ENGLISH

RECIPE MANUAL

MICROWAVE OVEN

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

MJ2886BFUM

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Content

Various Cook Functions..... 3

271 Recipes List 4

Diet Fry/Low Calorie 8

Charcoal 36

Indian Roti Basket 45

Ghee / Indian Cuisine 55

Pasterurize Milk/Tea/Dairy Delight 73

Kids' Delight / Cooking Aid/Steam Clean 77

Usage of Accessories/Utensils 90

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

Cook Functions	Diet Fry/ Low Calorie	Charcoal	Indian Roti Basket	Ghee/Indian Cuisine	Pasteurize Milk/Tea/ Dairy Delight	Kids' Delight/ Cooking Aid/ Steam Clean
STEP-1	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR
STEP-2	Press Diet Fry & twice for Low Calorie	Press Charcoal	Press Indian Roti Basket	Press Ghee & twice for Indian Cuisine	Press Pasteurize Milk & twice forTea/Dairy Delight	Press Kids' Delight & twice for Cooking Aid/Steam Clean
STEP-3	Turn Dial to select the Menu (dF1-dF25 HP1-HP25 So1-So18 Co1-Co24)	Turn Dial to select the Menu (CH1-CH25)	Turn Dial to select the Menu (br1-br25)	Turn Dial to select the Menu (Gh1 IC1-IC26 SC1-SC15 rd1-rd15 CC1-CC10)	Turn Dial to select the Menu (PS1 dd1-dd5) PA1 CU1-CU2)	Turn Dial to select the Menu (CF1-CF25 bA1-bA15 UC1-UC12) SL1)
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

271 Recipes List

Diet Fry/Low Calorie (Pg. 8-35)

Diet Fry

Code No.	Recipe Name	
dF1	Chicken Nuggets	9
dF2	Aloo Chips	9
dF3	Gujia	9
dF4	Samosa	10
dF5	Bread Pakora	10
dF6	Paneer Pakora	10
dF7	Masala Vada	11
dF8	Chicken 65	11
dF9	Stuffed Aloo Patties	11
dF10	Mushroom Rolls	12
dF11	Sabudana Vada	12
dF12	Fish Amritsari	12
dF13	Batata Vada	13
dF14	Pyaaz Pakora	13
dF15	Mirchi Vada	13
dF16	Aloo bhaji	13
dF17	Soyabean Tikki	14
dF18	Oats cutlet	14
dF19	Methi masala vada	14
dF20	Poha patties	14
dF21	French toast	15
dF22	Buff vada	15
dF23	Palak tikki	15
dF24	Corn aloo tikki	15
dF25	Mix veg bhajia	16

Health Plus

HP1	Kala Chana	16
HP2	Karela sabzi	16
HP3	Lemon chicken	16
HP4	Machi Kali Mirch	17
HP5	Soya Idli	17
HP6	Nutrinuggets	17
HP7	Curd Brinjal	17
HP8	Bathua raita	17
HP9	Soyabean curry	18
HP10	Spinach dal	18
HP11	Moong Dal	18
HP12	Leaf Rolls	18
HP13	Fish Bharta	19
HP14	Healthy Khichdi	19
HP15	Oats Idli	19
HP16	Daliya Khichdi	19
HP17	Fish Cutlet	20
HP18	Fish Masala	20
HP19	Fish Pulusu	20
HP20	Coconut Prawns	20
HP21	Crab Curry	21
HP22	Mase Kalavan	21
HP23	Sabudana Khichdi	21
HP24	Home Made Cereal	22
HP25	Khichdi	22

Soups

So1	Sweet corn soup	22
So2	Mushroom soup	22
So3	Wonton Soup	23
So4	Chicken shorba	23
So5	Tamatar shorba	23
So6	Rasam	23
So7	Mulligtawny soup	24
So8	Hot & Sour Soup	24
So9	Tomato Soup	24
So10	Palak Makai Shorba	24
So11	Chicken Soup	25
So12	Tom Yum Kung	25
So13	Dal Shorba	25
So14	Shahi Shorba	25
So15	Bombay Curry Soup	26
So16	Badam Soup	26
So17	Limbu Dhania Shorba	26
So18	Mutton Shorba	27

Continental

Co1	Pasta	28
Co2	Veg au Gratin	28
Co3	Baked mushrooms	28
Co4	Lasaneya	28
Co5	Macaroni	29
Co6	Thai Chicken	29
Co7	Mediterrnean Crostini	29
Co8	Chilli Veg	29
Co9	Potato dumpling	30
Co10	Sweet & Sour Veg	30
Co11	Risotto Rice	30
Co12	Spaghetti with Tomato Sauce	31
Co13	Cottage Cheese Tortellini	31
Co14	Mexican Corn Rice	32
Co15	Broccoli In Butter Sauce	32
Co16	Shrimps in Garlic Butter	32

271 Recipes List

Continental

Co17	Chilli Chicken	32
Co18	Hakka Noodles	33
Co19	Veg. in hot garlic sauce	33
Co20	Schezwan Chicken	33
Co21	Veg Manchurian	34
Co22	Chilli Soy Nuggets	34
Co23	Steamed egg with Tofu	34
Co24	Almond & Vegetables Stir Fry	35

Charcoal (Pg. 36-44)

Charcoal

Code No.	Recipe Name	
CH1	Paneer Tikka	37
CH2	Murg Tandoori	37
CH3	Chana Kababs	37
CH4	Bharwan Baigan	38
CH5	Fish tandoori	38
CH6	Shaami Kababs	38
CH7	Corn Kababs	39
CH8	Bharwan Tamatar	39
CH9	Tandoori Aloo	39
CH10	Chicken Saute	39
CH11	Tandoori Mushrooms	40
CH12	Mahi tikka	40
CH13	Arbi Tandoori	40
CH14	Veg Kababs	41
CH15	Spicy Chicken Kababs	41
CH16	Kastoori Kabab	41
CH17	Chilka Kababs	42
CH18	Kaju Kababs	42
CH19	Mutton & Tomato Kababs	42
CH20	Bharwan Bhindi	43
CH21	Tandoori Jhinga	43
CH22	Malai Tikka	43
CH23	Tikka Achaari	44
CH24	Faldari Kababs	44
CH25	Dahi Kababs	44

Indian Roti Basket (Pg. 45-54)

Code No.	Recipe Name	
br1	Naan	46
br2	Lachha Parantha	46
br3	Appam	46
br4	Masala Roti	47
br5	Missi roti	47
br6	Stuffed Naan	47
br7	Khasta Parantha	48
br8	Pudina Parantha	48
br9	Rajma Parantha	48
br10	Paneer Parantha	49
br11	Kulche	49
br12	Daal parantha	49
br13	Aloo parantha	50
br14	Palak parantha	50
br15	Gobhi Parantha	50
br16	Ajwain Parantha	51
br17	Payaaz Parantha	51
br18	Chatpata Parantha	51
br19	Aloo gobhi Parantha	52
br20	Methi Parantha	52
br21	Cabbage Parantha	52
br22	Corn Parantha	53
br23	Carrot Parantha	53
br24	Pea Parantha	53
br25	Mushroom Parantha	54

Ghee / Indian Cuisine (pg. 55-72)

Ghee

Code No.	Recipe Name	
Gh1	Ghee	56

Indian Cuisine

IC1	Mix Veg	56
IC2	Kadhai Paneer	56
IC3	Dal Tadka	56
IC4	Sambhar	56
IC5	Dum Aloo	57
IC6	Baigan Ka Barta	57
IC7	Kadhi	57
IC8	Baati	57
IC9	Dalma	58
IC10	Gujrati tuvar dal	58
IC11	Butter Chiicken	58
IC12	Beans Porial	59
IC13	Kashmiri Kaju Paneer	59
IC14	Veg Handva	59
IC15	Gatte ki sabzi	60
IC16	Aloo Gobhi	60
IC17	Matar Paneer	60
IC18	Kadhai Chicken	61
IC19	Kofta Curry	61

271 Recipes List

Code No.	Recipe Name	
IC20	Egg Curry	61
IC21	Jhinga Matar Curry	62
IC22	Dum Tangri	62
IC23	Makki Korma	62
IC24	Litti	63
IC25	Chokha	63
IC26	Methi Aloo	63

Sweet Corner

SC1	Suji Halwa	64
SC2	Besan ladoo	64
SC3	Shahi tukda	64
SC4	Kheer	64
SC5	Mysore Pak	64
SC6	Nariyal burfi	64
SC7	Sandesh	65
SC8	Shahi rabdi	65
SC9	Payasum	65
SC10	Kaddu Kheer	65
SC11	Seviyan Zarda	65
SC12	Burfi	66
SC13	Kalakand	66
SC14	Kaju Burfi	66
SC15	Badam Halwa	66

Rice Delight

rd1	Chicken Biryani	67
rd2	Gosht dum biryan	67
rd3	Malabar biryani	67
rd4	Pineapple Fried rice	67
rd5	Veg Pulao	68
rd6	Veg tahiri	68
rd7	Pepper rice	68
rd8	Zafrani Pulao	68
rd9	Bengali Biryani	69
rd10	Khumb Pulao	69
rd11	Tiranga Pulao	69
rd12	Egg Biryani	70
rd13	Achari Chana Pulao	70
rd14	Methi Rice	70
rd15	Coconut Rice	70

Chatpat Corner

CC1	Apple Tomato Chutney	71
CC2	Lemon Pickle	71
CC3	Mix veg Pickle	71
CC4	Pizza Sauce	71

Code No.	Recipe Name	
CC5	Tomato Sauce	71
CC6	Masala Chutney	71
CC7	Lehsun ki chutney	72
CC8	Manchurian Sauce	72
CC9	Aam ki chutney	72
CC10	Coconut Chutney	72

Pasterurize Milk/Tea/Dairy Delight (pg. 73-76)

Pasteurize Milk

Code No.	Recipe Name	
PS1	Pasteurize milk	74

Tea

dd1	Tea	74
dd2	Coffee	74
dd3	Masala tea	75
dd4	Ginger tea	75
dd5	Tulsi tea	75

Dairy Delight

PA1	Paneer	76
CU1	Curd	76
CU2	Flavoured Yoghurt	76

Kids' Delight (77-89)

Child's Favourite

Code No.	Recipe Name	
CF1	Omelette	78
CF2	Corn Chaat	78
CF3	Vermicelli khichdi	78
CF4	Pizza	78
CF5	Garlic Bread	78
CF6	Choco Bars	79
CF7	Apple pie	79
CF8	Bread Pudding	79
CF9	Cheesy Nachos	79
CF10	Chocolate Balls	80
CF11	Strawberry Custard	80
CF12	Veg Burger	80
CF13	Mushroom & Pepper pizza	80
CF14	Noodle Rosti	81
CF15	Bread Rolls	81
CF16	Apple Custard	81
CF17	Dhokla	81

271 Recipes List

Code No.	Recipe Name	
CF18	Poha	82
CF19	Upma	82
CF20	Besan Cheela	82
CF21	Veg Sandwich	82
CF22	Paneer Sandwich	82
CF23	Masala Cheese Toast	83
CF24	Khandvi	83
CF25	Cottage Honey Toast	83
Bakery		
bA1	Brownie	84
bA2	Muffins	84
bA3	Swiss Roll	84
bA4	Carrot Cake	84
bA5	Chocolate Cake	85
bA6	Jeera biscuit	85
bA7	Naan Khatai	85
bA8	Masala Biscuit	85
bA9	Lamington Cake	86
bA10	Doughnuts	86
bA11	Whole Wheat cookies	86
bA12	Apple cup cakes	86
bA13	Cheese Straw	87
bA14	Vanilla Cake	87
bA15	Chocolate cookies	87
Cooking Aid		
UC1	Keep Warm	88
UC2	Defrost Veg	88
UC3	Defrost Non-Veg	88
UC4	De-humidification	88
UC5	Light Disinfect	88
UC6	Pizza Base	88
UC7	Yeast Dough	88
UC8	Boil potatoes	89
UC9	Lemon Squeeze	89
UC10	Garlic peel	89
UC11	Tear free onions	89
UC12	Crispy nuts	89
Steam Clean		
SL1	Steam Clean	89

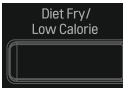
Diet Fry/Low Calorie

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 “HP1"
8. Turn the dial to select HP1 to Co24.
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.
“dF4" Samosa-8pc, do not follow step 4, 5. Directly go to step 6.

Category		Weight Limit	Utensil	Instructions
dF1	Chicken Nuggets	0.1-0.3 Kg	Microwave safe (MWS) glass bowl & Multcook tawa* & High Rack	

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

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

dF2	Aloo Chips	0.2 Kg	Microwave glass tray

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

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

dF3	Gujia	10 Pc	Multicook tawa & Low rack#

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

Method :
1. In a bowl put all the ingredients of stuffing & mix well.
2. In another bowl put maida, 1 tbsp ghee, gradually add water & knead a soft dough for gujias. Put 1tsp ghee in dough & knead again & keep the dough covered for 15-20 minutes.
3. Divide the dough in small balls of equal size & roll out each ball into a thin circle. *Place the rolled out circle in a *gujia mould & fill the centre with stuffing (as required). Close the gujia mould carefully & press firmly at edges to seal them properly. remove the excess part of the dough bulging out of the mould. Remove the gujia from the mould. Prepare all the gujias in the similar way. Brush the gujias with 2tsp oil.
4. Grease the tawa with ¼ tsp oil. Keep on low rack. keep in the microwave. Select category & press start. (Pre-heat)
5. When beeps, place the gujias on tawa & keep on low rack. Press start.
   ***Note:** Grease the surface with 1-2 drops of oil before rolling the circle for gujias.
   *Not provided with the start up kit.

*Refer page 90, fig 2
#Refer Page 90, fig 1

Diet Fry

Category		Weight Limit	Utensil	Instructions
dF4	Samosa	8 Pc	Multicook tawa & Low rack[#]	

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

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

dF5	Bread Pakora	4 Pc	Multicook tawa* & High Rack	

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

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

dF6	Paneer Pakora	0.4 Kg	Multicook tawa* & High rack	

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

Method :
1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.
2. Keep the tawa on high rack. keep inside microwave. Select category & press start.
3. When beeps, place all paneer pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.
4. When beeps, turn the pakoras & pour 2tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.

[#] Refer page 90, fig 1
* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions	
dF7	Masala Vada	5 Pc	Multicook tawa & High rack*	Soaked chana dal	1 cup
				Chopped onions, chopped green chillies	½ cup
				Grated ginger	1 tsp
				Cumin seeds	1 tbsp
				Chopped garlic	1 tbsp
				Chopped coriander leaves	3 tbsp
				Salt	As per taste
				Red chillies	As per taste
				Oil	2 tsp

Method :
1. Soak the chanas for 3-4 hours. Keep 1 tbsp of soaked chanas aside.
2. In a blender grind soaked chanas, green chillies, cumin seeds, ginger & salt into a coarse paste. (Don't make it into smooth paste).
3. Mix chopped onions, chopped garlic, chopped coriander leaves, soaked chana dal, red chilli powder with the coarse paste.
4. Grease the tawa with 1 tsp of oil. Keep the tawa on low rack. Keep both inside the microwave oven. Select category & press start.
5. When beeps, pour 1 tbsp of paste & spread a little. Same way prepare all the 5 vadas. Press start.
6. When beeps, pour 1 tsp oil on vadas & keep the tawa on high rack. Press start. Serve with sambhar or coconut chutney.

dF8	Chicken 65	0.2 ~ 0.4 kg	Multicook tawa & High rack* & Microwave safe (MWS) glass bowl	For	0.2 kg	0.3 kg	0.4 kg
				Chicken boneless (cut in 1½" pieces)	200 g	300 g	400 g
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Curry leaves	As required		
				Split green chilli	3 nos.	4 nos.	5 nos.
				Mustard seeds	1 tsp	1½ tsp	2 tsp
				Tomato ketchup	3 tbsp	4 tbsp	5 tbsp
				Lime juice (optional)	1 tsp	2 tsp	3 tsp
				For Marinade			
				Hung curd	1 tbsp	1½ tbsp	2 tbsp
				Maida	1 tbsp	1½ tbsp	2 tbsp
				Cornflour	1 tsp	1½ tsp	2 tsp
				Egg (beaten)	½ no.	1 no.	1 no.
				Red food colour	A pinch		
				Ginger-garlic paste	As required		
				Salt, turmeric powder	As per taste		
				Red chilli powder	1 tsp	1½ tstp	1½ tsp

Method :
1. Add all the ingredients of marinade in a bowl & mix well. Add boneless chicken pieces & mix and cover. Keep in refrigerator for atleast 30 minutes.
2. Take marinated chicken pieces & place on tawa. Keep tawa & high rack inside the microwave.
3. Select category & weight and press start.
4. When beeps, remove high rack & tawa from microwave. Keep aside. In a MWS glass bowl take oil, mustard seeds, curry leaves, split green chillies & press start.
5. When beeps, add roasted chicken pieces pieces & tomato ketchup to the MWS glass bowl. Mix well & press start. Squeeze lime juice on top & serve immediately.

dF9	Stuffed Aloo Patties	3 Pc	Multicook tawa & High rack*	**For Patties**	
				Boiled & mashed potatoes	2 cups
				Cornflour	1 tbsp
				Finely chopped green chilli	2 nos.
				Salt	As per taste
				Oil	1 tsp
				For Stuffing	
				Oil	2 tsp
				Boiled green pea	½ cup
				Ginger & green chilli paste	2 tsp
				Chopped coriander leaves	2 tbsp
				Cumin seeds	1 tsp
				Salt, red chilli powder, garam masala	As per taste
				Lemon juice (optional)	2 tbsp

Method :
1. Pre-Preparation for Stuffing : In a MWS glass bowl take oil & cumin seeds & microwave 100% for 3 minutes. Add boiled green pea, ginger & green chilli paste, chopped coriander leaves & all spices. Mix well & microwave 100% for 2 minutes. Squeeze fresh lemon juice & mix well.
2. In a bowl take boiled & mashed potatoes, chopped green chilli, cornflour, salt & mix very well and make a dough for patties.
3. Divide the dough into 6 equal parts & make round balls.
4. Stuff each potato ball with the stuffing in the centre & seal. Give the shape of round patties.
5. Place all the patties on tawa & place tawa on high rack. Put both tawa & high rack inside the microwave. Select category & press start.
6. When beeps, turn over the patties & again press start. Serve stuffed aloo patties hot with mint chutney or tomato ketchup.

* Refer page 90, fig 2

Diet Fry

Category		Weight Limit	Utensil	Instructions	
dF10	Mushroom Rolls	8 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.

dF12	Fish Amritsari	0.3 kg	Multicook tawa & High rack*	For	0.3 kg
				Boneless fish (cut into 2" pieces)	250 g
				Lemon juice	1 tsp
				Salt	¼ tsp
				For Batter	
				Egg (beaten)	1 no.
				Besan	2 tbsp
				Hung curd	2 tbsp
				Ajwain	1 tsp
				Ginger-garlic paste	½ tbsp
				Lemon juice	1 no.
				Salt, red chilli powder, garam masala, chaat masala, turmeric powder	As per taste
				Bread crumbs (for coating)	1 cup
				Oil (for basting)	1 tbsp

Method :
1. Sprinkle salt & lemon juice on fish pieces. Rub well & keep aside for 5 minutes & wash well. Remove excess moisture with an absorbent kitchen towel.
2. In a bowl, mix together besan, hung curd, ginger garlic paste, ajwain, all the spices, beaten egg & lemon juice. Mix well & make a thick batter for marinade.
3. Rub this marinade well on the fish pieces & keep covered in refrigerator for atleast half an hour.
4. In a flat dish / plate take bread crumbs & coat the fish pieces one-by-one & keep on tawa. Keep tawa & high rack inside the microwave. Select category & press start.
5. When beeps, turnover fish pieces & sprinkle 1 tbsp oil on all pieces & press start.
6. Sprinkle chaat masala on fish pieces & serve them hot with lemon wedges & lachha onions.

Refer page 90, fig 1
* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions

dF13 | Batata Vada | 0.1 ~ 0.3 kg | Multicook tawa & Low rack#

For	0.1 kg	0.2 kg	0.3 kg
Boiled potatoes	100 g	200 g	300 g
Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp
Chopped green chillies	2 nos.	2 nos.	3 nos.
Chopped onion	1 no.	1½ no.	2 nos.
Salt, red chilli powder, garam masala, chaat masala	As per taste		
Roasted jeera	1 tsp	1½ tsp	2 tsp

Method :
1. Mix all the ingredients together. Make big vadas of the mixture.
2. Grease the multicook tawa with some oil. Arrange the vada on the tawa. Keep the tawa on low rack.
3. Select category & weight and press start.
4. When beeps, turn over the vadas & press start.

dF14 | Pyaaz Pakora | 0.1 kg | Multicook tawa & Low rack#

For	0.1 kg
Pyaaz (Cut into rings)	100 g
For Batter	
Besan	1 cup (130 g)
Water	200 mL
Salt, Red chilli powder, haldi, garam masala	As per taste
Oil	2 tsp

Method :
1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.
2. Keep the tawa on low rack. Keep inside microwave. Select menu & press start.(Preheat process)
3. When beeps, place all Pyaaz rings evenly coated with the batter on the tawa. Keep tawa on low rack. Press start.
4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce. (Cut into 1.5" cubes)

dF15 | Mirch Vada | 0.2 kg | Multicook tawa & Low rack#

For	0.2 kg
Mirchi (blanched)	200 g
For filling	
Boiled potatoes	2 nos. (medium)
Chopped green chillies	2 nos.
Chopped coriander	1 tbsp
Chopped ginger	1 tsp
Salt, garam masala, red chilli powder	As per taste
For Batter	
Besan	1 cup (130 g)
Water	200 mL
Salt, red chilli powder, haldi, garam masala	As per taste
Oil	2 tsp

Method :
1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.
2. In another bowl put besan & all spices & gradually add water & make a smooth batter without any lumps.
3. Take Mirchi pieces & slit them from between add boiled mash potato in it and cover chillies with potato mixture and keep it in batter 10-15 min~ Grease the tawa with 2-3 drops oil.
4. Keep the tawa on low rack. Select menu the press start.(Preheat process)
5. When beeps, keep theMirchi Vada coated with the batter evenly on all sides on tawa & press start.
6. When beeps, turn the Mirchi Vada Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup.

dF16 | Aloo Bhaji | 0.1 kg | Multicook tawa & Low rack#

For	0.1 kg
Potato (cube)	100 g
For batter	
Besan	1 cup (130 g)
Water	200 mL
Salt, red chilli powder, haldi, garam masala	As per taste
Oil	2 tsp

Method :
1. In a bowl, add besan, haldi red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.
2. Keep the tawa on low rack. Keep inside microwave. Select menu & press start.(Preheat process)
3. When beeps, place all Potatoe pieces evenly coated with the batter on the tawa. Keep tawa on low rack. Press start.
4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.

Refer page 90, fig 1

Diet Fry

Category		Weight Limit	Utensil	Instructions	
dF17	Soyabean Tikki	5 pc.	Multicook tawa & High rack*	For	5 pc.
				Boiled potato	1 no.
				Soyabean (soaked for at least 1 hour)	½ cup
				Roasted & crushed penuts	1 tbsp
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tbsp
				Salt	As per taste

Method :
1. In a bowl take all the ingredientgs & mix wen. Make mixture for Tikki. Divide the dough in equalparts & make round & flat Soyabean Tikki.
2. Take the multicook tawa & keep the Tikkis on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, tum the Tikkis & press start.
4. When beeps, again tum the Tikkis & press start. Serve them hot with the chutney of your choice.

dF18	Oats Cutlet	5 pc.	Multicook tawa & High rack*	For	5 pc
				Boiled potato	1 no.
				Oats (roasted)	½ cup
				Grated carrot	½ cup
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tbsp
				Salt	As per taste

Method :
1. In a bowl take all the ingredientgs & mix well. Make mixture for Oats Tikki Divide the dough in equal parts & make round & flat Oats Tikki.
2. Take the multicook tawa & keep the Tikkis on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, tum the Tikkis & press start.
4. When beeps, again tum the Tikkis & press start. Serve them hot with the chutney of your choice.

dF19	Methi Masala Vada	5 pc.	Multicook tawa & High rack*	For	5 pc
				Boiled potato	1 no.
				Methi chopped	½ cup
				Chana dal soaked for 1 hr.	1 cup
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tbsp
				Salt	As per taste

Method :
1. In a bowl take all the ingredientgs & mix well. Make mixture for Methi Masala. Divide the dough in aqua|parts & make round & flat
2. Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start. (Pre-heat process)
3. When beeps, place the vadas on the tawa & press start.
4. When beeps, again tum the vadas & press start. Serve them hot with the chutney of your choice.

dF20	Poha Patties	5 pc.	Multicook tawa & High rack*	For	5 pc
				Boiled potato	1 no.
				Poha soaked	1 cup
				Yoghurt	2 tbsp
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tbsp
				Salt	As per taste

Method :
1. In a bowl take all the ingredientgs & mix well. Make mixture for Divide the dough in equal parts & make round & flat
2. Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start. (Pre-heat process)
3. When beeps, keep the Poha Patties on tawa & press start.
4. When beeps, again tum the Poha Patties & press start. Serve them hot with the chutney of your choice.

* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions

dF21	French Toast	2 pc.	Multicook tawa & High rack*	For	2 pc
				Egg	4 nos.
				Salt, haldi, garam masala, red chilli powder	As per taste
				For filling	
				Boiled potatoes	2 nos. (medium)
				Chopped green chillies	2 nos
				Chopped coriander leaves	1 tbsp
				Chopped ginger	1 tsp
				Salt, garam masala, red chilli powder	As per taste
				Bread slices	4 nos.
				Oil	2 tsp

Method :
1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.
2. In another bowl mix Egg & all spices Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure. Grease the tawa with 2-.3 drops oil.
3. Keep the tawa on high rack. Select menu the press start.(Preheat process)
4. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start.
5. When beeps, turn the bread Toast Sprinkle 2 tsp oil on all & press start.
6. Serve hot with tomato ketchup.

dF22	Buff Vada	5 pc.	Multicook tawa & High rack*	For	5 pc
				Boiled potato	2 no.
				Coconut (grated)	1 cup
				Roasted crushed peanuts	1 tbsp
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tbsp
				Salt	As per taste

Method :
1. In a bowl take all the ingredientgs & mix well. Make mixture for vada Divide the dough in equal parts & make round & flat vada
2. Take the multicook tawa & keep the vada on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the vada & press start.
4. When beeps, again turn the vada & press start. Serve them hot with the chutney of your choice.

dF23	Palak Tikki	5 pc.	Multicook tawa & High rack*	For	5 pc
				Boiled potato	1 no.
				Palak (chopped)	½ cup
				Corn flour	½ cup
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tbsp
				Salt	As per taste

Method :
1. In a bowl take all the ingredientgs & mix well. Make mixture for palak tikki. Divide the dough in equal parts & make round & flat.
2. Keep tawa on rack, select menu and weight and press start. (Pre-heat process)
3. When beeps, place the tikkies on tawa, brush with oil and press start.
4. When beeps, again turn the tikki & press start. Serve them hot with the chutney of your choice.

dF24	Corn Aloo Tikki	5 pc.	Multicook tawa & High rack*	For	5 pc
				Boiled potato	1 no.
				Corn (boiled & crushed)	1 cup
				Corn flour	½ cup
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tbsp
				Salt	As per taste

Method :
1. In a bowl take all the ingredients & mix well. Make mixture for aloo tikki. Divide the dough in equal parts & make round & flat.
2. Take the multicook tawa & high rack & put tikkies on tawa and keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the Tikki & press start.
4. When beeps, again turn the Tikki & press start. Serve them hot with the chutney of your choice.

* Refer page 90, fig 2

Diet Fry

Category		Weight Limit	Utensil	Instructions
dF25	Mix Veg Bhajia	0.2 kg	Multicook tawa & Low rack[#]	

For	0.2 kg
Potatoe (rings)	1 no.
Cauliflower (florets)	25 g
Onion (rings)	25 g
For batter	
Besan	1 cup (130 g)
Water	200 mL
Salt, red chilli powder, haldi, garam masala	As per taste
Oil	2 tsp

Method :
1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.
2. Keep the tawa on high rack. keep inside microwave. Select menu & press start. (Preheat process)
3. When beeps, place all mix veg. pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.
4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.

Low Calorie

Health Plus

Category		Weight Limit	Utensil	Instructions
HP1	Kala Chana	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

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

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

HP2	Karela Subzi	0.3 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa	

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

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

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

HP3	Lemon Chicken	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

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

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

[#] Refer page 90, fig 1
* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions
HP4	Machi Kali Mirch	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	Pomfret (fish category) – 0.1 Kg | 0.2 kg | 0.3 kg | 0.4 kg | 0.5 kg Salt, Lemon Juice & Kali Mirch Powder – To marinate as per your taste Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic – As required

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

HP5	Soya Idli	4 pc, 8 pc	Microwave safe (MWS) Idli stand* & Microwave safe (MWS) bowl	Rice – 100 g Urad – 4 tbsp Soyabean granules – 4 tbsp Water – As required Salt – As per taste

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

				For	0.1 Kg	0.2 Kg	0.3 Kg
HP6	Nutrinuggets	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	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.

				For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg
HP7	Curd Brinjal	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	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.

				For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
HP8	Bathua Raita	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	Chopped bathua	25 g	50 g	75 g	100 g
				Water	50 ml	75 ml	100 ml	125 ml
				Beaten curd	3 tbsp	4 tbsp	5 tbsp	6 tbsp
				Salt, roasted cumin seed powder	As per taste			

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

* Provided with LG Kit.

Category		Weight Limit	Utensil	Instructions
HP9	Soyabean Curry	0.2 kg	Microwave safe (MWS) bowl	

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

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

HP10	Spinach Dal	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

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

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

HP11	Moong Dal	0.2 kg	Microwave safe (MWS) bowl

Moong Dal soaked in water (for 1 hour)	0.2 kg
Water	400 ml
Oil	2 tbsp
Jeera	1 tsp
Hari Mirch	2-3 nos.
Curry Leaves	5-6 nos.
Salt, Dhania-Jeera Powder, Haldi, Hing, Kasuri Methi, Lemon Juice, Hara Dhania	As per your taste

Method :
1. Take 200 gms dal in Microwave Safe bowl, add Water, Haldi & Hing.
2. Select category press start to cook.
3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves & press start.
4. When beeps, add dal, salt, dhania jeera powder, hara dhania, kasuri methi (optional), water (if required) & lemon juice and press start to cook.

HP12	Leaf Rolls	0.2-0.4Kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat Glass dish

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

Method :
1. In a bowl mix boiled vegetables, chopped onions, salt, chaat masala & lemon juice.
2. In MWS bowl, add ½ cup water, Keep the leaves in MWS flat glass dish. Keep the dish in MWS bowl. Cover.
3. Select category & weight and press start.
4. When beeps, remove the leaves from the bowl. Spread the filling on leaves & roll them. Make all the rolls in same way.

Category		Weight Limit	Utensil	Instructions
HP13	Fish Bharta	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5kg
Fish (Fillet)	100 g	200 g	300 g	400 g	500 g
Mustard oil	1 tbsp	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Mustard seeds	1 tsp	1 tsp	1 tsp	2 tsp	2 tsp
Chopped onion	1 cup	1 cup	1 cup	1 cup	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.

HP14	Healthy Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

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

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

HP15	Oats Idli	4 pc, 8 pc	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand* & Microwave safe (MWS) glass bowl	

For Idli batter	
Roasted & powdered oats	1 cup
Semolina	½ cup
Curd	½ cup
Water	¾ cup
Salt	As per taste
Soda bi carb	¼ tsp
Grated carrot	¼ cup
Chopped green chilies	2 nos.
Oil	For greasing
For Tempering	
Mustard seeds	½ tsp
Curry leaves	A few
Dry red chillies	A few
Oil	½ tbsp

Method :
1. Mix all the ingredients of batter in a bowl. Allow to stand for 10 minutes.
2. Grease MWS idli stand & pour the batter (depending on the number you want to cook).
3. Add ½ cup water to MWS bowl. Keep the idli stand inside the bowl. Cover.
4. Select the category & number and press start.
5. When beeps, remove the idli from the stand.
6. Take a MWS glass bowl, add oil, mustard seeds, curry leaves & dry red chillies. Press start. Mix with idli & serve. Add lemon juice (optional)

HP16	Daliya Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

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

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

Category		Weight Limit	Utensil	Instructions
HP17	Fish Cutlet	0.4 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa	For: 0.4 kg Fish fillet: 350 g Boiled potato: 2 Nos. Bread crumbs: 1 cup Oil: 2 tbsp Chilli powder, turmeric, ginger garlic paste, salt: As per taste Garam masala powder: 1 tsp Coriander leaves: A few sprigs

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

HP18	Fish Masala	0.2 kg	Microwave safe (MWS) bowl	For: 0.2 kg Pomphret pieces: 200 g Onions: 2 Nos. Tomato: 1 No. Oil: 2 tbsp Chilli powder, turmeric, ginger garlic paste, salt, saunf powder: As per taste Garam masala powder: 1 tsp Dhaniya and jeera powder: 2 tsp Coriander leaves: 2 tbsp

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

HP19	Fish Pulusu	0.3 kg	Microwave safe (MWS) glass bowl	For: 0.3 kg Koramatta fish pieces: 300 g Oil: 1½ tbsp Ginger garlic paste: 2 tbsp Methi seeds: 1 tsp Chopped onion: 1 no. Fish masala: 1 tbsp Tamarind pulp: 50 g Red chilli powder, dhaniya powder, haldi & salt: As per taste Lemon juice: As per taste

Method :
1. In a MWS glass bowl add oil, ginger garlic paste, methi seeds, fish pieces, lemon juice & cover. Select category & weight & press start.
2. When beeps, mix well & add chopped onions & fish masala. Cover & press start.
3. When beeps, mix well & add tamarind pulp and press start. Allow to stand for 3 minutes.

HP20	Coconut Prawns	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Prawns	100 g	200 g	300 g
				Mustard oil	½ tbsp	1 tbsp	1½ tbsp
				Rai paste	½ tbsp	1 tbsp	1½ tbsp
				Green chilli paste	1 tsp	2 tsp	3 tsp
				Turmeric powder, sugar & salt	As per taste		
				Pulpy green coconut (remove the coconut water)	1 no.	1 no.	1 no.

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

Category		Weight Limit	Utensil	Instructions
HP21	Crab Curry	0.3 kg	Microwave safe (MWS) glass bowl	

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

Method :
1. In a MWS glass bowl add oil, onion, ginger garlic paste. Select category and press start.
2. When beeps, remove, mix well add crab pieces and 1 cup water and press start.
3. When beeps, add coconut milk, salt, garam masala, dhania jeera powder, chilli powder, turmeric powder and press start. Mix well & serve hot with rice.

HP22	Mase Kalavan	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	

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

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

HP23	Sabudana Khichdi	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Sabudana (soaked for 2 hours)	100 g	200 g	300 g	400 g	500 g
Oil	½ tbsp	1½ tbsp	2 tbsp	2½ tbsp	2½ tbsp
Rai, salt, lemon juice, chopped green chillies	As per taste				
Potatoes (boiled & chopped)	1 No.	2 Nos.	3 Nos.	3 Nos.	3 Nos.
Coriander leaves	A few springs				

Method :
1. In a MWS bowl add oil, rai, green chillies & coriander leaves. Mix. Select category & weight and press start.
2. When beeps, mix, add boiled potatoes, soaked sabudana. Mix & press start. Squeeze lemon juice & serve.

Low Calorie

Health Plus

Category		Weight Limit	Utensil	Instructions
HP24	Home Made Cereal	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

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

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

HP25	Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

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

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

Low Calorie

Soup

Category		Weight Limit	Utensil	Instructions
So1	Sweet Corn Soup	0.3 kg	Microwave safe (MWS) glass bowl	

For	0.3 kg
Sweet Corn	200 g
Water	600 ml (3 cups)
Oil	1 tsp
Cornflour	2 tbsp & ½ cup water
Salt, Sugar and Kali Mirch and Green Chilli	As per your taste

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

So2	Mushroom Soup	0.3 kg	Microwave safe (MWS) glass bowl	

For	0.3 kg
Mushroom	120 g
Potato	1 No.
Cabbage	50 g
Onion	1 small
Water	600 ml (3 cups)
Salt, Black Pepper	As per your taste
Oil	1 tsp
Grated cheese	As per requirement

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

Category		Weight Limit	Utensil	Instructions
So3	Wonton Soup	0.6 kg	Microwave safe glass bowl	

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

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

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

So4	Chicken Shorba	0.6 kg	Microwave safe (MWS) glass bowl	

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

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

So5	Tamatar Shorba	0.6 kg	Microwave safe (MWS) glass bowl	

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

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

So6	Rasam	0.6 kg	Microwave safe (MWS) glass bowl	

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

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

Category		Weight Limit	Utensil	Instructions

So7	Mulligtawny Soup	0.6 kg	Microwave safe (MWS) glass bowl

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

Method :
1. In MWS glass bowl add butter, carrot, onion & apples. Mix well. Select category & weight and press start.
2. When, beep, mix well, add cooked rice, lentils & water and press start.
3. When, beep, mix well, allow to cool. Blend & strain. In the same MWS glass bowl add the strained stock, salt, pepper, curry powder & lemon juice. Press start.

So8	Hot & Sour Soup	0.6 kg	Microwave safe (MWS) glass bowl

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

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

So9	Tomato Soup	0.6 kg	Microwave safe (MWS) glass bowl

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

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

So10	Palak Makai Shorba	0.6 kg	Microwave safe (MWS) glass bowl

For	0.6 kg
Palak (chopped)	200 g
Water	600 ml (3 cups)
Maggie tastemaker	1 cube
Corn Niblets	½ cup
Chopped onion	½ cup
Jeera	1 tsp
Butter	1 tbsp
Milk	¼ cup

Method :
1. In a MWS glass bowl add chopped palak & little water. Select category & press start.
2. When beeps, grind the palak,
3. In another MWS glass bowl add butter, jeera, chopped onions. Press start.
4. When beeps, remove & add palak & water, milk, corn niblets & Maggie tastemaker. Press start.

Category		Weight Limit	Utensil	Instructions
So11	Chicken Soup	0.3 kg	Microwave Safe (MWS) Glass Bowl	

For	0.3 kg
Boneless Chicken	300 g
Ginger Paste	1 tsp
Salt & Pepper Powder	As per your taste
Cornflour Paste	2 tbsp + 1/2 cup of water
Oil	1 tsp
Water	600 ml (3 cups)

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

So12	Tom Yum Kung	0.6 kg	Microwave safe (MWS) glass bowl	

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

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

So13	Dal Shorba	0.6 kg	Microwave safe (MWS) glass bowl	

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

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

So14	Shahi Shorba	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Onions (finely chopped)	2 nos.
Walnuts (coarsely chopped)	¼ cup
Mint paste	1 tbsp
Whole wheat flour	2 tbsp
Butter	2 tbsp
Salt, black pepper powder, garam masala	As per taste

Method :
1. In a MWS glass bowl take butter & chopped onion. Mix well. Select category & press start.
2. When beeps, stir well. Add whole wheat flour, mint paste, coarsely chopped walnuts & mix well. Press start.
3. When beeps, mix and add water. Mix well so that no lumps are formed. Add seasoning. Press start. Serve hot.

Category		Weight Limit	Utensil	Instructions
So15	Bombay Curry Soup	0.6 kg	Microwave safe (MWS) glass bowl	

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

Method :
1. In a MWS glass bowl add soaked masoor dal, tomato & water. Select category & press start.
2. When beeps, remove & allow the dal to cool. Grind it in a mixer & strain.
3. In another MWS glass bowl, add oil, crushed garlic, chopped onion. Press start.
4. when beeps, mix & add strained dal stock, salt, chilli powder, curry powder & add 150 ml of water. Mix well & press start. Garnish with coriander leaves & serve hot.

So16	Badam Soup	0.6 kg	Microwave safe (MWS) glass bowl	

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

Method :
1. Grind soaked & blanched badam & basil leaves to a fine paste, adding ½ cup water. Take out in a MWS glass bowl. Add 3 cups water & stir well. Add cinnamon, elaichi & cloves.
2. Select category & press start.
3. When beeps, stir & strain the soup &sieve. Take the strained soup in a MWS glass bowl. Add salt & peppers & cornflour (mixed with ½ cup water) & press start. Serve hot.

So17	Limbu Dhania Shorba	0.6 kg	Microwave safe (MWS) glass bowl	

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

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

Category		Weight Limit	Utensil	Instructions
So18	Mutton Shorba	0.6 kg	Microwave safe (MWS) glass bowl	

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

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

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	0.2 kg	Microwave safe (MWS) flat glass dish & High rack*

For	0.2 kg
Mix Vegetables - Carrot, Cauliflower, French Beans (cut into small pieces), Sweet Corns, Green peas etc.	200 g
Maida	2 tbsp
Butter	2 tbsp
Milk	1 cup
Grated Cheese	4 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 ~ 0.3 kg	Microwave safe (MWS) flat glass dish & High Rack*

For	0.1 Kg	0.2 kg	0.3 kg
Mushrooms	100 g	200 g	300 g
White Sauce	50 ml	100 ml	150 ml
Cheese (grated), Salt, Kali Mirch	As per requirement		
Butter	1 tbsp	1½ tbsp	2 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	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.

* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions

Co5	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.

Co6	Thai Chicken	0.5 kg.	Microwave safe (MWS) bowl

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

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

Co7	Mediterra-nean Crostini®	0.3 kg.	Low rack

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

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

Co8	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.

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

Category		Weight Limit	Utensil	Instructions
Co9	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.

Co10	Sweet & Sour Veg	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl

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

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

Co11	Risotto Rice	0.1 ~ 0.4 kg.	Microwave safe (MWS) bowl

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

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

Category		Weight Limit	Utensil	Instructions
Co12	Spaghetti with tomato sauce	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	

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

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

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	
Blanced tomatoes (skin removed)	5 nos.
Garlic pods	8-10 nos.
Coriander leaves (fresh)	1 tbsp
Olive oil	1 tbsp
Chilli flakes	1 tsp
Oregano	½ tsp
Salt, pepper	As per taste

Method :
Pre-Preparation for Stuffing :
1. In a MWS glass bowl take olive oil & minced garlic, mix and microwave 100% for 2 minutes. Add mashed paneer & blanced & chopped spinach, salt & pepper. Mix well & microwave 100 % for 2 minutes.
2. In another bowl take maida, salt, beaten egg & olive oil. Mix well & knead a firm dough adding enough water. Cover & keep aside for 10-15 minutes.
3. Divide the dough into 5-6 equal sized balls & roll out each ball into a long & rectangular strip (approx. 2.5" broad) & cut into squares.
4. Fill each square shape with spinach & cottage cheese stuffing (1 tsp). Wet the edges with little water & cover with another square & seal it by pressing tightly. There should be no air-bubble left within. Make all tortellinis following same procedure.
5. Take 500 ml water in a MWS bowl & keep inside the microwave. Select category & press start.
6. When beeps, put the tortellinis in the boiling water. Cover & press start.
7. When beeps, remove & strain the tortellinis & place in a serving dish & keep aside covered.
8. Blend together blanced tomatoes, garlic pods, coriander leaves with a blender. Take this puree in a MWS bowl, add olive oil, salt, pepper oregano & chilli flakes. Mix well & press start.
9. When cooking ends, pour this sauce over the cooked tortellini & serve hot.

Category		Weight Limit	Utensil	Instructions
Co14	Mexican Corn Rice	0.1 ~ 0.4 kg.	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & Low rack	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Rice	100 g	200 g	300 g	400 g
Cloves	2 nos.	3 nos.	4 nos.	5 nos.
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Water	200 ml	400 ml	600 ml	650 ml
Butter	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Sweet corns	¼ cup	½ cup	1 cup	1½ cup
Hot sauce*	¼ cup	½ cup	1 cup	1½ cup
Cheese cubes	1 no.	2 nos.	3 nos.	4 nos.
Salt (if required)	As per taste			
Red chilli powder (if required)	As per taste			
Tomato (chopped)	2 nos.	3 nos.	4 nos.	5 nos.

Method :
1. In a MWS glass bowl add rice, cloves, water. Select category & weight and press start.
2. When beeps, remove the bowl & keep aside after mixing.
3. In another MWS glass bowl add butter & sweet corns & press start.
4. When beeps, add hot sauce, cooked rice, cheese cubes, salt & red chilli power (if required). Mix well. Now take a MWS flat glass dish & spread chopped tomatoes at the bottom, now layer with cooked rice & press it down properly. Cover with aluminium foil. Keep the MWS flat glass dish on low rack& press start.
   *Note : For Hot Sauce - In a MWS glass bowl take 8 blanded & pureed tomatoes, 4 tbsp butter, 1 cup chopped onions, salt, red chilli powder, oregano, sugar, chilli sauce (as per taste), 1 tbsp garlic paste, 2 tbsp tomato sauce, a pinch ajwain. Mix well & microwave at 100% for 5 minutes.

Co15	Broccoli in Butter Sauce	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) glass dish	

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

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

Co16	Shrimps In Garlic Butter	0.4 Kg	Microwave safe (MWS) bowl	

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

Method :
1. Remove heads and shells of shrimps & clean and drain thoroughly.
2. In a MWS bowl place shrimps, garlic paste, mustard paste, butter, parsley, lemon juice, pepper corns (Crush) & salt mix well Select Category & press start.
3. When beeps. Remove and serve hot.

Co17	Chilli Chicken	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	

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

Method :
1. In a MWS bowl add oil, chopped ginger, garlic, boneless chicken, soya sauce, chilli sauce and cover. Select category & weight & press start.
2. 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.

Category		Weight Limit	Utensil	Instructions

Co18 — Hakka Noodles | 0.1 ~ 0.3 kg | Microwave safe (MWS) bowl

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

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

Co19 — Veg in hot garlic sauce | 0.1 ~ 0.3 kg | Microwave safe (MWS) bowl

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

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

Co20 — Schezwan Chicken | 0.5 kg | Microwave safe (MWS) bowl

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

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

Category		Weight Limit	Utensil	Instructions
Co21	Veg Manchurian	0.6 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	

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

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

Co22	Chilli Soy Nuggets	0.4 kg	Multicook tawa & High rack* & Microwave safe (MWS) glass bowl	

For	0.4 kg
Soyabean nuggets (soaked in hot water for 1 hour & squeezed)	150 g
Oil	2½ tbsp
Capsicum (cut in long strips)	¼ cup
Spring onions (cut into pieces)	¼ cup
Blanched tomatoes	3 nos.
Garlic pods	7-8 nos.
Soya sauce	2 tsp
Vinegar	1 tsp
Cornflour (mixed with ½ water)	1½ tsp
Chilli sauce	1 tbsp
Salt, red chilli powder, black pepper powder	As per taste

Method :
1. Pre-Preparation of Sauce : Puree tomatoes & garlic pods in a blender. In a MWS glass bowl take 2 tbsp oil & all the vegetables. Mix well & microwave 100% for 2 minutes. Add tomato puree, soya sauce, chilli sauce, vinegar, cornflour (mixed with ½ cup water) & all the spices. Mix well & microwave 100% for 3 minutes. Sauce is ready.
2. Take soaked & squeezed soyabean nuggets in a bowl & pour ½ tbsp oil & mix well. Put all soya nuggets on tawa. Keep tawa & high rack inside the microwave. Select category & press start.
3. When beeps, turnover the soya nuggets & again press start.
4. When beeps, transfer roasted soya nuggets in the sauce & stir well. Press start. Serve them hot with steamed rice.

Co23	Steamed Egg with Tofu	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	

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

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

* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions			
Co24	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.

Charcoal

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

1. Press **STOP/CLEAR**.



2. Press **Charcoal.**



3. Turn **DIAL** until display show "**CH9**".



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



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



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



NOTE

- Charcoal menus are programmed.
- Charcoal 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.
“CH2" Murg Tandoori, do not follow step 4, 5. Directly go to step 6.

Category		Weight Limit	Utensil	Instructions
CH1	Paneer Tikka	0.3 kg	Multicook tawa & Low rack*	

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

Method :
1. Mix all the ingredients of the marinade in a bowl.
2. Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour.
3. Now keep tawa and rack inside Microwave. Select category & press start.
4. When beeps, keep paneer pieces on the tawa and pour some oil & press start.
5. After beep, turn over pieces, apply oil and again press start.

CH2	Murg Tandoori	1 kg	Rotisserie##	

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

Method :
1. Mix all the ingredient of marinade in a bowl
2. Wash the Chicken properly & make cuts on the chicken all over.
3. Marinade the Chicken properly coating all the places. keep marinated for 3-4 hours in refrigerator.
4. Keep paper towel (Kitchen towel) on glass tray.
5. Assemble the rotisserie & insert the Chicken & tie up with thread.
6. Install the rotisserie in the microwave select category & press start. Serve with grilled onion slices, lemon wedges & onion chutney.
   Note : For Rotisserie installation refer Pg. 91.

CH3	Chana Kababs	0.2 ~ 0.5 kg	Multicook tawa & High rack*	

For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Boiled Kabuli Chana (Chhole)	200 g	300 g	400 g	500 g
Cloves	1 no.	2 nos.	2 nos.	2 nos.
Pepper powder	As per taste			
Cinnamon powder	¼ tsp	¼ tsp	½ tsp	½ tsp
Garlic Cloves	2 nos.	3 nos.	3 nos.	3 nos.
Salt	As per taste			
Ginger Chopped	1 tsp.	2 tsp.	3 tsp	3 tsp
Bread pieces	1 no.	2 nos.	2 nos.	2 nos.
Whole red chilly	1 no	2 nos.	3 nos.	3 nos.
Bread crumbs	For coating			

Method :
1. Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces, whole red chilli, to a paste.
2. Now shape the paste in the form of kababs & roll out each kababs in bread crumbs for complete coating.
3. Keep tawa and high rack inside MWO. Press start. (Pre-heat process)
4. When beeps, keep kabobs on tawa & press start.
5. When beeps, turn over the side & press start.

Refer page 90, fig 1
* Refer page 90, fig 2
Refer page 91

Charcoal

Category		Weight Limit	Utensil	Instructions

CH4 — Bharwan Baigan | 0.2 ~ 0.4 kg | Microwave safe (MWS) glass bowl & Multicook tawa & High rack*

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

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

CH5 — Fish Tandoori | 0.5 kg | Multicook tawa & High rack*

For	0.5 Kg
Pomfret	3 small sized
For Marinade	
Degi Mirch	2½ tsp
Jeera	½ tsp
Ginger paste	1 tsp
Garlic paste	1 tsp
Tandoori Masala	½ tsp
Garam Masala	1½ tsp
Amchoor	1 tsp
Dhania Powder	1 tsp
Lemon juice	2 tbsp
Chaat Masala	¼ tsp
Salt	As per taste

Method :
1. Rub the fish well with besan (3tbsp), 2 tbsp lemon juice to remove fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Prick the fish all over with a fork or give shallow cuts with a knife.
2. Mix all ingredients given under marinade. Rub the marinade well all over the fish pieces & let it marinade for 2-3 hours.
3. Select the category & press start. (Pre-heat)
4. When beeps, Keep the marinated fish pieces on tawa & press start.
5. When beeps, turn over again & press start.Sprinkle chaat masala & serve with Pudina chutney & onion rings.

CH6 — Shaami Kababs | 0.3 kg | Microwave safe (MWS) glass bowl & High rack* & Multicook tawa

For	0.3 kg
Minced mutton	300 g
Soaked bengal gram	50 g
Roasted cumin seeds	As per taste
Salt, Red chilli powder Chaat masala, Coriander powder	As per taste
Chopped onion	2 nos.
Chopped coriander leaves	A few sprigs

Method :
1. In a MWS glass bowl add minced mutton. Select menu and press start.
2. Grind the cooked mutton, bengal gram, cumin seeds, coriander powder, salt and chilli powder, chaat masala, chopped coriander and onion. Make long flat kababs of the paste.
3. Place the kababs on greased multicook tawa and high rack. Press start.
4. Turn over the kababs and again press start.

Note : For binding roll the kababs in maida.

* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions
CH7	Corn Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*	

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

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

CH8	Bharwan Tamatar	0.3-0.5 kg	Multicook Tawa & High rack*	

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

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

CH9	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.

CH10	Chicken Saute	0.2 ~ 0.4 kg	Multicook tawa & High rack*	

For	0.2 kg	0.3 kg	0.4 kg
Supreme chicken peices	200 g	300 g	400 g
For Marination			
Ginger garlic paste	2 tbsp	3 tbsp	4 tbsp
Olive oil	2 tbsp	3 tbsp	4 tbsp
Black pepper	1 tsp	1½ tsp	2 tsp
Thyme/Basil leaves	½ tbsp	1 tbsp	1½ tbsp
Salt	As per taste		

Method :
1. Mix all the ingredients of marinade in a bowl. Marinade the chicken pieces & keep in refrigerator for one hour.
2. Adjust the wooden skewers inside the chicken pieces(1 skew in 1 piece).
3. Transfer the chicken pieces on tawa & keep the tawa on high rack. Select menu & weight and press start.
4. When beeps, turn over the pieces & press start.
5. When beeps, turn over again & press start.

* Refer page 90, fig 2

Charcoal

Category		Weight Limit	Utensil	Instructions
CH11	Tandoori Mushrooms	0.2 ~ 0.5 kg	Multicook tawa & High rack*	

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

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

CH12	Mahi Tikka	0.3 ~ 0.5 kg	Multicook tawa & High rack*	

For	0.3 kg	0.4 kg	0.5 kg
Fish fillets (Cut into 2" cubes)	300 g	400 g	500 g
For marinade			
Hung Curd	2 tbsp	3 tbsp	4 tbsp
Thick cream	¼ cup	¼ cup	½ cup
Ginger garlic paste	1 tsp	2 tsp	2½ tsp
Ajwain	¼ tsp	½ tsp	½ tsp
Garam masala	As per taste		
Salt pepper	As per taste		
Lemon juice	1 tbsp	2 tbsp	2½ tbsp
Red chilli powder, salt	As per taste		

Method :
1. Rub the fish well with 3 tbsp besan & 2 tbsp lemon juice to remove the fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Pick fish all over with a forks.
2. Mix all the ingredients of marinade. Add the fish pieces & keep aside for 3-4 hours.
3. Keep tawa + high rack inside. select category & weight & press start. (Pre-heat process)
4. When beeps, keep marinated pieces on the tawa & press start.
5. When beep, turn over the pieces & press start. Sprinkle chaat masala & serve onion slices.
   Note: In case there is excess water during cooking & drain it & restart.

CH13	Arbi Tandoori	0.3 ~ 0.5 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	

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

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

* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions
CH14	Veg Kababs	0.3 kg	Multicook tawa & High rack*	

For	0.3 kg
Boiled potatoes	200 g
Grated paneer	100 g
Chopped green chillies	2 nos.
Chopped coriander	A few sprigs
Roughly ground anardana seeds	1 tbsp
Salt, red chilli powder	As per taste

Method :
1. Mix all the ingredients in a bowl. Mix well & shape them into rolls.
2. Select category & press start. (Pre-heat process)
3. When beeps, keep the kababs on greased tawa & press start.
4. When beeps, turn over the kababs & press start again.

CH15 | Spicy Chicken Kababs | 0.2 ~ 0.4 kg | Multicook tawa & High rack*

For	0.2 kg	0.3 kg	0.4 kg
Boneless chicken (cut into 1½" pieces)	200 g	300 g	400 g
For Marinade			
Barbeque sauce	1 tbsp	1½ tbsp	2 tbsp
Olive oil	½ tsp	1 tsp	1 tsp
Garlic powder / Ginger paste	1 tsp	1½ tsp	2 tsp
Red chilli flakes	1 tsp	1 tsp	1 tsp
Black pepper (freshly crushed)	½ tsp	½ tsp	1 tsp
Onion paste	1 tbsp	1½ tbsp	2 tbsp
Oregano	½ tsp	1 tbsp	1 tbsp
Thyme	½ tsp	½ tsp	1 tsp
Cumin powder	1 tsp	1½ tsp	1½ tsp
Salt	As per taste		

Method :
1. Clean & wash chicken pieces & cut into 1½" cubes. Prick them with fork.
2. In a bowl take chicken pieces & add all the ingredients of marinade & mix well. Keep covered for at least 30-45 minutes in refrigerator.
3. Place tawa on high rack. Keep in the microwave. Select category & weight and press start. (Pre-heat process)
4. When beeps, keep chicken pieces on tawa & press start.
5. When beeps, turn over & remove excess water & again press start.
5. Serve spicy chicken kababs hot with mint chutney or onion rings.

CH16 | Kastoori Kababs | 0.2 ~ 0.4 kg | Multicook tawa & High rack*

For	0.2 kg	0.3 kg	0.4 kg
Boneless Chicken mince (Keema)	200 g	300 g	400 g
For marinade			
Ginger garlic paste	¼ tbsp	½ tbsp	1 tbsp
Lemon juice	¼ tbsp	½ tbsp	1 tbsp
Roasted besan	2 tbsp	3 tbsp	4 tbsp
Bread crumbs	2 tbsp	3 tbsp	4 tbsp
Pepper powder, Salt, Red chilli powder	As per taste		
Ginger finely chopped	½ tsp	½ tsp	1 tsp
Chopped Coriander leaves	2 tbsp	3 tbsp	4 tbsp
Oil	1 tsp	2 tsp	3 tbsp
Choti elaichi powder	½ tsp	½ tsp	1 tsp
Jeera	1 tsp	1 tsp	1 tsp
Kesar (Soaked in ½ cup in milk)	½ tsp	½ tsp	1 tsp

Method :
1. Wash the chicken mince in a strainer. Press well to squeeze out the water well.
2. Marinate the mince with all the ingredients mentioned under marinade.
3. Make flat Kababs of the mixture. Select category & press start. (Pre-heat process)
4. When beeps, keep the kababs on tawa & place tawa + high rack inside MWO and press start.
5. When beeps, turn over the kababs & press start. Sprinkle chaat masala & serve.

* Refer page 90, fig 2

Charcoal

Category		Weight Limit	Utensil	Instructions
CH17	Chilka Kababs	0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For: 0.4 Kg Chana dal (soaked overnight): 200 g Snake gourd peels (roughly chopped): ½ cup Pumpkin peels (roughly chopped): ½ cup Whole black pepper: ¼ tsp Dried red chilli: 1 no. Laung: 3-4 nos. Black cardamom: 1 no. Cinnamon: 1" piece Water: ½ cup Oil: ½ tsp Javitri: 1 no. Fresh coriander leaves: 2 tbsp Salt: As per taste

Method :
1. In a MWS glass bowl take soaked chana dal, pumpkin peels, snake gourd peels & all the whole spices except salt & coriander leaves. Sprinkle ¼ cup water & cover. Select category & press start.
2. When beeps, take out the bowl, remove javitri & black cardamom and allow to cool the mixture.
3. Grind the cooked mixture to a coarse paste in a mixer, adding ¼ cup water & salt to taste. Take out in a bowl and add freshly chopped coriander leaves. Mix well with hands & make kababs of equal size & shape.
4. Grease the tawa with ¼ tsp oil & put the kababs on it. Keep the tawa on high rack. Keep high rack & tawa with kababs inside the microwave and press start.
5. When beeps, sprinkle ¼ tsp oil on all kababs and turnover the kababs and press start.
6. Serve the kababs hot with the chutney of your choice.

Category		Weight Limit	Utensil	Instructions			
CH18	Kaju Kababs	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For	0.1 kg	0.2 kg	0.3 kg
				Potato (cut into pieces)	½ no.	1 no.	1½ no.
				Onion (chopped)	½ no.	1 no.	1 no.
				Peas (shelled)	3 tbsp	4 tbsp	4 tbsp
				Cauliflower (florets)	½ cup	½ cup	¾ cup
				Ginger-garlic paste	½ tsp	1 tsp	1 tsp
				Kaju powder	2 tbsp	4 tbsp	5 tbsp
				Fresh bread crumbs (sides removed)	3 slices	4 slices	4 slices
				Green chilli (chopped)	1 no.	2 nos.	2 nos.
				Tomato ketchup	½ tsp	1 tsp	1 tsp
				Salt, red chilli powder, garam masala	As per taste		
				Coriander leaves (chopped)	1 tbsp	1½ tbsp	2 tbsp

Method :
1. In a MWS glass bowl take cut potatoes, chopped onion, peas & cauliflower. Put ½ cjup water & cover. Select category & weight and press start.
2. When beeps, remove the bowl, strain the vegetables. Remove all the moisture & mash well when cool.
3. To the mashed vegetables add all the spices, chopped green chilli, coriander leaves, kaju powder, ginger-garlic paste, tomato ketchup, fresh bread crumbs. Mix all the ingredients very well. Make equal sized kababs out of the mixture.
4. Keep the kababs on tawa & tawa on high rack. Keep inside the microwave and press start.
5. When beeps turn the kababs & press start. Serve them hot with mint chutney.

Category		Weight Limit	Utensil	Instructions
CH19	Mutton & Tomato Kababs	0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For: 0.3 Kg Minced mutton: 300 g Badi Elaichi: 1 no. Dalchini: 2" piece Laung: 3-4 nos. Whole black pepper: 8 to10 nos. Dried red chilli: 2 nos. Bread crumbs: ¼ cup Green chilli (chopped): 2 nos. Coriander (chopped): 2 tbsp Lemon juice (optional): 1 tsp Salt, red chilli powder, garam masala: As per taste Tomatoes (cut into big pieces): 2 nos.

Method :
1. In a MWS glass bowl take minced mutton, laung, badi elaichi, cinnamon, dried red chilli, whole black peppers. Mix well & cover. Select category and press start.
2. When beeps, take out the bowl, remove cover & remove all the whole spices & discard the water. Allow the mutton to get cooled & grind the mutton coarsely.
3. Take the ground mutton in a bowl, add all the spices, chopped green chilli, coriander leaves, bread crumbs & lemon juice (optional) & mix very well.
4. Make equal sized round kababs from the mixture & keep on greased tawa. Keep the tawa on high rack. Keep inside the microwave & press start.
5. When beeps, turnover the kababs & keep tomato pieces (seeds removed) and press start. Serve them hot with mint chutney.

* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions
CH20	Bharwan Bhindi	0.2 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	

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

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

CH21	Tandoori Jhinga	0.2 ~ 0.5 kg	Multicook tawa & High rack*

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

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

CH22	Malai Tikka	0.3 kg	Rotisserie##

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

Method :
1. Mix all the ingredients of the marinade in a bowl. Marinate Chicken & keep in refrigerator for 1 hour.
2. Grease the rotisserie skewers with some oil. Put the chicken pieces on skewers. Assemble the rotisserie. Install the rotisserie in the microwave, spread the tissue paper on the glass tray.
3. Select category & press start.
4. When beeps, add 1tsp oil & again press start.
   Sprinkle the chaat masala & serve.
   Note: For rotisserie installation refer Pg. 91.

* Refer page 90, fig 2
Refer page 91

Charcoal

Category		Weight Limit	Utensil	Instructions
CH23	Tikka Achaari	0.3 kg	Microwave safe (MWS) glass bowl & Rotisserie##	

For	0.3 kg
Boneless mutton (Cut into 1½" pieces)	300 g
For marinade	
Hung curd	2 tbsp
Raw papaya Paste (Green papaya, peeled, deseed & grind in a mixer	½ tbsp
Onion (Sliced)	¼ cup
Salt, Red chilli powder, Amchoor powder	As per taste
Saunf	2 tsp.
Jeera	½ tsp.
Mustard seeds	½ tsp
Ginger garlic paste	½ tbsp
Tandoori Color	A pinch
Methidana	A pinch

Method :
1. Wash & pat dry the mutton pieces. Prick them with a fork.
2. Mix all the ingredients of marinade in a bowl. Add the mutton pieces & keep for 3-4 hours in refrigerator.
3. Remove from fridge & let them come to room temperature.
4. In a MWS glass bowl add the marinated pieces. Select category & press start.
5. When beeps, remove the bowl from microwave oven, spread the tissue paper on glass tray & insert the mutton pieces in rotisserie skewers. Assemble the rotisseries & install in the microwave.
6. Press start.
7. When beeps, pour 1 tsp oil on the mutton pieces.
8. Press start.

Note : For rotisserie installation refer Pg. 91.

Category		Weight Limit	Utensil	Instructions
CH24	Faldari Kababs	0.4 kg	Multicook tawa & High rack*	

For	0.4 Kg
Boiled & mashed raw bananas	2 nos.
Boiled & mashed shakarkandi	2 nos.
Peeled & grated apple	½ cup
Fresh coriander (chopped)	2 tbsp
Fresh mint leaves (chopped)	2 tbsp
Green chillies (chopped)	2 nos.
Ginger (chopped)	2 tsp
Bread crumbs	½ cup
Salt, red chilli powder, jeera powder	As per taste
For stuffing	
Chopped almonds	2 tbsp
Chopped cashewnuts	2 tbsp
Chopped raisins	2 tbsp

Method :
1. In a bowl take chopped almonds, cashewnuts & raisins for stuffing. Mix well & keep aside for later use.
2. In another bowl take boiled & mashed banana, shakarkandi, grated apple, chopped coriander & mint leaves, chopped ginger & green chillies & all the spices. Mix well. When the mixture cools down, add bread crumbs & mix well to make a dough for kababs.
3. Divide the dough into 10 equal portions. Make round balls. Flatten each ball & fill stuffing (as required) in the center & again re-shape into round kababs.
4. Keep tawa on high rack. Put both inside the microwave. Select category & press start. (Pre-heat process)
5. When beeps,put kababs on tawa & press start.
6. When beeps, again turnover the kababs & press start. Serve kababs hot with chutney of your choice.

Category		Weight Limit	Utensil	Instructions
CH25	Dahi Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*	

For	0.2 kg	0.3 kg	0.4 kg
Boiled potatoes	100 g	200 g	250 g
Boiled peas	50 g	75 g	100 g
Chopped & boiled spinach	2 tbsp	3 tbsp	4 tbsp
Hung curd	2 tbsp	3 tbsp	4 tbsp
Grated ginger	1 tsp	1½ tsp	2 tsp
Chopped green chillies	½ tbsp	1 tbsp	1½ tbsp
Chopped almonds	½ tbsp	1 tbsp	1½ tbsp
Chopped raisins	½ tbsp	1 tbsp	1½ tbsp
Besan	1 tbsp	2 tbsp	3 tbsp
Chopped coriander leaves	1 tbsp	2 tbsp	3 tbsp
Salt, garam masala, red chilli powder	As per taste		
Oil	1 tsp	1 tsp	1 tsp
Cornflour	For coating		

Method :
1. In a bowl mix all the ingredients except oil & cornflour. Mix well while mashing the potatoes & peas. Make flat kababs & roll each kabab in cornflour.
2. Keep the tawa & high rack in MWO. Select category & weight and press start. (Pre-heat process)
3. When beeps, keep kababs on the tawa, pour the oil & press start.
4. When beeps, turn over again & press start. Serve with coriander chutney.

* Refer page 90, fig 2
Refer page 91

Indian Roti Basket

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

1. Press **STOP/CLEAR**.



2. Press **Indian Roti Basket.**



3. The display will show "**br1**".

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



NOTE

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

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions
br1	Naan	2 Pc	Multicook Tawa & Low Rack#	For: Dough Refined flour (Maida): 225 gms Curd: 4 tbsp Milk: 100 ml Butter: 1 tbsp Salt: 1/8 tsp Castor Sugar: 1 tsp Baking powder: ½ tsp Butter (Melted): 1 tsp Soda-bi-carb: ¼ tsp Onion seeds: 1 tsp

Method :
1. In a bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi-carb & add to the dough. Mix it well & knead a soft dough adding the milk & water (if required). After making the dough add melted butter & knead the dough again. Keep the dough covered in a warm place for about 1-2 hours to ferment properly.
2. Keep the tawa on low rack & keep inside the microwave. select category & press start.
3. Divide the dough into 10 equal portions/balls. (approx. of 40 gm each). Roll out each portion in an oblong shape. Brush with melted butter & sprinkle onion seeds on the top.
4. When beeps, keep 2 rolled out naan on the tawa & press start.
5. Serve hot with gravy curry for your choice.
   Note: Grease the surface with little oil to prevent the naan from sticking while rolling.

br2	Lachha Parantha	2 Pc	Multicook Tawa & Low rack#	For: Dough Whole wheat flour: 2 cups Salt: ½ tsp Ghee: 2 Tbsp Milk: ½ cup Water: ½ cup

Method :
1. In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & then water & knead a soft dough.
2. Keep tawa on low rack, keep inside the microwave. select category & press start.
3. Divide the dough into 11-12 equal portion (approx of 45-46 gms). Roll out each portion to a diameter of 6" spread ½ tsp ghee/oil all over & dust some dry flour. Fold to half & again repeat the same procedure. So that you get a long strip (like a fan).
4. Apply few drops of ghee on the strip. again roll the strip to form a ball. Roll out the ball to 5" diameter for laccha parantha.
5. When beeps, keep 2 rolled out laccha parantha on tawa & press start.
6. When beeps, turn the paranthas & again press start. Make all laccha paranthas following the same procedure.
7. Apply some ghee on top (optional) & crush the parantha slightly to open up the layers. Serve hot with gravy/curry of your choice. Wrap in foil & store.

br3	Appam	1 Pc	Multicook Tawa & High Rack*	For: Batter Rice (soaked for 5-6 hours): 1 cup Cooked rice (Boiled): ½ cup Fresh coconut shavings: 2 cups Yeast: ¼ tsp Coconut water: To dissolve yeast & for diluting the batter Salt & Sugar: As per taste

Method :
1. Grind together soaked rice, cooked rice & coconut shaving till get a fine thick paste. Do not add too much water. Instead use coconut water for grinding & diluting. Batter should have a consistency similar to dosa batter or slightly thickened.
2. Add the yeast (diluted in 2 tbsp coconut water) & salt & sugar to taste. Allow the batter to ferment at room temperature for atleast 6-8 hours.
3. Keep the tawa on high rack, keep inside the microwave. Select category & press start.
4. When beeps, pour ½ cup batter (approx 100 ml) on tawa & spread evenly to a circle keep on the rack & press start.
5. When beeps, turn the appam carefully without breaking. Press start.
6. Serve hot with coconut chutney or veg stew.
   Note: While pouring the appam batter, try to make a thin size appam. It should not be very thick.

* Refer page 90, fig 2
# Refer page 90, fig 1

Category		Weight Limit	Utensil	Instructions
br4	Masala Roti	2 Pc	Multicook Tawa & Low Rack#	

For	Dough
Whole wheat flour	1 cup
Besan	3/4 cup
Finely copped onion	1 no. (medium)
Finely chopped green chilli	2 no.
Black pepper powder	1 tsp
Red chilli powder	1 tsp
Garam Masala	½ tsp
Ghee	1 tbsp
Salt	As per taste
Fresh Curd	¼ cup
Water (to knead dough)	¼ cup
Oil	½ tsp
Coriander leaves (Chopped)	2 tbsp

Method :
1. In a bowl combine whole wheat flour, besan, chopped onion, chopped green chillies, coriander leaves & all the spices. Rub in ghee & curds. Mix well & knead soft dough adding the water. Knead the dough again after adding oil. Keep the dough covered for 5-10 minutes.
2. Keep the tawa on low rack. Keep inside the microwave Select category & press start.
3. Divide the dough into 7 equal portions (approx of 60gm each). Roll out each portion into a diameter of 5 inches. use little dry flour while rolling the roti to prevent it from sticking to surface.
4. When beeps keep 2 rolled out roties on tawa & press start.
5. When beeps, turn & again press start. Make all the roties following the same procedure.
6. Serve hot with pickle or curd. Wrap in foil & store.

br5	Missi Roti	2 Pc	Multicook Tawa & Low rack#

For	Dough
Wheat flour	1½ cups
Besan	1½ cups
Oil	4 Tbsp
Kasuri methi, Red Chilli powder, Salt	As per taste
Water (for dough kneading)	50 ml
Curd	½ cup

Method :
1. In a bowl add all the ingredients of the dough & knead it by rubbing in the oil in the flour & slowly adding water to make a soft dough.
2. Divide the dough into, 11 equal portions (each approx 50g) grease the surface on which roti will be rolled with little oil. Take the dough & roll out the roti to 5 diameter.
3. Keep the tawa on low rack & put few drops of oil & spread. Select category & keep the tawa & low rack inside the microwave & press start.
4. When beeps, keep the rolled out missi roties on the tawa & press start.
5. When beeps, add ¼ tsp oil on the roties & turn over. Press start. Wrap in foil & store.

br6	Stuffed Naan	2 Pc	Multicook Tawa & Low Rack#

For	Dough
Refined flour (maida)	225 g
Curd	4 tbsp
Milk	100 ml
Butter	1 tbsp
Salt	1/8 tsp
Castor Sugar	1 tsp
Baking powder	½ tsp
Butter (melted)	1 tsp
Soda-bi-carb	¼ tsp
Onion seeds	1 tsp
For filling	
Grated Paneer	150 g
Chopped onions	1 no (medium)
Chopped green chilli	2 nos.
Coriander leaves (Chopped)	A few sprigs
Red Chilli powder, salt, garam masala, anardana powder	As per taste

Method :
1. In a bowl add all the ingredients mentioned for filling & mix well & prepare the stuffing for naan.
2. In another bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi carb & add to the dough. Mix well & knead & soft dough adding the milk & water (if required). Add melted butter & again knead the dough. Keep the dough covered in a warm place of about 1-2 hours to ferment properly.
3. Keep the tawa on low rack. Keep inside the microwave. Select category & press start.
4. Divide the dough into 10-11 equal portions (approx 40 gm each) Roll out a portion & put 2 tbsp stuffing & fold from all sides & again make a ball. Roll out again to an oblong shape. Brush the top with melted butter & sprinkle onion seeds.
5. When beeps, keep 2 rolled out naans on tawa & press start.
6. Make all other naans following the same procedure. Serve hot with the gravy/curry of your choice.
   Note: Grease the surface with little oil to prevent the naan from sticking to the surface while rolling.

Refer page 90, fig 1

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions
br7	Khasta Paratha	2 Pc	Multicook Tawa & Low Rack#	

For	Dough
Whole wheat flour	1½ cup
Melted butter	1/3 cup
Salt	As per taste
Buttermilk	½ cup

Method :
1. Mix whole wheat flour, melted butter, salt in a bowl.
2. Gradually add buttermilk to form a firm dough. Add more buttermilk (if required).
3. After kneading lightly on a floured surface, form into a smooth ball.
4. Allow the dough to rest for 20 minutes covered. Divide whole dough into 8 equal portion (45gms).
5. On a lightly floured surface, roll out each portion into 5" diameter rounds.
6. Keep the tawa on low rack & select category & keep the tawa inside the microwave & press start.
7. When beeps, put 2 parathas on tawa & press start.
8. When beeps, smear with ½ tsp oil & turn over & press start. Wrap in foil & store.

br8	Pudina Parantha	2 Pc	Multicook Tawa & High Rack*	

For	Dough
Whole wheat flour	1 cup
Mint leaves	½ cup
Salt	As per taste
Butter	2 tbsp
Chaat Masala	2 tsp
Oil/ghee	2 tsp
Dry pudina powder	1 tbsp
Water	As required to make the dough

Method :
1. Wash & put dry & chop mint leaves finely.
2. In a bowl combine wheat flour, mint leaves, salt, butter, chaat masala, gradually add water & knead a soft dough. Keep the dough covered for 5-7 minutes.
3. Keep the tawa on high rack. Keep inside the microwave Select category & press start.
4. Divide the dough into 5-6 equal sized portions. Roll out each dough into a diameter of 6". Spread ½ tsp oil/ghee all over & dust with some dry pudina powder, fold the rolled out chapati like a fan & again make a ball & again roll out the ball to a measure of 5" diameter.
5. When beeps keep 2 rolled out paranthas on tawa & press start.
6. When beeps apply ¼ tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the similar procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

br9	Rajma Parantha	2 Pc	Multicook Tawa & High rack*	

For	Dough
Boiled Rajma	1/3 cup
Whole Wheat flour (atta)	1 cup
Soyabean flour	2 Tbsp
Chopped green chillies	3-4 nos.
Fresh mint leaves	8-10 nos.
Anardana (Crushed)	1 tsp
Red Chilli Powder	1 tsp
Tomato Puree	2 tbsp.
Salt	As per taste
Oil	2 tsp
Coriander leaves (Chopped)	2 tbsp
Water	To knead to dough

Method :
1. In a bowl combine wheat flour boiled & mashed rajma, soyabean flour, tomato puree, chopped green chilli, coriander leaves, freshly crushed mint leaves, Anardana, oil, red chilli powder, salt. Mix & gradually add water & knead a soft dough.
2. Keep the tawa on high rack. Keep inside the microwave. Select category & press start.
3. Divide the dough into 6-7 equal sized portions (approx of 45gms). Roll out each dough into 5" diameter circle.
4. When beeps keep 2 rolled out paranthas on tawa & press start.
5. When beeps, turn the paranthas. Press start. Make all the paranthas with the similar procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.

* Refer page 90, fig 2
# Refer page 90, fig 1

Category		Weight Limit	Utensil	Instructions
br10	Paneer Parantha	2 Pc	Multicook Tawa & Low Rack#	

For	Dough
Whole wheat flour (atta)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough	1 cup (200 ml)
For stuffing	
Grated paneer	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, red chilli powder, garam masala	As per taste
Anardana powder	1 tsp

Method :
1. In a bowl take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multicook tawa with ¼ tsp ghee & keep on low rack. Keep the high rack & tawa inside the microwave. Select category and press start.
4. Take 35gm dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to 5" diameter.
5. When beeps, keep 2 rolled out paranthas on preheated tawa & high rack & keep inside the microwave and press start.
6. When beeps, apply ¼ tsp ghee on top of paranthas & turn and press start. Serve the paneer paranthas hot with fresh curd.

br11	Kulche	2 Pc	Multicook Tawa & Low Rack#	

For	Dough
Maida	1 cup
Salt	A pinch
Fresh cream	2 tbsp
Lukewarm water	50 ml
Sugar	1 tbsp
Dry yeast	1 tsp
Oil	½ tsp
Kalonji (onion seeds)	As required
Coriander leaves	As required

Method :
1. In a cup/bowl take 50 ml lukewarm water & add sugar. Stir well. Add dry yeast & stir again to dissolve. Keep aside for at least 5-7 minutes.
2. In a bowl take maida, salt & fresh cream. Mix well with hands. Add the yeast water & knead a firm dough. Pour ½ tsp oil & knead again.
3. Divide the dough into 4 equal portions (approx. 60 gm each). Make balls & apply butter on top & sprinkle kalonji (onion seeds) & fresh coriander leaves on top. Press with fingers & dust with maida & roll out each ball into a diameter of 5". Keep the rolled dough on dusted multi cook tawa. Keep them covered in dark & warm place for at least 30 minutes.
4. Select category & press start.
5. When beeps, keep tawa with rolled doughs & press start.
6. Apply butter on top of kulchas or roast them a little & serve them hot with chhole.

br12	Daal Parantha	2 Pc	Multicook Tawa & Low rack#	

For Dough	
Boiled Daal/Left over daal	1/3rd cup
Whole wheat flour(aata)	1 cup
Chopped green chilies	3 to 4 no.
Anardana powder	1 tsp
Red chilli powder	1 tsp
Salt	As per taste
Oil	2 tsp
Coriander leaves	Copped
Water	To knead dough

Method :
1. In a bowl, combine wheat flour, daal, chopped green chilli, coriander leaves, anardana powder, oil, red chilli powder, salt. Mix and gradually, add water and knead a dough.
2. Keep tawa on low rack. Keep inside microwave. Select menu & press start.
3. Divide dough into 6 to 7 equal size portions(approximate 35 to 40 gram). Rollout each dough into ovular shape of length 15cm length.
4. When beeps keep to rolled out paranthas on tawa & press start.
5. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.

Refer page 90, fig 1

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions
br13	Aloo Parantha	2 Pc	Multicook Tawa & Low rack#	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Boiled & mashed potato	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

br14	Palak Parantha	2 Pc	Multicook Tawa & Low rack#	

For Dough	
Whole wheat flour(aata)	2 cups
Palak (boiled)	250 g
Green chilli chopped	2 nos.
Ajwain	1/4 tsp
Hing	A pinch
Salt, Red chilli powder, Garam masala	As per taste
Oil/Ghee	2 tsp
Water	To knead dough

Method :
1. Take boiled spinach leaves & puree the spinach in a blender.
2. In a bowl combine wheat floar, salt, hing, ajwain, spinach puree, red chilli powder & garam masala and knead a soft dough. Keep the dough covered for 5 to 7 minutes.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

br15	Gobhi Parantha	2 Pc	Multicook Tawa & Low rack#	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Grated Gobhi	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :
1. In a bowl, take whole wheat flour, salt & 1 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 low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

Refer page 90, fig 1

Category		Weight Limit	Utensil	Instructions
br16	Ajwain Parantha	2 Pc	Multicook Tawa & Low rack#	

For Dough	
Whole wheat flour(aata)	2 cups
Ajwain	2 tsp
Salt, Red chilli powder, Garam masala	As per taste
Water	To knead dough

Method :
1. In a bowl combine wheat flour, salt, 1 tsp oil, water to knead a soft dough.
2. Keep the tawa on low rack, keep inside microwave. Select menu & press start.
3. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over & dust with some ajwain and salt, fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm(oval shape).
4. When beeps keep 2 rolled out paranthas on tawa & press start.
5. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.

br17	Pyaaz Parantha	2 Pc	Multicook Tawa & Low rack#	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Grated Pyaaz	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp

Method :
1. In a bowl, take whole wheat flour, salt & 1 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 low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

br18	Chatpata Parantha	2 Pc	Multicook Tawa & Low rack#	

For Dough	
Whole wheat flour(aata)	2 cups
Amchoor	1/2 tsp
Chaat Masala	1 tsp
Salt, Red chilli powder, Garam masala	As per taste
Water	To knead dough

Method :
1. In a bowl combine wheat flour, salt, amchoor, 1 tsp oil, water to knead a soft dough.
2. Keep the tawa on low rack, keep inside microwave. Select menu & press start.
3. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over & dust with some chaat masala fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm(oval shape).
4. When beeps keep 2 rolled out paranthas on tawa & press start.
5. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.

Refer page 90, fig 1

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions
br19	Aloo Gobhi Parantha	2 Pc	Multicook Tawa & Low rack#	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Boiled & mashed potato	1 cup
Boiled & grated gobhi	1 cup
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp

Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly into 15cm ovular length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn parantha. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

br20	Methi Parantha	2 Pc	Multicook Tawa & Low rack#	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Chopped Methi	2 cups
Chopped green chilli (deseeded)	3 nos.
Salt, Red chilli powder, Garam masala	As per taste
Water	To knead dough

Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

br21	Cabbage Parantha	2 Pc	Multicook Tawa & Low rack#	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Grated Cabbage	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

Refer page 90, fig 1

Category		Weight Limit	Utensil	Instructions
br22	Corn Parantha	2 Pc	Multicook Tawa & Low rack#	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Boiled & mashed corns	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

Category		Weight Limit	Utensil	Instructions
br23	Carrot Parantha	2 Pc	Multicook Tawa & Low rack#	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Grated Carrot	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

Category		Weight Limit	Utensil	Instructions
br24	Pea Parantha	2 Pc	Multicook Tawa & Low rack#	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Boiled & mashed pea	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

Refer page 90, fig 1

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions
br25	Mushroom Parantha	2 Pc	Multicook Tawa & Low rack#	

For Dough	
Whole wheat flour(aata)	2 cups
Desi ghee	1 tbsp + 1 tsp
Salt	A pinch
Water (to knead dough)	1 cup (200 ml)
For Stuffing	
Boiled & mashed Mushrooms	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :

1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

Refer page 90, fig 1

Ghee / Indian Cuisine

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

1. Press **STOP/CLEAR**.



2. Press **Ghee / Indian Cuisine twice.**



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

- Ghee / Indian Cuisine menus are programmed.
- Ghee / 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.

Ghee

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

Method :
1. In a big vessel put all the malai & blend with a hand mixer till it solidifies into butter & separates from residual liquid.
2. Wash this white butter in cold water as couple of times, so as to remove any remaining smell of milk.
3. Now collect all the butter in a MWS glass bowl & keep in the microwave. Select menu & press start.
4. When beeps, stir it properly with the spoon (not plastic) & again press start.
5. After beeps, allow it to stand for 5 minutes & then strain it through stainless steel strainer into a glass jar & then store it.

Indian Cuisine

Category		Weight Limit	Utensil	Instructions
IC1	Mix Veg	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Mix Veg. (Carrot, Cauliflower, peas, beans, potato)	100 g (Total)	200 g (Total)	300 g (Total)	400 g (Total)	500 g (Total)
Oil	¼ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Onion (chopped)	½ cup	1 cup	1½ cup	2 cup	2 cup
Tomato (chopped)	¼ cup	1 cup	1½ cup	1½ cup	1½ cup
Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder	As per taste				

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

IC2	Kadhai Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

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

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

IC3	Dal Tadka	0.2 kg	Microwave safe (MWS) bowl	

For	0.2 kg
Dal (soaked for 2 hours)	200 g
Water	400 ml
Oil	2 tbsp
Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch	To taste
Salt, dhania powder	To taste

Method :
1. Take dal in Microwave Safe bowl, add Water, Haldi & Hing.
2. Select category & weight and press start to cook.
3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves, salt, dhania jeera powder, hara dhania, kasuri methi (optional). Press start.
4. When beeps, add dal, water (if required), mix well & again press start.

IC4	Sambhar	0.2 kg	Microwave safe (MWS) bowl	

Arhar Dal (Soaked for 2 hrs)	200 g
Oil	2 tbsp
Onion chopped	1 medium
Tomato chopped	1 medium
Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin	1 cup
Boiled Water	400 ml
Imli pulp, Green Chilli, Sambhar Masala, Salt, Gud	As per your taste

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

Category		Weight Limit	Utensil	Instructions

IC5 — Dum Aloo | 0.1 ~ 0.5 kg | Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Boiled Aloo (small)	100 g	200 g	300 g	400 g	500 g
Oil	2 tbsp	3 tbsp	3 tbsp	3½ tbsp	3½ tbsp
Jeera, pepper seeds, cloves, hing	As required				
Onion paste	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp
Ginger & garlic paste	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
Tomato puree	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Curd	½ cup	1 cup	1 cup	1½ cup	1½ cup
Turmeric powder, red chilli powder, deghi mirch, salt, garam masala, saunf powder	As per taste				

Method :
1. In a MWS bowl add oil, jeera, pepper seeds, cloves, hing, onion paste, ginger garlic paste. Mix well.
2. Select category & weight and press start.
3. When beeps, mix well & add tomato puree & boiled potatoes. Mix well & cover. Press start.
4. When beeps, mix well & add curd. Cover & press start.
5. Allow to stand for 3 minutes.

IC6 — Baigan Ka Bharta | 0.3 ~ 0.5 kg | Microwave safe (MWS) bowl

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

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

IC7 — Kadhi | 0.3 ~ 0.5 kg | Microwave safe (MWS) bowl

For	0.3 kg	0.4 kg	0.5 kg
Besan	25 g	50 g	75 g
Curd / matha	1/2 cup	1 cup	1½ cup
Oil	1 tbsp	1½ tbsp	2 tbsp
Rai, cumin seeds	As per taste		
Chopped onions	1 cup	1½ cup	1½ cup
Salt, red chilli powder, haldi, coriander powder, amchur	As per taste		
Water	2 cups	3 cups	4 cups

Method :
1. In a MWS bowl add oil, rai, jeera, chopped onion. Select category & weight and press start.
2. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (½ the amount mentioned per weight). Mix & press start.
3. When beeps, mix & add remaining water & press start. Pour tempering & serve.

IC8 — Baati | 0.4 kg | Multicook tawa & Low rack[#]

For	0.4 kg
Wheat flour	200 g
Suji	50 g
Melted ghee	75 ml (5 tbsp)
Jeera	½ tsp
Ajwain	¼ tsp
Baking powder	¼ tsp
Salt	As per taste
Haldi	As required

Method :
1. In a bowl mix all the ingredients, but ghee only 3 tbsp. Knead the dough with little warm water to make it like poori dough. Cover and keep for half an hour.
2. Make medium sized balls of the dough. Keep them on tawa & keep the tawa on low rack. Keep aside.
3. Select category & press start. (Pre-heat process).
4. When beeps, keep baati on tawa & press start.
5. When beeps, turn over. Press start. Dip the baati in melted ghee & serve with dal.

[#] Refer page 90, fig 1

Indian Cuisine

Category		Weight Limit	Utensil	Instructions

IC9 — Dalma | 0.3 kg | Microwave safe (MWS) bowl

For	0.3 kg
Moong dal (soaked for 2 hours)	300 g
Water	600 ml
Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato)	2 cups
For tadka	
Oil	2 tbsp
Bay leafs, jeera, dry chillies, salt, haldi	As per taste
Grated coconut	4 tbsp
Chopped onion	1 no.

Method :
1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select category & press start.
2. When beeps, in another MWS bowl add oil, bay leafs, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start.
3. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start.

IC10 — Gujarati Tuvar Dal | 0.3 kg | Microwave safe (MWS) bowl

For	0.3 kg
Tuvar dal / Arhar dal (soaked for 2 hours)	300 g
Water	600 ml
Oil	1 tbsp
Mustard seeds	½ tsp
Jeera	½ tsp
Finely chopped ginger	1 tbsp
Slit green chillies	3 nos.
Curry leaves	A few
Chopped tomato	2 nos.
Chopped onion	1 no.
Hing	A pinch
Salt, turmeric powder, red chilli powder	As per taste
Jaggery (Gud)	As per taste

Method :
1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select category & press start.
2. When beeps, remove the dal.
3. In another MWS bowl add oil, mustard seeds, jeera, finely chopped ginger, slit green chillies, curry leaves, chopped, onions, red chilli powder. Mix well & press start.
4. When beeps, remove the bowl & add these ingredients to the dal. Add tomato, jaggery & mix well. Press start. Squeeze lemon juice & serve.

IC11 — Butter Chicken | 0.3 ~ 0.5 kg | Microwave safe (MWS) bowl

For	0.3 kg	0.4 kg	0.5 kg
Chicken (boneless)	300 g	400 g	500 g
Ginger garlic paste	2 tbsp	2½ tbsp	3 tbsp
Tomato puree	½ cup	1 cup	1 cup
Chopped onions	1 no.	1 no.	2 nos.
Garam masala, dhania powder, jeera powder, kasuri methi, red chilli powder, salt	As per taste		
Kaju paste	2 tbsp	2½ tbsp	3 tbsp
Fresh cream	1 cup	1½ cup	1½ cup
Butter	2 tbsp	3 tbsp	3½ tbsp
Oil	2 tbsp	2½ tbsp	2½ tbsp
Slit green chillies	3 nos.	4 nos.	5 nos.

Method :
1. In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select category & weight & press start.
2. When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well & cover. Press start.
3. When beeps, mix well, add kaju paste, cream & butter. Mix well & cover. Press start.
4. Garnish with slit chillies.

Category		Weight Limit	Utensil	Instructions
IC12	Beans Porial	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
French beans (cut evenly)	100 g	200 g	300 g
Oil	1 tsp	1 tsp	2 tsp
Mustard seeds	¼ tsp	½ tsp	½ tsp
Urad dhal	¼ tsp	½ tsp	½ tsp
Grated coconut	2 tbsp	3 tbsp	4 tbsp
Green chillies	1 no.	2 nos.	3 nos.
Salt	As per taste		

Method :
1. In a MWS bowl add oil, mustard seeds, urad dal, green chillies & salt. Select category & weight and press start.
2. When beeps, add beans, sprinkle little water. Cover & press start.
3. Add grated coconut, cover & stand for 3 minutes.

IC13	Kashmiri Kaju Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Paneer pieces	100 g	200 g	300 g	400 g	500 g
Kaju paste	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp
Sliced onions	½ no.	1 nos.	1½ nos.	1½ nos.	2 nos.
Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
Chilli powder	As per taste				
Khus Khus paste	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Tomato puree	½ cup	1 cup	1½ cup	2 cup	2 cup
Milk	¼ cup	½ cup	1 cup	1½ cup	1½ cup
Garam masala & salt	As per taste				

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

IC14	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 90, fig 5

Indian Cuisine

Category		Weight Limit	Utensil	Instructions

IC15 — Gatte Ki Subzi | 0.3 ~ 0.5 kg | Microwave safe (MWS) bowl

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

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

IC16 — Aloo Gobhi | 0.3-0.5 kg | Microwave safe (MWS) bowl

For	0.3 kg	0.4 kg	0.5 kg
Potatoes (chopped)	150 g	200 g	250 g
Cauliflower florets	150 g	200 g	250 g
Oil	1 tbsp	2 tbsp	3 tbsp
Jeera	1 tbsp	1 tbsp	1 tbsp
Chopped onion	½ cup	½ cup	1 cup
Chopped green chillies	1 no	2 nos.	3 nos.
Coriander powder, red chilli powder, haldi, salt, garam masala	As per taste		
Coriander leaves	A few sprigs		

Method :
1. In a MWS bowl add oil, jeera, chopped onion, green chillies, mix well. Select Category & weight & press start.
2. When beeps, mix well and add potatoes (chopped in medium sizes), cauliflower florets, coriander powder, red chilli powder, haldi, salt, garam masala & mix well. Add some water Cover. Press start.
3. When beeps, mix well & add coriander leaves and cover. Press start. Allow to stand for 15 mins with cover inside the microwave. Garnish with coriander leaves & serve.

IC17 — Matar Paneer | 0.2-0.4 kg | Microwave safe (MWS) bowl

For	0.2 Kg	0.3 Kg	0.4 Kg
Matar	100 g	150 g	200 g
Paneer Cubes	100 g	150 g	200 g
Oil	1 tbsp	1½tbsp	2 tbsp
Tomato puree	¼ cup	½ cup	1 cup
Chopped Onion	1 tbsp	1½ tbsp	2 tbsp
Chopped Ginger	1 tsp	1½ tsp	2 tsp
Chopped garlic	1 tsp	1½ tsp	2 tsp
Jeera powder, salt, haldi, red chilli powder, garam masala	As per taste		
Coriander leaves	A few sprigs		
Water	¼ cup	½ cup	1 cup

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

Category		Weight Limit	Utensil	Instructions
IC18	Kadhai Chicken	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Boneless chicken	100 g	200 g	300 g	400 g	500 g
Oil	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp
Methidana	¼ tsp	¼ tsp	1 tsp	1 tsp	1 tsp
Onion slices	1 no.	2 nos.	3 nos.	3 nos.	3½ nos.
Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
Dhania powder, red chilli powder salt	As per taste				
Tomato puree	¼ cup	½ cup	1 cup	1½ cup	1½ cup
Hara dhania	A few sprigs				
Capsicum	1 no.	1½ nos.	2 nos.	2 nos.	2 nos.
Ginger (finely sliced)	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4½ tbsp
Cream	For garnishing				

Method :
1. In Microwave Safe Bowl add oil, methidana, onion slices, garlic, 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.

IC19	Kofta Curry	0.1-0.3 kg	Microwavesafe (MWS) flat glass dish & Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Grated Lauki	100 g	200 g	300 g
Besan	1 tbsp	2 tbsp	3 tbsp
Chopped Onion	½ cup	1 cup	1 cup
Tomato puree	¼ cup	½ cup	1 cup
Chopped garlic	1 tsp	1½ tsp	2 tsp
Chopped Ginger	1 tsp	1½ tsp	2 tsp
Coriander power, haldi, garam masala red chilli powder, jeera, salt	As per taste		
Oil	½ tbsp	1 tbsp	1½ tbsp
Water	½ cup	1 cup	1½ cup
Lemon juice	As per taste		

Method :
1. In a bowl mix grated lauki, besan, salt & haldi together. Mix well & prepare balls of medium size out of the mixture.
2. Grease a MWS flat glass dish & keep the koftas on it select category & weight & press start.
3. When beeps, remove in a MWS bowl add oil, jeera, onion, garlic & ginger & press start.
4. When beeps, mix well, add tomato puree, coriander power, garam masala, red chilli powder, salt, water. Add koftas & press start. Stand for 5 minutes. Squeeze lemon juice & serve.

IC20	Egg Curry	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

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

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

Category		Weight Limit	Utensil	Instructions

IC21	Jhinga Matar Curry	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl

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

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

IC22	Dum Tangri	0.6 kg	Microwave safe (MWS) glass bowl & High rack

For	0.6 kg
Chicken legs	5 nos.
For Marinade	
Hung curd	4 tbsp
Fresh cream	1 tbsp
Ginger-garlic paste	1 tsp
Oil	½ tbsp
Tandoori chicken masala	1 tbsp
Kasoori methi	As required
Salt, red chilli powder, garam masala, black pepper powder	As per taste
For Gravy	
Fresh tomato paste	5 tbsp
Onion paste	5 tbsp
Tomato puree	3 tbsp
Ginger-garlic paste	1 tsp
Oil	2 tbsp
Fresh coriander leaves (chopped)	As required
Salt, red chilli power, garam masala, dhaniya powder	As per taste

Method :
1. Take chicken legs, wash, clean & pat dry them with kitchen towel. Make cuts on legs with a sharp knife & keep aside.
2. In a bowl take all the ingredients of marinade & mix to a thick paste. Apply the marinade on chicken legs all over & inside the cuts as well. Keep covered inside the refrigerator for at least half an hour.
3. After marination is done, keep the marinated chicken legs on high rack. Place tissue paper on the glass tray to absorb all drippings. Keep high rack with chicken legs in the microwave. Select category & press start.
4. When beeps, turn the chicken legs & press start.
5. When beeps, remove chicken legs & high rack from microwave & keep aside. In a MWS glass bowl take all the ingredients given for gravy. Mix well & press start.
6. Take chicken legs & roll in the gravy. Mix well & serve hot with butter naan or laccha parantha.

IC23	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 tbsp	6 tbsp	8 tbsp
Water (for boiling)	½ cup	1 cup	1 cup
Water (for cooking)	¼ cup	½ cup	1 cup
Salt, red chilli power, turmeric powder, garam masala	As per taste		
Oil	½ tbsp	1 tbsp	1½ tbsp

Method :
1. In a MWS glass bowl put corns, peas, water (for boiling) & stir. Select category & weight and press start.
2. When beeps, remove & strain the corns & peas in a strainer & keep aside. In the same glass bowl add put oil, chopped onion, tomato & green chilli. Mix well & press start.
3. When beeps, add corns & peas, water (for cooking), add all spices, beaten curd & mix well. Press start. Give standing time of 5-10 minutes & serve hot.

Category		Weight Limit	Utensil	Instructions
IC24	Litti	6 Pc	Multicook tawa & Low rack#	

For	Dough
Whole wheat flour	1 cup
Curd	¼ cup
Desi ghee	2 tbsp
Ajwain	1 tsp
Salt	As per taste
Baking soda	A pinch
Water (to knead the dough)	¼ cup
For Stuffing	
Sattu	½ cup
Chopped onion	½ cup
Chopped coriander	½ cup
Chopped green chilli	1 tbsp
Chopped ginger	1 tsp
Mustard oil	1 tbsp
Red chilli pickle masala	1 tbsp
Lemon juice	1 tsp
Salt, red chilli powder, garam masala	As per taste

Method :
1. In a bowl mix all the ingredients of dough except water & mix well with hands. Now add water & knead a soft dough. Cover & keep aside for 10-15 minutes.
2. In another bowl take all the ingredients of stuffing & mix very well. If the stuffing is too dry, then add 1 or 2 cup water (just enough to mix all the ingredients) & mix well. The stuffing should not be wet.
3. Divide the dough into 6 equal medium sized balls (approx. 45 gms each). Now fill the stuffing (1-2 tbsp) & make round shape balls.
4. Keep multicook tawa on low rack & keep tawa and rack inside the microwave. Select category and press start. (Pre-heat process)
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.

IC25	Chokha	0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack**

For	0.3 kg
Brinjal (peeled & chopped)	300 g
Onion (chopped)	1 no.
Tomato (de-seeded & cut into pieces)	3 nos.
Green chilli (chopped)	2 nos.
Coriander leaves (chopped)	2 tbsp
Ginger (chopped)	1 tsp
Mustard oil	½ tbsp
Salt, red chilli powder	As per taste

Method :
1. In a MWS glass bowl take peeled & chopped brinjal pieces. Sprinkle some water. Select category & press start.
2. When beeps, remove MWS glass bowl from the microwave. Mash the cooked brinjal with the back of the spoon/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.

IC26	Methi Aloo	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl

For	0.2 kg	0.3 kg	0.4 kg
Methi leaves (chopped)	2 cups	3 cups	4 cups
Big size potato (cut in pieces)	1 no.	2 nos.	3 nos.
Tomato (chopped)	1 no.	2 nos.	3 nos.
Oil	1 tbsp	1½ tbsp	2 tbsp
Green chilli (chopped)	1 no.	2 nos.	2 nos.
Salt, red chilli powder, haldi, garam masala	As per taste		

Method :
1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add cut potatoes. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add chopped methi leaves & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.

Refer page 90, fig 1

Category		Weight Limit	Utensil	Instructions
SC1	Suji Halwa	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

Suji	0.1 kg	0.2 kg	0.3 kg
Ghee (melted)	2 tbsp	3 tbsp	4 tbsp
Water	300 ml	600 ml	900 ml
Sugar	100 g	200 g	300 g
Cashewnuts, Kishmish, Kesar Elaichi Powder	As per your taste		

Method :
1. In Microwave safe glass bowl take Suji, add ghee, mix it together. Select category & weight and press start.
2. When beeps, stir it and press start. Allow to cool.
3. When beeps, add water, sugar, cashewnuts, kishmish, kesar, Elaichi powder, mix it well and press start. Stand for 5 minutes. Serve hot.

SC2	Besan Ladoo	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish

Besan	0.1 kg	0.2 kg	0.3 kg
Ghee (melted)	3 tbsp	5 tbsp	7 tbsp
Powder Sugar	50 g	100 g	150 g
Elaichi Powder	1/2 tsp	1 tsp	1 tsp

Method :
1. In Microwave safe flat glass dish take besan and ghee. Select category & weight and press start.
2. When beeps, stir it & press start.
3. When beeps, stir it & press start.
4. Allow to cool. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size.
   Note : For binding the ladoo use ghee.

SC3	Shahi Tukda	0.1 ~ 0.4 kg	Microwave safe (MWS) flat glass dish & High Rack

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Bread Slices	1 slice	2 slices	3 slices	4 slices
Milkmaid	50 ml	100 ml	150 ml	175 ml
Milk	50 ml	100 ml	125 ml	150 ml
Sugar	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Kesar-Elaichi Powder	As per your taste			

Method :
1. Arrange bread slices on high rack. Select category & weight & press start.
2. When beeps, turn slices press start.
3. When beeps, mix milkmaid, milk, sugar, dry fruits and kesar elaichi powder in Microwave Safe Flat Glass Dish. Pour the mixture on slices and press start. Serve hot.

SC4	Kheer	0.5 kg	Microwave safe (MWS) glass bowl

For	0.5 kg
Milk	500 ml
Milkmaid	500 ml
Seviyaan (roasted)	60 gm
Badam, Pista Pieces	5 tbsp
Kesar & Elaichi Powder	As per taste

Method :
1. In Microwave Safe Glass Bowl add milk, milkmaid & mix well. Select category and weight & press start.
2. When beeps, add Badam Pista pieces, Kesar Elaichi Powder & Seviyaan. Mix well and press start.
3. When beeps, mix it well. Add more milk (if required) & press start. Stand for 5 minutes. Serve hot or chilled.
   Note : The bowl should be filled at 1/4 level of the total volume.

SC5	Mysore Pak	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish

For	0.1 Kg	0.2 Kg	0.3 Kg
Besan	50 g	100 g	150 g
Melted ghee	50 ml	100 ml	150 ml
Powdered Sugar	50 g	100 g	150 g
Milk	¼ cup	¼ cup	½ cup

Method :
1. In a MWS flat glass dish add besan. Select Category & press start.
2. When beeps, mix well & add melted ghee, powdered sugar. Mix very well while adding. Press start.
3. When beeps, mix well & add milk. Press start. Allow to cool & cut into pieces & serve.

SC6	Nariyal Burfi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Grated coconut	100 g	200 g	300 g
Milkmaid	½ cup	1 cup	1½ cup
Milk powder	3 tbsp	4 tbsp	5 tbsp
Ghee	1 tsp	2 tsp	3 tsp
Elaichi powder	1 tsp	2 tsp	3 tsp

Method :
1. In a MWS bowl add ghee & fresh grated coconut. Mix well.
2. Select category & weight and press start.
3. When beeps, add milkmaid, milk powder, elaichi powder & press start.
4. When beeps, remove & spread the mixture onto a greased thali & allow to set for 1 hour. Cut into rectangles & store in a air tight container

Category		Weight Limit	Utensil	Instructions

SC7 | Sandesh | 0.2 ~ 0.4 kg | Microwave safe (MWS) bowl

For	0.2 kg	0.3 kg	0.4 kg
Paneer (grated)	200 g	300 g	400 g
Milkmaid	50 g	75 g	100 g
Rose water	1 tbsp	1½ tbsp	2 tbsp
Elaichi seeds	½ tsp	1 tsp	1½ tsp
Chopped pista	A few		
Khoa (mashed)	100 gm	150 gm	200 gm

Method :
1. In a MWS bowl add grated paneer, khoa, rose water & milkmaid. Mix well.
2. Select menu & weight and press start.
3. When beeps, stir well & press start.
4. Allow to cool. Hang in Muslin cloth for 20 minutes if it is too wet. Make balls out of the mixture & roll them in elaichi powder & chopped pista. Refrigerate till set.

SC8 | Shahi Rabdi | 0.3 kg | Microwave safe (MWS) bowl

For	0.3 kg
Milk	1 cup
Grated paneer	1 cup
Condensed milk	½ cup
Deshi ghee	1 tbsp
Elaichi powder	¼ tsp
Saffron	A few strands
Rose essence	A few drops
Chopped pistachios	1 tbsp
Chopped almonds (skin removed)	2 tbsp

Method :
1. Dissolve strands of saffron in 2 tbsp lukewarm milk.
2. In a MWS bowl, put all the ingredients of rabdi except chopped pistachios. Mix well.
3. Keep the bowl in Microwave. Select category & press start.
4. Serve chilled garnished with chopped pistachios.

SC9 | Payasam | 0.1 ~ 0.3 kg | Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Broken Rice (soaked for 2 hour)	100 g	200 g	300 g
Milk & Water	300 ml	500 ml	700 ml
Sugar	75 g	150 g	200 g
Kesar, elaichi powder dry fruits	As per taste		
Ghee	1 tbsp	1½ tbsp	2 tbsp

Method :
1. In a MWS bowl take ghee, soaked rice, milk, sugar & water & cover it.
2. Select category & weight and press start.
3. When beeps, add more milk, dry fruits, kesar, elaichi powder. Mix well & press start. Stand for 5 minutes. Sprinkle kewada jal on it. Serve hot or chilled.

SC10 | Kaddu Kheer | 0.5 kg | Microwave safe (MWS) glass bowl

For	0.5 kg
Milk	300 ml
Grated kaddu	200 g
Milkmaid	150 g
Dry fruits (Kaju, kishmish, pista)	As required

Method :
1. In a MWS glass bowl add milk & milkmaid, grated kaddu. Select category & press start.
2. When beeps, mix well. Press start.
3. When beeps, mix well & add dry fruits. Press start. Serve it chilled or hot.

SC11 | Seviyan Zarda | 0.2 kg | Microwave safe (MWS) glass bowl

Roasted Seviyan	200 g
Sugar	5 tbsp
Water	3 cups
Rose essence	A few drops
Almonds	A few
Chopped pista	A few
Elaichi powder	½ tsp
Ghee	1 ½ tbsp

Method :
1. In a MWS glass bowl add sugar & water. Select category & press start.
2. When beeps, add rose essence , cardamom powder, seviyan to the bowl. Press start. Give standing time of 3 minutes. Garnish with almonds & pista & serve.

Category		Weight Limit	Utensil	Instructions
SC12	Burfi	0.3 kg	Microwave safe (MWS) flat glass dish	For 0.3 kg Milk powder 100 g Milkmaid 100 ml Cream 100 ml Corn flour 4 tbsp Chopped almonds & pistas As required

Method :
1. In a bowl mix milk powder, corn flour, milkmaid & cream. Beat well till smooth.
2. Pour the mixture in a MWS flat glass dish. Select category & press start.
3. When beeps, mix well (remove lumps if formed). Press start.
4. When beeps, mix well & press start.
5. Remove, allow to cool & refrigerate till set. After setting cut into pieces & sprinkle chopped almonds & pistas & serve.

SC13	Kalakand	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	Grated Paneer	0.1 kg	0.2 kg	0.3 kg
				Milkmaid	50 ml	100 ml	200 ml
				Milk Powder	2 tbsp	3 tbsp	4 tbsp
				Cornflour	1/2 tsp	1 tsp	1 tsp
				Elaichi Powder	1/2 tsp	1 tsp	1 tsp

Method :
1. In Microwave Safe Bowl take grated paneer, milkmaid, milk powder, cornflour, Elaichi powder. Mix well, select category & weight and press start.
2. When beeps, mix it again and press start.
3. When set cut into pieces. Garnish with dry fruits.

SC14	Kaju Burfi	0.4 kg	Microwave safe (MWS) glass bowl	For	0.4 kg
				Kaju	2 cups
				Powdered sugar	1¼ cup
				Water	½ cup

Method :
1. Take kaju in a spice-grinder & make a fine powder and keep aside.
2. In a MWS glass bowl take powdered sugar & water. Stir very well. Select category & press start.
3. When beeps, stir very well & dissolve all the sugar. Add kaju powder & stir till all the lumps are removed. Keep stirring till the paste becomes like a dough (ball formation stage).
4. Grease the kitchen-slab (marble top) a little with ghee. Take the dough & roll out to 1" thickness carefully. Cut the kaju burfi in desired square or diamond shape & decorate with vark and serve.

SC15	Badam Halwa	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Badam (soaked in hot water for 1 hour)	½ cup	1 cup	1½ cup
				Milk (for making paste)	½ cup	1 cup	1 cup
				Milk (for cooking)	½ cup	¾ cup	1 cup
				Sugar	3 tbsp	5 tbsp	7 tbsp
				Desi ghee	2 tbsp	3 tbsp	4 tbsp
				Slivered almonds (for garnishing)	A few		

Method :
1. Remove the skin from badam & grind them to a fine paste adding milk. Take out this paste in a MWS glass bowl.
2. Add desi ghee to the paste & mix well. Select category & weight and press start.
3. When beeps, stir very well & again press start.
4. When beeps, stir very well. Add sugar & milk (for cooking). Again mix well & press start. Give standing time of 5-6 minutes & mix well. Garnish with slivered almonds & serve badam halwa hot.

Category		Weight Limit	Utensil	Instructions
rd1	Chicken Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
Boneless chicken	100 g	200 g	300 g	400 g	500 g
For Marinade					
Hung curd	½ cup	1 cup	1½ cup	2 cup	2½ cup
Tomato puree	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp
Salt, garam masala, coriander powder, red chilli powder, turmeric powder	As per taste				
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Onion	½ cup	1 cup	1 cup	1½ cup	1½ cup
Salt	If required				
Coriander leaves	A few springs				
Water	200 ml	400 ml	600 ml	650 ml	750 ml

Method :
1. Marinade the chicken & keep it in refrigerator for 1 hour.
2. In a MWS bowl add oil, chopped onions & marinated chicken & cover. Select category & weight and press start.
3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover & press start. Stand for 5 minutes. Serve hot.

rd2	Gosht Dum Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
Boneless mutton	100 g	200 g	300 g	400 g	500 g
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Chopped onion	½ cup	1 cup	1 cup	1½ cup	1½ cup
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp
Jeera, laung, tej patta, salt, red chilli powder, garam masala	As per taste				
Water	200 ml	400 ml	600 ml	650 ml	750 ml

Method :
1. In a MWS bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton & cover. Select category & weight and press start.
2. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala & cover. Press start. Stand for 5 minutes. Serve hot.

rd3	Malabar Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
Boneless chicken	100 g	200 g	300 g	400 g	500 g
For Marinade					
Salt, red chilli powder, turmeric powder	As per taste				
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Salt, biryani masala	As per taste				
Curd	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Sliced tomato	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.
Sliced onion	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.
Water	200 ml	400 ml	600 ml	650 ml	750 ml

Method :
1. Marinade the chicken & refrigerate it for 1 hour.
2. In a MWS bowl add oil, onion, chopped coriander & mint leaves, biryani masala & salt. Mix, select category & weight & press start.
3. When beeps, remove the bowl & in another MWS bowl add soaked rice, water, tomato, curd, mix & cover. Press start.
4. When beeps, add the marinated chicken to the first bowl. Cover & press start. Stand for 5 minutes. Serve hot.

rd4	Pineapple Fried Rice	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Mix veg - Peas, french beans, carrots, capsicum	½ cup	1 cup	1½ cup	2 cup	2½ cup
Pineapple (chopped)	½ cup	1 cup	1 cup	1½ cup	2 cup
Ajinomoto	A pinch				
Red chilli powder, chilli sauce, soya sauce	As per taste				
Water	200 ml	400 ml	600 ml	650 ml	750 ml

Method :
1. In a MWS bowl add oil, mix vegetables, ajinomoto, red chilli powder, soy sauce, chilli sauce. Mix & select category & weight & press start.
2. When beeps, remove, in another MWS bowl add rice & water & press start.
3. When beeps, add the boiled rice to the vegetables, add pineapple pieces. Mix & press start. Stand for 5 minutes.

Category		Weight Limit	Utensil	Instructions
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 ~ 0.3 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Soaked Rice (2 hours)	100 g	200 g	300 g
Water	200 ml	400 ml	600 ml
Dry coconut	2 tbsp	3 tbsp	4 tbsp
Green chilli (Chopped)	2 nos.	3 nos.	4 nos.
Garlic (Chopped)	2 cloves	3 cloves	4 cloves
Ghee	1 tbsp	2 tbsp	2½ tbsp
Salt	As per taste		
Black pepper powder	As per taste		
Seasoning			
Mustard seeds	½ tsp	1 tsp	1½ tsp
Black gram dal	½ tsp	1 tsp	1½ tsp
Bengal gram dal	½ tsp	1 tsp	1½ tsp
Curry leaves	A few leaves		
Dry Red Chilli	1 no.	2 nos.	3 nos.
Oil	1 tbsp	2 tbsp	3 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.

rd8	Zafrani Pulao	01 ~ 0.5 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice	100 g	200 g	300 g	400 g	500 g
Melted ghee	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Nutmeg powder, cardamon powder	As per taste				
Sugar	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Saffron (Kesar)	A pinch				
Warm milk	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Water	150 ml	300 ml	350 ml	650 ml	750 ml
Kishmish, Kaju	As per required				

Method :
1. In a MWS bowl add ghee & rice. Mix well. select category & weight and press start.
2. When beeps, mix well add nutmeg powder, cardamom powder, kishmish, kaju, sugar, saffron mixed with warm milk, water. Press start. Stand for 5 minutes. Garnish with kishmish & kaju and serve.

Category		Weight Limit	Utensil	Instructions
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, turmerics powder, cumin powder, garam masala	As per taste				
Black pepper corns, cloves, cinnamon, bayleaf, cardamom (green)	As per requirement				
Hung curd	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	4 tbsp
Oil	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
Water	200 ml	400 ml	600 ml	650 ml	750 ml

Method :

1. In a bowl take hung curd, ginger-garlic paste, oil, all the spices, mix well & make a paste for marinade. Apply this marinade on fish pieces evenly keep the marinated fish in refrigerator for atleast 1-1½ hours.
2. In a MWS bowl take soaked rice, water, select category & weight & press start.
3. When beeps remove rice from microwave. In another MWS bowl take sliced onions, desi ghee, black pepper corns, cloves, cinnamon stick, bay leaf, cardamom, mix well. Press start.
4. When beeps add the cooked onions to rice, add marinated fish pieces, salt. Mix well, cover & press start. Allow to stand for 5-10 minutes.
5. Serve hot with curd or gravy of your choice.

rd10	Khumb Pulao	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati Rice (Soaked)	100 g	200 g	300 g	400 g	500 g
Sliced mushrooms	50 g	100 g	150 g	200 g	250 g
Water	100 ml	200 ml	300 ml	325 ml	375 ml
Milk	100 ml	200 ml	300 ml	325 ml	375 ml
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Chopped spring onions	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.
Chopped garlic	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Salt, pepper	As per taste				

Method :

1. In a MWS bowl add oil, chopped garlic & spring onions. Select category & weight and press start.
2. When beeps, mix well & add mushrooms. Press start.
3. When beeps, mix well & add rice, milk, water, salt & pepper. Press start. Stand for 3 minutes.

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 chashewnuts.
7. Take square / rectangular dish & arrange the red coloured layer first, white layer in the centre & green layer in the end. Serve them hot.

Category		Weight Limit	Utensil	Instructions
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.

Category		Weight Limit	Utensil	Instructions
rd13	Achari Chana Pulao	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Soaked rice	100 g	200 g	300 g
Soaked & boiled kabuli chana	½ cup	1 cup	1½ cup
Sliced onions	½ cup	1 cup	1½ cup
Water	200 ml	350 ml	500 ml
Ginger-garlic paste	½ tsp	1 tsp	1½ tsp
Desi ghee	1 tbsp	1½ tbsp	2 tbsp
Laung, chhoti elaichi, badi elaichi, saunf, jeera	As per requirement		
Salt, red chilli powder, garam masala, haldi	As per taste		
Mango pickle paste	1 tbsp	1½ tbsp	2 tbsp
Slit green chilli	1 no.	2 nos.	2 nos.

Method :
1. In a MWS bowl take soaked rice & water. Select category & weight and press start.
2. When beeps, remove the rice & keep aside. In another MWS bowl take desi ghee, jeera, saunf, laung, chhoti elaichi, badi elaichi, ginger-garlic paste, sliced onions & slit green chillies. Mix very well & press start.
3. When beeps, add onion-mixture to the cooked rice, also add mango pickle paste & all the spices. Mix very well & press start.
4. Serve achari chana pulao hot with fresh curd.

Category		Weight Limit	Utensil	Instructions
rd14	Methi Rice	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Methi leaves (chopped)	1 cup	1½ cup	2 cup
Soaked rice	100 g	200 g	300 g
Water	200 ml	350 ml	500 ml
Onions (sliced)	1 no.	2 nos.	3 nos.
Ginger-garlic paste	½ tsp	1 tsp	1½ tsp
Salt, red chilli powder, garam masala	As per taste		
Oil / ghee	1½ tbsp	2 tbsp	2½ tbsp

Method :
1. In a MWS bowl take soaked rice & water. Select category & weight and press start.
2. When beeps, remove the rice & keep aside. In another MWS bowl take oil / ghee, chopped methi leaves, sliced onions, ginger-garlic paste. Mix well & press start.
3. When beeps, add methi leaves to cooked rice, add all the spices. Mix very well. Press start. Serve rice hot with curd or raita.

Category		Weight Limit	Utensil	Instructions
rd15	Coconut Rice	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Rice (soaked for 1 hour)	100 g	200 g	1 cup
Coconut (grated)	¼ cup	½ cup	0.3 Kg
Coconut milk	100 ml	200 ml	300 ml
Water	100 ml	150 ml	200 ml
Oil	1 tbsp	2 tbsp	2 tbsp
Chopped cashewnuts	1 tbsp	2 tbsp	3 tbsp
Mustard seeds	½ tsp	1 tsp	1 tsp
Curry leaves	10 nos.	15 nos.	20 nos.
Chopped green chilli	2 nos.	3 nos.	3 nos.
Salt & pepper	As per taste		
Finely chopped ginger	1 tsp	1½ tsp	2 tsp
Beaten curd	1 tbsp	2 tbsp	3 tbsp

Method :
1. In a MWS bowl take soaked rice coconut milk & water. Select category & weight and press start.
2. When beeps, remove the rice & separate rice grains using a fork & keep aside. In another MWS bowl take oil, mustard seeds, chopped cashewnuts, curry leaves, chopped ginger, chopped green chilli. Mix well & press start.
3. When beeps, add cooked rice to the tadka. Add beaten curd, grated coconut, salt & pepper. Mix very well & press start. Serve coconut rice hot with sambhar.

Category		Weight Limit	Utensil	Instructions	
CC1	Apple Tomato Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	Apple pieces	150 g
				Tomato pieces	150 g
				Green chillies, Salt, Sugar	As per your taste
				Oil	2 tbsp
				For Tempering : Rai, Jeera, Hing etc.	

Method :
1. In a MWS glass bowl put apple, tomato, green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook.
2. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start.
3. When beeps, add ground mixture and press start. Garnish with chopped coriander.

CC2	Lemon Pickle	0.3 kg	Microwave Safe (MWS) Glass Bowl	Lemon pieces	150 g
				Sugar	150 g
				Chilli powder, Salt	As per your taste
				For Tempering : Rai, Jeera, Hing etc.	

Method :
1. Cut lemon and remove seeds. In MWS glass bowl add lemon pieces, sugar, salt and chilli powder. Select category and press start. Store it in a bottle after it cools.

CC3	Mix Veg. Pickle	0.3 kg	Microwave Safe (MWS) Glass Bowl	For	0.3 kg
				Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)	300 g
				Lemon juice	2 tbsp
				Salt, Chilli powder, Sugar, Pickle Masala	As per your taste
				Oil	2 tbsp
				For tempering : Rai, Jeera, Hing etc.	As required

Method :
1. In a MWS glass bowl put vegetables cut in long strips. Cover and keep it in Microwave. Select category and press start to cook.
2. When it gives a beep, remove.
3. In another MWS glass bowl add oil and tempering and press start. When it gives a beep add masala, sugar, salt & lemon juice. Add vegetables to this when it cools. Mix well and store it in a fridge.

CC4	Pizza Sauce	0.3 kg	Microwave Safe (MWS) Glass Bowl	Tomato	200 g
				Onion	1 No.
				Salt, Sugar, Ajwain, Oregano, Basil leaves	As per your taste
				Garlic pods	7-8 nos.
				Oil	2 tbsp

Method :
1. In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select category & press start to cook.
2. When beeps, remove, allow to cool and grind it in a mixer. Now add salt, sugar, ajwain, basil leaves. Keep it in Microwave and press start.
3. When cooking ends, the sauce is ready.

CC5	Tomato Sauce	0.5 kg	Microwave Safe (MWS) Glass Bowl	Tomato	500 g
				Onion	1 No.
				Chilli powder, Salt, Sugar	As per your taste
				Chopped ginger and garlic	2 tbsp
				Garam masala	1 tsp

Method :
1. In a MWS glass bowl put tomato pieces, cover and keep it in a Microwave. Select category & press start to cook.
2. When beeps, remove, allow to cool and grind it in a mixer. Strain it. Add salt, sugar, garam masala. Mix well. Press start.

CC6	Masala Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	Chana Daal, Urad Daal	100 g each
				Grated dry coconut	100 g
				Sesame, Salt, Sugar, Turmeric, Dhaniya powder, Jeera powder, Curry leaves, Methi seeds	As per your taste
				Oil	1 tsp

Method :
1. In a MWS bowl put daals and keep it in Microwave. Select category & press start to cook.
2. When beeps, remove. Add the rest of the ingredients and keep it in microwave and press start.
3. Remove, cool it and grind it in a mixer adding required amount of water. This chutney can be served with Idly, Parantha or Rice.

Category		Weight Limit	Utensil	Instructions	
CC7	Lehsun ki Chutney	0.2 kg	Microwave safe (MWS) bowl	Chopped tomatoes	2 nos.
				Chopped garlic	20 g
				Chopped green chillies	2 nos.
				Chopped onion	½ cup
				Oil	2 tsp
				Jeera	1 tsp
				Haldi, red chilli powder, salt	As per taste
				Water	¼ cup

Method :
1. In a MWS bowl mix all the ingredients. Select category & press start.
2. Remove when cooking ends. Allow to cool. Grind it & serve as an accompaniment.

CC8	Manchurian Sauce	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg
				Water	1½ cups (300 ml)
				Vinegar sauce	1 tbsp
				Soya sauce	1 tsp
				Tomato sauce	½ cup
				Ajinomoto	A pinch
				Cornflour	2 tbsp + ½ cup water

Method :
1. In a MWS bowl add all the ingredients. Select category & press start.

CC9	Aam Ki Chutney	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg
				Aam (peeled & chopped)	300 g
				Kishmish (seedless & chopped)	25 g
				Chopped ginger & garlic	2 tsp
				Tamarind pulp	1 tbsp
				Salt & sugar	As per taste

Method :
1. In a MWS bowl mix all the ingredients. Cover. Select category & press start.

CC10	Coconut Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	For	0.3 kg
				Fresh grated coconut	300 g
				Chopped green chillies	2 nos.
				Chopped ginger	½ tbsp
				Roasted split gram dal (optional)	1 tbsp
				Salt	As per taste
				For tempering	
				Oil	1 tbsp
				Mustard seeds	½ tsp
				Broken dry red chillies	1 no.
				Curry leaves	A few

Method :
1. Grind grated coconut, chopped green chillies, ginger, roasted split gram dhal, salt together in a blender.
2. In a MWS glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select category & press start.
3. Pour the tempering over the chutney & serve.

Pasteurize Milk/Tea/Dairy Delight

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

1. Press STOP/CLEAR.



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



3. Turn Dial until display shows "2.0 L"



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



5. *Turn Dial until display show "25 ℃".



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



For Tea/Dairy Delight

7. If you want to select Tea/Dairy Delight, Press the button twice, the display will show “dd1”
8. Turn the dial to select dd1 to CU2.
9. Press START/Add 30secs for category confirmation.
10. Turn dial to select weight.
11. Press START/Add 30secs
    When cooking you can increase or decrease
    cooking time by turning Dial. (Dairy delight only)

NOTE

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

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

Pasteurize Milk

Category		Weight Limit	Utensil	Instructions			
PS1	Pasteurize Milk	1-2 L	Milk Pasteurization Kit	Milk (Cow, buffalo, Packet etc)	1.0 L	1.5 L	2.0L

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

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



Fig.1

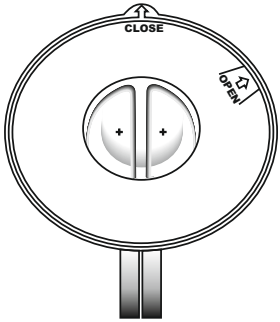


Fig.2

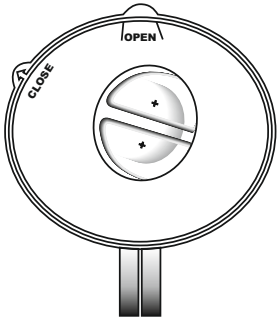


Fig.3

Tea/Dairy Delight

Tea

Category		Weight Limit	Utensil	Instructions				
dd1	Tea	1-4 cups	Microwave safe glass bowl	For	1cup	2cups	3cups	4cups
				Water	120ml	240ml	360ml	480ml
				Tea leaves	1tsp	2tsp	3tsp	4tsp
				Milk	120ml	150ml	225ml	300ml
				Sugar	As per taste			

Method :
1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start.
2. When beeps, add milk & sugar. Press start.
   Serve hot.
   1 cup tea = 150ml approx

dd2	Coffee	1-4 cups	Microwave safe glass bowl	For	1cup	2cups	3cups	4cups
				Water	60ml	120ml	180ml	240ml
				Coffee	½ tsp (Each cup)			
				Milk	120ml	150ml	225ml	300ml
				Sugar	As per taste			
				Ginger/cardamon (crushed)	As per taste(optional)			

Method :
1. In a MWS glass bowl add water. Select category & weight & press start.
2. Meanwhile in each cup add 1/2tsp coffee (with few water drops) & sugar. Beat well.
3. When beeps, add milk to boiling water. Press start.
4. Add milk to each cup & serve hot.
   1 cup coffee = 150ml approx

Category		Weight Limit	Utensil	Instructions
dd3	Masala Tea	1-4 cups	Microwave safe glass bowl	

For	1cup	2cups	3cups	4cups
Water	120ml	240ml	360ml	480ml
Tea leaves	1tsp	2tsp	3tsp	4tsp
Milk	120ml	150ml	225ml	300ml
Sugar	As per taste			
Chai masala	As per taste			

Method :
1. In a MWS glass bowl add water, tea leaves & chai masala. Select category & weight. Press start.
2. When beeps, add milk & sugar. Press start.
3. When beeps, keep it again in microwave and press start for dragging tea.
4. Serve hot.

1 cup tea = 150ml approx

dd4	Ginger Tea	1-4 cups	Microwave safe glass bowl	

For	1cup	2cups	3cups	4cups
Water	120ml	240ml	360ml	480ml
Tea leaves	1tsp	2tsp	3tsp	4tsp
Milk	120ml	150ml	225ml	300ml
Sugar	As per taste			
Ginger	As per taste			

Method :
1. In a MWS glass bowl add water, tea leaves & crushed ginger. Select category & weight. Press start.
2. When beeps, add milk & sugar. Press start.
3. When beeps, keep it again in microwave and press start for dragging tea.
4. Serve hot.

1 cup tea = 150ml approx

dd5	Tulsi Tea	1-4 cups	Microwave safe glass bowl	

For	1cup	2cups	3cups	4cups
Water	120ml	240ml	360ml	480ml
Tea leaves	1tsp	2tsp	3tsp	4tsp
Milk	120ml	150ml	225ml	300ml
Sugar	As per taste			
Tulsi leaves	As per taste			

Method :
1. In a MWS glass bowl add water, tea leaves & tulsi leaves. Select category & weight. Press start.
2. When beeps, add milk & sugar. Press start.
3. When beeps, keep it again in microwave and press start for dragging tea.
4. Serve hot.

1 cup tea = 150ml approx

Category		Weight Limit	Utensil	Instructions	
PA1	Paneer	0.5 kg	Microwave safe (MWS) glass bowl	Milk	500ml
				Lemon juice/Vinager	4 tbsp

Method :
1. In a MWS glass bowl add milk and lemon juice/vinegar. Select menu & press start.
2. When it gives beeps, stir it & again press start.
3. When beeps, remove the bowl & strain in a muslin cloth & press it.

CU1	Curd	0.5 kg	Microwave safe (MWS) glass bowl	Milk	500 ml
				Starter curd	2 tbsp

Method :
1. In a MWS glass bowl add milk and select menu & press start.
2. When beeps add starter culture of curd for inoculation & stir it. Again press start.
3. Now take out the bowl & keep it in a casserole & store in warm place for proceeding appropriate setting temperature & time for 5-6 hours

CU2	Flavoured yoghurt	0.6 kg	Microwave safe (MWS) glass bowl & Low rack[##]	For	0.6 kg
				Curd	200 ml
				Milkmaid	100 ml
				Fresh cream	200 ml
				Flavours (Venilla, Strawberry, Pineapple essence)	500 ml

Method :
1. In a MWS glass bowl mix all the ingredients. Beat well till smooth.
2. Select menu & press start. (Pre-heat process)
3. When beeps, keep the MWS glass bowl on low rack & keep it in microwave. Press start.
4. When cooking ends, take out & allow to come to room temperature. Keep in freezer 1 hour.
   Note: In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple youghurt, add pineapple slices t the times serving.

@ Do not put anything in the oven during Pre-heat mode.
Refer page 90, fig 3

Kids' Delight/Cooking Aid/Steam Clean

In the following example, show you how to cook
0.2 kg of Corn Chaat.

1. Press **STOP/CLEAR**.



2. Press **Kids' Delight/Cooking Aid/Steam Clean**



3. Turn **DIAL** until display show "**CF2**".



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



5. *Turn DIAL until display show "0.2 kg"



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



For Cooking Aid/Steam Clean

7. If you want to select for Cooking Aid/Steam Clean, Press the button twice, the display will show "UC1"
8. Turn the dial to select UC1 to SL1.
9. Again follow step 4 to 6.

NOTE

- Kids' Delight/Cooking Aid/Steam Clean menus are programmed.
- Kids' Delight/Cooking Aid/Steam Clean 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.

Category		Weight Limit	Utensil	Instructions

CF1 — Omelette | 0.2 ~ 0.4 kg | Microwave safe (MWS) flat glass dish

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

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

CF2 — Corn Chaat | 0.1 ~ 0.3 kg | Microwave safe (MWS) bowl

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

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

CF3 — Vermicelli Khichdi | 0.1 ~ 0.3 kg | Microwave safe (MWS) bowl

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

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

CF4 — Pizza | 0.3 kg | Low rack & High rack

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

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

CF5 — Garlic Bread | 0.3 kg | Low Rack

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

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

Note : Use French bread to make garlic bread.

Category		Weight Limit	Utensil	Instructions
CF6	Choco Bars	0.2 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish	

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

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

Category		Weight Limit	Utensil
CF7	Apple Pie[@]	0.6 kg	Metal cake tin & Low rack[##]

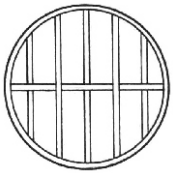


Fig -1

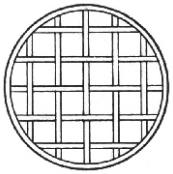


Fig -2

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

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

Category		Weight Limit	Utensil
CF8	Bread Pudding	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish

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

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

Category		Weight Limit	Utensil
CF9	Cheesy Nachos	0.3 kg	Microwave safe (MWS) flat glass dish

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

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

[##] Refer page 90, fig 4
[@] Do not put anything in the oven during preheat mode.

Category		Weight Limit	Utensil	Instructions
CF10	Chocolate balls	0.3 kg	Microwave safe (MWS) glass bowl	Milkmaid: 1 cup Marie biscuit powder: 1 cup Milk powder: ½ cup Bournvita: ½ cup Grated coconut: ½ cup

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

CF11	Strawberry Custard	0.5 kg	Microwave safe (MWS) bowl	For: 0.5 kg Milk: 1 cup Strawberry custard powder: 3 tbsp Sugar: 50 g Strawberry pieces: As required

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

CF12	Veg Burger	0.1 ~ 0.3 kg	Multicook tawa & High rack*	For	0.1 kg	0.2 kg	0.3 kg
				Burger buns	1 no.	2 nos.	3 nos.
				For Tikkis			
				Potatoes (boiled)	100 g	200 g	300 g
				Boiled peas	¼ cup	½ cup	1 cup
				Chopped ginger	1 tsp	2 tsp	3 tsp
				Green chillies	1 no.	2 nos.	3 nos.
				Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp
				Salt, red chilli powder, garam masala, chaat masala	As per taste		
				Cornflour	For binding		
				Tomato slices	1 no.	2 nos.	3 nos.
				Onion slices	2 no.	4 nos.	6 nos.
				Cheese slices	1 no.	2 nos.	3 nos.
				Butter	1 tsp	2 tsp	3 tsp
				Tomato sauce	1 tbsp	2 tbsp	3 tbsp

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

CF13	Mushroom & Pepper Pizza	0.3 kg	Multicook tawa & Low rack#	For	0.3 kg
				Pizza base	
				Dry active yeast	3 g
				Water	2 tbsp
				Sugar	¼ tsp
				Maida	60 g
				Salt	¼ tsp
				Oil	1 tsp
				Topping	
				Pizza sauce	2 tbsp
				Vegetables (sliced mushroom, chopped yellow & red bell pepper)	1 cup
				Grated cheese	1 cup
				Oregano & chilli flakes	As per taste

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

* Refer page 90, fig 2
# Refer page 90, fig 1

Category		Weight Limit	Utensil	Instructions
CF14	Noodle Rosti	0.2 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	

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

Method :
1. In a bowl take all the ingredients for rosti & mix well with hands. Divide the dough into 4 equal parts.
2. In a MWS glass bowl take oil, shredded vegetables, boiled bean sprouts, salt & pepper. Mix well. Select category & press start.
3. When beeps, remove the bowl & mix well & divide the topping into 4 equal parts & keep aside for late use.
4. Take the dough & shape each portion into round flat circles (approx. 2.5"). Keep on tawa, keep tawa on high rack & press start.
5. When beeps, turn over the rostis & again press start.
6. Place the rostis on a serving plate & top them with a portion of prepared topping & tomato ketchup. Serve immediately.

CF15	Bread Rolls	10 Pc	Multicook tawa & High rack*	

Bread slices	10 pcs
For filling	
Boiled totatoes	200 g
Chopped green chillies	2 nos
Chat masala, garam masala, salt, red chilli powder, pepper	As per taste
Oil	For brushing

Method :
1. Take the bread slices & cut the edges.
2. Mix all the ingredients for filling in a bowl.
3. Take bread slices one by one & soak in water. Squeeze & drain extra.
4. Fill in the prepared potato mixture & shape into cylindrical rolls.
5. Brush with some oil. Prepare all the rolls.
6. Grease the Multicook tawa with some oil.
7. Keep the roll in Multicook tawa & keep the tawa on high rack.
8. Select category & press start.
9. When beeps, turn over & press start.
10. When beeps, again turn over & press start. Serve with sauce or chutney of your choice.

CF16	Apple Custard	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

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

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

CF17	Dhokla	0.3 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	

For	0.3 kg
Besan	100 g
Warm water	100 ml
Curd	4 tbsp
Green chilli & ginger paste	2 tsp
Salt & sugar	As per taste
Fruit salt / Mitha Soda	¼ tsp
Oil, rai, curry leaves, water	For tempering
Grated coconut	For garnishing
Yellow colour / Haldi	As required

Method :
1. Mix besan, curd, sugar, salt, water, green chilli-ginger paste, yellow color, fruit salt together. Mix well. Keep for 5-10 minutes.
2. Pour the mixture in MWS safe flat glass dish. Add ½ cup water to the MWS bowl, keep the flat glass dish, cover. Select category & weight and press start.
3. Add the tempering to the dhokla & cover. Stand for 5 minutes. Garnish with grated coconut & serve.
   Note : For tempering in a MWS glass bowl add oil, rai & curry leaves. Microwave at 100% for 2 minutes. Add some water & dissolve sugar.

* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions

CF18 | Poha | 0.1 ~ 0.3 kg | Microwave safe (MWS) glass bowl

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

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

CF19 | Upma | 0.1 ~ 0.3 kg | Microwave safe (MWS) glass bowl

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

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

CF20 | Besan Cheela | 1 Pc | Multicook Tawa & High Rack*

Besan	1 cup (120 g)
Water	200 ml
Chopped green chillies	2 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, garam masala, haldi	As per taste

Method :
1. In a bowl take besan, salt, red chilli powder, Garam masala, haldi, chopped coriander & green chillies. Mix & gradually add water in small amounts to make a batter for cheela without any lumps.
2. Grease the tawa with 2-3 drops of oil, keep on high rack. Select category & press start.
3. When beeps, pour ½ cup (approx 100 ml) batter on the tawa & spread evenly, make a circle. Keep on rack & press start.
4. When beeps, smear ¼ tsp oil on cheela, spread oil evenly & turn & press start.
5. Serve cheela hot with tomato Ketchup or mint Chutney.

CF21 | Veg Sandwich | 0.1 ~ 0.3 kg | High rack

For	0.1 kg	0.2 kg	0.3 Kg
Bread slices	100 g (2 slices)	200 g (4 slices)	300 g (6 slices)
Butter	1 tbsp	2 tbsp	4 tbsp
Sauce / spread	1½ tbsp	3 tbsp	4 tbsp
Chopped vegetables (onion, tomato, capsicum)	2 tbsp	4 tbsp	6 tbsp
Grated cheese	2 tbsp	4 tbsp	6 tbsp
Salt & pepper	As per taste		

Method :
1. On a bread slice apply butter, layer with sauce, spread chopped vegetables, sprinkle grated cheese. Cover it with the other bread slice.
2. Keep the sandwich on high rack. Select category & weight and press start.
3. When beeps, change the side of the sandwich & again press start.

CF22 | Paneer Sandwich | 0.1 ~ 0.3 kg | High rack

For	0.1 kg	0.2 kg	0.3 kg
Bread slices	2 nos.	4 nos.	6 nos.
Grated paneer	100 g	150 g	200 g
Chopped onion	2 tbsp	3 tbsp	4 tbsp
Cheese spread	2 tbsp	3 tbsp	4 tbsp
Salt, pepper & mustard powder	As per taste		
Minced ginger	As per taste		

Method :
1. In a bowl mix grated paneer, chopped onion, cheese spread, minced ginger salt, pepper & mustard together.
2. Spread the mixture on one bread slice & cover it with the other slice. Keep the sandwich on high rack.
3. Select category & weight & press start.
4. When beeps, change the side & press start.

* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions

CF23 | Masala Cheese Toast | 0.1 ~ 0.3 kg | High rack

For	0.1 kg	0.2 kg	0.3 kg
Bread slices	2 nos.	4 nos.	6 nos.
Butter	For applying on bread slices		
For Filling			
Chopped boiled vegetables - cabbage, cauliflower, green peas, french beans, capsicum	1 cup	1½ cup	2 cups
Chopped onions	1 no.	2 nos.	2 nos.
Mashed boiled potatoes	2 nos.	3 nos.	4 nos.
Chopped green chillies	1 no.	2 nos.	3 nos.
Salt, red chilli powder, garam masala	As per taste		
Chopped coriander leaves	1 tsp	2 tsp	3 tsp
Grated cheese	2 tsp	4 tsp	6 tsp

Method :
1. In a bowl add mashed boiled potatoes, boiled vegetables. Mash them well. Add chopped onion, green chillies & chopped coriander leaves. Mix well. Now add salt, red chilli powder, garam masala. Mix well.
2. Apply butter on one side of all bread slices.
3. Put the filling & grated cheese on one slice & cover with other slice. Prepare all the toasts in same way.
4. Keep the toasts on high rack. Select category & weight and press start.
5. When beeps, turn over the side & press start.

CF24 | Khandvi | 0.3 kg | Microwave safe (MWS) bowl

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

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

CF25 | Cottage Honey Toast | 0.1 ~ 0.3 kg | High rack

For	0.1 kg	0.2 kg	0.3 kg
Bread slices	2 nos.	4 nos.	6 nos.
Grated cottage cheese	As required		
Cinnamon powder	As required		

Method :
1. Spread cottage cheese & cinnamon powder on the bread slices. Keep on high rack. Select category & weight & press start.
2. When beeps, turn over the slices & press start.
3. Drizzle honey on slices & serve.

Category		Weight Limit	Utensil	Instructions
bA1	Brownie[@]	0.3 kg	Low rack & Metal cake tin[##]	For 0.3 kg; Maida 125 g; Condensed milk 150 g; Butter 100 g; Almonds, Wallnuts As per taste; Baking powder ¼ tsp; Chocolate Essence 1 tsp; Coco powder 2 tbsp

Method :
1. Sieve maida and baking powder. In a bowl add milkmaid and butter and beat well. Add maida, coco powder, essence and mix. For spoon dropping consistency add milk or water. Pour the batter in metal cake tin lined with butter paper.
2. Select category & press start. (Pre-heat process) When beeps, put the tin with batter on low rack. Press start to bake. Remove when it gives a beep.

Category		Weight Limit	Utensil	Instructions
bA2	Muffins[@]	0.3 kg	Low rack[#] & Metal muffin tray	For 0.3 kg; Maida 200 g; Powdered sugar 100 g; Butter 75 g; Almonds, Wallnuts As per taste; Egg 1 No.; Baking powder 1/2 tsp; Almond essence 1/2 tsp

Method :
1. Sieve maida, baking powder . In a bowl add powdered sugar and butter and beat well. Add maida, essence and mix. For spoon dropping consistency add milk or water. Pour in to the greased muffin tray and sprinkle chopped almonds / walnuts.
2. Select category & press start. (Pre-heat process) When beeps, put the tray on low rack. Press start to bake. Remove when it gives a beep.

Category		Weight Limit	Utensil	Instructions
bA3	Swiss Roll[@]	0.2 kg	Multicook tawa & Low Rack[#]	For 0.2 kg; Maida 80 gm; Condensed Milk (Milkmaid) 100 ml; Butter 75 gm; Soda bicarb ¼ tsp; Vanilla essence ¼ tsp; Mix fruit jam 2 tbsp

Method :
1. Sieve maida & soda. In a bowl add milkmaid & butter. Beat well. Add the maida mixture, vanilla essence & mix well.
2. For spoon dropping consistency add milk or water. Place the butter paper at the bottom of the tray. Pour the batter.
3. Select category & press start. (Pre-heat process)
4. When beeps, put the tawa on low rack & keep inside microwave. Press start.
5. Select category & press start.
6. When beeps, keep tawa with dough balls on low rack & keep both inside the microwave & press start.
7. When beeps, turn over the buns & again press start. Immediately remove the buns from tray & use when cool.

Category		Weight Limit	Utensil	Instructions
bA4	Carrot Cake[@]	0.3 kg	Metal Cake Tin[##] & Low Rack	For 0.3 kg; Maida 110 g; Baking powder ¼ tsp; Grated carrot ½ cup; Curd 70 ml; Powdered suger 170 g; Egg 1 no.; Vanilla essence ¼ tsp

Method :
1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.
2. Sieve maida, baking powder & add grated carrot to it.
3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well.
4. Grease a metal cake tin or line with butter paper. Add the cake batter.
5. Select category & press start. (Pre-heat process)
6. When beeps, put the cake tin on low rack & keep in microwave & press start.

[@] Do not put anything in the oven during preheat mode.
[#] Refer page 90, fig 1
[##] Refer page 90, fig 4

Category		Weight Limit	Utensil	Instructions	
bA5	Chocolate Cake[@]	0.4Kg	Metal Cake Tin[#,##] & Low rack[#]	For	0.4Kg
				Refined Wheat flour	110g
				Powdered Sugar	120g
				Oil	¼ cup
				Cocoa powder	¼ cup
				Baking powder	1 tsp
				Vanilla essence	1 tsp
				Eggs	4 no.

Method :
1. Grease a metal cake tin. Dust light with flour.
2. Sift flour, baking powder & cocoa powder together.
3. Separate eggs yolk from whites.
4. Beat egg whites in clean & dry bowl till fluffy.
5. Add sugar gradually, beating till thick & retains shape.
6. Beat yolks & essence till thick & fluffy again.
7. Add oil gradually beating till thick again.
8. Fold in flour gently with wooden spoon, by sprinkling evenly in 2-3 batches.
9. Pour the cake batter in cake tin.
10. Meanwhile during batter making, select category & press start. (Pre-heat process).
11. When beeps, keep the cake tin on low rack. Press start

bA6	Jeera Biscuits[@]	0.2 kg	Low rack[#] & Multi cook tawa	For	0.2 kg
				Maida	120 g
				Powdered suger	50 g
				Butter	50 g
				Jeera / Ajwain	As per taste
				Soda bi carb	1 pinch
				Baking powder	1.4 tsp
				Water	As required

Method :
1. Sieve maida, baking powder and soda. In a bowl add powdered sugar and butter and beat well. Add maida, jeera powder, ajwain and make a soft dough with little water.Roll a thick roti and cut cookies with the cutter. Prick with a fork. Arrange on tawa.
2. Select category & press start. (Pre-heat process). When beeps, keep the tawa on low rack. Keep both inside the microwave & press start to bake. Remove when it gives a beep. Allow them to cool.

bA7	Nan Khatai[@]	0.4 kg	Multicook tawa & Low rack[#]	For	0.4 kg
				Maida	150 g
				Suji	50 g
				Powdered sugar	85 g
				Vanilla essence	1 tsp
				Butter	100 g
				Almonds & cashewnuts	A few

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

bA8	Masala Biscuits[@]	0.2 kg	Low rack[#] & Multicook tawa	For	0.2 kg
				Maida	100 g
				Butter	50 g
				Sugar	50 g
				Baking powder	1 tsp
				Salt, chilli powder, coriander powder	As per taste

Method :
1. Sieve maida & baking powder together. Cream butter & sugar together.
2. Add maida to the butter & cream mixure. Add salt, chilli powder & coriander powder. Mix them well adding little water (if required) to form a soft dough.
3. Roll out the dough & shape into biscuits with the help of a biscuit cutter.
4. Select category & press start. (Pre-heat process)
5. When beeps, keep the biscuits on the multi cook tawa & place the tawa on low rack & press start.

[@] Do not put anything in the oven during preheat mode.
[#] Refer page 90, fig 1
[##] Refer page 90, fig 4

Category		Weight Limit	Utensil	Instructions
bA9	Lamington Cake	0.4 kg	Low rack[#] & Metal cake tin[##] & Microwave safe (MWS) glass bowl	For 0.4 kg; Maida 100 g; Powdered sugar 75 g; Butter 75 g; Eggs 1 No.; Baking powder 1 tsp; Vanilla essence 1 tsp; Milk 75ml; For Lamington solution - Coco powder 2 tbsp; Powdered Sugar 1tbsp; Water 1 cup; Desiccated coconut As required

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

bA10	Doughnuts	0.2 kg	Multicook tawa & Low rack[#]	For 0.2 kg; Maida 200 g; Yeast ½ tbsp; Luke warm milk 100 ml; Powdered sugar 50 g; Nutmeg powder A pinch; Egg ½ (beaten); Vanilla essence ¼ tsp; Butter 1 tbsp

Method :
1. Dissolve yeast in milk & set aside for 5 minutes to prepare yeast mixture.
2. Add sugar & butter to milk & dissolve. Add to yeast mixture.
3. Now add maida, egg, vanilla essence & nutmeg powder & make a soft dough. Keep it covered for 1hour. Roll out the dough to ½ inch thickness. Cut it with a doughnut cutter.
4. Select category & press start. (Pre-heat process). When beeps arrange the doughnuts on tawa & keep tawa on low rack & press start.
   Note : If the dough is too dry add milk & if too soft then add maida.

bA11	Whole Wheat Cookies	0.3 kg	Multicook tawa & Low rack[#]	For 0.3 kg; Whole wheat flour 200 g; Brown sugar 100 g; Granulated sugar 50 g; Butter 100 g; Egg 1 No.; Vanilla essence ½ tsp; Baking powder ½ tsp

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

bA12	Apple cup cakes	0.4 kg	Metal muffin tray & Low rack[#]	For 0.4 kg; Maida 1 cup; Apple (peeled & pureed) ½ cup; Powdered sugar ½ cup; Brown sugar ¼ cup; Butter (softened) 50 g; Cinnamon powder, clove powder, nutmeg powder A pinch (each); Eggs 2 nos.; Chopped almonds 2 tbsp; Baking powder ½ tsp

Method :
1. In a dry & clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt & mix with a fork & keep aside.
2. In anaother bowl take softened butter, powdered sugar, brown sugar & beat with a electric beater till light & fluffy. Add one egg at a time & beat. Add apple puree & again mix well.
3. Select category & press start. (Pre-heat process).
4. Softly mix all the dry mixture to the beaten butter & sugar mixture with a wooden spoon. Do not over mix.
5. Pour 2 tbsp batter (for each muffin) in the greased muffin tray. When beeps, keep the low rack & metal tray and press start. Give standing time of 5 minutes.

[#] Refer page 90, fig 1
[##] Refer page 90, fig 4

Category		Weight Limit	Utensil	Instructions
bA13	Cheese Straw[@]	0.2 kg	Multicook tawa & Low rack[#]	For 0.2 kg; Maida 100 g; Grated cheese 25 g; Butter 50 g; Cold water As required; Pepper powder 1/4 tsp; Baking powder 1/8 tsp; Chilli powder 1/2 tsp; Salt 1/4 tsp

Method :
1. Sieve maida, baking powder, chilli powder and pepper powder. In a bowl add maida and butter and cheese and rub it with fingertips till it resembles breadcrumbs. Add little cold water to make a soft dough. Roll it in to ⅓ cm thick roti and cut thin strips. Twist them and put in the metal cake tin.
2. Select category & press start. (Pre-heat process) When beeps, put the tawa on low rack. Press start to bake. Remove when it gives a beep.

bA14	Vanilla Cake[@]	0.4 kg	Metal Cake Tin[##] & Low Rack[#]	For 0.4 kg; Maida 100 g; Powdered Sugar 75 g; Butter 75 g; Eggs 1 no.; Baking Powder 1 tsp; Vanilla essence 1 tsp

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

bA15	Chocolate cookies[@]	0.3 kg	Multicook tawa & Low Rack[#]	For 0.3 kg; Maida 200 g; Powdered Sugar 100 g; Butter 75 g; Baking powder 1 pinch; Cocoa Powder 2-3 tbsp; Vanilla essence ¼ tsp

Method :
1. Sieve maida, cocoa powder & baking powder together. In a bowl cream butter & sugar together.
2. Add maida to the creamed butter & sugar. Add vanilla essence.
3. Mix well to make a ssoft dough.
4. Roll out the dough on rolling board & cut with a cookies cutter.
5. Select the menu & press start. (Pre-heat process)
6. When beeps, place the cookies on tawa & place the tawa on low rack. Press start.

[@] Do not put anything in the oven during preheat mode.
[#] Refer page 90, fig 1
[##] Refer page 90, fig 4

Category		Weight Limit	Utensil	Instructions
UC1	Keep warm	0.3 kg	Microwave safe (MWS) bowl	

Method :
1. Any cooked food with cover (Rice, Dal, Subzi, Halwa, Upma etc.) Select category & press start.
2. When beeps, mix well & press start. When beeps, mix well & press start.

UC2	Defrost Veg	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	Veg - (Paneer, Green Peas, Corn etc.)

Method :
1. Take in Microwave Safe Bowl, select category & weight and press start.
2. When beeps, turn the food. Press start.

UC3	Defrost Non Veg	0.5 ~ 1.0 kg	Microwave safe (MWS) bowl	Non-Veg - (Chicken, Mutton etc.)

Method :
1. Take in Microwave Safe Bowl, select category & weight and press start.
2. When beeps, turn the food. Press start.

UC4	Dehumidi-fication	0.3 kg	Microwave safe (MWS) bowl	Namkin, Biscuits, Bhujia, Papad and Wafers etc.

Method :
1.In MWS bowl add the food to be dehumidified. Select category and press start.

UC5	Light Disinfect		Microwave safe (MWS) glass utensil & Empty cavity	Namkin, Biscuits, Bhujia, Papad and Wafers etc.

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

UC6	Pizza base[@]	0.2 kg	Low rack[#] & Multicook tawa	For	0.2 kg
				Maida	200 g
				Yeast	1 tbsp
				Salt	1/2 tsp
				Sugar	1 tsp
				Water	As required

Method :
1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Roll out the dough to 6" to 7"& keep on dusted tawa. Prick with a fork.Keep for half to 1 hour in a dark place.
2. Select category & press start. (Pre-heat process).
3. When beeps, keep the tawa on low rack. Press start.

UC7	Yeast dough	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg
				Maida	300 g
				Yeast	1 tbsp
				Salt	½ tsp
				Sugar	1 tsp
				Water	As required

Method :
1. In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough.
2. Select category and press start. Rest for 3 minutes. Now remove.

[@] Do not put anything in the oven during Pre-heat mode.
[#] Refer page 90, fig 1

Category		Weight Limit	Utensil	Instructions
UC8	Boil Potatoes	0.3 kg	Glass tray	For: 0.3 kg Potato: 300 g

Method :
1. Take potatoes and pierce with fork or knife from all side & keep in a microwave on a glass tray. And press start.
2. Boiled potatoes are ready for use.

UC9	Lemon Squeeze	5 Pcs	Glass tray	Lemon: 5 pcs

Method :
1. Take 5 no. of lemons & keep on glass tray of microwave oven.
2. Now select menu & press start.
3. When beeps, take out lemons & squeeze it to get more juice out of them.

UC10	Garlic peel	10 Cloves	Glass tray	Garlic Cloves: 10 nos

Method :
1. Take 10 cloves of garlic & keep in MWS glass tray of microwave oven.
2. Select menu & press start.
3. When beeps, take out cloves will slide right out of their skin, hassle free.

UC11	Tear free onions	5 Pcs	Glass tray	Onions: 10 nos

Method :
1. Take 5 onions & pierce it with knife & keep in MWS glass tray of microwave oven.
2. Select menu & press start.
3. When beeps, take out onions & peel it off & chop easily without getting tears in eyes.

UC12	Crispy nuts	0.1 kg	Microwave safe (MWS) flat glass dish	For: 0.1 kg Nuts: 100 g Oil: As required

Method :
1. In a microwave safe flat glass dish add drops of oil, nuts. Mix well.
2. Select category & weight & press start.
3. Serve plain or with chaat masala.

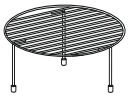
Category		Weight Limit	Utensil	Instructions
SL1	Steam Clean	0.3 kg	Microwave safe (MWS) bowl	

Method :
1. Take water in MWS bowl, add vinegar or lemon juice. Select category & press start.
2. When beeps, wipe out with clean napkin. Press start.
3. Again wipe out. Take out the plug.

Usage of Accessories/Utensils

1)  + 

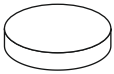
Low rack Multicook tawa

2)  + 

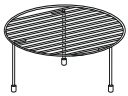
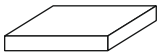
High rack Multicook tawa

3)  + 

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

4)  + 

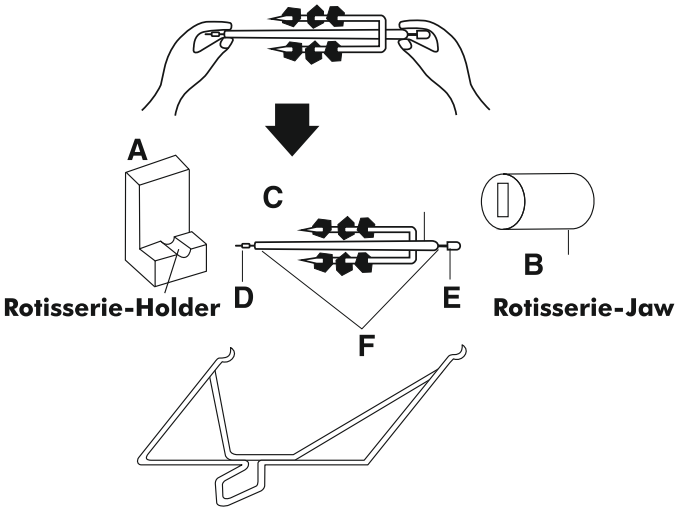
Low rack Metal cake tin
(Not provided with LG Kit)

5)  + 

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

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

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



List of Ingredients

Spices

English Name	Hindi Name
*Ajinomoto (Flavour enhancer)	Ajinomoto
Asafoetida	Hing
Basil	Tulsi
Bay Leaf	Tej Patta
Cardamom, black	Moti Elaichi
Cardamom, green	Choti Elaichi
Carom seeds	Ajwain
Cinnamon	Dalchini
Cloves	Laung
Coriander Seeds	Sabut Dhania
Cumin seeds	Jeera
Dry Mango Powder	Amchur
Dry red chilli	Sukhi Sabut Lal Mirch
Fennel	Saunf
Fenugreek leaves, dried	Kasuri Methi
Fenugreek seeds	Methidana
Mustard seeds	Sarson, Rai
Nutmeg	Jaiphal
Oregano	Oregano
Pepper	Kali Mirch
Pomegranate seeds, dried	Anardana
Poppy seeds	Khus Khus
Red Chilli	Lal Mirch
Salt	Namak
Turmeric	Haldi

Vegetables

English Name	Hindi Name
Amaranth	Chavli
Baby corn	Baby corn
Bittergourd	Karela
Bottlegourd	Ghiya
Brinjal/Eggplant	Baigan
Broccoli	Hari Phool Gobhi
Cabbage	Pata Gobhi/Bandh Gobhi
Capsicum	Shimla Mirch
Cauliflower	Phool Gobhi
Carrot	Gajar
Celery	Ajmod
Cluster	Beans Gavar Ki Fali
Coriander leaves	Hara Dhania
Cucumber	Kheera
Curry leaves	Curry Patta
Drumsticks	Drumsticks
French beans	France beans
Garlic	Lehsun
Ginger	Adrak
Lady Finger	Bhindi
Lemon	Nimbu
Lemon Grass	Lemon Grass
Lime	Nimbu
Mint	Pudina

Vegetables

English Name	Hindi Name
Mushroom	Kukurmutta
Olives	Jaitun
Onion	Pyaz
Parsley	Ajmoda
Potato	Aloo
Peas	Hari Matar
Radish	Mooli
Red Pumpkin	Lal Kaddu
Spinach	Palak
Spring Onion	Hari Pyaz
Tomato	Tamatar
Turnip	Shalgam
Chenopodium leaves	Bathua
Zucchini	Torai

Fruits

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

Cereals

English Name	Hindi Name
Flattened Rice	Poha
Oats	Jaei
Puffed Rice	Murmura
Refined wheat	Flour Maida
Rice	Chawal
Sago	Sabudana
Semolina	Suji
Whole wheat broken	Daliya
Wheat Flour (whole)	Gehun ka Atta

Pulses

English Name	Hindi Name
Bengal Gram Dal	Chana Dal
Bengal Gram flour	Besan
Black Gram Dal	Urad Dal
Green Gram Dal(Dehusked)	Moong Dal (Dhuli)
Kidney Beans	Rajma
Lentils,(Dehusked)	Masoor Dal (Dhuli)
Red Gram Dal	Arhar/Tuvar Dal
Soyabean	Soyabean

* Ajinomoto (Mono-sodium glutamate) is only a flavour enhancer and shall not be added to food for infants below 12 month of age.

Dry Fruits

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

Fats & Oils

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

Miscellaneous

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





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