Category	Weight Limit	Utensil	Instructions															
CF27	Murmura	0.1 kg	Microwave safe (MWS) glass bowl <table border="1"> <tr><td>For</td><td>0.1 kg</td></tr> <tr><td>Murmura</td><td>100 g</td></tr> <tr><td>Roasted peanuts</td><td>As required</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> <tr><td>Jeera</td><td>1 tsp</td></tr> <tr><td>Salt, chaat masala</td><td>As per taste</td></tr> <tr><td>Haldi</td><td>¼ tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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	
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																	

Category	Weight Limit	Utensil	Instructions																								
bA1 Chocolate@ Cake	0.4Kg	Metal Cake Tin & Low rack**	<table border="1"> <tr><td>For</td><td>0.4Kg</td></tr> <tr><td>Refined Wheat flour</td><td>110g</td></tr> <tr><td>Powdered Sugar</td><td>120g</td></tr> <tr><td>Oil</td><td>1/4 cup</td></tr> <tr><td>Cocoa powder</td><td>1/4 cup</td></tr> <tr><td>Baking powder</td><td>1 tsp</td></tr> <tr><td>Vanilla essence</td><td>1 tsp</td></tr> <tr><td>Eggs</td><td>4 no.</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Grease a metal cake tin. Dust light with flour. 2. Sift flour, baking powder & cocoa powder together. 3. Separate eggs yolk from whites. 4. Beat egg whites in clean & dry bowl till fluffy. 5. Add sugar gradually, beating till thick & retains shape. 6. Beat yolk & essence till thick & fluffy again. 7. Add oil gradually beating till thick again. 8. Fold in flour gently with wooden spoon, by sprinkling evenly in 2-3 batches. 9. Pour the cake batter in cake tin. 10. Meanwhile during batter making, select category & press start. (Pre-heat process). 11. When beeps, keep the cake tin on low rack. Press start 	For	0.4Kg	Refined Wheat flour	110g	Powdered Sugar	120g	Oil	1/4 cup	Cocoa powder	1/4 cup	Baking powder	1 tsp	Vanilla essence	1 tsp	Eggs	4 no.								
For	0.4Kg																										
Refined Wheat flour	110g																										
Powdered Sugar	120g																										
Oil	1/4 cup																										
Cocoa powder	1/4 cup																										
Baking powder	1 tsp																										
Vanilla essence	1 tsp																										
Eggs	4 no.																										
bA2 Lamington@ Cake	0.4 kg	Low rack & Metal cake tin** & Microwave safe (MVS) glass bowl	<table border="1"> <tr><td>For</td><td>0.4 kg</td></tr> <tr><td>Maida</td><td>100 g</td></tr> <tr><td>Powdered sugar</td><td>75 g</td></tr> <tr><td>Butter</td><td>75 g</td></tr> <tr><td>Eggs</td><td>1 No.</td></tr> <tr><td>Baking powder</td><td>1 tsp</td></tr> <tr><td>Vanilla essence</td><td>1 tsp</td></tr> <tr><td>Milk</td><td>75ml</td></tr> <tr><td>For Lamington solution - Coco powder</td><td>2 tbsps</td></tr> <tr><td>Powdered Sugar</td><td>1tbsp</td></tr> <tr><td>Water</td><td>1 cup</td></tr> <tr><td>Desiccated coconut</td><td>As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk. 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 MVS 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. 	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 tbsps	Powdered Sugar	1tbsp	Water	1 cup	Desiccated coconut	As required
For	0.4 kg																										
Maida	100 g																										
Powdered sugar	75 g																										
Butter	75 g																										
Eggs	1 No.																										
Baking powder	1 tsp																										
Vanilla essence	1 tsp																										
Milk	75ml																										
For Lamington solution - Coco powder	2 tbsps																										
Powdered Sugar	1tbsp																										
Water	1 cup																										
Desiccated coconut	As required																										
bA3 Doughnuts@	0.2 kg	Multicook tawa ² & Low rack	<table border="1"> <tr><td>For</td><td>0.2 kg</td></tr> <tr><td>Maida</td><td>200 g</td></tr> <tr><td>Yeast</td><td>1/2 tbsp</td></tr> <tr><td>Luke warm milk</td><td>100 ml</td></tr> <tr><td>Powdered sugar</td><td>50 g</td></tr> <tr><td>Nutmeg powder</td><td>A pinch</td></tr> <tr><td>Egg</td><td>1/2 (beaten)</td></tr> <tr><td>Vanilla essence</td><td>1/4 tsp</td></tr> <tr><td>Butter</td><td>1 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Dissolve yeast in milk & set aside for 5 minutes to prepare yeast mixture. 2. Add sugar & butter to milk & dissolve. Add to yeast mixture. 3. Now add maida, egg, vanilla essence & nutmeg powder & make a soft dough. Keep it covered for 1 hour. Roll out the dough to 1/2 inch thickness. Cut it with a doughnut cutter. 4. Select category & press start. (Pre-heat process). When beeps arrange the doughnuts on tawa & keep tawa on low rack & press start. <p>Note : If the dough is too dry add milk & if too soft then add maida.</p>	For	0.2 kg	Maida	200 g	Yeast	1/2 tbsp	Luke warm milk	100 ml	Powdered sugar	50 g	Nutmeg powder	A pinch	Egg	1/2 (beaten)	Vanilla essence	1/4 tsp	Butter	1 tbsp						
For	0.2 kg																										
Maida	200 g																										
Yeast	1/2 tbsp																										
Luke warm milk	100 ml																										
Powdered sugar	50 g																										
Nutmeg powder	A pinch																										
Egg	1/2 (beaten)																										
Vanilla essence	1/4 tsp																										
Butter	1 tbsp																										

② Do not put anything in the oven during preheat mode.

² Refer page 116, fig 1

** Refer page 116, fig 4

Category	Weight Limit	Utensil	Instructions																
bA4	Nan Khatai@	0.4 kg	<p>Multicook tawa & Low rack[*]</p> <table border="1"> <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	<p>Multicook tawa & Low rack*</p> <table border="1"> <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	<p>Low rack & Microwave safe (MWS) flat glass dish & High rack</p> <table border="1"> <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	<p>Metal Cake Tin & Low Rack **</p> <table border="1"> <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 border="1"> <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 dissolve. Cover & keep aside for 5-6 minutes. 2. In another bowl take maida, salt & milk powder. Add beaten egg & mix well with hands to get a crumbly texture. Now add yeast water & knead a soft dough for buns. The dough may be a little sticky at this stage. Add oil & knead the dough again. 3. Take multicook tawa & grease it with little oil & then dust with little flour. Divide the dough into 4 equal parts & make round shape & keep on tawa at equal distance. 4. Cover the tawa with a lid & keep at warm & dark place for atleast 45 minutes to 1 hour. 5. Select category & press start. (Pre-heat process). 6. When beeps, keep tawa with dough balls on low rack & keep both inside the microwave & press start. 7. When beeps, turn over the buns & again press start. Immediately remove the buns from tray & use when cool. 	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 border="1"> <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 border="1"> <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	<p>Multicook tawa & Low Rack*</p> <table border="1"> <tr><td>For</td><td>0.2 kg</td></tr> <tr><td>Maida</td><td>80 gm</td></tr> <tr><td>Condensed Milk (Milkmaid)</td><td>100 ml</td></tr> <tr><td>Butter</td><td>75 gm</td></tr> <tr><td>Soda bicarb</td><td>1/4 tsp</td></tr> <tr><td>Vanilla essence</td><td>1/4 tsp</td></tr> <tr><td>Mix fruit jam</td><td>2 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	0.2 kg	Maida	80 gm	Condensed Milk (Milkmaid)	100 ml	Butter	75 gm	Soda bicarb	1/4 tsp	Vanilla essence	1/4 tsp	Mix fruit jam	2 tbsp		
For	0.2 kg																		
Maida	80 gm																		
Condensed Milk (Milkmaid)	100 ml																		
Butter	75 gm																		
Soda bicarb	1/4 tsp																		
Vanilla essence	1/4 tsp																		
Mix fruit jam	2 tbsp																		
bA12	Patties@	3 Pc	<p>Multicook tawa & Low rack* & High rack*</p> <table border="1"> <tr><td>For</td><td>3 No.</td></tr> <tr><td>Maida</td><td>200 g</td></tr> <tr><td>Salt</td><td>1/2 tsp</td></tr> <tr><td>Cold fat (Butter or margarine)</td><td>100 g</td></tr> <tr><td>Cold water</td><td>For making dough</td></tr> <tr><td>Dry mix vegetables for stuffing</td><td>As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 1/2 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. <p>Note : If the butter gets soft while rolling the dough, keep the rolled dough in freezer.</p> <p>Fig. 1 Fig. 2</p> <p>Fig. 3 Fig. 4</p>	For	3 No.	Maida	200 g	Salt	1/2 tsp	Cold fat (Butter or margarine)	100 g	Cold water	For making dough	Dry mix vegetables for stuffing	As required				
For	3 No.																		
Maida	200 g																		
Salt	1/2 tsp																		
Cold fat (Butter or margarine)	100 g																		
Cold water	For making dough																		
Dry mix vegetables for stuffing	As required																		
bA13	Jeera@ Biscuits	0.2 kg	<p>Low rack & Multi cook tawa*</p> <table border="1"> <tr><td>For</td><td>0.2 kg</td></tr> <tr><td>Maida</td><td>120 g</td></tr> <tr><td>Powdered suger</td><td>50 g</td></tr> <tr><td>Butter</td><td>50 g</td></tr> <tr><td>Jeera / Ajwain</td><td>As per taste</td></tr> <tr><td>Soda bi carb</td><td>1 pinch</td></tr> <tr><td>Baking powder</td><td>1.4 tsp</td></tr> <tr><td>Water</td><td>As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Sieve maida, baking powder and soda. In a bowl add powdered sugar and butter and beat well. Add maida, jeera powder, ajwain and make a soft dough with little water. Roll a thick roti and cut cookies with the cutter. Prick with a fork. Arrange on tawa. 2. Select category & press start. (Pre-heat process). When beeps, keep the tawa on low rack. Keep both inside the microwave & press start to bake. Remove when it gives a beep. Allow them to cool. 	For	0.2 kg	Maida	120 g	Powdered suger	50 g	Butter	50 g	Jeera / Ajwain	As per taste	Soda bi carb	1 pinch	Baking powder	1.4 tsp	Water	As required
For	0.2 kg																		
Maida	120 g																		
Powdered suger	50 g																		
Butter	50 g																		
Jeera / Ajwain	As per taste																		
Soda bi carb	1 pinch																		
Baking powder	1.4 tsp																		
Water	As required																		

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

*Refer page 116, fig 1

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*	<table border="1"> <tr> <td>For</td><td>Dough</td></tr> <tr> <td>Refined flour (Maida)</td><td>225 gms</td></tr> <tr> <td>Curd</td><td>4 tbsp</td></tr> <tr> <td>Milk</td><td>100 ml</td></tr> <tr> <td>Butter</td><td>1 tbsp</td></tr> <tr> <td>Salt</td><td>1/8 tsp</td></tr> <tr> <td>Castor Sugar</td><td>1 tsp</td></tr> <tr> <td>Baking powder</td><td>1/2 tsp</td></tr> <tr> <td>Butter (Melted)</td><td>1 tsp</td></tr> <tr> <td>Soda-bi-carb</td><td>1/4 tsp</td></tr> <tr> <td>Onion seeds</td><td>1 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. <p>Note: Grease the surface with little oil to prevent the naan from sticking while rolling.</p>	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	1/2 tsp	Butter (Melted)	1 tsp	Soda-bi-carb	1/4 tsp	Onion seeds	1 tsp
For	Dough																									
Refined flour (Maida)	225 gms																									
Curd	4 tbsp																									
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Baking powder	1/2 tsp																									
Butter (Melted)	1 tsp																									
Soda-bi-carb	1/4 tsp																									
Onion seeds	1 tsp																									
br2	Lachha Parantha	2 Pc	Multicook Tawa & low rack*	<table border="1"> <tr> <td>For</td><td>Dough</td></tr> <tr> <td>Whole wheat flour</td><td>2 cups</td></tr> <tr> <td>Salt</td><td>1/2 tsp</td></tr> <tr> <td>Ghee</td><td>2 Tbsp</td></tr> <tr> <td>Milk</td><td>1/2 cup</td></tr> <tr> <td>Water</td><td>1/2 cup</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 1/2 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. 	For	Dough	Whole wheat flour	2 cups	Salt	1/2 tsp	Ghee	2 Tbsp	Milk	1/2 cup	Water	1/2 cup										
For	Dough																									
Whole wheat flour	2 cups																									
Salt	1/2 tsp																									
Ghee	2 Tbsp																									
Milk	1/2 cup																									
Water	1/2 cup																									
br3	Appam	1 Pc	Multicook Tawa & High Rack#	<table border="1"> <tr> <td>For</td><td>Batter</td></tr> <tr> <td>Rice (soaked for 5-6 hours)</td><td>1 cup</td></tr> <tr> <td>Cooked rice (Boiled)</td><td>1/2 cup</td></tr> <tr> <td>Fresh coconut shavings</td><td>2 cups</td></tr> <tr> <td>Yeast</td><td>1/4 tsp</td></tr> <tr> <td>Coconut water</td><td>To dissolve yeast & for diluting the batter</td></tr> <tr> <td>Salt & Sugar</td><td>As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 1/2 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. <p>Note: While pouring the appam batter, try to make a thin size appam. It should not be very thick.</p>	For	Batter	Rice (soaked for 5-6 hours)	1 cup	Cooked rice (Boiled)	1/2 cup	Fresh coconut shavings	2 cups	Yeast	1/4 tsp	Coconut water	To dissolve yeast & for diluting the batter	Salt & Sugar	As per taste								
For	Batter																									
Rice (soaked for 5-6 hours)	1 cup																									
Cooked rice (Boiled)	1/2 cup																									
Fresh coconut shavings	2 cups																									
Yeast	1/4 tsp																									
Coconut water	To dissolve yeast & for diluting the batter																									
Salt & Sugar	As per taste																									

* 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*	<table border="1"> <tr> <td>For</td><td>Dough</td></tr> <tr> <td>Whole wheat flour</td><td>1 cup</td></tr> <tr> <td>Besan</td><td>3/4 cup</td></tr> <tr> <td>Finely chopped onion</td><td>1 no. (medium)</td></tr> <tr> <td>Finely chopped green chilli</td><td>2 no.</td></tr> <tr> <td>Black pepper powder</td><td>1 tsp</td></tr> <tr> <td>Red chilli powder</td><td>1 tsp</td></tr> <tr> <td>Garam Masala</td><td>1/2 tsp</td></tr> <tr> <td>Ghee</td><td>1 tbsp</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> <tr> <td>Fresh Curd</td><td>1/4 cup</td></tr> <tr> <td>Water (to knead dough)</td><td>1/4 cup</td></tr> <tr> <td>Oil</td><td>1/2 tsp</td></tr> <tr> <td>Coriander leaves (Chopped)</td><td>2 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	Dough	Whole wheat flour	1 cup	Besan	3/4 cup	Finely chopped onion	1 no. (medium)	Finely chopped green chilli	2 no.	Black pepper powder	1 tsp	Red chilli powder	1 tsp	Garam Masala	1/2 tsp	Ghee	1 tbsp	Salt	As per taste	Fresh Curd	1/4 cup	Water (to knead dough)	1/4 cup	Oil	1/2 tsp	Coriander leaves (Chopped)	2 tbsp
For	Dough																															
Whole wheat flour	1 cup																															
Besan	3/4 cup																															
Finely chopped onion	1 no. (medium)																															
Finely chopped green chilli	2 no.																															
Black pepper powder	1 tsp																															
Red chilli powder	1 tsp																															
Garam Masala	1/2 tsp																															
Ghee	1 tbsp																															
Salt	As per taste																															
Fresh Curd	1/4 cup																															
Water (to knead dough)	1/4 cup																															
Oil	1/2 tsp																															
Coriander leaves (Chopped)	2 tbsp																															
br5	Missi Roti	2 Pc	Multicook Tawa & low rack*	<table border="1"> <tr> <td>For</td><td>Dough</td></tr> <tr> <td>Wheat flour</td><td>1 1/2 cups</td></tr> <tr> <td>Besan</td><td>1 1/2 cups</td></tr> <tr> <td>Oil</td><td>4 Tbsp</td></tr> <tr> <td>Kasuri methi, Red Chilli powder, Salt</td><td>As per taste</td></tr> <tr> <td>Water (for dough kneading)</td><td>50 ml</td></tr> <tr> <td>Curd</td><td>1/2 cup</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 1/4 tsp oil on the roties & turn over. Press start. Wrap in foil & store. 	For	Dough	Wheat flour	1 1/2 cups	Besan	1 1/2 cups	Oil	4 Tbsp	Kasuri methi, Red Chilli powder, Salt	As per taste	Water (for dough kneading)	50 ml	Curd	1/2 cup														
For	Dough																															
Wheat flour	1 1/2 cups																															
Besan	1 1/2 cups																															
Oil	4 Tbsp																															
Kasuri methi, Red Chilli powder, Salt	As per taste																															
Water (for dough kneading)	50 ml																															
Curd	1/2 cup																															

* Refer page 116, fig 1

² Refer page 116, fig 2

Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																																			
br6	Stuffed Naan	2 Pc	Multicook Tawa & Low Rack*	<table border="1"> <tr> <td>For</td><td>Dough</td></tr> <tr> <td>Refined flour (maida)</td><td>225 g</td></tr> <tr> <td>Curd</td><td>4 tbsp</td></tr> <tr> <td>Milk</td><td>100 ml</td></tr> <tr> <td>Butter</td><td>1 tbsp</td></tr> <tr> <td>Salt</td><td>1/8 tsp</td></tr> <tr> <td>Castor Sugar</td><td>1 tsp</td></tr> <tr> <td>Baking powder</td><td>1/2 tsp</td></tr> <tr> <td>Butter (melted)</td><td>1 tsp</td></tr> <tr> <td>Soda-bi-carb</td><td>1/4 tsp</td></tr> <tr> <td>Onion seeds</td><td>1 tsp</td></tr> <tr> <td>For filling</td><td></td></tr> <tr> <td>Grated Paneer</td><td>150 g</td></tr> <tr> <td>Chopped onions</td><td>1 no (medium)</td></tr> <tr> <td>Chopped green chilli</td><td>2 nos.</td></tr> <tr> <td>Coriander leaves (Chopped)</td><td>A few sprigs</td></tr> <tr> <td>Red Chilli powder, salt, garam masala, anardana powder</td><td>As per taste</td></tr> </table> <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>	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	1/2 tsp	Butter (melted)	1 tsp	Soda-bi-carb	1/4 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
For	Dough																																					
Refined flour (maida)	225 g																																					
Curd	4 tbsp																																					
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Chopped green chilli	2 nos.																																					
Coriander leaves (Chopped)	A few sprigs																																					
Red Chilli powder, salt, garam masala, anardana powder	As per taste																																					
br7	Khasta Paratha	2 Pc	Multicook Tawa & Low Rack*	<table border="1"> <tr> <td>For</td><td>Dough</td></tr> <tr> <td>Whole wheat flour</td><td>1 1/2 cup</td></tr> <tr> <td>Melted butter</td><td>1/3 cup</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> <tr> <td>Buttermilk</td><td>1/2 cup</td></tr> </table> <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 1/2 tsp oil & turn over & press start. Wrap in foil & store. 	For	Dough	Whole wheat flour	1 1/2 cup	Melted butter	1/3 cup	Salt	As per taste	Buttermilk	1/2 cup																								
For	Dough																																					
Whole wheat flour	1 1/2 cup																																					
Melted butter	1/3 cup																																					
Salt	As per taste																																					
Buttermilk	1/2 cup																																					

* 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 [#]	<table border="1"> <tr> <td>For</td><td>Dough</td></tr> <tr> <td>Whole wheat flour</td><td>1 cup</td></tr> <tr> <td>Mint leaves</td><td>½ cup</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> <tr> <td>Butter</td><td>2 tbsps</td></tr> <tr> <td>Chaat Masala</td><td>2 tsp</td></tr> <tr> <td>Oil/ghee</td><td>2 tsp</td></tr> <tr> <td>Dry pudina powder</td><td>1 tbsp</td></tr> <tr> <td>Water</td><td>As required to make the dough</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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 tbsp	Water	As required to make the dough								
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 tbsp																													
Water	As required to make the dough																													
br9	Rajma Parantha	2 Pc	Multicook Tawa & high rack [#]	<table border="1"> <tr> <td>For</td><td>Dough</td></tr> <tr> <td>Boiled Rajma</td><td>1/3 cup</td></tr> <tr> <td>Whole Wheat flour (atta)</td><td>1 cup</td></tr> <tr> <td>Soyabean flour</td><td>2 Tbsp</td></tr> <tr> <td>Chopped green chillies</td><td>3-4 nos.</td></tr> <tr> <td>Fresh mint leaves</td><td>8-10 nos.</td></tr> <tr> <td>Anardana (Crushed)</td><td>1 tsp</td></tr> <tr> <td>Red Chilli Powder</td><td>1 tsp</td></tr> <tr> <td>Tomato Puree</td><td>2 tbsps.</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> <tr> <td>Oil</td><td>2 tsp</td></tr> <tr> <td>Coriander leaves (Chopped)</td><td>2 tbsps</td></tr> <tr> <td>Water</td><td>To knead to dough</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	Dough	Boiled Rajma	1/3 cup	Whole Wheat flour (atta)	1 cup	Soyabean flour	2 Tbsp	Chopped green chillies	3-4 nos.	Fresh mint leaves	8-10 nos.	Anardana (Crushed)	1 tsp	Red Chilli Powder	1 tsp	Tomato Puree	2 tbsps.	Salt	As per taste	Oil	2 tsp	Coriander leaves (Chopped)	2 tbsps	Water	To knead to dough
For	Dough																													
Boiled Rajma	1/3 cup																													
Whole Wheat flour (atta)	1 cup																													
Soyabean flour	2 Tbsp																													
Chopped green chillies	3-4 nos.																													
Fresh mint leaves	8-10 nos.																													
Anardana (Crushed)	1 tsp																													
Red Chilli Powder	1 tsp																													
Tomato Puree	2 tbsps.																													
Salt	As per taste																													
Oil	2 tsp																													
Coriander leaves (Chopped)	2 tbsps																													
Water	To knead to dough																													

[#] Refer page 116, fig 2

Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																							
br10 Paneer Parantha	2 Pc	Multicook Tawa & High Rack*	<table border="1"> <tr><td>For</td><td>Dough</td></tr> <tr><td>Whole wheat flour (atta)</td><td>2 cups</td></tr> <tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> <tr><td>For stuffing</td><td></td></tr> <tr><td>Grated paneer</td><td>2 cups</td></tr> <tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr><td>Chopped coriander leaves</td><td>2 tbsps</td></tr> <tr><td>Salt, red chilli powder, garam masala</td><td>As per taste</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ tsp ghee on top of paranthas & turn and press start. Serve the paneer paranthas hot with fresh curd. 	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 tbsps	Salt, red chilli powder, garam masala	As per taste	Anardana powder	1 tsp	
For	Dough																									
Whole wheat flour (atta)	2 cups																									
Desi ghee	1 tbsp + 1 tsp																									
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Water (to knead dough)	1 cup (200 ml)																									
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Chopped coriander leaves	2 tbsps																									
Salt, red chilli powder, garam masala	As per taste																									
Anardana powder	1 tsp																									
br11 Kulche	2 Pc	Multicook Tawa & Low Rack*	<table border="1"> <tr><td>For</td><td>Dough</td></tr> <tr><td>Maida</td><td>1 cup</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Fresh cream</td><td>2 tbsps</td></tr> <tr><td>Lukewarm water</td><td>50 ml</td></tr> <tr><td>Sugar</td><td>1 tbsps</td></tr> <tr><td>Dry yeast</td><td>1 tsp</td></tr> <tr><td>Oil</td><td>$\frac{1}{2}$ tsp</td></tr> <tr><td>Kalonji (onion seeds)</td><td>As required</td></tr> <tr><td>Coriander leaves</td><td>As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 $\frac{1}{2}$ 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. 	For	Dough	Maida	1 cup	Salt	A pinch	Fresh cream	2 tbsps	Lukewarm water	50 ml	Sugar	1 tbsps	Dry yeast	1 tsp	Oil	$\frac{1}{2}$ tsp	Kalonji (onion seeds)	As required	Coriander leaves	As required			
For	Dough																									
Maida	1 cup																									
Salt	A pinch																									
Fresh cream	2 tbsps																									
Lukewarm water	50 ml																									
Sugar	1 tbsps																									
Dry yeast	1 tsp																									
Oil	$\frac{1}{2}$ tsp																									
Kalonji (onion seeds)	As required																									
Coriander leaves	As required																									
br12 Daal Parantha	2 Pcs	Multi cook Tawa + High rack*	<table border="1"> <tr><td>For Dough</td><td></td></tr> <tr><td>Boiled Daal/Left over daal</td><td>1/3rd cup</td></tr> <tr><td>Whole wheat flour(aata)</td><td>1 cup</td></tr> <tr><td>Chopped green chillies</td><td>3 to 4 no.</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> <tr><td>Red chilli powder</td><td>1 tsp</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> <tr><td>Oil</td><td>2 tbsps</td></tr> <tr><td>Coriander leaves</td><td>Copped</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 oval 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. 	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 tbsps	Coriander leaves	Copped	Water	To knead dough			
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 tbsps																									
Coriander leaves	Copped																									
Water	To knead dough																									

* Refer page 116, fig 1

¹ Refer page 116, fig 2

Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																									
br13 Aloo Parantha	2 Pcs	Multi cook Tawa + High rack ^z	<table border="1"> <tr><td>For Dough</td><td></td></tr> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> <tr><td>For Stuffing</td><td></td></tr> <tr><td>Boiled & mashed potato</td><td>2 cups</td></tr> <tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <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. 	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	
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																											
br14 Palak Parantha	2 Pcs	Multi cook Tawa + High rack ^z	<table border="1"> <tr><td>For Dough</td><td></td></tr> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Palak (boiled)</td><td>250 g</td></tr> <tr><td>Green chilli chopped</td><td>2 nos.</td></tr> <tr><td>Ajwain</td><td>1/4 tsp</td></tr> <tr><td>Hing</td><td>A pinch</td></tr> <tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Oil/Ghee</td><td>2 tsp</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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							
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																											

^z Refer page 116, fig 2

Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																									
br15 Gobhi Parantha	2 Pcs	Multi cook Tawa + High rack ^a	<table border="1"> <tr><td>For Dough</td><td></td></tr> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> <tr><td>For Stuffing</td><td></td></tr> <tr><td>Grated Gobhi</td><td>2 cups</td></tr> <tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <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. 	For Dough		Whole wheat flour(aata)	2 cups	Desi ghee	1 tbsp + 1 tsp	Salt	A pinch	Water (to knead dough)	1 cup (200 ml)	For Stuffing		Grated Gobhi	2 cups	Chopped green chilli (deseeded)	3 nos.	Chopped coriander leaves	2 tbsp	Salt, Red chilli powder, Garam masala	As per taste	Anardana powder	1 tsp	Water	To knead dough	
For Dough																												
Whole wheat flour(aata)	2 cups																											
Desi ghee	1 tbsp + 1 tsp																											
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Chopped coriander leaves	2 tbsp																											
Salt, Red chilli powder, Garam masala	As per taste																											
Anardana powder	1 tsp																											
Water	To knead dough																											
br16 Ajwain Parantha	2 Pcs	Multi cook Tawa + High rack ^a	<table border="1"> <tr><td>For Dough</td><td></td></tr> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Ajwain</td><td>2 tsp</td></tr> <tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For Dough		Whole wheat flour(aata)	2 cups	Ajwain	2 tsp	Salt, Red chilli powder, Garam masala	As per taste	Water	To knead dough															
For Dough																												
Whole wheat flour(aata)	2 cups																											
Ajwain	2 tsp																											
Salt, Red chilli powder, Garam masala	As per taste																											
Water	To knead dough																											
br17 Pyaz Parantha	2 Pcs	Multi cook Tawa + High rack ^a	<table border="1"> <tr><td>For Dough</td><td></td></tr> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> <tr><td>For Stuffing</td><td></td></tr> <tr><td>Grated Pyaaz</td><td>2 cups</td></tr> <tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> </table> <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. 	For Dough		Whole wheat flour(aata)	2 cups	Desi ghee	1 tbsp + 1 tsp	Salt	A pinch	Water (to knead dough)	1 cup (200 ml)	For Stuffing		Grated Pyaaz	2 cups	Chopped green chilli (deseeded)	3 nos.	Chopped coriander leaves	2 tbsp	Salt, Red chilli powder, Garam masala	As per taste	Anardana powder	1 tsp			
For Dough																												
Whole wheat flour(aata)	2 cups																											
Desi ghee	1 tbsp + 1 tsp																											
Salt	A pinch																											
Water (to knead dough)	1 cup (200 ml)																											
For Stuffing																												
Grated Pyaaz	2 cups																											
Chopped green chilli (deseeded)	3 nos.																											
Chopped coriander leaves	2 tbsp																											
Salt, Red chilli powder, Garam masala	As per taste																											
Anardana powder	1 tsp																											

^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	<table border="1"> <tr> <td>For Dough</td><td></td></tr> <tr> <td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr> <td>Amchoor</td><td>1/2 tsp</td></tr> <tr> <td>Chaat Masala</td><td>1 tsp</td></tr> <tr> <td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr> <td>Water</td><td>To knead dough</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 into 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. 	For Dough		Whole wheat flour(aata)	2 cups	Amchoor	1/2 tsp	Chaat Masala	1 tsp	Salt, Red chilli powder, Garam masala	As per taste	Water	To knead dough												
For Dough																												
Whole wheat flour(aata)	2 cups																											
Amchoor	1/2 tsp																											
Chaat Masala	1 tsp																											
Salt, Red chilli powder, Garam masala	As per taste																											
Water	To knead dough																											
br19	Aloo Gobhi Parantha	2 Pcs	Multi cook Tawa + High rack ^a	<table border="1"> <tr> <td>For Dough</td><td></td></tr> <tr> <td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr> <td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr> <tr> <td>Salt</td><td>A pinch</td></tr> <tr> <td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> <tr> <td>For Stuffing</td><td></td></tr> <tr> <td>Boiled & mashed potato</td><td>1 cup</td></tr> <tr> <td>Boiled & grated gobhi</td><td>1 cup</td></tr> <tr> <td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr> <td>Chopped coriander leaves</td><td>2 tbsps</td></tr> <tr> <td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr> <td>Anardana powder</td><td>1 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 oval length. 5. When beeps keep two rolled out paranthas on tawa & press start. 6. When beeps turn paratha. Press start. Make all the paranthas same procedure. 7. Serve them hot with curd or pickle. Wrap in foil & store. 	For Dough		Whole wheat flour(aata)	2 cups	Desi ghee	1 tbsp + 1 tsp	Salt	A pinch	Water (to knead dough)	1 cup (200 ml)	For Stuffing		Boiled & mashed potato	1 cup	Boiled & grated gobhi	1 cup	Chopped green chilli (deseeded)	3 nos.	Chopped coriander leaves	2 tbsps	Salt, Red chilli powder, Garam masala	As per taste	Anardana powder	1 tsp
For Dough																												
Whole wheat flour(aata)	2 cups																											
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Chopped coriander leaves	2 tbsps																											
Salt, Red chilli powder, Garam masala	As per taste																											
Anardana powder	1 tsp																											
br20	Methi Parantha	2 Pcs	Multi cook Tawa + High rack ^a	<table border="1"> <tr> <td>For Dough</td><td></td></tr> <tr> <td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr> <td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr> <tr> <td>Salt</td><td>A pinch</td></tr> <tr> <td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> <tr> <td>For Stuffing</td><td></td></tr> <tr> <td>Chopped Methi</td><td>2 cups</td></tr> <tr> <td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr> <td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr> <td>Water</td><td>To knead dough</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For Dough		Whole wheat flour(aata)	2 cups	Desi ghee	1 tbsp + 1 tsp	Salt	A pinch	Water (to knead dough)	1 cup (200 ml)	For Stuffing		Chopped Methi	2 cups	Chopped green chilli (deseeded)	3 nos.	Salt, Red chilli powder, Garam masala	As per taste	Water	To knead dough				
For Dough																												
Whole wheat flour(aata)	2 cups																											
Desi ghee	1 tbsp + 1 tsp																											
Salt	A pinch																											
Water (to knead dough)	1 cup (200 ml)																											
For Stuffing																												
Chopped Methi	2 cups																											
Chopped green chilli (deseeded)	3 nos.																											
Salt, Red chilli powder, Garam masala	As per taste																											
Water	To knead dough																											

^a Refer page 116, fig 2

Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																									
br21	Cabbage Parantha	2 Pcs	Multi cook Tawa + High rack [*]	<table border="1"> <tr><td>For Dough</td><td></td></tr> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> <tr><td>For Stuffing</td><td></td></tr> <tr><td>Grated Cabbage</td><td>2 cups</td></tr> <tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <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. 	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
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																											
br22	Corn Parantha	2 Pcs	Multi cook Tawa + High rack [*]	<table border="1"> <tr><td>For Dough</td><td></td></tr> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> <tr><td>For Stuffing</td><td></td></tr> <tr><td>Boiled & mashed corns</td><td>2 cups</td></tr> <tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <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. 	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
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																											

^{*} Refer page 116, fig 2

Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																									
br23 Carrot Parantha	2 Pcs	Multi cook Tawa + High rack [*]	<table border="1"> <tr><td>For Dough</td><td></td></tr> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> <tr><td>For Stuffing</td><td></td></tr> <tr><td>Grated Carrot</td><td>2 cups</td></tr> <tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <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. 	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	
For Dough																												
Whole wheat flour(aata)	2 cups																											
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Chopped coriander leaves	2 tbsp																											
Salt, Red chilli powder, Garam masala	As per taste																											
Anardana powder	1 tsp																											
Water	To knead dough																											
br24 Pea Parantha	2 Pcs	Multi cook Tawa + High rack [*]	<table border="1"> <tr><td>For Dough</td><td></td></tr> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> <tr><td>For Stuffing</td><td></td></tr> <tr><td>Boiled & mashed pea</td><td>2 cups</td></tr> <tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <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. 	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	
For Dough																												
Whole wheat flour(aata)	2 cups																											
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Salt, Red chilli powder, Garam masala	As per taste																											
Anardana powder	1 tsp																											
Water	To knead dough																											

^{*} Refer page 116, fig 2

Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																									
br25 Mushroom Parantha	2 Pcs	Multi cook Tawa + High rack. ^a	<table border="1"> <tr><td>For Dough</td><td></td></tr> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> <tr><td>For Stuffing</td><td></td></tr> <tr><td>Boiled & mashed Mushrooms</td><td>2 cups</td></tr> <tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <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. 	For Dough		Whole wheat flour(aata)	2 cups	Desi ghee	1 tbsp + 1 tsp	Salt	A pinch	Water (to knead dough)	1 cup (200 ml)	For Stuffing		Boiled & mashed Mushrooms	2 cups	Chopped green chilli (deseeded)	3 nos.	Chopped coriander leaves	2 tbsp	Salt, Red chilli powder, Garam masala	As per taste	Anardana powder	1 tsp	Water	To knead dough	
For Dough																												
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^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 Mix Veg. (Carrot, Cauliflower, peas, beans, potato) Oil Onion (chopped) Tomato (chopped) Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder	0.1 kg 100 g (Total) ¼ tbsp ½ cup ¼ cup	0.2 kg 200 g (Total) ½ tbsp 1 cup 1 cup	0.3 kg 300 g (Total) 1½ tbsp 1½ cup 1½ cup	0.4 kg 400 g (Total) 2 tbsp 2 cup 1½ cup	0.5 kg 500 g (Total) 2 tbsp 2 cup 1½ cup
								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	Panee Capsicum & Onion (sliced) Onion Paste Tomato Puree Ginger-Garlic Paste, Salt & Sugar Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala Butter Fresh Cream	0.1 kg ½ cup 3 tbsp 2 tbsp To taste To taste 1½ tbsp 1 tbsp	0.2 kg 1 cup 4 tbsp 3 tbsp 2 tbsp 6 tbsp 6½ tbsp 2 tbsp 3 tbsp	0.3 kg 1½ cup 5 tbsp 4 tbsp 4½ tbsp 6½ tbsp 5 tbsp 4 tbsp	0.4 kg 2 cup 6 tbsp 5 tbsp 4 tbsp 5 tbsp 4 tbsp 5 tbsp	0.5 kg 2½ cup 6½ tbsp 5 tbsp 4 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 Dal (soaked for 2 hours) Water Oil Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch Salt, dhania powder	0.2 kg 200 g 400 ml 2 tbsp	0.3 kg 300 g 600 ml 2½ tbsp	0.4 kg 400 g 800 ml 3 tbsp		
				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	Sambar	0.2 kg	Microwave safe (MWS) bowl	Arhar Dal (Soaked for 2 hrs) Oil Onion chopped Tomato chopped Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin Boiled Water Imli pulp, Green Chilli, Sambar Masala, Salt, Gud	200 g 2 tbsp 1 medium 1 medium 1 cup 400 ml 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 sambar 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	<p>Microwave safe (MWS) bowl</p> <table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr><td>Boiled Aloo (small)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr><td>Oil</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>3½ tbsp</td></tr> <tr><td>Jeera, pepper seeds, cloves, hing</td><td></td><td></td><td></td><td colspan="2">As required</td></tr> <tr><td>Onion paste</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr> <tr><td>Ginger & garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2 tsp</td></tr> <tr><td>Tomato puree</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr> <tr><td>Curd</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr> <tr><td>Turmeric powder, red chilli powder, deghi mirch, salt, garam masala, saunf powder</td><td></td><td></td><td></td><td colspan="2">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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	
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																																																				
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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																																																					
IC6	Kadhi	0.3 ~ 0.5 kg	<p>Microwave safe (MWS) bowl</p> <table border="1"> <tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr><td>Besan</td><td>25 g</td><td>50 g</td><td>75 g</td></tr> <tr><td>Curd / matha</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr><td>Rai, cumin seeds</td><td></td><td></td><td>As per taste</td></tr> <tr><td>Chopped onions</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr> <tr><td>Salt, red chilli powder, haldi, coriander powder, amchur</td><td></td><td></td><td>As per taste</td></tr> <tr><td>Water</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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																						
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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																																																						
IC7	Baati@	0.4 kg	<p>Multicook tawa & Low rack & High rack</p> <table border="1"> <tr><td>For</td><td>0.4 kg</td></tr> <tr><td>Wheat flour</td><td>200 g</td></tr> <tr><td>Suji</td><td>50 g</td></tr> <tr><td>Melted ghee</td><td>75 ml (5 tbsp)</td></tr> <tr><td>Jeera</td><td>½ tsp</td></tr> <tr><td>Ajwain</td><td>¼ tsp</td></tr> <tr><td>Baking powder</td><td>¼ tsp</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> <tr><td>Haldi</td><td>As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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																																				
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Baking powder	¼ tsp																																																								
Salt	As per taste																																																								
Haldi	As required																																																								

@ 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	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Moong dal (soaked for 2 hours)</td><td>300 g</td></tr> <tr> <td>Water</td><td>600 ml</td></tr> <tr> <td>Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato)</td><td>2 cups</td></tr> <tr> <td>For tadka</td><td></td></tr> <tr> <td>Oil</td><td>2 tbsp</td></tr> <tr> <td>Bay leafs, jeera, dry chillies, salt, haldi</td><td>As per taste</td></tr> <tr> <td>Grated coconut</td><td>4 tbsp</td></tr> <tr> <td>Chopped onion</td><td>1 no.</td></tr> </table>	For	0.3 kg	Moong dal (soaked for 2 hours)	300 g	Water	600 ml	Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato)	2 cups	For tadka		Oil	2 tbsp	Bay leafs, jeera, dry chillies, salt, haldi	As per taste	Grated coconut	4 tbsp	Chopped onion	1 no.	<p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select category & press start. 2. When beeps, in another MWS bowl add oil, bay leafs, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start. 3. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start. 											
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																																	
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Oil	2 tbsp																																	
Bay leafs, jeera, dry chillies, salt, haldi	As per taste																																	
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IC9	Pithla	0.6 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish	<table border="1"> <tr> <td>For</td><td>0.6 kg</td></tr> <tr> <td>Besan</td><td>½ cup</td></tr> <tr> <td>Oil</td><td>1½ tbsp</td></tr> <tr> <td>Ginger, garlic, green chillies (chopped)</td><td>1 tsp each</td></tr> <tr> <td>Onion, Tomato (chopped)</td><td>1 no. each</td></tr> <tr> <td>Coriander chopped</td><td>A few sprigs</td></tr> <tr> <td>Water</td><td>2 cups (400 ml)</td></tr> <tr> <td>Salt, turmeric powder, garam masala, red chilli powder</td><td>As per taste</td></tr> </table>	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	<p>Method :</p> <ol style="list-style-type: none"> 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. 													
For	0.6 kg																																	
Besan	½ cup																																	
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Water	2 cups (400 ml)																																	
Salt, turmeric powder, garam masala, red chilli powder	As per taste																																	
IC10	Panchmel Ki Subzi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Chopped vegetables (Gavarfali, chawli, shimla mirch, kheera, gajar)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td></tr> <tr> <td>Jeera</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr> <tr> <td>Onion</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Ginger & green chilli paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Coriander powder, amchur, haldi & salt</td><td colspan="3">As per taste</td></tr> </table>	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			<ol style="list-style-type: none"> 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. 	
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																																	

Indian Cuisine

Category	Weight Limit	Utensil	Instructions						
IC11 Gujarati Tuvar Dal	0.3 kg	Microwave safe (MWS) bowl	For Tuvar dal / Arhar dal (soaked for 2 hours)	0.3 kg 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 Chicken (boneless)	0.3 kg 300 g	0.4 kg 400 g	0.5 kg 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	1¾ 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 French beans (cut evenly)	0.1 kg 100 g	0.2 kg 200 g	0.3 kg 300 g			
			Oil	1 tsp	1 tsp	2 tsp			
			Mustard seeds	¼ tsp	½ tsp	½ tsp			
			Urad dal	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 Paneer pieces Kaju paste Sliced onions Chopped ginger Chopped garlic Chilli powder Khus Khus paste Tomato puree Milk Garam masala & salt	0.1 kg 100 g 2 tsp ½ no. 1 tsp 1 tsp 1 tsp 1 tbsp ½ cup ½ cup As per taste	0.2 kg 200 g 3 tsp 1 nos. 2 tsp 2 tsp 2 tsp 2 tbsp 1 cup ½ cup As per taste	0.3 kg 300 g 4 tsp 1½ nos. 3 tsp 3 tsp 4 tsp 3 tbsp 2 cup 1 cup As per taste	0.4 kg 400 g 5 tsp 1½ nos. 4 tsp 4 tsp 5 tsp 4 tbsp 2 cup 1½ cup 1½ cup	0.5 kg 500 g 6 tsp 2 nos. 5 tsp 5 tsp 1 cup 5 tsp 5/3 cup 2 cups 3 nos. 5 tsp 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 Boneless chicken Oil Methidana Onion slices Chopped garlic Dhania powder, red chilli powder salt Tomato puree Hara dhania Capsicum Ginger (finely sliced) Cream	0.1 kg 100 g 1 tbsp ¼ tsp 1 no. 1 tsp As per taste ½ cup ½ cup 1 cup 1 no. 1 tbsp For garnishing	0.2 kg 200 g 2 tbsp ¼ tsp 2 nos. 2 tsp 3 tbsp 1 cup 1½ cup 1 cup 2 nos. 3 tbsp 4 tsp 5/3 cup 1½ cup 1½ cup	0.3 kg 300 g 3 tbsp 1 tsp 3 nos. 3 tsp 4 tsp 1 cup 1½ cup 1 cup 2 nos. 4 tbsp 5 tsp 3/2 cup 1 cup 1½ cup	0.4 kg 400 g 3 tbsp 1 tsp 4 nos. 4 tsp 5 tsp 2 nos. 4 tbsp 2 nos. 5/3 cup 2 cups 3 nos. 6 tsp 4/3 cup	0.5 kg 500 g 3½ tbsp 1 tsp 5 nos. 5 tsp 6 tsp 2 nos. 4½ tbsp 2 nos. 6/3 cup 3 cups 6 nos. 7/2 cup 1½ cup 1½ cup	
				Method :						
				1. In Microwave Safe Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select category & weight and press start.						
				2. When beeps, mix well & add tomato puree, hara dhana, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes.						
				3. Add cream. Mix well. Serve hot.						
IC18	Baigan Ka Bhartha	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For Baingan (Chopped in big pieces) Oil Chopped onions Chopped green chillies Chopped ginger Chopped tomato Tomato puree Salt, dhania powder, garam masala, red chilli powder, haldi Chopped coriander leaves	0.3 kg 300 g 1 tbsp 1 cup 3 nos. 1 tbsp 2 nos. 4 tbsp As per taste A few sprigs	0.4 kg 400 g 1½ tbsp 1½ cup 4 nos. 1½ tbsp 3 nos. 5 tbsp As per taste A few sprigs	0.5 kg 500 g 2 tbsp 2 cup 5 nos. 2 tbsp 4 nos. 6 tbsp 6/3 cup 2 cups 4 nos. 7/2 cup 3 cups 6 nos. 8/3 cup			
				Method :						
				1. In a MWS bowl add peeled & chopped baigan. Sprinkle some water. Cover. Select category & weight and press start.						
				2. When beeps, remove & mash the baigan well.						
				3. In another MWS bowl add oil, chopped onion, green chillies, ginger, tomato, tomato puree, salt, dhania powder, garam masala, red chilli powder, haldi. Mix well. Cover & press start.						
				4. When beeps, mix well. Add the mashed 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	<table border="1"> <tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr> <tr><td>Grated Lauki</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr><td>Besan</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr><td>Chopped Onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr> <tr><td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr><td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr><td>Chopped Ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr><td>Coriander powder, haldi, garam masala, red chilli powder, jeera, salt</td><td colspan="3">As per taste</td></tr> <tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr> <tr><td>Water</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr><td>Lemon juice</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 powder, garam masala, red chilli powder, salt, water. Add koftas & press start. Stand for 5 minutes. Squeeze lemon juice & serve. 	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 powder, 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					
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Oil	½ tbsp	1 tbsp	1½ tbsp																																																
Water	½ cup	1 cup	1½ cup																																																
Lemon juice	As per taste																																																		
IC20	Aloo Gobhi	0.3-0.5 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr><td>Potatoes (chopped)</td><td>150 g</td><td>200 g</td><td>250 g</td></tr> <tr><td>Cauliflower florets</td><td>150 g</td><td>200 g</td><td>250 g</td></tr> <tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr><td>Jeera</td><td>1 tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr> <tr><td>Chopped onion</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr><td>Chopped green chillies</td><td>1 no</td><td>2 nos.</td><td>3 nos.</td></tr> <tr><td>Coriander powder, red chilli powder, haldi, salt, garam masala</td><td colspan="3">As per taste</td></tr> <tr><td>Coriander leaves</td><td colspan="3">A few sprigs</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS bowl add oil, 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. 	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													
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IC21	Matar Paneer	0.2-0.4 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.2 Kg</td><td>0.3 Kg</td><td>0.4 Kg</td></tr> <tr><td>Matar</td><td>100 g</td><td>150 g</td><td>200 g</td></tr> <tr><td>Paneer Cubes</td><td>100 g</td><td>150 g</td><td>200 g</td></tr> <tr><td>Oil</td><td>1 tbsp</td><td>1½tbsp</td><td>2 tbsp</td></tr> <tr><td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr><td>Chopped Onion</td><td>1 tbsp</td><td>1½tbsp</td><td>2 tbsp</td></tr> <tr><td>Chopped Ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr><td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr><td>Jeera powder, salt, haldi, red chilli powder, garam masala</td><td colspan="3">As per taste</td></tr> <tr><td>Coriander leaves</td><td colspan="3">A few sprigs</td></tr> <tr><td>Water</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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	1½tbsp	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			
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Coriander leaves	A few sprigs																																																		
Water	¼ cup	½ cup	1 cup																																																

Indian Cuisine

Category	Weight Limit	Utensil	Instructions																																																				
IC22	Gatte Ki Subzi	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr><td>For making gattas</td><td></td><td></td><td></td></tr> <tr><td>Besan</td><td>100 g</td><td>125 g</td><td>150 g</td></tr> <tr><td>Red chilli powder, haldi, dhania powder, salt</td><td></td><td>As per taste</td><td></td></tr> <tr><td>Water</td><td></td><td>As required</td><td></td></tr> <tr><td>For Subzi</td><td></td><td></td><td></td></tr> <tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr><td>Rai, jeera</td><td>2 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> <tr><td>Curry leaves</td><td></td><td>A few</td><td></td></tr> <tr><td>Sour curd</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr><td>Red chilli powder, haldi, dhaniya powder, salt</td><td></td><td>As per taste</td><td></td></tr> <tr><td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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			
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IC23	Egg Curry	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <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>4 nos.</td><td>6 nos.</td></tr> <tr><td>Onions (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr> <tr><td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr><td>Garlic (pods)</td><td>6-7 nos.</td><td>8-10 nos.</td><td>10-12 nos.</td></tr> <tr><td>Ginger (chopped)</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr><td>Tomato puree</td><td>3 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr> <tr><td>Water</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr><td>Green peas (shelled)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr><td>Salt, red chilli powder, garam masala, turmeric powder, dhania powder</td><td></td><td>As per taste</td><td></td></tr> <tr><td>Oil</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td></tr> <tr><td>Coriander leaves</td><td></td><td>A few sprigs</td><td></td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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				
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Salt, red chilli powder, garam masala, turmeric powder, dhania powder		As per taste																																																					
Oil	2 tbsp	3 tbsp	3 tbsp																																																				
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IC24	Jhinga Matar Curry	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.2 Kg</td><td>0.3 Kg</td><td>0.4 Kg</td></tr> <tr><td>Prawns (deviened & cleaned)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr> <tr><td>Peas (shelled)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr> <tr><td>Water</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr><td>Salt, red chilli power, garam masala</td><td></td><td>As per taste</td><td></td></tr> <tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr><td>For Paste</td><td></td><td></td><td></td></tr> <tr><td>Onions</td><td>1 no.</td><td>2 nos.</td><td>2½ nos.</td></tr> <tr><td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr> <tr><td>Coriander powder, turmeric powder</td><td></td><td>As per taste</td><td></td></tr> <tr><td>Ginger (chopped)</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> </table> <p>Method:</p> <ol style="list-style-type: none"> 1. 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. 	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							
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Ginger (chopped)	1 tsp	1½ tsp	2 tsp																																																				

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 tbsps				
			Fresh cream	1 tbsps				
			Ginger-garlic paste	1 tsp				
			Oil	½ tbsps				
			Tandoori chicken masala	1 tbsps				
			Kasoori methi		As required			
			Salt, red chilli powder, garam masala, black pepper powder		As per taste			
			For Gravy					
			Fresh tomato paste	5 tbsps				
			Onion paste	5 tbsps				
			Tomato puree	3 tbsps				
			Ginger-garlic paste	1 tsp				
			Oil	2 tbsps				
			Fresh coriander leaves (chopped)		As required			
			Salt, red chilli powder, 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	½ cup		
			Onion (chopped)	1 no.	2 nos.	2 nos.		
			Tomato (chopped)	1 no.	2 nos.	2 nos.		
			Green chilli (chopped)	1 no.	2 nos.	3 nos.		
			Beaten curd	4 tbsps	6 tbsps	8 tbsps		
			Water (for boiling)	½ cup	1 cup	1 cup		
			Water (for cooking)	¼ cup	½ cup	1 cup		
			Salt, red chilli powder, turmeric powder, garam masala		As per taste			
			Oil	½ tbsps	1 tbsps	1½ tbsps		
			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.					

Indian Cuisine

Category	Weight Limit	Utensil	Instructions																																				
IC27	Litti	6 Pc	<p>Multicook tawa & Low rack*</p> <table border="1"> <tr><td>For</td><td>Dough</td></tr> <tr><td>Whole wheat flour</td><td>1 cup</td></tr> <tr><td>Curd</td><td>1/4 cup</td></tr> <tr><td>Desi ghee</td><td>2 tbsp</td></tr> <tr><td>Ajwain</td><td>1 tsp</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> <tr><td>Baking soda</td><td>A pinch</td></tr> <tr><td>Water (to knead the dough)</td><td>1/4 cup</td></tr> <tr><td>For Stuffing</td><td></td></tr> <tr><td>Sattu</td><td>1/2 cup</td></tr> <tr><td>Chopped onion</td><td>1/2 cup</td></tr> <tr><td>Chopped coriander</td><td>1/2 cup</td></tr> <tr><td>Chopped green chilli</td><td>1 tbsp</td></tr> <tr><td>Chopped ginger</td><td>1 tsp</td></tr> <tr><td>Mustard oil</td><td>1 tbsp</td></tr> <tr><td>Red chilli pickle masala</td><td>1 tbsp</td></tr> <tr><td>Lemon juice</td><td>1 tsp</td></tr> <tr><td>Salt, red chilli powder, garam masala</td><td>As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	Dough	Whole wheat flour	1 cup	Curd	1/4 cup	Desi ghee	2 tbsp	Ajwain	1 tsp	Salt	As per taste	Baking soda	A pinch	Water (to knead the dough)	1/4 cup	For Stuffing		Sattu	1/2 cup	Chopped onion	1/2 cup	Chopped coriander	1/2 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
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IC28	Chokha	0.3 kg	<p>Microwave safe (MWS) glass bowl & Multicook tawa & High rack**</p> <table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Brinjal (peeled & chopped)</td><td>300 g</td></tr> <tr><td>Onion (chopped)</td><td>1 no.</td></tr> <tr><td>Tomato (de-seeded & cut into pieces)</td><td>3 nos.</td></tr> <tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr> <tr><td>Coriander leaves (chopped)</td><td>2 tbsp</td></tr> <tr><td>Ginger (chopped)</td><td>1 tsp</td></tr> <tr><td>Mustard oil</td><td>1/2 tbsp</td></tr> <tr><td>Salt, red chilli powder</td><td>As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS glass bowl take peeled & chopped brinjal pieces. Sprinkle some water. Select category & press start. 2. When beeps, remove MWS glass bowl from the microwave. Mash the cooked brinjal with the back of the spoon/laddle & keep aside. 3. Take tomatoes pieces & keep on tawa. Keep tawa & high rack inside the microwave & press start. 4. When cooking ends, add grilled tomatoes to the mashed brinjal. Add all the spices, mustard oil, chopped onions & green chilli, coriander leaves & mix very well & mash a little. Serve chokha with freshly made Litti. 	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	1/2 tbsp	Salt, red chilli powder	As per taste																		
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IC29	Methi Aloo	0.2 ~ 0.4 kg	<p>Microwave safe (MWS) bowl</p> <table border="1"> <tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr><td>Methi leaves (chopped)</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr> <tr><td>Big size potato (cut in pieces)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr><td>Tomato (chopped)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr><td>Oil</td><td>1 tbsp</td><td>1 1/2 tbsp</td><td>2 tbsp</td></tr> <tr><td>Green chilli (chopped)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr> <tr><td>Salt, red chilli powder, haldi, garam masala</td><td>As per taste</td><td></td><td></td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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	1 1/2 tbsp	2 tbsp	Green chilli (chopped)	1 no.	2 nos.	2 nos.	Salt, red chilli powder, haldi, garam masala	As per taste										
For	0.2 kg	0.3 kg	0.4 kg																																				
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Oil	1 tbsp	1 1/2 tbsp	2 tbsp																																				
Green chilli (chopped)	1 no.	2 nos.	2 nos.																																				
Salt, red chilli powder, haldi, garam masala	As per taste																																						

Indian Cuisine

Category	Weight Limit	Utensil	Instructions					
IC30	Kaddu ki Subzi	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	For Kaddu (cut into pieces) Chopped tomato Chopped green chilli Finely chopped ginger Chopped coriander leaves Oil Salt, red chilli power, garam masala, amchoor, turmeric powder	0.2 kg 200 g 1 no. 1 no. 1 tbsp 1 tbsp 1/2 tsp	0.3 kg 300 g 2 nos. 2 nos. 2 tbsp 1 1/2 tbsp 1/2 tsp	0.4 kg 400 g 3 nos. 3 nos. 3 tbsp 2 tbsp 1 tsp	0.5 kg 500 g 4 nos. 4 nos. 4 tbsp 2 1/2 tbsp As per taste
<p>Method :</p> <ol style="list-style-type: none"> 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 ladle / spoon. Press start. Serve hot. 								
IC31	Palak Keema	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For Palak leaves (chopped) Chicken keema Chopped onion Tomatoes Dry red chillies Ginger (chopped) Garlic (chopped) Salt Oil Kalonji Saunf Jeera Methi dana	0.1 kg 1/2 cup 1/2 cup 1 no. 2 nos. 2 nos. 1/2 tsp 1/2 tsp 1/4 tsp 1/4 tsp 1/4 tsp 1/4 tsp 1/4 tsp 1/4 tsp	0.2 kg 2 1/2 cups 1 cup 2 nos. 3 nos. 3 nos. 1 tsp 1 1/2 tbsp 1/2 tsp 1/2 tsp 1/2 tsp 1/2 tsp 1/2 tsp	0.3 kg 3 1/2 cups 1 1/2 cup 3 nos. 4 nos. 4 nos. 1 tsp 2 tbsp 1/2 tsp 1/2 tsp 1/2 tsp 1/2 tsp 1/2 tsp	
<p>Method :</p> <ol style="list-style-type: none"> 1. In a spice blender take tomatoes (cut into pieces), chopped ginger, chopped garlic, dry red chilli, a pinch of salt & make a puree of it. Keep aside for later use. 2. In a MWS bowl take oil, saunf, jeera, kalonji & methi dana, chopped onions. Mix well. Select category & weight and press start. 3. When beeps, stir well & add chicken keema & tomato puree. Mix & cover and press start. 4. When beeps, stir well. Add chopped palak leaves, salt & press start. Serve hot with butter naan or tandoori roti. 								
IC32	Paneer Pista Haryali	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For Paneer (cut into cubes) Pista (skin removed) Coriander leaves Milk Salt & pepper Onion Green chilli (chopped) Oil Dhania powder Garlic (chopped) Water	0.2 kg 200 g 2 tbsp 1/4 cup 1/4 cup Salt & pepper 2 nos. 2 nos. 1 tbsp 1/2 tsp 1 tsp 1/2 cup	0.3 kg 300 g 3 tbsp 1/2 cup 1/2 cup As per taste 3 nos. 3 nos. 2 tbsp 1 tbsp 1 1/2 tsp 1 cup	0.4 kg 400 g 4 tbsp 1/2 cup 1/2 cup 4 nos. 4 nos. 2 1/2 tbsp 1 tbsp 1 1/2 tsp 1 cup	
<p>Method :</p> <ol style="list-style-type: none"> 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	½ tbsp	½ 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 Shimla mirch	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg				
			Potato (chopped)	300g	400g	500g				
			Capicum (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			
			Paneer (mashed)	100 g	200 g	300 g	400 g			
			Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp			
			Chopped capsicum	1 no.	2 nos.	3 nos.	4 nos.			
			Chopped onion	½ cup	1 cup	1 cup	1½ 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				
			Capicum (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	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>Suji</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Ghee (melted)</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr> <tr><td>Water</td><td>300 ml</td><td>600 ml</td><td>900 ml</td></tr> <tr><td>Sugar</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr><td>Cashewnuts, Kishmish, Kesar Elaichi Powder</td><td colspan="3">As per your taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In Microwave safe glass bowl take Suji, add ghee, mix it together. Select category & weight and press start. 2. When beeps, stir it and press start. Allow to cool. 3. When beeps, add water, sugar, cashewnuts, kishmish, kesar, Elaichi powder, mix it well and press start. Stand for 5 minutes. Serve hot. 	Suji	0.1 kg	0.2 kg	0.3 kg	Ghee (melted)	2 tbsp	3 tbsp	4 tbsp	Water	300 ml	600 ml	900 ml	Sugar	100 g	200 g	300 g	Cashewnuts, Kishmish, Kesar Elaichi Powder	As per your taste						
Suji	0.1 kg	0.2 kg	0.3 kg																								
Ghee (melted)	2 tbsp	3 tbsp	4 tbsp																								
Water	300 ml	600 ml	900 ml																								
Sugar	100 g	200 g	300 g																								
Cashewnuts, Kishmish, Kesar Elaichi Powder	As per your taste																										
SC2	Besan Ladoo	0.1 ~ 0.3 kg	<p>Microwave safe (MWS) flat glass dish</p> <table border="1"> <tr><td>Besan</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Ghee (melted)</td><td>3 tbsp</td><td>5 tbsp</td><td>7 tbsp</td></tr> <tr><td>Powder Sugar</td><td>50 g</td><td>100 g</td><td>150 g</td></tr> <tr><td>Elaichi Powder</td><td>1/2 tsp</td><td>1 tsp</td><td>1 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In Microwave safe flat glass dish take besan and ghee. Select category & weight and press start. 2. When beeps, stir it & press start. 3. When beeps, stir it & press start. 4. Allow to cool. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size. <p>Note : For binding the ladoo use ghee.</p>	Besan	0.1 kg	0.2 kg	0.3 kg	Ghee (melted)	3 tbsp	5 tbsp	7 tbsp	Powder Sugar	50 g	100 g	150 g	Elaichi Powder	1/2 tsp	1 tsp	1 tsp								
Besan	0.1 kg	0.2 kg	0.3 kg																								
Ghee (melted)	3 tbsp	5 tbsp	7 tbsp																								
Powder Sugar	50 g	100 g	150 g																								
Elaichi Powder	1/2 tsp	1 tsp	1 tsp																								
SC3	Kheer	0.1 ~ 0.3 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Milk</td><td>100 ml</td><td>200 ml</td><td>300 ml</td></tr> <tr><td>Milkmaid</td><td>150 ml</td><td>200 ml</td><td>300 ml</td></tr> <tr><td>Seviyaan (roasted)</td><td>20 gm</td><td>40 gm</td><td>60 gm</td></tr> <tr><td>Badam, Pista Pieces</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr> <tr><td>Kesar & Elaichi Powder</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In Microwave Safe Glass Bowl add milk, milkmaid & mix well. Select category and weight & press start. 2. When beeps, add Badam Pista pieces, Kesar Elaichi Powder & Seviyaan. Mix well and press start. 3. When beeps, mix it well. Add more milk (if required) & press start. Stand for 5 minutes. Serve hot or chilled. <p>Note : The bowl should be filled at 1/4 level of the total volume.</p>	For	0.1 kg	0.2 kg	0.3 kg	Milk	100 ml	200 ml	300 ml	Milkmaid	150 ml	200 ml	300 ml	Seviyaan (roasted)	20 gm	40 gm	60 gm	Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp	Kesar & Elaichi Powder	As per taste		
For	0.1 kg	0.2 kg	0.3 kg																								
Milk	100 ml	200 ml	300 ml																								
Milkmaid	150 ml	200 ml	300 ml																								
Seviyaan (roasted)	20 gm	40 gm	60 gm																								
Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp																								
Kesar & Elaichi Powder	As per taste																										
SC4	Payasam	0.1 ~ 0.3 kg	<p>Microwave safe (MWS) bowl</p> <table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Broken Rice (soaked for 2 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr><td>Milk & Water</td><td>300 ml</td><td>500 ml</td><td>700 ml</td></tr> <tr><td>Sugar</td><td>75 g</td><td>150 g</td><td>200 g</td></tr> <tr><td>Kesar, elaichi powder dry fruits</td><td colspan="3">As per taste</td></tr> <tr><td>Ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS bowl take ghee, soaked rice, milk, sugar & water & cover it. 2. Select category & weight and press start. 3. When beeps, add more milk, dry fruits, kesar, elaichi powder. Mix well & press start. Stand for 5 minutes. Sprinkle kewada jal on it. Serve hot or chilled. 	For	0.1 kg	0.2 kg	0.3 kg	Broken Rice (soaked for 2 hour)	100 g	200 g	300 g	Milk & Water	300 ml	500 ml	700 ml	Sugar	75 g	150 g	200 g	Kesar, elaichi powder dry fruits	As per taste			Ghee	1 tbsp	1½ tbsp	2 tbsp
For	0.1 kg	0.2 kg	0.3 kg																								
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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	<p>Microwave safe (MWS) flat glass dish</p> <table border="1"> <tr><td>For</td><td>0.3 Kg</td></tr> <tr><td>Besan</td><td>100 g</td></tr> <tr><td>Melted ghee</td><td>100 ml</td></tr> <tr><td>Powdered Sugar</td><td>100 g</td></tr> <tr><td>Milk</td><td>¼ cup</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS flat glass dish add besan. Select Category & press start. 2. When beeps, mix well & add melted ghee, powdered sugar. Mix very well while adding. Press start. 3. When beeps, mix well & add milk. Press start. Allow to cool & cut into pieces & serve. 	For	0.3 Kg	Besan	100 g	Melted ghee	100 ml	Powdered Sugar	100 g	Milk	¼ cup														
For	0.3 Kg																										
Besan	100 g																										
Melted ghee	100 ml																										
Powdered Sugar	100 g																										
Milk	¼ cup																										

Sweet Corner

Category	Weight Limit	Utensil	Instructions																												
SC6 Nariyal Burfi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Grated coconut</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr><td>Milkmaid</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr><td>Milk powder</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr> <tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> <tr><td>Elaichi powder</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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, elachi 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 	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				
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																												
SC7 Sandesh	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr><td>Paneer (grated)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr> <tr><td>Milkmaid</td><td>50 g</td><td>75 g</td><td>100 g</td></tr> <tr><td>Rose water</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr><td>Elaichi seeds</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> <tr><td>Chopped pistachio</td><td>A few</td><td></td><td></td></tr> <tr><td>Khoa (mashed)</td><td>100 gm</td><td>150 gm</td><td>200 gm</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 elachi powder & chopped pistachio. Refrigerate till set. 	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 pistachio	A few			Khoa (mashed)	100 gm	150 gm	200 gm
For	0.2 kg	0.3 kg	0.4 kg																												
Paneer (grated)	200 g	300 g	400 g																												
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Chopped pistachio	A few																														
Khoa (mashed)	100 gm	150 gm	200 gm																												
SC8 Seviyan Zarda	0.2 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>Roasted Seviyan</td><td>200 g</td></tr> <tr><td>Sugar</td><td>5 tbsp</td></tr> <tr><td>Water</td><td>3 cups</td></tr> <tr><td>Rose essence</td><td>A few drops</td></tr> <tr><td>Almonds</td><td>A few</td></tr> <tr><td>Chopped pistachio</td><td>A few</td></tr> <tr><td>Elaichi powder</td><td>½ tsp</td></tr> <tr><td>Ghee</td><td>1 ½ tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 & pistachio & serve. 	Roasted Seviyan	200 g	Sugar	5 tbsp	Water	3 cups	Rose essence	A few drops	Almonds	A few	Chopped pistachio	A few	Elaichi powder	½ tsp	Ghee	1 ½ tbsp												
Roasted Seviyan	200 g																														
Sugar	5 tbsp																														
Water	3 cups																														
Rose essence	A few drops																														
Almonds	A few																														
Chopped pistachio	A few																														
Elaichi powder	½ tsp																														
Ghee	1 ½ tbsp																														
SC9 Burfi	0.3 kg	Microwave safe (MWS) flat glass dish	<table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Milk powder</td><td>100 g</td></tr> <tr><td>Milkmaid</td><td>100 ml</td></tr> <tr><td>Cream</td><td>100 ml</td></tr> <tr><td>Corn flour</td><td>4 tbsp</td></tr> <tr><td>Chopped almonds & pistas</td><td>As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	0.3 kg	Milk powder	100 g	Milkmaid	100 ml	Cream	100 ml	Corn flour	4 tbsp	Chopped almonds & pistas	As required																
For	0.3 kg																														
Milk powder	100 g																														
Milkmaid	100 ml																														
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Corn flour	4 tbsp																														
Chopped almonds & pistas	As required																														
SC10 Kalakand	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>Grated Paneer</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Milkmaid</td><td>50 ml</td><td>100 ml</td><td>200 ml</td></tr> <tr><td>Milk Powder</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr> <tr><td>Cornflour</td><td>1/2 tsp</td><td>1 tsp</td><td>1 tsp</td></tr> <tr><td>Elaichi Powder</td><td>1/2 tsp</td><td>1 tsp</td><td>1 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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								
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																												

Category	Weight Limit	Utensil	Instructions				
SC11	Shahi Rabdi	0.3 kg	Microwave safe (MWS) bowl	For Milk Grated paneer Condensed milk Deshi ghee Elaichi powder Saffron Rose essence Chopped pistachios Chopped almonds (skin removed)	0.3 kg 1 cup 1 cup ½ cup 1 tbsp ¼ tsp A few strands A few drops 1 tbsp 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 Bread Slices Milkm maid Milk Sugar Badam, Pista Pieces Kesar-Elaichi Powder	0.1 kg 1 slice 50 ml 50 ml 1 tbsp 2 tbsp 2 tbsp	0.2 kg 2 slices 100 ml 100 ml 3 tbsp 3 tbsp 4 tbsp	0.3 kg 3 slices 150 ml 125 ml 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 Milk Grated kaddu Milkm maid Dry fruits (Kaju, kishmish, pistachio)	0.5 kg 300 ml 200 g 150 g 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 Roasted rava/sooji Grated khoya Sugar Milk Kishmish Chopped almonds Deshi ghee Elaichi powder (optional)	0.5 kg 1 cup 1½ cup ½ cup ½ cup 2 tbsp 2 tbsp 1 tbsp 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 Kaju Powdered sugar Water	0.4 kg 2 cups 1 1/4 cup 1/2 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 Badam (soaked in hot water for 1 hour) Milk (for making paste) Milk (for cooking) Sugar Desi ghee Slivered almonds (for garnishing)	0.1 kg 1/2 cup 1/2 cup 1/2 cup 3 tbsp 2 tbsp A few	0.2 kg 1 cup 1 cup 1/4 cup 5 tbsp 3 tbsp 7 tbsp	0.3 kg 1 1/2 cup 1 cup 1 cup 7 tbsp 4 tbsp
				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 Moong dal (dehusked) Suji Powdered jaggery Milk	0.2 kg 10 g 20 g 30 g 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 Apple, banana Orange juice Sugar	0.1 kg 100 g 1 tbsp 1 tbsp	0.2 kg 200 g 2 tbsp 2 tbsp	0.3 kg 300 g 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 Raggi powder Milk Milk Ghee Water	0.3 kg 2 tbsps 1 cup As per taste 1 tsp 1/2 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.			

Sweet Corner

Category	Weight Limit	Utensil	Instructions																												
SC20	Fruit rava kesari	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>Suji</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Ghee (melted)</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr> <tr><td>Water</td><td>300 ml</td><td>600 ml</td><td>900 ml</td></tr> <tr><td>Sugar</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr><td>Chopped fruits</td><td>1 Cup</td><td>1 Cup</td><td>1 Cup</td></tr> <tr> <td>Cashewnuts, Kishmish, Kesar Elaichi Powder</td><td colspan="3">As per your taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In Microwave safe glass bowl take Suji, add ghee, mix it together. Select category & weight and press start. 2. When beeps, stir it and press start. Allow to cool. 3. When beeps, add water, sugar, cashewnuts, kishmish, kesar, Elaichi powder, & chopped fruits mix it well and press start. Stand for 5 minutes. Serve hot. 	Suji	0.1 kg	0.2 kg	0.3 kg	Ghee (melted)	2 tbsp	3 tbsp	4 tbsp	Water	300 ml	600 ml	900 ml	Sugar	100 g	200 g	300 g	Chopped fruits	1 Cup	1 Cup	1 Cup	Cashewnuts, Kishmish, Kesar Elaichi Powder	As per your taste					
Suji	0.1 kg	0.2 kg	0.3 kg																												
Ghee (melted)	2 tbsp	3 tbsp	4 tbsp																												
Water	300 ml	600 ml	900 ml																												
Sugar	100 g	200 g	300 g																												
Chopped fruits	1 Cup	1 Cup	1 Cup																												
Cashewnuts, Kishmish, Kesar Elaichi Powder	As per your taste																														

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	1/2 cup	1 cup	1 1/2 cup	2 cup	2 1/2 cup
				Tomato puree	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp
				Ginger garlic paste	1 tbsp	1 1/2 tbsp	1 1/2 tbsp	2 tbsp	2 tbsp
				Salt, garam masala, coriander powder, red chilli powder, turmeric powder					As per taste
				Oil	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp
				Onion	1/2 cup	1 cup	1 cup	1 1/2 cup	1 1/2 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	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp
				Chopped onion	1/2 cup	1 cup	1 cup	1 1/2 cup	1 1/2 cup
				Ginger garlic paste	1 tbsp	1 1/2 tbsp	1 1/2 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	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp
				Salt, biryani masala					As per taste
				Curd	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 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.					

Rice Delight

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.					
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 :					
<ol style="list-style-type: none"> 1. In a MWS bowl add ghee & rice. Mix well. select category & weight and press start. 2. When beeps, mix well add nutmeg powder, cardamon 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 :					
<ol style="list-style-type: none"> 1. In a bowl take hung curd, ginger-garlic paste, oil, all the spices, mix well & make a paste for marinade. Apply this marinade on fish pieces evenly keep the marinated fish in refrigerator for atleast 1-1½ hours. 2. In a MWS bowl take soaked rice, water, select category & weight & press start. 3. When beeps remove rice from microwave. In another MWS bowl take sliced onions, desi ghee, black pepper corns, cloves, cinnamon stick, bay leaf, cardamom, mix well. Press start. 4. When beeps add the cooked onions to rice, add marinated fish pieces, salt. Mix well, cover & press start. Allow to stand for 5-10 minutes. 5. Serve hot with curd or gravy of your choice. 									
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 :					
<ol style="list-style-type: none"> 1. In a MWS bowl add oil, chopped garlic & spring onions. Select category & weight and press start. 2. When beeps, mix well & add mushrooms. Press start. 3. When beeps, mix well & add rice, milk, water, salt & pepper. Press start. Stand for 3 minutes. 									

Rice Delight

Category	Weight Limit	Utensil	Instructions			
rd11	Tiranga Pulao	0.2 ~ 0.4Kg Microwave safe (MWS) bowl & Microwave safe (MWS) glass bowl	For	0.2 Kg	0.3 Kg	0.4 Kg
			Rice (soaked for 1 hour)	200 g	300 g	400 g
			Water	350 ml	500 ml	650 ml
			Salt	As per taste		
			For Red Mixture			
			Beat root (grated)	½ cup	1 cup	1 cup
			Onion (sliced)	½ nos.	1 no.	1 no.
			Oil / ghee	½ tbsp	1 tbsp	1 tbsp
			Salt	As per taste		
			Laung, dalchini, chhoti elaichi	As requite		
			For White Mixture			
			Cashewnuts (broken into pieces)	1 tbsp	2 tbsp	3 tbsp
			Oil / ghee	½ tbsp	1 tbsp	1½ tbsp
			For Green Mixture			
			Mint leaves	½ cup	1cup	1 cup
			Coriander leaves	½ cup	1cup	1 cup
			Onion	1 no.	2 nos.	3 nos.
			Green chilli	1 no.	2 nos.	3 nos.
			Garlic paste	½ tsp	1 tsp	1 tsp
			Salt	As per taste		
			Method :			
			1. In a spice grinder take mint leaves, coriander leaves, onion (cut into pieces), green chilli & salt. Grind them & make green chutney. Keep aside for late use.			
			2. In a MWS bowl take soaked rice & water. Add ¼ salt. Select category & weight and press start.			
			3. When beeps, remove the MWS bowl & drain excess water from the rice. Divide the cooked rice into 3 equal parts. Cover them.			
			4. In another MWS bowl add oil/ghee, grated beet root, sliced onion, laung, elaichi & salt. Mix well. Press start.			
			5. When beeps, remove the MWS bowl and in a MWS glass bowl add oil/ghee & cashewnuts. Press start.			
			6. Mix one portion of rice to the red mixture with a fork. Do not break the rice. Mix second portion with green chutney & third portion of rice with chasewnuts.			
			7. Take square / rectangular dish & arrange the red coloured layer first, white layer in the centre & green layer in the end. Serve them hot.			
rd12	Egg Biryani	0.1 ~ 0.3Kg Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
			Boiled eggs	2 nos.	3 nos.	4 nos.
			Rice (soaked for 1 hour)	100 g	200 g	300 g
			Water	200 ml	350 ml	500 ml
			Onions (Big sized sliced)	1 no.	2 nos.	2 nos.
			Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp
			Ginger-garlic paste	½ tsp	1 tsp	1 tsp
			Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste		
			Biryani masala	½ tsp	1 tsp	1 tsp
			Slit green chillies	1 no.	2 nos.	2 nos.
			Method :			
			1. In a MWS bowl take soaked rice, water. Select category & weight and press start.			
			2. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies & all the spices. Mix very well & press start.			
			3. When beeps, add boiled eggs (cut into 2) & boiled rice to the sliced onions. Mix well without breaking the eggs. Press start.			
			4. Serve egg biryani hot with plain curd or raita.			

Rice Delight

Category	Weight Limit	Utensil	Instructions																																																				
rd13	Achari Chana Pulao	0.1 ~ 0.3 kg	<p>Microwave safe (MWS) bowl</p> <table border="1"> <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></td><td></td><td>As per requirement</td></tr> <tr> <td>Salt, red chilli powder, garam masala, haldi</td><td></td><td></td><td>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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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	<p>Microwave safe (MWS) bowl</p> <table border="1"> <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></td><td></td><td>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	<p>Microwave safe (MWS) bowl</p> <table border="1"> <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>¾ cup</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>2½ 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></td><td></td><td>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 sambar. 	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	¾ cup	Coconut milk	100 ml	200 ml	300 ml	Water	100 ml	150 ml	200 ml	Oil	1 tbsp	2 tbsp	2½ 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																																																				
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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	1 tsp
				Urad dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
				Chana dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
				Curry leaves					A few leaves
				Green chillies (chopped)	2 nos.	2 nos.	3 nos.	3 nos.	3 nos.
				Grated ginger	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
				Curd	½ cup	½ cup	1cup	1 cup	1½ cup
				Milk	¼ cup	¼ cup	½ cup	½ cup	1 cup
				Coriander leaves (chopped)					A few sprigs
				Method :					
				1. In a MWS glass bowl add oil, mustard seeds, urad dal, chana dal. Select category & weight and press start.					
				2. When beeps, mix well & add curry leaves, green chillies, grated ginger. Mix well & press start.					
				3. When beeps, remove the bowl.					
				4. Now in another MWS glass bowl, add rice & water. Press start. Stand for 5 minutes.					
				5. Add cooked rice, curd, milk, chopped coriander leaves to the first MWS glass bowl. Mix well & serve.					
rd17	Keema pulao	0.3 kg	Microwave safe (MWS) bowl	For					0.3kg
				Basmati rice (soaked for 1 hour)					200 g
				Minced Keema					100 g
				Black cardamom					4 No.
				Salt, red chilli powder, turmeric powder					As per taste
				Oil					1 tbsp
				Salt, biryani masala					As per taste
				Ginger garlic paste					1 tbsp
				Sliced tomato					1 No.
				Sliced onion					1 No.
				Water					200 ml
				Method :					
				1. In a MWS bowl add oil, ginger garlic paste & spring onions. Select category & weight and press start.					
				2. When beeps, add keema & biryani masala, tomato, black cardamom. Press start.					
				3. When beeps, mix well & add rice, water, salt & pepper. Press start. Stand for 3 minutes.					
rd18	Tomato pulao	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg		
				Chopped tomato	2 nos.	3 nos.	4 nos.		
				Rice (soaked for 1 hour)	100 g	200 g	300 g		
				Water	200 ml	350 ml	500 ml		
				Onions (Big sized sliced)	1 no.	2 nos.	2 nos.		
				Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp		
				Ginger-garlic paste	½ tsp	1 tsp	1 tsp		
				Salt, red chilli powder, garam masala, dhania powder, turmeric powder					As per taste
				Biryani masala	½ tsp	1 tsp	1 tsp		
				Slit green chillies	1 no.	2 nos.	2 nos.		
				Method :					
				1. In a MWS bowl take soaked rice, water. Select category & weight and press start.					
				2. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies, chopped tomatoes & all the spices. Mix very well & press start.					
				3. When beeps, add boiled rice to the sliced onions. Mix well. Press start.					
				4. Serve tomato pulao hot with plain curd or raita.					

Rice Delight

Category	Weight Limit	Utensil	Instructions									
rd19 Paneer Fried Rice	0.1 ~ 0.5Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg	0.4 Kg	0.5 Kg				
			Paneer (cubes)	½ cup	1 cup	1½ cup	1½ cup	2cup				
			Rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g				
			Water	200 ml	350 ml	500 ml	650 ml	800 ml				
			Onions (Big sized sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.				
			Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4 tbsp				
			Ginger-garlic paste	½ tsp	1 tsp	1 tsp	2 tsp	2 tsp				
			Salt, red chilli powder, garam masala, dhania powder, turmeric powder				As per taste					
			Biryani masala	½ tsp	1 tsp	1 tsp	2 tsp	2 tsp				
			Slit green chillies	1 no.	2 nos.	2 nos.	3 nos.	3 nos.				
rd20 Chilli Garlic Rice	0.2 ~ 0.5 kg	Microwave safe (MWS) glass bowl	For	0.2 kg	0.3 kg	0.4 kg	0.5 kg					
			Rice (soaked)	200 g	300 g	400 g	500 g					
			Water	400 ml	600 ml	650 ml	750 ml					
			Oil	2 tsp	2½ tsp	3 tsp	3½ tsp					
			Ghee	2 tsp	2½ tsp	3 tsp	3½ tsp					
			Jeera	1 tsp	1½ tsp	2 tsp	2½ tsp					
			Chopped garlic	1 tsp	1½ tsp	2 tsp	2½ tsp					
			Garlic paste	½ tbsp	1 tbsp	1½ tbsp	2 tbsp					
			Chopped green chillies	3 nos.	4 nos.	5 nos.	6 nos.					
			Chopped coriander leaves	½ cup	1 cup	1½ cup	2 cup					
			Chilli sauce	2 tbsp	3 tbsp	4 tbsp	5 tbsp					
			Salt				As per taste					
Method :												
1. In a MWS 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.												

Chatpat Corner

Category	Weight Limit	Utensil	Instructions												
CC1 Apple Tomato Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr><td>Apple pieces</td><td>150 g</td></tr> <tr><td>Tomato pieces</td><td>150 g</td></tr> <tr><td>Green chillies, Salt, Sugar</td><td>As per your taste</td></tr> <tr><td>Oil</td><td>2 tbsp</td></tr> <tr><td>For Tempering : Rai, Jeera, Hing etc.</td><td></td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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.			
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.															
CC2 Lemon Pickle	0.3 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr><td>Lemon pieces</td><td>150 g</td></tr> <tr><td>Sugar</td><td>150 g</td></tr> <tr><td>Chilli powder, Salt</td><td>As per your taste</td></tr> <tr><td>For Tempering : Rai, Jeera, Hing etc.</td><td></td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	Lemon pieces	150 g	Sugar	150 g	Chilli powder, Salt	As per your taste	For Tempering : Rai, Jeera, Hing etc.					
Lemon pieces	150 g														
Sugar	150 g														
Chilli powder, Salt	As per your taste														
For Tempering : Rai, Jeera, Hing etc.															
CC3 Mix Veg. Pickle	0.3 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)</td><td>300 g</td></tr> <tr><td>Lemon juice</td><td>2 tbsp</td></tr> <tr><td>Salt, Chilli powder, Sugar, Pickle Masala</td><td>As per your taste</td></tr> <tr><td>Oil</td><td>2 tbsp</td></tr> <tr><td>For tempering : Rai, Jeera, Hing etc.</td><td>As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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
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														
CC4 Pizza Sauce	0.3 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr><td>Tomato</td><td>200 g</td></tr> <tr><td>Onion</td><td>1 No.</td></tr> <tr><td>Salt, Sugar, Ajwain, Oregano, Basil leaves</td><td>As per your taste</td></tr> <tr><td>Garlic pods</td><td>7-8 nos.</td></tr> <tr><td>Oil</td><td>2 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	Tomato	200 g	Onion	1 No.	Salt, Sugar, Ajwain, Oregano, Basil leaves	As per your taste	Garlic pods	7-8 nos.	Oil	2 tbsp		
Tomato	200 g														
Onion	1 No.														
Salt, Sugar, Ajwain, Oregano, Basil leaves	As per your taste														
Garlic pods	7-8 nos.														
Oil	2 tbsp														
CC5 Tomato Sauce	0.5 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr><td>Tomato</td><td>500 g</td></tr> <tr><td>Onion</td><td>1 No.</td></tr> <tr><td>Chilli powder, Salt, Sugar</td><td>As per your taste</td></tr> <tr><td>Chopped ginger and garlic</td><td>2 tbsp</td></tr> <tr><td>Garam masala</td><td>1 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	Tomato	500 g	Onion	1 No.	Chilli powder, Salt, Sugar	As per your taste	Chopped ginger and garlic	2 tbsp	Garam masala	1 tsp		
Tomato	500 g														
Onion	1 No.														
Chilli powder, Salt, Sugar	As per your taste														
Chopped ginger and garlic	2 tbsp														
Garam masala	1 tsp														

Chatpat Corner

Category	Weight Limit	Utensil	Instructions																						
CC6	Masala Chutney	0.3 kg	<p>Microwave Safe (MWS) Glass Bowl</p> <table border="1"> <tr> <td>Chana Daal, Urad Daal</td><td>100 g each</td></tr> <tr> <td>Grated dry coconut</td><td>100 g</td></tr> <tr> <td>Sesame, Salt, Sugar, Turmeric, Dhaniya powder, Jeera powder, Curry leaves, Methi seeds</td><td>As per your taste</td></tr> <tr> <td>Oil</td><td>1 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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														
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																								
CC7	Lehsun ki Chutney	0.2 kg	<p>Microwave safe (MWS) bowl</p> <table border="1"> <tr> <td>Chopped tomatoes</td><td>2 nos.</td></tr> <tr> <td>Chopped garlic</td><td>20 g</td></tr> <tr> <td>Chopped green chillies</td><td>2 nos.</td></tr> <tr> <td>Chopped onion</td><td>½ cup</td></tr> <tr> <td>Oil</td><td>2 tsp</td></tr> <tr> <td>Jeera</td><td>1 tsp</td></tr> <tr> <td>Haldi, red chilli powder, salt</td><td>As per taste</td></tr> <tr> <td>Water</td><td>¼ cup</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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						
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																								
CC8	Manchurian Sauce	0.3 kg	<p>Microwave safe (MWS) bowl</p> <table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Water</td><td>1½ cups (300 ml)</td></tr> <tr> <td>Vinegar sauce</td><td>1 tbsp</td></tr> <tr> <td>Soya sauce</td><td>1 tsp</td></tr> <tr> <td>Tomato sauce</td><td>½ cup</td></tr> <tr> <td>Ajinomoto</td><td>A pinch</td></tr> <tr> <td>Cornflour</td><td>2 tbsp + ½ cup water</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS bowl add all the ingredients. Select category & press start. 	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								
For	0.3 kg																								
Water	1½ cups (300 ml)																								
Vinegar sauce	1 tbsp																								
Soya sauce	1 tsp																								
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Cornflour	2 tbsp + ½ cup water																								
CC9	Aam Ki Chutney	0.3 kg	<p>Microwave safe (MWS) bowl</p> <table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Aam (peeled & chopped)</td><td>300 g</td></tr> <tr> <td>Kishmish (seedless & chopped)</td><td>25 g</td></tr> <tr> <td>Chopped ginger & garlic</td><td>2 tsp</td></tr> <tr> <td>Tamarind pulp</td><td>1 tbsp</td></tr> <tr> <td>Salt & sugar</td><td>As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS bowl mix all the ingredients. Cover. Select category & press start. 	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										
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																								
CC10	Coconut Chutney	0.3 kg	<p>Microwave Safe (MWS) Glass Bowl</p> <table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Fresh grated coconut</td><td>300 g</td></tr> <tr> <td>Chopped green chillies</td><td>2 nos.</td></tr> <tr> <td>Chopped ginger</td><td>½ tbsp</td></tr> <tr> <td>Roasted split gram dal (optional)</td><td>1 tbsp</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> <tr> <td>For tempering</td><td></td></tr> <tr> <td>Oil</td><td>1 tbsp</td></tr> <tr> <td>Mustard seeds</td><td>½ tsp</td></tr> <tr> <td>Broken dry red chillies</td><td>1 no.</td></tr> <tr> <td>Curry leaves</td><td>A few</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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
For	0.3 kg																								
Fresh grated coconut	300 g																								
Chopped green chillies	2 nos.																								
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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																								

Category	Weight Limit	Utensil	Instructions																																													
CC11	Til Ki Chutney	0.2 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr><td>For</td><td>0.2 kg</td></tr> <tr><td>Roasted til</td><td>½ cup</td></tr> <tr><td>Tamarind paste</td><td>2 tbsp</td></tr> <tr><td>Green chilli</td><td>4-5 nos.</td></tr> <tr><td>Coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Mint leaves</td><td>1 tbsp</td></tr> <tr><td>Water</td><td>½ cup</td></tr> <tr><td>Garlic pods</td><td>2-3 nos.</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> <tr><td>For Tempering</td><td></td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> <tr><td>Cumin seeds</td><td>1 tsp</td></tr> <tr><td>Curry leaves</td><td>6-7 nos.</td></tr> <tr><td>Red chilli (dry)</td><td>2 nos.</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 ground paste to the tempering & mix well. 	For	0.2 kg	Roasted til	½ cup	Tamarind paste	2 tbsp	Green chilli	4-5 nos.	Coriander leaves	2 tbsp	Mint leaves	1 tbsp	Water	½ cup	Garlic pods	2-3 nos.	Salt	As per taste	For Tempering		Oil	1 tbsp	Cumin seeds	1 tsp	Curry leaves	6-7 nos.	Red chilli (dry)	2 nos.																
For	0.2 kg																																															
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For Tempering																																																
Oil	1 tbsp																																															
Cumin seeds	1 tsp																																															
Curry leaves	6-7 nos.																																															
Red chilli (dry)	2 nos.																																															
CC12	Chana Chaat	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr><td>Kala chana (soaked overnight)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr> <tr><td>Water</td><td>250 ml</td><td>500 ml</td><td>750 ml</td><td>1000 ml</td></tr> <tr><td>Oil</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr> <tr><td>Jeera, hing</td><td>1 tsp</td><td>½ tsp</td><td>2 tsp</td><td>2 tsp</td></tr> <tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr><td>Boiled potato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr> <tr><td>Salt, red chilli powder, chaat masala, lemon juice, imli chatni</td><td colspan="4">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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	½ tsp	2 tsp	2 tsp	Chopped onion	½ cup	1 cup	1 cup	1½ cup	Boiled potato	1 no.	2 nos.	3 nos.	3 nos.	Salt, red chilli powder, chaat masala, lemon juice, imli chatni	As per taste							
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg																																												
Kala chana (soaked overnight)	100 g	200 g	300 g	400 g																																												
Water	250 ml	500 ml	750 ml	1000 ml																																												
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Jeera, hing	1 tsp	½ tsp	2 tsp	2 tsp																																												
Chopped onion	½ cup	1 cup	1 cup	1½ cup																																												
Boiled potato	1 no.	2 nos.	3 nos.	3 nos.																																												
Salt, red chilli powder, chaat masala, lemon juice, imli chatni	As per taste																																															
CC13	Aloo Kand Chaat	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Aloo (cut in medium pieces)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr> <tr><td>Jimikand (cut in medium pieces)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr> <tr><td>Sugar, salt, red chilli powder, chaat masala</td><td colspan="3">As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	0.1 kg	0.2 kg	0.3 kg	Aloo (cut in medium pieces)	50 g	100 g	150 g	Jimikand (cut in medium pieces)	50 g	100 g	150 g	Sugar, salt, red chilli powder, chaat masala	As per taste																														
For	0.1 kg	0.2 kg	0.3 kg																																													
Aloo (cut in medium pieces)	50 g	100 g	150 g																																													
Jimikand (cut in medium pieces)	50 g	100 g	150 g																																													
Sugar, salt, red chilli powder, chaat masala	As per taste																																															
CC14	Amla chutney	0.5 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr><td>Amla</td><td>500 g</td></tr> <tr><td>Water for boiling</td><td>As per required</td></tr> <tr><td>Green chillies, Salt, Sugar</td><td>As per your taste</td></tr> <tr><td>Oil</td><td>2 tbsp</td></tr> <tr><td>For Tempering : Rai, Jeera, Hing etc.</td><td></td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	Amla	500 g	Water for boiling	As per required	Green chillies, Salt, Sugar	As per your taste	Oil	2 tbsp	For Tempering : Rai, Jeera, Hing etc.																																			
Amla	500 g																																															
Water for boiling	As per required																																															
Green chillies, Salt, Sugar	As per your taste																																															
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Chatpat Corner

Category	Weight Limit	Utensil	Instructions											
CC15	Baingan chutney	0.5 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr> <td>Baingan (Whole)</td><td>500 g</td></tr> <tr> <td>Amchoor powder</td><td>As per required</td></tr> <tr> <td>Green chillies, Salt, Sugar</td><td>As per your taste</td></tr> <tr> <td>Oil</td><td>2 tbsp</td></tr> <tr> <td colspan="2">For Tempering : Rai, Jeera, Hing etc.</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	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.	
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.														

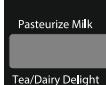
Pasteurize Milk/Tea/Dairy Delight

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

1. Press STOP/CLEAR.



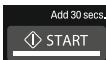
2. Press Pasteurize Milk/Tea/Dairy Delight the display will show "PS1".



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)



- 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	<table border="1"> <tr> <td>Milk (Cow, buffalo, Packet etc)</td> <td>1.0 L</td> <td>1.5 L</td> <td>2.0L</td> </tr> </table>	Milk (Cow, buffalo, Packet etc)	1.0 L	1.5 L	2.0L	Method :	<ol style="list-style-type: none"> 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. <p>When pasteurization is over, use the milk for drinking, making tea or coffee etc.</p> <p>For opening the lid refer (Fig.3)</p> <p>Tips :</p> <ol style="list-style-type: none"> 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.
Milk (Cow, buffalo, Packet etc)	1.0 L	1.5 L	2.0L							



Fig.1

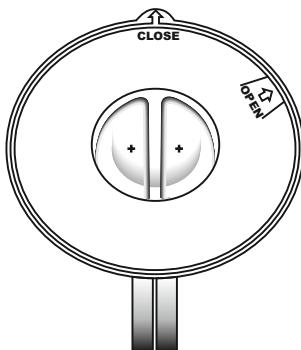


Fig.2

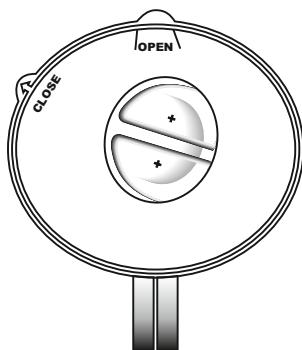


Fig.3

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/cardamom (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				
				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				
				Tulsi 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	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr> <td>Milk</td><td>500ml</td></tr> <tr> <td>Lemon juice/Vinager</td><td>4 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	Milk	500ml	Lemon juice/Vinager	4 tbsp						
Milk	500ml												
Lemon juice/Vinager	4 tbsp												
PA2	Masala Paneer	0.5 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr> <td>For</td><td>0.5 kg</td></tr> <tr> <td>Milk</td><td>500 ml</td></tr> <tr> <td>Curd</td><td>2 tbsp</td></tr> <tr> <td>Coriander powder</td><td>1 tbsp</td></tr> <tr> <td>Jeera powder</td><td>1 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	0.5 kg	Milk	500 ml	Curd	2 tbsp	Coriander powder	1 tbsp	Jeera powder	1 tsp
For	0.5 kg												
Milk	500 ml												
Curd	2 tbsp												
Coriander powder	1 tbsp												
Jeera powder	1 tsp												
CU1	Curd	0.5 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr> <td>Milk</td><td>500 ml</td></tr> <tr> <td>Starter curd</td><td>2 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 	Milk	500 ml	Starter curd	2 tbsp						
Milk	500 ml												
Starter curd	2 tbsp												
CU2	Flavoured yoghurt@	0.6 kg	<p>Microwave safe (MWS) glass bowl & Low rack*</p> <table border="1"> <tr> <td>For</td><td>0.6 kg</td></tr> <tr> <td>Curd</td><td>200 ml</td></tr> <tr> <td>Milkmaid</td><td>100 ml</td></tr> <tr> <td>Fresh cream</td><td>200 ml</td></tr> <tr> <td>Flavours (Vanilla, Strawberry, Pineapple essence)</td><td>500 ml</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. <p>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.</p>	For	0.6 kg	Curd	200 ml	Milkmaid	100 ml	Fresh cream	200 ml	Flavours (Vanilla, Strawberry, Pineapple essence)	500 ml
For	0.6 kg												
Curd	200 ml												
Milkmaid	100 ml												
Fresh cream	200 ml												
Flavours (Vanilla, Strawberry, Pineapple essence)	500 ml												

@ 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	<p>Method :</p> <ol style="list-style-type: none"> 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	<p>Veg - (Paneer, Green Peas, Corn etc.)</p> <p>Method :</p> <ol style="list-style-type: none"> 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	<p>Non-Veg - (Chicken, Mutton etc.)</p> <p>Method :</p> <ol style="list-style-type: none"> 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	<p>Namkin, Biscuits, Bhujia, Papad and Wafers etc.</p> <p>Method :</p> <ol style="list-style-type: none"> 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	<p>Namkin, Biscuits, Bhujia, Papad and Wafers etc.</p> <p>Method :</p> <ol style="list-style-type: none"> 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. <p>Note : The oven has a special function Light Disinfect which allows to sterilize the MWS glass utensil thereby giving a hygiene & clean utensils/cavity.</p>												
UC6	Body massage oil	0.2 kg	Microwave safe (MWS) glass bowl	<table border="1"> <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> <p>Method :</p> <ol style="list-style-type: none"> 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 border="1"> <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> <p>Method :</p> <ol style="list-style-type: none"> 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 border="1"> <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> <p>Method :</p> <ol style="list-style-type: none"> 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

Cooking Aid

Category	Weight Limit	Utensil	Instructions						
UC9	Boil Potato	0.3 kg	<p>Glass tray</p> <table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Potato</td><td>300 g</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	0.3 kg	Potato	300 g		
For	0.3 kg								
Potato	300 g								
UC10	Lemon Squeeze	5 Pcs	<p>Glass tray</p> <table border="1"> <tr> <td>Lemon</td><td>5 pcs</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	Lemon	5 pcs				
Lemon	5 pcs								
UC11	Garlic peel	10 Cloves	<p>Glass tray</p> <table border="1"> <tr> <td>Garlic Cloves</td><td>10 nos</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	Garlic Cloves	10 nos				
Garlic Cloves	10 nos								
UC12	Tear free onions	5 Pcs	<p>Glass tray</p> <table border="1"> <tr> <td>Onions</td><td>10 nos</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	Onions	10 nos				
Onions	10 nos								
UC13	Crispy nuts	0.1 kg	<p>Microwave safe (MWS) flat glass dish</p> <table border="1"> <tr> <td>For</td><td>0.1 kg</td></tr> <tr> <td>Nuts</td><td>100 g</td></tr> <tr> <td>Oil</td><td>As required</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 chat masala. 	For	0.1 kg	Nuts	100 g	Oil	As required
For	0.1 kg								
Nuts	100 g								
Oil	As required								
UC14	Smooth Honey	0.3 kg	<p>Microwave safe (MWS) glass Utensils</p> <table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Crystallized Honey</td><td>300 g</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	0.3 kg	Crystallized Honey	300 g		
For	0.3 kg								
Crystallized Honey	300 g								
UC15	Stale to Fresh Bread	2 Pcs	<p>Microwave safe (MWS) Rotating Glass tray</p> <table border="1"> <tr> <td>For</td><td>2 Pcs</td></tr> <tr> <td>Stale or hard bread</td><td>2 Pcs</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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. 	For	2 Pcs	Stale or hard bread	2 Pcs		
For	2 Pcs								
Stale or hard bread	2 Pcs								

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*	<table border="1"> <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>Boiled & mashed potato</td><td>1 cup</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> <tr><td>Jeera, Mustard seeds, hing, onion, Turmeric powder</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 & allow to microwave (100%) for 3 minutes & then add boiled mashed potatoes & again microwave for 3 minutes. Keep it aside. 4. Select menu & press start (Pre-heat process). 5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape. 6. After beep, put the tawa on high rack & press start. 7. When beeps, fill the stuffing & fold the dosa from both ends. 	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
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																									
do2	Bombay mysore Masala dosa@	1 Pc	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*	<table border="1"> <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>Chopped vegetables (onion, tomato, capsicum, grated carrot & beetroot</td><td>1 cup</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> <tr><td>Jeera, Mustard seeds, hing, onion, Turmeric powder</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 & 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. 	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
For Dough																										
Parboiled rice/Ukda chawal	1 cup																									
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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																									

@ 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 border="1"> <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 border="1"> <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																									
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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*	<table border="1"> <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>Spinach boiled</td><td>1/2 cup</td></tr> <tr><td>Paneer (mashed)</td><td>1/2 cup</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> <tr><td>Jeera, Mustard seeds, hing, onion, Turmeric powder</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 & 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. 	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	1/2 cup	Paneer (mashed)	1/2 cup	Oil	1 tbsp	Jeera, Mustard seeds, hing, onion, Turmeric powder	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																											
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Spinach boiled	1/2 cup																											
Paneer (mashed)	1/2 cup																											
Oil	1 tbsp																											
Jeera, Mustard seeds, hing, onion, Turmeric powder	1 tsp																											
Salt	As per taste																											
do6	Corn dosa@	1 Pc	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*	<table border="1"> <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>Boiled & Crushed corns</td><td>1 cup</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> <tr><td>Jeera, Mustard seeds, hing, onion, Turmeric powder</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 & 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. 	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		
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																											

@ 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*	<table border="1"> <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>Boiled & mashed peas</td><td>1/2 cup</td></tr> <tr><td>Paneer (mashed)</td><td>1/2 cup</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> <tr><td>Jeera, Mustard seeds, hing, onion, Turmeric powder</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 & 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. 	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	1/2 cup	Paneer (mashed)	1/2 cup	Oil	1 tbsp	Jeera, Mustard seeds, hing, onion, Turmeric powder	1 tsp	Salt	As per taste
For Dough																												
Parboiled rice/Ukda chawal	1 cup																											
Split black lentils/Urad daal	1 cup																											
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Boiled & mashed peas	1/2 cup																											
Paneer (mashed)	1/2 cup																											
Oil	1 tbsp																											
Jeera, Mustard seeds, hing, onion, Turmeric powder	1 tsp																											
Salt	As per taste																											
do8	Mushroom chilli dosa@	1 Pc	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*	<table border="1"> <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>Boiled & mashed mushroom</td><td>1/2 cup</td></tr> <tr><td>Capsicum (Chopped)</td><td>1/2 cup</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> <tr><td>Jeera, Mustard seeds, hing, onion, Turmeric powder</td><td>1 tsp</td></tr> <tr><td>Salt, Lemon juice</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 & 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. 	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	1/2 cup	Capsicum (Chopped)	1/2 cup	Oil	1 tbsp	Jeera, Mustard seeds, hing, onion, Turmeric powder	1 tsp	Salt, Lemon juice	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																												
Boiled & mashed mushroom	1/2 cup																											
Capsicum (Chopped)	1/2 cup																											
Oil	1 tbsp																											
Jeera, Mustard seeds, hing, onion, Turmeric powder	1 tsp																											
Salt, Lemon juice	As per taste																											

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

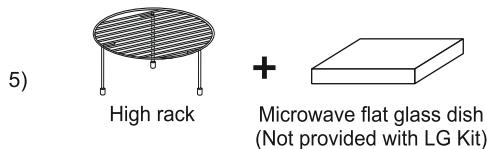
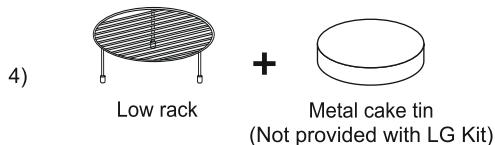
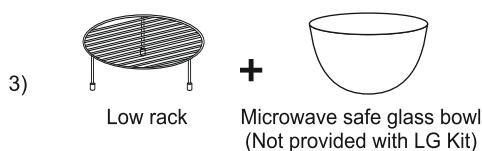
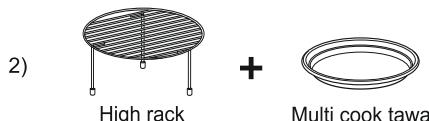
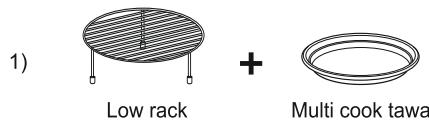
* Refer page 116, fig 2

Category	Weight Limit	Utensil	Instructions		
Gh1	Ghee	500 g	Microwave safe (MWS) glass bowl	Malai/Cream (Collected over 10 days) Cold water	500g As required

Method :

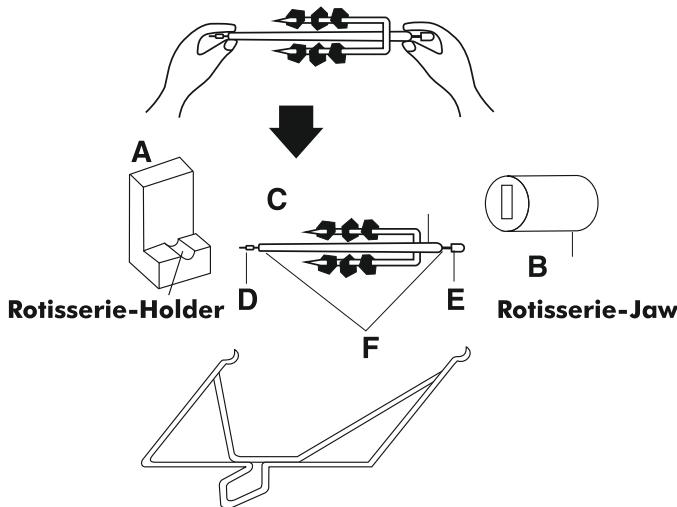
1. In a big vessel put all the malai & blend with a hand mixer till it solidifies into butter & separates from residual liquid.
2. Wash this white butter in cold water as couple of times, so as to remove any remaining smell of milk.
3. Now collect all the butter in a MWS glass bowl & keep in the microwave. 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



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



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