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OWNER'S MANUAL

MICROWAVE OVEN



Before beginning installation, read these instructions carefully. This will simplify installation and ensure that the product is installed correctly and safely. Leave these instructions near the product after installation for future reference.

ENGLISH

MC2846BD MC2846BV MC2846SL MC2846BG MC2846BR



MFL72064301
Rev.04_012026

www.lg.com

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This manual may contain images or content that may be different from the model you purchased.

This manual is subject to revision by the manufacturer.

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IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

The following safety guidelines are intended to prevent unforeseen risks or damage from unsafe or incorrect operation of the appliance. The guidelines are separated into '**WARNING**' and '**CAUTION**' as described below.

Safety Messages



This symbol is displayed to indicate matters and operations that can cause risk.

Read the part with this symbol carefully and follow the instructions in order to avoid risk.

WARNING



This indicates that the failure to follow the instructions can cause serious injury or death.

CAUTION



This indicates that the failure to follow the instructions can cause the minor injury or damage to the appliance.



This symbol is displayed to alert that hot surface. Do not touch surfaces during use in order to prevent burn hazard.

WARNING

WARNING

- To reduce the risk of explosion, fire, death, electric shock, injury or scalding to persons when using this product, follow basic precautions, including the following:

Technical Safety

- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision

or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy when using the microwave oven, read all instructions before using the appliance.
- During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven. Children less than 8 years of age shall be kept away unless continuously supervised.
- Do not attempt to tamper with, or make any adjustments or repairs to the door, door seals, control panel, safety interlock switches or any other part of the oven which would involve the removal of any cover protecting against exposure to microwave energy.
- Only qualified service person from LG Electronics service centre should disassemble, repair, or modify the appliance.
- It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
- Unlike other appliances, the microwave oven is a high-voltage and a high electrical-current piece of equipment. Improper use or repair could result in harmful exposure to excessive microwave energy or in electric shock.
- If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- Do not use your microwave oven to cook eggs in the shell. Pressure can build up inside the shell, causing it to burst.
- Liquids and other foods must not be heated in sealed containers since they are liable to explode. Remove the plastic wrapping from

food before cooking or defrosting. Note though that in some cases food should be covered with plastic film, for heating or cooking.

- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- The microwave oven must not be placed in a cabinet. The microwave oven is intended to be used free-standing.
- Keep the appliance and its cord out of reach of children less than 8 years.
- The appliance is not intended to be operated by means of an external timer or separate remote-control system.
- This appliance should not be used for commercial catering purposes. This appliance is intended to be used in household and similar applications such as:
 - Staff kitchen areas in shops, offices and other working environments;
 - Farm house;
 - By clients in hotels, motels and other residential environments;
 - Bed and breakfast type environments.
- Do not install this appliance inside mobile vehicles (camping cars).
- When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
- The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
- Only use utensils that are suitable for use in microwave ovens. They may heat-up and char.
 - Remove metal twist ties before using the appliance.
 - Do not use wooden containers and ceramic containers that have metallic (e.g. gold or silver) inlays.
 - Metallic containers for food and beverages are not allowed during microwave cooking. Metal objects in particular may arc in the oven, which can cause serious damage.

- The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
- If smoke is observed (or emitted), switch off or unplug the appliance and keep the door closed in order to stifle any flame.
- Only use the temperature probe recommended for this oven.
 - You can not ascertain that the temperature is accurate with an unsuitable temperature probe.
 - This model does not provide a temperature probe.
- When heating liquids, e.g. soups, sauces and beverages in your microwave oven,
 - Avoid using straight sided containers with narrow necks.
 - Do not overheat.
 - Stir the liquid before placing the container in the oven and again halfway through the heating time.
 - Be careful when handling the container.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
 - After heating, let it stand in the appliance for a short time; stir or shake it again carefully and check the temperature of it before consuming to avoid burns (especially, contents of feeding bottles and baby food jars).
- The oven should be cleaned regularly and any food deposits removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
- The appliance shall not be cleaned with a steam cleaner.
- Steam cleaner is not to be used.
- During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.

- Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

Installation

- Ensure that the outlet socket is properly grounded, and that the earth pin on the power cord is not damaged or removed from the power plug. For more details on grounding, inquire at an LG Electronics customer information centre.
- This appliance must be earthed. The wires in the mains lead are coloured in accordance with the following codes:
 - BLUE: Neutral
 - BROWN: Live
 - GREEN and YELLOW: Earth
- As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug proceed as follows:
 - The wire which is coloured BLUE must be connected to the terminal which is marked with the letter N or coloured BLACK.
 - The wire which is coloured BROWN must be connected to the terminal which is marked with the letter L or Coloured RED.
 - The wire which is coloured GREEN & YELLOW or GREEN must be connected to the terminal which is marked with the letter G or earth symbol.



Earth symbol

- This appliance incorporates an earth connection for functional purposes.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard. Improper use may cause serious electric damage.
- The appliance is supplied from a cord extension set or an electrical portable outlet device, the cord extension set on electrical portable

outlet device must be positioned so that it is not subject to splashing or ingress of moisture.

- If the power cord is damaged or the hole of the outlet socket is loose, do not use the power cord and contact an authorized service centre.

Operation

- Children should not allow to play with accessories or hang down from the door or any part of the appliance.
- When the appliance is operated in the combination mode, children should only use the appliance under adult supervision due to the temperatures generated.
- Never operate the appliance when it is empty. Food or water should always be in the appliance during operation to absorb the microwave energy.
- Do not operate your appliance if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces. It could result in harmful exposure to excessive microwave energy.
- Do not use the appliance for the purpose of dehumidification. (ex. Operating the microwave oven with wet newspapers, clothes, toys, electric devices, pet or child etc.) It can be the cause of serious damage to safety such as a fire, a burn or a sudden death due to an electric shock.
- Be certain to use proper accessories on each operation mode. Improper use could result in damage to your appliance and accessories, or could make spark and a fire.

CAUTION

CAUTION

- To reduce the risk of injury to persons, malfunction, or damage to the product or property when using the appliance, follow basic safety precautions, including the following:
-

Installation

- Install the appliance according to the installation requirements that are in this manual.
- Allow at least 8 cm from the front of the oven door to avoid accidental tipping of the appliance.
- The turntable must always be in place when you operate the appliance.
- Do not block an exhaust outlet that is located on the top, bottom or side of the appliance.
- Do not place any object (such as kitchen towels, napkins, etc.) between the appliance front face and the door.
- In order to avoid a hazard due to inadvertent resetting of the thermal cut-out, this appliance must not be supplied through an external switching device, such as a timer, or connected to a circuit that is regularly switched on and off by the utility.

Operation

- Do not touch the appliance (including the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes) during grill mode, convection mode and auto cook operations. The temperature of accessible surfaces may be high when the appliance is operating. There is the danger of a burn unless wearing thick culinary gloves.
- Do not place an object (a book, a box, water bottle, vase etc.) on the appliance. The appliance may overheat or catch fire or the object may fall, causing injury to persons.
- Do not operate the appliance with the door open. It could result in harmful exposure to excessive microwave energy.
- Set the cooking times correctly. The small amounts of food require shorter cooking or heating time. Over cooking may result in the food catching on fire and subsequent damage to your appliance.
- Do not use recycled paper products. They may contain impurities which may cause sparks or fires when used in cooking.
- Do not cook food wrapped in paper towels or newspaper, unless your cook book contains instructions for the food you are cooking.

- Do not use newspaper in place of paper towels for cooking.
- Do not use the appliance to dry newspapers or clothes. They may catch fire.
- Do not cook eggs in their shell. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended. Pressure will build up inside the egg which will burst.
- Do not attempt deep fat frying in your appliance. This could result in a sudden boil over of the hot liquid.
- Pierce the skin of potatoes, apples or any such fruit or vegetables before cooking. They could burst.
- If smoke is observed (or emitted), switch off or unplug the appliance and keep the door closed in order to stifle any flame.
- Follow exact directions given by each manufacturer for their popcorn product.
 - Never use a brown paper bag for popping corn.
 - Never attempt to pop leftover kernels.
 - Do not leave the appliance unattended while the corn is being popped.
 - If corn fails to pop after the suggested times, discontinue cooking.
 - Overcooking could result in the corn catching a fire.
- The power connection may be achieved by having the plug accessible or by incorporating a switch in the fixed wiring in accordance with the wiring rules. Using improper plug or switch can cause an electric shock or a fire.
- All air vents should be kept clear during cooking. If air vents are covered during appliance operation the appliance may overheat.

Maintenance

- If it is necessary to take precautions during user maintenance, appropriate details shall be given.
- Do not rinse containers, tray and rack by placing them in water immediately after cooking.

- Unplug the power plug and allow it to cool before cleaning.
- Always use gloves when removing food and accessories after cooking as the oven and accessories will be very hot.
- Allow the turntable to cool before removing it from the appliance.
- Do not allow food or cleaner residue to accumulate on sealing surfaces of the appliance.
- Keep the inside and outside of the appliance clean.

Cleaning

Keep the oven clean inside and outside. Take special care to keep the inner door panel and the front frame free of food or grease build-up. Clean your oven weekly or more often, if needed.

- Abrasive cleansers, steel wool pads, gritty wash cloths, some paper towels, etc., can damage the control panel and the interior and exterior of the oven.

Cleaning the Interior

Use a damp cloth to clean the surfaces of the door and wipe out crumbs between the door and the frame. Remove greasy spatters with a soapy cloth then rinse and dry.

- Wipe spatters immediately with a wet paper towel, especially after cooking chicken or bacon.
- If steam accumulates inside or outside of the oven door, wipe the panels with a soft cloth.

Cleaning the Exterior

Clean the outside of the oven with soap and water. Rinse with clean water and dry with a soft cloth or paper towel.

- Do not allow the water to seep into the ventilation openings to prevent damage to the operating parts inside the oven.
- The door and door seals should be kept clean. Use only warm, soapy water, rinse then dry thoroughly.
- Frequently wipe metal parts with a damp cloth.

Cleaning the Control Panel

Open the door to prevent the oven from accidentally starting. Wipe with a damp cloth followed immediately by a dry cloth. Press **STOP** or **STOP/Clear** after cleaning.

Cleaning the Accessories

Wash the glass tray and rotating ring in mild, sudsy water. For heavily soiled areas, use a mild cleanser and scouring sponge. Dry completely before use.

- The glass tray and rotating ring are dishwasher safe.

CARING FOR THE ENVIRONMENT

Disposal of Your Old Appliance (as per e-waste Rules)



1. When this crossed out wheeled bin symbol is depicted on the product and its operator's manual, it means the product is covered by E-Waste Management Rules India published by MoEF & CC, Govt. of India and are meant to be recycled, dismantled, refurbished or disposed off.

2. Do's

- a. The product is required to be handed over only to the authorized recycler for disposal.
- b. Keep the product in isolated area, after it becomes non-functional/unreparable so as to prevent its accidental breakage.

Don'ts

- a. The product should not be opened by the user himself/herself, but only by authorized service personnel.
- b. The product is not meant for re-sale to any unauthorized agencies/scrap dealer/kabariwala.
- c. The product is not meant for mixing into household waste stream.
- d. Do not keep any replaced spare part(s) from the product in exposed area.

3. Any disposal through unauthorized agencies/person will attract action under Environment (Protection) Act 1986.

4. This product is complied with the requirement of Hazardous Substances as specified under E-Waste Management Rules India published by MoEF & CC, Govt. of India.

5. To locate a nearest collection centre or call for pick-up (limited area only) for disposal of this appliance, please contact No. 08069379999, Toll Free No. 1800-315-9999 for details. All collection centre and pick up facilities are done by third parties with LG Electronics India Ltd. Merely as a facilitator. For more detailed information, please visit : <http://www.lg.com/in>.

अपने पुराने उपकरण का निपटान (ई- अपशिष्ट नियमों के अनुसार)



1. जब इस काटे गए पहिये वाले बिन का चिह्न किसी उपकरण और इसके ऑपरेटर और उसके ऑपरेटर की पुस्तिका के साथ संलग्न होता है, तो इसका मतलब है कि इसे "ई-अपशिष्ट" (प्रबंधन और हथालन) नियम के अंतर्गत सम्मिलित किया गया है और इसके पुनर्नवीनीकरण, नवीनीकरण, विघटन और निपटान के लिए बनाया गया है।
MoEF & CC भारत सरकार द्वारा प्रकाशित (भारतीय "ई- अपशिष्ट" (प्रबंधन और हथालन))

2. करें

क. उपकरण को सिर्फ अधिकृत पुनः नवीनीकरणकर्ता को ही निपटारन करने हेतु हस्तांतरित करें।
ख. जब उपकरण कार्यरत ना हो, इसे अलग क्षेत्र में रखें ताकि उपकरण से होने वाली दुर्घटनाओं से बचा जा सके।

ना करें

क. इस उपकरण को स्वयं उपयोगकर्ता द्वारा नहीं खोला जाना चाहिए, बल्कि केवल अधिकृत सेवा कर्मियों द्वारा ही खोला जाना चाहिए।

ख. इस उपकरण को पुनः बिक्री के लिए किसी भी अनधिकृत संस्था /भंगार वाला /कबाड़ीवाला को ना दे।

ग. इस उपकरण को किसी घरेलू अपशिष्ट सामान के साथ मिलाकर ना रखें।

घ. उपकरण के बदले हुए या आंतरिक पुरजों को खुले क्षेत्र में न रखें।

3. यदि किसी अनधिकृत विभाग या व्यक्ति के द्वारा निपटारन किया जाता है तो यह पर्यावरण (सुरक्षा) अधिनियम 1986 के अंतर्गत आता है।

4. यह उत्पाद ई- अपशिष्ट (प्रबंधन और हथालन) नियम के तहत निर्दिष्ट खतरनाक पदार्थों की आवश्यकता का पालन करता है।

MoEF & CC, भारत सरकार द्वारा प्रकाशित (भारतीय "ई- अपशिष्ट" (प्रबंधन और हथालन))

5. उपरोक्त पदार्थों के निपटारन के लिए नजदीकी निपटारन संस्थान (संकीर्ण क्षेत्र) में कॉल करें। अधिक जानकारी के लिए हमारे नंबर **08069379999**, टोल फ्री नंबर **1800-315-9999** पर पर कॉल करें। सभी संग्रहण केंद्र व पिक-अप की सुविधाएं किसी थर्ड -पार्टी जो "LG Electronics India Ltd." को अपनी सेवाएं प्रदान कर रही हो से करवाएं।

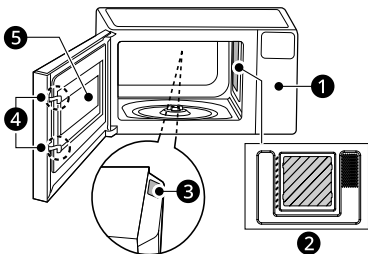
अधिक जानकारी के लिए, कृपया देखें वेब साइट : <http://www.lg.com/in>

INSTALLATION

Product Overview

The appearance or components of the appliance may differ from model to model.

Front View



- 1 Control Panel
- 2 Mica Sheet
- 3 Rating Label
- 4 Safety Door Lock System
- 5 Window

WARNING

- Do not operate the oven when it is empty or without the glass tray. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.

CAUTION

- To avoid risk of personal injury or property damage, do not use stoneware, metal cookware, or metal rimmed cookware in the oven.

NOTE

- Do not remove the mica sheet from the inside cavity of the oven. It is there to protect the microwave components from food spatters.

Accessories



1



2



3



4

- 1 Glass Tray
- 2 Rotating Ring
- 3 High Rack
- 4 Low Rack

Accessories Guided

	Microwave	Grill	Convection	Grill Combination	Convection Combination
Glass Tray	O	O	O	O	O
High Rack	-	O	O	O	O
Low Rack	-	O	O	O	O

- O: Acceptable
- : Not Acceptable

⚠ CAUTION

- Do not use the microwave oven without the glass tray and rotating ring.
- Be certain to use proper accessories on each operation mode. Improper use could result in damage to your oven and accessories, or could make spark and a fire.

Specifications

Power supply and power consumption may vary depending on the model purchased. Refer to the labels for details.

**MC2846BD MC2846BV MC2846SL MC2846BG
MC2846BR Model**

- **Microwave Output:** Max. 900 W*1
- **Frequency:** 2450 MHz*2
- **Dimensions (W x H x D):** 510 mm x 308 mm x 526 mm
- **Power Supply:** 230 V~ 50 Hz
 - **Power Consumption:** Microwave 1350 W, Grill 1200 W, Convection 1950 W, Grill Combination 1350 W, Convection Combination 1950 W

*1 IEC 60705 RATING STANDARD. Specifications are subject to change without prior notice.

*2 Microwave Frequency: 2450 MHz +/- 50 MHz (Group 2 / Class B)
Group 2 equipment: group 2 contains all ISM RF equipment in which radio-frequency energy in the frequency range 9 kHz to 400GHz is intentionally generated and used or only used, in the form of electromagnetic radiation, inductive and /or capacitive coupling, for the treatment of material or inspection/analysis purposes.
Class B equipment is equipment suitable for use in domestic dwellings and domestic dwellings directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.

NOTE

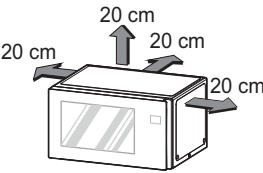
- When operating at 100% and 80% power levels for prolonged periods, the output power will be

reduced gradually to help prevent the unit from electrically overheating.

Installation Requirements

Installation Location

- 1 Place the microwave oven on a flat surface with more than 85 cm height.
 - The front of the oven should be at least 8 cm from the edge of the surface to prevent tipping.
- 2 Allow at least 20 cm from the top, 20 cm from the sides, and 20 cm back of the oven for proper ventilation.
 - Free airflow around the oven is important.
 - An exhaust outlet is located on bottom or side of the oven. If you use the microwave oven in an enclosed space or cupboard, the air flow for cooling the product could be worse. It may result in lower performance and reduced service life.



- 3 Place the rotating ring inside the oven and place the glass tray on top.
- 4 Insert the power plug into an outlet.

- Do not block the outlet to prevent damage the oven.
- Make sure the microwave oven is the only appliance connected to the socket.
- If your oven does not operate properly, unplug it from the electrical socket and then plug it back in.

NOTE

- Do not place oven above a gas or electric range.
 - The setting of the cooking time should be shorter than common microwave ovens (700 W, 800 W) due to the relatively high output power of the product.
-

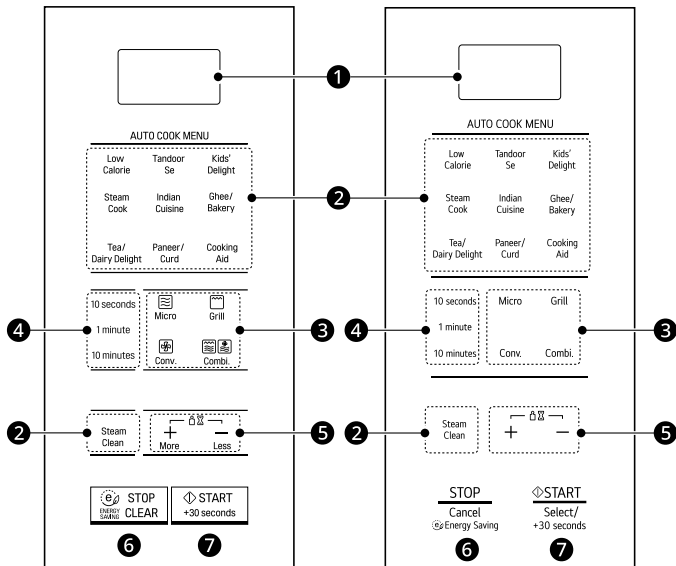
Radio Frequency Interference

- When operating the microwave oven, If you use a product such as radio, TV, wireless LAN, Bluetooth, medical equipment, wireless equipment etc.
- Using the same frequency as the microwave oven, the product may receive interference from these products. This interference does not indicate a problem of the microwave or the product and is not a malfunction. Therefore, it is safe to use. However, medical equipment may receive interference as well, so use caution when using medical equipment near the product.

OPERATION

Control Panel

Control Panel Features



1 Display

Shows the time of day, cooking time settings, and selected cooking functions.

2 Auto Cook Mode

Press the buttons to select preprogrammed cook for popular food items.

3 Cook Mode

Select a cooking mode for the microwave oven, grill, grill combination, convection, and convection combination mode.

4 Time

Select cooking time of a recipe.

5 More/Less

Set cooking time, quantity, or weight.

6 STOP

Stop the oven or clear all entries.

Energy Saving

Allows to save energy.

7 START

Press this button to start the oven, enter amounts, or cook at 100% cook power for 30 seconds.

- If you press this button during cooking to increase cook time by 30 seconds. (Up to 99 minutes and 59 seconds)

Display Icon

Icon	Indication
	Microwave
	Grill
	Convection
	Grill Combination

Icon	Indication
	Convection Combination
**	Defrost
	Knob Rotation
	Select an Weight
10:1	Select Time
	Start Cooking
kg	Select a Weight
°C	Select a Convection Temperature

NOTE

- A beep sounds each time you press a key. A melody signals the end of a timer or a cooking cycle.
- This oven has a built-in safety interlocks to prevent exposure to excessive microwave energy. The oven will automatically turn off any cooking when the door is opened.

Before Use

Microwave Power Levels

This microwave oven is equipped with 5 power levels to give you maximum flexibility and control over cooking. See the table for suggested power levels for various foods.

- When operating at 100% and 80% power levels for prolonged periods, the output power will be reduced gradually to help prevent the unit from electrically overheating.

Power Level	Use
High 900 W (100%)	• Boiling water. • Browning ground beef. • Cooking poultry pieces, fish, vegetables, and tender cuts of meat.
720 W (80%)	• All reheating. • Roasting meat and poultry. • Cooking mushrooms and shellfish. • Cooking foods containing cheese and eggs.
540 W (60%)	• Baking cakes and scones. • Preparing eggs. • Cooking custard. • Preparing rice, soup.
360 W (40%)	• All thawing. • Melting butter and chocolate. • Cooking less tender cuts of meat.
180 W (20%)	• Softening butter and cream cheese. • Softening ice cream. • Raising yeast dough.

Child Lock

Use this safety feature to lock the control panel and prevent the oven from being turned on when cleaning the oven or prevent children from unsupervised use of the oven.

Setting Child Lock to ON

- 1 Press **STOP**.
- 2 Press and hold **STOP** until a **L** appears in the display (approximately 3 seconds).

Cancelling Child Lock

Press **STOP**, and hold until a **L** disappears in the display (approximately 3 seconds).

NOTE

- If set, the time of day reappears in the display after 1 second.
 - If the oven is locked, a **L** appears in the display when any key is pressed.
 - Unlock the oven to resume normal use.
-

Quick Start

Quick Start Feature

This feature allows you to set 30-second intervals of High power cooking with each press of the **START** button.

Cooking for 2 Minutes on High Power

- 1 Press **STOP**.
- 2 Press **START** four times.
 - The oven starts cooking and the time counts down in the display.

NOTE

- The oven will immediately start cooking for 30 seconds on high power.
 - Press **START** repeatedly to extend the cook time by 30 seconds every time the button is pressed.
 - The cook time can be extended to 99 minutes and 59 seconds.
-

Manual Cooking

When not using the auto cooking functions, the cooking time and power level are set manually.

- 1 Press **STOP**.

- 2 Press **Micro** until a desired power level appears in the display.

- 3 Press **Time** to select a desired time, and press **START**.

- When cooking is complete, a chime sounds and **End** appears in the display window. **End** remains in the display and the chime repeats every minute until the door is opened, or any button is pressed.
-

NOTE

- If a power level is not selected, the oven defaults to High power.
-

Grill Cooking

This feature allow you to brown and crisp food quickly without preheating.

- 1 Press **STOP**.
- 2 Press **Grill**.
- 3 Press **Time** to select a desired time, and press **START**.

⚠ CAUTION

- Always use gloves when removing food and accessories after cooking as the oven and accessories will be very hot.
-

NOTE

- The rack can be used in grill and grill combination cooking. Place the rack on the glass tray.



Grill Combination Cooking

This feature allow you to combine microwave cooking with the grill to cook quickly.

- 1 Press **STOP**.
- 2 Press **Combi**.
- 3 Press **Grill**.
- 4 Press **Micro** until a desired power level appears in the display.
 - Microwave power level code: 180 W, 360 W, 540 W
- 5 Press **Time** to select a desired time, and press **START**.

⚠ CAUTION

- Always use gloves when removing food and accessories after cooking as the oven and accessories will be very hot.
- The rack can be used in grill and grill combination cooking. Place the rack on the glass tray.



Convection Cooking

This feature allow you to cook food with hot blast heating.

To preheat the oven

- 1 Press **STOP**.
- 2 Press **Conv..**

- 3 Select a desired temperature by using **More/Less**, and press **START** to temperature confirmation.
- 4 Press **START**.
 - Preheating will be started with displaying **Pr-H**.
 - The oven will beep when the desired temperature is reached. It will take a few minutes to reach the selected temperature.
 - Once it has reached correct temperature, place food in your oven and to start cooking.

To cook food using the convection mode

- 1 Press **STOP**.
- 2 Press **Conv..**
- 3 Select a desired temperature by using **More/Less**, and press **START** to temperature confirmation.
 - If you do not set a temperature your oven will automatically select **180 °C**.
- 4 Press **Time** to select a desired time, and press **START**.

⚠ CAUTION

- Always use gloves when removing food and accessories after cooking as the oven and accessories will be very hot.
- The low rack can be used in convection, and convection combination cooking. Place the low rack on the glass tray.



NOTE

- The convection oven has a temperature range of 40 - 230 °C.
 - The oven has a ferment function at the oven temperature of 40 °C. You may wait until the oven is cool because you cannot use a ferment function if the oven temperature is over 40 °C.
-

Convection Combination Cooking

This feature allow you to combine microwave cooking with the hot blast heating to cook quickly.

- 1 Press **STOP**.
- 2 Press **Combi..**
- 3 Press **Conv..**
- 4 Select a desired temperature by using **More/Less**.
- 5 Press **Micro** until a desired power level appears in the display.
 - Microwave power level code: 180 W, 360 W, 540 W
- 6 Press **Time** to select a desired time, and press **START**.
 - During cooking you can turn the dial to adjust the cooking time.

⚠ CAUTION

- Always use gloves when removing food and accessories after cooking as the oven and accessories will be very hot.
- Be careful when removing food as the container will be hot.

- The low rack can be used in convection, and convection combination cooking. Place the low rack on the glass tray.



Energy Saving

The microwave oven allows you to save energy by display off when not cooking in oven.

- When door open condition (Lamp/LED on and display on)

1 Press **STOP**.

2 Lamp/LED off and display off.

3 Press any button on control panel, display shows **STOP**.

- When door close condition (Lamp/LED off and display on)

1 Press **STOP**.

2 Lamp/LED off and display off.

3 Press any button on control panel, display shows **STOP** related display and Lamp/LED is turned off.

- When door is open (Lamp/LED and display on)
Door is open for 5 minutes, Lamp/LED and display are auto cut off.
 - When any button is pressed, Lamp/LED and display are turned on.
 - If door is closed, after 5 minutes display is turned off.

Cooking Mode

This feature has preprogrammed settings to automatically cook certain foods.

Low Calorie Mode

- 1 Press **STOP**.
- 2 Press **Low Calorie** until a desired menu appears in the display.
 - **HP: Health Plus**
 - **SQ: Soup**
 - **CA: Continental**
 - **SA: Salad**
- 3 Select a desired weight by using **More/Less**. (If required)
- 4 Press **START**.

Tandoor Se Mode

- 1 Press **STOP**.
- 2 Press **Tandoor Se** until a desired menu appears in the display.
 - **TS: Tandoor Se**
- 3 Select a desired weight by using **More/Less**. (If required)
- 4 Press **START**.

Kids' Delight Mode

- 1 Press **STOP**.

- 2 Press **Kids' Delight** until a desired menu appears in the display.
 - **CF: Child's Favourite**
- 3 Select a desired weight by using **More/Less**. (If required)
- 4 Press **START**.

Steam Cook Mode

- 1 Press **STOP**.
- 2 Press **Steam Cook** until a desired menu appears in the display.
 - **ST: Steam Cook**
- 3 Select a desired weight by using **More/Less**. (If required)
- 4 Press **START**.

Indian Cuisine Mode

- 1 Press **STOP**.
- 2 Press **Indian Cuisine** until a desired menu appears in the display.
 - **IC: Indian Cuisine**
 - **SC: Sweet Corner**
 - **RD: Rice Delight**
 - **CC: Chatpat Corner**
- 3 Select a desired weight by using **More/Less**. (If required)

4 Press **START**.

- **PA, CU: Paneer/Curd**

Ghee/Bakery Mode

1 Press **STOP**.

2 Press **Ghee/Bakery** until a desired menu appears in the display.

- **GH: Ghee**
- **BA: Bakery**

3 Select a desired weight by using **More/Less**. (If required)

4 Press **START**.

Tea/Dairy Delight Mode

1 Press **STOP**.

2 Press **Tea/Dairy Delight** until a desired menu appears in the display.

- **TD: Tea/Dairy Delight**

3 Select a desired weight by using **More/Less**. (If required)

4 Press **START**.

Paneer/Curd Mode

1 Press **STOP**.

2 Press **Paneer/Curd** until a desired menu appears in the display.

3 Select a desired weight by using **More/Less**. (If required)

4 Press **START**.

Cooking Aid Mode

1 Press **STOP**.

2 Press **Cooking Aid** until a desired menu appears in the display..

- **CA: Cooking Aid**

3 Select a desired weight by using **More/Less**. (If required)

4 Press **START**.

Steam Clean Mode

1 Press **STOP**.

2 Press **Steam Clean** until a desired menu appears in the display.

- **SC: Steam Clean**

3 Select a desired weight by using **More/Less**. (If required)

4 Press **START**.

Recipe

Health Plus

HP 1: Kala Chana

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For kala chana	Weight Limit	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 tbsps	3 tbsps	3.5 tbsps	4 tbsps
	Onion chopped	0.5 cup	1 cup	1.5 cups	2 cups	2 cups
	Salt, Chaat masala, Red chilli powder, hara dhania	As per taste				

Instructions

- 1) Soak chana overnight, in Microwave safe bowl, put soaked chanas and cover. Select category and weight, then press start.
- 2) When beeps, remove and drain the water. In a Microwave safe 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 Microwave safe bowl along with little water and press start. Mix well. Serve hot.

HP2: Karela Subzi

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl, High rack, Microwave safe flat glass dish

Ingredients

List		Weight
For karela subzi	Weight Limit	0.3 kg
	Chopped Karela	0.3 kg
	Oil	2 tbsps
	Chopped Onion	1 cup
	Water	1 cup
	Rai, Jeera, Hing and Haldi	For tempering
	Salt, Sugar, Garam Masala, Dhania, Jeera Powder	As per your taste
	Grated Coconut and Hara Dhania	For garnishing

Instructions

- 1) In a Microwave safe glass bowl take Oil add Rai, Jeera, Hing, Haldi and Chopped Onion. Select category and weight, then press start.
- 2) When beeps, add Chopped Karela, some water, salt, sugar, masala, dhania-jeera powder and 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 and rub the karela with salt and keep aside for 2-3 hours

HP3: Lemon Chicken

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For lemon chicken	Weight Limit	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	0.5 tbsp	1 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps
	Corn flour	0.5 tbsp	1 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps
	Water	0.5 cup	0.5 cup	0.5 cup	1 cup	1 cup
	Salt, pepper and sugar	As per taste				
	Garlic paste	1 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps	3 tbsps
	Lemon juice	2 tsps	3 tsps	4 tsps	4 tsps	5 tsps
	Oil	0.5 tbsp	1 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps

Instructions

- 1) Mix boneless chicken, soya sauce, salt and pepper, garlic paste and lemon juice in a bowl. Refrigerate for 0.5 hour.
- 2) In a Microwave safe bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select category and weight, then press start.
- 3) When beeps, mix well. Cover and press start. Allow to stand for 3 minutes.

HP4: Machi Kali Mirch

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For machi kali mirch	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
	Pomfret (fish category)	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
	Salt, Lemon Juice and Kali Mirch Powder	To marinate as per your taste				
	Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic	As required				

Instructions

- 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 and weight, then press start.
- 3) When beeps, open door and add marinated fish, salt to taste and some water. Cover and press start.
- 4) Give standing time for 5 minutes.

HPS: Soya Idli

- **Weight Limit:** 4 pcs, 8 pcs (40-50 g each)
- **Utensil:** Microwave safe bowl, Microwave safe idli stand

Ingredients

List		Weight
For soya idli	Weight Limit	4 pcs, 8 pcs (40-50 g each)
	Rice	100 g
	Urad	4 tbsps
	Soyabean	4 tbsps
	Water	As required
	Salt	As per taste

Instructions

- 1) Wash and soak rice, urad daal and soyabeans granules for 4 hours.
- 2) Grind, mix and 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 Microwave safe bowl with little oil. Put idli batter in it. Add 0.5 cup water in Microwave safe bowl. Keep the idli stand in Microwave safe bowl and cover. Select category and number, then press start.

NOTE

- After preparing the batter, you can use it for making menu 4 or 8 idlies as per requirement. 4,8 indicates the number of idli that can be prepared.

HPБ: Nutrinuggets

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For nutrinuggets	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Soaked and boiled nutrinuggets	50 g	100 g	150 g
	Potato	50 g	100 g	150 g
	Oil	1 tbsp	1.5 tbsps	2 tbsps
	Jeera	As per taste		
	Chopped onion	0.5 cup	1 cup	1.5 cups
	Tomato puree	2 tbsps	3 tbsps	4 tbsps
	Salt, garam masala, red chilli powder, haldi, dhania powder	As per taste		
	Water	1.5 cups	2 cups	2.5 cups
	Chopped coriander leaves	For garnishing		

Instructions

- 1) In a Microwave safe bowl add oil, jeera, onion. Select category and weight, then press start. Mix well.
- 2) When beeps, add tomato puree, nutrinuggets, potato, salt, red chilli powder, haldi, dhania powder and add 0.5 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 and serve with hot roti.

HP7: Curd Brinjal

- **Weight Limit:** 0.1 ~ 0.4 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For curd brinjal	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg
	Brinjal (cut into pieces)	100 g	200 g	300 g	400 g
	Curd	100 g	200 g	300 g	400 g
	Oil	1 tbsp	2 tbsps	3 tbsps	4 tbsps
	Curry leaves	A few sprigs			
	Mustard and cumin seeds	1 tsp	2 tsps	3 tsps	4 tsps
	Salt	As per taste			
	Chopped ginger	1 tsp	2 tsps	3 tsps	4 tsps

Instructions

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

HP8: Bathua Raita

- **Weight Limit:** 0.1 ~ 0.4 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For bathua raita	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg
	Chopped bathua	25 g	50 g	75 g	100 g
	Water	50 ml	75 ml	100 ml	125 ml
	Beaten curd	3 tbsps	4 tbsps	5 tbsps	6 tbsps
	Salt, roasted cumin seed powder	As per taste			

Instructions

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

HP9: Soyabean Curry

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For soyabean curry	Weight Limit	0.2 kg
	Soyabean (soaked overnight)	200 g
	Oil	1.5 tbsps
	Chopped onions	1 cup
	Tomato puree	0.5 cup
	Chopped green chillies	1 tbsp
	Red chilli powder, garam masala, coriander powder, salt	As per taste
	Water	200 ml
	Coriander leaves	For garnishing

Instructions

- 1) In a Microwave safe 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.

HP Spinach Dal

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Spinach dal	Weight Limit	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	0.5 cup	1 cup	1 cup
	Spinach chopped	1 cup	1.5 cups	2 cups
	Oil	1 tbsp	2 tbsps	3 tbsps
	Cumin seeds	1 tsp	1 tsp	1.5 tsps
	Ginger and green chillies (chopped)	1 tbsp	2 tbsps	3 tbsps
	Water	300 ml	500 ml	700 ml
	Turmeric, salt	As per taste		
	Lemon juice	1 tsp	2 tsps	3 tsps
	Coriander leaves	2 tbsps	3 tbsps	4 tbsps

Instructions

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

HP Moong Dal

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For moong dal	Weight Limit	0.2 kg
	Moong Dal soaked in water (for 1 hour)	0.2 kg
	Water	400 ml
	Oil	2 tbsps
	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

Instructions

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

HP 12: Leaf Rolls

- **Weight Limit:** 0.2 ~ 0.4 kg
- **Utensil:** Microwave safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For leaf rolls	Weight Limit	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

List		Weight-1	Weight-2	Weight-3
For filling	Boiled Veg (Potato, Capsicum, Carrot, French beans, sprouts)	1 cup	1.5 cups	1.5 cups
	Chopped onion	0.5 no.	1 no.	1 no.
	Salt, Chat masala, Lemon juice	As per your taste		

Instructions

- 1) In a bowl mix boiled vegetables, chopped onions, salt, chaat masala and lemon juice.
- 2) In Microwave safe bowl, add 0.5 cup water, Keep the leaves in Microwave safe flat glass dish. Keep the dish in Microwave safe bowl. Cover.
- 3) Select category and weight, then press start.
- 4) When beeps, remove the leaves from the bowl. Spread the filling on leaves and roll them. Make all the rolls in same way.

HP 13: Fish Bharta

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl, and Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For fish bharta	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
	Fish (Fillet)	100 g	200 g	300 g	400 g	500 g
	Mustard oil	1 tbsp	1 tbsp	1 tbsp	2 tbsps	2 tbsps
	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				

Instructions

- 1) In a Microwave safe bowl add 0.5 cup water. Place the fish pieces on the Microwave safe flat glass dish. Cover. Keep the dish in Microwave safe bowl. Select category and press start.

- 2) When beeps, remove and mash the fish. In a Microwave safe bowl, add oil, chopped onions, mashed fish, red chilli powder, garam masala, haldi, salt. Cover and press start.

HP 14: Healthy Khichdi

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For healthy khichdi	Weight Limit	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	0.5 tbsp	1 tbsp	1 tbsp
	Carrot (grated finely)	1 no.	2 nos.	2 nos.
	Soya granules (soaked)	2 tbsps	3 tbsps	4 tbsps
	Salt and pepper	As per taste		
	Water	300 ml	500 ml	750 ml

Instructions

- 1) In a Microwave safe bowl take soaked dal, rice and ghee. Also add grated carrot, soaked and drained soya granules and peas. Mix well. Select category and weight, then press start.
- 2) When beeps, mix, add water and salt. Mix again and press start
- 3) When beeps, stir and mash well. Add pepper powder and 0.5 cup water. Mix and cover and press start.
- 4) Serve hot with fresh curds.

HP 15: Oats Idli

- **Weight Limit:** 4 pc, 8 pc (40-50g) each
- **Utensil:** Microwave safe bowl, Microwave safe idli stand, Microwave safe glass bowl

Ingredients

List		Weight
For idli batter	Weight Limit	4 pc, 8 pc (40-50g) each
	Roasted and powdered oats	1 cup
	Semolina	0.5 cup
	Curd	0.5 cup
	Water	0.75 cup
	Salt	As per taste
	Soda bi carb	0.25 tsp
	Grated carrot	0.25 cup
	Chopped green chillies	2 nos.
	Oil	For greasing
For tempering	Mustard seeds	0.5 tsp
	Curry leaves	A few
	Dry red chillies	A few
	Oil	0.5 tbsp

Instructions

- 1) Mix al the ingredients of batter in a bowl. AIlow to stand for 10 minutes.
- 2) Grease Microwave safe idli stand and pour the batter (depending on the number youwant to cook).
- 3) Add 0.5 cup water to Microwave safe bowl. Keep the idli stand inside the bowl. Cover.
- 4) Select the category and number, then press start
- 5) When beeps, remove the idli from the stand.
- 6) Take a Microwave safe glass bowl, add oil, mustard seeds. curry leaves and dry redchillies. Press start. Mix with idli and serve. Add lemon juice (optional)

HP 16: Daliya Khichdi

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For daliya khichdi	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Soaked dalia	0.25 cup	0.5 cup	0.75 cup
	Soaked moong dal	0.25 cup	0.5 cup	0.75 cup
	Grated carrot	1 no.	2 nos.	3 nos.
	Grated potato	0.5 no.	1 no.	1 no.
	Spinach (chopped)	0.5 cup	1 cup	1.5 cups
	Desi ghee	1 tbsp	1.5 tbsp	2 tbsps
	Turmeric powder, salt	As per taste		
	Water	300 ml	500 ml	750 ml

Instructions

- 1) In a Microwave safe bowl take soaked dalia, soaked moong dal, desi ghee, grated potato and grated carrot. Mix very well. Select category and weight, then press start.
- 2) When beeps, add water, chopped spinach, turmeric powder, salt. Mix well and cover. Press start
- 3) When beeps, mix wel.Add 0.5 cup water (or more). Press start. Serve withfresh curds.

HP 17: Fish Cutlet

- **Weight Limit:** 0.4 kg
- **Utensil:** Microwave safe glass bowl, High rack

Ingredients

List		Weight
For fish cutlet	Weight Limit	0.4 kg
	Fish fillet	350 g
	Boiled potato	2 nos.
	Bread crumbs	1 cup
	Oil	2 tbsps
	Chili powder, turmeric, ginger garlic paste. Salt	As per taste
	Garam masala powder	1 tsp
	Coriander leaves	A few sprigs

Instructions

- 1) In a Microwave safe glass bowl take fish fillet add 1 cup water. Select category and press start. Mash the fish.
- 2) Remove the bowl from microwave oven and add all the other ingredients except oil and mix well with boiled and mashed fish. Make cutlets and roll them in bread crumbs. 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 and mint chutney.

HP IB: Fish Masala

- **Weight Limit:** 0.2 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For fish masala	Weight Limit	0.2 kg	0.3 kg	0.4 kg	0.5 kg
	Pomphret pieces	200 g	300 g	400 g	500 g
	Onions	1 no.	2 nos.	2 nos.	3 nos.
	Tomato	1 no.	2 nos.	2 nos.	3 nos.
	Oil	1 tbsp	2 tbsps	2 tbsps	3 tbsps
	Chilli powder, Turmeric, Ginger garlic paste. Salt, Saunf powder	As per taste			
	Garam masala powder	As per taste			
	Dhania powder and jeera powde	As per taste			
	Coriander leaves	As per requirement			

Instructions

- 1) In Microwave safe bowl take oil and chopped onion. Select menu and weight, then press start.
- 2) When beeps, remove and add pomphret pieces and tomato. Press start.
- 3) When beeps, add all the other ingredients and water and mix well. Press start. Garnish with coriander leaves

HP 19: Fish Pulusu

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For fish pulusu	Weight Limit	0.3 kg
	Koramatta ish pieces	300 g
	Oil	1.5 tbsp
	Ginger garlic paste	2 tbsps
	Methi seeds	1 tsp
	chopped onion	1 no.
	Fish masala	1 tbsp
	Tamarind pulp	50 g
	Red chili powder, dhaniya powder, haldi and salt	As per Taste
	Lemon Juice	As per taste

Instructions

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

HP20: Coconut Prawns

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For coconut prawns	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Prawns	100 g	200 g	300 g
	Mustard oil	0.5 tbsp	1 tbsp	1.5 tbsps
	Rai paste	0.5 tbsp	1 tbsp	1.5 tbsps
	Green chilli paste	1 tsp	2 tsps	3 tsps
	Turmeric powder, sugar and salt	As per taste		
	Pulpy green coconut (remove the coconut water)	1 no.	1 no.	1 no.

Instructions

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

HP2 I: Crab Curry

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For crab curry	Weight Limit	0.3 kg
	Crab pieces	250 g
	Ginger garlic paste	2 tbsps
	Water	1 cup
	Salt, dhania-jeera powder, garam masala, chilli powder, turmeric	As per taste
	Oil	2 tbsps
	Chopped onion	0.5 no.
	Coconut milk	2 tbsps

Instructions

- 1) In a Microwave safe 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 and serve hot with rice.

HP22: Mase Kallavan

- **Weight Limit:** 0.2 ~ 0.4 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For mase kallavan	Weight Limit	0.2 kg	0.3 kg	0.4 kg
	Fish pieces	200 g	300 g	400 g
	Oil	0.5 tbsp	1 tbsp	1 tbsp
	Ginger-garlic paste	1 tsp	2 tsps	3 tsps
	Tamarind paste	1 tbsp	1.5 tsps	2 tsps
	Salt, red chili 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 tsps	3 tsps
	Garlic (chopped)	1 tsp	1.5 tsps	2 tsps
	Coconut milk	0.5 cup	1 cup	1.5 cups

Instructions

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

HP23: Veg Daliya Khichdi

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Veg daliya khichdi	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Soaked dalia	0.25 cup	0.5 cup	0.75 cup
	Soaked moong dal	0.25 cup	0.5 cup	0.75 cup
	Grated carrot	1 no.	2 nos.	3 nos.
	Grated potato	0.5 no.	1 no.	1 no.
	Spinach (chopped)	0.5 cup	1 cup	1.5 cups
	Desi ghee	1 tbsp	1.5 tbsps	2 tbsps
	Turmeric powder, salt	As per taste		
	Water	300 ml	500 ml	750 ml

Instructions

- 1) In a Microwave safe bowl take soaked dalia, soaked moong dal, desi ghee. grated potato and grated carrot. Mix very well. Select category and weight, then press start.
- 2) When beeps. add water, chopped spinach, turmeric powder. salt. Mix well and cover. Press start.
- 3) When beeps, mix well. Add 0.5 cup water (or more). Press start. Serve with fresh curds.

HP24: Sabudana Khichdi

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Sabudana khichdi	Weight Limit	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	0.5 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps	3 tbsps
	Rai, salt, lemon juice, chopped green chilies	As Per Taste				
	Potatoes (boiled and chopped)	1 no.	2 nos.	3 nos.	4 nos.	5 nos.
	Coriander leaves	A few springs				

Instructions

- 1) In a Microwave safe bowl add oil. rai. green chilies and coriander leaves. Mix. Select category and weight, then press start.
- 2) When beeps, mix, add boiled potatoes, soaked sabudana. Mix and press start. Squeeze lemon juice and serve.

HP25: Home Made Cereal

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For home made cereal	Weight Limit	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 tsps	3 tsps
	Groundnuts	1 tbsp	2 tsps	3 tsps
	Poha	1 tbsp	2 tsps	3 tsps
	Daliya	1 tbsp	2 tsps	3 tsps

Instructions

- 1) Soak rice for 1 hour. In a Microwave safe glass bowl put all the ingredients. Keep it in microwave. Select category and weight, then 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 tsps of this powder, add water, salt, jeera powder and mix. Put this in microwave and press start.
- 3) When beeps, remove it.

HP26: Khichdi

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Khichdi	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 tsps	3 tsps
	Water	200ml	400 ml	600 ml

Instructions

- 1) Soak rice 1 hour. In a Microwave safe glass bowl put ghee, rice, daal and water. Keep it in microwave. Select category and weight, then 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.

Soup

501: Sweet Corn Soup

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Sweet Corn Soup	Weight Limit	0.3 kg
	Sweet Corn	200 g
	Water	300 ml (1.5 cups)
	Oil	1 tsp
	Cornflour	2 tbsps and 0.5 cup water
	Salt, Sugar and Kali Mirch and Green Chilli	As per taste

Instructions

- 1) Grind sweet corn with water and put in Microwave safe glass bowl. Select category and press start.
- 2) When beeps, remove, in another Microwave safe glass bowl put oil, green chilli and press start.
- 3) When beeps, add corn mixture in it. Mix cornflour with 0.5 cup water and mix with it. Add salt, sugar, pepper and press start.

502: Mushroom Soup

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Mushroom Soup	Weight Limit	0.3 kg
	Mushroom	120 g
	Potato	1 No.
	Cabbage	50 g
	Onion	1 small
	Water	300 ml (1.5 cups)
	Salt, Pepper	As per taste
	Oil	1 tsp
	Grated cheese	As per requirement

Instructions

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

🍜: Wonton Soup

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

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

Instructions

- 1) In Microwave safe glass bowl add oil and vegetables, ginger-garlic paste. Select category and press start.
- 2) When beeps, add salt, pepper, water and palak (in pieces). Mix well and put in microwave and press start.
- 3) When beeps, mix well and press start. Add wonton and 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 withtoo 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 ofwonton and put the small quantity of stuffing in between them andthen cover the puree and press it.

504: Chicken Shorba

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Chicken Shorba	Weight Limit	0.6 kg
	Boneless chicken	300 g
	Oil	0.5 tbsp
	Chopped garlic	2 tsps
	Salt and pepper powder	As per taste
	Maida	3 tbsps
	Water	600 ml (3 cups)
	Fresh cream	For garnishing

Instructions

- 1) In a Microwave safe glass bowl add chicken pieces, chopped garlic and water. Select category and press start.
- 2) When beeps, remove and strain stock. In another Microwave safe 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..

5o5: Tamator Shorba

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

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

Instructions

- 1) In a microwave safe 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 Microwave safe 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.

5o5: Corn Basil and Fusili Soup

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Corn Basil and Fusili Soup	Weight Limit	0.6 kg
	Cream style corns	100 g
	Basil	10 leaves
	Fusili pasta (boiled)	10
	Tomato puree	2 tbpsps
	Chopped onion	0.5 cup
	Chopped garlic	1 tbsp
	Olive oil	1 tbsp
	Water	600 ml (3 cups)

Instructions

- 1) In a Microwave safe glass bowl add oil, chopped onion, garlic. select menu and press start.
- 2) When beeps, mix well and add water, cream style corns, basil leaves, fusili pasta and tomato puree. Press start.
- 3) Garnish with grated cheese and basil leaves.

5o 7: Rasam

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Rasam	Weight Limit	0.6 kg
	Tomato	300 g
	Tamarind pulp	50 g
	Salt and Jaggery	As per taste
	Green chillies	2 nos.
	Coriander and 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

Instructions

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

SoB: Mulligatawny Soup

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Mulligatawny Soup	Weight Limit	0.6 kg
	Cooked rice	50 g
	Dehusked lentil	30 g
	Apples (pealed and sliced)	0.5 no.
	Carrot	50 g
	Onion	50 g
	Veg stock/water	600 ml (3 cups)
	Salt and Pepper	To taste
	Butter	1 tsp
	Curry powder	1 tsp
	Lemon juice	1 tsp

Instructions

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

50 9: Hot and Sour Soup

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Hot and Sour Soup	Weight Limit	0.6 kg
	Water	600 ml (3 cups)
	Chilli sauce	1 tbsp
	Soya sauce	2 tbsps
	Vinegar	2 cups
	Chopped vegetables (capsicum, spring onions, carrots, cabbage)	100 g
	Tomato sauce	2 tbsps
	Cornflour	2 tbsps + 0.5 cup water
	Salt, pepper	As per taste
	Paneer	50 g

Instructions

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

50 10: Tomato Soup

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Tomato Soup	Weight Limit	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 and Oil / Butter	2 tbsps / 1 tsp
	Water	600 ml (3 cups)

Instructions

- 1) In a Microwave safe glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along with water. Keep in Microwave. Select menu and press start.
- 2) When beeps, grind and strain it.
- 3) In another microwave safe glass 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 taste and cornflour paste which is made up by mixing the half cup of coldwater. Stirwell and press start.
- 4) Garnish with bread croutons, coriander (green dhania) and fresh cream and serve hot.

50 | 1: Palak Makai Shorba

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Palak Makai Shorba	Weight Limit	0.6 kg
	Palak (chopped)	200 g
	Water	600 ml (3 cups)
	Maggie tastemaker	1 cube
	Corn Niblets	0.5 cup
	Chopped onion	0.5 cup
	Jeera	1 tsp
	Butter	1 tbsp
	Milk	0.25 cup

Instructions

- 1) In a Microwave safe glass bowl add chopped palak and little water. Select menu and press start.
- 2) When beeps, grind the palak,
- 3) In another Microwave safe glass bowl add butter, jeera, chopped onions. Press start.
- 4) When beeps, remove and add palak and water, milk, corn niblets and Maggie tastemaker. Press start.

50 12: Chicken Soup

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Chicken Soup	For	0.3 kg
	Boneless Chicken	300 g
	Ginger Paste	1 tbsp
	Garlic paste	1 tbsp
	Salt and Pepper Powder	As per taste
	Cornflour Paste	2 tbps (mixed with 0.5 cup water)
	Oil	1 tbsp
	Water	600 ml / 3 cups

Instructions

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

So 13: Tom Yum Kung

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Tom Yum Kung	Weight Limit	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 tbsps
	Thai red curry paste	2 tbsps
	Lemon juice	1 tbsp
	Veg stock / chicken stock	600 ml (3 cups)
	Green / red chillies	3 nos.
	Salt and pepper	To taste

Instructions

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

So 14: Dal Shorba

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Dal Shorba	Weight limit	0.6 kg
	Soaked Urad dal (dehusked)	0.5 cup
	Olive oil	1 tsp
	Chopped green chillies	2 nos.
	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 cups)

Instructions

- 1) In a Microwave safe glass bowl add oil, green chillies, ginger paste, garlic paste. Mix well.
- 2) Select menu and press start.
- 3) When beeps, mix well and add onion and add all spices. Press start.
- 4) When beeps, mix well and add dal and water also. Press start. Strain the stock.
- 5) Add 100 ml hot water and spices as per taste ando serve

So IS: Rajma Soup

- **Weight Limit:** 0.6 Kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Rajma Soup	Weight Limit	0.6 kg
	Water	600 ml (3 cups)
	Rajma (boiled)	1 cup (170 g)
	Oil	0.5 tbsp
	Garlic cloves (chopped)	2 nos.
	Onion (chopped)	0.5 cup
	Tomato (chopped)	0.5 cup
	Coriander (chopped)	0.25 cup
	Salt, pepper, red chilli powder	As per taste
	Lemon juice	1 tbsp

Instructions

- 1) Grind the boiled rajma. Add water and strain it.
- 2) In a Microwave safe glass bowl add oil, garlic, onion, tomato. Mix well. Select menu and press start.
- 3) When beeps, mix well and add salt, pepper, red chilli powder and rajma stock. Mix well and press start.
- 4) Add lemon juice and garnish with coriander leaves and serve hot.

50 16: Shahi Shorba

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Shahi Shorba	Weight Limit	0.6 kg
	Onions (finely chopped)	2 nos.
	Walnuts (coarsely chopped)	0.25 cup
	Mint paste	1 tbsp
	Whole wheat flour	2 tbsps
	Butter	2 tbsps
	Salt, pepper, garam masala	As per taste

Instructions

- 1) In a Microwave safe glass bowl take butter and chopped onion. Mix well. Select menu and press start.
- 2) When beeps, stir well. Add whole wheat flour, mint paste, coarsely chopped walnuts and 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.

50 17: Bombay Curry Soup

- **Weight Limit:** 0.6 Kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Bombay Curry Soup	Weight Limit	0.6 kg
	Water	500 ml (2.5 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

Instructions

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

50 18: Badam Soup

- **Weight Limit:** 0.6 Kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Badam Soup	Weight Limit	0.6 kg
	Badam (soaked and blanched)	50 g
	Fresh basil leaves (Tulsi)	8-10 nos.
	Water	600 ml (3 cups)
	Cinnamon	25 mm stick
	Elaichi (green)	2-3 nos.
	Cloves	2-3 nos.
	Sugar	0.5 tbsps
	Cornflour	0.5 tbsps
	Salt and pepper	As per taste

Instructions

- 1) Grind soaked and blanched badam and basil leaves to a fine paste, adding 0.5 cup water. Take out in a Microwave safe glass bowl. Add 3 cups water and stirwell. Add cinnamon, elaichi and cloves.
- 2) Select category and press start.
- 3) When beeps, stir and strain the soup and sieve. Take the strained soup in a Microwave safe glass bowl. Add salt and peppers and cornflour (mixed with 0.5 cup water) and press start. Serve hot.

So 19: Limbu Dhania Shorba

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Limbu Dhania Shorba	Weight Limit	0.6 kg
	Water	600 ml (3 cups)
	Oil	0.5 tbsp
	Shredded cabbage	1 cup
	Chopped carrot	0.5 cup
	Celery	0.5 cup
	Spring onions	0.5 cup
	Ginger (grated)	1 tbsp
	Chopped garlic	3 nos.
	Bayleaf	2 nos.
	Cloves	2 nos.
	Pepper corns	3 nos.
	Besan	2 tbsps (dissolved in 0.25 cup water)
	Lemon juice	2 tbsps
	Coriander leaves (chopped)	0.5 cup
	Salt	As per taste

Instructions

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

5020: Mutton Shorba

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Mutton Shorba	Weight Limit	0.6 kg
	Boneless mutton	300 g
	Water	600 ml (3 cups)
	Oil	1 tbsp
	Chopped onion	1 nos.
	Chopped garlic	3 cloves
	Chilli flakes salt	As per taste
	Chopped and skinned tomato	2 nos.
	Cinnamon	12 mm Stick
	Cardamom	1 nos.
	Cumin seeds	1 tsp
	Saffron	A few
	Dry mint leaves	0.5 cup
	Beaten curd	0.5 cup

Instructions

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

Continental

☐ :Pasta

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe glass bowl, Microwave safe flat glass dish, High rack

Ingredients

List		Weight-1	Weight-2	Weight-3
For Penne Pasta	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Penne pasta	100 g	200 g	300 g
	Butter	1 tbsp	2 tbsps	3 tbsps
	Chopped onion	0.5 cup	1 cup	1.5 cup
	Chopped garlic	1 tbsp	1.5 tbsps	2 tbsps
	Chopped Palak leaves	50 g	75 g	100 g
	Water	400 ml	800 ml	1200 ml
	Cream	0.25 cup	1 cup	1.5 cups
	Grated Cheese	2 tbsps	3 tbsps	4 tbsp
	Nutmeg Powder, oregano, salt and pepper	As per taste		

Instructions

- 1) In a Microwave safe glass bowl take pasta, add water (sufficient to boil the pasta) and few drops of oil. Select menu and weight, then press start.
- 2) When beeps, drain water from the pasta, wash and separate under running water. In a Microwave safe flat glass dish add butter, onion, garlic and palak. Mix well, then press start.
- 3) When beeps, add cream, nutmeg powder, oregano, salt, pepper, boiled pasta. Mix well and sprinkle grated cheese. Keep the dish on high rack, then press start.

Recipe: Veg Au Gratin

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave safe glass bowl, Microwave safe flat glass dish, High rack

Ingredients

List		Weight
For Veg Au Gratin	Weight Limit	0.2 kg
	Mix Vegetables (cut gajar, gobhi, French beans, sweet corns, peas etc.)	200 g
	Maida	2 tbsps
	Butter	2 tsps
	Milk	0.5 cup
	Grated Cheese	5 tbsps
	Salt, Pepper	As per taste

Instructions

- 1)

In a Microwave safe glass bowl take vegetables and add 400 ml water. Select menu, then press start.
- 2)

When beeps, remove Microwave safe glass bowl and transfer boiled vegetables to Microwave safe flat glass dish add milk, maida, salt and pepper. Mix well. Cover, then press start.
- 3)

When beeps, mix well and spread grated cheese on it, place the dish on high rack, then press start.

🍳: Baked Mushrooms

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe flat glass dish, High rack

Ingredients

List		Weight-1	Weight-2	Weight-3
For Baked Mushrooms	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Mushrooms	50 g	100 g	150 g
	White Sauce	50 g	100 g	150 g
	Cheese (grated), Salt, pepper	As per taste		

Instructions

- 1)

In Microwave flat glass dish put all the ingredients except cheese, mix well.
- 2)

Select menu and weight, then press start.
- 3)

When beeps, keep on high rack. Spread grated cheese on the top of the mixture, then press start.

🍲: Lasaneya

- **Weight Limit:** 0.3 kg

- **Utensil:** Microwave safe glass dish, High rack

Ingredients

List		Weight
Lasaneya	Weight Limit	0.3 kg
	Lasagne sheets (cooked)	150 g
	White sauce	1 cup
	Pizza sauce	0.5 cup
	Mix veg (boiled) - Egg plant, Zucchini, Broccoli, Mushrooms, Sweet corns	2 cups
	Oil	2 tbsps
	Oregano, Salt and Black Pepper	As per taste
	Grated cheese	5 tbsps

Instructions

- 1) Except lasagne and cheese add all the ingredients in Microwave safe flat glass dish. Select menu, then press start.
- 2) When beeps, remove the ingredients and in same dish arrange lasagna sheets in the bottom. Then spread vegetable mixture on it and make layers of sheets and vegetable mixture. then press start.
- 3) When beeps, spread the grated cheese and keep the glass dish on high rack, then press start.

Co5: Macaroni

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Macaroni	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Macaroni	100 g	200 g	300 g
	Hot Water	400 ml	800 ml	1200 ml
	Butter	1 tbsp	2 tbsps	3 tbsps
	Spring Onion Chopped	1 tbsp	2 tbsps	3 tbsps
	Garlic Chopped	1 tsp	2 tsps	3 tsps
	Mushroom Chopped	3 nos.	4 nos.	5 nos.
	Tomato Sauce	1 tbsp	2 tbsps	3 tbsps
	Chilli Sauce	1 tsp	2 tsps	3 tsps
	Salt, Pepper and Oregano	As per taste		

Instructions

- 1) In Microwave safe bowl take Macaroni with water. Select menu and weight, then press start.
- 2) When beeps, drain water from it. In Microwave safe bowl add all the ingredients with boiled Macaroni. mix well, then press start.

📖: Thai Chicken

- **Weight Limit:** 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Thai Chicken	Weight Limit	0.5 kg
	Boneless chicken	500 g
	Red curry paste	2 tbsps
	Sugar	1 tsp
	Soya sauce	2 tbsps
	Salt	As per taste
	Chopped garlic	1 tsp
	Blanched Broccoli (florets)	1 cup
	Peanuts (Roasted and crushed)	0.25 cup
	Oil	2 tbsps
	Red chilli paste	1 tsp
For Sauce	Butter	2 tbsps
	Maida	2 tbsps
	Milk	1 tbsp
	Salt and pepper	As per taste

Instructions

- 1) In a Microwave safe bowl put oil, garlic, sugar, soya sauce, red curry paste, broccoli, chicken pieces, mix well. Select menu, then press start.
- 2) When beeps, remove. Add red chilli paste, crushed peanuts. Add sauce of milk, maida, butter, salt and pepper. Mix well then press start.

[o]: Mediterranean Crostini

- **Weight Limit:** 0.5 kg
- **Utensil:** Low rack

Ingredients

List		Weight
For Mediterranean Crostini	Weight Limit	0.5 kg
	French bread	3 slices
	Black olives (sliced)	0.25 cup
	Cheese (grated)	0.5 cup
	Butter	2 tbsps
	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 tsps
	Salt and freshly crushed pepper corns	As per taste

Instructions

- 1) In a bowl, put all the ingredients of marinade and 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 and sprinkle grated cheese on top.
- 3) Select the menu, then press start. (Preheat process)
- 4) When beeps, keep the bread slices on low rack. Keep the rack in microwave and then press start.

CoB: Chilli Veg

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Chilli Veg	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Paneer pieces	100 g	200 g	300 g
	Chopped Capsicum and onion	0.5 cup	1 cup	1.5 cups
	Chopped green chillies	1 no.	2 nos.	3 nos.
	Ginger garlic paste	0.5 tbsp	1 tbsp	1.5 tsps
	Oil	0.5 tsp	1 tsp	1.5 tsps
	Soya sauce	1 tsp	1.5 tsps	2 tsps
	Cornflour	1 tbsp	1.5 tsps	2 tsps
	Green chilli sauce	1 tbsp	2 tsps	3 tsps
	Salt and Pepper	As per your taste		
	Water	0.5 cup	1 cup	1 cup
	Ajinomoto (optional)	A pinch		

Instructions

- 1) In a Microwave safe bowl add oil, onions, green chillies, ginger garlic paste and capsicum. Mix well and cover.
- 2) Select menu and weight, then press start
- 3) When beeps, mix well and add paneer pieces, soya sauce, chilli sauce, cornflour (mixed with 0.5 cup water), water, salt, pepper and ajinomoto, then press start.
- 4) Mix well and serve.

🍟: Potato Dumpling

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight
For Potato dumpling	Weight Limit	0.3 kg
	Maida	3-4 tbsps
	Boiled and grated potato	100 g
	Grated paneer	75 g
	Salt, pepper, nutmeg powder	As per taste
	Finely chopped spinach	1 cup
	Butter and finely chopped garlic	1 tbsp each
	Pizza sauce	4 tbsps

Instructions

- 1) Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough.
- 2) In the Microwave safe bowl, add 0.5 cup water. Place the dumplings on the microwave flat glass dish and cover. Select menu, then 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 ,then press start.

 Sweet and Sour Veg

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Sweet and Sour Veg	Weight Limit	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
	Chopped spring onion and garlic	0.25 cup	0.5 cup	1 cup
	Oil	0.5 tbsp	1 tbsp	1.5 tbsps
	Red chilli paste	0.25 tsp	0.25 tsp	0.5 tsp
	Tomato Ketchup	0.25 cup	0.25 cup	0.5 cup
	Vinegar	As per taste		
	Sugar	0.5 tsp	1 tsp	1 tsp
	Salt	As per taste		
	Soya sauce	1 tsp	1 tsp	1 tsp
	Pineapple juice	0.25 cup	0.25 cup	0.5 cup
	Water	1 cup	1 cup	1 cup
	Cornflour	2 tbsps mixed with 0.5 cup water		

Instructions

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

Recipe: Risotto Rice

- **Weight Limit:** 0.1 ~ 0.4 kg
- **Utensil:** Microwave safe bowl

Ingredients

Limit		Weight-1	Weight-2	Weight-3	Weight-4
For Risotto Rice	Weight Limit	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	0.25 cup	0.5 cup	1 cup	1.5 cups
	Chopped garlic	1 tsp	1.5 tsps	2 tsps	2.5 tsps
	Peas	0.25 cup	0.5 cup	1 cup	1.5 cups
	Sliced mushroom	0.25 cup	0.5 cup	1 cup	1.5 cups
	Chopped coriander leaves/ parseley	As required			
	Spinach (blended and pureed)	0.25 cup	0.5 cup	1 cup	1 cup
	Tomato puree	0.3 cup	0.5 cup	1 cup	1 cup
	Fresh cream	3 tsbps	4 tsbps	5 tsbps	6 tsbps
	Olive oil	1 tbsp	2 tsbps	3 tsbps	4 tsbps
	Grated cheese	As required			
	Salt	As per taste			

Instructions

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

🍳: Spaghetti With Tomato Sauce

- **Weight Limit:** 0.1 ~ 0.3Kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Spaghetti with Tomato Sauce	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Spaghetti noodles	100 g	200 g	300 g
	Water	400 ml	800 ml	1200 ml
	Olive oil	1 tbsp	1.5 tbsps	2 tbsps
	Chopped garlic	1 tbsp	1.5 tbsps	2 tbsps
	Chopped tomatoes	1 cup	1.5 cups	2 cups
	Chopped mushrooms	0.25 cup	0.5 cup	1 cup
	Chopped onion	0.5 cup	1 cup	1.5 cups
	Sliced olives (pitted)	5 nos.	6 nos.	7 nos.
	Fresh basil	As required		
	Parmesan cheese	As required		
	Salt, pepper, oregano and chilli flakes	As per taste		

Instructions

- 1) In a Microwave glass bowl add rice, cloves, water. Select category and weight, then press start.
- 2) When beeps, remove the bowl and keep aside after mixing.
- 3) In another Microwave glass bowl add butter and sweet corns, then press start.
- 4) When beeps, add hot sauce, cooked rice, cheese cubes, salt and red chilli power (if required). Mix well. Now take a microwave safe flat glass dish and spread chopped tomatoes at the bottom, now layer with cooked rice and press it down properly. Cover with aluminium foil. Keep the microwave safe flat glass dish on low rack, then press start.

NOTE

- For Hot Sauce - In a Microwave glass bowl take 8 blanded and 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 tbsps tomato sauce, a pinch ajwain. Mix well and microwave at 100% for 5 minutes.

📦: Cottage Cheese Tortellini

- **Weight Limit:** 8 Pc (40-50 g each)
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Dough	Weight Limit	8 Pc
	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	0.5 cup
	Paneer (roughly mashed)	100 g
	Olive oil	1 tbsp
	Garlic (minced)	1 tbsp
	Salt and pepper	As per taste
For Sauce	Blanched tomatoes (skin removed)	5 nos.
	Garlic pods	8-10 nos.
	Coriander leaves (fresh)	1 tbsp
	Olive oil	1 tbsp
	Chilli flakes	1 tsp
	Oregano	0.5 tsp
	Salt, pepper	As per taste

Instructions**Pre-Preparation for Stuffing :**

- 1) In a Microwave safe glass bowl take olive oil and minced garlic, mix and microwave 100% for 2 minutes. Add mashed paneer and blanched and chopped spinach, salt and pepper. Mix well and microwave 100 % for 2 minutes.
- 2) In another bowl take maida, salt, beaten egg and olive oil. Mix well and knead a firm dough adding enough water. Cover and keep aside for 10-15 minutes.
- 3) Divide the dough into 5-6 equal sized balls and roll out each ball into a long and rectangular strip (approx. 0.65 mm broad) and cut into squares.
- 4) Fill each square shape with spinach and cottage cheese stuffing (1 tsp). Wet the edges with little water and cover with another square and 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 Microwave safe bowl and keep inside the microwave. Select category, then press start.

- 6) When beeps, put the tortellinis in the boiling water. Cover, then press start
- 7) When beeps, remove and strain the tortellinis and place in a serving dish and keep aside covered
- 8) Blend together blanched tomatoes, garlic pods, coriander leaves with a blender. Take this puree in a Microwave safe bowl, add olive oil, salt, pepper oregano and chilli flakes. Mix well ,then press start.
- 9) When cooking ends, pour this sauce over the cooked tortellini and serve hot

📏 14: Mexican Corn Rice

- **Weight Limit:** 0.1 ~ 0.4 kg
- **Utensil:** Microwave safe glass bowl, Microwave safe flat glass dish, Low rack

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For Mexican Corn Rice	Weight Limit	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	0.5 tbsp	1tbsp	1.5 tsbps	2 tsbps
	Water	200 ml	400 ml	600 ml	650 ml
	Butter	0.5 tbsp	1tbsp	1.5 tsbps	2 tsbps
	Sweet corns	0.25 cup	0.5 cup	1 cup	1.5 cups
	Hot sauce	0.25 cup	0.5 cup	1 cup	1.5 cups
	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.

Instructions

- 1) In a Microwave glass bowl add rice, cloves, water. Select category and weight, then press start.
- 2) When beeps, remove the bowl and keep aside after mixing.
- 3) In another Microwave glass bowl add butter and sweet corns, then press start.
- 4) When beeps, add hot sauce, cooked rice, cheese cubes, salt and red chilli power (if required). Mix well. Now take a microwave safe flat glass dish and spread chopped tomatoes at the bottom, now layer with cooked rice and press it down properly. Cover with aluminium foil. Keep the Microwave safe flat glass dish on low rack, then press start.

NOTE

- For Hot Sauce - In a microwave glass bowl take 8 blanded and 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 tbsps tomato sauce, a pinch ajwain. Mix well and microwave at 100% for 5 minutes.

📁 15: Broccoli in Butter Sauce

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Broccoli in Butter Sauce	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Broccoli	100 g	200 g	300 g
	Milk	0.5 cup	1 cup	1.5 cup
	Fresh cream	0.25 cup	0.5 cup	0.75 cup
	Onion (chopped)	1 no.	2 nos.	3 nos.
	Garlic (chopped)	0.5 tsp	1 tsp	1 tsp
	Mustard powder	0.5 tsp	1 tsp	1 tsp
	Butter (melted)	1 tbsp	1.5 tbsp	2 tbsps
	Salt and pepper powder	As per taste		
	Coriander leaves (chopped)	1 tbsp	2 tbsps	3 tbsps

Instructions

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

📁 16: Shrimps in Garlic Butter

- **Weight Limit:** 0.4 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Shrimps in Garlic Butter	Weight Limit	0.4 kg
	Shrimps (Small)	400 g
	Butter	4 tbsps
	Parsley (chopped)	A few springs
	Garlic paste	3 tbsps
	Mustard paste	1 tbsp
	Lemon juice	1 tbsp
	Pepper corns (Roughly crushed)	8-10 nos.
	Salt	To taste

Instructions

- 1) Remove heads and shells of shrimps and clean and drain thoroughly.
- 2) In a microwave bowl place shrimps, garlic paste, mustard paste, butter. parsley, lemon juice, pepper coms (Crush) and salt mix well. Select category and then press start.
- 3) When beeps. Remove and serve hot.

 Chilli Chicken

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Chilli Chicken	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Boneless chicken	100 g	200 g	300 g
	Oil	1 tbsp	1.5 tbsps	2 tbsps
	Chopped ginger garlic	0.5 tbsp	1 tbsp	1.5 tbsp
	Chopped onions	0.5 No.	1 No.	1 No.
	Chopped green chillies	0.5 tbsp	1 tbsp	2 tbsps
	Capsicum	0.5 No.	1 no.	2 nos.
	Soya sauce	0.5 tbsp	0.5 tbsp	1 tbsp
	Chilli sauce	0.5 tbsp	0.5 tbsp	1 tbsp
	Vinegar	0.5 tbsp	0.5 tbsp	1 tbsp
	Salt, sugar and pepper	As per taste		
	Cornflour (mixed with 0.5 cup water)	1 tbsp	1 tbsp	1 tbsp

Instructions

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

📌 🍲: Hakka Noodles

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Hakka Noodles	Weight Limit	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	1.5 tsbps	2 tsbps
	Chopped veg - carrot, peas, french beans, capsicum	1 cup	1.5 cups	2 cups
	Salt, red chilli powder, green chilli sauce	As per taste		

Instructions

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

📌 19: Veg in Hot Garlic Sauce

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Veg in Hot Garlic Sauce	Weight Limit	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	1.5 tbsps	1.5 tbsps
	Chopped garlic, ginger, green chillies	1 tbsp	2 tbsps	2 tbsps
	Corn flour	1 tbsp	1.5 tbsps	2 tbsps
	Pepper, salt, sugar	As per taste		
	Oregano (optional)	As per taste		
	Water	2 cups	3 cups	3 cups

Instructions

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

🍲: Schezwan Chicken

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Schezwan Chicken	Weight Limit	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
	Dry red chillies	2 nos.	3 nos.	4 nos.	6 nos.	8 nos.
	Garlic paste	1 tsp	1 tsp	2 tsps	3 tsps	4 tsps
	Tomato ketchup	1 tbsp	2 tsps	3 tsps	4 tsps	5 tsps
	Vinegar	1 tsp	1 tsp	1 tsp	2 tsps	2 tsps
	Red chilli sauce	1 tbsp	1 tbsp	1 tbsp	2 tsps	2 tsps
	Sugar and salt	As per taste				
	Spring onions (with greens)	0.5 cup	0.5 cup	0.5 cup	1 cup	1 cup
	Comllour (mixed with 0.25 cup water)	1 tsp	1 tsp	1 tsp	2 tsps	2 tsps
	Oil	1 tbsp	1 tbsp	1 tbsp	3 tsps	3 tsps

Instructions

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

Category: Veg Manchurian

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe flat glass dish,Microwave safe bowl

Ingredients

List		Weight
For Manchurian Balls	Weight Limit	0.6 Kg
	Grated Cabbage	1 cup
	Grated carrots	0.75 cup
	Grated cauliflower	0.5 cup
	Cornflour	3 tbsps
	Maida	1 tbsp
	Salt and pepper	As per taste
For Manchurian Sauce	Chopped ginger	1 tsp
	Chopped green chilli	1 no.
	Chopped Onion	0.5 no.
	Soya sauce	1 tbsp
	Tomato sauce	2 tbsps
	Vinegar	2 tsps
	Pepper, Salt, Cornflour	As per taste
	Oil	1 tbsp

Instructions

- 1) Mix all the ingredients of Manchurian balls in a bowl. Make balls of medium size from the mixture.
- 2) In a Microwave safe flat glass dish keep the manchurian balls
- 3) When beeps, remove and allow to cool.
- 4) In a Microwave bowl oil, ginger, green chilli, onion, soya sauce, tomato sauce, vinegar, pepper, salt, mix well and then press start.
- 5) When beeps mix well add cornflour mixed with 1.5 cups water. Press start. Add Manchurian ball. Stand for 3 minutes and serve hot with steamed rice or fried rice.

🍲: Steamed Egg with Tofu

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Steamed Egg with Tofu	Weight Limit	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	0.5 tsp	1 tsp	1 tsp
	Light soya sauce	0.5 tsp	1 tsp	1 tsp
	Red chilli (chopped)	1 no.	1 no.	1 no.
	Spring onion (chopped)	1 tbsp	2 tsbps	3 tsbps
	Boiled egg yolk (cut into pieces)	1 no.	2 nos.	2 nos.
	Salt and pepper	A pinch		

Instructions

- 1) In a bowl take sesame oil, soya sauce, black pepper powder, salt and egg. Beat well with blender. Mix tofu chunks into it and mix.
- 2) Put this mixture in a Microwave safe flat glass dish. Sprinkle chopped spring onions and 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 Microwave safe flat glass dish in the microwave. Select category and weight, then press start.
- 4) Give standing time of 5 minutes and serve hot.

📖: Almond and Vegetables Stir Fry

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Almond and Vegetables Stir Fry	Weight Limit	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)	0.25 cup	0.5 cup	0.75 cup
	Garlic (chopped)	0.5 tsp	1 tsp	1 tsp
	Ginger (chopped)	0.5 tsp	1 tsp	1 tsp
	Onions (sliced)	1 no.	1.5 nos.	2 nos.
	Slivered almonds	2 tbsps	3 tbsps	4 tbsps
	Canola oil	1 tbsp	1.5 tbsps	2 tbsps
For Sauce	Soya sauce	1 tsp	1.5 tsps	2 tsps
	Water	3 tbsps	6 tbsps	9 tbsps
	Sesame oil	0.5 tsp	1 tsp	1.5 tsps
	Sugar	1 tsp	2 tsps	3 tsps
	Cornflour	0.5 tsp	1 tsp	1.5 tsps
	Salt and black pepper powder	As per taste		

Instructions

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

Co24: Kappa Ayala

- **Weight Limit** : 0.3 kg
- **Utensil**: Microwave safe bowl

Ingredients

List		Weight
For Kappa Ayala	Weight Limit	0.3 kg
	Surmany fish	300 g
	Kappa pieces	1 no.
	Coconut milk	1 cup
	Coconut oil	2 tbsps
	Chilli powder, Turmeric, Ginger garlic paste, Salt, Pepper powder	As per taste
	Onion	1 no.
	Dhaniya and Jeera powder	As per taste
	Coriander leaves	A few

Instructions

- 1) In a Microwave safe glass bowl add oil and chopped onion. Select menu and press start.
- 2) When beeps, remove and add chopped kappa and fish pieces. Press start.
- 3) When beeps, add all the other ingredients and press start. Garnish with coriander leaves and serve.

Salad

SR I: Rice Salad

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Rice Salad	Weight Limit	0.2 kg
	Basmati Rice	200 g
	Water	400 ml
	Apples (diced)	1 no.
	Green peas	0.5 cup
	Cauliflower florets	1 cup
	Lemon Juice, salt, pepper	As per taste
	Lettuce leaves	2-3 leaves
	Shredded Cabbage leaves , Coriander leaves	For garnishing

Instructions

- 1) In a Microwave safe bowl add rice and water. Select category and press start.
- 2) When beeps, remove and in another Microwave safe bowl add peas, Cauliflower florets and 0.5 cup water. Cover. Press start..
- 3) In cooled rice add apple, green peas, cauliflower florets, salt and pepper.
- 4) Now add lemon juice and toss well, then transfer to serving dish lined with lettuce leaves. Garnish with shredded cabbage and coriander leaves.

SAR: Spring Basket Salad

- **Weight Limit:** 0.1 - 0.3 kg
- **Utensil:** Microwave safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Spring Basket Salad	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Red cabbage leaves	20 g	40 g	60 g
	Baby corns	30 g	60 g	90 g
	Sprouts	20 g	40 g	50 g
	Black/green grapes	30 g	40 g	50 g
	Macroni (Boiled)	20 g	40 g	50 g

List		Weight-1	Weight-2	Weight-3
For Dressing	Olive Oil	1 tbsps	1 tbsps	1.5 tbsps
	Vinegar/lemon juice	0.5 tbsps	1 tbsps	1.5 tbsps
	Oregano	1 tsp	1 tsp	1.5 tsps
	Finely Chopped Onions	2 tbsps	3 tbsps	4 tbsps
	Salt and pepper	As per taste		
	Sugar	0.5 tsp	1 tsp	1 tsp

Instructions

- 1) Keep red cabbage leaves in Microwave safe flat glass dish. Keep in Microwave safe bowl and cover. Keep in microwave. Select category and weight, then press start.
- 2) When beeps. remove steamed cabbage leaves. Do not throw the water from the Microwave safe bowl. Keep baby corns cut into halves and sprouts in Microwave safe flat glass dish. Cover and keep in microwave. Press start.
- 3) Remove from microwave. Allow to cool.
- 4) In a bottle or container with lid put all the ingredients of dressing and shake for 1-2 minutes till all ingredients blend well..
- 5) In a bowl add baby corns, grapes cut into halves, sprouts, boiled macroni and pour dressing, cover it. Mix well and fill the steamed cabbage leaves with it.
- 6) Serve the Salad basket chilled

5A3: Tiranga Salad

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe flat glass dish

Ingredients

List		Weight
For Tiranga Salad	Weight Limit	0.3 kg
	Grated carrot	100 g
	Grated raddish	100 g
	Broccoli florets	100 g
	Olive	1-2 nos.
	Salt, lemon juice	As per taste

Instructions

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

S94: Babycorn and Bean Salad

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Babycorn and Bean Salad	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Babycorn	50 g	100 g	150 g
	Bean	50 g	100 g	150 g
	Salt, lemon juice, pepper powder (optional)	As per taste		

Utensil

- 1) In a Microwave safe bowl add baby corn and beans together. Add some water cover.
- 2) Select category and weight, then press start.
- 3) Add salt, lemon juice, pepper powder. Mix well and serve.

S95: Beetroot Salad

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Beetroot Salad	Weight limit	0.1 kg	0.2 kg	0.3 kg
	Beetroot (sliced)	100 g	200 g	300 g
	Saunf	0.5 tsp	1 tsp	1 tsp
	Salt, coriander powder, pepper powder, lemon juice	As per taste		

Instructions

- 1) In Microwave safe bowl, add 0.5 cup water. Keep the sliced beetroot on Microwave safe flat glass dish. Keep the dish in Microwave safe bowl. Cover it. Select category and weight, then press start.
- 2) In a bowl take the steamed beetroot add saunf, coriander powder, pepper powder, salt and lemon juice. Toss well. Chill and serve.

SAB: Cous Cous Salad

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Cous Cous Salad	Weight limit	0.1 kg	0.2 kg	0.3 kg
	Daliya	100 g	200 g	300 g
	Water	300 ml	600 ml	900 ml
	Salt	As per taste		
	Oil	Few drops		
	Vegetables (Cucumber cubes, chopped tomatoes, broccoli florets, sliced mushrooms)	2 cups	2.5 cups	3 cups
	Lettuce leaves	2-3 nos.	2-3 nos.	2-3 nos.
For dressing	Pudina leaves (finely chopped)	0.25 cup	0.5 cup	1 cup
	Lemon juice, pepper powder	As per taste		

Ingredients

- 1) In a Microwave safe bowl take daliya (Cous cous), add water and salt and few drops of oil. Select category and weight, then press start.
- 2) When beeps, remove and allow the daliya to cool for sometime so that the grains separate.
- 3) Now add the vegetables and press start.
- 4) Mix all the ingredients of dressing in a bowl.
- 5) When cooking ends, add the cous cous to the dressing bowl. Toss all the ingredients together.
- 6) Spread the lettuce leaves on a plate. And transfer the cous cous salad to the plate. Chill and serve.

5A7: Pasta Salad

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Pasta Salad	Weight Limit	0.2 kg
	Penne pasta	200 g
	Water	400 ml
	Vegetable (Grated carrot, capsicum, sliced olives, chopped spring onion)	1.5 cups
	Salt, pepper powder	As per taste
	Olive oil	2 tsps
	Vinegar	1 tsp
	Oregano (optional)	As per taste
	Curd	2 tbsps

Instructions

- 1) In a bowl put boiled potatoes and mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala and red chilli powder and mix well.
- 2) Wash the boiled paste under cold water to separate them. In a Microwave safe bowl add pasta, water and few drops of oil. Select category and press start.
- 3) In a bowl take boiled pasta, add vegetable, salt, pepper powder, vinegar, curd, olive oil. Toss them together. Chill and serve.

5A8: Whole Wheat and Mint Salad

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Whole Wheat and Mint Salad	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Whole wheat (Soaked in hot water for 2 hours)	100 g	200 g	300 g
	Mint leaves	1 cup	1.5 cups	2 cups
	Sprouted Chana	100 g	200 g	300 g
	Green Chilli	1 no.	2 nos.	3 nos.
	Ginger	As per taste		
	Salt and pepper	As per taste		
	Lemon Juice	1 tsp	1.5 tsps	2 tsps
	Water (with salt)	200 ml	400 ml	600 ml

Instructions

- 1) In a microwave safe bowl put soaked whole wheat and salty water. Select category and weight. Press start.
- 2) When beeps, remove and drain the whole wheat and allow to cool.
- 3) In Microwave safe bowl add sprouted chana and water (double the amount of chana), cover. Press start. When beeps, remove and allow to cool.
- 4) In a mixer, put clean mint leaves, ginger, green chillies, lemon juice and make a smooth paste.
- 5) In a bowl put whole wheat, sprouted chana, mint paste, salt, pepper and lemon-juice. Mix well. Serve chilled.

5A9: Bread Salad

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** High rack

Ingredients

List		Weight-1	Weight-2	Weight-3
For Bread Salad	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Whole wheat bread slices	2 nos.	3 nos.	4 nos.
	Tomatoes (seedless and cut in pieces)	0.25 cup	0.5 cup	1 cup
	Cucumber (Cut in pieces)	0.25 cup	0.5 cup	1 cup
	Steamed french beans	0.25 cup	0.5 cup	1 cup
	Fresh basil leaves	A few sprigs		
For Salad Dressing	Olive Oil	1 tbsp	1.5 tsbps	2 tsbps
	Vinegar	0.5 tsp	1 tsp	1.5 tsps
	Salt, pepper and Sugar	As per taste		

Instructions

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

SA ID: Papaya Lachcha Salad

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Papaya Lachcha Salad	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Papaya (thinly sliced)	100 g	200 g	300 g
	Water	As required		
	Sugar	10 g	20 g	30 g
	Cardamom essence	Few drops		

Instructions

- 1) In a Microwave safe bowl add papaya slices, sugar, some water, cardamom essence. Select category and weight, then press start.

SR 1 I: Spring Basket Salad

- **Weight Limit:** 0.1 - 0.3 kg
- **Utensil:** Microwave safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Spring Basket Salad	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Red cabbage leaves	20 g	40 g	60 g
	Baby corns	30 g	60 g	90 g
	Sprouts	20 g	40 g	50 g
	Black/green grapes	30 g	40 g	50 g
	Macroni (Boiled)	20 g	40 g	50 g

List		Weight-1	Weight-2	Weight-3
For Dressing	Olive Oil	1 tbsp	1 tbsp	1.5 tbsps
	Vinegar/lemon juice	0.5 tbsp	1 tbsp	1.5 tbsps
	Oregano	1 tsp	1 tsps	1.5 tsps
	Finely Chopped Onions	2 tbsps	3 tbsps	4 tbsps
	Salt and pepper	As per taste		
	Sugar	0.5 tsp	1 tsp	1 tsp

Instructions

- 1) Keep red cabbage leaves in Microwave safe flat glass dish. Keep in Microwave safe bowl and cover. Keep in microwave. Select category and weight, then press start.
- 2) When beeps. remove steamed cabbage leaves. Do not throw the water from the Microwave safe bowl. Keep baby corns cut into halves and sprouts in Microwave safe flat glass dish. Cover and keep in microwave. Press start.
- 3) Remove from microwave. Allow to cool.
- 4) In a bottle or container with lid put all the ingredients of dressing and shake for 1-2 minutes till all ingredients blend well..
- 5) In a bowl add baby corns, grapes cut into halves, sprouts, boiled macroni and pour dressing, cover it. Mix well and fill the steamed cabbage leaves with it.
- 6) Serve the Salad basket chilled

SA 12: Peanut Salad

- **Weight Limit:** 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Peanut Salad	Weight Limit	500 g
	Peanut	500 g
	Olive oil	2 tbsps
	Lemon Juice	2 tbsps
	Salt, Pepper	As per taste
	Chat masala	As per taste

Instructions

- 1) In a Microwave safe bowl add peanuts and add some oil.

- 2) Select menu and press start.
- 3) When beeps, add lemon juice, salt, pepper and chat masala to the peanut and press start.

5A 13: Broccoli Salad

- **Weight Limit:** 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Broccoli Salad	Weight Limit	500 g
	Broccoli florets	500 g
	Olive oil	2 tbsps
	Lemon Juice	2 tbsps
	Salt, Pepper	As per taste
	Sugar	1 tbsp
	Lettuce leaves	For garnishing

Instructions

- 1) In a Microwave safe sale bowl add broccoli florets and add some water and cover it.
- 2) Select menu and press start.
- 3) When beeps, add olive oil, lemon juice, salt, pepper and sugar to the broccoli florets and press start..
- 4) Now garnish with lettuce leaves and serve.

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5 1: Grill Chicken

- **Weight Limit:** 0.3 kg
- **Utensil:** High rack

Ingredients

List		Weight
For Grill Chicken	Weight Limit	0.3 kg
	Chicken drumsticks	300 g

List		Weight
For Marinade	Barbeque sauce	1 tbsp
	Olive Oil	0.5 tbsp
	Ginger garlic paste, cumin powder, Black pepper, Onion Paste	1 tbsp
	Salt	As per taste
	Brown sugar	2 tbsps

Instructions

- 1) Mash brown sugar, garlic paste, salt and pepper together in apaste mortar to form a paste.
- 2) Add chicken drumsticks and coat with the paste and refrigerate for 6-8 hours.
- 3) Place marinated chicken places on high rack in microwave. Select menu and weight, then press start.
- 4) When beeps, turn and press start.
- 5) Now when beeps, again turn and press start.
- 6) Serve hot with mint chutney or ketchup.

٥٢: Chicken Lollipops

- **Weight Limit:** 0.2 kg
- **Utensil:** High rack

Ingredients

List		Weight
For Chicken Lollipops	Weight Limit	0.2 kg
	Chicken keema	200 g
	Boiled potato	2 nos.
	Ginger garlic pasta	1.5 tbsps
	Red chilli powder, Garam masala, Amchur powder, Salt	As per taste
	Bread crumbs	For coating the lollipops

Instructions

- 1) Mix the chicken keema with boiled potatoes, ginger garlic paste, red Chilli powder, garam masala, amchur powder, salt.
- 2) Coat the lollipops with breadcrumbs.
- 3) Arrange the lollipops on high rack. Select category and press start.
- 4) When beeps, turn the lollipops and press start. Serve with chutney or sauce.

٥٥٣: Chicken Tikka

- **Weight Limit:** 0.3 kg
- **Utensil:** High rack

Ingredients

List		Weight
For Chicken Tikka	Weight Limit	0.8 kg
	Boneless chicken	300 g
	Oil	For basting
For Marinade	Hung curd	2 tbsps
	Ginger garlic paste	2 tbsps
	Salt, Garam masala, Chaat, masala, Red chili powder, Tandoori masala, Tandoori color	As per taste

Instructions

- 1) Mix all the ingredients of marinade in a bowl.
- 2) Mix boneless chicken with marinade and keep in refrigerator for 2-3 hours.
- 3) Now place the marinated chicken on high rack.
- 4) Select category and press start.
- 5) When beeps, turn over and baste with some oil. Press start.
- 6) When beeps, again turn over. Press start.

٥٥٤: Veg Kebabs

- **Weight Limit:** 0.3 kg
- **Utensil:** High rack

Ingredients

List		Weight
For Veg Kebabs	Weight Limit	0.3 kg
	Boiled potatoes	200 g
	Grated paneer	100 g
	Chopped green chillies	2 nos.
	Chopped coriander	A few sprigs
	Rough ground anardana seeds	1 tbsp
	Salt, red chili powder	As per taste

Instructions

- 1) Mix all the ingredients in a bowl. Mix well and shape them into flat kebabs.
- 2) Keep the kebabs on high rack and keep in microwave. Select category and press start..
- 3) When beeps, turn over the kebabs and press start again.

Child's Favourite

[F 1: Omelette

- **Weight Limit:** 0.2 ~ 0.4 kg
- **Utensil:** Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Omelette	Weight Limit	0.2 kg	0.3 kg	0.4 kg
	Eggs	2 nos.	3 nos.	4 nos.
	Oil	0.5 tbsp	1 tbsp	1 tbsp
	Chopped onion, tomato, coriander leaves	0.5 cup	1 cup	1 cup
	Salt, pepper	As per taste		

Instructions

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

[F2: Corn Chaat

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

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Ingredients

List		Weight-1	Weight-2	Weight-3
For Corn Chaat	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Sweet corn	100 g	200 g	300 g
	Mix fruits (Pomegranate, cucumber, apple)	0.5 cup	1 cup	2 cups
	Salt, red chilli powder, chaat masala, lemon juice	As per taste		

Instructions

- 1) In a Microwave safe bowl add some water and sweet corns. Select menu and weight and then press start.
- 2) Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well and serve.

[F]: Vermicelli Khichdi

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Vermicelli Khichdi	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Roasted vermicelli	100 g	200 g	300 g
	Oil	1 tbsp	1.5 tbsps	2 tbsps
	Rai, urad dal, curry leaves	As per taste		
	Chopped onion	0.5 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		

Instructions

- 1) In a Microwave safe bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix and select menu and weight and then press start.
- 2) When beeps, mix and add tomato. Press start.
- 3) When beeps, mix and add vermicelli, water, salt, red chilli powder, haldi, garam masala. Press start. Stand for 3 minutes.
- 4) Squeeze lemon, mix and serve.

[F4: Pizza

- **Weight Limit:** 0.3 kg
- **Utensil:** Glass tray

Ingredients

List		Weight
For Pizza	Weight Limit	0.3 kg
	Pizza base	1 big pizza base
	Topping	3 tbsps
	Mix Vegetables - Tomato, Capsicum, Onion	1 cup
	Grated Cheese	0.5 cup
	Oregano and Chilli flakes (Optional)	As per taste

Instructions

- 1) Select menu and then 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 Glass tray and then press start.
- 4) When beeps, do not open the door, continue cooking.

[F5: Garlic Bread

- **Weight Limit:** 0.3 kg
- **Utensil:** Low Rack

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Ingredients

List		Weight
For Garlic Bread	Weight Limit	0.3 kg
	Bread slices (French Bread)	4 pcs
	Butter	5 tbsps
	Garlic paste	2 tbsps
	Grated cheese	4 tbsps
	Salt, Pepper, Oregano, chilli flakes	As per your taste

Instructions

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

CFE: Choco Bars

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight
For Choco Bars	Weight Limit	0.2 kg
	Chocolate chips	0.5 cup
	Oats (crushed)	1 cup
	Honey	3 tbsps
	Brown sugar	4 tbsps
	Butter (softened)	8 tbsps
	Chopped nuts (almonds, pistachio, walnut)	As required

Instructions

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

[F]: Apple Pie

- **Weight Limit:** 0.6 kg
- **Utensil:** Metal cake tin, Low rack

Ingredients

List		Weight
For Apple Filling	Weight limit	0.6 kg
	Apple (pealed, cleaned, sliced thinly)	4 large sized
	White sugar	0.25 cup
	Brown sugar	0.25 cup
	Lemon juice	1 tsp
	Cinnamon powder	1 tsp
	Nutmeg powder	0.25 tsp
	Salt	0.25 tsp
	Softened butter	2 tbsps
	Cornflour	2 tbsps
For Short Crust Pastry	Maida	2.5 cups (300 g)
	Salt	0.5 tsp
	Sugar (Granulated)	2 tbsps
	Unsalted butter (chilled and cut into 2 cm pieces)	1 cup (225 g)
	Ice water	0.25 - 0.5 cup (60-120 ml)

Instructions

- 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 and well granulated.
- 2) Add 0.25 cup ice water to make a soft dough when pinched. Roll out thedough into 2 equal parts. Make disc shapes. Cover with plastic wrap and keep refrigerated at least for 30 minutes,
- 3) When chilled, roll out one disc into big shape and 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 and cut out long strips of 1.5 cm width. Cover the pie dish with these strips, arranging crossways as shown in figure 1 and figure 2.
- 6) Seal the edges and wet them with water. Cover the edges with foil paper to avoid over burning.
- 7) Select the category and press start. (Pre-heat process). When beeps, place the cake tin on low rack and press start. When beeps, give astanding time of 5-10 minutes. Cool and serve in pieces.

NOTE

- If the butter becomes soft while making pie, keep the rolled dough in freezer.

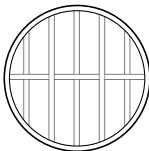


Fig -1

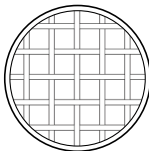


Fig -2

[FB: Bread Pudding

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Bread Pudding	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Bread slices	2 nos.	3 nos.	4 nos.
	Milk (for dipping the bread)	0.5 cup	1 cup	1.5 cups
	Egg	1 nos.	2 nos.	2 nos.
	Vanilla Essence	0.5 tsp	0.75 tsp	1 tsp
	Sugar	3 tbsps	4 tbsps	5 tbsps
	Dry fruits	As per your taste		

Instructions

- 1) Make small pieces of Bread slices. Beat the egg very well . Mix all the ingredient very well.
- 2) Pour this mixture into Microwave safe flat glass dish. Select menu and weight and then Press start.

[F9]: Cheesy Nachos

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe flat glass dish

Ingredients

List		Weight
For Cheesy Nachos	Weight Limit	0.3 kg
	Nachos	300 g
	Grated cheese	1 cup
	Pizza sauce	6 tbsps
	Chopped onion, tomato	2 cups

Instructions

- 1) In a Microwave safe flat glass dish add nachos, chopped onion, tomato, pizza sauce and grated cheese. Select category and then press start.

[F 10]: Chocolate Balls

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass dish

Ingredients

List		Weight
For Chocolate Balls	Weight Limit	0.3 kg
	Condensed Milk (Milkmaid)	1 cup
	Marie biscuit powder	1 cup
	Milk powder	0.5 cup
	Malted Chocolate powder (Bournvita)	0.5 cup
	Grated coconut	0.5 cup

Instructions

- 1) In a Microwave safe safe glass bowl add Condensed Milk (Milkmaid), marie biscuit powder, milk powder, Malted Chocolate powder (Bournvita). Mix well. Select menu and then press start.
- 2) Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut.

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3) Keep in refrigerator for half an hour.

[F 11: Strawberry Custard

- **Weight Limit:** 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Strawberry Custard	Weight Limit	0.5 kg
	Milk	1 cup
	Strawberry custard powder	3 tbsps
	Sugar	50 g
	Strawberry pieces	As required

Instructions

- 1) In a Microwave safe bowl add milk, strawberry custard powder, sugar. Mix well.
- 2) Select menu and then press start.
- 3) When beeps, stir well. Press start.
- 4) When beeps, stir well. Press start. Allow to set in refrigerator.

[F 12: Noodles

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Noodles	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Noodles	100 g	200 g	300 g
	Water	400 ml	800 ml	1200 ml
	Oil	1 tsp	2 tsp	3 tsp
	Vinegar	0.5 tsp	1 tsp	1 tsp
	Soya sauce	0.5 tsp	1 tsp	1 tsp
	Chilli sauce	0.5 tsp	1 tsp	1 tsp
	Mix Vegetable - Cabbage, capsicum, carrot, French beans etc.	0.5 cup	0.3 kg	1 cup
	Salt, sugar, Pepper, MSG	As per taste		

Instructions

- 1) In Microwave Safe Bowl take noodles, water, oil. Select category and weight and then press start.
- 2) When beeps, Strain noodles and pour cold water over it. In Microwave Safe Bowl put some oil and finely chopped vegetables, and vinegar, soya sauce,chilli sauce, MSG, salt and pepper press start.
- 3) When beep, add noodles and mix well press start. Serve hot

[F 13: Creamy mushroom buns

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl, High rack

Ingredients

List		Weight-1	Weight-2	Weight-3
For Creamy mushroom buns	Weight limit	0.1 kg	0.2 kg	0.3 kg
	Buns (cut into half horizontally)	1 no.	2 no.	3 no.
	Butter	1 tbsp	2 tbsps	3 tbsps
	Garlic (Chopped)	1 tsp	2 tsp	3 tsp
	Green Chillies (chopped)	1 no.	2 no.	3 no.
	Coriander (chopped)	A few sprigs		
	Onions (chopped)	0.5 cup	0.5 cup	1 cup
	Mushroom (sliced)	0.25 cup	0.5 cup	1 cup
	Spinach (chopped)	0.25 cup	0.5 cup	1 cup
	Salt and pepper	As per taste		
	Oregano	1 tsp	1.5 tsp	2 tsp
	Cheese (grated)	0.25 cup	0.25 cup	0.5 cup
	Milk	0.25 cup	0.5 cup	1 cup

Instructions

- 1) Take the horizontally cut buns, hollow them to make a cavity in the buns for the filling. Soak the removed bun crumbs in milk and keep aside.
- 2) In a microwave safe glass bowl put butter, onions, garlic, green chilli, mushrooms and mix well. Select category and weight and then press start.
- 3) When beeps, remove and add chopped spinch, grated cheese, salt, pepper and oregano. Mix and then press start.
- 4) When beeps, mix again. Fill this mixture into the buns. Place the filled buns on high rack. Sprinkle grated cheese (as required) and then press start.
- 5) Remove and serve hot with tomato ketchup.

CF 14: Pav Bhaji

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe glass bowl, High Rack

Ingredients

List		Weight 1	Weight 2	Weight 3
For Pav Bhaji	Weight limit	0.1 kg	0.2 kg	0.3 kg
	Boiled mix veg (Potato, Cauliflower, Capsicum, Green peas)	100 g	200 g	300 g
	Oil	1 tbsp	2 tbsps	2 tbsps
	Chopped onion	1 no.	2 nos.	2 nos.
	Chopped tomato	1 no.	2 nos.	3 nos.
	Water	As required		
	Pav bhaji masala	1 tsp	1.5 tsp	2 tsp
	Garlic paste	1 tsp	1.5 tsp	2 tsp
	Red chilli powder, Salt, Lemon juice, Butter	As per taste		
	Hara dhania	For garnishing		

Instructions

- 1) Take bread slices and remove its edges using a sharp bread knife. In abowl mix together all the ingredients of dressing.
- 2) Select menu and weight and then press start.
- 3) When beeps, add vegetables, water, red chilli powder, pav bhaji masala, salt. Mix well.
- 4) Press start.
- 5) When beeps, remove mash it well, add butter and lemon juice. Garnish with coriander leaves.
- 6) Keep this aside.
- 7) For grilling pav-bhaji buns: Cut each bun in centre, apply butter, arrange on high rack.
- 8) Press start. Serve with bhaji.

CF 15: Dhokla

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe flat glass dish, Microwave safe bowl

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Ingredients

List		Weight 1	Weight 2	Weight 3
For Dhokla	Weight limit	0.1 kg	0.2 kg	0.3 kg
	Besan	50 g	75 g	100 g
	Warm water	50 ml	75 ml	100 ml
	Curd	2 tbsps	3 tbsps	4 tbsps
	Green chilli and Ginger paste	1 tsp	1.5 tsp	2 tsp
	Salt and Sugar	As per taste		
	Fruit salt / Mitha soda	0.125 tsp	0.25 tsp	0.25 tsp
	Oil, Rai, Curry leaves, Water	For tempering		
	Grated coconut	For garnishing		
	Yellow colour / Haldi	As required		

Instructions

- 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 microwave safe flat glass dish. Add 0.5 cup water to the microwave safe bowl, keep the flat glass dish, cover. Select menu and weight and then press start.
- 3) When beep, in another microwave safe bowl add oil, rai and curry leaves ,then press start. Add some water to the tempering.
- 4) Add this tempering to the dhokla and cover. Stand for 5 minutes. Garnish with grated coconut and serve.

NOTE

- Mix 2 tsp sugar to water and dissolve before adding to the tempering.

CF 16: Peanuts

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe flat glass dish

Ingredients

List		Weight 1	Weight 2	Weight 3
For Peanuts	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Peanuts	100 g	200 g	300 g
	Oil	As required		

Instructions

- 1) In a microwave safe flat glass dish add drops of oil, peanuts. Mix well.
- 2) Select menu and weight and then press start.
- 3) When beeps, stir it and then press start.
- 4) Serve plain or with chaat masala.

CF 17: Murmura

- **Weight Limit:** 0.1 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Murmura	Weight limit	0.1 kg
	Murmura	100 g
	Roasted peanuts	As required
	Oil	1 tbsp
	Jeera	1 tsp
	Salt, chat masala	As per taste
	Haldi	0.25 cup

Instructions

- 1) In a Microwave safe glass bowl add oil, jeera, haldi. Select menu and then press start.
- 2) When beeps, add murmura. Mix and then press start.
- 3) When beeps, add roasted peanuts, salt, chaat masala and serve.

CF 18: Papdi

- **Weight Limit:**
- **Utensil:** Metal cake tray, Low rack

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Ingredients

List		Weight
For Papdi	Weight Limit	12
	Wheat flour	0.25 cup
	Cumin seeds	0.5 tsp
	Salt	0.25 tsp
	Oil	1 tsp
	Water	As required

Instructions

- 1) Combine all the ingredients in a bowl. Make a soft dough adding required amount of water.
- 2) Select menu and press start. (Preheat process)
- 3) Take small amount of dough (equal proportion for all papdis) and roll out papdis prick with a fork and keep on cake tray. Keep the tray on low rack and press start.
- 4) Give a standing time of 5 minutes. Remove and store in an air tight container.

NOTE

- 12 indicates the number of papdi that can be prepared.

CF 19: Paneer Bhurji

- **Weight Limit:** 0.1 ~ 0.4 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For Paneer Bhurji	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg
	Paneer (mashed)	100 g	200 g	300 g	400 g
	Oil	1 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps
	Chopped capsicum	1 no.	2 nos.	3 nos.	4 nos.
	Chopped onion	0.5 cup	1 cup	1 cup	1.5 cup
	Coriander leaves	A few sprig			
	Coriander powder, Jeera powder,	As per taste			

Instructions

- 1) In a microwave safe bowl add oil, onion and capsicum. Select menu and weight ,then press start.
- 2) When beeps, mix well and add paneer, coriander leaves, coriander powder, jeera powder, red chilli powder and salt. Mix well ,then press start.
- 3) Serve with toast or wrapped in roti.

[F20: Steamed Triangles

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe glass bowl, Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Steamed Triangles	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Suji	100 g	200 g	300 g
	Sour curd	0.5 cup	1 cup	1.5 cup
	Grated carrot	0.5 cup	1 cup	1.5 cup
	Capsicum (finely chopped)	3 tbsps	4 tbsps	5 tbsps
	Water (to make batter)	As required		
	Mint chutney	4 tbsps	5 tbsps	6 tbsps
	Oil	1 tsp	1.5 tsps	2 tsps
	Salt and sugar	As per taste		
	Eno fruit salt	1 tsp	1.5 tsps	2 tsps
	Oregano	1 tsp	1.5 tsps	2 tsps

Instructions

- 1) Put suji in a microwave safe glass bowl. Select menu weight, then press start.
- 2) When beeps, mix well. Add curd, salt, sugar, oregano, water, eno salt. Mix well to make batter of dropping consistency.
- 3) Transfer half the batter to a microwave safe flat glass dish. Sprinkle half of the vegetables over the batter. Sprinkle half of mint chutney over vegetables. Repeat the same procedure with left over ingredients
- 4) Cover the microwave safe flat glass dish with plastic wrap/film. Prick with a fork/knife at 2-3 places. Keep in microwave. Press start.
- 5) Give standing time of 5 minutes. Remove the plastic wrap/film. Cut into triangles and serve hot.

CF2 I: Khandvi

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Khandvi	Weight Limit	0.3 kg
	Besan	100 g
	Water	1 cup
	Curd	1 cup
	Salt	As per taste
	Green chilli and Ginger paste	As per taste
	Chopped coriander leaves	A few sprigs
	Rai seeds (spluttered)	0.5 tsp
	Grated coconut	As required

Instructions

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

CF22: Namakparas

- **Weight Limit:** 15 Nos.
- **Utensil:** Metal Baking tray, Low rack

Ingredients

List		Weight
For Namakparas	Weight Limit	15 Nos.
	Maida	100 g
	Oil	100 g
	Ajwain	2 tbsps
	Salt	2 nos.
	Water	1 no.

Instructions

- 1) In a Microwave safe bowl take soaked dalia, soaked moong dal, desi ghee, grated potato and grated carrot. Mix very well. Select category and weight, then press start.
- 2) Select menu and weight ,then press start. (Preheat process)
- 3) Roll out the dough and make a 12 mm thick circle and cut them into small thin rectangular strips. Keep them on metal baking tray.
- 4) When beeps, keep metal baking tray on low rack ,then press start. Give a standing time of 5 minutes
- 5) Let them cool completely before storing them in air tight container.

NOTE

- 15 indicate the number of namak paras that can be prepared.

[F23] Cottage Honey Toast

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** High rack

Ingredients

List		Weight-1	Weight-2	Weight-3
For Cottage Honey Toast	Weight Limit	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		

Instructions

- 1) Spread cottage cheese and cinnamon powder on the bread slices. Keep on high rack. Select menu and weight ,then press start.
- 2) When beeps, turn overthe slices ,then press start.
- 3) Drizzle honev on slices and serve.

[F24] Baked Potatoes

- **Weight Limit:** 0.5 kg
- **Utensil:** Low rack

Ingredients

List		Weight
For Baked Potatoes	Weight Limit	0.5 kg
	Half boiled potatoes	500 g
	Boiled kabuli chana	0.5 cup
	Hung curd	0.25 cup
	Olive oil	1 tbsp
	Softened butter	2 tbsps
	Salt and Pepper	As per taste
	Oregano	2 tsps
	Chopped garlic	1 tsp
	Tabasco	0.5 tsp
For Topping (mix together)	Cornflakes (crushed)	4 tbsps
	Wheat flour	1 tsp
	Olive oil	1 tbsp
	Chopped coriander	2 tbsps

Instructions

- 1) Cut the half boiled potatoes lengthwise and scoop out the potatoes leaving 12 mm thick wall. Keep the scooped out potatoes aside.
- 2) Mix in a bowl scooped out and mashed potatoes, boiled and mashed kabuli chana, chopped garlic, green chilli, hung curd, olive oil, butter, salt and pepper, oregano, tabasco cornflakes. Mix well and make a paste/mixture.
- 3) Fill in the hollowed-out potatoes with this mixture/paste with a spoon.
- 4) In a bowl mix all the ingredients of cornflakes topping and cover all filled potatoes with the same mix..
- 5) Select the menu ,then press start. (Preheat process)
- 6) When beeps, keep the greased potatoes on low rack ,then press start. Serve with tomato ketchup or any other sauce of your choice.

[F25: Tokri Chaat

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Metal muffin case, High rack

Ingredients

List		Weight-1	Weight-2	Weight-3
For Tokri Chaat	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Bread slices	2 nos.	4 nos.	6 nos.
For filling	Moong sprouts, pomegranate, cucumber, onion, boiled potato, chopped mango	1 cup	1.5 cups	2 cups
	Salt, chaat masala, imli chutney, lemon juice	As per taste		

Instructions

- 1) In a bowl mix all the ingredients for filling and keep aside.
- 2) On a rolling board keep the bread slice and with the help of a rolling pin roll out the bread thinly. Take muffin cases and arrange the bread slices in them.
- 3) Place the muffin case on high rack. Select menu and weight ,then press start.
- 4) When beeps, take out the bread slices and turn over and keep on high rack ,then press start.
- 5) Remove, allow to cool. Put the ingredients for filling inside the tokri and serve.

CF26: Spicy Baby Corn

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight 1	Weight 2	Weight 3
For Spicy Baby Corn	Weight limit	0.1 kg	0.2 kg	0.3 kg
	Baby corn (cut lengthwise)	100 g	200 g	300 g
	Lemon juice	As per taste		
	Sugar, salt	As per taste		
	Oil	1 tsp	1.5 tsps	2 tsps

List		Weight 1	Weight 2	Weight 3
For Paste	Coriander leaves (chopped)	1 cup	1.5 cups	2 cups
	Ginger (chopped)	0.5 tsp	1 tsp	1.5 tsps
	Garlic cloves	1 no.	2 nos.	3 nos.
	Green chillies (chopped)	1 no.	2 nos.	3 nos.
	Onion (chopped)	0.5 cup	1 cup	1 cup
	Cumin seeds	As per requirement		

Instructions

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

[F2]: Veg Sandwich

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** High rack

Ingredients

List		Weight-1	Weight-2	Weight-3
For Veg Sandwich	Weight Limit	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 tbsps	4 tbsps
	Sauce / spread	1.5 tbsps	3 tbsps	4 tbsps
	Chopped vegetables (onion, tomato, capsicum)	2 tbsps	4 tbsps	6 tbsps
	Grated cheese	2 tbsps	4 tbsps	6 tbsps
	Sat and pepper	As per taste		

Instructions

- 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 and weight ,then press start.

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3) When beeps, change the side of the sandwich and again press start.

[F28: Paneer Sandwich

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** High rack

Ingredients

List		Weight-1	Weight-2	Weight-3
For Paneer Sandwich	Weight Limit	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 tbsps	3 tbsps	4 tbsps
	Cheese spread	2 tbsps	3 tbsps	4 tbsps
	Salt, pepper and mustard powder	As per taste		
	Minced ginger	As per taste		

Instructions

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

[F29: Masala Cheese Toast

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** High rack

Ingredients

List		Weight-1	Weight-2	Weight-3
For Masala Cheese Toast	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Bread slices	2 nos.	4 nos.	6 nos.
	Butter	For applying on bread slices		

List		Weight-1	Weight-2	Weight-3
For Filling	Chopped boiled vegetables - cabbage, cauliflower, green peas,french beans, capsicum	1 cup	1.5 cups	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 chili powder, garam masala	As per taste		
	Chopped coriander leaves	1 tsp	2 tsps	3 tsps
	Grated cheese	2 tsps	4 tsps	6 tsps

Instructions

- 1) In a bowl add mashed boiled potatoes, boiled vegetables. Mash them well. Add chopped onion, green chillies and 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 and grated cheese on one slice and cover with other slice. Prepare all the toasts in same way.
- 4) Keep the toasts on high rack. Select category and weight ,then press start.
- 5) When beeps, turn overthe side ,then press start.

☑️: Bread Dahi Vada

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe flat glass dish

Ingredients

List		Weight
For Bread Dahi Vada	Weight Limit	0.3 kg
	Bread slices (cut the edges)	8 nos.
	Beaten curd	As required
	Imli ki saunth	As required
	Green chillies (chopped)	3 nos.
	Grated ginger	10 g
	Chopped coriander leaves	A few sprigs
	Kishmish	5 g
	Salt, Cumin seed powder, Red chilli powder, Pudina powder	As per taste
	Pepper corns	4-5 pieces

Instructions

- 1) In a bowl add mashed boiled potatoes, boiled vegetables. Mash them well. Add chopped onion, green chillies and chopped coriander leaves. Mix well. Now add salt, red chilli powder, garam masala. Mix well.
- 2) Now sprinkle chopped green chillies, grated ginger, chopped coriander leaves and pudina powder. Now place the other bread slices dipped in water over the first one and seal the edges properly. Give them round shape. Make 4 vadas in same manner.
- 3) Keep the microwave safe flat glass dish in the oven. Select menu ,then press start.
- 4) Take out and allow to cool..
- 5) Now add beaten curd, imli saunth, salt, red chilli powder, cumin seed powder. Place a pepper corn at the centre of each vada. Keep in refrigerator for cooling. Serve.

Steam Cook

Set 1:Keema Balls

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe flat glass dish, Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Keema Balls	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Chicken Kheema	75 gms	125 gms	175 gms
	Boiled and Mashed Potato	1 No.	2 Nos.	3 No.
	Ginger, Garlic Paste, Salt, Garam Masala, Hara Dhania Lemon Juice	As per taste		
	Besan	1 tsp	2 tsps	3 tsps

Instructions

- 1) Mix all the ingredients together. Make balls from it. Place the balls in greased Microwave safe flat glass dish. Add 0.5 cup water to the Microwave safe bowl. Place the Microwave safe glass dish inside the bowl. Cover. Select category and weight, then press start.

Step: Gajar Ka Halwa

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl, Microwave safe bowl

Ingredients

List		Weight
For Gajar Ka Halwa	Weight Limit	0.3 kg
	Grated Gajar	300 gms
	Ghee	2 tbsps
	Milk Powder	4 tbsps
	Khoya	5 tbsps
	Sugar	4 tbsps
	Elaichi Powder and Dry Fruits	As per taste

Instructions

- 1) In a Microwave safe glass bowl take all the ingredients and mix well.
- 2) Add 0.5 cup water to the Microwave safe bowl.
- 3) Keep the Microwave safe Glass bowl in the bowl. Cover. Select category, then press start.

5୧୩: Shakarkandi

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe flat glass dish, Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Shakarkandi	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Salt and Chat Masala	As per taste		

Instructions

- 1) In Microwave safe bowl add 0.5 water. Keep the peeled off shakarkandi in Microwave safe flat glass dish and put in the bowl. Cover. Select category and weight, then press start.
- 2) After steaming sprinkle some salt and chaat masala and serve

5୧୪: Methi Muthiya

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe flat glass dish, Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Methi Muthiya	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Methi Leaves	0.5 cup	0.75 cup	1 cup
	Atta	0.25 cup	0.5 cup	0.75 cup
	Besan	2 tbsps	3 tbsps	4 tbsps
	Suji	1 tbsp	1.5 tbsps	0.75tbsp
	Baking Soda	0.25 tsp	0.5 tsp	0.75 tsp
	Ginger garlic chilli paste, Dhania Powder, Haldi, Salt, Sugar	As per taste		

Utensil

- 1) Mix all the ingredients. Add some water and make a soft dough. Make small rolls from this mixture. Place rolls on Microwave safe flat glass dish.
- 2) Add 0.5 cup water to the bowl. Keep the Microwave safe flat glass dish in Microwave safe bowl. Cover. Select category and weight, then press start.

5E5: Kothimbir Vadi

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl , Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Kothimbir Vadi	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Kothimbir (Hara Dhaniya)	100 g	200 g	300 g
	Besan	0.5 cup	1 cup	1.5 cups
	Suji	2 tbsps	3 tbsps	4 tbsps
	Red chili powder. salt, garam masala	As per taste		
	Baking powder	0.5 tsp	0.5 tsp	1 tsp

Instructions

- 1) Mix all the ingredients together and make vadis out of it.
- 2) In Microwave safe bowl, add 0.5 cup water. Place the vadis on Microwave safe flat glass dish. Keep in the bowl and cover. Select category and weight, then press start.
- 3) Allow to stand for 3 minutes.

5E6: Sprouts

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl , Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Sprouts	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Moong sprouts	100 g	200 g	300 g
	Chopped onion, Chopped tomato	1 cup	2 cups	2 cups
	Salt, Chaat masala, Lemon juice	As per taste		

Ingredients

- 1) In a Microwave safe bowl, add 0.5 cup water, put moong sprouts In Microwave safe flat glass dish. Keep in the Microwave safe bowl and cover.

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- 2) Select category and weight ,then press start. Stand for 3 minutes. Add chopped onion, tomato, salt, chaat masala and lemon juice and serve.

5A7: Steamed Veg

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Steamed Veg	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Chopped vegetables (Capsicum, carrots, peas, beans)	100 g	200 g	300 g

Instructions

- 1) In the Microwave safe bowl, add 0.5 cup water. Put the chopped vegetables in the Microwave safe flat glass dish, Keep in the bowl and cover.
- 2) Select category and weight, then press start. Sprinkle salt and pepper as per taste and serve.

5t8: Rasiya Muthiya

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Rasia Muthiya	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Basmati rice (soaked for 1 hour)	100 g	200 g	300 g
	Water	200 ml	400 ml	600 ml
	Ginger-garlic paste	0.5 tbsp	1 tbsp	1.5 tsbps
	Hing	A pinch		
	Besan	1 tbsp	2 tsbps	3 tsbps
	Kadhi	As required		

Instructions

- 1) In a Microwave safe bowl add rice and water. Select category and weight, then press start.

- 2) When beeps, take out the cooked rice. Add ginger garlic paste, hing, besan. Mash well with rice. Make balls out of the rice mixture..
- 3) In the Microwave safe bowl, add 0.5 water to the bowl. Keep the muthiyas on the Microwave safe flat glass dish. Keep in the bowl. Cover, then press start.
- 4) When beeps, remove the muthiyas and add to the kadhi and serve..

5E9: Steamed Cauli-flower

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Steamed Cauliflower	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Cauliflower florets	100 g	200 g	300 g
	Onion paste	1 tbsp	2 tbsps	3 tbsps
	Ginger garlic paste	0.5 tbsp	1 tbsp	1.5 tbsps
	Red chilli, dhania, coriander, turmeric (powdered), garam masala, salt, sugar	As per taste		
	Tomato puree	2 tbsps	3 tbsps	4 tbsps
	Curd	100 ml	150 ml	200 ml

Instructions

- 1) Mix all the ingredients together except cauliflower. Add cauliflower and marinate for 1 hour.
- 2) In Microwave safe bowl, add 0.5 cup water.
- 3) Now keep the marinated cauliflower on the Microwave safe flat glass dish. Keep in the Microwave safe bowl and cover. Select category and weight, then press start.
- 4) Allow to stand for 5 minutes.

5E 10: Sarson Ka Saag

- **Weight Limit:** 0.1 ~ 0.4 kg
- **Utensil:** Microwave safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For Sarson Ka Saag	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg
	Sarson (washed and separated leaves)	75 g	150 g	200 g	250 g
	Palak (washed and separated leaves)	20 g	50 g	100 g	150 g
	Oil	1 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps
	Onion garlic paste	1 tsp	1.5 tsps	2 tsps	2.5 tsps
	Tomato (chopped)	0.5 cup	1 cup	1.5 cups	2 cups
	Salt, Red chilli powder	As per taste			
	Water	As required			

Instructions

- 1) In the Microwave safe bowl, add 0.5 water. Place sarson and palak in the Microwave safe flat glass dish. Keep the Microwave safe flat glass dish in Microwave safe bowl and cover. Select category and weight, then press start.
- 2) When beeps, remove the Microwave safe bowl, grind the steamed sarson and Palak with water
- 3) In a Microwave safe bowl add oil, onion garlic paste, tomato, salt and red chilli powder ,then press start. Mix well.
- 4) When beeps, add grind sarson and palak, water (as required) to the Microwave safe bowl. Mix well ,then press start. Serve it ith makki ki roti.

Set 1: Bhafouri

- **Weight Limit:** 0.1 - 0.2 kg
- **Utensil:** Microwave Safe bowl, Microwave safe idli stand

Ingredients

List		Weight-1	Weight-2
For Bhafouri	Weight Limit	0.1 kg	0.2 kg
	Mix dal paste (Moong dal, Urad dal)	100 g	200 g
	Ginger- garlic paste	0.5 tbsp	1 tbsp
	Hing	A pinch	
	Mitha soda	0.125 tsp	0.25 tsp
	Salt	As per taste	

Instructions

- 1) Mix all the ingredients together and make bails out of the mixture.
- 2) In Microwave safe bowl, add 0.5 cup water. Keep the balls in Microwave safe idli stand and keep it inside the bowl. Cover. Select category and weight, then press start. Allow to stand for 3 minutes.

5٤ ١2: Steamed Peas

- **Weight Limit:** 0.1 - 0.3 kg
- **Utensil:** Microwave Safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Steamed Peas	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Shelled peas	100 g	200 g	300 g
	Salt and Chaat masala	As per taste		
	Butter	0.5 tbsp	1 tbsp	1.5 tsbps

Instructions

- 1) In Microwave safe bowl, add 0.5 cup water to the Microwave safe bowl, place put the peas in Microwave safe flat glass dish. Keep in Microwave safe bowl and cover. Select category and weight, then press start.
- 2) Remove and add butter, salt and chaat masala and serve.

5٤ ١3: Matar Mushroom

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave Safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Matar Mushroom	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Matar	50 g	100 g	150 g
	Mushroom (chopped)	50 g	100 g	150 g
	Oil	1 tbsp	1.5 tbsps	2 tbsps
	Onion (chopped)	0.5 cup	1 cup	1 cup
	Tomato puree	2 tbsps	2.5 tbsps	3 tbsps
	Salt, Red chili powder, Garam masala	As per taste		

Instructions

- 1) Add 0.5 cup water to Microwave safe bowl. bowl, place the matar and chopped mushroom on the Microwave safe flat glass dish, keep in Microwave safe bowl and cover. Select category and weight, then press start..
- 2) When beeps, remove.
- 3) In a Microwave safe bowl add oil, onion, tomato puree, salt, red chilli powder, garam masala ,then press start. Mix well.
- 4) When beeps, add steamed matar and mushroom to the Microwave safe bowl and add little water, press start. Mix well and add chopped coriander leaves and serve with roti.

SE 14: Avial

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave Safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Avial	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Cut vegetables (long pieces), Carrot, potato, drumstick, French beans, bottlegourd	100 g	200 g	300 g
	Oil	1 tbsp	1 tbsp	1.5 tsbps
	Mustard seeds, Curry leaves, Salt, Haldi	As per taste		
	Coconut milk	0.5 cup	1 cup	1.5 cups
	Curd (beaten)	0.5 cup	1 cup	1.5 cups

Instructions

- 1) Add 0.5 cup water to Microwave safe bowl, place the vegetables in Microwave safe flat glass dish and keep in Microwave safe bowl and cover. Press start.
- 2) Select category and weight, then press start.
- 3) When beeps, remove the all from microwave oven.
- 4) When beeps, in a Microwave safe bowl add 1 tbsp oil, mustard seeds, curry leaves, haldi, salt. Add coconut milk and curd.
- 5) When beeps, add the steamed vegetables to the coconut milk ,then press start. Garnish with grated coconut and serve

5.15: Shorshe Ilish

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave Safe bowl, Microwave safe flat glass dish

Ingredients

List		Weight
For Shorshe Ilish	Weight Limit	0.3 kg
	Hilsa pieces	300 g
	Mustard oil	1 tbsp
	Onion	2 nos.
	Mustard seeds and chilli paste	1.5 tsbps
	Salt, Red chilli powder	As per taste

Instructions

- 1) Add 0.5 cup water to Microwave safe bowl, place the hilsa pieces in Microwave safe flat glass dish and keep in Microwave safe bowl and cover. Select category, then press start. Stand for 3 minutes.
- 2) When beeps, remove all from microwave oven. In a Microwave safe bowl add mustard oil, onion, mustard and chilli paste, salt, red chilli powder, then press start.
- 3) When beeps, add the steamed hilsa in Microwave safe bowl, mix well and cover. Press start. Serve with rice.

Indian Cuisine

I [I: Mix Veg

- **Weight Limit:**0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Mix Veg	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
	Mix Veg. (Carrot, Cauliflower, peas, beans, potato)	100 g	200 g	300 g	400 g	500 g
	Oil	0.25 tbsp	0.5 tbsp	1 tbsp	1.5 tsbps	2 tsbps
	Onion (chopped)	0.5 cup	1 cup	1.5 cups	2 cups	2 cups
	Tomato (chopped)	0.25 cup	1 cup	1.5 cups	1.5 cups	1.5 cups
	Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder	As per taste				

Instructions

- 1) In a Microwave safe bowl add oil, onion, tomato and all spices. Mix well, select menu and weight, then press start.
- 2) When beeps, remove and mix well. Add vegetable and some water. Cover and press start.
- 3) When beeps, mix well. Cover and press start. Garnish with coriander leaves.

I [2]: Kadhai Paneer

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Kadhai Paneer	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
	Capsicum and Onion (sliced)	0.5 cup	1 cup	1.5 cups	2 cups	2.5 cups
	Onion Paste	3 tbsps	4 tbsps	5 tbsps	6 tbsps	6.5 tbsps
	Tomato Puree	2 tbsps	3 tbsps	4 tbsps	4.5 tbsps	5 tbsps
	Ginger-Garlic Paste, Salt and Sugar	As per taste				
	Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala	As per taste				
	Butter	1.5 tbsps	2 tbsps	3 tbsps	3.5 tbsps	4 tbsps
	Fresh Cream	1 tbsp	2 tbsps	3 tbsps	4 tbsps	5 tbsps
	Oil	0.5 tbsp	1 tbsp	2 tbsps	2.5 tbsps	3 tbsps

Instructions

- 1) In Microwave safe bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum and onion. Mix well, cover. select menu and weight, then 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.

I [3]: Dal Tadka

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave safe bowl

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Ingredients

List		Weight
For Dal Tadka	Weight Limit	0.2 kg
	Dal (soaked for 2 hours)	200 g
	Water	400 ml
	Oil	2 tbsps
	Rai, Roasted Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch, Dhania powder	As per taste
	Salt,	As per taste

Instructions

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

I 4: Sambhar

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Sambhar	Weight Limit	0.2 kg
	Arhar Dal (Soaked for 2 hrs)	200 g
	Oil	2 tbsps
	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

Instructions

- 1) Soak dal for 2 hours, In Microwave Safe Bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select menu 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.

I C5: Dum Aloo

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Dum Aloo	Weight Limit	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 tbsps	3 tbsps	3 tbsps	3.5 tbsps	3.5 tbsps
	Jeera, pepper seeds, cloves, hing	As required				
	Onion paste	2 tbsps	3 tbsps	4 tbsps	5 tbsps	6 tbsps
	Ginger and garlic paste	1 tsp	1.5 tsps	1.5 tsps	2 tsps	2 tsps
	Tomato puree	1 tbsp	2 tbsps	3 tbsps	4 tbsps	5 tbsps
	Curd	0.5 cup	1 cup	1 cup	1.5 cups	1.5 cups
	Turmeric powder, red chilli powder, deghi mirch, salt, garam masala, saunf powder	As per taste				

Instructions

- 1) In a Microwave safe bowl add oil, jeera, pepper seeds, cloves, hing, onion paste, ginger garlic paste. Mix well.
- 2) select menu and weight, then press start.
- 3) When beeps, mix well and add tomato puree and boiled potatoes. Mix well and cover. Press start.
- 4) When beeps, mix well and add curd. Cover and press start.
- 5) Allow to stand for 3 minutes.

I 5: Baigan Ka Bharta

- **Weight Limit:** 0.3 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Baigan Ka Bharta	Weight Limit	0.3 kg	0.4 kg	0.5 kg
	Baigan (Chopped in big pieces)	300 g	400 g	500 g
	Oil	1 tbsp	1.5 tbsps	2 tbsps
	Chopped onions	1 cup	1.5 cups	2 cups
	Chopped green chillies	3 nos.	4 nos.	5 nos.
	Chopped ginger	1 tbsp	1.5 tbsps	2 tbsps
	Chopped tomato	2 nos.	3 nos.	4 nos.
	Tomato puree	4 tbsps	5 tbsps	6 tbsps
	Salt, dhania powder, garam masala, red chilli powder, haldi	As per taste		
	Chopped coriander leaves	A few sprigs		

Instructions

- 1) In a Microwave safe bowl add peeled and chopped baigan. Sprinkle some water. Cover. select menu and weight, then press start.
- 2) When beeps, remove and mash the baigan well.
- 3) In another Microwave safe bowl add oil, chopped onion, green chillies, ginger, tomato, tomato puree, salt, dhania powder, garam masala, red chilli powder, haldi. Mix well. Cover and press start.

- 4) When beeps, mix well. Add the mashed baingan and mix well. Press start. Allow to stand for 3 minutes. Garnish with coriander leaves.

I [7]: Kadhi

- **Weight Limit:** 0.3 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Kadhi	Weight Limit	0.3 kg	0.4 kg	0.5 kg
	Besan	25 g	50 g	75 g
	Curd / matha	0.5 cup	1 cup	1.5 cups
	Oil	1 tbsp	1.5 tsbps	2 tsbps
	Rai, cumin seeds	As per taste		
	Chopped onions	1 cup	1.5 cups	1.5 cups
	Salt, red chilli powder, haldi, coriander powder, amchur	As per taste		
	Water	2 cups	3 cups	4 cups

Instructions

- 1) In a Microwave safe bowl add oil, rai, jeera, chopped onion. select menu and weight, then press start.
- 2) When beeps, mix and add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (0.5 the amount mentioned per weight). Mix and press start.
- 3) When beeps, mix and add remaining water and press start. Pour tempering and serve.

I [8]: Pithla

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl, Microwave safe flat glass dish

Ingredients

List		Weight
For Pithla	Weight Limit	0.6 kg
	Besan	0.5 cup
	Oil	1.5 tbsps
	Ginger, garlic, green chillies (chopped)	1 tsp each
	Onion, Tomato (chopped)	1 no. each
	Coriander chopped	A few sprigs
	Water	2 cups (400 ml)
	Salt, turmeric powder, garam masala, red chilli powder	As per taste

Instructions

- 1) In a Microwave safe flat glass dish put besan. Select menu and press start.
- 2) When beeps, remove and in another Microwave safe glass bowl put oil, chopped ginger, garlic, green chilli, chopped onion and tomato, turmeric powder, garam masala, red chilli powder. Mix well and press start.
- 3) When beeps, mix besan with masala and add water and salt. Mix well. Keep Microwave safe glass bowl in microwave and press start.
- 4) Stir well. Garnish with fresh coriander and serve.

I [9: Dalma

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Dalma	Weight Limit	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

List		Weight
For tadka	Oil	2 tbsps
	Bay leafs, jeera, dry chillies, salt, haldi	As per taste
	Grated coconut	4 tbsps
	Chopped onion	1 no.

Instructions

- 1) In a Microwave safe bowl add soaked moong dal, chopped vegetables and water. Mix well. Select menu and press start.
- 2) When beeps, in another Microwave safe bowl add oil, bay leafs, jeera, dry chillies, salt, haldi, grated coconut and chopped onion. Mix well and press start.
- 3) When beeps, mix well add the tadka ingredients to the dal. Mix well and press start.

📖 🍲: Panchmel Ki Sabzi

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Panchmel Ki Sabzi	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Chopped vegetables (Gavarfali, chawli, shimla mirch, kheera, gajar)	100 g	200 g	300 g
	Oil	0.5 tbsps	1 tbsps	2 tbsps
	Jeera	0.5 tsp	1 tsp	1 tsp
	Onion	0.5 cup	0.5 cup	1 cup
	Ginger and green chilli paste	1 tsp	1.5 tpsps	2 tpsps
	Coriander powder, amchur, haldi and salt	As per taste		

Instructions

- 1) In a Microwave safe bowl add oil, jeera, onion, ginger and green chilli paste. Mix well.
- 2) Select menu and weight, then press start.
- 3) When beeps, mix well and add the chopped vegetables and little water. Cover and press start.

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- 4) When beeps, mix well and add coriander powder, amchur, haldi and salt. Press start. Allow to stand for 5 minutes.

I [I I: Gujarati Tovar Dal

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Gujarati Tovar Dal	Weight Limit	0.3 kg
	Tovar dal / Arhar dal (soaked for 2 hours)	300 g
	Water	600 ml
	Oil	1 tbsp
	Mustard seeds	0.5 tsp
	Jeera	0.5 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

Instructions

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

I [I I: Butter Chicken

- **Weight Limit:** 0.3 ~ 0.5 kg

- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Butter Chicken	Weight Limit	0.3 kg	0.4 kg	0.5 kg
	Chicken (boneless)	300 g	400 g	500 g
	Ginger garlic paste	2 tbsps	2.5 tbsps	3 tbsps
	Tomato puree	0.5 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 tbsps	2.5 tbsps	3 tbsps
	Fresh cream	1 cup	1.5 cups	1.5 cups
	Butter	2 tbsps	3 tbsps	3.5 tbsps
	Oil	2 tbsps	2.5 tbsps	2.5 tbsps
	Slit green chillies	3 nos.	4 nos.	5 nos.

Instructions

- 1) In a Microwave safe bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. select menu and weight, then press start.
- 2) When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well and cover. Press start.
- 3) When beeps, mix well, add kaju paste, cream and butter. Mix well and cover. Press start.
- 4) Garnish with slit chillies.

Icons: Beans Porial

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Beans Porial	Weight Limit	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 tsps
	Mustard seeds	0.25 tsp	0.5 tsp	0.5 tsp
	Urad dhal	0.25 tsp	0.5 tsp	0.5 tsp
	Grated coconut	2 tbsps	3 tbsps	4 tbsps
	Green chillies	1 no.	2 nos.	3 nos.
	Salt	As per taste		

Instructions

- 1) In a Microwave safe bowl add oil, mustard seeds, urad dal, green chillies and salt. select menu and weight, then press start.
- 2) When beeps, add beans, sprinkle little water. Cover and press start.
- 3) Add grated coconut, cover and stand for 3 minutes.

I [14: Goan Potato Curry

- **Weight Limit:** 0.3 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Goan Potato Curry	Weight Limit	0.3 kg	0.4 kg	0.5 kg
	Boiled potato	300 g	400 g	500 g
	Boiled mix veg (capsicum, cauliflower, carrot, peas)	100 g	150 g	200 g
	Chopped onion	1 no.	2 nos.	3 nos.
	Oil	1.5 tbsps	2 tbsps	2 tbsps
	Mustard seeds	1 tsp	1.5 tsps	2 tsps
	Grated coconut	2 tbsps	2.5 tbsps	3 tbsps
	Coconut milk	1 cup	1.5 cups	1.5 cups
	Tomato puree	0.5 cup	1 cup	1 cup
	Kaju powder	1 tbsp	2 tbsps	3 tbsps
	Salt, red chilli powder	As per taste		
	Fresh cream	2 tbsps	3 tbsps	4 tbsps
	Coriander	A few sprigs		

Instructions

- 1) In a Microwave safe bowl add oil, mustard seeds and chopped onion. Select menu and weight, then press start.
- 2) When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder and press start.
- 3) When beeps, mix well and add boiled potato and mix vegetables and fresh cream. Press start. Give standing time of 3 minutes.
- 4) Garnish with chopped coriander leaves and serve.

I [15: Kashmiri Kaju Paneer

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

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Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Kashmiri Kaju Paneer	Weight Limit	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 tsps	3 tsps	4 tsp	5 tsp	6 tsp
	Sliced onions	0.5 no.	1 no.	1.5 nos.	1.5 nos.	2 nos.
	Chopped ginger	1 tsp	2 tsps	3 tsps	4 tsps	5 tsps
	Chopped garlic	1 tsp	2 tsps	3 tsps	4 tsps	5 tsps
	Chilli powder	As per taste				
	Khus Khus paste	1 tbsp	2 tbsps	3 tbsps	4 tbsps	5 tbsps
	Tomato puree	0.5 cup	1 cup	1.5 cups	2 cups	2 cups
	Milk	0.25 cup	0.5 cup	1 cup	1.5 cups	1.5 cups
	Garam masala and salt	As per taste				

Instructions

- 1) In a Microwave safe bowl add oil, onion slices, chopped ginger and garlic. select menu and weight, then press start.
- 2) When beeps, mix well, add khus khus paste, kaju paste, tomato puree, chilli powder, garam masala and salt and press start.
- 3) When beeps, mix well, add paneer pieces and milk. Press start. Stand for 3 minutes.

I [16: Veg Handva

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe flat glass dish, Low rack, High rack

Ingredients

List		Weight
For Veg Handva	Weight Limit	0.3 kg
	Rice	200 g (1 cup)
	Urad Dal (Dehusked)	0.5 cup
	Boiled vegetables (Potato, Carrots, Peas, Palak)	2 cups
	Oil	1 tsp
	Lemon juice	2 tsp
	Baking soda	A pinch
	Chilli powder, turmeric powder, salt	As per taste
	Ginger and chilli paste	1 tsp
	Mustard seeds	1 tsp
	Curry leaves	A few sprigs
	Hing	0.25 tsp

Instructions

- 1) Clean, wash and soak the rice and dal together in enough water for at least 4 to 5 hours. Drain and keep aside.
- 2) Blend in a mixer till smooth, add the curds and mix well. Cover and keep aside to ferment overnight.
- 3) After fermentation, add salt, chilli powder, turmeric powder, Baking soda, ginger and green chilli paste. Mix well.
- 4) In a Microwave safe bowl, add oil, mustard seeds and curry leaves and microwave for 2 minutes and keep aside.
- 5) Add the boiled vegetables to the fermented batter, add the tadka prepared and lemon juice and hing. Mix well all the ingredients.
- 6) Pour the batter in Microwave safe flat glass dish.
- 7) Select menu, then press start. (Pre-heat process)
- 8) When beeps, keep the Microwave safe flat glass dish on low rack, then press start.
- 9) When beeps, transfer the Microwave safe flat glass dish to high rack, then press start.

I [1]: Gatte Ki Sabzi

- **Weight Limit:** 0.3 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Gatte Ki Sabzi	Weight Limit	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	1.5 tsbps	2 tsbps
	Rai, jeera	2 tsps	2 tsps	3 tsps
	Curry leaves	A few		
	Sour curd	1 cup	1 cup	1.5 cups
	Red chilli powder, haldi, dhania powder, salt	As per taste		
	Tomato puree	0.25 cup	0.5 cup	1 cup

Instructions

- 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 Microwave safe bowl add the rolls and water (to cover the rolls completely). Cover.
- 4) Select menu and weight, then press start.
- 5) When beeps, remove. Take out the gattas, allow to cool. Cut them into slices.
- 6) In a Microwave safe bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhaniya powder, haldi, salt. Cover and press start.
- 7) When beeps, add beaten curd, gattas and haldi. Mix well and press start.

📖: Aloo Gobhi

- **Weight Limit:** 0.3 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Aloo Gobhi	Weight Limit	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 tbsps	3 tbsps
	Jeera	1 tbsp	1 tbsp	1 tbsp
	Chopped onion	0.5 cup	0.5 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		

Instructions

- 1) In a Microwave safe bowl add oil, jeera, chopped onion, green chillies, mix well. select menu and weight, then 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 and mix well. Add some water Cover. Press start.
- 3) When beeps, mix well and add coriander leaves and cover. Press start. Allow to stand for 15 mins with cover inside the microwave. Garnish with coriander leaves and serve.

I [19: Matar Paneer

- **Weight Limit:** 0.2 - 0.4 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Matar Paneer	Weight Limit	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	1.5 tbsps	2 tbsps
	Tomato puree	0.25 cup	0.5 cup	1 cup
	Chopped Onion	1 tbsp	1.5 tbsps	2 tbsps
	Chopped Ginger	1 tsp	1.5 tsps	2 tsps
	Chopped garlic	1 tsp	1.5 tsps	2 tsps
	Jeera powder, salt, haldi, red chilli powder, garam masala	As per taste		
	Coriander leaves	A few sprigs		
	Water	0.25 cup	0.5 cup	1 cup

Instructions

- 1) In a Microwave safe bowl add oil, chopped ginger, garlic, onion. Mix well select menu and weight, then 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 and cover. Press start. Stand for 5 minutes.

I [20: Kadhahi Chicken

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Kadhai Chicken	Weight Limit	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 tbsps	3 tbsps	3 tbsps	3.5 tbsps
	Methidana	0.25 tsp	0.25 tsp	1 tsp	1 tsp	1 tsp
	Onion slices	1 no.	2 nos.	3 nos.	3 nos.	3.5 nos.
	Chopped garlic	1 tsp	2 tsps	3 tsps	4 tsp	5 tsp
	Dhania powder, red chilli powder salt	As per taste				
	Tomato puree	0.25 cup	0.5 cup	1 cup	1.5 cups	1.5 cups
	Hara dhania	A few sprigs				
	Capsicum	1 no.	1.5 nos.	2 nos.	2 nos.	2 nos.
	Ginger (finely sliced)	1 tbsp	2 tbsps	3 tbsps	4 tbsps	4.5 tbsps
	Cream	For garnishing				

Instructions

- 1) In Microwave Safe Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken and salt. Cover. select menu and weight, then press start.
- 2) When beeps, mix well and add tomato puree, hara dhana, capsicum and ginger. Mix well and cover and press start. Stand for 3 minutes.
- 3) Add cream. Mix well. Serve hot.

I [2 I: Kofta Curry

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe flat glass dish, Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Kofta Curry	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Grated Lauki	100 g	200 g	300 g
	Besan	1 tbsp	2 tbsps	3 tbsps
	Chopped Onion	0.5 cup	1 cup	1 cup
	Tomato puree	0.25 cup	0.5 cup	1 cup
	Chopped garlic	1 tsp	1.5 tsps	2 tsps
	Chopped Ginger	1 tsp	1.5 tsps	2 tsps
	Coriander power, haldi, garam masala, red chilli powder, jeera, salt	As per taste		
	Oil	0.5 tbsp	1 tbsp	1.5 tbsps
	Water	0.5 cup	1 cup	1.5 cups
	Lemon juice	As per taste		

Instructions

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

🍳: Egg Curry

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Egg Curry	Weight Limit	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	1.5 tbsps	2 tbsps
	Tomato puree	3 tbsps	5 tbsps	6 tbsps
	Water	0.5 cup	1 cup	1.5 cups
	Green peas (shelled)	0.25 cup	0.5 cup	1 cup
	Salt, red chilli powder, garam masala, turmeric powder, dhania powder	As per taste		
	Oil	2 tbsps	3 tbsps	3 tbsps
	Coriander leaves	A few sprigs		

Instructions

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

I [23]: Jhinga Matar Curry

- **Weight Limit:** 0.2 - 0.4 kg
- **Utensil:** Microwave safe bowl

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Ingredients

List		Weight-1	Weight-2	Weight-3
For Jhinga Matar Curry	Weight Limit	0.2 kg	0.3 kg	0.4 kg
	Prawns (deviened and cleaned)	50 g	100 g	150 g
	Peas (shelled)	0.5 cup	1 cup	1 cup
	Water	0.25 cup	0.5 cup	1 cup
	Salt, red chilli power, garam masala	As per taste		
	Oil	1 tbsp	1.5 tbsps	2 tbsps
For Paste	Onions	1 no.	2 nos.	2.5 nos.
	Green chilli	1 no.	2 nos.	2 nos.
	Coriander powder, turmeric powder	As per taste		
	Ginger (chopped)	1 tsp	1.5 tsps	2 tsps

Instructions

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

I 24: Dum Tangri

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl, High rack

Ingredients

List		Weight
For Dum Tangri	Weight Limit	0.6 kg
	Chicken legs	5 nos.

List		Weight
For Marinade	Hung curd	4 tbsps
	Fresh cream	1 tbsp
	Ginger-garlic paste	1 tsp
	Oil	0.5 tbsps
	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 tbsps
	Onion paste	5 tbsps
	Tomato puree	3 tbsps
	Ginger-garlic paste	1 tsp
	Oil	2 tbsps
	Fresh coriander leaves (chopped)	As required
	Salt, red chilli power, garam masala, dhaniya powder	As per taste

Instructions

- 1) Pre-prepare the gravy : Add all ingredient of gravy in MWS glass bowl and microwave at 100% for 5 minutes. Keep aside.
- 2) Take chicken legs, wash, clean and pat dry them with kitchen towel. Make cuts on legs with a sharp knife and keep aside.
- 3) In a bowl take all the ingredients of marinade and mix to a thick paste. Apply the marinade on chicken legs all over and inside the cuts as well. Keep covered inside the refrigerator for at least half an hour.
- 4) After marination is done, keep the marinated chicken legs on high rack. Keep high rack with chicken legs in the microwave. Select menu and press start.
- 5) When beeps, turn the chicken legs and press start.
- 6) When beeps, remove chicken legs from high rack and add chicken legs to prepared gravy and cover with cling film and press start. Stand for 5 minutes.
- 7) Mix well & serve hot with butter naan or laccha parantha..

I 25: Makki Korma

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Makki Korma	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Corns	100 g	200 g	300 g
	Peas	0.25 cup	0.5 cup	0.5 cup
	Onion (chopped)	1 no.	2 nos.	2 nos.
	Tomato (chopped)	1 no.	2 nos.	2 nos.
	Green chilli (chopped)	1 no.	2 nos.	3 nos.
	Beaten curd	4 tbsps	6 tbsps	8 tbsps
	Water (for boiling)	0.5 cup	1 cup	1 cup
	Water (for cooking)	0.25 cup	0.5 cup	1 cup
	Salt, red chilli power, turmeric powder, garam masala	As per taste		
	Oil	0.5 tbsps	1 tbsp	1.5 tbsps

Instructions

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

I 25: Methi Aloo

- **Weight Limit:** 0.2 ~ 0.4 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Methi Aloo	Weight Limit	0.2 kg	0.3 kg	0.4 kg
	Methi leaves (chopped)	2 cups	3 cups	4 cups
	Big size potato (cut in pieces)	1 no.	2 nos.	3 nos.
	Tomato (chopped)	1 no.	2 nos.	3 nos.
	Oil	1 tbsp	1.5 tbsps	2 tbsps
	Green chilli (chopped)	1 no.	2 nos.	2 nos.
	Salt, red chilli powder, haldi, garam masala	As per taste		

Instructions

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

I [27]: Kaddu Ki Sabzi

- **Weight Limit:** 0.2 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For Kaddu Ki Sabzi	Weight Limit	0.2 kg	0.3 kg	0.4 kg	0.5 kg
	Kaddu (cut into pieces)	200 g	300 g	400 g	500 g
	Chopped tomato	1 no.	2 nos.	3 nos.	4 nos.
	Chopped green chilli	1 no.	2 nos.	3 nos.	4 nos.
	Finely chopped ginger	0.5 tsp	0.5 tsp	1 tsp	1 tsp
	Chopped coriander leaves	1 tbsp	2 tbsps	3 tbsps	4 tbsps
	Oil	1 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps
	Salt, red chilli power, garam masala, amchoor, turmeric powder	As per taste			

Instructions

- 1) In a Microwave safe bowl take kaddu pieces, sprinkle some water and cover. select menu and weight, then press start.
- 2) When beeps, remove kaddu and keep aside. In another Microwave safe bowl put oil, chopped ginger, green chilli, coriander leaves and chopped tomatoes. Mix well and press start.
- 3) When beeps, remove and mix well. Add cooked kaddu and all the spices. Mash with the back of laddle / spoon. Press start. Serve hot.

Sweet Corner

SC 1: Suji Halwa

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Suji Halwa	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Suji	100 g	200 g	300 g
	Ghee (melted)	2 tbsps	3 tbsps	4 tbsps
	Water	300ml	600ml	900ml
	Sugar	100 g	200g	300 g
	Cashewnuts, Kishmish, Kesar, Elaichi Powder	As per your taste		

Instructions

- 1) In microwave safe glass bowl take suji, add ghee mix it together, select menu, then press start.
- 2) When beeps, stir it. Allow to cool. Add sugar and 0.5 qty. of water (For 0.1kg add 150 mL). Mix well, then press start.
- 3) When beeps, add remaining 0.5 water, sugar, cashewnuts, kishmish, kesar, elaichi powder, mix it well, then press start. Serve hot.

5C2: Besan Ladoo

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe flat glass dish

Ingredients

List		Weight-1	Weight-2	Weight-3
For Besan Ladoo	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Besan	100 g	200 g	300 g
	Ghee (melted)	3 tbsps	5 tbsps	7 tbsps
	Powdered Sugar	50 g	100 g	150 g
	Elaichi Powder	0.5 tbsp	1 tbsp	1 tbsp

Instructions

- 1) In Microwave safe flat glass dish take besan and ghee. Select menu and weight, then press start.
- 2) When beeps, stir it, then press start.
- 3) Again when beeps, stir it, then 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 laddoo use ghee

5C3: Shahi Tukda

- **Weight Limit:** 0.1 ~ 0.4Kg
- **Utensil:** Microwave safe flat glass dish, Low rack

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For Shahi Tukda	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg
	Bread Slices	1 slice	2 slices	3 slices	4 slices
	Condensed Milk (Milkmaid)	50 ml	100 ml	150 ml	200 ml
	Milk	50 ml	100 ml	125 ml	150 ml
	Sugar	1 tbsp	2 tsbps	3 tsbps	4 tsbps
	Badam, Pista Pieces	2 tsbps	3 tsbps	4 tsbps	5 tsbps
	Kesar-Elaichi Powder	As per your taste			

Instructions

- 1) Arrange bread slices on low rack. Select menu and weight, then press start.
- 2) When beeps, turn slices press start.
- 3) When beeps, mix Condensed Milk (Milkmaid), milk, sugar, dry fruits and kesar elaichi powder in Microwave Safe Flat Glass Dish. Pour the mixture on slices, then press start. Serve hot.

5C4: Kheer

- **Weight Limit:** 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Kheer	Weight Limit	0.5 kg
	Milk	500 ml
	Condensed Milk (Milkmaid)	400 ml
	Seviyaan (roasted)	80 g
	Badam, Pista Pieces	5 tbsps
	Kesar and Elaichi Powder	As per taste

ENGLISH

Instructions

- 1) In Microwave Safe Glass Bowl add milk, Condensed Milk (Milkmaid) and mix well. Select menu, then press start.
- 2) When beeps, add badam, pista pieces, kesar rlaichi powder and seviyaan. Mix well, then press start..
- 3) When beeps, mix it well. Add more milk (if required), then press start. Stand for 5 minutes. Serve hot or chilled.

NOTE

- The bowl should be filled at 1/4 level of the total volume.

5C5: Mysore Pak

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe flat glass dish, Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Mysore Pak	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Besan	100 g	200 g	300 g
	Sugar	100 g	200 g	300 g
	Ghee	0.5 cup	1 cup	1 cup
	Water	100 ml	200 ml	250 ml
	Cardamom powder	1 tsp	1 tsp	1.5 tsps

Instructions

- 1) In a Microwave safe flat glass dish add besan. Select menu and weight, then press start.
- 2) When beeps, remove and in another Microwave safe glass bowl add water and sugar. Press start.

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- 3) When beeps, add sugar to the besan stirring continuously. After this add melted ghee, stirring continuously. Pour the mixture in a Microwave safe flat glass dish. Press start.
- 4) Allow to cool. Cut it into square shape pieces and serve.
- Note: For stirring take the help of one more person.

SC6: Nariyal Burfi

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Nariyal Burfi	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Grated coconut	100 g	200 g	300 g
	Condensed Milk (Milkmaid)	0.5 cup	1 cup	1.5 cups
	Milk Powder	3 tbsps	4 tbsps	5 tbsps
	Ghee	1 tbsp	2 tbsps	3 tbsps
	Elaichi powder	1 tbsp	2 tbsps	3 tbsps

Instructions

- 1) In a Microwave safe bowl add ghee and fresh grated coconut. Mix well.
- 2) Select menu and weight, then press start
- 3) When beeps, add Condensed Milk (Milkmaid)), milk powder, elaichi powder, then press start.
- 4) When beeps, remove and spread the mixture onto a greased thali and allow to set for 1 hour. Cut into rectangles and store in a air tight container.

SC7: Sandesh

- **Weight Limit:** 0.2 ~ 0.4 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Sandesh	Weight Limit	0.2 kg	0.3 kg	0.4 kg
	Paneer (grated)	200 g	300 g	400 g
	Condensed Milk (Milkmaid)	50 g	75 g	100 g
	Rose water	1 tbsp	1.5 tbsps	2 tbsps
	Elaichi seeds	0.5 tbsp	1 tbsp	1.5 tbsps
	Chopped pista	A few		
	Khoa (mashed)	100 g	150 g	200 g

Instructions

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

5CB: Shahi Rabdi

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Shahi Rabdi	Weight limit	0.3 kg
	Milk	1 cup
	Grated Paneer	1 cup
	Condensed milk	0.5 cup
	Desi Ghee	1 tbsp
	Elaichi Powder	0.25 cup
	Saffron	A few strands
	Rose Essence	A few drops
	Chopped pistachios	1 tbsp
	Chopped almonds (skin removed)	2 tbsps

Instructions

- 1) Dissolve strands of saffron in 2 tbsps lukewarm milk.
- 2) In a Microwave safe bowl, put all the ingredients of rabdi except chopped pistachios. Mix well.
- 3) Keep the bowl in Microwave. Select menu, then press start.
- 4) Serve chilled garnished with chopped pistachios.

5C9: Payasam

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Payasam	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Broken rice (soaked for 2 hour)	100 g	200 g	300 g
	Milk and 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	1.5 tbsps	2 tbsps

Instructions

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

5C 10: Kaddu Kheer

- **Weight Limit:** 0.5 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Kaddu Kheer	Weight Limit	0.5 kg
	Milk	300 ml
	Grated Kaddu	200 g
	Condensed Milk (Milkmaid)	150 g
	Dry Fruits (Kaju, Kishmish, Pista)	As required

Instructions

- 1) In a Microwave safe glass bowl add milk and Condensed Milk (Milkmaid), grated kaddu. Select menu, then press start.
- 2) When beeps, mix well. Press start.
- 3) When beeps, mix well and add dry fruits. Press start. Serve it chilled or hot.

5C 11: Seviyan Zarda

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Seviyan Zarda	Weight Limit	0.2 kg
	Roasted Seviyan	200 g
	Sugar	5 tbsps
	Water	2 cups
	Rose essence	A few drops
	Almonds	A few
	Chopped pista	A few
	Elaichi powder	0.5 tbsp
	Ghee	1.5 tbsps

Instructions

- 1) In a Microwave safe glass bowl add sugar and water. Select menu, then 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 and pista and serve.

SC 12: Phirni

- **Weight Limit:** 0.3 ~ 0.5 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Phirni	Weight Limit	0.3 kg	0.4 kg	0.5 kg
	Milk	350 ml	500 ml	650 ml
	Rice (Soaked)	50 g	75 g	100 g
	Sugar	100 g	150 g	200 g
	Elaichi powder	1 tsp	1 tsp	1.5 tsps
	Cream (whipped)	2 tbsps	3 tbsps	4 tbsps
	Dry fruits (almonds. cashewnuts, raisins)	As required		
	Kesar	A few		

Instructions

- 1) Grind the soaked rice to a paste with little water.
- 2) In a Microwave safe glass bowl add milk. Select menu and weight, then press start.
- 3) When beeps, add rice paste and sugar to it. Press start.
- 4) When beeps, add cream and press start
- 5) Mix well, add cardamom powder and dry fruits and keep in the refrigerator to chill. Garnish with kesar and serve

SC 13: Burfi

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe flat glass dish

Ingredients

List		Weight
For Burfi	Weight Limit	0.3 kg
	Milk powder	100g
	Condensed Milk (Milkmaid)	100 ml
	Cream	100 ml
	Chopped almonds and pistas	As required

Instructions

- 1) In a bowl mix milk powder, corn flour, Condensed Milk (Milkmaid) and cream. Beat well till smooth..
- 2) Pour the mixture in a Microwave safe flat glass dish. Select menu, then press start.
- 3) When beeps, mix well (remove lumps if formed). Press start.
- 4) When beeps, mix well, then press start.
- 5) Remove, allow to cool and refrigerate till set. After setting cut into pieces and and sprinkle chopped almonds and pistas and serve

SC 14: Kalakand

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Kalakand	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Condensed Milk (Milkmaid)	50 ml	100 ml	200 ml
	Milk Powder	2 tbsps	3 tbsps	4 tbsps
	Cornflour	0.5 tbsp	1 tbsp	1 tbsp
	Elaichi Powder	0.5 tsp	1 tsp	1 tsp
	Grated Paneer	100 g	200 g	300 g

Instructions

- 1) In Microwave Safe Bowl take grated paneer, Condensed Milk (Milkmaid), milk powder, cornflour, Elaichi powder. Mix well, select menu and weight, then press start.
- 2) When beeps, mix it again, then press start.
- 3) When set cut into pieces. Garnish with dry fruits.

SC 15: Rava Ladoo

- **Weight Limit:** 0.5 Kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Rava Lado	Weight Limit	0.5 kg
	Roasted rava / sooji	1 cup
	Grated Khoya	1.5 cups
	Sugar	0.5 cup
	Milk	0.5 cup
	Kishmish	2 tbsps
	Chopped almonds	2 tbsps
	Desi ghee	1 tbsp
	Elaichi powder (optional)	0.5 tbsp

Instructions

- 1) In a Microwave safe glass bowl take sugar and milk. Mix and select menu, then press start.
- 2) When beeps, add roasted rava/sooji, kishmish and chopped almonds.Sprinkle elaichi powder and mix very well. Press start.

- 3) When beeps, mix well and add grated khoya. Mix well and again press start.
- 4) Make equal sized ladoos from the mixture, when it is still warm.

SC 16: Kaju Burfi

- **Weight Limit:** 0.4 Kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Kaju Burfi	Weight Limit	0.4 kg
	Kaju	2 cups
	Powdered sugar	1.25 cups
	Water	0.5 cup

Instructions

- 1) Take kaju in a spice-grinder and make a fine powder and keep aside.
- 2) In a Microwave safe glass bowl take powdered sugar and water. Stir very well. Select menu, then press start..
- 3) When beeps, stir very well and dissolve all the sugar. Add kaju powder and 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 and roll out to 25 mm thickness carefully. Cut the kaju burfi in desired square or diamond shape and decorate with vark and serve.

SC 17: Badam Halwa

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Curd Rice	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Badam (soaked in hot water for 1 hour)	0.5 cup	1 cup	1.5 cups
	Milk (for making paste)	0.5 cup	1 cup	1 cup
	Milk (for cooking)	0.5 cup	0.75 cup	1 cup
	Sugar	3 tbsps	5 tbsps	7 tbsps
	Desi ghee	2 tbsps	3 tbsps	4 tbsps
	Slivered almonds (for garnishing)	A few		

Instructions

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

Rice Delight

Recipe 1: Chicken Biryani

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Chicken Biryani	Weight Limit	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

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Marinade	Hung curd	0.5 cup	1 cup	1.5 cups	2 cups	2.5 cup
	Tomato puree	2 tbsps	3 tbsps	4 tbsps	5 tbsps	6 tbsps
	Ginger garlic paste	1 tbsp	1.5 tbsps	1.5 tbsps	2 tbsps	2 tbsps
	Salt, garam masala, coriander powder, red chilli powder, turmeric powder	As per taste				
	Oil	1 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps	3 tbsps
	Onion	0.5 cup	1 cup	1 cup	1.5 cups	1.5 cups
	Salt	If required				
	Coriander leaves	A few springs				
	Water	200 ml	400 ml	600 ml	650 ml	750 ml

Instructions

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

رد: Gosht Dum Biryani

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Gosht Dum Biryani	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
	Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
	Boneless mutton	100 g	200 g	300 g	400 g	500 g
	Oil	1 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps	3 tbsps
	Chopped onion	0.5 cup	1 cup	1 cup	1.5 cups	1.5 cups
	Ginger garlic paste	1 tbsp	1.5 tbsps	1.5 tbsps	2 tbsps	2 tbsps
	Jeera, laung, tej patta, salt, red chilli powder, garam masala	As per taste				
	Water	200 ml	400 ml	600 ml	650 ml	750 ml

Instructions

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

🍛: Malabar Biryani

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Malabar Biryani	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
	Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
	Boneless chicken	100 g	200 g	300 g	400 g	500 g
For Marinade	Salt, red chilli powder, turmeric powder	As per taste				
	Oil	1 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps	3 tbsps
	Salt, biryani masala	As per taste				
	Curd	1 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps	3 tbsps
	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

Instructions

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

rd4: Pineapple Fried Rice

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

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Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Pineapple Fried Rice	Weight Limit	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	1.5 tbsps	2 tbsps	2.5 tbsps	3 tbsps
	Mix veg - Peas, french beans, carrots, capsicum	0.5 cup	1 cup	1.5 cups	2 cups	2.5 cup
	Pineapple (chopped)	0.5 cup	1 cup	1 cup	1.5 cups	2 cups
	Ajinomoto	A pinch				
	Red chilli powder, chilli sauce, soya sauce	As per taste				
	Water	200 ml	400 ml	600 ml	650 ml	750 ml

Instructions

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

rd5: Veg Pulao

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Veg Pulao	Weight Limit	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	1.5 tbsps	2 tbsps	2.5 tbsps	3 tbsps
	Jeera, laung, tej patta, salt, garam masala, red chilli powder	As per taste				
	Mix veg - Gobhi, matar, gajar, french beans etc.	0.5 cup	1 cup	1.5 cups	2 cups	2.5 cups

Instructions

- 1) In a Microwave safe bowl add oil, jeera, laung, tej patta and mix vegetables.
- 2) Select category and weight, then press start.
- 3) When beeps, mix well and add rice, water, salt, garam masala, red chilli powder. Press start. Mix well. Stand for 5 minutes.

rd5: Veg Tahiri

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Veg Tahiri	Weight Limit	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	1.5 tbsps	2 tbsps	2.5 tbsps	3 tbsps
	Jeera, laung, tej patta, salt, garam masala, haldi, red chilli powder	As per taste				
	Mix veg - Gobhi, matar, gajar, tomato, potato etc.	0.5 cup	1 cup	1.5 cups	2 cups	2.5 cups

Instructions

- 1) In a Microwave safe bowl add oil, jeera, laung, tej patta and mix vegetables.
- 2) Select category and weight, then press start.
- 3) When beeps, mix well and add rice, water, salt, garam masala, haldi, red chilli powder. Press start. Mix well. Stand for 5 minutes. Serve hot.

Recipe: Pepper Rice

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Pepper Rice	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
	Soaked Rice (2 hours)	100 g	200 g	300 g	400 g	500 g
	Water	200 ml	400 ml	600 ml	650 ml	750 ml
	Dry coconut	2 tbsps	3 tbsps	4 tbsps	4.5 tbsps	5 tbsps
	Green chilli (Chopped)	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.
	Garlic (Chopped)	2 cloves	3 cloves	4 cloves	5 cloves	6 cloves
	Ghee	1 tbsp	2 tbsps	2.5 tbsps	3 tbsps	3.5 tbsps
	Salt	As per taste				
	Black pepper powder	As per taste				
For Seasoning	Mustard seeds	0.5 tsp	1 tsp	1.5 tpsps	2 tpsps	2.5 tpsps
	Black gram dal	0.5 tsp	1 tsp	1.5 tpsps	2 tpsps	2.5 tpsps
	Bengal gram dal	0.5 tsp	1 tsp	1.5 tpsps	2 tpsps	2.5 tpsps
	Curry leaves	A few leaves				
	Dry Red Chilli	1 no.	2 nos.	3 nos.	4 nos.	5 nos.
	Oil	1 tbsp	2 tbsps	3 tbsps	3.5 tbsps	4 tbsps

Instructions

- 1) In a Microwave safe bowl add oil, dry red chilli, green chilli, chopped garlic, mustard seeds, black g dal, Bengal g dal, curry leaves. Select category and weight, then press start.
- 2) When beeps, add soaked rice, water, ghee, salt, black pepper powder. Mix well and press start. Stand for 5 minutes. Add grated coconut and serve hot.

Recipe: Zafrani Pulao

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Zafrani Pulao	Weight Limit	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 tbsps	3 tbsps	4 tbsps	5 tbsps
	Nutmeg powder, cardamon powder	As per taste				
	Sugar	1 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps	3 tbsps
	Saffron (Kesar)	A pinch				
	Warm milk	1 tbsp	2 tbsps	3 tbsps	4 tbsps	5 tbsps
	Water	150 ml	300 ml	350 ml	650 ml	750 ml
	Kishmish, Kaju	As per required				

Instructions

- 1) In a Microwave safe bowl add ghee and rice. Mix well. Select category and weight, then 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 and kaju and serve.

২৯: Bengali Biryani

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Bengali Biryani	Weight Limit	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 tbsps	2 tbsps	3 tbsps	3 tbsps
	Onion (sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.
	Ginger-garlic paste	1 tsp	1.5 tsps	2 tsps	2.5 tsps	3 tsps
	Red chilli powder, salt, turmeric powder, cumin powder, garam masala	As per taste				
	Black pepper corns, cloves, cinnamon, bayleaf, cardamom (green)	As per requirement				
	Hung curd	2 tbsps	2.5 tbsps	3 tbsps	3.5 tbsps	4 tbsps
	Oil	1 tsp	1.5 tsps	2 tsps	2.5 tsps	3 tsps
	Water	200 ml	400 ml	600 ml	650 ml	750 ml

Instructions

- 1) In a bowl take hung curd, ginger-garlic paste, oil, all the spices, mix well and make a paste for marinade. Apply this marinade on fish pieces evenly keep the marinated fish in refrigerator for atleast 1-1.5 hours.
- 2) In a Microwave safe bowl take soaked rice, water, Select category and weight, then press start.
- 3) When beeps remove rice from microwave. In another Microwave safe bowl take sliced onions, desi ghee, black pepper corns, cloves, cinnamon stick, bay leaf, cardamom, mix well. Press start.

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- 4) When beeps add the cooked onions to rice, add marinated fish pieces, salt. Mix well, cover and press start. Allow to stand for 5-10 minutes.
- 5) Serve hot with curd or gravy of your choice.

Recipe: Khumb Pulao

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Khumb Pulao	Weight Limit	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	0.5 tbsps	1 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps
	Chopped spring onions	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.
	Chopped garlic	0.5 tbsps	1 tbsp	1.5 tbsps	2 tbsps	2.5 tbsps
	Salt, pepper	As per taste				

Instructions

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

Recipe: Tiranga Pulao

- **Weight Limit:** 0.2 ~ 0.4 kg
- **Utensil:** Microwave safe bowl, Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Tiranga Pulao	Weight Limit	0.3 kg	0.4 kg	0.5 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)	0.5 cup	1 cup	1 cup
	Onion (sliced)	0.5 no.	1 no.	1 no.
	Oil / ghee	0.5 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 tbsps	3 tbsps
	Oil / ghee	0.5 tbsp	1 tbsp	1.5 tbsps
For Green Mixture	Mint leaves	0.5 cup	1 cup	1 cup
	Coriander leaves	0.5 cup	1 cup	1 cup
	Onion	1 no.	2 nos.	3 nos.
	Green chilli	1 no.	2 nos.	3 nos.
	Garlic paste	0.5 tsp	1 tsp	1 tsp
	Salt	As per taste		

Instructions

- 1) In a spice grinder take mint leaves, coriander leaves, onion (cut into pieces), green chilli and salt. Grind them and make green chutney. Keep aside for late use.
- 2) In a Microwave safe bowl take soaked rice and water. Add 0.25 salt. Select category and weight, then press start.
- 3) When beeps, remove the Microwave safe bowl and drain excess water from the rice. Divide the cooked rice into 3 equal parts. Cover them.
- 4) In another Microwave safe bowl add oil/ghee, grated beet root, sliced onion, laung, elaichi and salt. Mix well. Press start.
- 5) When beeps, remove the Microwave safe bowl and in a Microwave safe glass bowl add oil/ghee and cashewnuts. Press start.

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- 6) Mix one portion of rice to the red mixture with a fork. Do not break the rice. Mix second portion with green chutney and third portion of rice with cashew nuts.
- 7) Take square / rectangular dish and arrange the red coloured layer first, white layer in the centre and green layer in the end. Serve them hot.

Recipe: Egg Biryani

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Egg Biryani	Weight Limit	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 tsbps	3 tsbps
	Ginger-garlic paste	0.5 tsp	1 tsp	1 tsp
	Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste		
	Biryani masala	0.5 tsp	1 tsp	1 tsp
	Slit green chillies	1 no.	2 nos.	2 nos.

Instructions

- 1) In a Microwave safe bowl take soaked rice, water. Select category and weight, then press start.
- 2) When beeps, take out the cooked rice and keep aside. In another Microwave safe bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chilies and all the spices. Mix very well and press start.
- 3) When beeps, add boiled eggs (cut into 2) and boiled rice to the sliced onions. Mix well without breaking the eggs. Press start.
- 4) Serve egg biryani hot with plain curd or raita.

ꠘꠢ ꠢ: Achari Chana Pulao

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Achari Chana Pulao	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Soaked rice	100 g	200 g	300 g
	Soaked and boiled kabuli chana	0.5 cup	1 cup	1.5 cups
	Sliced onions	0.5 cup	1 cup	1.5 cups
	Water	200 ml	350 ml	500 ml
	Ginger-garlic paste	0.5 tsp	1 tsp	1.5 tsps
	Desi ghee	1 tbsp	1.5 tsbps	2 tsbps
	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	1.5 tsbps	2 tsbps
	Slit green chilli	1 no.	2 nos.	2 nos.

Instructions

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

ꠘꠢ ꠣ: Methi Rice

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Methi Rice	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Methi leaves (chopped)	1 cup	1.5 cups	2 cups
	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	0.5 tsp	1 tsp	1.5 tsps
	Salt, red chilli powder, garam masala	As per taste		
	Oil / ghee	1.5 tbsps	2 tbsps	2.5 tbsps

Instructions

- 1) In a Microwave safe bowl take soaked rice and water. Select category and weight, then press start.
- 2) When beeps, remove the rice and keep aside. In another Microwave safe bowl take oil / ghee, chopped methi leaves, sliced onions, ginger-garlic paste. Mix well and 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.

rd 15: Coconut Rice

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Coconut Rice	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Rice (soaked for 1 hour)	100 g	200 g	1 cup
	Coconut (grated)	0.25 cup	0.5 cup	1 cup
	Coconut milk	100 ml	200 ml	300 ml
	Water	100 ml	150 ml	200 ml
	Oil	1 tbsp	2 tbsps	2 tbsps
	Chopped cashewnuts	1 tbsp	2 tbsps	3 tbsps
	Mustard seeds	0.5 tsp	1 tsp	1 tsp
	Curry leaves	10 nos.	15 nos.	20 nos.
	Chopped green chilli	2 nos.	3 nos.	3 nos.
	Salt and pepper	As per taste		
	Finely chopped ginger	1 tsp	1.5 tsps	2 tsps
	Beaten curd	1 tbsp	2 tbsps	3 tbsps

Instructions

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

Recipe: Curd Rice

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Curd Rice	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
	Basmati Rice (Soaked)	100 g	200 g	300 g	400 g	500 g
	Water	200 ml	400 ml	600 ml	650 ml	750 ml
	Oil	1 tbsp	1.5 tsps	2 tsps	2.5 tsps	3 tsps
	Mustard seeds	0.5 tsp	0.5 tsp	1 tsp	1 tsp	1.5 tsps
	Urad dal	0.5 tsp	0.5 tsp	1 tsp	1 tsp	1.5 tsps
	Chana dal	0.5 tsp	0.5 tsp	1 tsp	1 tsp	1.5 tsps
	Curry leaves	A few leaves				
	Green chillies (chopped)	2 nos.	2 nos.	3 nos.	3 nos.	3 nos.
	Grated ginger	0.5 tsp	0.5 tsp	1 tsp	1 tsp	1.5 tsp
	Curd	0.5 cup	0.5 cup	1 cup	1 cup	1.5 cups
	Milk	0.25 cup	0.25 cup	0.5 cup	0.5 cup	1 cup
	Coriander leaves (chopped)	A few sprigs				

Instructions

- 1) In a Microwave safe glass bowl add oil, mustard seeds, urad dal, chana dal. Select category and weight, then press start.
- 2) When beeps, mix well and add curry leaves, green chillies, grated ginger. Mix well and press start.
- 3) When beeps, remove the bowl.
- 4) Now in another Microwave safe glass bowl, add rice and water. Press start. Stand for 5 minutes.
- 5) Add cooked rice, curd, milk, chopped coriander leaves to the first Microwave safe glass bowl. Mix well and serve.

📝: Keema Pulao

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Keema Pulao	Weight Limit	0.3kg
	Basmati rice (soaked for 1 hour)	200 g
	Minced Keema	100 g
	Black cardamom	4 nos.
	Salt, red chilli powder, turmeric powder	As per taste
	Oil	1 tbsp
	Salt, biryani masala	As per taste
	Ginger garlic paste	1 tbsp
	Sliced tomato	1 no.
	Sliced onion	1 no.
	Water	200 ml

Instructions

- 1) In a Microwave safe bowl add oil, ginger garlic paste and spring onions. Select category and weight, then press start.
- 2) When beeps, add keema and biryani masala, tomato, black cardamom. Press start.
- 3) When beeps, mix well and add rice, water, salt and pepper. Press start. Stand for 3 minutes.

Recipe: Tomato Pulao

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Tomato Pulao	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Chopped tomato	2 nos.	3 nos.	4 nos.
	Rice (soaked for 1 hour)	100 g	200 g	300 g
	Water	200 ml	350 ml	500 ml
	Onions (Big sized sliced)	1 no.	2 nos.	2 nos.
	Coriander leaves (chopped)	1 tbsp	2 tsbps	3 tsbps
	Ginger-garlic paste	0.5 tsp	1 tsp	1 tsp
	Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste		
	Biryani masala	0.5 tsp	1 tsp	1 tsp
	Slit green chillies	1 no.	2 nos.	2 nos.

Instructions

- 1) In a Microwave safe bowl take soaked rice, water. Select category and weight, then press start.
- 2) When beeps, take out the cooked rice and keep aside. In another Microwave safe bowl take oil,chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies, chopped tomatos and all the spices. Mix very well and press start.
- 3) When beeps, add boiled rice to the sliced onions. Mix well. Press start.
- 4) Serve tomato pulao hot with plain curd or raita.

rd 19: Paneer Fried Rice

- **Weight Limit:** 0.1 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4	Weight-5
For Paneer Fried Rice	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
	Paneer (cubes)	0.5 cup	1 cup	1.5 cups	1.5 cups	2cup
	Rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
	Water	200 ml	350 ml	500 ml	650 ml	800 ml
	Onions (Big sized sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.
	Coriander leaves (chopped)	1 tbsp	2 tsps	3 tsps	4 tsps	4 tsps
	Ginger-garlic paste	0.5 tsp	1 tsp	1 tsp	2 tsps	2 tsps
	Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste				
	Biryani masala	0.5 tsp	1 tsp	1 tsp	2 tsps	2 tsps
	Slit green chillies	1 no.	2 nos.	2 nos.	3 nos.	3 nos.

Instructions

- 1) In a Microwave safe bowl take soaked rice, water. Select category and weight, then press start.
- 2) When beeps, take out the cooked rice and keep aside. In another Microwave safe bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies, paneer cubes and all the spices. Mix very well and press start.
- 3) When beeps, add boiled rice to the sliced onions. Mix well. Press start.
- 4) Serve paneer fried rice hot with plain curd or raita.

rd20: Chilli Garlic Rice

- Weight Limit: 0.2 ~ 0.5 kg

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- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For Chilli Garlic Rice	Weight Limit	0.2 kg	0.3 kg	0.4 kg	0.5 kg
	Rice (soaked)	200 g	300 g	400 g	500 g
	Water	400 ml	600 ml	650 ml	750 ml
	Oil	2 tsps	2.5 tsps	3 tsps	3.5 tsps
	Ghee	2 tsps	2.5 tsps	3 tsps	3.5 tsps
	Jeera	1 tsp	1.5 tsps	2 tsps	2.5 tsps
	Chopped garlic	1 tsp	1.5 tsps	2 tsps	2.5 tsps
	Garlic paste	0.5 tbsp	1 tbsp	1.5 tbsps	2 tbsps
	Chopped green chillies	3 nos.	4 nos.	5 nos.	6 nos.
	Chopped coriander leaves	0.5 cup	1 cup	1.5 cups	2 cups
	Chilli sauce	2 tbsps	3 tbsps	4 tbsps	5 tbsps
	Salt	As per taste			

Instructions

- 1) In a Microwave safe glass bowl add soaked rice and water. Select category and weight, then press start.
- 2) When beeps, remove and in another Microwave safe glass bowl add oil, jeera, chopped garlic, green chillies, coriander leaves, garlic paste. Mix well and press start.
- 3) When beeps, add cooked rice, chilli sauce, salt. Mix well and press start.

Chatpat Corner

[[I: Apple Tomato Chutney

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Apple Tomato Chutney	Weight Limit	0.3 kg
	Apple pieces	150 g
	Tomato pieces	150 g
	Green chillies, Salt, Sugar	As per your taste
	Oil	2 tbsps
For Tempering : Rai, Jeera, Hing etc.	As per requirement	

Instructions

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

[[2: Lemon Pickle

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Lemon Pickle	Weight Limit	0.3 kg
	Lemon pieces	150 g
	Sugar	150 g
	Chilli powder, Salt	As per your taste
For Tempering : Rai, Jeera, Hing etc.	As per requirement	

Instructions

- 1) Cut lemon and remove seeds. In Microwave safe glass bowl add lemon pieces, sugar, salt and chilli powder. Select category, then press start . Store it in a bottle after it cools.

[[3: Mix Veg. Pickle

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Mix Veg. Pickle	Weight Limit	0.3 kg
	Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)	300 g
	Lemon juice	2 tbsps
	Salt, Chilli powder, Sugar, Pickle Masala	As per your taste
	Oil	2 tbsps
For tempering : Rai, Jeera, Hing etc.	As per requirement	

Instructions

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

[[4: Pizza Sauce

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Pizza Sauce	Weight Limit	0.3 kg
	Tomato	200 g
	Onion	1 no.
	Salt, Sugar, Ajwain, Oregano, Basil leaves	As per your taste
	Garlic pods	7-8 nos.
	Oil	2 tbsps

Instructions

- 1) In a Microwave safe glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select category, then press start to cook.

- When beeps, remove, allow to cool and grind it in a mixer. Now add salt, sugar, ajwain, basil leaves. Keep it in Microwave, then press start .
- When cooking ends, the sauce is ready.

[[5: Tomato Sauce

- Weight Limit:**0.5 kg
- Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Pizza Sauce	Weight Limit	0.5 kg
	Onion	1 No.
	Chilli powder, Salt, Sugar	As per your taste
	Chopped ginger and garlic	2 tbsps
	Garam masala	1 tsp

Instructions

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

[[6: Masala Chutney

- Weight Limit:** 0.3 kg
- Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Masala Chutney	Weight Limit	0.5 kg
	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

Instructions

- In a Microwave safe bowl put daals and keep it in Microwave. Select category, then press start to cook.
- When beeps, remove. Add the rest of the ingredients and keep it in microwave, then press start .

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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.

[[7]: Lehsun Ki Chutney

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Lehsun Ki Chutney	Weight Limit	0.2 kg
	Chopped tomatoes	180 g
	Chopped garlic	20 g
	Chopped green chillies	2 nos.
	Chopped onion	0.5 cup
	Oil	2 tsps
	Jeera	1 tsps
	Haldi, red chilli powder, salt	As per taste
	Water	0.25 cup

Instructions

- 1) In a Microwave safe bowl mix all the ingredients. Select category, then press start .
- 2) Remove when cooking ends. Allow to cool. Grind it and serve as an accompaniment.

[[8]: Manchurian Sauce

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Manchu - Rian Sauce	Weight Limit	0.3 kg
	Water	1.5 cups (300 ml)
	Vinegar sauce	1 tbsp
	Soya sauce	1 tsp
	Tomato sauce	0.5 cup
	Ajinomoto	A pinch
	Cornflour	2 tbsps + 0.5 cup water

Instructions

1) In a Microwave safe bowl add all the ingredients. Select category, then press start .

🔗: Aam Ki Chutney

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight
For Aam Ki Chutney	Weight Limit	0.3 kg
	Aam (peeled and chopped)	300 g
	Kishmish (seedless and chopped)	25 g
	Chopped ginger and garlic	2 tsps
	Tamarind pulp	1 tbsp
	Salt and sugar	As per taste

Instructions

1) In a Microwave safe bowl mix all the ingredients. Cover. Select category and then press start.

🔗 🥥: Coconut Chutney

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Coconut Chutney	Weight Limit	0.3 kg
	Fresh grated coconut	300 g
	Chopped green chillies	2 nos.
	Chopped ginger	0.5 tbsp
	Roasted split g dal (optional)	1 tbsp
	Salt	As per taste
For tempering	Oil	1 tbsp
	Mustard seeds	0.5 tsp
	Broken dry red chillies	1 no.
	Curry leaves	A few

Instructions

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

[[I]: Til Ki Chutney

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Til Ki Chutney	Weight Limit	0.2 kg
	Roasted til	0.5 cup
	Tamarind paste	2 tbsps
	Green chilli	4-5 nos.
	Coriander leaves	2 tbsps
	Mint leaves	1 tbsp
	Water	0.5 cup
	Garlic pods	2-3 nos.
	Salt	As per taste
For Tempering	Oil	1 tbsp
	Cumin seeds	1 tsp
	Curry leaves	6-7 nos.
	Red chilli (dry)	2 nos.

Instructions

- 1) Grind together roasted til, tamarind paste, green chilli, coriander leaves, mint leaves, garlic pods, salt and water in spice grinder. Make a rough paste.
- 2) In a Microwave safe glass bowl take oil, cumin seeds, curry leaves and dried red chilli. Mix well. Select category, then press start .
- 3) When beeps, add the grounded paste to the tempering and mix well.

📖 12: Chana Chaat

- **Weight Limit:** 0.1 ~ 0.4 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For Chana Chaat	Weight Limit	0.1 kg	0.2 kg	0.3 kg	0.4 kg
	Kala chana (soaked overnight)	100 g	200 g	300 g	400 g
	Water	250 ml	500 ml	750 ml	1000 ml
	Oil	1 tsp	2 tsps	3 tsps	4 tsps
	Jeera, hing	1 tsp	1.5 tsps	2 tsps	2 tsps
	Chopped onion	0.5 cup	1 cup	1 cup	1.5 cups
	Boiled potato	1 no.	2 nos.	3 nos.	3 nos.
	Salt, red chilli powder, chaat masala, lemon juice, imli chatni	As per taste			

Instructions

- 1) In a Microwave safe bowl add soaked chana, water and cover. Select category and weight, then press start .
- 2) When beeps, remove and drain water from the chanas. In a Microwave safe bowl add oil, jeera, hing and chopped onion, then press start .
- 3) Add boiled chanas, salt, red chilli powder, chaat masala, lemon juice, imli chutney, boiled potato. Mix well and serve.

 Aloo Kand Chaat

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List		Weight-1	Weight-2	Weight-3
For Aloo Kand Chaat	Weight Limit	0.1 kg	0.2 kg	0.3 kg
	Aloo (cut in medium pieces)	50 g	100 g	150 g
	Jimikand (cut in medium pieces)	50 g	100 g	150 g
	Sugar, salt, red chilli powder, chaat masala	As per taste		

Instructions

- 1) In a Microwave safe bowl add aloo, jimikand and add little water Cover. Select category and weight, then press start.
- 2) When beeps, stir well. Cover, then press start .
- 3) Add sugar, salt, red chilli powder, chaat masala. Allow to stand for 3 minutes.

[[14: Amla Chutney

- **Weight Limit:** 0.5 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Amla Chutney	Weight Limit	0.5 kg
	Amla	500 g
	Water for boiling	As per required
	Green chillies, Salt, Sugar	As per your taste
	Oil	2 tbsps
For Tempering : Rai, Jeera, Hing etc.	As per requirement	

Instructions

- 1) In a Microwave safe glass bowl put amla, water, then press start .
- 2) When beeps, remove, allow to cool and grind it in a mixer. In another Microwave safe glass bowl add oil and tempering, then press start .
- 3) When beeps, add ground mixture and green chillies, salt and sugar and keep it in Microwave. Select category, then press start to cook.

CC 15: Baingan Chutney

- **Weight Limit:** 0.5 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Amla Chutney	Weight Limit	0.5 kg
	Baingan (Whole)	500 g
	Amchoor powder	As per required
	Green chillies, Salt, Sugar	As per your taste
	Oil	2 tbsps
For Tempering : Rai, Jeera, Hing etc.	As per requirement	

Instructions

- 1) In a Microwave safe glass bowl keep baingan, then press start .
- 2) When beeps, allow to cool and peel off the skin. In another Microwave safe glass bowl add oil and tempering, then press start .
- 3) When beeps, add mashed baingan and green chillies, salt and sugar and keep it in Microwave. Select category, then press start to cook.

Ghee

Ch 1: Ghee

- **Weight Limit:** 300 g
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Ghee	Weight Limit	300 g
	Malai/Cream (Fresh or Fresh or Collected over a week)	300 g
	Cold Water	As required

Instructions

- 1) In a big vessel put all the malai and blend with a hand mixer till it solidifies into butter and 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 Microwave safe glass bowl and keep in the microwave. Select menu and press start.
- 4) When beeps, stir it properly with the spoon (not plastic) and again press start.
- 5) After beeps, allow it to stand for 5 minutes and then strain it through stainless steel strainer into a glass jar and then store it.

Bakery

NOTE

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

bA I: Brownie

- **Weight Limit:** 0.3 kg
- **Utensil:** Low rack, Metal cake tin

Ingredients

List		Weight
For Brownie	Weight Limit	0.3 kg
	Maida	125 g
	Condensed milk	150 g
	Butter	100 g
	Almonds. Wallnuls	As per taste
	Baking powder	0.25 tsp
	Chocolate Essence	1 tsp
	Coco powder	2 tbsps

Instructions

- 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 menu and press start (Preheat process)
- 3) When beeps, put the tin with batter on low rack. Press start to bake.

bA2: Muffins

- **Weight Limit:** 0.3 kg
- **Utensil:** Low rack, Metal muffin tray

Ingredients

List		Weight
For Muffins	Weight Limit	0.3 kg
	Maida	200 g
	Powdered sugar	100 g
	Butter	75 g
	Almonds, Walnuts	As per taste
	Egg	1 No.
	Baking powder	0.5 tsp
	Almond essence	0.5 tsp

Instructions

- 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 menu amp; press start (Preheat process)
- 3) When beeps, put the tin with batter on low rack. Press start to bake.

BA3: Walnut Cake

- **Weight Limit:** 0.3 kg
- **Utensil:** Metal cake tin, Low rack

Ingredients

List		Weight
For Walnut Cake	Weight Limit	0.3 kg
	Maida	110 g
	Baking powder	0.25 tsp
	Walnuts	0.5 cup
	Curd	70 ml
	Powdered sugar	170 g
	Egg	1 no.
	Vanilla essence	0.25 tsp

Instructions

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

bA4: Carrot Cake

- **Weight Limit:** 0.3 kg
- **Utensil:** Metal cake tin, Low rack

Ingredients

List		Weight
For Carrot Cake	Weight Limit	0.3 kg
	Maida	110 g
	Baking powder	0.25 tsp
	Grated carrot	0.5 cup
	Curd	70 ml
	Powdered sugar	170 g
	Egg	1 no.
	Vanilla essence	0.25 tsp

Instructions

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

bA5: Chocolate Cake

- **Weight Limit:** 0.3 kg
- **Utensil:** Metal cake tin, Low rack

Ingredients

List		Weight
For Chocolate Cake	Weight Limit	0.3 kg
	Maida	110 g
	Baking powder	0.25 tsp
	Cocoa powder	50 g
	Curd	70 ml
	Powdered sugar	170 g
	Egg	1 no.
	Vanilla essence	0.25 tsp

Instructions

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

Chena Poda

- **Weight Limit:** 0.3 kg
- **Utensil:** Low rack, Microwave safe flat glass dish

Ingredients

List		Weight
For Chena Poda	Weight Limit	0.3 kg
	Chena	300 g
	Sugar	100 g
	Suji	20 g

Instructions

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

4) When beeps, place the flat glass dish on low rack. Press start.

bA7: Lamington Cake

- **Weight Limit:** 0.4 kg
- **Utensil:** Low rack , Metal cake tin, Microwave safe glass bowl

Ingredients

List		Weight
For Lamington Cake	Weight Limit	0.4 kg
	Maida (Refined Wheat flour)	100 g
	Powdered sugar	75 g
	Butter	75 g
	Eggs	1 no.
	Baking powder	1 tsp
	Vanilla essence	1 tsp
	For Lamington solution - Coco powder	2 tbsps
	Powdered Sugar	1 tbsp
	Water	2 cups
	Desiccated coconut	As required
	Cornflour	1 tbsp

Instructions

- 1) Sieve maida, baking powder. In a bowl add powdered sugar and butter, then 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 there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.
- 4) In glass bowl add water, coco powder and cornflour 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.

bAB: Apple cup Cakes

- **Weight Limit:** 0.4 kg
- **Utensil:** Metal muffin tray, Low rack

Ingredients

List		Weight
For Apple cup Cakes	Weight Limit	0.4 kg
	Maida	1 cup
	Apple (peeled and pureed)	0.5 cup
	Powdered sugar	0.5 cup
	Brown sugar	0.25 cup
	Butter (softened)	50 g
	Cinnamon powder, clove powder, nutmeg powder	A pinch (each)
	Eggs	2 nos.
	Chopped almonds	2 tbsps
	Baking powder	0.5 tsp

Instructions

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

⚙️: Eggless Chocolate Cake

- **Weight Limit:** 0.5 kg
- **Utensil:** Metal cake tin, Low rack

Ingredients

List		Weight
For Eggless Chocolate Cake	Weight Limit	0.5 kg
	Maida	125 g
	Coco powder	2 tbsps
	Baking powder	1 tsp
	Baking soda	0.5 tsp
	Condensed Milk (Milkmaid)	200 ml
	Water	100 ml
	Butter (melted)	60 ml

Instructions

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

BA 10: Vanilla Cake

- **Weight Limit:** 0.4 kg
- **Utensil:** Metal cake tin, Low rack

Ingredients

List		Weight
For Vanilla Cake	Weight Limit	0.4 kg
	Maida	100 g
	Powdered Sugar	75 g
	Butter	75 g
	Eggs	1 no.
	Baking Powder	1 tsp
	Vanilla essence	1 tsp

Instructions

- 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 and press start. (Pre-heat process)
- 3) When beeps, keep the cake tin on low rack and press start.

Tea/Dairy Delight

dd 1: Tea

- **Weight Limit:** 1-4 cups
- **Utensil:** Microwave safe glass bowl

Ingredients

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

Instructions

- 1) In a Microwave safe glass bowl add water, tea leaves. Select category and weight. Press start.
- 2) When beeps, add milk and sugar. Press start. Serve hot.
1 cup tea = 150ml approx

dd 2: Coffee

- **Weight Limit:** 1-4 cups
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For Coffee	Weight Limit	1 cup	2 cups	3 cups	4 cups
	Water	60 ml	120 ml	180 ml	240 ml
	Coffee	0.5 tsp (each cup)			
	Milk	120 ml	150 ml	225 ml	300 ml
	Sugar	As per taste			
	Ginger/ cardamon (crushed)	As per taste (optional)			

Instructions

- 1) In a Microwave safe glass bowl add water. Select category and weight, then press start.
 - 2) Meanwhile in each cup add 0.5 tsp coffee (with few water drops) and sugar. Beat well.
 - 3) When beeps, add milk to boiling water. Press start.
 - 4) Add milk to each cup and serve hot.
- 1 cup coffee = 150ml approx**

☞ Masala Tea

- **Weight Limit:** 1-4 cups
- **Utensil:** Microwave safe glass bowl

Ingredients

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

Instructions

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

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1 cup tea = 150ml approx

dd4: Ginger Tea

- **Weight Limit:** 1-4 cups
- **Utensil:** Microwave safe glass bowl

Ingredients

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

Instructions

- 1) In a Microwave safe glass bowl add water, tea leaves and crushed ginger. Select category and weight. Press start.
- 2) When beeps, add milk and 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

- **Weight Limit:** 1-4 cups
- **Utensil:** Microwave safe glass bowl

Ingredients

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

Instructions

- 1) In a Microwave safe glass bowl add water, tea leaves and tulsi leaves. Select category and weight.
Press start.
- 2) When beeps, add milk and 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

dd6: Lemon Tea

- **Weight Limit:** 1-4 cups
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For Lemon Tea	Weight Limit	1 cup	2 cups	3 cups	4 cups
	Water	120 ml	240 ml	360 ml	480 ml
	Tea leaves	1 tsp	2 tsps	3 tsps	4 tsps
	Lemon	0.5 no.	1 no.	1 no.	1.5 nos.
	Sugar	As per taste			

Instructions

- 1) In a Microwave safe glass bowl add water, tea leaves. Select category and weight. Press start.
- 2) When beeps, add lemon and sugar. Press start. Serve hot.
- 1 cup tea = 150ml approx

dd7: Black Tea

- **Weight Limit:** 1-4 cups
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For Black Tea	Weight Limit	1 cup	2 cups	3 cups	4 cups
	Water	120 ml	240 ml	360 ml	480 ml
	Tea leaves	1 tsp	2 tsps	3 tsps	4 tsps
	Sugar	As per taste			

Instructions

- 1) In a Microwave safe glass bowl add water, tea leaves. Select category and weight. Press start.

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- 2) When beeps, add sugar. Press start. Serve hot.
- 1 cup tea = 150ml approx**

☞: Green Tea

- **Weight Limit:** 1-4 cups
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For Green Tea	Weight Limit	1 cup	2 cups	3 cups	4 cups
	Water	120 ml	240 ml	360 ml	480 ml
	Green Tea leaves	1 tsp	2 tsps	3 tsps	4 tsps
	Sugar	As per taste			

Instructions

- 1) In a Microwave safe glass bowl add water, tea leaves. Select category and weight. Press start.
- 2) When beeps, add lemon and sugar. Press start. And allow it to for 5 minutes. Serve hot.
- 1 cup tea = 150ml approx**

☞: Spiced Cider Tea

- **Weight Limit:** 1-4 cups
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For Spiced Cider Tea	Weight Limit	1 cup	2 cups	3 cups	4 cups
	Water	120 ml	240 ml	360 ml	480 ml
	Tea leaves	1 tsp	2 tsps	3 tsps	4 tsps
	Cinnamon	1tsp	2 tsps	3 tsps	4 tsps
	Cloves, peppercorns	1tsp	2 tsps	3 tsps	4 tsps
	Cider	1tsp	2 tsps	3 tsps	4 tsps
	Sugar	As per taste			

Instructions

- 1) In a Microwave safe glass bowl add water, cinnamon, cloves, peppercorn and tea leaves. Select category and weight. Press start.

- 2) When beeps, add cider and sugar. Press start. And allow it to for 5 minutes. Serve hot.
1 cup tea = 150ml approx

dd iQ: Peppermint Tea

- **Weight Limit:** 1-4 cups
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For Peppermint Tea	Weight Limit	1 cup	2 cups	3 cups	4 cups
	Water	120 ml	240 ml	360 ml	480 ml
	Green Tea leaves	1 tsp	2 tsps	3 tsps	4 tsps
	Mint leaves	1 tsp	2 tsps	3 tsps	4 tsps
	Sugar	As per taste			

Instructions

- 1) In a Microwave safe glass bowl add water, green tea leaves. Select category and weight. Press start.
- 2) When beeps, add mint leaves and sugar. Press start. And allow it to for 5 minutes. Serve hot.
1 cup tea = 150ml approx

dd l l: Lemon Honey Tea

- **Weight Limit:** 1-4 cups
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight-1	Weight-2	Weight-3	Weight-4
For Lemon Honey Tea	Weight Limit	1 cup	2 cups	3 cups	4 cups
	Water	120 ml	240 ml	360 ml	480 ml
	Green Tea leaves	1 tsp	2 tsps	3 tsps	4 tsps
	Lemon	0.5 no.	1 no.	1 no.	1 no.
	Honey	As per taste			

Instructions

- 1) In a Microwave safe glass bowl add water, green tea leaves. Select category and weight. Press start.
- 2) When beeps, add mint leaves. Press start. When beeps add honey to it. Serve hot.
1 cup tea = 150ml approx

Paneer/Curd

PA 1: Paneer

- **Weight Limit:** 0.5 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Paneer	Weight Limit	0.5 kg
	Milk	500 ml
	Lemon juice/Vinegar	4 tbsps

Instructions

- 1) In a Microwave safe glass bowl add milk and lemon juice/vinegar. Select menu, then press start.
- 2) When it gives beeps, stir it and again press start.
- 3) When beeps, remove the bowl, then strain in a muslin cloth and press it.

PA2: Masala Paneer

- **Weight Limit:** 0.5 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Masala Paneer	Weight Limit	0.5 kg
	Milk	500 ml
	Curd	2 tbsps
	Coriander powder	1 tbsps
	Jeera powder	1 tsp

Instructions

- 1) In Microwave safe glass bowl add milk. Select category, then press start.
- 2) When it gives a beep, remove and add curd, coriander and jeera powder. Press start. When beeps, remove and strain and press in a muslin cloth.

CU 1: Curd

- **Weight Limit:** 0.5 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Curd	Weight Limit	0.5 kg
	Milk	500 ml
	Starter curd	2 tbsps

Instructions

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

CU2: Flavoured Yoghurt

- **Weight Limit:** 0.6 kg
- **Utensil:** Microwave safe glass bowl, Low rack

Ingredients

List		Weight
For Flavoured Yoghurt	Weight Limit	0.6 kg
	Curd	200 ml
	Condensed Milk (Milkmaid)	100 ml
	Fresh cream	200 ml
	Flavours (Vanilla, Strawberry, Pineapple essence)	As per choice (0.5 tsp)

Instructions

- 1) In a Microwave safe glass bowl mix all the ingredients. Beat well till smooth.
- 2) Select menu, then press start. (Pre-heat process)
- 3) When beeps, keep the Microwave safe glass bowl on low rack and keep it in microwave. Press start.
- 4) When cooking ends, take out and allow to come to room temperature. Keep in freezer 1 hour.

NOTE

- In case you use strawberry essence, add a pinch of pink food color to add color to the yoghurt. For pineapple yoghurt, add pineapple slices during the time serving.

Cooking Aid

⌚ 1: Keep Warm

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe bowl

List		Weight
For Keep Warm	Weight Limit	0.3 kg

Instructions

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

⌚ 2: Defrost Veg

- **Weight Limit:** 0.2 ~ 0.5 kg
- **Utensil:** Microwave safe bowl

List		Weight
For Defrost Veg	Weight Limit	0.2 ~ 0.5 kg

Instructions

Veg - (Paneer, Green Peas, Corn etc.)

- 1) Take in Microwave Safe Bowl, select category and weight, then press start.
- 2) When beeps, turn the food. Press start.

⌚ 3: Defrost Non-Veg

- **Weight Limit:** 0.5 ~ 1.0 kg
- **Utensil:** Microwave safe bowl

List		Weight
For Defrost Non-Veg	Weight Limit	0.5 ~ 1.0 kg

Instructions

Non-Veg - (Chicken, Mutton etc.)

- 1) Take in Microwave Safe Bowl, select category and weight, then press start.
- 2) When beeps, turn the food. Press start.

⌚ 4: Dehumidification

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe bowl

List		Weight
For Dehumidification	Weight Limit	0.3 kg

Instructions

Namkin, Biscuits, Bhujia, Papad and Wafers etc.

- 1) In Microwave safe bowl add the food to be dehumidified. Select category and then press start.

UCC5: Disinfect Aid

- **Weight Limit:**
- **Utensil:** Microwave safe glass utensil and Empty cavity

Instructions

- 1) Aid in disinfecting Microwave safe glass utensils - Keep the empty utensil and select category, then press start.
- 2) Aid in cleaning the cavity- Keep the cavity empty. Select category, then press start. When time ends (beeps), clean the cavity with damp cloth.

NOTE

- The Oven has a function disinfect aid which helps in disinfecting the Microwave safe glass utensil thereby giving clean utensils/cavity.

UCC6: Body Massage Oil

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Body Massage Oil	Weight Limit	0.2 kg
	Garlic	10 pods
	Ajwain	0.5 tsp
	Cloves	2-3 nos.
	Almonds	3-4 nos.
	Mustard oil	1 cup

Instructions

- 1) In a Microwave safe glass bowl put all the ingredients. Select category, then press start. Remove when it gives a beep. Keep it for 2 hours. Strain and store in a glass a jar.

UC 7: Yeast Dough

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl

Ingredients

List		Weight
For Yeast Dough	Weight Limit	0.3 kg
	Maida	300 g
	Yeast	1 tbsp
	Salt	0.5 tsp
	Sugar	1 tsp
	Water	As required

Instructions

- 1) In Microwave safe glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough.
- 2) Select category, then press start. Rest for 3 minutes. Now remove.

UC 8: Boil Potato

- **Weight Limit:** 0.3 kg
- **Utensil:** Glass tray

Ingredients

List		Weight
For Boil Potatoes	Weight Limit	0.3 kg
	Potato	300 g

Instructions

- 1) Take potatoes and pierce with fork or knife from all side and keep in a microwave on a glass tray., then press start.
- 2) Boiled potatoes are ready for use.

UC 9: Lemon Squeeze

- **Weight Limit:** 5 pcs
- **Utensil:** Glass tray

Ingredients

List		Weight
For Lemon Squeeze	Weight Limit	5 pcs
	Lemon	5 pcs

Instructions

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

🔪 🧄: Garlic Peel

- **Weight Limit:** 10 Cloves
- **Utensil:** Glass tray

Ingredients

List		Weight
For Garlic Peel	Weight Limit	10 Cloves
	Garlic Cloves	10 nos.

Instructions

- 1) Take 10 cloves of garlic and keep in Microwave safe glass tray of microwave oven.
- 2) Select menu, then press start.
- 3) When beeps, take out cloves will slide right out of their skin, hassle free.

🔪 🧅: Tear Free Onions

- **Weight Limit:** 5 pcs
- **Utensil:** Glass tray

Ingredients

List		Weight
For Tear Free Onions	Weight Limit	5 pcs
	Onions	5 nos

Instructions

- 1) Take 5 onions and pierce it with knife and keep in Microwave safe glass tray of microwave oven.
- 2) Select menu, then press start.
- 3) When beeps, take out onions and peel it off and chop easily with almost no tears in eyes.

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UC 12: Crispy Nuts

- **Weight Limit:** 0.1 kg
- **Utensil:** Microwave safe flat glass dish

Ingredients

List		Weight
For Crispy Nuts	Weight Limit	0.1 kg
	Nuts	100 g
	Oil	As required

Instructions

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

UC 13: Smooth Honey

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass Utensils

Ingredients

List		Weight
For Smooth Honey	Weight Limit	0.3 kg
	Crystallized Honey	300 g

Instructions

- 1) Keep Crystallize honey in a microwave safe glass utensil or jar in microwave, then press start.
- 2) Smooth and free flowing honey ready to use.

Steam Clean

SL 1: Steam Clean

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe bowl

Ingredients

List	Weight
For Steam Clean	0.3 kg

Instructions

- 1) Take 300 ml water in Microwave safe bowl, add 1 tbsp vinegar or lemon juice. Select category and press start.
- 2) When beeps, wipe out with clean napkin. Press start.
- 3) Again wipe out. Take out the plug.

NOTE

- Use this feature to aid in cavity cleaning

Two Recipes for Beginners

Roasted Papad

Papad

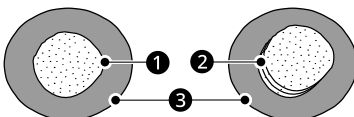
- 1 Place the raw papad at the centre of glass tray.
- 2 Select microwave oven 100% power level and cook time, then press start.
- 3 After papad cooking give standing time of 30-45 seconds.

Multiple papads

Place multiple papads over one another.

Crispy papad

- 1 Press start once without papad.
- 2 Sprinkle little water or oil over the papad.
- 3 After beep, place the papad at the at the center, then press start.



1 Papad

2 Multiple Papads

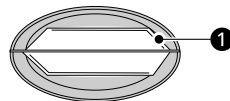
3 Glass Tray

NOTE

- The cooking time may vary.
 - As per the composition of the papad material.
 - As per the Quantity of papad used.

Pop Corn

- 1 Place the pop corn bag to the glass tray properly as instructed on packing.
- 2 Press start to set 3~4 minutes.
- 3 Remove the bag after popping sound has stopped. Take care that bag corners do not touch sides while rotating.



1 Pop Corn

NOTE

- Attend popping process carefully.
- Do not overheat as cause flash fire.

List of Ingredients

Spices

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

English name	Hindi name
Turmeric	Haldi
Thyme	Thyme

Vegetables

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

English name	Hindi name
Lemon Grass	Lemon Grass
Lettuce	Lettuce
Lime	Nimbu
Mint	Pudina
Mushroom	Kukurmutta
Olives	Jafiun
Onion	Pyaz
Parsley	Ajmoda
Potato	Aloo
Peas	Hari Matar
Radish	Mooli
Red Pumpkin	LalKaddu
Snake Gourd	Torai
Spinach	Palak
Spring Onion	Hari Pyaz
Sweet Potato	Shakarkandi
Tomato	Tamatar
Turnip	Shalgam
Chenopodium leaves	Bathua
Zucchini	Torai

Fruits

English name	Hindi name
Apple	Seb
Coconut	Nariyal
Grapes	Angoor
Mango	Aam
Papaya	Papeeta

English name	Hindi name
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

Dry Fruits

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

Fats and Oils

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

Miscellaneous

English name	Hindi name
Bread crumbs	Bread crumbs
Cornflour	Cornflour
Coffee	Coffee
Cottage cheese	Paneer
Curd	Dahi
Eggs	Ande
Honey	Shahed
Jaggery	Gud
Khoa	Khoa

English name	Hindi name
Lotus Seeds	Makhana
Milk	Doodh
Powdered Sugar	Bura
Sugar	Cheeni
Tamarind	Imli
Tea	Chai
Saffron	Kesar
Sprouts	Ankur
Vinegar	Sirka

Utensils Guide

Microwave-Safe Utensils

- **Ovenproof Glass:** Glassware that is heat-resistant is microwave-safe. This would include all brands of oven tempered glass utensils. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.
- **Pottery Stoneware Ceramic:** Use bowls, cups, serving plates, pottery, stoneware, ceramic, and platters without metallic rim. Many containers made of these materials are microwave-safe, but test them before use.
- **Plastic**
 - **Plastic Storage Containers:** These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.
 - **Plastic Cooking Bags:** Provided they are specially made for cooking, cooking bags are microwave safe. Remember to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in the microwave oven, as they will melt and rupture.
 - **Plastic Microwave Utensils:** A variety of shapes and sizes of microwave utensils are

available. You may be able to use items you already have on hand rather than investing in new kitchen equipment.

- **Paper:** Use paper towels, waxed paper, paper napkins, and paper plates with no metallic rim or design. Paper plates and containers are convenient and safe to use in the microwave oven, provided that the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods such as bacon are cooked. In general, avoid coloured paper products as the color may run. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave.
- **Tableware:** Many containers made of pottery, stoneware and ceramic are also microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test. Do not put plates with painted decoration in the oven, as the paint may contain metal and cause arcing.

Microwave-Unsafe Utensils

- **Metal Containers and Metal Decoration**
 - Never use metal or metal-rimmed utensils in the microwave oven.
 - Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning.
 - Metal shields the food from microwave energy and produces uneven cooking. Also avoid metal skewers, thermometers, foil trays, metal-rimmed or metal-banded dinnerware, casserole dishes, etc. The metal rim interferes with normal cooking and may damage the oven.

Testing Utensils before Use

Most heat resistant and non-metallic utensils are safe for use in your oven. However, some utensils may contain materials that are not suitable for microwave use. Follow the steps below to find out if utensils can be used in the microwave.

- 1 Place the container in question and a glass measuring cup filled with water next to each other inside the oven.
- 2 Heat the container and glass measuring cup for 1 minute at HIGH power.
 - If the water heats up but the container remains cool to the press, the container is microwave-safe.
 - If the temperature of the water does not change but the container becomes warm, it is not safe for use in the microwave oven.

CAUTION

- Some items with high lead or iron content are not suitable for microwave cooking.
- Utensils should be checked to ensure that it is suitable for use in the microwave.
- Always be careful when taking utensils out of the oven. Some dishes absorb heat from the cooked food and may be hot.

Cooking Guide

Cooking Tips

Carefully monitor the food in the microwave oven when it is cooked. Directions given in recipes to elevate, stir, etc., are the minimum steps recommended. If the food seems to be cooked unevenly, simply make the necessary adjustments to correct the problem.

- **Covering:** Cover the plate with a lid, parchment paper (not waxed paper) or cling plastic wrap for use in the microwave oven. A cover traps heat and steam, which help to cook the food more quickly.
- **Stirring:** Stir from the outside towards the center, as food at the outside of the dish heats more quickly.
- **Standing Time:** Standing time allows foods to finish cooking and also helps flavors blend and develop. Foods are often allowed to stand for 3 to 10 minutes after being removed from the oven.

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- **Cooking Time:** Set the cooking time according to the temperature of the ingredients. Ice-cold ingredients take considerably longer to cook than room temperature ingredients.
- **Sprinkling:** Low-moisture foods such as roasts and vegetables should be sprinkled with water before cooking or covered to retain moisture.
- **Arranging:** The upper portion of thick foods will be cooked more quickly than the lower portion. Turn food over several times during cooking.
- **Piercing:** Pierce foods that are enclosed in a shell, skin or membrane before cooking to prevent them from bursting.
 - Such foods include yolks and whites of eggs, clams, oysters, potatoes, and other whole vegetables and fruits.
- **Shape of Food:** Microwaves penetrate only about 2 cm into food. Only the outer edge of food is cooked by microwave energy; the rest is cooked as the heat moves inward.
 - Place the thickest portions of foods like meat, poultry or fish toward the outside of the utensils to help them cook more evenly.
 - If possible, shape foods into thin rounds or rings.
- **Density:** Light, porous food such as cakes and breads are cooked more quickly than heavy, dense foods such as roasts and casseroles.
- **Bones and Fat:** Bones conduct heat and fat cooks more quickly than meat. Take care with bony or fatty cuts of meat.
- **Quantity:** The more food you place in the oven, the longer the required cooking time.
- **Shielding:** Cover the corners of square dishes with strips of aluminum foil to prevent overcooking. Do not use too much foil, and make sure the foil is secured to the dish. If the foil gets too close to the oven walls during cooking, it can cause arcing.

TROUBLESHOOTING

FAQs

Frequently Asked Questions

Q: What's wrong when the oven light will not glow?

A: There may be several reasons why the oven light will not glow. Either the light bulb has blown or the electric circuit has failed.

Q: Does microwave energy pass through the viewing screen in the door?

A: No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.

Q: Why does the beep tone sound when a button on the control panel is touched?

A: The beep tone sounds to assure that the setting is being properly entered.

Q: Will the microwave function be damaged if it operates empty?

A: Yes. Never run it empty.

Q: Why do eggs sometimes pop?

A: When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.

Q: Why is standing time recommended after microwave cooking is over?

A: After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. the amount of standing time depends on the density of the food.

Q: Why doesn't my oven always cook as fast as the cooking guide says?

- A:
- Check your cooking guide again to make sure you have followed directions correctly, and to see what might cause variations in cooking time.
 - Cooking guide times and heat settings are suggestions, chosen to help prevent overcooking, the most common problem in getting used to this oven.
 - Variations in the size, shape, weight and dimensions of the food require longer cooking time.
 - Use your own judgment along with the cooking guide suggestions to test food conditions, just as you would do with a conventional cooker.

Before Calling for Service

If following symptoms appear while using the microwave oven, check it one more time. It may not be a failure.

Operation

Symptoms	Possible Cause & Solution
Microwave oven does not start	Power cord is unplugged, door is open. Or, cooking time is not set. • Plug in power cord. • Close oven door. • Set cooking time.

Symptoms	Possible Cause & Solution
Microwave oven does not start	A fuse in your home may be blown or the circuit breaker tripped. Or the appliance is connected to a GFCI (Ground Fault Circuit Interrupter) outlet, and the outlet's circuit breaker has tripped. • Check the main electrical box and replace the fuse or reset the circuit breaker. • Do not increase fuse capacity. If the problem is a circuit overload, have it corrected by a qualified electrician. • Reset the circuit breaker on the GFCI. If the problem persists, contact an electrician.
Arcing or Sparking	Utensils is not microwave safe. Or, operated the oven when it is empty. • Use microwave-safe utensils. When in doubt, test utensils before use. • Do not operate oven while it is empty.
Unevenly Cooked Foods	Utensils is not microwave safe. Or, cooking settings was wrong. • Test utensils to make sure it is microwave safe. • Do not cook without the glass tray. • Turn or stir food while cooking. • Defrost food completely before cooking. • Use correct cook time and power level.
Overcooked Foods	Cooking settings and methods are wrong. • Change cook time or power level.
Undercooked Foods	Utensils is not microwave safe. Or, cooking settings was wrong. • Test that utensils is microwave safe. • Defrost food completely before cooking. • Change cook time or power level. • Make sure that ventilation ports are not blocked.

APPENDIX

Warranty

Warranty and Service Information

Warranty

The Microwave oven comes with 1 year warranty on all parts (except Plastic parts, Consumables, Loose Plastic Parts, Glass) from the date of purchases on producing the tax paid invoice of the product provided always that the warranty card bears the rubber stamp, date and signature of our authorized dealer.

TERMS & CONDITIONS

1. The warranty is confined to the first purchaser of the Microwave oven only & is non-transferable.
2. Repairs & replacements will be carried out through the Authorized Service Centres of LG Electronics India Ltd. (hereinafter referred as LG or LGEIL). Customer may place their service call through the LG customer care or through the dealer from whom the product has been purchased. In case the customer shifts the place of residence during warranty period, it is advised to contact our helpline.
3. Repair under warranty shall be carried out by an authorized service personnel only. The details of centralized helplines are attached.
4. For units installed beyond municipal limits of the jurisdiction of company's Authorized Service Centre, it is responsibility of the purchaser to contact the nearest authorized service centre and bring the unit to the authorized service at its own cost and risk. All expense incurred in collecting the units or parts thereof from the company's authorized service centre, as well as expenses incurred with deputing of service personnel/ technician toward conveyance and other incidentals etc. will be borne by the customer. Local charges for transportation and handling charges may vary from location to location. Customers are advised to verify before. In case the customer desires to bring the unit on its own to the Authorized Service Centre, the same shall be at its own risks & consequences.
5. The concerned authorized service centre will advise the customer whether to effect the repairs at site or at the authorized service centre.
6. Call registered with the centralized helpline/Authorized service centre, wherein only cleaning of the unit/ parts in the unit due to dust accumulation on portions of the units are not to be considered as defects.
7. In case of repairs or replacement of any part/s of the unit, this warranty will thereafter continue and remain in force only for the unexpired period of the warranty. LGEIL may use parts that are new or refurbished and equivalent to new in performance and reliability. Replacement of parts would be purely at the discretion of LGEIL alone. In case the replacement of the entire unit is being made, (subject to the sole discretion of LGEIL), the same model shall be replaced and in the event such model has been discontinued, it shall be replaced with the model price equivalent at the time of purchase.
8. In case of any damage to the product/customer abuse/repairs by un-authorized personnel's/ misuse detected/ by the Authorized Service Centre personnel, the warranty conditions are not applicable and repairs will be done subject to availability of parts and on a chargeable basis only.
9. This warranty shall not cover any consequential or resulting liability, damage or loss to property or life arising directly or indirectly out of any defect being noticed in the equipment during warranty period of the Microwave oven. The company's obligation under this warranty shall be limited to repair or providing replacement of defective parts only under the warranty period
10. The company or its Authorized Service Centre reserves the right to retain any part/s or component replaced its discretion, in the event of defect being noticed in the equipment during warranty period.
11. While the company will make every effort to carry out repairs at the earliest, it however is made expressly clear that the company is under no obligation to do so in a specified period of time.
12. Warranty does not cover accessories external to the equipment supplied by the dealer.

- 13. If any coloured internal or external components are replaced, there will be commitment to ensure that the shades match with the original or other components. The replaced shades, patterns, tints may vary from the customer's unit due to continuous usage of the unit. Any matching components changed at customer's request will be chargeable basis except the component which actually needed.
- 14. In the event of any unforeseen circumstance, and spares not being available, the company's prevailing depreciation rules will be binding on the purchaser to accept as a commercial solution in lieu of repairs.
- 15. Free Installation or Demo of the product, can be availed only once & within 3 months from the date of purchase.
- 16. Any extended warranty offered by LGEIL has to be supported by relevant proof.
- 17. Warranty shall expire after the warranty period as mentioned above even if the Microwave oven may not be in use for any time during the warranty period for any reason.
- 18. Only courts in state of Delhi and places where LGEIL has its branch office shall have the jurisdiction for settling any claims, disputes arising under the warranty.

Warranty is not applicable in any of the following cases :

- 1. The warranty card is not completed properly at the time of purchase.
- 2. The completed warranty card is not presented to authorized service personnel at the time of service of the product.
- 3. The product is not operated according to instructions given in the Operating Instruction Booklet/ Owner's Manual.
- 4. The product is used for commercial purposes.
- 5. The product has failed under certain conditions like water logging, flood, fire, misuse etc.
- 6. Defects/malfunction are caused by improper or reckless use, which shall be determined by the company personnel.
- 7. Any repair work is carried out by persons other than authorized service personnel.
- 8. Defect/malfunction are caused which are beyond control like lightening, abnormal voltage, Acts of God, virus etc.
- 9. Any issue is caused by usage of 3rd party product like voltage stabilizer, power outlet socket, MCB, extension board etc.
- 10. Defects/malfunction caused while in transit to service centre or purchaser's residence.
- 11. Defects caused by rodents bite or by pests and vermin ants/Insects/animals/birds etc.
- 12. The serial number is deleted, defected or altered.
- 13. Damage is caused to the product or any part/s due to transportation or shifting.
- 14. Any accessory external to the equipment are supplied by dealer or LG.

CUSTOMER'S COPY

CUSTOMER'S COPY

MODEL No. :
UNIT SERIAL No. :

CUSTOMER'S NAME & ADDRESS

TEL.

DATE OF PURCHASE :

DEALER'S NAME & ADDRESS

TEL.

Customer's Signature

Dealer's Signature

This card is valid only if it is filled in and stamped by our authorised dealer on the date of purchase.

Memo

Memo

Memo



Brand Owner (LG Electronics India Ltd.) & Packaging Type Details as per PWM Rules

Packaging type	Company name	Registration number	Thickness
Plastic Sheet	LG Electronics India Ltd	BO-13-000-07-AAACL1745Q-22	0.05 mm and above
Multilayered bag	LG Electronics India Ltd		N/A

LG Electronics India Ltd.

Phone	08069379999 1800 315 9999 [Toll Free]
WhatsApp No.	9711709999
Mobile Application	'LG Service India Mobile App' available at Google Play
SNS	www.facebook.com/LGIndiaPage www.twitter.com/LGIndia
Address	Regd. Office: LG Electronics India Ltd., A-24/6 Mohan Cooperative Industrial Estate, Mathura Road, New Delhi-110044 CIN No. L32107DL1997PLC220109

24 hours, 7 days a week (except National Holidays)