



ENGLISH

# OWNER'S MANUAL

# MICROWAVE

# OVEN

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

MC2886BRUM



MFL70580210  
Rev.00\_29092021

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## How the Microwave Function Works

Microwaves are a form of energy similar to radio, television waves, and ordinary daylight. Normally, microwaves spread outwards as they travel through the atmosphere and disappear without effect.

This oven, however, has a magnetron that is designed to make use of the energy in microwaves. Electricity, supplied to the magnetron tube, is used to create microwave energy.

These microwaves enter the cooking area through openings inside the oven. A tray is located inside the oven. Microwaves cannot pass through metal walls of the oven, but they can penetrate such materials as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are constructed.

Microwaves do not heat cookware, though cooking vessels will eventually get hot from the heat generated by the food.

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## A very safe appliance

Your Microwave oven, is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no "left over" energy to harm you when you eat your food.

# 251 Recipes List

Diet Fry/Low Calorie (page 23-52)	
Diet Fry	
Code No.	Recipe Name
df1	Chicken Nuggets
df2	Aloo Chips
df3	Gujia
df4	Samosa
df5	Bread Pakora
df6	Paneer Pakora
df7	Masala Vada
df8	Chicken 65
df9	Stuffed Aloo Patties
df10	Mushroom Rolls
df11	Sabudana Vada
df12	Fish Amritsari
df13	Batata Vada
df14	Pyaaz Pakora
df15	Mirchi Vada
df16	Aloo bhaji
df17	Soyabean Tikki
df18	Oats cutlet
df19	Methi masala vada
df20	Poha patties
df21	French toast
df22	Buff vada
df23	Palak tikki
df24	Corn aloo tikki
df25	Mix veg bhajia
Health Plus	
Code No.	Recipe Name
HP1	Kala Chana
HP2	Karela Sabzi
HP3	Lemon Chicken
HP4	Machi Kali Mirch
HP5	Soya Idli
HP6	Nutrinuggets
HP7	Curd Brinjal
HP8	Bathua Raita
HP9	Soyabean Curry
HP10	Spinach Dal
HP11	Moong Dal
HP12	Leaf Rolls

Health Plus	
Code No.	Recipe Name
HP13	Fish Bharta
HP14	Healthy Khichdi
HP15	Oats Idli
Soup	
Code No.	Recipe Name
So1	Sweet corn soup
So2	Mushroom soup
So3	Wonton Soup
So4	Chicken shorba
So5	Tamatar shorba
So6	Corn Basil & fusili soup
So7	Rasam
So8	Mulligatawny soup
So9	Hot & Sour Soup
So10	Tomato Soup
So11	Palak Makai
So12	Chicken Soup
So13	Tom Yum Kung
So14	Dal Shorba
So15	Rajma Soup
So16	Shahi Shorba
So17	Bombay Curry Soup
So18	Badam Soup
So19	Limbu Dhania Shorba
So20	Mutton Shorba
Continental	
Code No.	Recipe Name
Co1	Pasta
Co2	Veg au Gratin
Co3	Baked mushrooms
Co4	Lasaneya
Co5	Macaroni
Co6	Thai Chicken
Co7	Mediterranean Crostini
Co8	Chilli Veg
Co9	Potato dumpling
Co10	Sweet & Sour Veg

# 251 Recipes List

Salads	
Code No.	Recipe Name
SA1	Rice Salad
SA2	Spring Basket salad
SA3	Tiranga Salad
SA4	Hari Seekh Salad
SA5	Beetroot Salad
SA6	Cous Cous Salad
SA7	Pasta Salad
SA8	Whole Wheat & Mint salad
SA9	Bread Salad
SA10	Papaya Lachcha Salad
<b>Tandoor Se/ Kids' Delight</b> (page 53-76)	
Tandoor Se	
Code No.	Recipe Name
ts1	Paneer Tikka
ts2	Murg Tandoori
ts3	Tandoori Sabzi
ts4	Hara Bhara Kababs
ts5	Shaami Kababs
ts6	Mutton tikka
ts7	Chicken lollipops
ts8	Chana Kababs
ts9	Bharwan Baigan
ts10	Fish tandoori
ts11	Veg Kabab Rolls
ts12	Corn Kababs
ts13	Bharwan Tamatar
ts14	Tandoori Aloo
ts15	Tandoori Gobhi
ts16	Tandoori Mushrooms
ts17	Mahi tikka
ts18	Arbi Tandoori
ts19	Mix Veg Platter
ts20	Spicy Chicken Kababs
ts21	Kastoori Kabab
ts22	Chilka Kababs
ts23	Jimikand ke Kababs
ts24	Kaju Kababs
ts25	Mutton & Tomato Kababs

Child's Favourite	
Code No.	Recipe Name
CF1	Omelette
CF2	Corn Chaat
CF3	Vermicelli khichdi
CF4	Pizza
CF5	Garlic Bread
CF6	Choco Bars
CF7	Apple pie
CF8	Bread Pudding
CF9	Cheesy Nachos
CF10	Chocolate Balls
CF11	Strawberry Custard
CF12	Veg Burger
CF13	Mushroom & Pepper pizza
CF14	Noodle Rosti
CF15	Bread Rolls
Bakery	
Code No.	Recipe Name
ba1	Brownie
ba2	Muffins
ba3	Patties
ba4	Walnut cake
ba5	Swiss Roll
ba6	Carrot Cake
ba7	Chocolate Cake
ba8	Jeera biscuit
ba9	Naan Khatai
ba10	Chena Poda
ba11	Masala Biscuit
ba12	Lamington Cake
ba13	Doughnuts
ba14	Whole Wheat cookies
ba15	Buns
ba16	Apple cup cakes
ba17	Eggless Chocolate Cake
ba18	Cheese Straw
ba19	Vanilla Cake
ba20	Chocolate cookies

# 251 Recipes List

<b>Indian Roti Basket</b>	
(page 77-86)	
<b>Indian Roti Basket</b>	
Code No.	Recipe Name
br1	Naan
br2	Lachha Parantha
br3	Appam
br4	Masala Roti
br5	Missi roti
br6	Stuffed Naan
br7	Khasta Parantha
br8	Pudina Parantha
br9	Rajma Parantha
br10	Paneer Parantha
br11	Kulche
br12	Daal parantha
br13	Aloo parantha
br14	Palak parantha
br15	Gobhi Parantha
br16	Ajwain Parantha
br17	Payaza Parantha
br18	Chatpata Parantha
br19	Aloo gobhi Parantha
br20	Methi Parantha

<b>Indian Cuisine</b>	
(page 87-114)	
<b>Indian Cuisine</b>	
Code No.	Recipe Name
IC1	Mix Veg
IC2	Kadhai Paneer
IC3	Dal Tadka
IC4	Sambhar
IC5	Dum Aloo
IC6	Baigan Ka Barta
IC7	Kadhi
IC8	Baati
IC9	Pithla
IC10	Dalma
IC11	Bhindi fry
IC12	Panchmel ki sabzi
IC13	Gujrati tuvar dal
IC14	Butter Chiicken

<b>Indian Cuisine</b>	
Code No.	Recipe Name
IC15	Beans Porial
IC16	Goan potato curry
IC17	Kashmiri Kaju Paneer
IC18	Veg Handva
IC19	Gatte ki sabzi
IC20	Aloo Gobhi
IC21	Matar Paneer
IC22	Kadhai Chicken
IC23	Kofta Curry
IC24	Egg Curry
IC25	Jhinga Matar Curry
IC26	Dum Tangri
IC27	Makki Korma
IC28	Litti
IC29	Chokha
IC30	Methi Aloo
IC31	Kaddu Ki Sabzi

<b>Sweet Corner</b>	
Code No.	Recipe Name
SC1	Suji Halwa
SC2	Besan ladoo
SC3	Shahi tukda
SC4	Kheer
SC5	Mysore Pak
SC6	Nariyal burfi
SC7	Sandesh
SC8	Shahi rabdi
SC9	Payasam
SC10	Kaddu Kheer
SC11	Seviyan Zarda
SC12	Phirni
SC13	Burfi
SC14	Kalakand
SC15	Rava Ladoo
SC16	Kaju Burfi
SC17	Badam Halwa

# 251 Recipes List

<b>Rice Delight</b>	
<b>Code No.</b>	<b>Recipe Name</b>
rd1	Chicken Biryani
rd2	Gosht dum biryani
rd3	Malabar biryani
rd5	Veg Pulao
rd6	Veg tahiri
rd7	Pepper rice
rd8	Zafrani Pulao
rd9	Bengali Biryani
rd10	Khumb Pulao
rd11	Tiranga Pulao
rd12	Egg Biryani
rd13	Achari Chana Pulao
rd14	Methi Rice
rd15	Coconut Rice
rd16	Curd Rice

<b>Chatpat Corner</b>	
<b>Code No.</b>	<b>Recipe Name</b>
CC1	Apple Tomato Chutney
CC2	Lemon Pickle
CC3	Mix veg Pickle
CC4	Pizza Sauce
CC5	Tomato Sauce
CC6	Masala Chutney
CC7	Lehsun ki chutney
CC8	Manchurian Sauce
CC9	Aam ki chutney
CC10	Coconut Chutney
CC11	Til ki Chutney

<b>Pasteurize Milk/ Tea/ Dairy Delight</b> (page 115-117)	
<b>Tea/Dairy Delight</b>	
<b>Code No.</b>	<b>Recipe Name</b>
PS1	Pasteurize Milk
dd1	Tea
dd2	Coffee
dd3	Flavoured Yoghurt
PA1	Paneer
CU1	Curd

<b>Cooking Aid/Steam Clean/ Dosa/Ghee</b> (page 118-121)	
<b>Cooking Aid</b>	
<b>Code No.</b>	<b>Recipe Name</b>
UC1	Keep Warm
UC2	Defrost Veg.
UC3	Defrost Nonveg
UC4	De-humidification
UC5	Light Disinfect
UC 6	Pizza Base
UC7	Body Massage oil
SL1	Steam Clean

<b>Dosa / Ghee</b>	
<b>Code No.</b>	<b>Recipe Name</b>
do 1	Masala dosa
Gh1	Ghee

# IMPORTANT SAFETY INSTRUCTIONS

## READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your LG service technician or manufacturer about problems that you do not understand.

### **WARNING**

This is the safety alert symbol. This symbol alerts you to potential hazards that can kill or hurt you and others. All safety messages will follow the safety alert symbol and either the word "WARNING" or "CAUTION". These words mean:

### **WARNING**

This symbol will alert you to hazards or unsafe practices which could cause serious body harm or death.

### **CAUTION**

This symbol will alert you to hazards or unsafe practices which could cause body injury or property damage.

### **WARNING**

- 1 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. Do not operate the oven if the door seals and adjacent parts of the microwave oven are faulty. Repairs should only be undertaken by a qualified LG service technician.
- 2 Unlike other appliances, the microwave oven is a high-voltage and a high electrical-current equipment. Improper use or repair could result in harmful exposure to excessive microwave energy or in electric shock.
- 2 Do not use the oven 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.

### **WARNING**

- 3 The appliance is not intended for use by young children or elderly persons. Only allow elderly & children (8 years and above) 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.
- Improper use may cause damage such as a fire, electric shock or burn.
- 4 Accessible parts may become hot during use. Young children should be kept away.
- They may get a burn.

### **WARNING**

- 5 Liquids or 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. Please note that in some cases food should be covered with plastic film, for heating or cooking.
- They could burst.

### **WARNING**

- 6 Do not operate your oven 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.

## IMPORTANT SAFETY INSTRUCTIONS

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- 7 Be certain to use proper accessories on each operation mode, refer to the guide on page 13.
  - Improper use could result in damage to your oven and accessories, or could make spark and a fire.
- 8 The children should not allow to play with accessories or hang down from the door handle.
  - They may get hurt.
- 9 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.

### CAUTION

- 1 You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. It is important not to tamper with the safety interlocks.
  - It could result in harmful exposure to excessive microwave energy. (Safety interlocks automatically switch off any cooking activity when the door is opened.)
- 2 Do not place any object (such as kitchen towels, napkins, etc.) between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.
  - It could result in harmful exposure to excessive microwave energy.
- 3 Please ensure cooking times are correctly set, small amounts of food require shorter cooking or heating time.
  - Over cooking may result in the food catching fire and subsequent damage to your oven.
- 4 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.
    - \* After heating, let it stand in the oven 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).
  - Be careful when handling the container. Microwave heating of beverages can result in delayed eruptive boiling without evidence of bubbling. This could result in hot liquids suddenly boiling over.
- 5 An exhaust outlet is located on the top, bottom or side of the oven. Don't block the outlet.
  - It could result in damage to your oven and poor cooking results.
- 6 Do not operate the oven when empty. 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.
  - Improper use could result in damage to your oven.
- 7 Do not cook food wrapped in paper towels, unless your cook book contains instructions for the food you are cooking. And do not use newspaper in place of paper towels for cooking.
  - Improper use can cause an explosion or a fire.
- 8 Do not use wooden containers and ceramic containers that have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Check that the utensils are suitable for use in microwave ovens before use.
  - They may heat-up and char. Metal objects in particular may arc in the oven, which can cause serious damage.
- 9 Do not use recycled paper products.
  - They may contain impurities which may cause sparks and/or fires when used in cooking.
- 10 Do not rinse the tray or place it in water/cold surface just after cooking. This may cause breakage or damage.
  - Improper use could result in damage to your oven.
- 11 Be certain to place the oven so the front of the door is 8 cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance.
  - Improper use could result in bodily injury and oven damage.
- 12 Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetables.
  - They could burst.

13 Do not cook eggs in their shell. Eggs in their shell and whole hardboiled 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.

14 Do not attempt deep fat frying in your oven.

- This could result in a sudden boil over of the hot liquid.

15 If smoke is observed, switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.

- It can cause serious damage such as a fire or electric shock.

16 When food is heated or cooked in disposable containers made of plastic, paper or other combustible materials, keep an eye on the oven and check it frequently.

- Your food may be poured due to the possibility of container deterioration, which also can cause a fire.

17 The temperature of accessible surfaces maybe high when the appliance is operating. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity during micro mode, grill mode, convection mode, combination mode & auto cook operations (feature are model specific). Before clearing utensils make sure they are not hot.

For accessories & dishes touch them using hand gloves. Adults should supervise their children during every mode of operation as temperature may be high.

- As they will become hot, there is the danger of a burn unless wearing thick culinary gloves.

18 The oven should be cleaned regularly and any food deposits should be removed.

- Failure to maintain the oven in a clean condition could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

19 If there are heating elements, the appliance becomes hot during use. Care should be taken to avoid touching the heating elements inside the oven.

- There is danger of a burn.

20 Follow exact directions given by each manufacturer for their popcorn product. Do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested times, discontinue cooking. Never use a brown paper bag for popping corn. Never attempt to pop leftover kernels.

- Overcooking could result in the corn catching a fire.

21 Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass.

- They can scratch the surface, which may result in the glass shattering.

22 This oven should not be used for commercial catering purposes.

- Improper use could result in damage to your oven.

23 The 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

24 The microwave oven shall be used freestanding. Microwave oven must not be placed inside cabinet.

25 This appliance can be used by children aged from 8 years and above and person 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 hazard involved.

26 Children should be supervised to ensure that they do not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 year and above and supervised.

27 For Oven with Lamp, Power rating of Lamp is 35W/25W  
For Oven with LED, Power rating of LED is 2.6W

28 If the supply cord is damaged, it must be replaced by the manufacturer or LG service technician or similarly qualified person in order to avoid a hazard.

29 The appliance is not intended to be operate by means of an external timer or separate remote-control system.

30 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.

31  Caution, hot surface.

When the symbol is used, it means that the surfaces are liable to get hot during use.

## SAFETY PRECAUTIONS

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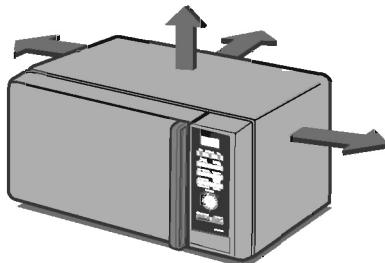
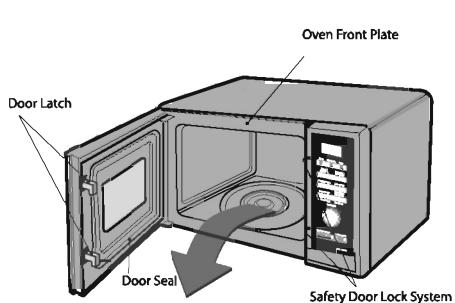
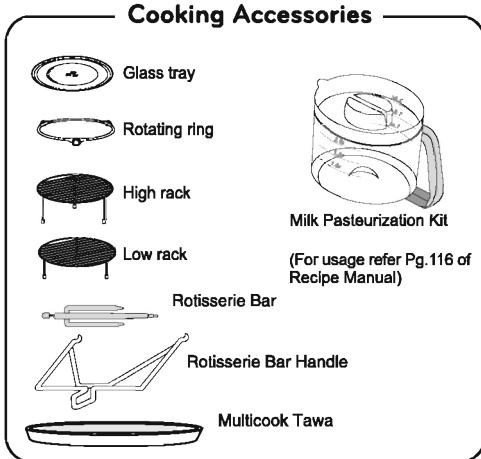
- Use exclusive 230 V socket with earth.
- Do not bend power cord forcefully or break.
- Do not pull out power cord.
- Do not use several power plug in one socket at the same time.
- Do not plug in or pull out power cord with wet hand.
- Do not spray water inside and outside of microwave oven.
- Plug out power cord during cleaning or maintenance of set.
- Do not heat up the food more than necessary.
- Do not use microwave oven other than cooking or sterilization such as cloth drying etc.
- Do not insert pin or steel wire etc. into inside/out side of case.
- Please be careful during taking the food since high temp. water or soup may overflow to cause burn.
- Do not plug in power cord when socket hole is loose or plug is damaged.
- Do not use oven while some foreign material is attached on the door.
- Do not place the water container on the set.
- Do not place heavy things on the set & do not cover the set with cloth while using.
- Do not install the set in the damp space or water sputtering area.
- Do not let children hang onto oven door.
- Do not heat the unpeeled fruit or bottle with lid.
- Do not hold food or accessories as soon as cooking is over.
- Plug out oven if it is not used for long duration.
- Install microwave oven in the well ventilated, flat place.

There is danger of blast if covered bottle, sealed food, egg, and chestnut etc. are cooked inside oven.

## Unpacking & Installing

By following the basic steps on these two pages you will be able to quickly check that your oven is operating correctly. Please pay particular attention to the guidelines on where to install your oven. When unpacking your oven make sure you remove all accessories and packing materials. Check to make sure that your oven has not been damaged during shipping.

- 1 Unpack your oven and place it on a flat level surface.



- 2 Place the oven on the level location of your choice with more than 85 cm height but make sure there is at least 20 cm of space on the top and 10 cm at the rear for proper ventilation.

The front of the oven should be at least 8 cm from the edge of the surface to prevent tipping.

An exhaust outlet is located on bottom or side of the oven. Blocking the outlet can damage the oven.

### ! NOTE

- THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES.

## BEFORE USE

3 Plug your oven into a standard household socket. Make sure your 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.**

4 Open your oven door by pulling the door handle. Place the rotating ring inside the oven and place the glass tray on top.

5 Fill a **microwave safe container** with 300 mL of water.

Place on the glass tray and close the oven door.

If you have any doubts about what type of container to use please refer to Page 13.



6 Press the **STOP/CLEAR** button, and press the **START/+ 30 seconds** button one time to set 30 seconds of cooking time.



7 The **DISPLAY** will count down from 30 seconds.

When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water.

If your oven is operating the water should be warm.

**Be careful when removing the container it may be hot.**

## YOUR OVEN IS NOW INSTALLED

8 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.

9 If oven gets overheated the display will be turned off for safety purpose, give it sometime to cool and then operate.

10 Microwave oven allows you to save energy by display off when not cooking in oven. After 5 minutes of door open or close display, Lamp/LED will turn off automatically. when you press any key display, lamp/LED will turn ON again.

## Method To Use Accessories As Per Mode

	Microwave	Grill	Convection	Grill combi	Conv combi
 Milk Pasteurization Kit*	✓	✗	✗	✗	✗
 High rack	✗	✓	✓	✓	✓
 Low rack	✗	✓	✓	✓	✓
 Glass tray	✓	✓	✓	✓	✓
 Multi Cook Tawa	✗	✓	✓	✓	✓
 Rotisserie Bar	✗	✓	✓	✓	✓
 Multi cookTawa & Rack	✗	✓	✓	✓	✓

Caution : Do not operate Multicook tawa + Rack empty and Rotisserie bar (without food) in combi mode.

Caution: Use accessories in accordance with cooking guides!

✓ Acceptable

✗ Not Acceptable

\* To be used in 'Pasteurize Milk' function only. Do not use in manual cook.

Caution: Do not wash the multi cook tawa with rough or sharp material.

## Microwave-Safe Utensils

### Never use metal or metal trimmed utensils in using microwave function

Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning. Most heat resistant non metallic cooking utensils are safe for use in your oven. However, some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there's a simple way to find out if it can be used in the microwave.

Place the utensil in question next to a glass bowl filled with water in using microwave function. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave-safe.

However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in using microwave function. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in the microwave. Just read through the following checklist.

#### Dinner plates

Many kinds of dinnerware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test.

#### Glassware

Glassware that is heat-resistant is microwave-safe. This would include all brands of oven tempered glass cookware. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.

#### 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.

#### Paper

Paper plates and containers are convenient and safe to use in using microwave function, 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 colour may run. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave.

#### Plastic cooking bags

Provided they are made specially for cooking, cooking bags are microwave safe. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in using microwave function, as they will melt and rupture.

#### Plastic microwave cookware

A variety of shapes and sizes of microwave cookware are available. For the most part, you can probably use items you already have on hand rather than investing in new kitchen equipment.

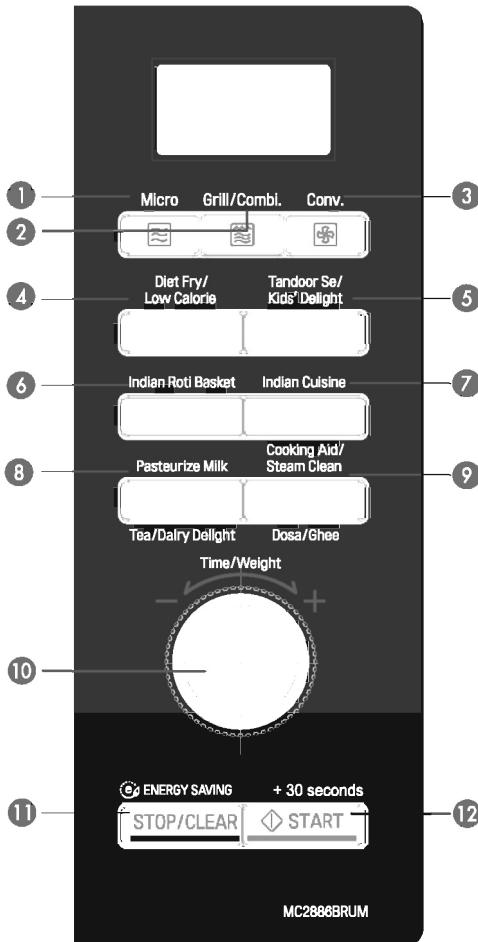
#### Pottery, stoneware and ceramic

Containers made of these materials are usually fine for use in using microwave function, but they should be tested to be sure.

#### CAUTION

- Some items with high lead or iron content are not suitable as cooking utensils.
- Utensils should be checked to ensure that they are suitable for use in the microwave.

## Control Panel



Part	
1	<b>Micro</b> Use to select the power level for microwave cooking
2	<b>Grill/Combi.</b> Use to select Grill or Combination cooking
3	<b>Conv.</b> Use to select Convection cooking
4	<b>Diet Fry/ Low Calorie</b> Cook your favorite recipe using this function.
5	<b>Tandoor Se/ Kids' Delight</b> Cook your favorite recipe using this function.
6	<b>Indian Roti Basket</b> Cook your favorite recipe using this function.
7	<b>Indian Cuisine</b> Cook your favorite recipe using this function.
8	<b>Pasteurize Milk</b> <b>Cooking Aid/ Steam Clean</b> <b>Tea/Dairy Delight</b> <b>Dosa/Ghee</b>
9	<b>Pasteurize Milk/Tea/Dairy Delight</b> Cook your favorite recipe using this function.
10	<b>Dial</b> Use to select particular auto cook menu after pressing auto cook key. Set cooking time, weight and temperature. While cooking with auto and manual function, you can increase or decrease the cooking time at any point by turning the Dial.
11	<b>STOP/CLEAR</b> Used to stop oven and clear all entries
12	<b>START/+ 30 seconds</b> To quickly set the cooking time directly. The +30 seconds feature allow you to set 30 seconds intervals of HIGH power cooking with a single touch

Disclaimer: The control panel printing may differ from actual product.

## Child Lock

In the following example, show you how to set the child lock.

- 1 Press **STOP/CLEAR**



- 2 Press and hold **STOP/CLEAR** until "L" appears on the display and BEEP sounds



- 3 To cancel CHILD LOCK press and hold **STOP/CLEAR** until "L" disappears



### ! NOTE

Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place.

## +30 seconds

In the following example, show you how to set 2 minutes of cooking on 900W power.

- 1 Press **STOP/CLEAR**



- 2 Press **START/+30 seconds** four times to select 2 minutes on 900W power.

Your oven will start before you have finished the fourth press.



- 3 During **START/+30 seconds** cooking, you can extend the cooking time up to 99 minutes 59 Seconds by turning the dial.



### ! NOTE

The **START/+30 seconds** feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the **START/+30 seconds** button.

## HOW TO USE

### Micro Power Cooking

In the following example, show you how to cook some food on 720W power for 5 minutes.

- 1 Press **STOP/CLEAR**



- 2 Press **Micro** until display shows "720".



- 3 Turn **Dial** until display shows "5:00"



- 4 Press **START/+30 seconds**

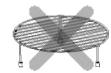


### ! NOTE

- Your oven has 5 microwave power settings. High power is automatically selected and different power level are selected by pressing **Micro** button.
- Food to be cooked should be placed in a microwave-safe utensils.
- Please do not use the following accessories in **MICRO MODE**.



High rack



Low rack



Rotisserie Bar



Multicook Tawa

## Micro Power Level

This oven is equipped with 5 power levels to give you maximum flexibility and control over cooking. The table below shows some examples of food and their recommended cooking power levels for use with this oven.

POWER LEVEL	OUTPUT	USE	ACCESSORY
HIGH	900 W	<ul style="list-style-type: none"> <li>• Boil water</li> <li>• Brown minced beef</li> <li>• Cook poultry pieces, fish, vegetables</li> <li>• Cook tender cuts meat</li> </ul>	
MEDIUM HIGH	720 W	<ul style="list-style-type: none"> <li>• All reheating</li> <li>• Roast meat and poultry</li> <li>• Cook mushrooms and shellfish</li> <li>• Cook foods containing cheese and eggs</li> </ul>	
MEDIUM	540 W	<ul style="list-style-type: none"> <li>• Bake cakes and scones</li> <li>• Prepare eggs</li> <li>• Cook custard</li> <li>• Prepare rice, soup</li> </ul>	Microwave Safe Plate/ Microwave Safe Bowl/ Microwave Safe Glass Bowl
MEDIUM LOW	360 W	<ul style="list-style-type: none"> <li>• All thawing</li> <li>• Melt butter and chocolate</li> <li>• Cook less tender cuts of meat</li> </ul>	
LOW	180 W	<ul style="list-style-type: none"> <li>• Soften butter &amp; cheese</li> <li>• Soften ice cream</li> <li>• Raise yeast-based dough</li> </ul>	

## Grill Cooking

In the following example, show you how to use the Grill to cook some food for 12 minutes.

- 1 Press **STOP/CLEAR**



- 2 Press Grill/Combi. one time.  
The following Indication is displayed: **UNU**



- 3 Turn Dial until display shows "12:00"



- 4 Press **START/+30 seconds**



### ! CAUTION

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

### ! NOTE

- This feature will allow you to brown and crispy food quickly.
- For the best result use the following accessories.



High rack

## Grill Combi Cooking

In the following example, show you how to program your oven with micro power 360W and grill for a cooking time of 25 minutes.

- 1 Press **STOP/CLEAR**



- 2 Press Grill/Combi three times.  
The following indication is displayed: **≡ UNU**



- 3 Press Micro until display shows "360".



- 4 Turn Dial until display shows "25:00".



- 5 Press **START/+30 seconds**



### ! NOTE

- Your oven has a combination cooking feature which allows you to cook food with **Heater** and **Microwave**.  
This generally means it takes less time to cook your food.
- You can set three kinds of micro power level (180W, 270W, and 360W) in grill combi mode.
- This feature will allow you to brown and crispy food quickly.

## Convection Preheat

In the following example, show you how to preheat the oven to a temperature of 200 °C.

### 1 Press **STOP/CLEAR**



### 2 Press Conv.



### 3 Turn Dial until display shows "200 °C".

Press **START/+30 seconds** for temperature confirmation.



### 4 Press **START/+30 seconds** again.

Preheating will be started with displaying "Pr-H".



### ! NOTE

- The convection oven has a temperature range of 40 °C and 100~230 °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.
- Your oven will take a few minutes to reach the selected temperature.
- Once it has reached correct temperature, your oven will BEEP to let you know that it has reached the correct temperature.
- Then place your food in your oven and to start cooking.

## Convection Cooking

The multicook tawa or low rack must be used during convection cooking.

In the following example, show you how to cook some food at a temperature of 230 °C for 50 minutes.

### 1 Press **STOP/CLEAR**



### 2 Press Conv.



### 3 Turn Dial until display shows "230 °C".

Press **START/+30 seconds** for temperature confirmation.



### 4 Turn Dial until display shows "50:00".



### 5 Press **START/+30 seconds**



### ! CAUTION

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

### ! NOTE

If you do not set a temperature your oven will automatically select 180 °C, the cooking temperature can be changed by DIAL.

For the best result please use the following accessory.



Low rack

## Convection Combi Cooking

In the following example, show you how to program your oven with micro power 270 W and at a convection temperature 200 °C for a cooking time of 25 minutes.

- 1 Press **STOP/CLEAR**



- 2 Press Grill/Combi. two times.

The following indications are displayed: **UNU: SS**.



- 3 Press Conv. The following indications are displayed: **SS**



- 4 Turn Dial until display shows "200°C".



- 5 Press Micro until display shows "270".



- 6 Turn Dial until display shows "25:00".



- 7 Press **START/+30 seconds**



### ⚠ CAUTION

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

## More Or Less Cooking

In the following example, show you how to change the preset COOK programs for a longer or shorter cooking time.

- 1 Press **STOP/CLEAR**



- 2 Set the required preset COOK program.

Select weight of food.



- 3 Press **START/+30 seconds**

Turn DIAL

The cooking time will increase or decrease.



### ⚠ NOTE

- If you find that your food is over or undercooked when using the preset COOK program, you can increase or decrease cooking time by turning the DIAL
- You can lengthen or shorten the cooking time at any point by turning the DIAL.  
Do not increase or decrease the time during defrost mode. It may affect the performance of defrost mode.

### ⚠ NOTE

You can set three kinds of micro power level 180W, 270 W and 360W).

## Energy Saving

The microwave oven allows you to save energy by switching off lamp/LED and display when not cooking in oven.

### When Door open condition (Lamp/LED on & Display on):

Press STOP/CLEAR key one time

Lamp / LED & Display is turned off (Both together)

Press any key on keypad, display shows that key related display & Lamp/LED is turned on.

If door remains open for 5 minutes, Lamp/LED & display are auto cut off.

Press any key on keypad, display shows that key related display & lamp/LED is turned on.



### When Door close condition (Lamp/LED on & Display on):

Door is open for 5 minutes, Lamp/LED & display are auto cut off.

a) When any key is pressed, Lamp/LED & display are turned on.

b) If door is closed, after 5 minutes display is turned off.

### When Door close condition (Lamp/LED on & Display on):

Press STOP/CLEAR key one time

Display is turned off (Lamp/LED remains turned off)

Press any key on keypad, display shows that key related display (Lamp/LED remains turned off)

If door remains closed for 5 minutes, display is auto cut off. (Lamp/LED remains turned off)

Press any key on keypad, display shows that key related display (Lamp/LED remains turned off).



## Various Cook Functions

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

Cook Functions	Diet Fry/ Low Calorie	Tandoor Se/ Kids' Delight	Indian Roti Basket	Indian Cuisine	Pasteurize Milk/Tea/ Dairy Delight	Cooking Aid/Steam Clean/ Dosa/Ghee
STEP-1	*Press STOP/CLEAR	*Press STOP/CLEAR	*Press STOP/CLEAR	*Press STOP/CLEAR	*Press STOP/CLEAR	*Press STOP/CLEAR
STEP-2	Press Diet Fry & twice for Low Calorie	Press Tandoor Se/ &twice for Kids' Delight	Press Indian Roti Basket	Press Indian Cuisine	Press Pasteurize Milk & twice for Tea/ Dairy Delight	Press Cooking Aid/Steam Clean & twice for Dosa/Ghee
STEP-3	Turn dial to select the menu (dF1-dF25) (HP1-HP15) (So1-So20) (Co1-Co10) (SA1-SA10)	Turn dial to select the menu (tS1-tS25) (CF1-CF15) (bA1-bA20)	Turn dial to select the menu (br1-br20)	Turn dial to select the menu (IC1-IC31) (SC1-SC17) (rd1-rd16) (CC1-CC11)	Turn dial to select the menu (PS1) (dd1-dd3) (PA1) (CU1)	Turn dial to select the menu (UC1-UC7) (SL1) (do1) (Gh1)
STEP-4	Turn dial to set the weight	Turn dial to set the weight	Turn dial to set the weight	Turn dial to set the weight	Turn dial to set the weight	Turn dial to set the weight
STEP-5	Press START/ + 30 seconds	Press START/ + 30 seconds	Press START/ + 30 seconds	Press START/ + 30 seconds	Press START/ + 30 seconds	Press START/ + 30 seconds

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

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

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

## Diet Fry/ Low Calorie

In the following example, show you how to cook 0.3 kg Chicken Nuggets.

1. Press **STOP/CLEAR**.



2. Press **Diet Fry / Low Calorie**



3. Display will show "dF1".

4. \*Press **START/+ 30 seconds**for menu confirmation.



5. \*Turn Dial until display show "0.3 kg".



6. Press **START/+ 30 seconds**



When cooking you can increase or decrease cooking time by turning Dial.



### NOTE

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

\*Note: If the recipe has single weight (e.g "dF4") Samosa, do not follow step 4, 5. Directly go to step 6.

Menu		Weight Limit	Utensil	Instructions			
dF1	Chicken Nuggets	0.1-0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*	For Boneless chicken Bread slice Pepper corns Cloves Garlic paste Olive oil Salt Chopped garlic	0.1 kg 100 g 1 no. 4-5 nos. 2-3 nos. ½ tsp 1 tsp As per taste 2 cloves	0.2 kg 150 g 2 nos. 5-6 nos. 3-4 nos. 1 tsp 1½ tsp 2 tsp 3 cloves	0.3 kg 200 g 2 nos. 6-7 nos. 4-5 nos. 1½ tsp 2 tsp 4 cloves
<b>Method :</b>				<ol style="list-style-type: none"> <li>1. In a MWS glass bowl put boneless chicken, pepper corns, cloves, olive oil, chopped garlic. Mix well &amp; cover. Select menu &amp; weight. press start.</li> <li>2. When beeps, remove from microwave. allow to cool &amp; grind everything in a mixer. Take out in the bowl add salt, crumbled bread slices. Mix well.</li> <li>3. Make small round shaped nuggets from the mixture. Keep on tawa. Place the tawa on high rack. Press start.</li> <li>4. When beeps, turn the nuggets &amp; press start. Serve them hot with tomato Ketchup &amp; shredded salad.</li> </ol> <p><b>Note:</b> If the mixture of nuggets is too dry, them sprinkle few drops of water to it.</p>			
dF2	Aloo Chips	0.2 kg	Microwave glass tray	For Potato (very thinly sliced) Oil Salt, Chaat masala (optional)	0.2 kg 200 g A few drops As per taste		
<b>Method :</b>				<ol style="list-style-type: none"> <li>1. In a bowl mix very thinly sliced potatoes, salt, chaat masala.</li> <li>2. Put few drop of oil on the glass tray of the microwave oven &amp; smear it properly throughout.</li> <li>3. Spread the potato slices throughout the glass tray. Select menu &amp; press start. Allow the glass tray to cool down. Remove the chips &amp; serve.</li> </ol>			
dF3	Gujiya	10	Multicook tawa & Low rack*	<b>For dough</b> Maida (refined wheat flour) Desi ghee Water <b>For stuffing</b> Grated khoya Desiccated coconut Powdered sugar Elaiichi powder  Chopped kishmish, Almonds, Cashew nuts Oil	100 g 1 tbsp & 1 tsp To knead the dough 50 g 50 g 50 g 1 tsp  As required 3½ tsp		
<b>Method :</b>				<ol style="list-style-type: none"> <li>1. In a bowl put all the ingredients of stuffing &amp; mix well.</li> <li>2. In another bowl put maida, 1 tbsp ghee, gradually add water &amp; knead a soft dough for gujiyas. Put 1sp ghee in dough &amp; knead again &amp; keep the dough covered for 15-20 minutes.</li> <li>3. Divide the dough in small balls of equal size &amp; roll out each ball into a thin circle. Place the rolled out circle in a "gujiya mould &amp; fill the centre with stuffing (as required). Close the gujiya mould carefully &amp; press firmly at edges to seal them properly. remove the excess part of the dough bulging out of the mould. Remove the gujiya from the mould. Prepare all the gujiyas in the similar way.</li> <li>4. Grease the tawa with ¼ tsp oil. Keep on low rack. Keep in the microwave. Select menu &amp; press start. (Preheat process)</li> <li>5. When beeps, place the gujiyas on tawa &amp; keep on low rack. Press start.</li> <li>6. When beeps, turn the gujiyas, sprinkle 3 tsp ghee/oil on all the gujiyas &amp; Press start.</li> </ol> <p>*Note : Grease the surface with 1-2 drops of oil before rolling the circle for gujiyas.</p> <p>*Gujiya mould is not provided with the start up kit.</p> <p>10 indicates the number of gujiya that can be prepared.</p>			

Menu	Weight Limit	Utensil	Instructions																										
dF4	Samosa	8	<p>Multicook tawa &amp; Low rack*</p> <table border="1"> <tr><td>Maida (refined wheat flour)</td><td>1 cup</td></tr> <tr><td>Melted ghee</td><td>½ tbsp</td></tr> <tr><td>Oil</td><td>for kneading</td></tr> <tr><td>Salt</td><td>½ tsp</td></tr> <tr><td><b>For stuffing</b></td><td></td></tr> <tr><td>Boiled potatoes</td><td>2 cup</td></tr> <tr><td>Boiled peas</td><td>½ cup</td></tr> <tr><td>Ginger-green chilli paste</td><td>1 tsp</td></tr> <tr><td>Amchoor</td><td>1½ tsp</td></tr> <tr><td>Red chilli powder</td><td>1 tsp</td></tr> <tr><td>Finely chopped Coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Jeera</td><td>1 tsp</td></tr> <tr><td>Oil</td><td>2½ tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>Preparation for stuffing - In a microwave safe glass bowl add oil, jeera, microwave 100% of 3 minutes. Add boiled &amp; mashed potatoes, green chilli &amp; ginger paste, salt, amchoor, red chilli powder, green peas &amp; coriander leaves. Mix well &amp; microwave 100% for 3 minutes. Allow cool.</li> <li>Combine all the ingredients together in a bowl &amp; knead into a firm dough using enough water. Keep aside covered for 15 minutes. Knead again using oil until smooth.</li> <li>Prepare medium size 4 chapatis out of the dough. Divide each chapati into 2 halves, make a cone from each half. Stuff each cone with the portion of stuffing, seal the edges carefully using little water. Keep aside.</li> <li>Grease the tawa with ¼ tsp oil. Keep on low rack &amp; keep the it inside the microwave. Select menu &amp; press start. (Preheat process)</li> <li>When beeps, keep the samosas on the tawa &amp; press start.</li> <li>When beeps, pour 2 tsp oil on all the samosas &amp; turn over. Press start. Serve with chutney.</li> </ol> <p>8 indicates the number of samosas that can be prepared.</p>	Maida (refined wheat flour)	1 cup	Melted ghee	½ tbsp	Oil	for kneading	Salt	½ tsp	<b>For stuffing</b>		Boiled potatoes	2 cup	Boiled peas	½ cup	Ginger-green chilli paste	1 tsp	Amchoor	1½ tsp	Red chilli powder	1 tsp	Finely chopped Coriander leaves	2 tbsp	Jeera	1 tsp	Oil	2½ tsp
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dF5	Bread Pakora	04 Pc	<p>Multicook tawa &amp; High rack*</p> <table border="1"> <tr><td>For batter</td><td></td></tr> <tr><td>Besan</td><td>1 cup (130 g)</td></tr> <tr><td>Water</td><td>200 mL</td></tr> <tr><td>Salt, Haldi, Garam masala, Red chili powder,</td><td>As per taste</td></tr> <tr><td><b>For filling</b></td><td></td></tr> <tr><td>Boiled potatoes</td><td>2 nos. (medium)</td></tr> <tr><td>Chopped green chillies</td><td>2 nos.</td></tr> <tr><td>Chopped coriander</td><td>1 tbsp</td></tr> <tr><td>Chopped ginger</td><td>1 tsp</td></tr> <tr><td>Salt, Garam masala, Red chili powder</td><td>As per taste</td></tr> <tr><td>Bread slices</td><td>4 nos.</td></tr> <tr><td>Oil</td><td>2 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>In a bowl put boiled potatoes &amp; mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala &amp; red chili powder &amp; mix well.</li> <li>In another bowl put besan &amp; all spices &amp; gradually add water &amp; make a smooth batter for bread pakoras without any lumps.</li> <li>Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice &amp; cover with the other. Prepare all other slices using same procedure. Grease the tawa with 2-3 drops oil.</li> <li>Keep the tawa on high rack. Select menu the press start. (Preheat process)</li> <li>When beeps, keep the bread slices coated with the batter evenly on all sides on tawa &amp; press start.</li> <li>When beeps, turn the bread pakoras. Sprinkle 2 tsp oil on all &amp; press start. Serve hot with tomato ketchup.</li> </ol>	For batter		Besan	1 cup (130 g)	Water	200 mL	Salt, Haldi, Garam masala, Red chili powder,	As per taste	<b>For filling</b>		Boiled potatoes	2 nos. (medium)	Chopped green chillies	2 nos.	Chopped coriander	1 tbsp	Chopped ginger	1 tsp	Salt, Garam masala, Red chili powder	As per taste	Bread slices	4 nos.	Oil	2 tsp		
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\*Refer Page 122 Fig. 1

\*Refer Page 122 Fig. 2

# Diet Fry

# Diet Fry/Low Calorie

Menu	Weight Limit	Utensil	Instructions																		
df6	Paneer Pakora	0.4 kg	<p>Multicook tawa &amp; High rack*</p> <table border="1"> <tr> <td>For</td><td>0.4 kg</td></tr> <tr> <td>Paneer (Cut into 1.5" cubes)</td><td>400 g</td></tr> <tr> <td><b>For Batter</b></td><td></td></tr> <tr> <td>Besan</td><td>1 cup (130 g)</td></tr> <tr> <td>Water</td><td>200 mL</td></tr> <tr> <td>Salt, Red chilli powder, Haldi, Garam masala</td><td>As per taste</td></tr> <tr> <td>Oil</td><td>2 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.</li> <li>2. Keep the tawa on high rack. keep inside microwave. Select menu &amp; press start.(Preheat process)</li> <li>3. When beeps, place all paneer pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.</li> <li>4. When beeps, turn the pakoras &amp; pour 2 tsp oil on all pakoras &amp; again press start.</li> <li>5. Serve hot with Chutney or Sauce.</li> </ol>	For	0.4 kg	Paneer (Cut into 1.5" cubes)	400 g	<b>For Batter</b>		Besan	1 cup (130 g)	Water	200 mL	Salt, Red chilli powder, Haldi, Garam masala	As per taste	Oil	2 tsp				
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Salt, Red chilli powder, Haldi, Garam masala	As per taste																				
Oil	2 tsp																				
df7	Masala Vada	05 Pc	<p>Multicook tawa &amp; Low rack*</p> <table border="1"> <tr> <td>Soaked chana dal</td><td>1 cup</td></tr> <tr> <td>Chopped onions, Chopped green chillies</td><td>½ cup</td></tr> <tr> <td>Grated ginger</td><td>1 tsp</td></tr> <tr> <td>Cumin seeds</td><td>1 tbsp</td></tr> <tr> <td>Chopped garlic</td><td>1 tbsp</td></tr> <tr> <td>Chopped coriander leaves</td><td>3 tbsp</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> <tr> <td>Red chillies</td><td>As per taste</td></tr> <tr> <td>Oil</td><td>2 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Soak the chanas for 3-4 hours. Keep 1 tbsp of soaked chanas aside.</li> <li>2. In a blender grind soaked chanas, green chillies, cumin seeds, ginger &amp; salt into a coarse paste. (Don't make it into smooth paste).</li> <li>3. Mix chopped onions, chopped garlic, chopped coriander leaves, soaked chana dal, red chilli powder with the coarse paste.</li> <li>4. Grease the tawa with 1 tsp of oil. Keep the tawa on low rack. Keep both inside the microwave oven. Select menu &amp; press start.(Preheat process)</li> <li>5. When beeps, pour 1 tbsp of paste &amp; spread a little. Same way prepare all the 5 vadas. Press start.</li> <li>6. When beeps, turn over &amp; pour 1 tsp oil &amp; press vadas a bit with spatula. Press start. Serve with sambar or coconut chutney.</li> </ol>	Soaked chana dal	1 cup	Chopped onions, Chopped green chillies	½ cup	Grated ginger	1 tsp	Cumin seeds	1 tbsp	Chopped garlic	1 tbsp	Chopped coriander leaves	3 tbsp	Salt	As per taste	Red chillies	As per taste	Oil	2 tsp
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Red chillies	As per taste																				
Oil	2 tsp																				

\*Refer Page 122 Fig. 2

\*Refer Page 122 Fig. 1

# Diet Fry/Low Calorie

# Diet Fry

Menu	Weight Limit	Utensil	Instructions			
df8	Chicken 65	0.2 ~ 0.4 kg	Multicook tawa & High rack* & Microwave safe (MWS) glass bowl	For Chicken boneless (cut in 1½" pieces) Oil Curry leaves Split green chilli Mustard seeds Tomato ketchup Lime juice (optional) <b>For Marinade</b> Hung curd Maida Cornflour Egg (beaten) Red food colour Ginger-garlic paste Salt, Turmeric powder Red chilli powder	0.2 kg 200 g 1 tbsp As required 3 nos. 1 tsp 3 tbsp 1 tsp 1 tbsp 1 nos. A pinch As required As per taste 1 tsp	0.3 kg 300 g 1½ tbsp 5 nos. 1½ tsp 4 tbsp 5 tbsp 2 tsp 1 no. 2 tbsp 2 tbsp 2 tsp 1 no. 1½ tsp 1½ tsp
				<b>Method :</b>	<ol style="list-style-type: none"> <li>1. Add all the ingredients of marinade in a bowl &amp; mix well. Add boneless chicken pieces &amp; mix and cover. Keep in refrigerator for atleast 30 minutes.</li> <li>2. When beeps, take marinated chicken pieces &amp; place on tawa. Keep tawa &amp; high rack inside the microwave.</li> <li>3. Select menu &amp; weight and press start.</li> <li>4. When beeps, remove high rack &amp; tawa from microwave. Keep aside. In a MWS glass bowl take oil, mustard seeds, curry leaves, split green chillies &amp; press start.</li> <li>5. When beeps, add roasted chicken pieces pieces &amp; tomato ketchup to the MWS glass bowl. Mix well &amp; press start. Squeeze lime juice on top &amp; serve immediately.</li> </ol>	
df9	Stuffed Aloo Patties	06 Pc	Multicook tawa & High rack*	For Patties Boiled & mashed potatoes Cornflour Finely chopped green chilli Salt Oil <b>For Stuffing</b> Oil Boiled green pea Ginger & green chilli paste Chopped coriander leaves Cumin seeds Salt, Red chilli powder, Garam masala Lemon juice (optional)	2 cups 1 tbsp 2 nos. As per taste 1 tsp 2 tsp ½ cup 2 tsp 2 tbsp 1 tsp As per taste 2 tbsp	
				<b>Method :</b>	<ol style="list-style-type: none"> <li>1. Pre-preparation for stuffing : In a microwave safe glass bowl take oil &amp; cumin seeds &amp; microwave 100% for 3 minutes. Add boiled green pea, ginger &amp; green chilli paste, chopped coriander leaves &amp; all spices. Mix well &amp; microwave 100% for 2 minutes. Squeeze fresh lemon juice &amp; mix well.</li> <li>2. In a bowl take boiled &amp; mashed potatoes, chopped green chilli, cornflour, salt &amp; mix very well and make a dough for patties.</li> <li>3. Divide the dough into 6 equal parts &amp; make round balls.</li> <li>4. Stuff each potato ball with the stuffing in the centre &amp; seal. Give the shape of round patties.</li> <li>5. Place all the patties on tawa &amp; place tawa on high rack. Put both tawa &amp; high rack inside the microwave. Select menu &amp; press start.</li> <li>6. When beeps, turn over the patties &amp; again press start. Serve stuffed aloo patties hot with mint chutney or tomato ketchup.</li> </ol>	

\*Refer Page 122 Fig. 2

# Diet Fry

# Diet Fry/Low Calorie

Menu	Weight Limit	Utensil	Instructions																																																																			
dF10	Mushroom Rolls	8 Pc	Multicook tawa & Low rack*	<table border="1"> <tr><td><b>For Stuffing</b></td><td></td><td></td><td></td></tr> <tr><td>Mushroom (finely chopped)</td><td></td><td></td><td>1½ cup</td></tr> <tr><td>Onions (chopped)</td><td></td><td></td><td>4 tbsp</td></tr> <tr><td>Green chilli (chopped)</td><td></td><td></td><td>2 nos.</td></tr> <tr><td>Butter (melted)</td><td></td><td></td><td>2 tbsp</td></tr> <tr><td>Fresh cream</td><td></td><td></td><td>4 tbsp</td></tr> <tr><td>Maida</td><td></td><td></td><td>1 tsp</td></tr> <tr><td>Boiled peas</td><td></td><td></td><td>½ cup</td></tr> <tr><td>Lemon juice</td><td></td><td></td><td>1 tsp</td></tr> <tr><td>Coriander leaves (chopped)</td><td></td><td></td><td>3 tbsp</td></tr> <tr><td>Garlic paste</td><td></td><td></td><td>½ tsp</td></tr> <tr><td>Salt, Pepper powder</td><td></td><td></td><td>As per taste</td></tr> <tr><td><b>For Rolls</b></td><td></td><td></td><td></td></tr> <tr><td>Bread slices (white)</td><td></td><td></td><td>8 nos.</td></tr> <tr><td>Butter / oil</td><td></td><td></td><td>For basting</td></tr> <tr><td>Oil (for greasing)</td><td></td><td></td><td>½ tsp</td></tr> </table>	<b>For Stuffing</b>				Mushroom (finely chopped)			1½ cup	Onions (chopped)			4 tbsp	Green chilli (chopped)			2 nos.	Butter (melted)			2 tbsp	Fresh cream			4 tbsp	Maida			1 tsp	Boiled peas			½ cup	Lemon juice			1 tsp	Coriander leaves (chopped)			3 tbsp	Garlic paste			½ tsp	Salt, Pepper powder			As per taste	<b>For Rolls</b>				Bread slices (white)			8 nos.	Butter / oil			For basting	Oil (for greasing)			½ tsp		
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			<b>Method :</b>																																																																			
			1. Pre-preparation for stuffing : In a microwave safe glass bowl take butter, chopped cumin, green chilli & mushrooms. Mix & microwave 100% for 6 minutes. Add boiled peas, chopped coriander, garlic paste, fresh cream, lemon, salt & black pepper powder. Mix very well & microwave 100% for 3 minutes. Cover & keep aside.																																																																			
			2. Trim the sides of the bread slices with a knife. Flatten the bread slices with a rolling pin. Fill one portion of stuffing in the centre of flatten bread slice & roll tightly, covering the mixture. Keep aside for 5-7 minutes.																																																																			
			3. Grease the tawa with ½ tsp oil & keep the low rack & tawa inside the microwave. Select menu & press start.(Preheat process)																																																																			
			4. When beeps, cut the bread rolls from centre (into 2). Put them carefully on the tawa. Press start. Serve them hot with the chutney of your choice.																																																																			
dF11	Sabudana Vada	0.1 ~ 0.3 kg	Multicook tawa & High rack*	<table border="1"> <tr><td><b>For</b></td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Boiled potato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr><td>Sabudana (soaked for at least 1 hour)</td><td>½ cup</td><td>¾ cup</td><td>1 cup</td></tr> <tr><td>Roasted &amp; crushed peanuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr><td>Chopped green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr><td>Finely chopped ginger</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr> <tr><td>Fresh curry leaves</td><td></td><td></td><td>As required</td></tr> <tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr> <tr><td>Salt</td><td></td><td></td><td>As per taste</td></tr> </table>	<b>For</b>	0.1 kg	0.2 kg	0.3 kg	Boiled potato	1 no.	2 nos.	3 nos.	Sabudana (soaked for at least 1 hour)	½ cup	¾ cup	1 cup	Roasted & crushed peanuts	1 tbsp	2 tbsp	3 tbsp	Chopped green chilli	1 no.	2 nos.	3 nos.	Finely chopped ginger	½ tsp	½ tsp	1 tsp	Fresh curry leaves			As required	Coriander leaves (chopped)	½ tbsp	1 tbsp	1½ tbsp	Salt			As per taste																														
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			<b>Method :</b>																																																																			
			1. In a bowl take all the ingredients & mix well. Make mixture for sabudana vada. Divide the dough in equal parts & make round & flat vadas.																																																																			
			2. Take the multicook tawa & keep the vadas on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.																																																																			
			3. When beeps, turn the vadas & press start.																																																																			
			4. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice.																																																																			

\*Refer Page 122 Fig. 1

\*Refer Page 122 Fig. 2

Menu	Weight Limit	Utensil	Instructions				
dF12	Fish Amritsari	0.3 kg	Multicook tawa & High rack*	For Boneless fish (cut into 2" pieces) Lemon juice Salt For Batter Egg (beaten) Besan Hung curd Ajwain Ginger-garlic paste Lemon juice Salt, Red chilli powder, Garam masala, Chaat masala, turmeric powder Bread crumbs (for coating) Oil (for basting)	0.3 kg 300 g 1 tsp 1/4 tsp 1 no. 2 tbsp 2 tbsp 1 tsp 1/2 tbsp 1 no. As per taste 1 cup 1 tbsp		
				<b>Method :</b>			
				1. Sprinkle salt & lemon juice on fish pieces. Rub well & keep aside for 5 minutes & wash well. Remove excess moisture with an absorbent kitchen towel. 2. In a bowl, mix together besan, hung curd, ginger garlic paste, ajwain, all the spices, beaten egg & lemon juice. Mix well & make a thick batter for marinade. 3. Rub this marinade well on the fish pieces & keep covered in refrigerator for atleast half an hour. 4. In a flat dish / plate take bread crumbs & coat the fish pieces one-by-one & keep on tawa. Keep tawa & high rack inside the microwave. Select menu & press start. 5. When beeps, turnover fish pieces & sprinkle 1 tbsp oil on all pieces & press start. 6. Sprinkle chaat masala on fish pieces & serve them hot with lemon wedges & lachha onions.			
dF13	Batata Vada	0.1 ~ 0.3 kg	Multicook tawa & High rack*	For Boiled potatoes Chopped coriander leaves Chopped green chillies Chopped onion Salt, Red chilli powder, Garam masala, Chaat masala Roasted jeera	0.1 kg 100 g 2 tbsp 2 nos. 1 no. As per taste 1 tsp	0.2 kg 200 g 3 tbsp 2 nos. 1 1/2 no. 2 nos. 2 tsp	0.3 kg 300 g 4 tbsp 3 nos. 2 nos. 2 nos.
				<b>Method :</b>			
				1. Mix all the ingredients together. Make big vadas of the mixture. 2. Arrange the vada on the tawa. Keep the tawa on high rack. 3. Select menu & weight & press start. 4. When beeps, turn over the vadas & press start.			

\*Refer Page 122 Fig. 2

Menu		Weight Limit	Utensil	Instructions																									
dF14	Pyaaz Pakora	0.1 kg	Multicook tawa & High rack*	<table border="1"> <tr> <td>For Pyaaz (Cut into rings)</td><td>0.1 kg</td></tr> <tr> <td>For Batter</td><td>100 g</td></tr> <tr> <td>Besan</td><td>1 cup (130 g)</td></tr> <tr> <td>Water</td><td>200 mL</td></tr> <tr> <td>Salt, Red chilli powder, Haldi, Garam masala</td><td>As per taste</td></tr> <tr> <td>Oil</td><td>2 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.</li> <li>2. Keep the tawa on high rack. keep inside microwave. Select menu &amp; press start.(Preheat process)</li> <li>3. When beeps, place all Pyaaz rings evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.</li> <li>4. When beeps, turn the pakoras &amp; pour 2 tsp oil on all pakoras &amp; again press start.</li> <li>5. Serve hot with Chutney or Sauce. (Cut into 1.5" cubes)</li> </ol>	For Pyaaz (Cut into rings)	0.1 kg	For Batter	100 g	Besan	1 cup (130 g)	Water	200 mL	Salt, Red chilli powder, Haldi, Garam masala	As per taste	Oil	2 tsp													
For Pyaaz (Cut into rings)	0.1 kg																												
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Salt, Red chilli powder, Haldi, Garam masala	As per taste																												
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dF15	Mirchi Vada	0.2 kg	Multicook tawa & High rack*	<table border="1"> <tr> <td>For Mirchi (blanched)</td><td>0.2 kg</td></tr> <tr> <td>For filling</td><td>200 g</td></tr> <tr> <td>Boiled potatoes</td><td>2 nos. (medium)</td></tr> <tr> <td>Chopped green chillies</td><td>2 nos.</td></tr> <tr> <td>Chopped coriander</td><td>1 tbsp</td></tr> <tr> <td>Chopped ginger</td><td>1 tsp</td></tr> <tr> <td>Salt, Garam masala, Red chilli powder</td><td>As per taste</td></tr> <tr> <td>For Batter</td><td></td></tr> <tr> <td>Besan</td><td>1 cup (130 g)</td></tr> <tr> <td>Water</td><td>200 mL</td></tr> <tr> <td>Salt, Red chilli powder, Haldi, Garam masala</td><td>As per taste</td></tr> <tr> <td>Oil</td><td>2 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl put boiled potatoes &amp; mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala &amp; red chilli powder &amp; mix well.</li> <li>2. In another bowl put besan &amp; all spices &amp; gradually add water &amp; make a smooth batter without any lumps.</li> <li>3. Take Mirchi pieces &amp; slit them from between add boiled mash potato in it and cover chillies with potato mixture and keep it in batter 10-15 min. Grease the tawa with 2-3 drops oil.</li> <li>4. Keep the tawa on high rack. Select menu the press start.(Preheat process)</li> <li>5. When beeps, keep the Mirchi Vada coated with the batter evenly on all sides on tawa &amp; press start.</li> <li>6. When beeps, turn the Mirchi Vada Sprinkle 2 tsp oil on all &amp; press start. Serve hot with tomato ketchup.</li> </ol>	For Mirchi (blanched)	0.2 kg	For filling	200 g	Boiled potatoes	2 nos. (medium)	Chopped green chillies	2 nos.	Chopped coriander	1 tbsp	Chopped ginger	1 tsp	Salt, Garam masala, Red chilli powder	As per taste	For Batter		Besan	1 cup (130 g)	Water	200 mL	Salt, Red chilli powder, Haldi, Garam masala	As per taste	Oil	2 tsp	
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Oil	2 tsp																												
dF16	Aloo Bhaji	0.1 kg	Multicook tawa & High rack*	<table border="1"> <tr> <td>For Potatoes (cube)</td><td>0.1 kg</td></tr> <tr> <td>For Batter</td><td>100 g</td></tr> <tr> <td>Besan</td><td>1 cup (130 g)</td></tr> <tr> <td>Water</td><td>200 mL</td></tr> <tr> <td>Salt, Red chilli powder, Haldi, Garam masala</td><td>As per taste</td></tr> <tr> <td>Oil</td><td>2 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.</li> <li>2. Keep the tawa on high rack. keep inside microwave. Select menu &amp; press start.(Preheat process)</li> <li>3. When beeps, place all Potato pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.</li> <li>4. When beeps, turn the pakoras &amp; pour 2 tsp oil on all pakoras &amp; again press start.</li> <li>5. Serve hot with Chutney or Sauce.</li> </ol>	For Potatoes (cube)	0.1 kg	For Batter	100 g	Besan	1 cup (130 g)	Water	200 mL	Salt, Red chilli powder, Haldi, Garam masala	As per taste	Oil	2 tsp													
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Menu	Weight Limit	Utensil	Instructions																			
dF17	Soyabean Tikki	5 pc.	Multicook tawa & High rack*	<table border="1"> <tr><td>For</td><td>5 pc.</td></tr> <tr><td>Boiled potato</td><td>1 no.</td></tr> <tr><td>Soyabean (soaked for at least 1 hour)</td><td>½ cup</td></tr> <tr><td>Roasted &amp; crushed peanuts</td><td>1 tbsp</td></tr> <tr><td>Chopped green chilli</td><td>1 no.</td></tr> <tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr> <tr><td>Fresh curry leaves</td><td>As required</td></tr> <tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl take all the ingredients &amp; mix well. Make mixture for Tikki. Divide the dough in equal parts &amp; make round &amp; flat Soyabean Tikki.</li> <li>2. Take the multicook tawa &amp; keep the Tikkis on tawa. Keep tawa on high rack &amp; keep inside the microwave. Select menu &amp; weight and press start.</li> <li>3. When beeps, turn the Tikkis &amp; press start.</li> <li>4. When beeps, again turn the Tikkis &amp; press start. Serve them hot with the chutney of your choice.</li> </ol>	For	5 pc.	Boiled potato	1 no.	Soyabean (soaked for at least 1 hour)	½ cup	Roasted & crushed peanuts	1 tbsp	Chopped green chilli	1 no.	Finely chopped ginger	¼ tsp	Fresh curry leaves	As required	Coriander leaves (chopped)	½ tbsp	Salt	As per taste
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Coriander leaves (chopped)	½ tbsp																					
Salt	As per taste																					
dF18	Oats Cutlets	5 pc.	Multicook tawa & High rack*	<table border="1"> <tr><td>For</td><td>5 pc.</td></tr> <tr><td>Boiled potato</td><td>1 no.</td></tr> <tr><td>Oats (roasted)</td><td>½ cup</td></tr> <tr><td>Grated carrot</td><td>½ cup</td></tr> <tr><td>Chopped green chilli</td><td>1 no.</td></tr> <tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr> <tr><td>Fresh curry leaves</td><td>As required</td></tr> <tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl take all the ingredients &amp; mix well. Make mixture for Oats Tikki Divide the dough in equal parts &amp; make round &amp; flat Oats Tikki</li> <li>2. Take the multicook tawa &amp; keep the Tikkis on tawa. Keep tawa on high rack &amp; keep inside the microwave. Select menu &amp; weight and press start.</li> <li>3. When beeps, turn the Tikkis &amp; press start.</li> <li>4. When beeps, again turn the Tikkis &amp; press start. Serve them hot with the chutney of your choice.</li> </ol>	For	5 pc.	Boiled potato	1 no.	Oats (roasted)	½ cup	Grated carrot	½ cup	Chopped green chilli	1 no.	Finely chopped ginger	¼ tsp	Fresh curry leaves	As required	Coriander leaves (chopped)	½ tbsp	Salt	As per taste
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dF19	Methi Masala Vada	5 pc.	Multicook tawa & High rack*	<table border="1"> <tr><td>For</td><td>5 pc.</td></tr> <tr><td>Boiled potato</td><td>1 no.</td></tr> <tr><td>Methi (chopped)</td><td>½ cup</td></tr> <tr><td>Chana Dal soaked for 1 hr.</td><td>1 cup</td></tr> <tr><td>Chopped green chilli</td><td>1 no.</td></tr> <tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr> <tr><td>Fresh curry leaves</td><td>As required</td></tr> <tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl take all the ingredients &amp; mix well. Make mixture for Methi Masala. Divide the dough in equal parts &amp; make round &amp; flat</li> <li>2. Take the multicook tawa &amp; high rack &amp; keep inside the microwave. Select menu &amp; weight and press start.</li> <li>3. When beeps, turn the vadas &amp; press start.</li> <li>4. When beeps, again turn the vadas &amp; press start. Serve them hot with the chutney of your choice.</li> </ol>	For	5 pc.	Boiled potato	1 no.	Methi (chopped)	½ cup	Chana Dal soaked for 1 hr.	1 cup	Chopped green chilli	1 no.	Finely chopped ginger	¼ tsp	Fresh curry leaves	As required	Coriander leaves (chopped)	½ tbsp	Salt	As per taste
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Boiled potato	1 no.																					
Methi (chopped)	½ cup																					
Chana Dal soaked for 1 hr.	1 cup																					
Chopped green chilli	1 no.																					
Finely chopped ginger	¼ tsp																					
Fresh curry leaves	As required																					
Coriander leaves (chopped)	½ tbsp																					
Salt	As per taste																					

\*Refer Page 122, Fig. 2

# Diet Fry

# Diet Fry/Low Calorie

Menu	Weight Limit	Utensil	Instructions																						
df20	Poha Pattie	5 pc.	<p>Multicook tawa &amp; High rack*</p> <table border="1"> <tr><td>For</td><td>5 pc.</td></tr> <tr><td>Boiled potato</td><td>1 no.</td></tr> <tr><td>Poha (soaked)</td><td>1 cup</td></tr> <tr><td>Yoghurt</td><td>2 tbsp</td></tr> <tr><td>Chopped green chilli</td><td>1 no.</td></tr> <tr><td>Finely chopped ginger</td><td>1/4 tsp</td></tr> <tr><td>Fresh curry leaves</td><td>As required</td></tr> <tr><td>Coriander leaves (chopped)</td><td>1/2 tbsp</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl take all the ingredients &amp; mix well. Make mixture for Divide the dough in equal parts &amp; make round &amp; flat</li> <li>2. Take the multicook tawa &amp; high rack &amp; keep inside the microwave. Select menu &amp; weight menu &amp; press start.</li> <li>3. When beeps, turn the Poha Pattie &amp; press start.</li> <li>4. When beeps, again turn the Poha Pattie &amp; press start. Serve them hot with the chutney of your choice.</li> </ol>	For	5 pc.	Boiled potato	1 no.	Poha (soaked)	1 cup	Yoghurt	2 tbsp	Chopped green chilli	1 no.	Finely chopped ginger	1/4 tsp	Fresh curry leaves	As required	Coriander leaves (chopped)	1/2 tbsp	Salt	As per taste				
For	5 pc.																								
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Fresh curry leaves	As required																								
Coriander leaves (chopped)	1/2 tbsp																								
Salt	As per taste																								
df21	French Toast	2 pc.	<p>Multicook tawa &amp; High rack*</p> <table border="1"> <tr><td>For batter</td><td></td></tr> <tr><td>Egg</td><td>4 No.</td></tr> <tr><td>Salt, Haldi, Garam masala, Red chilli powder,</td><td>As per taste</td></tr> <tr><td>For filling</td><td></td></tr> <tr><td>Boiled potatoes</td><td>2 nos. (medium)</td></tr> <tr><td>Chopped green chillies</td><td>2 nos.</td></tr> <tr><td>Chopped coriander</td><td>1 tbsp</td></tr> <tr><td>Chopped ginger</td><td>1 tsp</td></tr> <tr><td>Salt, Garam masala, Red chilli powder</td><td>As per taste</td></tr> <tr><td>Bread slices</td><td>4 nos.</td></tr> <tr><td>Oil</td><td>2 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl put boiled potatoes &amp; mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala &amp; red chilli powder &amp; mix well.</li> <li>2. In another bowl mix Egg &amp; all spices</li> <li>3. Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice &amp; cover with the other. Prepare all other slices using same procedure. Grease the tawa with 2-3 drops oil.</li> <li>4. Keep the tawa on high rack. Select menu &amp; press start. (Preheat process)</li> <li>5. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa &amp; press start.</li> <li>6. When beeps, turn the bread Toast Sprinkle 2 tsp oil on all &amp; press start. Serve hot with tomato ketchup.</li> </ol>	For batter		Egg	4 No.	Salt, Haldi, Garam masala, Red chilli powder,	As per taste	For filling		Boiled potatoes	2 nos. (medium)	Chopped green chillies	2 nos.	Chopped coriander	1 tbsp	Chopped ginger	1 tsp	Salt, Garam masala, Red chilli powder	As per taste	Bread slices	4 nos.	Oil	2 tsp
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Bread slices	4 nos.																								
Oil	2 tsp																								
df22	Buff Vada	5 pc.	<p>Multicook tawa &amp; High rack*</p> <table border="1"> <tr><td>For</td><td>5 pc.</td></tr> <tr><td>Boiled potato</td><td>2 no.</td></tr> <tr><td>Coconut (grated)</td><td>1 cup</td></tr> <tr><td>Roasted &amp; crushed peanuts</td><td>1 tbsp</td></tr> <tr><td>Chopped green chilli</td><td>1 no.</td></tr> <tr><td>Finely chopped ginger</td><td>1/4 tsp</td></tr> <tr><td>Fresh curry leaves</td><td>As required</td></tr> <tr><td>Coriander leaves (chopped)</td><td>1/2 tbsp</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl take all the ingredients &amp; mix well. Make mixture for vada Divide the dough in equal parts &amp; make round &amp; flat vada</li> <li>2. Take the multicook tawa &amp; keep the vada on tawa. Keep tawa on high rack &amp; keep inside the microwave. Select menu &amp; weight and press start.</li> <li>3. When beeps, turn the vada &amp; press start.</li> <li>4. When beeps, again turn the vada &amp; press start. Serve them hot with the chutney of your choice.</li> </ol>	For	5 pc.	Boiled potato	2 no.	Coconut (grated)	1 cup	Roasted & crushed peanuts	1 tbsp	Chopped green chilli	1 no.	Finely chopped ginger	1/4 tsp	Fresh curry leaves	As required	Coriander leaves (chopped)	1/2 tbsp	Salt	As per taste				
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Finely chopped ginger	1/4 tsp																								
Fresh curry leaves	As required																								
Coriander leaves (chopped)	1/2 tbsp																								
Salt	As per taste																								

\*Refer Page 122 Fig. 2

Menu	Weight Limit	Utensil	Instructions																			
dF23	Palak Tikki	5 pc.	Multicook tawa & High rack*	<table border="1"> <tr> <td>For</td><td>5 pc.</td></tr> <tr> <td>Boiled potato</td><td>1 no.</td></tr> <tr> <td>Palak (chopped)</td><td>½ cup</td></tr> <tr> <td>Corn flour</td><td>½ cup</td></tr> <tr> <td>Chopped green chilli</td><td>1 no.</td></tr> <tr> <td>Finely chopped ginger</td><td>¼ tsp</td></tr> <tr> <td>Fresh curry leaves</td><td>As required</td></tr> <tr> <td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl take all the ingredients &amp; mix well. Make mixture for Palak Tikki. Divide the dough in equal parts &amp; make round &amp; flat</li> <li>2. Take the multicook tawa &amp; high rack &amp; keep inside the microwave. Select menu &amp; weight and press start.</li> <li>3. When beeps, turn the Tikki &amp; press start.</li> <li>4. When beeps, again turn the Tikki &amp; press start. Serve them hot with the chutney of your choice.</li> </ol>	For	5 pc.	Boiled potato	1 no.	Palak (chopped)	½ cup	Corn flour	½ cup	Chopped green chilli	1 no.	Finely chopped ginger	¼ tsp	Fresh curry leaves	As required	Coriander leaves (chopped)	½ tbsp	Salt	As per taste
For	5 pc.																					
Boiled potato	1 no.																					
Palak (chopped)	½ cup																					
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Finely chopped ginger	¼ tsp																					
Fresh curry leaves	As required																					
Coriander leaves (chopped)	½ tbsp																					
Salt	As per taste																					
dF24	Corn Aloo Tikki	5 pc.	Multicook tawa & High rack*	<table border="1"> <tr> <td>For</td><td>5 pc.</td></tr> <tr> <td>Boiled potato</td><td>1 no.</td></tr> <tr> <td>Corn (boiled &amp; crushed)</td><td>1 cup</td></tr> <tr> <td>Corn flour</td><td>½ cup</td></tr> <tr> <td>Chopped green chilli</td><td>1 no.</td></tr> <tr> <td>Finely chopped ginger</td><td>¼ tsp</td></tr> <tr> <td>Fresh curry leaves</td><td>As required</td></tr> <tr> <td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl take all the ingredients &amp; mix well. Make mixture for Palak Tikki. Divide the dough in equal parts &amp; make round &amp; flat</li> <li>2. Take the multicook tawa &amp; high rack &amp; Tikkies on tawa and keep inside the microwave. Select menu &amp; weight and press start.</li> <li>3. When beeps, turn the Tikki &amp; press start.</li> <li>4. When beeps, again turn the Tikki &amp; press start. Serve them hot with the chutney of your choice.</li> </ol>	For	5 pc.	Boiled potato	1 no.	Corn (boiled & crushed)	1 cup	Corn flour	½ cup	Chopped green chilli	1 no.	Finely chopped ginger	¼ tsp	Fresh curry leaves	As required	Coriander leaves (chopped)	½ tbsp	Salt	As per taste
For	5 pc.																					
Boiled potato	1 no.																					
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Salt	As per taste																					
dF25	Mix Veg Bhajia	0.2 kg	Multicook tawa & High rack*	<table border="1"> <tr> <td>For</td><td>0.1 kg</td></tr> <tr> <td>Potatoes (rings)</td><td></td></tr> <tr> <td>Cauliflower (florets)</td><td>25 g</td></tr> <tr> <td>Onion (rings)</td><td>25 g</td></tr> <tr> <td><b>For Batter</b></td><td></td></tr> <tr> <td>Besan</td><td>1 cup (130 g)</td></tr> <tr> <td>Water</td><td>200 mL</td></tr> <tr> <td>Salt, Red chilli powder, Haldi, Garam masala</td><td>As per taste</td></tr> <tr> <td>Oil</td><td>2 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.</li> <li>2. Keep the tawa on high rack. keep inside microwave. Select menu &amp; press start.(Preheat process)</li> <li>3. When beeps, place all mix veg. pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.</li> <li>4. When beeps, turn the pakoras &amp; pour 2 tsp oil on all pakoras &amp; again press start.</li> <li>5. Serve hot with Chutney or Sauce.</li> </ol>	For	0.1 kg	Potatoes (rings)		Cauliflower (florets)	25 g	Onion (rings)	25 g	<b>For Batter</b>		Besan	1 cup (130 g)	Water	200 mL	Salt, Red chilli powder, Haldi, Garam masala	As per taste	Oil	2 tsp
For	0.1 kg																					
Potatoes (rings)																						
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<b>For Batter</b>																						
Besan	1 cup (130 g)																					
Water	200 mL																					
Salt, Red chilli powder, Haldi, Garam masala	As per taste																					
Oil	2 tsp																					

\*Refer Page 122, Fig. 2

Menu	Weight Limit	Utensil	Instructions							
HP1	Kala Chana	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For Soaked kala chana (soaked overnight) Water Oil Onion chopped Salt, Chat masala, Red chilli powder, Hara dhania	0.1 kg 100 g 200 mL 1 tbsp 1/2 cup As per taste	0.2 kg 200 g 400 mL 2 tbsp 1 cup 1 1/2 cups	0.3 kg 300 g 600 mL 3 tbsp 1 1/2 cups 2 cups	0.4 kg 400 g 800 mL 3 1/2 tbsp 2 cups 2 1/2 cups	0.5 kg 500 g 1000 mL 4 tbsp 2 1/2 cups 3 cups	
				Method :						
				1. Soak chana overnight, in a MWS bowl take soaked chana with water, cover it. 2. Select menu and weight and press start. 3. When beeps, strain the water from it. In a MWS bowl, add oil, chopped onion, chaat masala, red chilli powder, hara dhania and press start. 4. When beeps, add boiled chana, mix well & press start.						
HP2	Karela Sabzi	0.3 kg	Microwave safe (MWS) glass bowl + High rack + Multi cook tawa*	For Chopped karela/Bitter gourd Oil Chopped onions Water Rai, Cumin seed, Asafoetida & Turmeric powder Salt, Sugar, Garam masala, Coriander powder, Cumin powder Grated coconut & Hara dhania	0.3 kg 300 g 2 tbsp 1 cup As required For tempering As per taste For garnishing					
				Method :						
				1. In a MWS glass bowl take oil add rai, jeera, asafoetida & turmeric powder, chopped onions. Select menu and press start. 2. When beeps, add chopped karela some water, salt, sugar, masala, dhania powder, jeera powder. press start. 3. When beeps, remove the MWS glass bowl from microwave oven, transfer the sabzi to MWS flat glass dish, stir well. place the MWS flat glass dish on high rack & press start. 4. Garnish with coconut & dhania, serve hot.						
HP3	Lemon Chicken	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For Boneless chicken Soya sauce Corn flour Water Salt, Pepper & Sugar Garlic paste Lemon juice Oil	0.1 kg 100 g 1/2 tbsp 1/4 tsp 1/2 cup As per taste 1 tbsp 2 tsp 1/2 tbsp	0.2 kg 200 g 1 tbsp 1 1/2 tsp 1/2 cup 2 tbsp 2 1/2 tbsp	0.3 kg 300 g 1 1/2 tbsp 2 1/4 tsp 1/2 cup 3 tbsp 4 tsp	0.4 kg 400 g 2 tbsp 2 1/2 tsp 1 cup 4 tsp 5 tsp	0.5 kg 500 g 2 1/2 tbsp 2 1/2 tsp 1 cup 5 tsp 6 tsp	
				Method :						
				1. Mix boneless chicken, soysauce, salt & pepper, garlic paste & lemon juice in a bowl. Refrigerate for 1/2 hour. 2. In a MWS bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select menu & weight & press start. 3. When beeps, mix well. Cover & press start. Allow to stand for 3 minutes.						

\* Refer Page 122, Fig. 2

Menu	Weight Limit	Utensil	Instructions						
HP4	Machi Kali Mirch	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For Pomfret fish Salt, Lemon juice & Kali mirch powder Oil, Chopped onion, Chopped tomatoes, Chopped garlic	0.1 kg 100 g	0.2 kg 200 g	0.3 kg 300 g	0.4 kg 400 g	0.5 kg 500 g
					To marinate as per taste				
					As required				
				<b>Method :</b>					
				1. Take Pomfret Slices as per weight either of (0.1 kg/ 0.2 kg/ 0.3 kg/ 0.4 kg/ 0.5 kg) and marinate with salt, lemon juice, and pepper powder (as per taste) for one hour. 2. In MWS bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select menu & weight and press start. 3. When beeps, open door and add marinated fish, salt to taste and some water. Cover & press start. 4. When beeps, mix well & press start. 5. Give standing time for 5 minutes.					
HP5	Soya Idli	4,8	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand*	Rice Urad Soyabean Water Salt	100 g 4 tbsp 4 tbsp As required As per taste				
				<b>Method :</b>					
				1. Wash & soak rice, urad dal & soyabeans granules for 4 hours. 2. Grind, mix and ferment for 8 to 10 hours. Grind the mixture to paste consistency. 3. Grease MWS Idli Stand with Oil. Put Idli batter in it. Add ½ cup water in the MWS bowl. Keep the idli stand & cover. Select menu & number and press start to cook. Allow to stand for 3 minutes. <b>Note :</b> 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.					
HP6	Nutrinuggets	0.1-0.3kg	Microwave safe (MWS) bowl	For Soaked and boiled nutrinuggets Potato Oil Jeera Chopped onion Tomato puree Salt, Garam masala, Red chilli powder, Haldi, Dhania powder Water Chopped coriander leaves	0.1 kg 50 g 50 g 1 tbsp As per taste ½ cup 2 tbsp As per taste 1½ cup 2 cups	0.2 kg 100 g 100 g 1½ tbsp 1 cup 3 tbsp 2 cup	0.3 kg 150 g 150 g 2 tbsp 1/4 cup 4 tbsp 2½ cup For garnishing		
				<b>Method :</b>					
				1. In a MWS bowl add oil, jeera, onion. Select menu and weight and press start. Mix well. 2. When beeps, add tomato puree, nutrinuggets, potato, salt, red chilli powder, haldi, dhania powder and add ½ the amount of water mentioned per weight (For eg. For 100g, add 1 cup of water). Cover and press start. 3. When beeps, mix well and add the remaining amount of water and press start. Mix well. Allow to stand for 3 minutes. Garnish with coriander leaves & serve hot with roti.					

\*Provided with start up kit

Menu		Weight Limit	Utensil	Instructions				
HP7	Curd Brinjal	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	For Brinjal (cut into pieces) Curd Oil Curry leaves Mustard & Cumin seeds Salt Chopped ginger	0.1 kg 100 g 100 g 1 tbsp A few sprigs 1 tsp As per taste 1 tsp	0.2 kg 200 g 200 g 2 tbsp 3 tbsp 2 tsp 3 tsp 2 tsp	0.3 kg 300 g 300 g 3 tbsp 4 tbsp	0.4 kg 400 g 400 g 4 tbsp
				<b>Method :</b> 1. In a MWS bowl add oil & brinjal. Cover. Select menu & weight & press start. 2. When beeps, remove & in another MWS bowl add oil, mustard & cumin seeds, curry leaves & chopped ginger. Press start. 3. When beeps, add brinjal, curd & salt. Mix well & press start.				
HP8	Bathua Ralta	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	For Chopped bathua Water Beaten curd Salt, Roasted cumin seed powder	0.1 kg 25 g 50 mL 3 tbsp As per taste	0.2 kg 50 g 75 mL 4 tbsp 6 tbsp	0.3 kg 75 g 100 mL 5 tbsp 125 mL	0.4 kg 100 g 100 mL 6 tbsp
				<b>Method :</b> 1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select menu & weight & press start. 2. When beeps, remove. 3. In a bowl add water, beaten curd, bathua leaves & mix well. Add salt & roasted cumin seed powder. 4. Mix well & refrigerate it for some time & serve.				
HP9	Soyabean Curry	0.2 kg	Microwave safe (MWS) bowl	For Soyabean (soaked overnight) Oil Chopped onions Tomato puree Chopped green chillies Red chilli powder, Garam masala, Coriander powder, Salt Water Coriander leaves	0.2 kg 200 g 1½ tbsp 1 cup ½ cup 1 tbsp As per taste 200 mL For garnishing			
				<b>Method :</b> 1. In a MWS bowl add oil, chopped onions. Select menu and press start. Mix well. 2. When beeps, in the same bowl add tomato puree and haldi and press start. Mix well. 3. When beeps, add chopped green chillies, red chilli powder, garam masala, coriander powder, salt, soyabean and water Press start. Garnish with coriander leaves and serve hot.				
HP10	Spinach Dal	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For Dehusked soaked lentils (at least for 2 hours) Onions chopped Spinach chopped Oil Cumin seeds Ginger & Green chillies (chopped) Water Turmeric, Salt Lemon juice Coriander leaves	0.1 kg 100 g ½ cup 1 cup 1 tbsp 1 tsp 1 tbsp 300 mL As per taste 1 tsp 2 tbsp 2 tbsp 1 tsp 2 tbsp 300 mL 500 mL 600 mL 2 tbsp 3 tbsp 4 tbsp	0.2 kg 200 g 1 cup 1½ cup 2 tbsp 1 tsp 2 tbsp 300 mL 2 tsp 3 tbsp 3 tbsp 1 tsp 2 tbsp 500 mL 600 mL 3 tbsp 4 tbsp	0.3 kg 300 g 1 cup 2 cup 2 tbsp 1½ tsp 3 tbsp 600 mL As per taste 3 tsp 4 tbsp	
				<b>Method :</b> 1. In a MWS bowl put soaked dal (lentils), water, turmeric powder & salt. Select menu & weight and press start. 2. When beeps, in another MWS bowl put oil, chopped onions, cumin seeds, chopped ginger & green chillies, chopped spinach. Mix well and press start. 3. When beeps, mix well & add boiled lentils. Mix again & press start. 4. Garnish with coriander leaves & serve hot.				

Menu		Weight Limit	Utensil	Instructions					
HP11	Moong Dal	0.2 kg	Microwave safe (MWS) bowl	For	0.2 kg				
				Moong Dal soaked in water (for 1 hour)	200 g				
				Water	400 mL				
				Oil	2 tbsp				
				Jeera	1 tsp				
				Hari Mirch	2-3 nos.				
				Curry Leaves	5-6 nos.				
				Salt, Dhania powder, Jeera powder, Haldi, Hing, Kasuri methi, Lemon juice, Hara dhania	As per taste				
				<b>Method :</b>					
				1. Take dal in MWS bowl, add water, haldi & hing.					
				2. Select menu press start to cook.					
				3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves & press start.					
				4. When beeps, add dal, salt, dhania powder, jeera powder, hara dhania, kasuri methi (optional), water (if required) & lemon juice and press start to cook.					
HP12	Leaf Rolls	0.2-0.4 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat Glass dish	For	0.2 kg	0.3 kg	0.4 kg		
				Palak leaves	100 g	150 g	150 g		
				Cabbage leaves	100 g	150 g	150 g		
				<b>For filling</b>					
				Boiled Veg (Potato, Capsicum, Carrot, French beans, Sprouts)	1 cup	1½ cup	1½ cup		
				Chopped onion		1 no.			
				Salt, Chaat masala, Lemon juice	½ no.	As per taste	1 no.		
				<b>Method :</b>					
				1. In a bowl mix boiled vegetables, chopped onions, salt, chaat masala & lemon juice.					
				2. In MWS bowl, add ½ cup water, Keep the leaves in MWS flat glass dish. Keep the dish in MWS bowl. Cover.					
				3. Select menu & weight and press start.					
				4. Remove the leaves from the bowl. Spread the filling on leaves & roll them. Make all the rolls in same way.					
HP13	Fish Bharta	0.1-0.5 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Fish (Fillet)	100 g	200 g	300 g	400 g	500 g
				Mustard oil	½ lbsp	½ lbsp	1 lbsp	1 lbsp	1 lbsp
				Mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
				Chopped onion	½ cup	½ cup	1 cup	1 cup	1 cup
				Red chilli powder, Haldi, Garam masala, Salt	As per taste				
				<b>Method :</b>					
				1. In a MWS bowl add ½ cup water. Place the fish pieces on the MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select menu and press start.					
				2. When beeps, remove & mash the fish. In a MWS bowl, add oil, chopped onions, mashed fish, red chilli powder, garam masala, haldi, salt. Cover and press start.					

Menu		Weight Limit	Utensil	Instructions			
HP14	Healthy Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For Rice (soaked) 75 g Moong dal, washed (soaked) 25 g Desi ghee ½ tbsp Carrot (grated finely) 1 no. Peas ¼ cup Soya granules (soaked) 2 tbsp Salt, Pepper As per taste Water 300 mL	0.1 kg 150 g 50 g 1 tbsp 1 no. 1/4 cup 2 tbsp As per taste 500 mL	0.2 kg 225 g 75 g 1 ½ tbsp 2 nos. 1 cup 3 tbsp 4 tbsp 650 mL	0.3 kg 225 g 75 g 1 ½ tbsp 2 nos. 1 cup 4 tbsp 650 mL
				<b>Method :</b>			
				1. In a MWS bowl take soaked dal, rice & ghee. Also add grated carrot, soaked & drained soya granules & peas. Mix well. Select menu & weight and press start. 2. When beeps, mix, add water & salt. Mix again & press start. 3. When beeps, stir & mash well. Add pepper powder & ¼ cup water. Mix & cover and press start. 4. Serve hot with fresh curd.			
HP15	Oats Idli	4.8Pc	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand* & Microwave safe (MWS) glass bowl	For Idli batter Roasted & powdered oats Semolina Curd Water Salt Soda bi carb Grated carrot Chopped green chillies Oil For Tempering Mustard seeds Curry leaves Dry red chillies Oil	1 cup ½ cup ½ cup ¾ cup As per taste ½ tsp ½ cup 2 nos. For greasing ½ tsp A few A few ½ tbsp		
				<b>Method :</b>			
				1. Mix all the ingredients of batter in a bowl. Allow to stand for 10 minutes. 2. Grease MWS idli stand & pour the batter (depending on the number you want to cook). 3. Add ½ cup water to MWS bowl. Keep the MWS idli stand inside the MWS bowl. Cover. 4. Select the menu & number and press start. 5. When beeps, remove the idli from the stand. 6. Take a MWS glass bowl, add oil, mustard seeds, curry leaves & dry red chillies. Press start. Mix with idli & serve. Add lemon juice (optional)			

\* Provided with start up kit

# Diet Fry/Low Calorie

# Soup

Menu	Weight Limit	Utensil	Instructions																		
So1	Sweet Corn Soup	0.3 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Sweet Corn</td><td>200 g</td></tr> <tr><td>Water</td><td>300 mL (1½ cup)</td></tr> <tr><td>Oil</td><td>1 tsp</td></tr> <tr><td>Cornflour</td><td>2 tbsp + ½ cup water</td></tr> <tr><td>Salt, Sugar, Pepper, Green chilli</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Grind sweet corn with water and put in MWS glass bowl. Select menu &amp; press start.</li> <li>2. When beeps, remove, in another bowl put oil, green chilli &amp; press start.</li> <li>3. When beeps, add corn mixture in it. Mix cornflour with ½ cup water and mix with it. Add salt, sugar, pepper and press start.</li> </ol>	For	0.3 kg	Sweet Corn	200 g	Water	300 mL (1½ cup)	Oil	1 tsp	Cornflour	2 tbsp + ½ cup water	Salt, Sugar, Pepper, Green chilli	As per taste						
For	0.3 kg																				
Sweet Corn	200 g																				
Water	300 mL (1½ cup)																				
Oil	1 tsp																				
Cornflour	2 tbsp + ½ cup water																				
Salt, Sugar, Pepper, Green chilli	As per taste																				
So2	Mushroom Soup	0.3 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Mushroom</td><td>120 g</td></tr> <tr><td>Potato</td><td>1 No.</td></tr> <tr><td>Cabbage</td><td>50 g</td></tr> <tr><td>Onion</td><td>1 small</td></tr> <tr><td>Water</td><td>300 mL (1½ cup)</td></tr> <tr><td>Salt, Pepper</td><td>As per taste</td></tr> <tr><td>Oil</td><td>1 tsp</td></tr> <tr><td>Grated cheese</td><td>As per requirement</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion &amp; mushrooms with water. Select menu &amp; press start.</li> <li>2. When beeps, remove the bowl. Allow to cool &amp; separate the mushrooms &amp; grind the remaining stock &amp; strain it.</li> <li>3. In a MWS glass bowl, add oil, mushrooms, salt &amp; pepper. Mix &amp; press start. When beeps, add the stock &amp; press start. Garnish with grated cheese &amp; serve.</li> </ol>	For	0.3 kg	Mushroom	120 g	Potato	1 No.	Cabbage	50 g	Onion	1 small	Water	300 mL (1½ cup)	Salt, Pepper	As per taste	Oil	1 tsp	Grated cheese	As per requirement
For	0.3 kg																				
Mushroom	120 g																				
Potato	1 No.																				
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Onion	1 small																				
Water	300 mL (1½ cup)																				
Salt, Pepper	As per taste																				
Oil	1 tsp																				
Grated cheese	As per requirement																				
So3	Wonton Soup	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Chopped Cabbage, Carrot, Capsicum, French beans</td><td>200 g (Total)</td></tr> <tr><td>Ginger paste</td><td>2 tsp</td></tr> <tr><td>Garlic paste</td><td>2 tsp</td></tr> <tr><td>Spinach in pieces</td><td>10 leaves</td></tr> <tr><td>Oil</td><td>1 tsp</td></tr> <tr><td>Salt, Pepper</td><td>As per taste</td></tr> <tr><td>Water</td><td>600 mL (3 cups)</td></tr> <tr><td>Ready wonton</td><td>6-7 pieces</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In MWS glass bowl add oil and vegetables, ginger-garlic paste. Select menu &amp; press start.</li> <li>2. When beeps, add salt, pepper, water &amp; palak (in pieces). Mix well &amp; put in microwave &amp; press start.</li> <li>3. When beeps, mix well &amp; press start. Add wonton &amp; serve.</li> </ol> <p><b>How to make Wonton :</b>  Maida -1 cup, Salt - 1 pinch, Oil - 1 tsp</p> <p><b>Method :</b> Mix all the ingredients in the bowl and make dough with hot water. After that cover the bowl and leave the mixture for 10-15 minutes.</p> <p><b>For Stuffing :</b>  Cabbage, carrot, capsicum which is cut in long pieces</p> <p><b>Method :</b> Mix all the ingredients for stuffing. Make a small puree of wonton and put the small quantity of stuffing in between them and then cover the puree and press it.</p>	For	0.6 kg	Chopped Cabbage, Carrot, Capsicum, French beans	200 g (Total)	Ginger paste	2 tsp	Garlic paste	2 tsp	Spinach in pieces	10 leaves	Oil	1 tsp	Salt, Pepper	As per taste	Water	600 mL (3 cups)	Ready wonton	6-7 pieces
For	0.6 kg																				
Chopped Cabbage, Carrot, Capsicum, French beans	200 g (Total)																				
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Ready wonton	6-7 pieces																				

# Soup

# Diet Fry/Low Calorie

Menu		Weight Limit	Utensil	Instructions																			
So4	Chicken Shorba	0.6 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Boneless chicken</td><td>300 g</td></tr> <tr><td>Oil</td><td>½ lbsp</td></tr> <tr><td>Chopped garlic</td><td>2 tsp</td></tr> <tr><td>Salt &amp; Pepper powder</td><td>As per taste</td></tr> <tr><td>Maida</td><td>3 tbsps</td></tr> <tr><td>Water</td><td>600 mL (3 cups)</td></tr> <tr><td>Fresh cream</td><td>For garnishing</td></tr> </table>	For	0.6 kg	Boneless chicken	300 g	Oil	½ lbsp	Chopped garlic	2 tsp	Salt & Pepper powder	As per taste	Maida	3 tbsps	Water	600 mL (3 cups)	Fresh cream	For garnishing	<p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add chicken pieces, chopped garlic and water. Select menu and press start.</li> <li>2. When beeps, remove &amp; strain stock. In another MWS glass bowl add oil, cumin seeds and maida and press start.</li> <li>3. When beeps, add the chicken stock, salt, pepper and press start. Garnish with fresh cream and serve hot.</li> </ol>		
For	0.6 kg																						
Boneless chicken	300 g																						
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Water	600 mL (3 cups)																						
Fresh cream	For garnishing																						
So5	Tamatar Shorba	0.6 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Chopped tomato</td><td>300 g</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> <tr><td>Ginger garlic paste</td><td>2 tbsps</td></tr> <tr><td>Jeera, Bay leaf, Salt, Garam masala, Sugar</td><td>As per taste</td></tr> <tr><td>Water</td><td>600 mL (3 cups)</td></tr> <tr><td>Coriander leaves</td><td>For garnishing</td></tr> </table>	For	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	<p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add tomatoes cut into quarters with water, select menu and press start.</li> <li>2. When beeps, grind and strain the whole stock.</li> <li>3. In another MWS glass bowl add oil, ginger garlic paste, jeera, bay leaf and press start. Mix well.</li> <li>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.</li> </ol>				
For	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																						
So6	Corn Basil & Fusili Soup	0.6 kg	Microwave (MWS) safe glass bowl	<table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Cream style corns</td><td>100 g</td></tr> <tr><td>Basil</td><td>10 leaves</td></tr> <tr><td>Fusili pasta (boiled)</td><td>10</td></tr> <tr><td>Tomato puree</td><td>2 tbsps</td></tr> <tr><td>Chopped onion</td><td>½ cup</td></tr> <tr><td>Chopped garlic</td><td>1 tbsps</td></tr> <tr><td>Olive oil</td><td>1 tbsps</td></tr> <tr><td>Water</td><td>600 mL (3 cups)</td></tr> </table>	For	0.6 kg	Cream style corns	100 g	Basil	10 leaves	Fusili pasta (boiled)	10	Tomato puree	2 tbsps	Chopped onion	½ cup	Chopped garlic	1 tbsps	Olive oil	1 tbsps	Water	600 mL (3 cups)	<p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add oil, chopped onion, garlic. Select menu &amp; press start.</li> <li>2. When beeps, mix well &amp; add water, cream style corns, basil leaves, fusilli pasta and tomato puree. Press start.</li> <li>3. Garnish with grated cheese &amp; basil leaves.</li> </ol>
For	0.6 kg																						
Cream style corns	100 g																						
Basil	10 leaves																						
Fusili pasta (boiled)	10																						
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Chopped onion	½ cup																						
Chopped garlic	1 tbsps																						
Olive oil	1 tbsps																						
Water	600 mL (3 cups)																						

# Diet Fry/Low Calorie

# Soup

Menu	Weight Limit	Utensil	Instructions																						
So7	Rasam	0.6 kg	<p>Microwave safe (MWS) bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Tomato</td><td>300 g</td></tr> <tr><td>Tamarind pulp</td><td>50 g</td></tr> <tr><td>Salt &amp; Jaggery</td><td>As per taste</td></tr> <tr><td>Green chillies</td><td>2 nos.</td></tr> <tr><td>Coriander &amp; curry leaves</td><td>For garnishing</td></tr> <tr><td>Chopped garlic</td><td>2-3 flakes</td></tr> <tr><td>Coriander seeds, Cumin seeds, Cinnamon, Hing</td><td>As per taste</td></tr> <tr><td>Water</td><td>600 mL (3 cups)</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl add chopped tomato &amp; water. Select menu &amp; press start.</li> <li>2. When beeps, remove &amp; cool. Grind &amp; strain it.</li> <li>3. In a MWS bowl add oil, coriander seeds, cumin seeds, cinnamon, hing, chopped garlic, green chillies, salt &amp; jaggery &amp; strained tomato stock. Press start.</li> <li>4. When beeps, strain it again &amp; add more water (if required), tamarind pulp. Press start.</li> <li>5. Garnish with coriander &amp; curry leaves &amp; serve.</li> </ol>	For	0.6 kg	Tomato	300 g	Tamarind pulp	50 g	Salt & Jaggery	As per taste	Green chillies	2 nos.	Coriander & curry leaves	For garnishing	Chopped garlic	2-3 flakes	Coriander seeds, Cumin seeds, Cinnamon, Hing	As per taste	Water	600 mL (3 cups)	Oil	1 tbsp		
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Water	600 mL (3 cups)																								
Oil	1 tbsp																								
So8	Mulligatawny Soup	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Cooked rice</td><td>50 g</td></tr> <tr><td>Dehusked lentil</td><td>30 g</td></tr> <tr><td>Apples (peeled &amp; sliced)</td><td>½ no.</td></tr> <tr><td>Carrot</td><td>50 g</td></tr> <tr><td>Onion</td><td>50 g</td></tr> <tr><td>Veg stock/water</td><td>600 mL (3 cups)</td></tr> <tr><td>Salt &amp; pepper</td><td>to taste</td></tr> <tr><td>Butter</td><td>1 tsp</td></tr> <tr><td>Curry powder</td><td>1 tsp</td></tr> <tr><td>Lemon juice</td><td>1 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In MWS glass bowl add butter, carrot, onion &amp; apples. Mix well. Select menu &amp; weight and press start.</li> <li>2. When beep, mix well, add cooked rice, lentils &amp; water and press start.</li> <li>3. When beep, mix well, allow to cool. Blend &amp; strain. In the same MWS glass bowl add the strained stock, salt, pepper, curry powder &amp; lemon juice. Press start.</li> </ol>	For	0.6 kg	Cooked rice	50 g	Dehusked lentil	30 g	Apples (peeled & sliced)	½ no.	Carrot	50 g	Onion	50 g	Veg stock/water	600 mL (3 cups)	Salt & pepper	to taste	Butter	1 tsp	Curry powder	1 tsp	Lemon juice	1 tsp
For	0.6 kg																								
Cooked rice	50 g																								
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Veg stock/water	600 mL (3 cups)																								
Salt & pepper	to taste																								
Butter	1 tsp																								
Curry powder	1 tsp																								
Lemon juice	1 tsp																								
So9	Hot & Sour Soup	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Water</td><td>600 mL (3 cups)</td></tr> <tr><td>Chilli sauce</td><td>1 tbsp</td></tr> <tr><td>Soya sauce</td><td>2 tbsp</td></tr> <tr><td>Vinegar</td><td>2 cups</td></tr> <tr><td>Chopped vegetables (Capsicum, Spring onions, Carrots, Cabbage)</td><td>100 g</td></tr> <tr><td>Tomato sauce</td><td>2 tbsp</td></tr> <tr><td>Cornflour</td><td>2 tbsp + ½ cup water</td></tr> <tr><td>Salt, pepper</td><td>As per taste</td></tr> <tr><td>Paneer</td><td>50 g</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add water, chili sauce, soya sauce, vinegar, salt, pepper powder. Select menu &amp; press start.</li> <li>2. When beeps, stir well &amp; add all the chopped vegetables, except paneer. Press start.</li> <li>3. When beeps, stir well &amp; add corn flour, tomato sauce, paneer pieces &amp; press start.</li> </ol>	For	0.6 kg	Water	600 mL (3 cups)	Chilli sauce	1 tbsp	Soya sauce	2 tbsp	Vinegar	2 cups	Chopped vegetables (Capsicum, Spring onions, Carrots, Cabbage)	100 g	Tomato sauce	2 tbsp	Cornflour	2 tbsp + ½ cup water	Salt, pepper	As per taste	Paneer	50 g		
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# Soup

# Diet Fry/Low Calorie

Menu		Weight Limit	Utensil	Instructions																			
So10	Tomato Soup	0.6 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr> <td>For</td><td>0.6 kg</td></tr> <tr> <td>Chopped Tomato</td><td>100 g</td></tr> <tr> <td>Chopped Carrot</td><td>25 g</td></tr> <tr> <td>Chopped Onion</td><td>1 small</td></tr> <tr> <td>Chopped Ginger, Garlic</td><td>1 tsp</td></tr> <tr> <td>Salt, Sugar, Pepper</td><td>As per taste</td></tr> <tr> <td>Cornflour &amp; Oil / Butter</td><td>2 tbsp / 1 tsp</td></tr> <tr> <td>Water</td><td>600 mL (3 cups)</td></tr> </table>	For	0.6 kg	Chopped Tomato	100 g	Chopped Carrot	25 g	Chopped Onion	1 small	Chopped Ginger, Garlic	1 tsp	Salt, Sugar, Pepper	As per taste	Cornflour & Oil / Butter	2 tbsp / 1 tsp	Water	600 mL (3 cups)	<p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along with water. Keep in Microwave. Select menu and press start.</li> <li>2. When beeps, grind and strain it.</li> <li>3. In another MWS 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 cold water. Stir well &amp; press start.</li> <li>4. Garnish with bread croutons, coriander (green dhania) and fresh cream and serve hot.</li> </ol>		
For	0.6 kg																						
Chopped Tomato	100 g																						
Chopped Carrot	25 g																						
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Chopped Ginger, Garlic	1 tsp																						
Salt, Sugar, Pepper	As per taste																						
Cornflour & Oil / Butter	2 tbsp / 1 tsp																						
Water	600 mL (3 cups)																						
So11	Palak Makai Shorba	0.6 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr> <td>For</td><td>0.6 kg</td></tr> <tr> <td>Palak (chopped)</td><td>200 g</td></tr> <tr> <td>Water</td><td>600 mL (3 cups)</td></tr> <tr> <td>Maggie tastemaker</td><td>1 cube</td></tr> <tr> <td>Corn niblets</td><td>½ cup</td></tr> <tr> <td>Chopped onion</td><td>½ cup</td></tr> <tr> <td>Jeera</td><td>1 tsp</td></tr> <tr> <td>Butter</td><td>1 tbsp</td></tr> <tr> <td>Milk</td><td>¼ cup</td></tr> </table>	For	0.6 kg	Palak (chopped)	200 g	Water	600 mL (3 cups)	Maggie tastemaker	1 cube	Corn niblets	½ cup	Chopped onion	½ cup	Jeera	1 tsp	Butter	1 tbsp	Milk	¼ cup	<p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add chopped palak &amp; little water. Select menu &amp; press start.</li> <li>2. When beeps, grind the palak,</li> <li>3. In another MWS glass bowl add butter, jeera, chopped onions. Press start.</li> <li>4. When beeps, remove &amp; add palak &amp; water, milk, corn niblets &amp; maggie tastemaker. Press start.</li> </ol>
For	0.6 kg																						
Palak (chopped)	200 g																						
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So12	Chicken Soup	0.6 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr> <td>For</td><td>0.6 kg</td></tr> <tr> <td>Boneless chicken</td><td>300 g</td></tr> <tr> <td>Ginger paste</td><td>1 tbsp</td></tr> <tr> <td>Garlic paste</td><td>1 tbsp</td></tr> <tr> <td>Salt &amp; Pepper powder</td><td>As per taste</td></tr> <tr> <td>Cornflour paste</td><td>2 tbsp (mixed with ½ cup water)</td></tr> <tr> <td>Oil</td><td>1 tbsp</td></tr> <tr> <td>Water</td><td>600ml / 3 cups</td></tr> </table>	For	0.6 kg	Boneless chicken	300 g	Ginger paste	1 tbsp	Garlic paste	1 tbsp	Salt & Pepper powder	As per taste	Cornflour paste	2 tbsp (mixed with ½ cup water)	Oil	1 tbsp	Water	600ml / 3 cups	<p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In MWS glass bowl put water &amp; add chicken pieces. Select category &amp; press start.</li> <li>2. When beeps remove the bowl.</li> <li>3. In another MWS glass bowl add oil, ginger-garlic paste, chicken stock, salt pepper, cornflour paste, green chilles. Press start</li> </ol>		
For	0.6 kg																						
Boneless chicken	300 g																						
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# Diet Fry/Low Calorie

# Soup

Menu	Weight Limit	Utensil	Instructions																								
So13	Tom Yum Kung	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Small sized prawns</td><td>10-12 nos.</td></tr> <tr><td>Mushrooms (sliced)</td><td>5-6 nos.</td></tr> <tr><td>Lemon grass stem</td><td>4 inch stalk</td></tr> <tr><td>Lime leaves</td><td>5-6 nos.</td></tr> <tr><td>Coriander fresh chopped</td><td>A few sprigs</td></tr> <tr><td>Fish sauce</td><td>2 tbsp</td></tr> <tr><td>Thai red curry paste</td><td>2 tbsp</td></tr> <tr><td>Lemon juice</td><td>1 tbsp</td></tr> <tr><td>Veg stock/chicken stock</td><td>600 mL (3 cups)</td></tr> <tr><td>Green/red chillies</td><td>3 nos.</td></tr> <tr><td>Salt, Pepper</td><td>To taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl put head &amp; shells of prawns, green/red chillies (cut into 2), salt, roughly crushed lemon grass, lime leaves &amp; stock. Mix well. Select menu &amp; press start.</li> <li>2. When beeps, strain the stock. Add cleaned prawns, fish sauce, pepper, thai red curry paste. Stir well &amp; press start.</li> <li>3. Add lemon juice &amp; adjust the seasoning. Serve piping hot.</li> </ol>	For	0.6 kg	Small sized prawns	10-12 nos.	Mushrooms (sliced)	5-6 nos.	Lemon grass stem	4 inch stalk	Lime leaves	5-6 nos.	Coriander fresh chopped	A few sprigs	Fish sauce	2 tbsp	Thai red curry paste	2 tbsp	Lemon juice	1 tbsp	Veg stock/chicken stock	600 mL (3 cups)	Green/red chillies	3 nos.	Salt, Pepper	To taste
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So14	Dal Shorba	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Soaked urad dal (dehusked)</td><td>½ cup</td></tr> <tr><td>Olive oil</td><td>1 tsp</td></tr> <tr><td>Chopped green chillies</td><td>2 no.</td></tr> <tr><td>Ginger paste</td><td>1 tsp</td></tr> <tr><td>Garlic paste</td><td>1 tsp</td></tr> <tr><td>Chopped onion</td><td>1 no.</td></tr> <tr><td>Salt, Turmeric powder, Onion powder, Sugar</td><td>As per taste</td></tr> <tr><td>Lemon juice</td><td>As per taste</td></tr> <tr><td>Water</td><td>600 mL (3 cups)</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add oil, green chillies, ginger paste, garlic paste. Mix well.</li> <li>2. Select menu &amp; press start.</li> <li>3. When beeps, mix well &amp; add onion &amp; add all spices. Press start.</li> <li>4. When beeps, mix well &amp; add dal &amp; water. Press start. Strain the stock.</li> <li>5. Add 100 mL hot water &amp; spices as per taste &amp; serve</li> </ol>	For	0.6 kg	Soaked urad dal (dehusked)	½ cup	Olive oil	1 tsp	Chopped green chillies	2 no.	Ginger paste	1 tsp	Garlic paste	1 tsp	Chopped onion	1 no.	Salt, Turmeric powder, Onion powder, Sugar	As per taste	Lemon juice	As per taste	Water	600 mL (3 cups)				
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Soaked urad dal (dehusked)	½ cup																										
Olive oil	1 tsp																										
Chopped green chillies	2 no.																										
Ginger paste	1 tsp																										
Garlic paste	1 tsp																										
Chopped onion	1 no.																										
Salt, Turmeric powder, Onion powder, Sugar	As per taste																										
Lemon juice	As per taste																										
Water	600 mL (3 cups)																										
So15	Rajma Soup	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Water</td><td>600 mL(3 cups)</td></tr> <tr><td>Rajma (boiled)</td><td>1 cup (170 g)</td></tr> <tr><td>Oil</td><td>½ tbsp</td></tr> <tr><td>Garlic cloves (chopped)</td><td>2 nos.</td></tr> <tr><td>Onion (chopped)</td><td>½ cup</td></tr> <tr><td>Tomato (chopped)</td><td>½ cup</td></tr> <tr><td>Coriander (chopped)</td><td>¼ cup</td></tr> <tr><td>Salt, Pepper, Red chilli powder</td><td>As per taste</td></tr> <tr><td>Lemon juice</td><td>1 tbsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Grind the boiled rajma. Add water &amp; strain it.</li> <li>2. In a MWS glass bowl add oil, garlic, onion, tomato. Mix well. Select menu &amp; press start.</li> <li>3. When beeps, mix well &amp; add salt, pepper, red chilli powder &amp; rajma stock. Mix well &amp; press start.</li> <li>4. Add lemon juice &amp; garnish with coriander leaves &amp; serve hot.</li> </ol>	For	0.6 kg	Water	600 mL(3 cups)	Rajma (boiled)	1 cup (170 g)	Oil	½ tbsp	Garlic cloves (chopped)	2 nos.	Onion (chopped)	½ cup	Tomato (chopped)	½ cup	Coriander (chopped)	¼ cup	Salt, Pepper, Red chilli powder	As per taste	Lemon juice	1 tbsp				
For	0.6 kg																										
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Coriander (chopped)	¼ cup																										
Salt, Pepper, Red chilli powder	As per taste																										
Lemon juice	1 tbsp																										

Menu	Weight Limit	Utensil	Instructions																				
So16	Shahi Shorba	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr> <td>For</td><td>0.6 kg</td></tr> <tr> <td>Onions (finely chopped)</td><td>2 nos.</td></tr> <tr> <td>Walnuts (coarsely chopped)</td><td>1/4 cup</td></tr> <tr> <td>Mint paste</td><td>1 tbsp</td></tr> <tr> <td>Whole wheat flour</td><td>2 tbsp</td></tr> <tr> <td>Butter</td><td>2 tbsp</td></tr> <tr> <td>Water</td><td>600 mL (3 cups)</td></tr> <tr> <td>Salt, Pepper, Garam masala</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl take butter &amp; chopped onion. Mix well. Select menu &amp; press start.</li> <li>2. When beeps, stir well. Add whole wheat flour, mint paste, coarsely chopped walnuts &amp; mix well. Press start.</li> <li>3. When beeps, mix and add water. Mix well so that no lumps are formed. Add seasoning. Press start. Serve hot.</li> </ol>	For	0.6 kg	Onions (finely chopped)	2 nos.	Walnuts (coarsely chopped)	1/4 cup	Mint paste	1 tbsp	Whole wheat flour	2 tbsp	Butter	2 tbsp	Water	600 mL (3 cups)	Salt, Pepper, Garam masala	As per taste				
For	0.6 kg																						
Onions (finely chopped)	2 nos.																						
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Whole wheat flour	2 tbsp																						
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Salt, Pepper, Garam masala	As per taste																						
So17	Bombay Curry Soup	0.6 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr> <td>For</td><td>0.6 kg</td></tr> <tr> <td>Water</td><td>500 mL (2 1/2 cups)</td></tr> <tr> <td>Soaked masoor dal (dehusked)</td><td>200 g</td></tr> <tr> <td>Chopped tomato</td><td>2 nos.</td></tr> <tr> <td>Chopped onions</td><td>1 no.</td></tr> <tr> <td>Crushed garlic</td><td>3-4 cloves</td></tr> <tr> <td>Oil</td><td>1 tbsp</td></tr> <tr> <td>Curry powder</td><td>As per taste</td></tr> <tr> <td>Salt, Red chilli powder</td><td>As per taste</td></tr> <tr> <td>Coriander leaves</td><td>For garnishing</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add soaked masoor dal, tomato &amp; water. Select menu &amp; press start.</li> <li>2. When beeps, remove &amp; allow the dal to cool. Grind it in a mixer &amp; strain.</li> <li>3. In another MWS glass bowl, add oil, crushed garlic, chopped onion. Press start.</li> <li>4. When beeps, mix &amp; add strained dal stock, salt, chilli powder, curry powder &amp; add 150 mL of water. Mix well &amp; press start. Garnish with coriander leaves &amp; serve hot.</li> </ol>	For	0.6 kg	Water	500 mL (2 1/2 cups)	Soaked masoor dal (dehusked)	200 g	Chopped tomato	2 nos.	Chopped onions	1 no.	Crushed garlic	3-4 cloves	Oil	1 tbsp	Curry powder	As per taste	Salt, Red chilli powder	As per taste	Coriander leaves	For garnishing
For	0.6 kg																						
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Oil	1 tbsp																						
Curry powder	As per taste																						
Salt, Red chilli powder	As per taste																						
Coriander leaves	For garnishing																						

# Diet Fry/Low Calorie

# Soup

Menu		Weight Limit	Utensil	Instructions																																	
So18	Badam Soup	0.6 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Badam (soaked &amp; blanched)</td><td>50 g</td></tr> <tr><td>Fresh basil leaves (Tulsi)</td><td>8-10 nos.</td></tr> <tr><td>Water</td><td>600 mL (3 cups)</td></tr> <tr><td>Cinnamon</td><td>1" stick</td></tr> <tr><td>Elaichi (green)</td><td>2-3 nos.</td></tr> <tr><td>Cloves</td><td>2-3 nos.</td></tr> <tr><td>Sugar</td><td>1/2 tsp</td></tr> <tr><td>Cornflour</td><td>1/2 tbsp</td></tr> <tr><td>Salt &amp; pepper</td><td>As per taste</td></tr> </table>	For	0.6 kg	Badam (soaked & blanched)	50 g	Fresh basil leaves (Tulsi)	8-10 nos.	Water	600 mL (3 cups)	Cinnamon	1" stick	Elaichi (green)	2-3 nos.	Cloves	2-3 nos.	Sugar	1/2 tsp	Cornflour	1/2 tbsp	Salt & pepper	As per taste	<p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Grind soaked &amp; blanched badam &amp; basil leaves to a fine paste, adding 1/2 cup water. Take out in a MWS glass bowl. Add 3 cups water &amp; stir well. Add cinnamon, elaiichi &amp; cloves.</li> <li>2. Select menu &amp; press start.</li> <li>3. When beeps, stir &amp; strain the soup &amp; sieve. Take the strained soup in a MWS glass bowl. Add salt &amp; peppers &amp; cornflour (mixed with 1/2 cup water) &amp; press start. Serve hot.</li> </ol>												
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Salt & pepper	As per taste																																				
So19	Lirbu Dhania Shorba	0.6 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Water</td><td>600 mL (3 cups)</td></tr> <tr><td>Oil</td><td>1/2 tbsp</td></tr> <tr><td>Shredded cabbage</td><td>1 cup</td></tr> <tr><td>Chopped carrot</td><td>1/2 cup</td></tr> <tr><td>Celery</td><td>1/2 cup</td></tr> <tr><td>Spring onions</td><td>1/2 cup</td></tr> <tr><td>Ginger (grated)</td><td>1 tsp</td></tr> <tr><td>Chopped garlic</td><td>3 nos.</td></tr> <tr><td>Bayleaf</td><td>2 nos.</td></tr> <tr><td>Cloves</td><td>2 nos.</td></tr> <tr><td>Pepper corns</td><td>3 nos.</td></tr> <tr><td>Besan</td><td>2 tbsp (dissolved in 1/4 cup water)</td></tr> <tr><td>Lemon juice</td><td>2 tbsp</td></tr> <tr><td>Coriander leaves (chopped)</td><td>1/2 cup</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> </table>	For	0.6 kg	Water	600 mL (3 cups)	Oil	1/2 tbsp	Shredded cabbage	1 cup	Chopped carrot	1/2 cup	Celery	1/2 cup	Spring onions	1/2 cup	Ginger (grated)	1 tsp	Chopped garlic	3 nos.	Bayleaf	2 nos.	Cloves	2 nos.	Pepper corns	3 nos.	Besan	2 tbsp (dissolved in 1/4 cup water)	Lemon juice	2 tbsp	Coriander leaves (chopped)	1/2 cup	Salt	As per taste	<p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add oil, cabbage, carrot, celery, spring onions, ginger, garlic, bayleaves, cloves, peppercorns. Mix well. Select menu &amp; press start.</li> <li>2. When beeps, mix well &amp; add water &amp; press start. When beeps, add besan paste, lemon juice, coriander leaves, salt. Mix well &amp; press start. Garnish with coriander leaves &amp; serve hot.</li> </ol>
For	0.6 kg																																				
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Coriander leaves (chopped)	1/2 cup																																				
Salt	As per taste																																				
So20	Mutton Shorba	0.6 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>For</td><td>0.6 kg</td></tr> <tr><td>Boneless mutton</td><td>300 g</td></tr> <tr><td>Water</td><td>600 mL (3 cups)</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> <tr><td>Chopped onion</td><td>1 nos.</td></tr> <tr><td>Chopped garlic</td><td>3 cloves</td></tr> <tr><td>Chilli flakes salt</td><td>As per taste</td></tr> <tr><td>Chopped &amp; skinned tomato</td><td>2 nos.</td></tr> <tr><td>Cinnamon</td><td>1/4 " Stick</td></tr> <tr><td>Cardamom</td><td>1 nos.</td></tr> <tr><td>Cumin seeds</td><td>1 tsp</td></tr> <tr><td>Saffron</td><td>A few</td></tr> <tr><td>Dry mint leaves</td><td>1/2 cup</td></tr> <tr><td>Beaten curd</td><td>1/2 cup</td></tr> </table>	For	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 & skinned tomato	2 nos.	Cinnamon	1/4 " Stick	Cardamom	1 nos.	Cumin seeds	1 tsp	Saffron	A few	Dry mint leaves	1/2 cup	Beaten curd	1/2 cup	<p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add oil, onion, garlic, mutton &amp; chilli flakes, salt. Mix well &amp; cover.</li> <li>2. Select menu &amp; press start.</li> <li>3. When beeps, mix well &amp; add water, tomato, cinnamon, cardamom, cumin seeds, , salt, saffron &amp; dry mint leaves. Mix well &amp; press start.</li> <li>4. When beeps, remove the bowl &amp; allow to cool. Grind it &amp; add curd. Press start.</li> </ol>				
For	0.6 kg																																				
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Menu	Weight Limit	Utensil	Instructions																																															
Co1	Pasta	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack**	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Penne pasta</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Butter</td><td>1 lbsp</td><td>2 lbsp</td><td>3 lbsp</td></tr> <tr> <td>Chopped onion</td><td>1/2 cup</td><td>1 cup</td><td>1 1/2 cup</td></tr> <tr> <td>Chopped garlic</td><td>1 lbsp</td><td>1 1/2 tbsp</td><td>2 tbsp</td></tr> <tr> <td>Chopped palak leaves</td><td>50 g</td><td>75 g</td><td>100 g</td></tr> <tr> <td>Water</td><td>400 mL</td><td>800 mL</td><td>1200 mL</td></tr> <tr> <td>Cream</td><td>1/4 cup</td><td>1 cup</td><td>1 1/2 cups</td></tr> <tr> <td>Grated cheese</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr> <tr> <td>Nutmeg powder, oregano, salt &amp; pepper</td><td colspan="3">As per taste</td><td></td><td></td><td></td></tr> </table>	For	0.1 kg	0.2 kg	0.3 kg	Penne pasta	100 g	200 g	300 g	Butter	1 lbsp	2 lbsp	3 lbsp	Chopped onion	1/2 cup	1 cup	1 1/2 cup	Chopped garlic	1 lbsp	1 1/2 tbsp	2 tbsp	Chopped palak leaves	50 g	75 g	100 g	Water	400 mL	800 mL	1200 mL	Cream	1/4 cup	1 cup	1 1/2 cups	Grated cheese	2 tbsp	3 tbsp	4 tbsp	Nutmeg powder, oregano, salt & pepper	As per taste								
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Nutmeg powder, oregano, salt & pepper	As per taste																																																	
				<b>Method :</b>																																														
				1. In a MWS glass bowl take pasta, add water (sufficient to boil the pasta) & few drops of oil. Select menu and weight and press start.																																														
				2. When beeps, drain water from the pasta, wash & separate under running water. In a MWS flat glass dish add butter, onion, garlic and palak. Mix well and 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 and press start.																																														
Co2	Veg Au Gratin	0.2 kg	Microwave Safe (MWS) Glass bowl & Microwave safe (MWS) flat glass dish & High rack**	<table border="1"> <tr> <td>For</td><td>0.2 kg</td></tr> <tr> <td>Mix vegetables (cut gajar, gobhi, french beans, sweet corns, peas etc.)</td><td>200 g</td></tr> <tr> <td>Maida</td><td>2 tbsp</td></tr> <tr> <td>Butter</td><td>2 lsp</td></tr> <tr> <td>Milk</td><td>1/2 cup</td></tr> <tr> <td>Grated cheese</td><td>5 tbsp</td></tr> <tr> <td>Salt, pepper</td><td>As per taste</td></tr> </table>	For	0.2 kg	Mix vegetables (cut gajar, gobhi, french beans, sweet corns, peas etc.)	200 g	Maida	2 tbsp	Butter	2 lsp	Milk	1/2 cup	Grated cheese	5 tbsp	Salt, pepper	As per taste																																
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Salt, pepper	As per taste																																																	
				<b>Method :</b>																																														
				1. In a MWS glass bowl take vegetables & add 400mL water. Select menu & press start.																																														
				2. When beeps, remove MWS glass bowl & transfer boiled Vegetables to MWS flat glass dish add milk, maida, salt & pepper. Mix well. Cover & press start.																																														
				3. When beeps, mix well and spread grated cheese on it, place the dish on high rack & press start.																																														

\*\*Refer Page 122 Fig. 5

Menu		Weight Limit	Utensil	Instructions																																											
Co3	Baked Mushrooms	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish & High rack*	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Mushrooms</td><td>50 g</td><td>100 g</td><td>150 g</td></tr> <tr> <td>White sauce</td><td>50 g</td><td>100 g</td><td>150 g</td></tr> <tr> <td>Cheese (grated), salt, pepper</td><td colspan="3">As per taste</td></tr> </table>	For	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			<b>Method :</b>																										
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Cheese (grated), salt, pepper	As per taste																																														
				<ol style="list-style-type: none"> <li>1. In MWS flat glass dish put all the ingredients except cheese, mix well.</li> <li>2. Select menu &amp; weight and press start</li> <li>3. When beeps, keep on high rack. Spread grated cheese on the top of the mixture and press start.</li> </ol>																																											
Co4	Lasaneya	0.3 kg	Microwave safe (MWS) flat glass dish & High rack*	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Lasagne sheets (cooked)</td><td>150 g</td></tr> <tr> <td>White sauce</td><td>1 cup</td></tr> <tr> <td>Pizza sauce</td><td>1/2 cup</td></tr> <tr> <td>Mix veg (boiled) - Egg plant, Zucchini, Broccoli, Mushrooms, Sweet corns</td><td>2 cups</td></tr> <tr> <td>Oil</td><td>2 tbsp</td></tr> <tr> <td>Oregano, Salt &amp; pepper</td><td>As per taste</td></tr> <tr> <td>Grated cheese</td><td>5 tbsp</td></tr> </table>	For	0.3 kg	Lasagne sheets (cooked)	150 g	White sauce	1 cup	Pizza sauce	1/2 cup	Mix veg (boiled) - Egg plant, Zucchini, Broccoli, Mushrooms, Sweet corns	2 cups	Oil	2 tbsp	Oregano, Salt & pepper	As per taste	Grated cheese	5 tbsp	<b>Method :</b>																										
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Oregano, Salt & pepper	As per taste																																														
Grated cheese	5 tbsp																																														
				<ol style="list-style-type: none"> <li>1. Except lasagne and cheese add all the ingredients in MWS flat glass dish. Select menu and press start.</li> <li>2. When beeps, remove the ingredients and in same dish arrange lasagne sheets in the bottom. Then spread vegetable mixture on it and make layers of sheets and vegetable mixture. Press start.</li> <li>3. When beeps, spread the grated cheese &amp; keep the glass dish on high rack and press start.</li> </ol>																																											
Co5	Macaroni	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Macaroni</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Hot water</td><td>400 mL</td><td>800 mL</td><td>1200 mL</td></tr> <tr> <td>Butter</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Spring onion chopped</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Garlic chopped</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> <tr> <td>Mushroom chopped</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr> <tr> <td>Tomato sauce</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Chilli sauce</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> <tr> <td>Salt, Pepper &amp; Oregano</td><td colspan="3">As per taste</td></tr> </table>	For	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 tbsp	3 tbsp	Spring onion chopped	1 tbsp	2 tbsp	3 tbsp	Garlic chopped	1 tsp	2 tsp	3 tsp	Mushroom chopped	3 nos.	4 nos.	5 nos.	Tomato sauce	1 tbsp	2 tbsp	3 tbsp	Chilli sauce	1 tsp	2 tsp	3 tsp	Salt, Pepper & Oregano	As per taste			<b>Method :</b>		
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Salt, Pepper & Oregano	As per taste																																														
				<ol style="list-style-type: none"> <li>1. In MWS bowl take Macaroni with water. Select menu &amp; weight &amp; press start.</li> <li>2. When beeps, drain water from it. In MWS bowl add all the ingredients with boiled Macaroni, mix well and press start.</li> </ol>																																											

\*Refer Page 122 Fig. 2

Menu	Weight Limit	Utensil	Instructions																																	
Co6 Thai Chicken	0.5 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.5 kg</td></tr> <tr><td>Boneless chicken</td><td>500 g</td></tr> <tr><td>Red curry paste</td><td>2 tbsps</td></tr> <tr><td>Sugar</td><td>1 tsp</td></tr> <tr><td>Soya sauce</td><td>2 tbsps</td></tr> <tr><td>Salt</td><td>to taste</td></tr> <tr><td>Chopped garlic</td><td>1 tsp</td></tr> <tr><td>Blanched Broccoli (florets)</td><td>1 cup</td></tr> <tr><td>Peanuts (Roasted &amp; crushed)</td><td>1/4 cup</td></tr> <tr><td>Oil</td><td>2 tbsps</td></tr> <tr><td>Red chilli paste</td><td>1 tsp</td></tr> <tr><td>For Sauce</td><td></td></tr> <tr><td>Butter</td><td>2 tbsps</td></tr> <tr><td>Maida</td><td>2 tbsps</td></tr> <tr><td>Milk</td><td>1 tbsps</td></tr> <tr><td>Salt &amp; pepper</td><td>to taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl put oil, garlic, sugar, soya sauce, red curry paste, broccoli, chicken pieces, mix well. Select menu and press start.</li> <li>2. When beeps, remove. Add red chilli paste, crushed peanuts. Add sauce of milk, maida, butter, salt &amp; pepper. Mix well press start.</li> </ol>	For	0.5 kg	Boneless chicken	500 g	Red curry paste	2 tbsps	Sugar	1 tsp	Soya sauce	2 tbsps	Salt	to taste	Chopped garlic	1 tsp	Blanched Broccoli (florets)	1 cup	Peanuts (Roasted & crushed)	1/4 cup	Oil	2 tbsps	Red chilli paste	1 tsp	For Sauce		Butter	2 tbsps	Maida	2 tbsps	Milk	1 tbsps	Salt & pepper	to taste	
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Salt & pepper	to taste																																			
Co7 Mediterranean Crostini*	0.3 kg	Low rack	<table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>French bread</td><td>3 slices</td></tr> <tr><td>Black olives (sliced)</td><td>1/4 cup</td></tr> <tr><td>Cheese (grated)</td><td>1/2 cup</td></tr> <tr><td>Butter</td><td>2 tbsps</td></tr> <tr><td colspan="2"><b>To be mixed together for the marinated tomatoes :</b></td></tr> <tr><td>Tomatoes (sliced)</td><td>2 nos.</td></tr> <tr><td>Basil leaves (freshly chopped)</td><td>1 tsp</td></tr> <tr><td>Garlic (chopped)</td><td>1 tsp</td></tr> <tr><td>Olive oil</td><td>2 tbsps</td></tr> <tr><td>Salt &amp; freshly crushed pepper corns</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl, put all the ingredients of marinade &amp; mix well. Keep it for 15-20 minutes.</li> <li>2. Butter the bread slices. Top each slice with 2-3 slices of marinated tomatoes. Put chopped olives &amp; sprinkle grated cheese on top.</li> <li>3. Select the menu &amp; press start. (Preheat process)</li> <li>4. When beeps, keep the bread slices on low rack. Keep the rack in microwave &amp; press start.</li> </ol>	For	0.3 kg	French bread	3 slices	Black olives (sliced)	1/4 cup	Cheese (grated)	1/2 cup	Butter	2 tbsps	<b>To be mixed together for the marinated tomatoes :</b>		Tomatoes (sliced)	2 nos.	Basil leaves (freshly chopped)	1 tsp	Garlic (chopped)	1 tsp	Olive oil	2 tbsps	Salt & freshly crushed pepper corns	As per taste											
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Olive oil	2 tbsps																																			
Salt & freshly crushed pepper corns	As per taste																																			

\*Do not put anything in the oven during Preheat mode.

Menu	Weight Limit	Utensil	Instructions				
Co8	Chilli Veg	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For Paneer pieces Chopped Capsicum & onion Chopped green chillies Ginger garlic paste Oil Soya sauce Cornflour Green chilli sauce Salt & Pepper Water Ajinomoto(optional)	0.1 kg 100 g ½ cup 1 no. ½ tbsp ½ tsp 1 tsp 1 tbsp 1 tbsp As per taste ½ cup A pinch	0.2 kg 200 g 1 cup 2 nos. 1 tbsp 1 tsp 1½ tsp 2 tbsp 2 tbsp 3 tbsp	0.3 kg 300 g 1½ cup 3 nos. 1½ tbsp 1½ tsp 2 tsp 2 tbsp 3 tbsp
				<b>Method :</b> 1. In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover. 2. Select menu & weight press start. 3. When beeps, mix well & add paneer pieces, soya sauce, chilli sauce, cornflour (mixed with ½ cup water), water, salt, pepper & ajinomoto and press start. 4. Mix well & serve.			
Co9	Potato Dumpling	0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	For Maida Boiled & grated potato Grated paneer Salt, Pepper, Nutmeg powder Finely chopped spinach Butter & finely chopped garlic Pizza sauce	0.3 kg 3.4 tbsp 100 g 75 g As per taste 1 cup 1 tbsp each 4 tbsp		
				<b>Method :</b> 1. Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough. 2. In the MWS bowl, add ½ cup water. Place the dumplings on the MWS flat glass dish and cover. Select menu and press start. 3. When beeps, take out the dumplings. 4. Allow them to cool. In a MWS flat glass dish add butter and put the dumplings in it and press start.			
Co10	Sweet & Sour Veg	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For Cut vegetables (Baby corns cut lengthwise, Broccoli florets, Mushroom pieces, Pineapple slices, Capsicum) Oil Chopped spring onion & garlic Red chilli paste Tomato Ketchup Vinegar Sugar Salt Ajinomoto(optional) Soya sauce Pineapple juice Water Cornflour	0.1 kg 100 g ½ tbsp ½ cup ½ tsp ½ cup ½ cup ½ cup 1 tsp ½ cup 1 cup 2 tbsp mixed with ½ cup water	0.2 kg 200 g 1 tbsp ½ cup ½ tsp ½ cup 1 cup 1 tsp ½ cup 1 cup 1 cup	0.3 kg 300 g 1½ tbsp 1 cup ½ tsp ½ cup As per taste 1 tsp ½ tsp 1 tsp 1 cup 1 cup
				<b>Method :</b> 1. In a MWS bowl add oil, chopped spring onions & garlic, red chilli paste. Select menu & weight and press start. 2. When beeps, mix well & cut vegetables, tomato ketchup, vinegar, salt, sugar, ajinomoto, soya sauce, pineapple juice, water & cornflour. Mix well, press start. Stand for 5 minutes.			

# Salads

# Diet Fry/Low Calorie

Menu	Weight Limit	Utensil	Instructions																																																				
SA1	Rice Salad	0.2 kg	<p>Microwave Safe (MWS) bowl</p> <table border="1"> <tr><td>For</td><td>0.2 kg</td></tr> <tr><td>Basmati Rice</td><td>200 g</td></tr> <tr><td>Water</td><td>400 mL</td></tr> <tr><td>Apples (diced)</td><td>1 no.</td></tr> <tr><td>Green peas</td><td>½ cup</td></tr> <tr><td>Cauliflower florets</td><td>1 cup</td></tr> <tr><td>Lemon Juice, Salt, Pepper</td><td>As per taste</td></tr> <tr><td>Lettuce leaves</td><td>2-3 leaves</td></tr> <tr><td>Shredded Cabbage leaves</td><td></td></tr> <tr><td>Coriander leaves</td><td>For garnishing</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl add rice &amp; water. Select menu &amp; press start.</li> <li>2. When beeps, remove &amp; in another MWS bowl add peas, cauliflower florets &amp; ½ cup water. Cover. Press start.</li> <li>3. In cooled rice add apple, green peas, cauliflower florets, salt &amp; pepper.</li> <li>4. Now add lemon juice &amp; toss well &amp; transfer to serving dish lined with lettuce leaves. Garnish with shredded cabbage &amp; coriander leaves.</li> </ol>	For	0.2 kg	Basmati Rice	200 g	Water	400 mL	Apples (diced)	1 no.	Green peas	½ cup	Cauliflower florets	1 cup	Lemon Juice, Salt, Pepper	As per taste	Lettuce leaves	2-3 leaves	Shredded Cabbage leaves		Coriander leaves	For garnishing																																
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Coriander leaves	For garnishing																																																						
SA2	Spring Basket Salad	0.1-0.3 kg	<p>Microwave safe (MWS) flat glass dish &amp; Microwave safe (MWS) bowl</p> <table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Red cabbage leaves</td><td>20 g</td><td>40 g</td><td>60 g</td></tr> <tr><td>Baby corns</td><td>30 g</td><td>60 g</td><td>90 g</td></tr> <tr><td>Sprouts</td><td>20 g</td><td>40 g</td><td>50 g</td></tr> <tr><td>Black/green grapes</td><td>30 g</td><td>40 g</td><td>50 g</td></tr> <tr><td>Macroni (Boiled)</td><td>20 g</td><td>40 g</td><td>50 g</td></tr> <tr><td>For Dressing</td><td></td><td></td><td></td></tr> <tr><td>Olive Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr> <tr><td>Vinegar/lemon juice</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr> <tr><td>Oregano</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> <tr><td>Finely Chopped Onions</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr> <tr><td>Salt &amp; pepper</td><td></td><td>As per taste</td><td></td></tr> <tr><td>Sugar</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl add ½ cup water, keep the cabbage leaves on the MWS flat glass dish. Keep the MWS flat glass dish in MWS bowl &amp; cover. Keep in microwave. Select menu &amp; weight and press start.</li> <li>2. When beeps, remove from microwave. Allow to cool.</li> <li>3. In a bottle or container with lid put all the ingredients of dressing &amp; shake for 1-2 minutes till all ingredients blend well.</li> <li>4. In a bowl add baby corns, grapes cut into halves, sprouts, boiled macaroni &amp; pour dressing over it. Mix well &amp; fill the steamed cabbage leaves with it.</li> <li>5. Serve the Salad basket chilled.</li> </ol>	For	0.1 kg	0.2 kg	0.3 kg	Red cabbage leaves	20 g	40 g	60 g	Baby corns	30 g	60 g	90 g	Sprouts	20 g	40 g	50 g	Black/green grapes	30 g	40 g	50 g	Macroni (Boiled)	20 g	40 g	50 g	For Dressing				Olive Oil	1 tbsp	1 tbsp	1½ tbsp	Vinegar/lemon juice	½ tbsp	1 tbsp	1½ tbsp	Oregano	1 tsp	1 tsp	1½ tsp	Finely Chopped Onions	2 tbsp	3 tbsp	4 tbsp	Salt & pepper		As per taste		Sugar	½ tsp	1 tsp	1 tsp
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Finely Chopped Onions	2 tbsp	3 tbsp	4 tbsp																																																				
Salt & pepper		As per taste																																																					
Sugar	½ tsp	1 tsp	1 tsp																																																				
SA3	Tiranga Salad	0.3 kg	<p>Microwave Safe (MWS) flat glass dish</p> <table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Grated carrot</td><td>100 g</td></tr> <tr><td>Grated radish</td><td>100 g</td></tr> <tr><td>Broccoli florets</td><td>100 g</td></tr> <tr><td>Olive</td><td>1-2</td></tr> <tr><td>Salt, Lemon juice</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS flat glass dish arrange grated carrot first in the form of a band, then grated radish &amp; then broccoli florets, sprinkle water. cover with cling film. Pierce the cling film. Select menu &amp; press start.</li> <li>2. Add salt &amp; lemon juice. Mix each layer separately.</li> <li>3. Take olive &amp; cut into thin slices. Now make a flower at the center of the radish layer with olive slices. Chill &amp; serve.</li> </ol>	For	0.3 kg	Grated carrot	100 g	Grated radish	100 g	Broccoli florets	100 g	Olive	1-2	Salt, Lemon juice	As per taste																																								
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Salt, Lemon juice	As per taste																																																						

# Diet Fry/Low Calorie

# Salads

Menu	Weight Limit	Utensil	Instructions						
SA4 Hari Seekh Salad	0.3 kg	Rotisserie & Rotisserie handle*	For Vegetable (Spinach leaves, Broccoli, Bulbs of Spring onion, Cabbage leave)	0.3 kg 300 g					
			For Marinade Hung curd	3 tbsp					
			Onion paste	2 tbsp					
			Garam masala, Amchoor, Salt	As per taste					
			Oil	For basting					
<b>Method :</b>									
1. Mix all the ingredients of marinade in a bowl. 2. Take one vegetable at a time and spread the marinade on each vegetable or leaf on both the sides thoroughly. Mix well leave aside for 1 hour mixing at least twice in between. 3. Oil & wipe the skewers of the rotisserie. 4. Skewer the vegetables-thread them starting with broccoli, then fold a cabbage leaf & insert, fold a spinach leaf one & then fold again (like a pan) & insert, then insert a whole spring onion & then again another folded cabbage leaf & spinach leaf in the same skewer, Repeat the same for all the skewers. 5. Install the rotisserie in the oven. 6. Select menu & press start. Serve hot. 7. Use the rotisserie handle to take out the rotisserie from microwave oven. Note: For rotisserie installation refer page 106.									
SA5 Beetroot Salad	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	For Beetroot (sliced)	0.1 kg 100 g	0.2 kg 200 g	0.3 kg 300 g			
			Saunf	½ tsp	1 tsp	1 tsp			
			Coriander powder, Pepper powder, Salt, Lemon juice	As per taste					
<b>Method :</b>									
1. In MWS bowl add ½ cup water. Keep the sliced beetroot on MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select menu & weight and press start. 2. In a bowl take the steamed beetroot add saunf, coriander powder, pepper powder, salt & lemon juice. Toss well. Chill & serve.									
SS6 Cous Cous Salad	0.1 ~ 0.3 kg	Microwave Safe (MWS) bowl	For Cous Cous	0.1 kg 100 g	0.2 kg 200 g	0.3 kg 300 g			
			Water	300 mL	600 mL	900 mL			
			Salt	As per taste					
			Oil	Few drops					
			Vegetables (Cucumber cubes, Chopped tomatoes, Broccoli florets, Sliced mushrooms)	2 cups	2½ cups	3 cups			
			Lettuce leaves	2-3 leaves					
			For dressing						
			Pudina leaves (finely chopped)	¼ cup	½ cup	1 cup			
			Lemon juice, pepper powder	As per taste					
<b>Method :</b>									
1. In a MWS bowl take cous cous, add water & salt & few drops of oil. Select menu & weight and press start. 2. When beeps, remove & allow the cous cous to cool for sometime so that the grains separate. 3. Now add the vegetables & press start. 4. Mix all the ingredients of dressing in a bowl. 5. When cooking ends, add the cous cous to the dressing bowl. Toss all the ingredients together. 6. Spread the lettuce leaves on a plate. And transfer the cous cous salad to the plate. Chill & serve.									

\* Refer Page 123 Fig.

# Salads

# Diet Fry/Low Calorie

Menu		Weight Limit	Utensil	Instructions																																											
SA7	Pasta Salad	0.2 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.2 kg</td></tr> <tr> <td>Penne pasta</td><td>200 g</td></tr> <tr> <td>Water</td><td>400 mL</td></tr> <tr> <td>Vegetable (Grated carrot, Capsicum, Sliced olives, Chopped spring onion)</td><td>1½ cup</td></tr> <tr> <td>Salt, Pepper</td><td>As per taste</td></tr> <tr> <td>Olive oil</td><td>2 tsp</td></tr> <tr> <td>Vinegar</td><td>1 tsp</td></tr> <tr> <td>Oregano (optional)</td><td>As per taste</td></tr> <tr> <td>Curd</td><td>2 tbsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl add pasta, water &amp; few drops of oil. Select menu &amp; press start.</li> <li>2. Wash the boiled pasta under cold water to separate them.</li> <li>3. In a bowl take boiled pasta, add vegetable, salt, pepper, vinegar, curd, olive oil. Toss them together. Chill &amp; serve.</li> </ol>	For	0.2 kg	Penne pasta	200 g	Water	400 mL	Vegetable (Grated carrot, Capsicum, Sliced olives, Chopped spring onion)	1½ cup	Salt, Pepper	As per taste	Olive oil	2 tsp	Vinegar	1 tsp	Oregano (optional)	As per taste	Curd	2 tbsp																									
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Vinegar	1 tsp																																														
Oregano (optional)	As per taste																																														
Curd	2 tbsp																																														
SA8	Whole Wheat & Mint salad	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Whole wheat (Soaked in hot water for 2 hours)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Mint leaves</td><td>1 cup</td><td>1½ cups</td><td>2 cups</td></tr> <tr> <td>Sprouted chana</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Ginger</td><td></td><td>As per taste</td><td></td></tr> <tr> <td>Salt &amp; Pepper</td><td></td><td>As per taste</td><td></td></tr> <tr> <td>Lemon juice</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Water (with salt)</td><td>200 mL</td><td>400 mL</td><td>600 mL</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl put soaked whole wheat &amp; salty water. Select menu &amp; weight. Press start.</li> <li>2. When beeps, remove &amp; drain the whole wheat &amp; allow to cool.</li> <li>3. In MWS bowl add sprouted chana and water (double the amount of chana), cover. Press start. When beeps, remove &amp; allow to cool.</li> <li>4. In a mixer, put clean mint leaves, ginger, green chillies, lemon juice &amp; make a smooth paste.</li> <li>5. In a bowl put whole wheat, sprouted chana, mint paste, salt, pepper &amp; lemon juice. Mix well. Serve chilled.</li> </ol>	For	0.1 kg	0.2 kg	0.3 kg	Whole wheat (Soaked in hot water for 2 hours)	100 g	200 g	300 g	Mint leaves	1 cup	1½ cups	2 cups	Sprouted chana	100 g	200 g	300 g	Green chilli	1 no.	2 nos.	3 nos.	Ginger		As per taste		Salt & Pepper		As per taste		Lemon juice	1 tsp	1½ tsp	2 tsp	Water (with salt)	200 mL	400 mL	600 mL							
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Salt & Pepper		As per taste																																													
Lemon juice	1 tsp	1½ tsp	2 tsp																																												
Water (with salt)	200 mL	400 mL	600 mL																																												
SA9	Bread Salad	0.1 ~ 0.3 kg	High rack	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Whole wheat bread slices</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr> <tr> <td>Tomatoes (seedless &amp; cut in pieces)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Cucumber (Cut in pieces)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Steamed french beans</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Fresh basil leaves</td><td></td><td>A few sprigs</td><td></td></tr> <tr> <td>For Salad Dressing</td><td></td><td></td><td></td></tr> <tr> <td>Olive Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Vinegar</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> <tr> <td>Salt, Pepper &amp; Sugar</td><td></td><td>As per taste</td><td></td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Take bread slices (0.1kg/0.2kg/0.3kg) &amp; keep on high rack. Select menu &amp; weight. Press start.</li> <li>2. When beeps, turn bread slices. Again press start. Remove from microwave allow to cool. Cut the slices into croutons.</li> <li>3. Put all the ingredients of salad dressing. In a bowl cover the bowl &amp; shake well to make the dressing for salad.</li> <li>4. In a bowl put cut tomatoes, cucumber, french beans, basil leaves &amp; bread croutons. Pour dressing over the ingredients. Mix well &amp; serve immediately (before the bread croutons gets soggy).</li> </ol>	For	0.1 kg	0.2 kg	0.3 kg	Whole wheat bread slices	2 nos.	3 nos.	4 nos.	Tomatoes (seedless & cut in pieces)	¼ cup	½ cup	1 cup	Cucumber (Cut in pieces)	¼ cup	½ cup	1 cup	Steamed french beans	¼ cup	½ cup	1 cup	Fresh basil leaves		A few sprigs		For Salad Dressing				Olive Oil	1 tbsp	1½ tbsp	2 tbsp	Vinegar	½ tsp	1 tsp	1½ tsp	Salt, Pepper & Sugar		As per taste				
For	0.1 kg	0.2 kg	0.3 kg																																												
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Vinegar	½ tsp	1 tsp	1½ tsp																																												
Salt, Pepper & Sugar		As per taste																																													
SA10	Papaya Lachcha Salad	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Papaya (thinly sliced)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Water</td><td></td><td>As required</td><td></td></tr> <tr> <td>Sugar</td><td>10 g</td><td>20 g</td><td>30 g</td></tr> <tr> <td>Cardamom essence</td><td></td><td>Few drops</td><td></td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl add papaya slices, sugar, some water, cardamom essence. Select menu and weight &amp; press start.</li> </ol>	For	0.1 kg	0.2 kg	0.3 kg	Papaya (thinly sliced)	100 g	200 g	300 g	Water		As required		Sugar	10 g	20 g	30 g	Cardamom essence		Few drops																								
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# Tandoor Se / Kids' Delight

In the following example, show you how to cook 0.3 kg of Shaami Kababs.

1. \*Press STOP/Clear.



2. Press Tandoor Se/ Kids' Delight



3. Turn the dial until display show "tS5"



4. Press START/+ 30 seconds for menu confirmation.



5. Turn the dial until display shows "0.3 kg"



6. Press START/+ 30 seconds



7. When cooking you can increase or decrease cooking time by turning the dial.



## NOTE

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

\* Note : If display is blank, press Stop/Clear.

If display shows ":", do not press Stop/Clear, go directly to step 2.

Menu		Weight Limit	Utensil	Instructions	
IS1	Paneer Tikka	0.3 kg	Rotisserie & Rotisserie Handle*	For Paneer cubes (cut into 1 1/4" cubes), Capsicum (cut into cubes), Onion (cut into cubes), Tomato (cut into cubes, pulp removed) For marinade Hung curd Ginger garlic paste Salt, Garam masala, Red chilli powder Tandoori masala Tandoori color Oil	0.3 kg 300 g  2 tbsp 1 tbsp As per taste 1 tsp A pinch For basting
				<b>Method :</b>	
				1. Mix all the ingredients of the marinade in a bowl. 2. Make holes in the paneer pieces with the rotisserie skewers. 3. Now add the paneer pieces, capsicum, onion, tomato & mix well, keep in the refrigerator for 1 hour. 4. Skewer all the vegetables in the rotisserie & install the rotisserie in the oven. Pour some oil. Select menu & press start. 5. Use rotisserie handle to take out the rotisserie from microwave oven. Note: For rotisserie installation refer page 106.	
IS2	Murg Tandoori	1 kg	Rotisserie & Rotisserie Handle*	Whole Chicken For Marinade Hung curd Garlic paste Ginger paste Salt Tandoori masala Cumin powder Tandoori color Red chilli powder	1 kg  1 cup 3 tbsp 1 tbsp As per taste 3 tsp As per taste A pinch As per taste
				<b>Method :</b>	
				1. Mix all the ingredient of marinade in a bowl. 2. Wash the chicken properly & make cuts on the chicken all over. 3. Marinate the chicken properly coating all the places. keep marinated for 3-4 hours in refrigerator. 4. Insert the chicken in rotisserie & tie up with thread. 5. Install the rotisserie in the microwave oven, select menu & press start. 6. Use rotisserie handle to take out the rotisserie from microwave oven. Serve with grilled onion slices, lemon wedges & onion chutney. Note: For rotisserie installation refer page 106.	
IS3	Tandoori Sabzi	0.2 kg	Microwave safe (MWS) glass bowl & High rack & Multi cook tawa*	For Mix veg - Bhindi, Cauliflower, Brinjals, Mushrooms, Potato, Paneer cubes Onion paste Ginger garlic paste Tomato puree Salt, Red chilli powder, Garam masala, Chaat masala, Haldi Oil Hara dhania	0.2 kg  200 g  2 tbsp 1 tsp 1/4 cup As per taste 2 tbsp For garnishing
				<b>Method :</b>	
				1. In a MWS glass bowl take oil, onion paste, ginger garlic paste. 2. Select menu & press start. 3. When beeps, add vegetables, red chilli powder, haldi, garam masala, chat masala, salt, tomato puree & mix well. Press start. 4. When beeps, transfer this mixture to greased tawa, spread evenly. Keep tawa on high rack & press start. Serve with tandoori naan.	

\*Refer Page 123 Fig.

\*Refer Page 122 Fig. 2

Menu	Weight Limit	Utensil	Instructions																																				
IS4 Hara Bhara Kababs	0.3 kg	High Rack & Multicook tawa*	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Potatoes (boiled &amp; grated)</td><td>300 g</td></tr> <tr> <td>Peas (boiled &amp; mashed)</td><td>1 cup</td></tr> <tr> <td>Palak leaves (boiled)</td><td>1½ cup</td></tr> <tr> <td>Coriander leaves</td><td>A few sprigs</td></tr> <tr> <td>Kasuri methi</td><td>2 tbsp</td></tr> <tr> <td>Salt, Red chilli powder, Chaat masala, Garam masala</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Mix all the ingredients together &amp; make a mixture. Make flat kababs out of it.</li> <li>2. Grease the multicook tawa &amp; place on high rack. Now arrange the kababs on the greased multicook tawa. Select menu &amp; press start.</li> <li>3. When beeps, turn over the kababs &amp; again press start. Serve with coriander chutney or tomato sauce.</li> </ol>	For	0.3 kg	Potatoes (boiled & grated)	300 g	Peas (boiled & mashed)	1 cup	Palak leaves (boiled)	1½ cup	Coriander leaves	A few sprigs	Kasuri methi	2 tbsp	Salt, Red chilli powder, Chaat masala, Garam masala	As per taste																						
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IS5 Shaamli Kababs	0.3 kg	Microwave safe (MWS) glass bowl & High Rack & Multicook tawa*	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Minced mutton</td><td>300 g</td></tr> <tr> <td>Soaked bengal gram</td><td>50 g</td></tr> <tr> <td>Roasted cumin seeds</td><td>As per taste</td></tr> <tr> <td>Salt, Red chilli powder, Chaat masala, Coriander powder</td><td>As per taste</td></tr> <tr> <td>Chopped onion</td><td>2 Nos.</td></tr> <tr> <td>Chopped coriander leaves</td><td>A few springs</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add minced mutton. Select menu and press start.</li> <li>2. Grind the cooked mutton, bengal gram, cumin seeds, coriander powder, salt and chilli powder, chaat masala, chopped coriander and onion. Make long flat kababs of the paste.</li> <li>3. Place the kababs on greased multicook tawa and high rack. Press start.</li> <li>4. Turn over the kababs and again press start.</li> </ol> <p><b>Note:</b> For binding roll the kababs in maida.</p>	For	0.3 kg	Minced mutton	300 g	Soaked bengal gram	50 g	Roasted cumin seeds	As per taste	Salt, Red chilli powder, Chaat masala, Coriander powder	As per taste	Chopped onion	2 Nos.	Chopped coriander leaves	A few springs																						
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Chopped coriander leaves	A few springs																																						
IS6 Mutton Tikka	0.1-0.3 kg	Microwave safe (MWS) glass bowl & Rotisserie & Rotisserie handle*	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Mutton boneless pieces</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td><b>For marinade</b></td><td></td><td></td><td></td></tr> <tr> <td>Hung curd</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Ginger garlic paste</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr> <tr> <td>Salt, Red chilli powder, Haldi, Garam masala &amp; Chaat masala</td><td></td><td>As per taste</td><td></td></tr> <tr> <td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1 ½ tbsp</td></tr> <tr> <td>Lemon juice</td><td></td><td>As per taste</td><td></td></tr> <tr> <td>Eatable red colour</td><td></td><td>A pinch</td><td></td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Wash the mutton pieces &amp; mix with ginger garlic paste, curd, salt, lemon juice, garam masala, chaat masala, red chilli powder. Refrigerate for 1 hour.</li> <li>2. In a MWS glass bowl take this mixture, Select menu &amp; weight. Press start.</li> <li>3. When beeps, arrange the cooked mutton pieces on rotisserie. Pour some oil &amp; press start.</li> <li>4. Use rotisserie handle to take out the rotisserie from microwave oven. Serve with naan or roti.</li> </ol> <p><b>Note:</b> For rotisserie installation refer page 106.</p>	For	0.1 kg	0.2 kg	0.3 kg	Mutton boneless pieces	100 g	200 g	300 g	<b>For marinade</b>				Hung curd	1 tbsp	2 tbsp	3 tbsp	Ginger garlic paste	¼ tsp	½ tsp	1 tsp	Salt, Red chilli powder, Haldi, Garam masala & Chaat masala		As per taste		Oil	½ tbsp	1 tbsp	1 ½ tbsp	Lemon juice		As per taste		Eatable red colour		A pinch	
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Eatable red colour		A pinch																																					

\*Refer Page 122 Fig. 2

\*Refer Page 123 Fig.

Menu	Weight Limit	Utensil	Instructions					
tS7	Chicken Lollipops	0.1 ~ 0.3 kg	Multicook tawa & High Rack*	For Chicken keema Boiled potato Ginger garlic paste Red chilli powder, Garam masala, Amchur powder, Salt Bread crumbs	0.1 kg 100 g 1 no. 1 tbsp As per taste For coating the lollipops	0.2 kg 200 g 2 nos. 1½ tbsp 3 nos. 2 tbsp	0.3 kg 300 g 3 nos. 2 tbsp	
				<b>Method :</b>				
				1. Mix the chicken keema with boiled potatoes, ginger garlic paste, red chilli powder, garam masala, amchur powder, salt. 2. Coat the lollipops with breadcrumbs. 3. Arrange the lollipops on greased tawa. Place the tawa on high rack. Select menu and weight & press start. 4. When beeps, turn over again & press start. Serve with chutney or sauce.				
tS8	Chana Kababs	0.2 ~ 0.5 kg	Multicook tawa & High Rack*	For Boiled Kabuli Chana (Chhole) Cloves Pepper powder Cinnamon powder Garlic Cloves Salt Ginger chopped Bread pieces Whole red chilly Bread crumbs	0.2 kg 200 g 1 no. As per taste ½ tsp 2 nos. As per taste 1 tsp 1 no. 1 no. 1 no. For coating	0.3 kg 300 g 2 nos. As per taste ¼ tsp 3 nos. 2 nos. 2 tsp. 2 nos. 2 nos. 3 nos. 4 tsp	0.4 kg 400 g 2 nos. 1 tsp ½ tsp 3 nos. 2 nos. 3 nos. 3 nos.	0.5 kg 500 g 2½ nos. 1 tsp 1 tsp 3 nos. 3 nos. 3 nos.
				<b>Method :</b>				
				1. Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces, whole red chilly, to a paste. 2. Now shape the paste in the form of kababs & roll out each kabab in bread crumbs for complete coating. 3. Now keep the kababs on tawa & keep the tawa on high rack. Select menu & weight & press start. 4. When beeps, turn over the side & press start.				

\*Refer Page 122 Fig. 2

Menu	Weight Limit	Utensil	Instructions					
IS9 Bharwan Baigan	0.2 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*	For Baigan (Medium) For Stuffing Tomato(grated) Onion (chopped)) Salt, Coriander powder, Haldi, Amchoor, Garam masala, Red chilli powder Oil	0.2 kg 200 g 1 no. 1/4 cup As per taste 1 tbsp	0.3 kg 300 g 1 1/2 no. 1/2 cup 1 cup. 1 1/2 tbsp	0.4 kg 400 g 2 nos. 2 tbsp		
			<b>Method :</b>	<ol style="list-style-type: none"> <li>1. Pre-prepare the stuffing - In a MWS glass bowl add oil, onions, tomatoes &amp; all spices &amp; microwave at 100% for 3 minutes. Keep aside slit the baigans cross ways with stems intact.</li> <li>2. In a MWS glass bowl add slit baigans &amp; sprinkle some water &amp; cover. Select menu &amp; weight &amp; press start.</li> <li>3. When beeps, remove the bowl from microwave oven &amp; add the stuffing to the baigans.</li> <li>4. Keep the baigans on tawa drizzle some drops of oil &amp; keep tawa on high rack.</li> <li>5. Press start.</li> <li>6. When beeps, turn over again.</li> <li>7. Press start.</li> </ol>				
IS10 Fish Tandoori	0.5 kg	Multicook tawa & High Rack*	For Pomfret For Marinade Degi mirch Jeera Ginger paste Garlic paste Tandoori masala Garam masala Amchoor Dhania powder Lemon juice Chaat masala Salt	0.5 kg 3 small sized 2 1/2 tsp 1/2 tsp 1 tsp 1 tsp 1/2 tsp 1 1/4 tsp 1 tsp 1 tsp 2 tbsp 1/4 tsp As per taste	<b>Method :</b> <ol style="list-style-type: none"> <li>1. Rub the fish well with besan (3tbsp), 2 tbsp lemon juice to remove fishy odour. Keep aside for 15 minutes. Wash well &amp; pat dry. Prick the fish all over with a fork or give shallow cuts with a knife.</li> <li>2. Mix all ingredients given under marinade. Rub the marinade well all over the fish pieces &amp; let it marinade for 2-3 hours.</li> <li>3. Keep the marinated fish pieces on tawa &amp; tawa on high rack. Select the menu &amp; press start.</li> <li>4. When beeps, turn over the fish &amp; press start.</li> <li>5. When beeps, turn over again &amp; press start. Sprinkle chaat masala &amp; serve with pudina chutney &amp; onion rings.</li> </ol>			

\*Refer Page 122 Fig. 2

Category	Weight Limit	Utensil	Instructions																																																
IS11	Veg Kabab Rolls	0.3 kg	Multicook tawa & High rack*	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Boiled potatoes</td><td>200 g</td></tr> <tr> <td>Grated paneer</td><td>100 g</td></tr> <tr> <td>Chopped green chillies</td><td>2 nos.</td></tr> <tr> <td>Chopped coriander</td><td>A few sprigs</td></tr> <tr> <td>Roughly ground anardana seeds</td><td>1 tbsp</td></tr> <tr> <td>Salt, red chilli powder</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Mix all the ingredients in a bowl. Mix well &amp; shape them into rolls.</li> <li>2. Keep the kebabs on greased tawa. Place the tawa on high rack and keep in microwave. Select category &amp; press start.</li> <li>3. When beeps, turn over the kebabs &amp; press start again.</li> </ol>	For	0.3 kg	Boiled potatoes	200 g	Grated paneer	100 g	Chopped green chillies	2 nos.	Chopped coriander	A few sprigs	Roughly ground anardana seeds	1 tbsp	Salt, red chilli powder	As per taste																																	
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Salt, red chilli powder	As per taste																																																		
IS12	Corn Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*	<table border="1"> <tr> <td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr> <td>Boiled potatoes</td><td>2 medium</td><td>3 medium</td><td>4 medium</td></tr> <tr> <td>Boiled sweet corns</td><td>1/4 cup</td><td>1/4 cup</td><td>1 cup</td></tr> <tr> <td>Onions (Chopped)</td><td>1/4 cup</td><td>1/4 cup</td><td>1 cup</td></tr> <tr> <td>Green chillies (Chopped)</td><td>1 no.</td><td>1 no.</td><td>2 no.</td></tr> <tr> <td>Fresh coriander (finely chopped)</td><td>1 tbsp.</td><td>2 tbsp.</td><td>3 tbsp</td></tr> <tr> <td>Pudina (finely chopped)</td><td>1/2 tbsp.</td><td>1 tbsp</td><td>1 1/2 tbsp</td></tr> <tr> <td>Melted butter</td><td>1/4 tbsp.</td><td>1/4 tbsp</td><td>1 tbsp</td></tr> <tr> <td>Garam Masala, pepper powder, salt</td><td></td><td></td><td>As per taste</td></tr> <tr> <td>Lemon juice</td><td>2 tsp</td><td>3 tsp</td><td>3 tsp</td></tr> <tr> <td>Bread crumbs</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Mash the boiled potatoes &amp; corns. Mix well.</li> <li>2. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt &amp; pepper. Add bread crumbs &amp; lemon juice.</li> <li>3. Make long kababs out of this mixture.</li> <li>4. Keep the kababs on tawa &amp; tawa on high rack. Select category &amp; weight &amp; press start.</li> <li>5. When beeps, turn over &amp; press start.</li> <li>6. When beeps, turn over &amp; press start.</li> </ol> <p><b>Serve with chutney or sauce.</b></p>	For	0.2 kg	0.3 kg	0.4 kg	Boiled potatoes	2 medium	3 medium	4 medium	Boiled sweet corns	1/4 cup	1/4 cup	1 cup	Onions (Chopped)	1/4 cup	1/4 cup	1 cup	Green chillies (Chopped)	1 no.	1 no.	2 no.	Fresh coriander (finely chopped)	1 tbsp.	2 tbsp.	3 tbsp	Pudina (finely chopped)	1/2 tbsp.	1 tbsp	1 1/2 tbsp	Melted butter	1/4 tbsp.	1/4 tbsp	1 tbsp	Garam Masala, pepper powder, salt			As per taste	Lemon juice	2 tsp	3 tsp	3 tsp	Bread crumbs	1 tbsp	2 tbsp	3 tbsp			
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IS13	Bharwan Tamatar	0.3-0.5 kg	Multicook Tawa & High rack*	<table border="1"> <tr> <td>For</td><td>0.3 Kg</td><td>0.4 Kg</td><td>0.5 Kg</td></tr> <tr> <td>Tomato (Hollowed)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr> <td colspan="4"><b>For Stuffing</b></td></tr> <tr> <td>Paneer (mashed)</td><td>200 g</td><td>250 g</td><td>300 g</td></tr> <tr> <td>Salt, Red Chilli Powder, Garam Masala, Cumin Powder</td><td></td><td></td><td>As per taste</td></tr> <tr> <td>Onion Chopped</td><td>1/4 cup</td><td>1/4 cup</td><td>1/4 cup</td></tr> <tr> <td>Coriander leaves Chopped</td><td></td><td></td><td>A few sprigs</td></tr> <tr> <td>Oil</td><td>1/4 Tbsp</td><td>1/2 Tbsp</td><td>1 Tbsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Precook the paneer stuffing- In a MWS bowl add oil, Onions &amp; microwave 100 % for 3 minutes. Add paneer &amp; all the spices &amp; coriander leaves &amp; microwave 100% for 2 minutes</li> <li>2. Stuff the hollowed tomatoes with paneer.</li> <li>3. Grease the tomatoes with few drops of oil.</li> <li>4. Keep the Tomatoes on tawa &amp; tawa on high rack. Select Category &amp; weight and press start</li> <li>5. Turn over the tomato &amp; press start. Put oil.</li> <li>6. Turn over the side again &amp; press start. Garnish with fresh coriander leaves &amp; serve.</li> </ol>	For	0.3 Kg	0.4 Kg	0.5 Kg	Tomato (Hollowed)	300 g	400 g	500 g	<b>For Stuffing</b>				Paneer (mashed)	200 g	250 g	300 g	Salt, Red Chilli Powder, Garam Masala, Cumin Powder			As per taste	Onion Chopped	1/4 cup	1/4 cup	1/4 cup	Coriander leaves Chopped			A few sprigs	Oil	1/4 Tbsp	1/2 Tbsp	1 Tbsp															
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\*Refer Page 122 Fig. 2

Category	Weight Limit	Utensil	Instructions																																												
IS14	Tandoori Aloo	0.3 ~ 0.5 kg	Multicook Tawa & High rack*	<table border="1"> <tr> <td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Aloo (Cut into quarters)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr> <td><b>For marinade</b></td><td></td><td></td><td></td></tr> <tr> <td>Hung Curd</td><td>2 Tbsp</td><td>3 Tbsp</td><td>4 Tbsp</td></tr> <tr> <td>Garlic Paste</td><td>1 Tbsp</td><td>1 ½ Tbsp</td><td>2 Tbsp</td></tr> <tr> <td>Cumin Powder</td><td></td><td>As per taste</td><td></td></tr> <tr> <td>Red Chilli powder</td><td></td><td>As per taste</td><td></td></tr> <tr> <td>Salt</td><td></td><td>As per taste</td><td></td></tr> <tr> <td>Tandoori Masala</td><td>1 Tsp</td><td>2 Tsp</td><td>3 Tsp</td></tr> <tr> <td>Tandoori Color</td><td></td><td>A pinch</td><td></td></tr> </table>	For	0.3 kg	0.4 kg	0.5 kg	Aloo (Cut into quarters)	300 g	400 g	500 g	<b>For marinade</b>				Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp	Garlic Paste	1 Tbsp	1 ½ Tbsp	2 Tbsp	Cumin Powder		As per taste		Red Chilli powder		As per taste		Salt		As per taste		Tandoori Masala	1 Tsp	2 Tsp	3 Tsp	Tandoori Color		A pinch				
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Salt		As per taste																																													
Tandoori Masala	1 Tsp	2 Tsp	3 Tsp																																												
Tandoori Color		A pinch																																													
			<b>Method :</b>																																												
			1. Mix all the ingredients of marinade in a bowl.																																												
			2. Add the aloo pieces & keep for ½ hour.																																												
			3. Keep the marinated aloo on tawa & tawa on high rack. Select category & weight & press start.																																												
			4. When beeps, turn over the pieces & drizzle few drops of oil & press start again.																																												
			Sprinkle chaat masala or lemon juice & serve.																																												
IS15	Tandoori Gobhi	0.3 ~ 0.5 kg	Multicook Tawa & High rack*	<table border="1"> <tr> <td>For</td><td>0.3 Kg</td><td>0.4 Kg</td><td>0.5 Kg</td></tr> <tr> <td>Cauliflower florets</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr> <td><b>For Marinade</b></td><td></td><td></td><td></td></tr> <tr> <td>Jeera powder</td><td>½ Tsp</td><td>1 Tsp</td><td>1 Tsp</td></tr> <tr> <td>Red Chilli Powder, Salt, Dhaniya Powder, Garam Masala, Anardana</td><td></td><td>As per taste</td><td></td></tr> <tr> <td>Tandoori Color/Haldi</td><td></td><td>A pinch</td><td></td></tr> <tr> <td>Oil</td><td>1 Tbsp</td><td>1½ Tbsp</td><td>2 Tbsp</td></tr> <tr> <td>Hung Curd</td><td>2 Tbsp</td><td>3 Tbsp</td><td>4 Tbsp</td></tr> </table>	For	0.3 Kg	0.4 Kg	0.5 Kg	Cauliflower florets	300 g	400 g	500 g	<b>For Marinade</b>				Jeera powder	½ Tsp	1 Tsp	1 Tsp	Red Chilli Powder, Salt, Dhaniya Powder, Garam Masala, Anardana		As per taste		Tandoori Color/Haldi		A pinch		Oil	1 Tbsp	1½ Tbsp	2 Tbsp	Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp											
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Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp																																												
			<b>Method :</b>																																												
			1. Mix together in a bowl all the ingredients of marinade. Add the cauliflower to the marinade & rub them properly with the marinade. Keep aside for 1 hours.																																												
			2. Transfer the marinated cauliflower on tawa & keep on high rack. Select category & weight and press start.																																												
			3. When beeps, drizzle few drops of oil on cauliflower & turn them over. Press start.																																												
			Serve with onion rings, coriander leaves & tomato slices.																																												
IS16	Tandoori Mushrooms	0.2 ~ 0.5 kg	Multicook tawa & High rack*	<table border="1"> <tr> <td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Mushroom Buttons (stalk removed)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr> <td><b>For Marinade</b></td><td></td><td></td><td></td><td></td></tr> <tr> <td>Hung Curd</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr> <tr> <td>Ginger Garlic Paste</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr> <tr> <td>Salt, Coriander powder, cumin powder, amchoor</td><td></td><td>As per taste</td><td></td><td></td></tr> <tr> <td>Cornflour</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> <tr> <td>Tandoori Color</td><td></td><td>A pinch</td><td></td><td></td></tr> </table>	For	0.2 kg	0.3 kg	0.4 kg	0.5 kg	Mushroom Buttons (stalk removed)	200 g	300 g	400 g	500 g	<b>For Marinade</b>					Hung Curd	1 tbsp	2 tbsp	3 tbsp	4 tbsp	Ginger Garlic Paste	½ tbsp	1 tbsp	2 tbsp	2½ tbsp	Salt, Coriander powder, cumin powder, amchoor		As per taste			Cornflour	¼ tsp	½ tsp	1 tsp	1½ tsp	Tandoori Color		A pinch					
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Tandoori Color		A pinch																																													
			<b>Method :</b>																																												
			1. Mix all the ingredients of the marinade in a bowl.																																												
			2. Prick all the mushroom buttons & add to the marinade.																																												
			3. Keep the mushroom marinated for 1 hour.																																												
			4. Transfer the mushrooms on tawa & keep the tawa on high rack. Select category & weight and press start.																																												
			5. When beeps, turn over the mushroom & press start.																																												
			6. When beeps, turn over again & press start.																																												
			<b>Note:</b> If mushroom run watery while cooking, drain water & start cooking again.																																												

\*Refer Page 122 Fig. 2

Category	Weight Limit	Utensil	Instructions																																																																												
IS17	Mahi Tikka	0.3 ~ 0.5 kg	Multicook tawa & High rack*	<table border="1"> <tr> <td><b>For</b></td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Fish fillets (Cut into 2" cubes)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr> <td><b>For marinade</b></td><td></td><td></td><td></td></tr> <tr> <td>Hung Curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr> <tr> <td>Thick cream</td><td>1/4 cup</td><td>1/4 cup</td><td>1/4 cup</td></tr> <tr> <td>Ginger garlic paste</td><td>1 tsp</td><td>2 tsp</td><td>2 1/2 tsp</td></tr> <tr> <td>Ajwain</td><td>1/4 tsp</td><td>1/2 tsp</td><td>1/2 tsp</td></tr> <tr> <td>Garam masala</td><td></td><td>As per taste</td><td></td></tr> <tr> <td>Salt pepper</td><td></td><td>As per taste</td><td></td></tr> <tr> <td>Lemon juice</td><td>1 tbsp</td><td>2 tbsp</td><td>2 1/2 tbsp</td></tr> <tr> <td>Red chilli powder, salt</td><td></td><td>As per taste</td><td></td></tr> </table>	<b>For</b>	0.3 kg	0.4 kg	0.5 kg	Fish fillets (Cut into 2" cubes)	300 g	400 g	500 g	<b>For marinade</b>				Hung Curd	2 tbsp	3 tbsp	4 tbsp	Thick cream	1/4 cup	1/4 cup	1/4 cup	Ginger garlic paste	1 tsp	2 tsp	2 1/2 tsp	Ajwain	1/4 tsp	1/2 tsp	1/2 tsp	Garam masala		As per taste		Salt pepper		As per taste		Lemon juice	1 tbsp	2 tbsp	2 1/2 tbsp	Red chilli powder, salt		As per taste																																
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Red chilli powder, salt		As per taste																																																																													
			<b>Method :</b>																																																																												
			1. Rub the fish well with 3 tbsp besan & 2 tbsp lemon juice to remove the fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Pick fish all over with a forks.																																																																												
			2. Mix all the ingredients of marinade. Add the fish pieces & keep aside for 3-4 hours.																																																																												
			3. Transfer the marinated fish pieces to tawa & keep tawa on high rack. select category & weight & press start.																																																																												
			4. When beeps, turn over the pieces & press start.																																																																												
			5. When beep, turn over the pieces & press start. Sprinkle chaat masala & serve onion slices.																																																																												
			Note: In case there is excess water during cooking & drain it & restart.																																																																												
IS18	Arbi Tandoori	0.3 ~ 0.5 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	<table border="1"> <tr> <td><b>For</b></td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Arbi (Cut into slices)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr> <td>Oil</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr> <tr> <td>Onion rings</td><td>1 cup</td><td>1 1/2 cup</td><td>2 cups</td></tr> <tr> <td>Garam Masala, Amchoor, Salt</td><td></td><td>As per taste</td><td></td></tr> <tr> <td>Green Chillies (Chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr> <tr> <td>Ginger (shredded)</td><td>1 tsp</td><td>1 1/2 tsp</td><td>2 tsp</td></tr> <tr> <td>Coriander Seeds</td><td>1/2 tsp</td><td>1 1/2 tsp</td><td>1 tsp</td></tr> <tr> <td><b>For Marinade</b></td><td></td><td></td><td></td></tr> <tr> <td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr> <tr> <td>Tandoori Masala</td><td>1/2 tbsp</td><td>1 tbsp</td><td>1 1/2 tbsp</td></tr> <tr> <td>Ginger Paste</td><td>1/2 tsp</td><td>1/2 tsp</td><td>1 tsp</td></tr> <tr> <td>Pepper corns (crushed)</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr> <tr> <td>Ajwain</td><td>1/2 tsp</td><td>1/2 tsp</td><td>1 tsp</td></tr> <tr> <td>Haldi</td><td></td><td>A pinch</td><td></td></tr> <tr> <td>Salt</td><td></td><td>As per taste</td><td></td></tr> <tr> <td>Oil</td><td>1/2 tbsp</td><td>1/2 tbsp</td><td>1 tbsp</td></tr> <tr> <td>Besan</td><td>1/2 tbsp</td><td>1/2 tbsp</td><td>1 tbsp</td></tr> </table>	<b>For</b>	0.3 kg	0.4 kg	0.5 kg	Arbi (Cut into slices)	300 g	400 g	500 g	Oil	2 tsp	3 tsp	4 tsp	Onion rings	1 cup	1 1/2 cup	2 cups	Garam Masala, Amchoor, Salt		As per taste		Green Chillies (Chopped)	2 nos.	3 nos.	4 nos.	Ginger (shredded)	1 tsp	1 1/2 tsp	2 tsp	Coriander Seeds	1/2 tsp	1 1/2 tsp	1 tsp	<b>For Marinade</b>				Hung curd	2 tbsp	3 tbsp	4 tbsp	Tandoori Masala	1/2 tbsp	1 tbsp	1 1/2 tbsp	Ginger Paste	1/2 tsp	1/2 tsp	1 tsp	Pepper corns (crushed)	4 nos.	5 nos.	6 nos.	Ajwain	1/2 tsp	1/2 tsp	1 tsp	Haldi		A pinch		Salt		As per taste		Oil	1/2 tbsp	1/2 tbsp	1 tbsp	Besan	1/2 tbsp	1/2 tbsp	1 tbsp			
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			<b>Method :</b>																																																																												
			1. Pre- preparation —In a MWS glass bowl arbi slices with some water. Cover & micro at 100% for 5 mins.																																																																												
			2. Mix all the ingredients of marinade in a bowl. Add the arbi slices & keep for 1/2 an hour.																																																																												
			3. In a MWS glass bowl add oil, onion rings, shredded ginger & green chillies, garam masala, amchoor & salt. Mix well. Select Category & weight & press start																																																																												
			4. When beeps, remove the bowl from microwave oven, Transfer the marinated arbi on tawa & keep the tawa on high rack.																																																																												
			5. Press start.																																																																												
			6. When beeps, drizzle few drops of oil. Add onion rings mixture & turn over the slices																																																																												
			7. Press start.																																																																												

\*Refer Page 122 Fig. 2

Category	Weight Limit	Utensil	Instructions																																																								
tS19	Mix Veg Platter	0.5 kg	Multicook tawa & High rack*	<table border="1"> <tr> <td><b>For</b></td><td>0.5 Kg</td></tr> <tr> <td>Paner (Cut 1½" cubes)</td><td>200 g</td></tr> <tr> <td>Mushroom buttons (trim the stalk)</td><td>100 g</td></tr> <tr> <td>Baby corn (blanched)</td><td>25 g</td></tr> <tr> <td>Capsicum (Cut into large cubes)</td><td>100 g</td></tr> <tr> <td>Tomatoes (cut into quarters &amp; deseeded)</td><td>25 g</td></tr> <tr> <td>Onion (Cut into quarters &amp; separated)</td><td>50 g</td></tr> <tr> <td><b>For Marinade</b></td><td></td></tr> <tr> <td>Hung Curd</td><td>4 tbsp</td></tr> <tr> <td>Thick cream</td><td>2 tbsp</td></tr> <tr> <td>Comflour</td><td>1 tbsp</td></tr> <tr> <td>Ginger garlic paste</td><td>1 tbsp</td></tr> <tr> <td>Black Salt</td><td>As per taste</td></tr> <tr> <td>Tandoori Color</td><td>A pinch</td></tr> <tr> <td>Tandoori masala</td><td>2 tsp</td></tr> <tr> <td>Red chilli powder, salt</td><td>as per taste</td></tr> </table>	<b>For</b>	0.5 Kg	Paner (Cut 1½" cubes)	200 g	Mushroom buttons (trim the stalk)	100 g	Baby corn (blanched)	25 g	Capsicum (Cut into large cubes)	100 g	Tomatoes (cut into quarters & deseeded)	25 g	Onion (Cut into quarters & separated)	50 g	<b>For Marinade</b>		Hung Curd	4 tbsp	Thick cream	2 tbsp	Comflour	1 tbsp	Ginger garlic paste	1 tbsp	Black Salt	As per taste	Tandoori Color	A pinch	Tandoori masala	2 tsp	Red chilli powder, salt	as per taste																							
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			<b>Method :</b>																																																								
			<ol style="list-style-type: none"> <li>1. Mix all the ingredients of marinade.</li> <li>2. Add paneer, mushrooms, baby corns, onions &amp; tomatoes to the marinade &amp; mix well to coat the vegetables..</li> <li>3. Keep the marinated vegetables on tawa &amp; tawa on high rack. Select category &amp; press start.</li> <li>4. When beeps, turn over the side &amp; drizzle few drops of oil &amp; press start.</li> <li>5. When beep, again turn over &amp; press start. Serve with barbecue sauce.</li> </ol>																																																								
			<p><b>Note:</b> In case there is excess water during the cooking process, drain it &amp; cook.</p>																																																								
tS20	Spicy chicken kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*	<table border="1"> <tr> <td><b>For</b></td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr> <td>Boneless chicken (cut into 1½" pieces)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr> <tr> <td><b>For Marinade</b></td><td></td><td></td><td></td></tr> <tr> <td>Barbeque sauce</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Olive oil</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr> <tr> <td>Garlic powder / Ginger paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Red chilli flakes</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr> <tr> <td>Black pepper (freshly crushed)</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr> <tr> <td>Onion paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Oregano</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr> <tr> <td>Thyme</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr> <tr> <td>Cumin powder</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td></tr> <tr> <td>Salt</td><td colspan="3">As per taste</td></tr> </table>	<b>For</b>	0.2 kg	0.3 kg	0.4 kg	Boneless chicken (cut into 1½" pieces)	200 g	300 g	400 g	<b>For Marinade</b>				Barbeque sauce	1 tbsp	1½ tbsp	2 tbsp	Olive oil	½ tsp	1 tsp	1 tsp	Garlic powder / Ginger paste	1 tsp	1½ tsp	2 tsp	Red chilli flakes	1 tsp	1 tsp	1 tsp	Black pepper (freshly crushed)	½ tsp	½ tsp	1 tsp	Onion paste	1 tbsp	1½ tbsp	2 tbsp	Oregano	½ tsp	1 tsp	1 tsp	Thyme	½ tsp	½ tsp	1 tsp	Cumin powder	1 tsp	1½ tsp	1½ tsp	Salt	As per taste					
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Salt	As per taste																																																										
			<b>Method :</b>																																																								
			<ol style="list-style-type: none"> <li>1. Clean &amp; wash chicken pieces &amp; cut into 1½" cubes. Prick them with fork.</li> <li>2. In a bowl take chicken pieces &amp; add all the ingredients of marinade &amp; mix well. Keep covered for at least 30-45 minutes in refrigerator.</li> <li>3. Place all the marinated chicken pieces on tawa &amp; place tawa on high rack. Keep in the microwave. Select category &amp; weight and press start.</li> <li>4. When beeps, turn the chicken pieces. Remove excess water or liquid from the tawa (if present) &amp; press start.</li> <li>5. Serve spicy chicken kababs hot with mint chutney or onion rings.</li> </ol>																																																								

\*Refer Page 122, Fig. 2

Category	Weight Limit	Utensil	Instructions																																																												
IS21	Kastoori Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*	<table border="1"> <tr> <td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr> <td>Boneless Chicken mince (Keema)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr> <tr> <td><b>For marinade</b></td><td></td><td></td><td></td></tr> <tr> <td>Ginger garlic paste</td><td>1/4 tbsps</td><td>1/2 tbsps</td><td>1 tbsps</td></tr> <tr> <td>Lemon juice</td><td>1/4 tbsps</td><td>1/2 tbsps</td><td>1 tbsps</td></tr> <tr> <td>Roasted besan</td><td>2 tbsps</td><td>3 tbsps</td><td>4 tbsps</td></tr> <tr> <td>Bread crumbs</td><td>2 tbsps</td><td>3 tbsps</td><td>4 tbsps</td></tr> <tr> <td>Pepper powder, Salt, Red chili powder</td><td colspan="3">As per taste</td></tr> <tr> <td>Ginger finely chopped</td><td>1/2 tsp</td><td>1/2 tsp</td><td>1 tsp</td></tr> <tr> <td>Chopped Coriander leaves</td><td>2 tbsps</td><td>3 tbsps</td><td>4 tbsps</td></tr> <tr> <td>Oil</td><td>1 tsp</td><td>2 tsp</td><td>3 tbsps</td></tr> <tr> <td>Choti elachi powder</td><td>1/2 tsp</td><td>1/2 tsp</td><td>1 tsp</td></tr> <tr> <td>Jeera</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr> <tr> <td>Kesar (Soaked in 1/2 cup in milk)</td><td>1/2 tsp</td><td>1/2 tsp</td><td>1 tsp</td></tr> </table>	For	0.2 kg	0.3 kg	0.4 kg	Boneless Chicken mince (Keema)	200 g	300 g	400 g	<b>For marinade</b>				Ginger garlic paste	1/4 tbsps	1/2 tbsps	1 tbsps	Lemon juice	1/4 tbsps	1/2 tbsps	1 tbsps	Roasted besan	2 tbsps	3 tbsps	4 tbsps	Bread crumbs	2 tbsps	3 tbsps	4 tbsps	Pepper powder, Salt, Red chili powder	As per taste			Ginger finely chopped	1/2 tsp	1/2 tsp	1 tsp	Chopped Coriander leaves	2 tbsps	3 tbsps	4 tbsps	Oil	1 tsp	2 tsp	3 tbsps	Choti elachi powder	1/2 tsp	1/2 tsp	1 tsp	Jeera	1 tsp	1 tsp	1 tsp	Kesar (Soaked in 1/2 cup in milk)	1/2 tsp	1/2 tsp	1 tsp			
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			<b>Method :</b>	<ol style="list-style-type: none"> <li>1. Wash the chicken mince in a strainer. Press well to squeeze out the water well.</li> <li>2. Marinate the mince with all the ingredients mentioned under marinade.</li> <li>3. Make flat Kababs of the mixture.</li> <li>4. Keep the kababs on tawa &amp; tawa on high rack. Select category &amp; weight and press start.</li> <li>5. When beeps, turn over the kababs &amp; press start, Sprinkle chaal masala &amp; serve.</li> </ol>																																																											
IS22	Chilka Kababs	0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	<table border="1"> <tr> <td>For</td><td>0.4 kg</td></tr> <tr> <td>Chana dal (soaked overnight)</td><td>200 g</td></tr> <tr> <td>Snake gourd peels (roughly chopped)</td><td>1/4 cup</td></tr> <tr> <td>Pumpkin peels (roughly chopped)</td><td>1/4 cup</td></tr> <tr> <td>Whole black pepper</td><td>1/4 tsp</td></tr> <tr> <td>Dried red chili</td><td>1 no.</td></tr> <tr> <td>Laung</td><td>3-4 nos.</td></tr> <tr> <td>Black cardamom</td><td>1 no.</td></tr> <tr> <td>Cinnamon</td><td>1 piece</td></tr> <tr> <td>Water</td><td>1/4 cup</td></tr> <tr> <td>Oil</td><td>1/4 tsp</td></tr> <tr> <td>Javitri</td><td>1 no.</td></tr> <tr> <td>Fresh coriander leaves</td><td>2 tbsps</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> </table>	For	0.4 kg	Chana dal (soaked overnight)	200 g	Snake gourd peels (roughly chopped)	1/4 cup	Pumpkin peels (roughly chopped)	1/4 cup	Whole black pepper	1/4 tsp	Dried red chili	1 no.	Laung	3-4 nos.	Black cardamom	1 no.	Cinnamon	1 piece	Water	1/4 cup	Oil	1/4 tsp	Javitri	1 no.	Fresh coriander leaves	2 tbsps	Salt	As per taste																															
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Salt	As per taste																																																														
			<b>Method :</b>	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl take soaked chana dal, pumpkin peels, snake gourd peels &amp; all the whole spices except salt &amp; coriander leaves. Sprinkle 1/4 cup water &amp; cover. Select menu &amp; press start.</li> <li>2. When beeps, take out the bowl, remove javitri &amp; black cardamom and allow to cool the mixture.</li> <li>3. Grind the cooked mixture to a coarse paste in a mixer, adding 1/4 cup water &amp; salt to taste. Take out in a bowl and add freshly chopped coriander leaves. Mix well with hands &amp; make kababs of equal size &amp; shape.</li> <li>4. Grease the tawa with 1/4 tsp oil &amp; put the kababs on it. Keep the tawa on high rack. Keep high rack &amp; tawa with kababs inside the microwave and press start.</li> <li>5. When beeps, sprinkle 1/4 tsp oil on all kababs and turn over the kababs and press start.</li> <li>6. Serve the kababs hot with the chutney of your choice.</li> </ol>																																																											

\*Refer Page 122, Fig. 2

Menu	Weight Limit	Utensil	Instructions			
IS23 Jimikand ke Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*	For Jimikand (boiled & grated) Fresh bread (crumbled) Green chilli (chopped) Cornflour Coriander leaves (chopped) Anardana powder Salt, Red chilli powder, Garam masala	0.2 kg 1 cup 2 nos. 2 nos. 1 tbsp As required 1/4 tsp As per taste	0.3 kg 1 1/2 cup 3 nos. 3 nos. 1 1/2 tbsp 1/2 tsp 1/2 tsp	0.4 kg 2 cups 4 nos. 4 nos. 2 tbsp 1/2 tsp 1/2 tsp
<b>Method :</b>						
1. In a bowl take boiled & grilled Jimikand, chopped green chilli, coriander leaves, cornflour, anardana powder & all the spices. Mix well. 2. Remove the sides (brown part) of the bread slices with a knife. Crumble them with hands & add this to Jimikand mixture. Mix well and make equal sized flat kababs. 3. Keep the kababs on multicook tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start. 4. When beeps, turn all the kababs & press start. 5. When beeps, again turn the kababs & press start. Serve them hot with onion rings & mint chutney.						
IS24 Kaju Kababs	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For Potato (cut into pieces) Onion (chopped) Peas (shelled) Cauliflower (florets) Ginger-garlic paste Kaju powder Fresh bread crumbs (sides removed) Green chilli (chopped) Tomato ketchup Salt, Red chilli powder, Garam masala Coriander leaves (chopped)	0.1 kg 1/2 no. 1/2 no. 3 tbsp 1/2 tsp 2 tbsp 3 slices 1 no. 1/2 tsp As per taste 1 tbsp	0.2 kg 1 no. 1 no. 4 tbsp 1 tsp 4 tbsp 4 slices 2 nos. 1 tsp 1 1/2 tbsp	0.3 kg 1 1/2 no. 1 no. 4 tbsp 1 tsp 5 tbsp 4 slices 2 nos. 1 tsp 2 tbsp
<b>Method :</b>						
1. In a MWS glass bowl take cut potatoes, chopped onion, peas & cauliflower. Put 1/2 cup water & cover. Select menu & weight and press start. 2. When beeps, remove the bowl, strain the vegetables. Remove all the moisture & mash well when cool. 3. To the mashed vegetables add all the spices, chopped green chilli, coriander leaves, kaju powder, ginger-garlic paste, tomato ketchup, fresh bread crumbs. Mix all the ingredients very well. Make equal sized kababs out of the mixture. 4. Keep the kababs on tawa & tawa on high rack. Keep inside the microwave and press start. 5. When beeps turn the kababs & press start. Serve them hot with mint chutney.						

\*Refer Page 122, Fig. 2

Menu	Weight Limit	Utensil	Instructions																											
TS25 Mutton & Tomato Kababs	0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	<table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Minced mutton</td><td>300 g</td></tr> <tr><td>Badi elaichi</td><td>1 no.</td></tr> <tr><td>Dalchini</td><td>2* piece</td></tr> <tr><td>Laung</td><td>3-4 nos.</td></tr> <tr><td>Whole black pepper</td><td>8 to 10 nos.</td></tr> <tr><td>Dried red chilli</td><td>2 nos.</td></tr> <tr><td>Bread crumbs</td><td>1/4 cup</td></tr> <tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr> <tr><td>Coriander (chopped)</td><td>2 tbsp</td></tr> <tr><td>Lemon juice (optional)</td><td>1 tsp</td></tr> <tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Tomatoes (cut into big pieces)</td><td>2 nos.</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl take minced mutton, laung, badi elaichi, cinnamon, dried red chilli, whole black pepper. Mix well &amp; cover. Select menu and press start.</li> <li>2. When beeps, take out the bowl, remove cover &amp; remove all the whole spices &amp; discard the water. Allow the mutton to get cooled &amp; grind the mutton coarsely.</li> <li>3. Take the ground mutton in a bowl, add all the spices, chopped green chilli, coriander leaves, bread crumbs &amp; lemon juice (optional) &amp; mix very well.</li> <li>4. Make equal sized round kababs from the mixture &amp; keep on greased tawa. Keep the tawa on high rack. Keep inside the microwave &amp; press start.</li> <li>5. When beeps, turnover the kababs &amp; keep tomato pieces (seeds removed) and press start. Serve them hot with mint chutney.</li> </ol>	For	0.3 kg	Minced mutton	300 g	Badi elaichi	1 no.	Dalchini	2* piece	Laung	3-4 nos.	Whole black pepper	8 to 10 nos.	Dried red chilli	2 nos.	Bread crumbs	1/4 cup	Green chilli (chopped)	2 nos.	Coriander (chopped)	2 tbsp	Lemon juice (optional)	1 tsp	Salt, Red chilli powder, Garam masala	As per taste	Tomatoes (cut into big pieces)	2 nos.	
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Tomatoes (cut into big pieces)	2 nos.																													

\*Refer Page 122, Fig. 2

Menu		Weight Limit	Utensil	Instructions			
CF1	Omelette	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	For Eggs Oil Chopped onion, Tomato, Coriander leaves Salt, Pepper	0.2 kg 2 Nos. 1/4 tbsp 1/2 cup As per taste	0.3 kg 3 Nos. 1 tbsp 1 cup 1 cup	0.4 kg 4 Nos. 1 tbsp
<b>Method :</b>							
1. Beat the eggs well & add salt, pepper & coriander leaves. 2. Add oil, tomato & onion to MWS flat glass dish. Select menu & weight and press start. 3. When beeps, add the egg mixture. Cover & press start. Allow to stand for 3 minutes.							
CF2	Corn Chaat	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For Sweet corn Mix fruits (Pomegranate, Cucumber, Apple) Salt, Red chilli powder, Chaat masala, Lemon juice	0.1 kg 100 g 1/2 cup As per taste	0.2 kg 200 g 1 cup As per taste	0.3 kg 300 g 2 cups
<b>Method :</b>							
1. In a MWS bowl add some water & sweet corns. Select menu & weight & press start. 2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.							
CF3	Vermicelli Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For Roasted vermicelli Oil Rai, Urad dal, Curry leaves Chopped onion Chopped tomato Salt, Red chilli powder, Haldi, Garam masala Water Lemon juice	0.1 kg 100 g 1 tbsp As per taste 1/2 cup 1 No. As per taste 400 mL As per taste	0.2 kg 200 g 1 1/2 tbsp 1 cup 2 Nos. 1 cup 3 Nos. 800 mL	0.3 kg 300 g 2 tbsp 1 cup 3 Nos. 1200 mL
<b>Method :</b>							
1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix & select menu & weight and press start. 2. When beeps, mix & add tomato. Press start. 3. When beeps, mix & add vermicelli, water, salt, red chili powder, haldi, garam masala. Press start. Stand for 3 minutes. 4. Squeeze lemon, mix & serve.							
CF4	Pizza*	0.3 kg	Glass tray	For Pizza base Topping Mix Vegetables - Tomato, Capsicum, Onion Grated Cheese Oregano & Chilli flakes (Optional)	0.3 kg 1 Big Pizza base 3 tbsp 1 cup 1/2 cup As per taste		
<b>Method :</b>							
1. Select menu & 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 & press start. 4. When beeps, do not open the door, continue cooking.							

\*Do not put any thing in the oven during the Preheat mode

## Child's Favourite

## Tandoor Se/Kids' Delight

Menu	Weight Limit	Utensil	Instructions															
CF5	Garlic Bread®	0.3 kg	Low Rack	<table border="1"> <tr> <td>For</td> <td>0.3 kg</td> </tr> <tr> <td>Bread slices (French Bread)</td> <td>3 slices</td> </tr> <tr> <td>Butter</td> <td>5 tbsps</td> </tr> <tr> <td>Garlic paste</td> <td>2 tbsps</td> </tr> <tr> <td>Grated cheese</td> <td>4 tbsps</td> </tr> <tr> <td>Salt, Pepper, Oregano, Chilli flakes</td> <td>As per taste</td> </tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Mix butter, garlic paste, salt, pepper and oregano together. Apply this mixture to both sides of bread slices.</li> <li>2. Select menu &amp; press start. (Preheat process)</li> <li>3. When beeps, keep the bread slices on low rack &amp; press start.</li> </ol> <p><b>Note :</b> Use French bread to make garlic bread.</p>	For	0.3 kg	Bread slices (French Bread)	3 slices	Butter	5 tbsps	Garlic paste	2 tbsps	Grated cheese	4 tbsps	Salt, Pepper, Oregano, Chilli flakes	As per taste		
For	0.3 kg																	
Bread slices (French Bread)	3 slices																	
Butter	5 tbsps																	
Garlic paste	2 tbsps																	
Grated cheese	4 tbsps																	
Salt, Pepper, Oregano, Chilli flakes	As per taste																	
CF6	Choco Bars	0.2 kg	Microwave safe (MWS) bowl & Microwave safe(MWS) flat glass dish	<table border="1"> <tr> <td>For</td> <td>0.2 kg</td> </tr> <tr> <td>Chocolate chips</td> <td>½ cup</td> </tr> <tr> <td>Oats (crushed)</td> <td>1 cup</td> </tr> <tr> <td>Honey</td> <td>3 tbsps</td> </tr> <tr> <td>Brown sugar</td> <td>4 tbsps</td> </tr> <tr> <td>Butter (softened)</td> <td>8 tbsps</td> </tr> <tr> <td>Chopped nuts (almonds, pistachio, walnut)</td> <td>As required</td> </tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl put oats, half amount of butter (4 tbsps), honey and brown sugar. mix well. Select menu and press start.</li> <li>2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter paper.</li> <li>3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmly with spoon.</li> <li>4. In MWS glass bowl add rest of the butter, chocolate chips. Mix &amp; press start.</li> <li>5. When beeps, pour this mixture on oats &amp; sprinkle chopped nuts.</li> <li>6. Cut into rectangle bars when set &amp; serve chilled.</li> </ol>	For	0.2 kg	Chocolate chips	½ cup	Oats (crushed)	1 cup	Honey	3 tbsps	Brown sugar	4 tbsps	Butter (softened)	8 tbsps	Chopped nuts (almonds, pistachio, walnut)	As required
For	0.2 kg																	
Chocolate chips	½ cup																	
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Butter (softened)	8 tbsps																	
Chopped nuts (almonds, pistachio, walnut)	As required																	

\*Do not put any thing in the oven during the Preheat mode

Menu	Weight Limit	Utensil	Instructions				
CF7	Apple Pie*	0.6 kg	Metal cake tin & Low rack*	For Apple Filling Apples (pealed, cleaned & sliced thinly)	0.6 kg 4 large sized		
				White sugar Brown sugar Lemon juice Cinnamon powder Nutmeg powder Salt Softened butter Cornflour Short Crust Pastry Maida Salt Sugar (granulated) Unsalted butter (chilled & cut into 1 inch pieces) Ice water	$\frac{1}{4}$ cup $\frac{1}{4}$ cup 1 tsp 1 tsp $\frac{1}{4}$ tsp $\frac{1}{4}$ tsp 2 tbsp 2 tbsp 2½ cups (300 g) $\frac{1}{2}$ tsp 2 tsbp 1 cup (225 g) $\frac{1}{4}$ - $\frac{1}{2}$ cup (60-120 mL)		
				<b>Method :</b>			
				1. Put maida, salt, sugar in a food processor/mixer. Grind it well. Take it in a bowl. Add chilled cubes of butter. Rub with hand to make bread crumb texture or till soft & well granulated. 2. Add $\frac{1}{4}$ cup ice water to make a soft dough when pinched. Roll out the dough into 2 equal parts. Make disc shapes. Cover with plastic wrap & keep refrigerated at least for 30 minutes. 3. When chilled, roll out one disc into big shape & place in a greased cake tin, covering it from the edges. Again keep in refrigerator for 1 hour. 4. Take all the ingredients of apple filling in a mixer. Grind it to make a puree without any water. Pour this mixture in the cake tin. 5. Roll out the second chilled disc & cut out long strips of $\frac{1}{2}$ inch width. Cover the pie dish with these strips, arranging crossways as shown in figure 1 & figure 2. 6. Seal the edges & wet them with water. Cover the edges with foil paper to avoid over burning. 7. Select the menu & press start. (Preheat process) When beeps, place the cake tin on low rack & press start. When beeps, give a standing time of 5-10 minutes. Cool & serve in pieces. <b>Note:</b> If the butter becomes soft while making pie, keep the rolled dough in freezer.			
CF8	Bread Pudding	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	For Bread slices Milk (for dipping the bread) Egg Vanilla Essence Sugar Dry fruits	0.1 kg 2 Nos. $\frac{1}{2}$ cup 1 Nos. $\frac{1}{2}$ tsp 3 tbsp As per taste	0.2 kg 3 Nos. 1 cup 2 Nos. $\frac{3}{4}$ tsp 4 tbsp 5 tsbp	0.3 kg 4 Nos. $1\frac{1}{4}$ cup 2 Nos. 1 tsp 5 tsbp
				<b>Method :</b>			
				1. Make small pieces of bread slices. Beat the egg very well. Mix all the ingredient very well. 2. Pour this mixture into MWS flat glass dish. Select menu and weight. Press start.			

@Do not put anything in the oven during the Preheat mode

\* Refer Page 122, Fig. 4

# Child's Favourite

# Tandoor Se/Kids' Delight

Menu		Weight Limit	Utensil	Instructions			
CF9	Cheesy Nachos	0.3 kg	Microwave safe (MWS) flat glass dish	For Nachos Grated cheese Pizza sauce Chopped onion, tomato	0.3 kg 300 g 1 cup 6 tbsp 2 cups		
				<b>Method :</b>	1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select menu & press start.		
CF10	Chocolate Balls	0.3 kg	Microwave safe (MWS) glass bowl	For Milkmaid Marie biscuit powder Milk powder Bournvita Grated coconut	0.3kg 1 cup 1 cup ½ cup ½ cup ½ cup		
				<b>Method :</b>	1. In a MWS glass bowl add milkmaid, marie biscuit powder, milk powder, bournvita. Mix well. Select menu & press start. 2. Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut. 3. Keep in refrigerator for half an hour.		
CF11	Strawberry Custard	0.5 kg	Microwave safe (MWS) bowl	For Milk Strawberry custard powder Sugar Strawberry pieces	0.5 kg 1 cup 3 tbsp 50 g As required		
				<b>Method :</b>	1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well. 2. Select menu & press start. 3. When beeps, stir well. Press start. 4. When beeps, stir well. Press start. Allow to set in refrigerator.		
CF12	Veg Burger	0.1 ~ 0.3 kg	Multicook tawa & High rack*	For Burger buns For Tikkis Potatoes (boiled) Boiled peas Chopped ginger Green chillies Chopped coriander leaves Salt, Red chilli powder, Garam masala, Chaat masala Cornflour Tomato slices Onion slices Cheese slices Butter Tomato sauce	0.1 kg 1 no. 100 g ½ cup 1 tsp 1 no. 2 tbsp As per taste For binding 1 no. 2 no. 1 no. 1 tsp 1 tbsp	0.2 kg 2 nos. 300 g ½ cup 2 tsp 2 nos. 3 tbsp 3 nos. 3 nos. 3 nos. 2 nos. 2 nos. 2 tsp 2 tbsp	0.3 kg 3 nos. 1 cup 3 tsp 6 nos. 3 nos. 3 nos. 3 nos. 4 tbsp 3 nos. 3 nos. 3 nos. 3 nos. 3 nos.
				<b>Method :</b>	1. In a bowl mix all the ingredients for tikkis & prepare round & flat tikkis out of it. 2. Slit the buns into two halves. Apply the butter inside the buns. 3. Keep the tikkis on the tawa. Keep on high rack. Select menu & weight and press start. 4. When beeps, turn over the tikkis & press start. 5. When beeps, remove the tikkis. Now apply tomato sauce on one half of the bun. Keep the cheese slice, tikki, onion slices and then tomato & cheese slices & cover with the second half of the bun. 6. Now keep the burger on high rack & press start.		

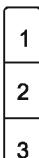
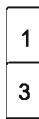
\*Refer Page 122 Fig. 2

Menu	Weight Limit	Utensil	Instructions
CF13 Mushroom & Pepper pizza	0.3 kg	Multicook Tawa & Low Rack*	<p><b>For</b> 0.3 kg</p> <p><b>Pizza base</b></p> <p>Dry active yeast 3 g</p> <p>Water 2 tbsp</p> <p>Sugar 1/4 tsp</p> <p>Maida 60 g</p> <p>Salt 1/4 tsp</p> <p>Oil 1 tsp</p> <p><b>Topping</b></p> <p>Pizza sauce 2 tbsp</p> <p>Vegetables (Sliced mushroom, Chopped yellow &amp; Red bell pepper) 1 cup</p> <p>Grated cheese 1 cup</p> <p>Oregano &amp; chilli flakes As per taste</p> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Dissolve the yeast in lukewarm water, stir in sugar &amp; keep for 10 minutes till frothy.</li> <li>2. Sieve the flour, add the yeast mixture, oil &amp; salt. Prepare a dough using a little water if required. Knead till it does not stick to the pan/bowl.</li> <li>3. Cover the dough with a muslin cloth &amp; keep it till it doubles the volume.</li> <li>4. Knead lightly &amp; roll out thin chapati.</li> <li>5. Keep on greased tawa. Spread the sauce, sprinkle oregano &amp; chilli flakes, add vegetables &amp; spread grated cheese. Keep aside.</li> <li>6. Select menu &amp; press start. (Preheat process)</li> <li>7. When beeps, keep the tawa on low rack. Keep it inside the microwave oven. Press start.</li> </ol>
CF14 Noodle Rosti	0.2 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	<p><b>For Rosti</b></p> <p>Boiled whole wheat noodles 3/4 cup</p> <p>Grated paneer 1/4 cup</p> <p>Grated mozzarella cheese 1/4 cup</p> <p>Oil 2 tsp</p> <p>Salt, Pepper As per taste</p> <p>Coriander (chopped) 2 tbsp</p> <p><b>For Topping</b></p> <p>Mixed shredded vegetables (Carrot, Cabbage, Capsicum) 1/4 cup</p> <p>Boiled bean sprouts 1/4 cup</p> <p>Oil 1 tbsp</p> <p>Salt, Pepper As per taste</p> <p>Tomato ketchup 4 tbsp</p> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl take all the ingredients for rosti &amp; mix well with hands. Divide the dough into 4 equal parts.</li> <li>2. In a MWS glass bowl take oil, shredded vegetables, boiled bean sprouts, salt &amp; pepper. Mix well. Select menu &amp; press start.</li> <li>3. When beeps, remove the bowl &amp; mix well &amp; divide the topping into 4 equal parts &amp; keep aside for late use.</li> <li>4. Take the dough &amp; shape each portion into round flat circles (approx. 2.5"). Keep on tawa, keep tawa on high rack &amp; press start.</li> <li>5. When beeps, turn over the rostis &amp; again press start.</li> <li>6. Place the rostis on a serving plate &amp; top them with a portion of prepared topping &amp; tomato ketchup. Serve immediately.</li> </ol>
CF15 Bread Rolls	10 Pc	Multicook tawa & High rack*	<p><b>For</b> 10 Pc</p> <p><b>Bread slices</b> 10 slices</p> <p><b>For filling</b></p> <p>Boiled potatoes 200 g</p> <p>Chopped green chillies 2 nos</p> <p>Chat masala, Garam masala, Salt, Red chili powder, Pepper As per taste</p> <p>Oil For brushing</p> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Take the bread slices &amp; cut the edges.</li> <li>2. Mix all the ingredients for filling in a bowl.</li> <li>3. Take bread slices one by one &amp; soak in water. Squeeze &amp; drain extra.</li> <li>4. Fill in the prepared potato mixture &amp; shape into cylindrical rolls.</li> <li>5. Brush with some oil. Prepare all the rolls.</li> <li>6. Grease the multicook tawa with some oil.</li> <li>7. Keep the roll in multicook tawa &amp; keep the tawa on high rack.</li> <li>8. Select menu &amp; press start.</li> <li>9. When beeps, turn over &amp; press start.</li> <li>10. When beeps, again turn over &amp; press start. Serve with sauce or chutney of your choice.</li> </ol>

Menu	Weight Limit	Utensil	Instructions																
bA1 Brownie*	0.3 kg	Low rack & metal cake tin*	<table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Maida</td><td>125 g</td></tr> <tr><td>Condensed milk</td><td>150 g</td></tr> <tr><td>Butter</td><td>100 g</td></tr> <tr><td>Almonds, Walnuts</td><td>As per taste</td></tr> <tr><td>Baking powder</td><td>1/4 tsp</td></tr> <tr><td>Chocolate Essence</td><td>1 tsp</td></tr> <tr><td>Coco powder</td><td>2 tbsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Sieve maida and baking powder. In a bowl add milk/meid 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.</li> <li>2. Select menu &amp; press start. (Preheat process)</li> <li>3. When beeps, put the tin with batter on low rack. Press start to bake.</li> </ol>	For	0.3 kg	Maida	125 g	Condensed milk	150 g	Butter	100 g	Almonds, Walnuts	As per taste	Baking powder	1/4 tsp	Chocolate Essence	1 tsp	Coco powder	2 tbsp
For	0.3 kg																		
Maida	125 g																		
Condensed milk	150 g																		
Butter	100 g																		
Almonds, Walnuts	As per taste																		
Baking powder	1/4 tsp																		
Chocolate Essence	1 tsp																		
Coco powder	2 tbsp																		
bA2 Muffins*	0.3 kg	Low rack & metal muffin tray	<table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Maida</td><td>200 g</td></tr> <tr><td>Powdered sugar</td><td>100 g</td></tr> <tr><td>Butter</td><td>75 g</td></tr> <tr><td>Almonds, Walnuts</td><td>As per taste</td></tr> <tr><td>Egg</td><td>1 No.</td></tr> <tr><td>Baking powder</td><td>1/2 tsp</td></tr> <tr><td>Almond essence</td><td>1/2 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Sieve maida, baking powder . In a bowl add powdered sugar and butter and beat well. Add maida, essence and mix. For spoon dropping consistency add milk or water. Pour in to the greased muffin tray and sprinkle chopped almonds / walnuts.</li> <li>2. Select menu &amp; press start. (Preheat process)</li> <li>3. When beeps, put the tray on low rack. Press start to bake.</li> </ol>	For	0.3 kg	Maida	200 g	Powdered sugar	100 g	Butter	75 g	Almonds, Walnuts	As per taste	Egg	1 No.	Baking powder	1/2 tsp	Almond essence	1/2 tsp
For	0.3 kg																		
Maida	200 g																		
Powdered sugar	100 g																		
Butter	75 g																		
Almonds, Walnuts	As per taste																		
Egg	1 No.																		
Baking powder	1/2 tsp																		
Almond essence	1/2 tsp																		

\*Do not put anything in the oven during the Preheat mode

\*Refer Page 122, Fig.4

Menu	Weight Limit	Utensil	Instructions																
bA3 Patties <sup>a</sup>	0.2 kg	Mullicook lawa & Low Rack <sup>c</sup>	<p>For</p> <table> <tr> <td>Maida</td> <td>0.2 kg (2 Patties)</td> </tr> <tr> <td>Salt</td> <td>200 g</td> </tr> <tr> <td>Cold fat (Butter or margarine)</td> <td>1/2 tsp</td> </tr> <tr> <td>Cold water</td> <td>100 g</td> </tr> <tr> <td>Dry mix vegetables for stuffing</td> <td>For making dough</td> </tr> <tr> <td></td> <td>As required</td> </tr> </table> <p><u>Method :</u></p> <ol style="list-style-type: none"> <li>Sieve the flour with salt. Divide the fat into three equal portions. Rub one portion into the flour to get a bread crumb texture, add salt &amp; make a dough of rolling consistency with iced water.</li> <li>On a lightly floured marble top roll out the dough (about 1/2 cm thickness) into oblong shape (Fig.1). Take the second portion of fat; cut into small pieces; place them on 2/3rd of the rolled dough. Leave the remaining 1/3rd portion without fat.</li> <li>Bring up the bottom third of the pastry dough &amp; fold like an envelope with its flap open (Fig.2). Then bring up the folded portion over again so as to close the envelope (Fig.3).</li> <li>Turn the pastry at right angles; seal open ends of the pastry &amp; rib it (Fig.4). This means to depress it with rolling pin at intervals. Cover &amp; cool in the fridge for 5-10 minutes. Repeat the step 2 with third portion of the fat &amp; chill it for 30 minutes.</li> <li>Roll out the dough 1/4" thick &amp; put the stuffing. Fold it back. Prepare all the patties in same way.</li> <li>Select menu &amp; press start. (Preheat process). When beeps, arrange the patties on tawa. Keep the tawa on low rack &amp; press start.</li> </ol> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  <p>Fig. 1</p> </div> <div style="text-align: center;">  <p>Fig. 2</p> </div> <div style="text-align: center;">  <p>Fig. 3</p> </div> <div style="text-align: center;">  <p>Fig. 4</p> </div> </div>	Maida	0.2 kg (2 Patties)	Salt	200 g	Cold fat (Butter or margarine)	1/2 tsp	Cold water	100 g	Dry mix vegetables for stuffing	For making dough		As required				
Maida	0.2 kg (2 Patties)																		
Salt	200 g																		
Cold fat (Butter or margarine)	1/2 tsp																		
Cold water	100 g																		
Dry mix vegetables for stuffing	For making dough																		
	As required																		
bA4 Walnut <sup>b</sup> Cake	0.3 kg	Metal Cake Tin & Low Rack <sup>**</sup>	<p>For</p> <table> <tr> <td>Maida</td> <td>0.25 kg</td> </tr> <tr> <td>Baking powder</td> <td>110 g</td> </tr> <tr> <td>Walnuts</td> <td>1/4 tsp</td> </tr> <tr> <td>Curd</td> <td>1/2 cup</td> </tr> <tr> <td>Powdered sugar</td> <td>70 mL</td> </tr> <tr> <td>Egg</td> <td>170 g</td> </tr> <tr> <td>Vanilla essence</td> <td>1 no.</td> </tr> <tr> <td></td> <td>1/4 tsp</td> </tr> </table> <p><u>Method :</u></p> <ol style="list-style-type: none"> <li>In a bowl beat curd &amp; sugar well till light &amp; fluffy. In another bowl beat eggs with vanilla essence well.</li> <li>Sieve maida, baking powder &amp; add walnuts to it.</li> <li>Now add the maida mixture to the beaten curd mixture &amp; add beaten egg mixture as well. Combine all three mixtures &amp; beat well.</li> <li>Grease a metal cake tin or line with a butter paper. Add the cake batter.</li> <li>Select menu &amp; press start. (Preheat process)</li> <li>When beeps, put the cake tin on low rack &amp; keep in microwave &amp; press start.</li> </ol>	Maida	0.25 kg	Baking powder	110 g	Walnuts	1/4 tsp	Curd	1/2 cup	Powdered sugar	70 mL	Egg	170 g	Vanilla essence	1 no.		1/4 tsp
Maida	0.25 kg																		
Baking powder	110 g																		
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Powdered sugar	70 mL																		
Egg	170 g																		
Vanilla essence	1 no.																		
	1/4 tsp																		

<sup>a</sup>Do not put anything in the oven during the Preheat mode

<sup>b</sup>Refer Page 122, Fig. 1

<sup>\*\*</sup>Refer Page 122, Fig. 4

Menu		Weight Limit	Utensil	Instructions	
bA5	Swiss <sup>*</sup> Roll	0.2 kg	Mullicook tawa & Low Rack*	For Maida Condensed milk (Milkmaid) Butter Soda bicarb Vanilla essence Mix fruit jam	0.2 kg 80 g 100 mL 75 g 1/4 tsp 1/4 tsp 2 tbsp
				<b>Method :</b>	
				1. Sieve maida & soda. In a bowl add milkmaid & butter. Beat well. Add the maida mixture, vanilla essence & mix well. 2. For spoon dropping consistency add milk or water. Place the butter paper at the bottom of the tawa. Pour the batter. 3. Select menu & press start. (Preheat process) 4. When beeps, put the tawa on low rack & keep inside microwave. Press start.	
bA6	Carrot <sup>*</sup> Cake	0.3 kg	Metal Cake Tin & Low Rack**	For Maida Baking powder Grated carrot Curd Powdered sugar Egg Vanilla essence	0.3 kg 110 g 1/4 tsp 1/2 cup 70 mL 170 g 1 no. 1/4 tsp
				<b>Method :</b>	
				1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. 2. Sieve maida, baking powder & add grated carrot to it. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well. 4. Grease a metal cake tin or line with butter paper. Add the cake batter. 5. Select menu & press start. (Preheat process) 6. When beeps, put the cake tin on low rack & keep in microwave & press start.	
bA7	Chocolate <sup>*</sup> Cake	0.3 kg	Metal Cake Tin & Low Rack**	For Maida Baking powder Cocoa powder Curd Powder sugar Egg Vanilla essence	0.3 kg 110 g 1/4 tsp 50 g 70 mL 170 g 1 no. 1/4 tsp
				<b>Method :</b>	
				1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. 2. Sieve maida, baking powder & cocoa powder together. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all beat well. 4. Grease a metal cake tin or line with butter paper. Add the cake batter. 5. Select menu & press start. (Preheat process) 6. When beeps, put the cake tin on low rack & keep in microwave & press start.	

@Do not put anything in the oven during the Preheat mode

<sup>\*</sup>Refer Page 122, Fig. 1

<sup>\*\*</sup>Refer Page 122, Fig. 4

Menu		Weight Limit	Utensil	Instructions	
bA8	Jeera Biscuits*	0.2 kg	Low Rack & Multicook tawa*	For Maida Powdered sugar Butter Jeera / Ajwain Soda bl carb Baking powder Water	0.2 kg 120 g 50 g 50 g As per taste 1 pinch 1/4 tsp As required
				<b>Method :</b>	
				<ol style="list-style-type: none"> <li>1. Sieve maida, baking powder and soda. In a bowl add powdered sugar and butter and beat well. Add maida, jeera powder, ajwain and make a soft dough with little water. Roll a thick roti and cut cookies with the cutter. Prick with a fork. Arrange on tawa.</li> <li>2. Select menu &amp; press start. (Preheat process)</li> <li>3. When beeps, keep the tawa &amp; press start to bake. Remove when it gives a beep. Allow them to cool.</li> </ol>	
bA9	Nan Khatai*	0.2 kg	Multicook tawa & Low Rack*	For Maida Sufi Powdered sugar Vanilla essence Butter Almonds & cashewnuts	0.2 kg 150 g 50 g 85 g 1 tsp 100 g A few
				<b>Method :</b>	
				<ol style="list-style-type: none"> <li>1. Cream the butter &amp; sugar together till it turns fluffy.</li> <li>2. Add vanilla essence followed by maida &amp; suji.</li> <li>3. Make a dough out of this mixture.</li> <li>4. Roll out a medium sized ball &amp; put cashewnut on the top of each piece. Arrange them on tawa. Keep the tawa on low rack. Keep aside.</li> <li>5. Select menu &amp; press start. (Preheat process).</li> <li>6. When beeps, place the tawa &amp; press start.</li> </ol>	
bA10	Chena Poda*	0.2 kg	Low Rack & Microwave safe flat (MWS) glass dish**	For Chena Sugar Sufi	0.2 kg 200 g 100 g 20 g
				<b>Method :</b>	
				<ol style="list-style-type: none"> <li>1. Mix chena, sugar &amp; suji together adding little water.</li> <li>2. Transfer this mixture to MWS flat glass dish.</li> <li>3. Select menu &amp; press start. (Preheat process)</li> <li>4. When beeps, place the MWS flat glass dish on low rack. Press start.</li> </ol>	
bA11	Masala Biscuits*	0.2 kg	Low Rack & Multicook tawa*	For Maida Butter Sugar Baking powder Salt, Chilli powder, Coriander powder	0.2 kg 100 g 50 g 50 g 1 tsp As per taste
				<b>Method :</b>	
				<ol style="list-style-type: none"> <li>1. Sieve maida &amp; baking powder together. Cream butter &amp; sugar together.</li> <li>2. Add maida to the butter &amp; cream mixture. Add salt, chilli powder &amp; coriander powder. Mix them well adding little water (if required) to form a soft dough.</li> <li>3. Roll out the dough &amp; shape into biscuits with the help of a biscuit cutter.</li> <li>4. Select menu &amp; press start. (Preheat process)</li> <li>5. When beeps, keep the biscuits on the multi cook tawa &amp; place the tawa on low rack &amp; press start.</li> </ol>	

\*Do not put anything in the oven during the Preheat mode

\*\*Refer Page 122, Fig. 1

\*\*Refer Page 122, Fig. 6

Menu	Weight Limit	Utensil	Instructions																						
bA12 Lamington Cake*	0.4 kg	Low Rack & Metal Cake Tin** & Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>For</td><td>0.4 kg</td></tr> <tr><td>Maida</td><td>100 g</td></tr> <tr><td>Powdered sugar</td><td>75 g</td></tr> <tr><td>Butter</td><td>75 g</td></tr> <tr><td>Eggs</td><td>1 No.</td></tr> <tr><td>Baking powder</td><td>1 tsp</td></tr> <tr><td>Vanilla essence</td><td>1 tsp</td></tr> <tr><td>For Lamington solution - Coco powder</td><td>2 tbsp</td></tr> <tr><td>Water</td><td>1 cup</td></tr> <tr><td>Desiccated coconut</td><td>As required</td></tr> <tr><td>Cornflour</td><td>1 tbsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>2. Select menu, press start. (Preheat process).</li> <li>3. When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.</li> <li>4. In MWS 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.</li> </ol>	For	0.4 kg	Maida	100 g	Powdered sugar	75 g	Butter	75 g	Eggs	1 No.	Baking powder	1 tsp	Vanilla essence	1 tsp	For Lamington solution - Coco powder	2 tbsp	Water	1 cup	Desiccated coconut	As required	Cornflour	1 tbsp
For	0.4 kg																								
Maida	100 g																								
Powdered sugar	75 g																								
Butter	75 g																								
Eggs	1 No.																								
Baking powder	1 tsp																								
Vanilla essence	1 tsp																								
For Lamington solution - Coco powder	2 tbsp																								
Water	1 cup																								
Desiccated coconut	As required																								
Cornflour	1 tbsp																								
bA13 Doughnuts*	0.2 kg	Multicook tawa & Low rack*	<table border="1"> <tr><td>For</td><td>0.2 kg</td></tr> <tr><td>Maida</td><td>200 g</td></tr> <tr><td>Yeast</td><td>½ tbsp</td></tr> <tr><td>Luke warm milk</td><td>100 mL</td></tr> <tr><td>Powdered sugar</td><td>50 g</td></tr> <tr><td>Nutmeg powder</td><td>A pinch</td></tr> <tr><td>Egg</td><td>½ (beaten)</td></tr> <tr><td>Vanilla essence</td><td>¼ tsp</td></tr> <tr><td>Butter</td><td>1 tbsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Dissolve yeast in milk &amp; set aside for 5 minutes to prepare yeast mixture.</li> <li>2. Add sugar &amp; butter to milk &amp; dissolve. Add to yeast mixture.</li> <li>3. Now add maida, egg, vanilla essence &amp; nutmeg powder &amp; make a soft dough. Keep it covered for 1 hour. Roll out the dough to ½ inch thickness. Cut it with a doughnut cutter.</li> <li>4. Select menu &amp; press start. (Preheat process). When beeps arrange the doughnuts on tawa &amp; keep tawa on low rack &amp; press start.</li> </ol> <p><b>Note :</b> If the dough is too dry add milk &amp; if too soft then add maida.</p>	For	0.2 kg	Maida	200 g	Yeast	½ tbsp	Luke warm milk	100 mL	Powdered sugar	50 g	Nutmeg powder	A pinch	Egg	½ (beaten)	Vanilla essence	¼ tsp	Butter	1 tbsp				
For	0.2 kg																								
Maida	200 g																								
Yeast	½ tbsp																								
Luke warm milk	100 mL																								
Powdered sugar	50 g																								
Nutmeg powder	A pinch																								
Egg	½ (beaten)																								
Vanilla essence	¼ tsp																								
Butter	1 tbsp																								
bA14 Whole Wheat cookies*	0.3 kg	Multicook tawa & Low rack*	<table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Whole wheat flour</td><td>200 g</td></tr> <tr><td>Brown sugar</td><td>100 g</td></tr> <tr><td>Granulated sugar</td><td>50 g</td></tr> <tr><td>Butter</td><td>100 g</td></tr> <tr><td>Egg</td><td>1 No.</td></tr> <tr><td>Vanilla essence</td><td>½ tsp</td></tr> <tr><td>Baking powder</td><td>½ tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl cream brown sugar, butter, granulated sugar together and beat till fluffy. Add egg, vanilla essence, baking powder. Finally add flour and make a soft dough.</li> <li>2. Roll out the dough and cut with a cookie cutter.</li> <li>3. Select menu, press start. (Preheat process)</li> <li>4. When beeps, put the cookies on tawa &amp; tawa on low rack. Press start to bake. Remove when it gives a beep.</li> </ol>	For	0.3 kg	Whole wheat flour	200 g	Brown sugar	100 g	Granulated sugar	50 g	Butter	100 g	Egg	1 No.	Vanilla essence	½ tsp	Baking powder	½ tsp						
For	0.3 kg																								
Whole wheat flour	200 g																								
Brown sugar	100 g																								
Granulated sugar	50 g																								
Butter	100 g																								
Egg	1 No.																								
Vanilla essence	½ tsp																								
Baking powder	½ tsp																								

\*Do not put anything in the oven during the Preheat mode

\*\*Refer Page 122, Fig. 4

\*Refer Page 122, Fig. 1

Menu	Weight Limit	Utensil	Instructions																						
bA15 Buns®	04 Pc	Multicook tawa & Low rack*	<table border="1"> <tr><td>For dough</td><td></td></tr> <tr><td>Maida</td><td>1½ cup</td></tr> <tr><td>Salt</td><td>1 tsp</td></tr> <tr><td>Sugar</td><td>1 tbsp</td></tr> <tr><td>Dry yeast</td><td>1¼ tsp</td></tr> <tr><td>Beaten egg</td><td>1 no.</td></tr> <tr><td>Milk powder</td><td>1 tbsp</td></tr> <tr><td>Warm water</td><td>100 mL</td></tr> <tr><td>Oil</td><td>1 tbsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl / cup take sugar &amp; warm water and dissolve it. Add dry yeast &amp; stir to dissolve. Cover &amp; keep aside for 5-6 minutes.</li> <li>2. In another bowl take maida, salt &amp; milk powder. Add beaten egg &amp; mix well with hands to get a crumbly texture. Now add yeast water &amp; knead a soft dough for buns. The dough may be a little sticky at this stage. Add oil &amp; knead the dough again.</li> <li>3. Take multicook tawa &amp; grease it with little oil &amp; then dust with little flour. Divide the dough into 4 equal parts &amp; make round shape &amp; keep on tawa at equal distance.</li> <li>4. Cover the tawa with a lid &amp; keep at warm &amp; dark place for atleast 45 minutes to 1 hour.</li> <li>5. Select menu &amp; press start. (Preheat process)</li> <li>6. When beeps, keep tawa with dough balls on low rack &amp; keep both inside the microwave &amp; press start.</li> <li>7. When beeps, turn over the buns &amp; again press start. Immediately remove the buns from tray &amp; use when cool.</li> </ol>	For dough		Maida	1½ cup	Salt	1 tsp	Sugar	1 tbsp	Dry yeast	1¼ tsp	Beaten egg	1 no.	Milk powder	1 tbsp	Warm water	100 mL	Oil	1 tbsp				
For dough																									
Maida	1½ cup																								
Salt	1 tsp																								
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Warm water	100 mL																								
Oil	1 tbsp																								
bA16 Apple cup cakes®	0.4 kg	Metal muffin tray & Low rack	<table border="1"> <tr><td>For</td><td>0.4 kg</td></tr> <tr><td>Maida</td><td>1 cup</td></tr> <tr><td>Apple (peeled &amp; pureed)</td><td>½ cup</td></tr> <tr><td>Powdered sugar</td><td>½ cup</td></tr> <tr><td>Brown sugar</td><td>½ cup</td></tr> <tr><td>Butter (softened)</td><td>50 g</td></tr> <tr><td>Cinnamon powder, Clove powder</td><td>A pinch (each)</td></tr> <tr><td>Nutmeg powder</td><td></td></tr> <tr><td>Eggs</td><td>2 nos.</td></tr> <tr><td>Chopped almonds</td><td>2 tbsp</td></tr> <tr><td>Baking powder</td><td>½ tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a dry &amp; clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt &amp; mix with a fork &amp; keep aside.</li> <li>2. In another bowl take softened butter, powdered sugar, brown sugar &amp; beat with a electric beater till light &amp; fluffy. Add one egg at a time &amp; beat. Add apple puree &amp; again mix well.</li> <li>3. Select menu &amp; press start.</li> <li>4. Softly mix all the dry mixture to the beaten butter &amp; sugar mixture with a wooden spoon. Do not over mix.</li> <li>5. Pour 2 tbsp batter (for each muffin) in the greased muffin tray. When beeps, keep the low rack &amp; metal tray and press start. Give standing time of 5 minutes.</li> </ol>	For	0.4 kg	Maida	1 cup	Apple (peeled & pureed)	½ cup	Powdered sugar	½ cup	Brown sugar	½ cup	Butter (softened)	50 g	Cinnamon powder, Clove powder	A pinch (each)	Nutmeg powder		Eggs	2 nos.	Chopped almonds	2 tbsp	Baking powder	½ tsp
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bA17 Eggless Chocolate Cake®	0.5 kg	Metal cake tin & Low rack**	<table border="1"> <tr><td>For</td><td>0.5 kg</td></tr> <tr><td>Maida</td><td>125 g</td></tr> <tr><td>Coco powder</td><td>2 tbsp</td></tr> <tr><td>Baking powder</td><td>1 tsp</td></tr> <tr><td>Soda bi carb</td><td>½ tsp</td></tr> <tr><td>Milkmaid</td><td>200 mL</td></tr> <tr><td>Water</td><td>100 mL</td></tr> <tr><td>Butter (melted)</td><td>60 mL</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Select menu &amp; press start for pre-heating.</li> <li>2. Meanwhile, prepare the cake batter - sieve the maida, coco powder, baking powder, soda bi carb together.</li> <li>3. In another bowl add milkmaid, water &amp; melted butter. Beat well. Mix all the ingredients together and beat the cake batter well. Pour the batter in cake tin lined with greased butter paper.</li> <li>4. When beeps (pre-heat over), keep the cake tin on low rack &amp; keep in microwave oven. Press start. Allow the cake to cool properly &amp; then serve.</li> </ol>	For	0.5 kg	Maida	125 g	Coco powder	2 tbsp	Baking powder	1 tsp	Soda bi carb	½ tsp	Milkmaid	200 mL	Water	100 mL	Butter (melted)	60 mL						
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\*Do not put anything in the oven during the Preheat mode

\* Refer Page 122, Fig. 1

\*\* Refer Page 122, Fig. 4

Menu	Weight Limit	Utensil	Instructions																		
bA18	Cheese Straw <sup>a</sup>	0.2 kg	<p>Multicook tawa &amp; Low rack*</p> <table border="1"> <tr><td>For</td><td>0.2 kg</td></tr> <tr><td>Maida</td><td>100 g</td></tr> <tr><td>Grated cheese</td><td>25 g</td></tr> <tr><td>Butter</td><td>50 g</td></tr> <tr><td>Cold water</td><td>As required</td></tr> <tr><td>Pepper powder</td><td>1/4 tsp</td></tr> <tr><td>Baking powder</td><td>1/8 tsp</td></tr> <tr><td>Chilli powder</td><td>1/2 tsp</td></tr> <tr><td>Salt</td><td>1/4 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Sieve maida, baking powder, chilli powder and pepper powder. In a bowl add maida and butter and cheese and rub it with fingertips till it resembles breadcrumbs. Add little cold water to make a soft dough. Roll it in to ½ cm thick roti and cut thin strips. Twist them and put in the metal cake tin.</li> <li>2. Select menu &amp; press start. (Preheat process).</li> <li>3. When beeps, put the tawa on low rack. Press start to bake. Remove when it gives a beep.</li> </ol>	For	0.2 kg	Maida	100 g	Grated cheese	25 g	Butter	50 g	Cold water	As required	Pepper powder	1/4 tsp	Baking powder	1/8 tsp	Chilli powder	1/2 tsp	Salt	1/4 tsp
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Chilli powder	1/2 tsp																				
Salt	1/4 tsp																				
bA19	Vanilla Cake <sup>a</sup>	0.4 kg	<p>Metal Cake Tin &amp; Low Rack*</p> <table border="1"> <tr><td>For</td><td>0.4 kg</td></tr> <tr><td>Maida</td><td>100 g</td></tr> <tr><td>Powdered Sugar</td><td>75 g</td></tr> <tr><td>Butter</td><td>75 g</td></tr> <tr><td>Eggs</td><td>1 no.</td></tr> <tr><td>Baking Powder</td><td>1 tsp</td></tr> <tr><td>Vanilla essence</td><td>1 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>2. Select menu &amp; press start. (Preheat process)</li> <li>3. When beeps, keep the cake tin on low rack &amp; press start.</li> </ol>	For	0.4 kg	Maida	100 g	Powdered Sugar	75 g	Butter	75 g	Eggs	1 no.	Baking Powder	1 tsp	Vanilla essence	1 tsp				
For	0.4 kg																				
Maida	100 g																				
Powdered Sugar	75 g																				
Butter	75 g																				
Eggs	1 no.																				
Baking Powder	1 tsp																				
Vanilla essence	1 tsp																				
bA20	Chocolate <sup>a</sup> cookies	0.3 kg	<p>Multicook tawa &amp; Low rack*</p> <table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Maida</td><td>200 g</td></tr> <tr><td>Powdered sugar</td><td>100 g</td></tr> <tr><td>Butter</td><td>75 g</td></tr> <tr><td>Baking powder</td><td>A pinch</td></tr> <tr><td>Cocoa powder</td><td>2-3 tbsp</td></tr> <tr><td>Vanilla essence</td><td>1/4 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Sieve maida, cocoa powder &amp; baking powder together. In a bowl cream butter &amp; sugar together.</li> <li>2. Add maida to the creamed butter &amp; sugar. Add vanilla essence.</li> <li>3. Mix well to make a soft dough.</li> <li>4. Roll out the dough on rolling board &amp; cut with a cookie cutter.</li> <li>5. Select the menu &amp; press start. (Preheat process)</li> <li>6. When beeps, place the cookies on tawa &amp; place the tawa on low rack.. Press start.</li> </ol>	For	0.3 kg	Maida	200 g	Powdered sugar	100 g	Butter	75 g	Baking powder	A pinch	Cocoa powder	2-3 tbsp	Vanilla essence	1/4 tsp				
For	0.3 kg																				
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<sup>a</sup>Do not put anything in the oven during the Preheat mode

<sup>a</sup>Refer Page 122, Fig. 1

<sup>a</sup>Refer Page 122, Fig. 4

# Indian Roti Basket

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

1. \*Press STOP/CLEAR.



2. Press Indian Roti Basket



The display will show 'br1'

3. Press START/+ 30 seconds for menu confirmation.



4. Turn dial to display 2 Pc.



5. Press START/+ 30 seconds



6. When cooking you can increase or decrease cooking time by turning the dial.



## NOTE

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

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

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

# Indian Roti Basket

Menu	Weight Limit	Utensil	Instructions																						
br1	Naan	2 Pc	<p>Multicook Tawa &amp; Low Rack*</p> <table border="1"> <tr><td>For dough</td><td></td></tr> <tr><td>Refined flour (Maida)</td><td>225 g</td></tr> <tr><td>Curd</td><td>4 tbsp</td></tr> <tr><td>Milk</td><td>100 mL</td></tr> <tr><td>Butter</td><td>1 tbsp</td></tr> <tr><td>Salt</td><td>1/8 tsp</td></tr> <tr><td>Castor sugar</td><td>1 tsp</td></tr> <tr><td>Baking powder</td><td>1/2 tsp</td></tr> <tr><td>Butter (Melted)</td><td>1 tsp</td></tr> <tr><td>Soda-bi-carb</td><td>1/4 tsp</td></tr> <tr><td>Onion seeds</td><td>1 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl sieve the flour, salt, sugar &amp; baking powder. Rub in butter. Mix curd &amp; soda-bi-carb &amp; add to the dough. Mix it well &amp; knead a soft dough adding the milk &amp; water (if required). After making the dough add melted butter &amp; knead the dough again. Keep the dough covered in a warm place for about 1-2 hours to ferment properly.</li> <li>2. Keep the tawa on low rack &amp; keep inside the microwave. select menu &amp; press start.</li> <li>3. Divide the dough into 10 equal portions/balls. (approx. of 40 g each). Roll out each portion in an oblong shape. Brush with melted butter &amp; sprinkle onion seeds on the top.</li> <li>4. When beeps, keep 2 rolled out naan on the tawa &amp; press start.</li> <li>5. Serve hot with gravy curry for your choice.</li> </ol> <p>Note: Grease the surface with little oil to prevent the naan from sticking while rolling.</p>	For dough		Refined flour (Maida)	225 g	Curd	4 tbsp	Milk	100 mL	Butter	1 tbsp	Salt	1/8 tsp	Castor sugar	1 tsp	Baking powder	1/2 tsp	Butter (Melted)	1 tsp	Soda-bi-carb	1/4 tsp	Onion seeds	1 tsp
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br2	Lechha Parantha	2 Pc	<p>Multicook Tawa &amp; High rack*</p> <table border="1"> <tr><td>For</td><td>Dough</td></tr> <tr><td>Whole wheat flour</td><td>2 cups</td></tr> <tr><td>Salt</td><td>1/2 tsp</td></tr> <tr><td>Ghee</td><td>2 Tbsp</td></tr> <tr><td>Milk</td><td>1/2 cup</td></tr> <tr><td>Water</td><td>1/2 cup</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk &amp; then water &amp; knead a soft dough.</li> <li>2. Keep tawa on low rack, keep inside the microwave. select category &amp; press start.</li> <li>3. Divide the dough into 11-12 equal portion (approx of 35-40 gms). Roll out each portion to a diameter of 5" spread 1/2 tsp ghee/oil all over &amp; dust some dry flour. Fold to half &amp; again repeat the same procedure. So that you get a long strip (like a fan).</li> <li>4. Apply few drops of ghee on the strip. again roll the strip to form a ball. Roll out the ball to 4" diameter for laccha parantha.</li> <li>5. When beeps, keep 2 rolled out laccha paranthas on tawa &amp; press start.</li> <li>6. When beeps, turn the paranthas &amp; again press start. Make all laccha paranthas following the same procedure.</li> <li>7. Apply some ghee on top (optional) &amp; crush the paratha slightly to open up the layers. Serve hot with gravy/curry of your choice. Wrap in foil &amp; store.</li> </ol>	For	Dough	Whole wheat flour	2 cups	Salt	1/2 tsp	Ghee	2 Tbsp	Milk	1/2 cup	Water	1/2 cup										
For	Dough																								
Whole wheat flour	2 cups																								
Salt	1/2 tsp																								
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Milk	1/2 cup																								
Water	1/2 cup																								

\*Refer Page 122, Fig. 1

\*Refer Page 122, Fig. 2

# Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																																											
br3	Appam	1 Pc	Multicook Tawa & High Rack*	<table border="1"> <tr> <td>For</td><td></td><td>Batter</td></tr> <tr> <td>Rice (soaked for 5-6 hours)</td><td>1 cup</td><td></td></tr> <tr> <td>Cooked rice (Boiled)</td><td>½ cup</td><td></td></tr> <tr> <td>Fresh coconut shavings</td><td>2 cups</td><td></td></tr> <tr> <td>Yeast</td><td>¼ tsp</td><td></td></tr> <tr> <td>Coconut water</td><td colspan="2">To dissolve yeast &amp; for diluting the batter</td></tr> <tr> <td>Salt &amp; Sugar</td><td>As per taste</td><td></td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Grind together soaked rice, cooked rice &amp; coconut shaving till get a fine thick paste. Do not add too much water. Instead use coconut water for grinding &amp; diluting. Batter should have a consistency similar to dosa batter or slightly thickened.</li> <li>2. Add the yeast (diluted in 2 tbsp coconut water) &amp; salt &amp; sugar to taste. Allow the batter to ferment at room temperature for atleast 6-8 hours.</li> <li>3. Keep the tawa on high rack, keep inside the microwave. Select category &amp; press start.</li> <li>4. When beeps, pour ½ cup batter (approx 100 ml) on tawa &amp; spread evenly to a circle keep on the rack &amp; press start.</li> <li>5. When beeps, turn the appam carefully without breaking. Press start.</li> <li>6. Serve hot with coconut chutney or veg stew.</li> </ol> <p><b>Note:</b> While pouring the appam batter, try to make a thin size appam. It should not be very thick.</p>	For		Batter	Rice (soaked for 5-6 hours)	1 cup		Cooked rice (Boiled)	½ cup		Fresh coconut shavings	2 cups		Yeast	¼ tsp		Coconut water	To dissolve yeast & for diluting the batter		Salt & Sugar	As per taste																						
For		Batter																																												
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Salt & Sugar	As per taste																																													
br4	Masala Roti	2 Pc	Multicook Tawa & Low Rack*	<table border="1"> <tr> <td>For</td><td></td><td>Dough</td></tr> <tr> <td>Whole wheat flour</td><td>1 cup</td><td></td></tr> <tr> <td>Besan</td><td>3/4 cup</td><td></td></tr> <tr> <td>Finely copped onion</td><td>1 no. (medium)</td><td></td></tr> <tr> <td>Finely chopped green chilli</td><td>2 no.</td><td></td></tr> <tr> <td>Black pepper powder</td><td>1 tsp</td><td></td></tr> <tr> <td>Red chilli powder</td><td>1 tsp</td><td></td></tr> <tr> <td>Garam Masala</td><td>½ tsp</td><td></td></tr> <tr> <td>Ghee</td><td>1 tbsp</td><td></td></tr> <tr> <td>Salt</td><td>As per taste</td><td></td></tr> <tr> <td>Fresh Curd</td><td>¼ cup</td><td></td></tr> <tr> <td>Water (to knead dough)</td><td>¼ cup</td><td></td></tr> <tr> <td>Oil</td><td>½ tsp</td><td></td></tr> <tr> <td>Coriander leaves (Chopped)</td><td>2 tbsp</td><td></td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl combine whole wheat flour, besan, chopped onion, chopped green chillies, coriander leaves &amp; all the spices. Rub in ghee &amp; curds. Mix well &amp; knead soft dough adding the water. Knead the dough again after adding oil. Keep the dough covered for 5-10 minutes.</li> <li>2. Keep the tawa on low rack. Keep inside the microwave Select category &amp; press start.</li> <li>3. Divide the dough into 7 equal portions (approx of 40gm each). Roll out each portion into oval length of 15 cm. Use little dry flour while rolling the roti to prevent it from sticking to surface.</li> <li>4. When beeps keep 2 rolled out roties on tawa &amp; press start.</li> <li>5. When beeps, turn &amp; again press start. Make all the roties following the same procedure.</li> <li>6. Serve hot with pickle or curd. Wrap in foil &amp; store.</li> </ol>	For		Dough	Whole wheat flour	1 cup		Besan	3/4 cup		Finely copped onion	1 no. (medium)		Finely chopped green chilli	2 no.		Black pepper powder	1 tsp		Red chilli powder	1 tsp		Garam Masala	½ tsp		Ghee	1 tbsp		Salt	As per taste		Fresh Curd	¼ cup		Water (to knead dough)	¼ cup		Oil	½ tsp		Coriander leaves (Chopped)	2 tbsp	
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\*Refer Page 122, Fig. 2

\*Refer Page 122, Fig. 1

# Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																																			
br5	Missi Roti	2 Pc	Multicook Tawa & low rack #	<table border="1"> <tr> <td>For</td><td>Dough</td></tr> <tr> <td>Wheat flour</td><td>1½ cups</td></tr> <tr> <td>Besan</td><td>1½ cups</td></tr> <tr> <td>Oil</td><td>4 Tbsp</td></tr> <tr> <td>Kasuri methi, Red Chilli powder, Salt</td><td>As per taste</td></tr> <tr> <td>Water (for dough kneading)</td><td>50 ml</td></tr> <tr> <td>Curd</td><td>½ cup</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl add all the ingredients of the dough &amp; knead it by rubbing in the oil in the flour &amp; slowly adding water to make a soft dough.</li> <li>2. Divide the dough into, 11 equal portions (each approx 40g) grease the surface on which roti will be rolled with little oil. Take the dough &amp; roll out the roti into 15 cm oval length.</li> <li>3. Keep the tawa on low rack &amp; put few drops of oil &amp; spread. Select category &amp; keep the tawa &amp; low rack inside the microwave &amp; press start.</li> <li>4. When beeps, keep the rolled out missi roties on the tawa &amp; press start.</li> <li>5. When beeps, add ¼ tsp oil on the roties &amp; turn over. Press start. Wrap in foil &amp; store.</li> </ol>	For	Dough	Wheat flour	1½ cups	Besan	1½ cups	Oil	4 Tbsp	Kasuri methi, Red Chilli powder, Salt	As per taste	Water (for dough kneading)	50 ml	Curd	½ cup																				
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br6	Stuffed Naan	2 Pc	Multicook Tawa & High Rack*	<table border="1"> <tr> <td>For</td><td>Dough</td></tr> <tr> <td>Refined flour (maida)</td><td>225 g</td></tr> <tr> <td>Curd</td><td>4 tbsp</td></tr> <tr> <td>Milk</td><td>100 ml</td></tr> <tr> <td>Butter</td><td>1 tbsp</td></tr> <tr> <td>Salt</td><td>1/8 tsp</td></tr> <tr> <td>Castor Sugar</td><td>1 tsp</td></tr> <tr> <td>Baking powder</td><td>½ tsp</td></tr> <tr> <td>Butter (melted)</td><td>1 tsp</td></tr> <tr> <td>Soda-bi-carb</td><td>¼ tsp</td></tr> <tr> <td>Onion seeds</td><td>1 tsp</td></tr> <tr> <td><b>For filling</b></td><td></td></tr> <tr> <td>Grated Paneer</td><td>150 g</td></tr> <tr> <td>Chopped onions</td><td>1 no (medium)</td></tr> <tr> <td>Chopped green chili</td><td>2 nos.</td></tr> <tr> <td>Coriander leaves (Chopped)</td><td>A few sprigs</td></tr> <tr> <td>Red Chili powder, salt, garam masala, anardana powder</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl add all the ingredients mentioned for filling &amp; mix well &amp; prepare the stuffing for naan.</li> <li>2. In another bowl sieve the flour, salt, sugar &amp; baking powder. Rub in butter. Mix curd &amp; soda-bi carb &amp; add to the dough. Mix well &amp; knead &amp; soft dough adding the milk &amp; water (if required). Add melted butter &amp; again knead the dough. Keep the dough covered in a warm place of about 1-2 hours to ferment properly.</li> <li>3. Keep the tawa on low rack. Keep inside the microwave. Select category &amp; press start.</li> <li>4. Divide the dough into 10-11 equal portions (approx 35 gm each) Roll out a portion &amp; put 2 tbsp stuffing &amp; fold from all sides &amp; again make a ball. Roll out again to an oblong shape. Brush the top with melted butter &amp; sprinkle onion seeds.</li> <li>5. When beeps, keep 2 rolled out naans on tawa &amp; press start.</li> <li>6. Make all other naans following the same procedure. Serve hot with the gravy/curry of your choice.</li> </ol> <p><b>Note:</b> Grease the surface with little oil to prevent the naan from sticking to the surface while rolling.</p>	For	Dough	Refined flour (maida)	225 g	Curd	4 tbsp	Milk	100 ml	Butter	1 tbsp	Salt	1/8 tsp	Castor Sugar	1 tsp	Baking powder	½ tsp	Butter (melted)	1 tsp	Soda-bi-carb	¼ tsp	Onion seeds	1 tsp	<b>For filling</b>		Grated Paneer	150 g	Chopped onions	1 no (medium)	Chopped green chili	2 nos.	Coriander leaves (Chopped)	A few sprigs	Red Chili powder, salt, garam masala, anardana powder	As per taste
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\*Refer Page 122, Fig. 1

\*Refer Page 122, Fig. 2

# Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																											
br7	Khasta Parantha	2 Pc	Multicook Tawa & High Rack*	<table border="1"> <tr> <td>For</td><td>Dough</td></tr> <tr> <td>Whole wheat flour</td><td>1 1/2 cup</td></tr> <tr> <td>Melted butter</td><td>1/3 cup</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> <tr> <td>Buttermilk</td><td>1/2 cup</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Mix whole wheat flour, melted butter, salt in a bowl.</li> <li>2. Gradually add buttermilk to form a firm dough. Add more buttermilk (if required).</li> <li>3. After kneading lightly on a floured surface, form into a smooth ball.</li> <li>4. Allow the dough to rest for 20 minutes covered. Divide whole dough into 8 equal portion (40gms).</li> <li>5. On a lightly floured surface, roll out each portion into 15cm into oval length.</li> <li>6. Keep the tawa on low rack &amp; select category &amp; keep the tawa inside the microwave &amp; press start.</li> <li>7. When beeps, put 2 parathas on tawa &amp; press start.</li> <li>8. When beeps, smear with 1/2 tsp oil &amp; turn over &amp; press start. Wrap in foil &amp; store.</li> </ol>	For	Dough	Whole wheat flour	1 1/2 cup	Melted butter	1/3 cup	Salt	As per taste	Buttermilk	1/2 cup																
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Whole wheat flour	1 1/2 cup																													
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br8	Pudina Parantha	2 Pc	Multicook Tawa & Low Rack*	<table border="1"> <tr> <td>For</td><td>Dough</td></tr> <tr> <td>Whole wheat flour</td><td>1 cup</td></tr> <tr> <td>Mint leaves</td><td>1/2 cup</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> <tr> <td>Butter</td><td>2 tbsps</td></tr> <tr> <td>Chaat Masala</td><td>2 tbsps</td></tr> <tr> <td>Oil/ghee</td><td>2 tbsps</td></tr> <tr> <td>Dry pudina powder</td><td>1 tbsps</td></tr> <tr> <td>Water</td><td>As required to make the dough</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Wash &amp; put dry &amp; chop mint leaves finely.</li> <li>2. In a bowl combine wheat flour, mint leaves, salt, butter, chaat masala, gradually add water &amp; knead a soft dough. Keep the dough covered for 5-7 minutes.</li> <li>3. Keep the tawa on high rack. Keep inside the microwave Select category &amp; press start.</li> <li>4. Divide the dough into 5-6 equal sized portions. Roll out each dough into 15cm oval length. Spread 1/2 tsp oil/ghee all over &amp; dust with some dry pudina powder, fold the rolled out chapati like a fan &amp; again make a ball &amp; again roll out the ball to a measure of 5" diameter.</li> <li>5. When beeps keep 2 rolled out parathas on tawa &amp; press start.</li> <li>6. When beeps apply 1/4 tsp ghee/oil on parathas &amp; turn &amp; again press start. Make all the parathas with the similar procedure.</li> <li>7. Serve them hot with curd or pickle. Wrap in foil &amp; store.</li> </ol>	For	Dough	Whole wheat flour	1 cup	Mint leaves	1/2 cup	Salt	As per taste	Butter	2 tbsps	Chaat Masala	2 tbsps	Oil/ghee	2 tbsps	Dry pudina powder	1 tbsps	Water	As required to make the dough								
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br9	Rajma Parantha	2 Pc	Multicook Tawa & High rack*	<table border="1"> <tr> <td>For</td><td>Dough</td></tr> <tr> <td>Boiled Rajma</td><td>1/3 cup</td></tr> <tr> <td>Whole Wheat flour (atta)</td><td>1 cup</td></tr> <tr> <td>Soyabean flour</td><td>2 Tbsp</td></tr> <tr> <td>Chopped green chillies</td><td>3-4 nos.</td></tr> <tr> <td>Fresh mint leaves</td><td>8-10 nos.</td></tr> <tr> <td>Anardana (Crushed)</td><td>1 tsp</td></tr> <tr> <td>Red Chilli Powder</td><td>1 tsp</td></tr> <tr> <td>Tomato Puree</td><td>2 lbsps.</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> <tr> <td>Oil</td><td>2 tbsps</td></tr> <tr> <td>Coriander leaves (Chopped)</td><td>2 tbsps</td></tr> <tr> <td>Water</td><td>To knead to dough</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl combine wheat flour boiled &amp; mashed rajma, soyabean flour, tomato puree, chopped green chilli, coriander leaves, freshly crushed mint leaves, Anardana, oil, red chilli powder, salt. Mix &amp; gradually add water &amp; knead a soft dough.</li> <li>2. Keep the tawa on high rack. Keep inside the microwave. Select category &amp; press start.</li> <li>3. Divide the dough into 6-7 equal sized portions (approx of 40gms). Roll out each dough into 15cm oval length.</li> <li>4. When beeps keep 2 rolled out parathas on tawa &amp; press start.</li> <li>5. When beeps, turn the parathas. Press start. Make all the parathas with the similar procedure.</li> <li>6. Serve them hot with curd or pickle. Wrap in foil &amp; store.</li> </ol>	For	Dough	Boiled Rajma	1/3 cup	Whole Wheat flour (atta)	1 cup	Soyabean flour	2 Tbsp	Chopped green chillies	3-4 nos.	Fresh mint leaves	8-10 nos.	Anardana (Crushed)	1 tsp	Red Chilli Powder	1 tsp	Tomato Puree	2 lbsps.	Salt	As per taste	Oil	2 tbsps	Coriander leaves (Chopped)	2 tbsps	Water	To knead to dough
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\*Refer Page 122, Fig. 2

#Refer Page 122, Fig. 1

# Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																							
br10	Paneer Parantha	2 Pc	Multicook Tawa & High Rack*	<table border="1"> <tr><td>For</td><td>Dough</td></tr> <tr><td>Whole wheat flour (atta)</td><td>2 cups</td></tr> <tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> <tr><td>For stuffing</td><td></td></tr> <tr><td>Grated paneer</td><td>2 cups</td></tr> <tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Salt, red chilli powder, garam masala</td><td>As per taste</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl take whole wheat flour, salt &amp; 1 tbsp desi ghee. Rub with hands. gradually add water &amp; knead soft dough. Add 1 tsp desi ghee &amp; knead again. Cover with a muslin cloth &amp; leave for some time.</li> <li>2. In another bowl take all the ingredients of stuffing &amp; mix well.</li> <li>3. Grease the multicook tawa with ¼ tsp ghee &amp; keep on high rack. Keep the high rack &amp; tawa inside the microwave. Select category and press start.</li> <li>4. Take 35gm dough (approx.) &amp; make round ball. Grease the surface with little ghee. Roll out the ball a little &amp; put 1 tbsp stuffing &amp; seal it carefully &amp; roll it again slightly into 15cm oval length.</li> <li>5. When beeps, keep 2 rolled out paranthas on preheated tawa &amp; high rack &amp; keep inside the microwave and press start.</li> <li>6. When beeps, apply ¼ tsp ghee on top of paranthas &amp; turn and press start. Serve the paneer paranthas hot with fresh curd.</li> </ol>	For	Dough	Whole wheat flour (atta)	2 cups	Desi ghee	1 tbsp + 1 tsp	Salt	A pinch	Water (to knead dough)	1 cup (200 ml)	For stuffing		Grated paneer	2 cups	Chopped green chilli (deseeded)	3 nos.	Chopped coriander leaves	2 tbsp	Salt, red chilli powder, garam masala	As per taste	Anardana powder	1 tsp
For	Dough																									
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br11	Kulche	2 Pc	Multicook Tawa & Low Rack*	<table border="1"> <tr><td>For</td><td>Dough</td></tr> <tr><td>Maida</td><td>1 cup</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Fresh cream</td><td>2 tbsp</td></tr> <tr><td>Lukewarm water</td><td>50 ml</td></tr> <tr><td>Sugar</td><td>1 tbsp</td></tr> <tr><td>Dry yeast</td><td>1 tsp</td></tr> <tr><td>Oil</td><td>½ tsp</td></tr> <tr><td>Kalonji (onion seeds)</td><td>As required</td></tr> <tr><td>Coriander leaves</td><td>As required</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a cup/bowl take 50 ml lukewarm water &amp; add sugar. Stir well. Add dry yeast &amp; stir again to dissolve. Keep aside for at least 5-7 minutes.</li> <li>2. In a bowl take maida, salt &amp; fresh cream. Mix well with hands. Add the yeast water &amp; knead a firm dough. Pour ½ tsp oil &amp; knead again.</li> <li>3. Divide the dough into 4 equal portions (approx. 60 gm each). Make balls &amp; apply butter on top &amp; sprinkle kalonji (onion seeds) &amp; fresh coriander leaves on top. Press with fingers &amp; dust with maida &amp; roll out each ball into 15cm oval length. Keep the rolled dough on dusted multi cook tawa. Keep them covered in dark &amp; warm place for at least 30 minutes.</li> <li>4. Select category &amp; press start. (Pre-heat process)</li> <li>5. When beeps, keep tawa with rolled doughs &amp; press start.</li> <li>6. Apply butter on top of kulchas or roast them a little &amp; serve them hot with chhole.</li> </ol>	For	Dough	Maida	1 cup	Salt	A pinch	Fresh cream	2 tbsp	Lukewarm water	50 ml	Sugar	1 tbsp	Dry yeast	1 tsp	Oil	½ tsp	Kalonji (onion seeds)	As required	Coriander leaves	As required		
For	Dough																									
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Coriander leaves	As required																									
br12	Daal Parantha	2 Pcs	Multi cook Tawa + High rack*	<table border="1"> <tr><td>For Dough</td><td></td></tr> <tr><td>Boiled Daal/Left over daal</td><td>1/3rd cup</td></tr> <tr><td>Whole wheat flour(atta)</td><td>1 cup</td></tr> <tr><td>Chopped green chillies</td><td>3 to 4 no.</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> <tr><td>Red chilli powder</td><td>1 tsp</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> <tr><td>Oil</td><td>2 tsp</td></tr> <tr><td>Coriander leaves</td><td>Copped</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl, combine wheat flour, daal, chopped green chilli, coriander leaves, anardana powder, oil, red chilli powder, salt. Mix and gradually, add water and knead a dough.</li> <li>2. Keep tawa on high rack. Keep inside microwave. Select menu &amp; press start.</li> <li>3. Divide dough into 6 to 7 equal size portions(approximate 35 to 40 gm). Rollout each dough into oval shape of length 15cm length.</li> <li>4. When beeps keep to rolled out paranthas on tawa &amp; press start.</li> <li>5. When beeps turn paranthas. Press start. Make all the paranthas same procedure.</li> <li>6. Serve them hot with curd or pickle. Wrap in foil &amp; store.</li> </ol>	For Dough		Boiled Daal/Left over daal	1/3rd cup	Whole wheat flour(atta)	1 cup	Chopped green chillies	3 to 4 no.	Anardana powder	1 tsp	Red chilli powder	1 tsp	Salt	As per taste	Oil	2 tsp	Coriander leaves	Copped	Water	To knead dough		
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\*Refer Page 122, Fig. 1

\*Refer Page 122, Fig. 2

# Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																					
br13	Aloo Parantha	2 Pcs	Multi cook Tawa + High rack*	<p><b>For Dough</b></p> <table> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> </table> <p><b>For Stuffing</b></p> <table> <tr><td>Boiled &amp; mashed potato</td><td>2 cups</td></tr> <tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Salt, Red chili powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl, take whole wheat flour, salt &amp; 1 tbsp desi ghee. Rub with hands. Gradually add water &amp; knead a soft dough. Add 1 tsp desi ghee &amp; knead again. Cover with a muslin cloth &amp; leave for some time.</li> <li>2. In another bowl take all the ingredients of stuffing &amp; mix well.</li> <li>3. Grease the multi cook tawa with 1/4 tsp ghee &amp; keep on high rack. Keep high rack &amp; tawa inside the microwave. Select menu and press start.</li> <li>4. Take 35 g dough (approx.) &amp; make round ball. Grease the surface with little ghee. Roll out the ball a little &amp; put 1 tbsp stuffing &amp; seal it carefully &amp; roll it again slightly to oval shape to 15cm length.</li> <li>5. When beeps keep two rolled out paranthas on tawa &amp; press start.</li> <li>6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.</li> <li>7. Serve them hot with curd or pickle. Wrap in foil &amp; store.</li> </ol>	Whole wheat flour(aata)	2 cups	Desi ghee	1 tbsp + 1 tsp	Salt	A pinch	Water (to knead dough)	1 cup (200 ml)	Boiled & mashed potato	2 cups	Chopped green chilli (deseeded)	3 nos.	Chopped coriander leaves	2 tbsp	Salt, Red chili powder, Garam masala	As per taste	Anardana powder	1 tsp	Water	To knead dough
Whole wheat flour(aata)	2 cups																							
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br14	Palak Parantha	2 Pcs	Multi cook Tawa + High rack*	<p><b>For Dough</b></p> <table> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Palak (boiled)</td><td>250 g</td></tr> <tr><td>Green chilli chopped</td><td>2 nos.</td></tr> <tr><td>Ajwain</td><td>1/4 tsp</td></tr> <tr><td>Hing</td><td>A pinch</td></tr> <tr><td>Salt, Red chili powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Oil/Ghee</td><td>2 tsp</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Take boiled spinach leaves &amp; puree the spinach in a blender.</li> <li>2. In a bowl combine wheat flour, salt, hing, ajwain, spinach puree, red chili powder &amp; garam masala and knead a soft dough. Keep the dough covered for 5 to 7 minutes.</li> <li>3. Grease the multi cook tawa with 1/4 tsp ghee &amp; keep on high rack. Keep high rack &amp; tawa inside the microwave. Select menu and press start. (Pre-heat process)</li> <li>4. Take 35 g dough (approx.) &amp; make round ball. Grease the surface with little ghee. Roll out the ball a little &amp; put 1 tbsp stuffing &amp; seal it carefully &amp; roll it again slightly to oval shape to 15cm length.</li> <li>5. When beeps keep two rolled out paranthas on tawa &amp; press start.</li> <li>6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.</li> <li>7. Serve them hot with curd or pickle. Wrap in foil &amp; store.</li> </ol>	Whole wheat flour(aata)	2 cups	Palak (boiled)	250 g	Green chilli chopped	2 nos.	Ajwain	1/4 tsp	Hing	A pinch	Salt, Red chili powder, Garam masala	As per taste	Oil/Ghee	2 tsp	Water	To knead dough				
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\*Refer Page 122, Fig. 2

# Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																					
br15	Gobhi Parantha	2 Pcs	Multi cook Tawa + High rack*	<p><b>For Dough</b></p> <table> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Desi ghee</td><td>1 1bsp + 1 tsp</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> </table> <p><b>For Stuffing</b></p> <table> <tr><td>Grated Gobhi</td><td>2 cups</td></tr> <tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Salt, Red chili powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl, take whole wheat flour, salt &amp; 1 tbsp desi ghee. Rub with hands. Gradually add water &amp; knead a soft dough. Add 1 tsp desi ghee &amp; knead again. Cover with a muslin cloth &amp; leave for some time.</li> <li>2. In another bowl take all the ingredients of stuffing &amp; mix well.</li> <li>3. Grease the multi cook tawa with 1/4 tsp ghee &amp; keep on high rack. Keep high rack &amp; wawa inside the microwave. Select menu and press start.</li> <li>4. Take 35 g dough (approx.) &amp; make round ball. Grease the surface with little ghee. Roll out the ball a little &amp; put 1 tbsp stuffing &amp; seal it carefully &amp; roll it again slightly to oval shape to 15cm length.</li> <li>5. When beeps, keep two rolled out paranthas on tawa &amp; press start.</li> <li>6. When beeps, turn paranthas. Press start. Make all the paranthas same procedure.</li> <li>7. Serve them hot with curd or pickle. Wrap in foil &amp; store.</li> </ol>	Whole wheat flour(aata)	2 cups	Desi ghee	1 1bsp + 1 tsp	Salt	A pinch	Water (to knead dough)	1 cup (200 ml)	Grated Gobhi	2 cups	Chopped green chilli (deseeded)	3 nos.	Chopped coriander leaves	2 tbsp	Salt, Red chili powder, Garam masala	As per taste	Anardana powder	1 tsp	Water	To knead dough
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br16	Ajwain Parantha	2 Pcs	Multi cook Tawa + High rack*	<p><b>For Dough</b></p> <table> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Ajwain</td><td>2 tsp</td></tr> <tr><td>Salt, Red chili powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Water</td><td>To knead dough</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl combine wheat flour, salt, 1 tsp oil, water to knead a soft dough.</li> <li>2. Keep the tawa on high rack, keep inside microwave. Select menu &amp; press start.</li> <li>3. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over &amp; dust with some ajwain and salt, fold the rolled out chapati like a fan &amp; again make a ball &amp; roll out the ball to a length of 15cm(oval shape).</li> <li>4. When beeps, keep 2 rolled out paranthas on tawa &amp; press start.</li> <li>5. When beeps, apply 1/4 tsp ghee/oil on paranthas &amp; turn &amp; again press start. Make all the paranthas with the same procedure.</li> <li>6. Serve them hot with curd or pickle. Wrap in foil &amp; store.</li> </ol>	Whole wheat flour(aata)	2 cups	Ajwain	2 tsp	Salt, Red chili powder, Garam masala	As per taste	Water	To knead dough												
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Salt, Red chili powder, Garam masala	As per taste																							
Water	To knead dough																							
br17	Pyaaz Parantha	2 Pcs	Multi cook Tawa + High rack*	<p><b>For Dough</b></p> <table> <tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr><td>Desi ghee</td><td>1 1bsp + 1 tsp</td></tr> <tr><td>Salt</td><td>A pinch</td></tr> <tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> </table> <p><b>For Stuffing</b></p> <table> <tr><td>Grated Pyaaz</td><td>2 cups</td></tr> <tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr> <tr><td>Salt, Red chili powder, Garam masala</td><td>As per taste</td></tr> <tr><td>Anardana powder</td><td>1 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl, take whole wheat flour, salt &amp; 1 tbsp desi ghee. Rub with hands. Gradually add water &amp; knead a soft dough. Add 1 tsp desi ghee &amp; knead again. Cover with a muslin cloth &amp; leave for some time.</li> <li>2. In another bowl take all the ingredients of stuffing &amp; mix well.</li> <li>3. Grease the multi cook tawa with 1/4 tsp ghee &amp; keep on high rack. Keep high rack &amp; tawa inside the microwave. Select menu and press start.</li> <li>4. Take 35 g dough (approx.) &amp; make round ball. Grease the surface with little ghee. Roll out the ball a little &amp; put 1 tbsp stuffing &amp; seal it carefully &amp; roll it again slightly to oval shape to 15cm length.</li> <li>5. When beeps keep two rolled out paranthas on tawa &amp; press start.</li> <li>6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.</li> <li>7. Serve them hot with curd or pickle. Wrap in foil &amp; store.</li> </ol>	Whole wheat flour(aata)	2 cups	Desi ghee	1 1bsp + 1 tsp	Salt	A pinch	Water (to knead dough)	1 cup (200 ml)	Grated Pyaaz	2 cups	Chopped green chilli (deseeded)	3 nos.	Chopped coriander leaves	2 tbsp	Salt, Red chili powder, Garam masala	As per taste	Anardana powder	1 tsp		
Whole wheat flour(aata)	2 cups																							
Desi ghee	1 1bsp + 1 tsp																							
Salt	A pinch																							
Water (to knead dough)	1 cup (200 ml)																							
Grated Pyaaz	2 cups																							
Chopped green chilli (deseeded)	3 nos.																							
Chopped coriander leaves	2 tbsp																							
Salt, Red chili powder, Garam masala	As per taste																							
Anardana powder	1 tsp																							

\*Refer Page 122, Fig. 2

# Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																					
br18	Chatpata Parantha	2 Pcs	Multi cook Tawa + High rack*	<p><b>For Dough</b></p> <table> <tr> <td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr> <td>Amchoor</td><td>1/2 tsp</td></tr> <tr> <td>Chaat Masala</td><td>1 tsp</td></tr> <tr> <td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr> <td>Water</td><td>To knead dough</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl combine wheat flour, salt, amchoor, 1 tsp oil, water to knead a soft dough.</li> <li>2. Keep the tawa on high rack, keep inside microwave. Select menu &amp; press start.</li> <li>3. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over &amp; dust with some chaat masala fold the rolled out chapati like a fan &amp; again make a ball &amp; roll out the ball to a length of 15cm(oval shape).</li> <li>4. When beeps keep 2 rolled out paranthas on tawa &amp; press start.</li> <li>5. When beeps apply 1/4 tsp ghee/oil on paranthas &amp; turn &amp; again press start. Make all the paranthas with the same procedure.</li> <li>6. Serve them hot with curd or pickle. Wrap in foil &amp; store.</li> </ol>	Whole wheat flour(aata)	2 cups	Amchoor	1/2 tsp	Chaat Masala	1 tsp	Salt, Red chilli powder, Garam masala	As per taste	Water	To knead dough										
Whole wheat flour(aata)	2 cups																							
Amchoor	1/2 tsp																							
Chaat Masala	1 tsp																							
Salt, Red chilli powder, Garam masala	As per taste																							
Water	To knead dough																							
br19	Aloo Gobhi Parantha	2 Pcs	Multi cook Tawa + High rack*	<p><b>For Dough</b></p> <table> <tr> <td>Whole wheat flour(aata)</td><td>2 cups</td></tr> <tr> <td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr> <tr> <td>Salt</td><td>A pinch</td></tr> <tr> <td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr> </table> <p><b>For Stuffing</b></p> <table> <tr> <td>Boiled &amp; mashed potato</td><td>1 cup</td></tr> <tr> <td>Boiled &amp; grated gobhi</td><td>1 cup</td></tr> <tr> <td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr> <tr> <td>Chopped coriander leaves</td><td>2 tbsp</td></tr> <tr> <td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> <tr> <td>Anardana powder</td><td>1 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl, take whole wheat flour, salt &amp; 1 tbsp desi ghee. Rub with hands. Gradually add water &amp; knead a soft dough. Add 1 tsp desi ghee &amp; knead again. Cover with a muslin cloth &amp; leave for some time.</li> <li>2. In another bowl take all the ingredients of stuffing &amp; mix well.</li> <li>3. Grease the multi cook tawa with 1/4 tsp ghee &amp; keep on high rack. Keep high rack &amp; tawa inside the microwave. Select menu and press start.</li> <li>4. Take 35 g dough (approx.) &amp; make round ball. Grease the surface with little ghee. Roll out the ball a little &amp; put 1 tbsp stuffing &amp; seal it carefully &amp; roll it again slightly into 15cm oval length.</li> <li>5. When beeps, keep two rolled out paranthas on tawa &amp; press start.</li> <li>6. When beeps, turn parantha. Press start. Make all the paranthas same procedure.</li> <li>7. Serve them hot with curd or pickle. Wrap in foil &amp; store.</li> </ol>	Whole wheat flour(aata)	2 cups	Desi ghee	1 tbsp + 1 tsp	Salt	A pinch	Water (to knead dough)	1 cup (200 ml)	Boiled & mashed potato	1 cup	Boiled & grated gobhi	1 cup	Chopped green chilli (deseeded)	3 nos.	Chopped coriander leaves	2 tbsp	Salt, Red chilli powder, Garam masala	As per taste	Anardana powder	1 tsp
Whole wheat flour(aata)	2 cups																							
Desi ghee	1 tbsp + 1 tsp																							
Salt	A pinch																							
Water (to knead dough)	1 cup (200 ml)																							
Boiled & mashed potato	1 cup																							
Boiled & grated gobhi	1 cup																							
Chopped green chilli (deseeded)	3 nos.																							
Chopped coriander leaves	2 tbsp																							
Salt, Red chilli powder, Garam masala	As per taste																							
Anardana powder	1 tsp																							

\*Refer Page 122, Fig. 2

## Indian Roti Basket

Category	Weight Limit	Utensil	Instructions																		
br20	Methi Parantha	2 Pcs	<p>Multi cook Tawa + High rack*</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2"><b>For Dough</b></td> </tr> <tr> <td>Whole wheat flour(aata)</td> <td>2 cups</td> </tr> <tr> <td>Methi</td> <td>250 g</td> </tr> <tr> <td>Green chilli chopped</td> <td>2 nos.</td> </tr> <tr> <td>Ajwain</td> <td>1/4 tsp</td> </tr> <tr> <td>Hing</td> <td>A pinch</td> </tr> <tr> <td>Salt, Red chili powder, Garam masala</td> <td>As per taste</td> </tr> <tr> <td>Oil/Ghee</td> <td>2 tsp</td> </tr> <tr> <td>Water</td> <td>To knead dough</td> </tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Take Methi leaves &amp; chop them finely.</li> <li>2. In a bowl combine wheat flour, salt, hing, ajwain, Chopped Methi, red chili powder &amp; garam masala and knead a soft dough. Keep the dough covered for 5 to 7 minutes.</li> <li>3. Grease the multi cook tawa with 1/4 tsp ghee &amp; keep on high rack. Keep high rack &amp; tawa inside the microwave. Select menu and press start.</li> <li>4. Take 35 g dough (approx.) &amp; make round ball. Grease the surface with little ghee. Roll out the ball a little &amp; put 1tbsp stuffing &amp; seal it carefully &amp; roll it again slightly to oval shape to 15cm length.</li> <li>5. When beeps, keep two rolled out paranthas on tawa &amp; press start.</li> <li>6. When beeps, turn paranthas. Press start. Make all the paranthas same procedure.</li> <li>7. Serve them hot with curd or pickle. Wrap in foil &amp; store.</li> </ol>	<b>For Dough</b>		Whole wheat flour(aata)	2 cups	Methi	250 g	Green chilli chopped	2 nos.	Ajwain	1/4 tsp	Hing	A pinch	Salt, Red chili powder, Garam masala	As per taste	Oil/Ghee	2 tsp	Water	To knead dough
<b>For Dough</b>																					
Whole wheat flour(aata)	2 cups																				
Methi	250 g																				
Green chilli chopped	2 nos.																				
Ajwain	1/4 tsp																				
Hing	A pinch																				
Salt, Red chili powder, Garam masala	As per taste																				
Oil/Ghee	2 tsp																				
Water	To knead dough																				

\*Refer Page 122, Fig. 2

# Indian Cuisine

In the following example, show you how to cook 0.2 kg of Mix Veg.

1. Press STOP CLEAR.



2. Press Indian Cuisine



3. The display will show "IC1"

4. Press START/+ 30 seconds for menu confirmation.



5. Turn the dial until display shows "0.2 kg"



6. START/+ 30 seconds



7. When cooking you can increase or decrease cooking time by turning the dial.



## NOTE

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

\* Note : If display is blank, press Stop/Clear.

If display shows ":", do not press Stop/Clear, go directly to step 2.

# Indian Cuisine

Menu		Weight Limit	Utensil	Instructions					
IC1	Mix Veg	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For Mix Veg. (Carrot, Cauliflower, peas, beans, tomato) Oil Onion (chopped) Tomato (chopped) Salt, Cumin powder, Garam masala, Red chilli powder, Coriander	0.1 kg 100 g 1/4 tbsp 1/4 cup 1/4 tbsp 1 cup	0.2 kg 200 g 1 tbsp 1 cup 1 cup	0.3 kg 300 g 1 1/2 tbsp 1 1/2 cup 1 1/2 cups	0.4 kg 400 g 2 tbsp 2 cup 1 1/2 cups	0.5 kg 500 g 2 tbsp 2 cup 1 1/2 cups
									As per taste
				<b>Method :</b>	1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select menu & weight and press start. 2. When beeps, remove & mix well. Add vegetable & some water. Cover & press start. 3. When beeps, mix well. Cover & press start. Garnish with coriander leaves.				
IC2	Kadhai Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	Paneer Capsicum & Onion (sliced) Sliced tomato Onion Paste Tomato Puree Ginger-Garlic Paste, Salt Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala Butter Fresh Cream Oil	0.1 kg 1/4 cup 1/4 no. 3 tbsp 2 tbsp As per taste As per taste 1 1/2 tbsp 1 tbsp 1/2 tbsp	0.2 kg 1 cup 1 no. 4 tbsp 3 tbsp	0.3 kg 1 1/2 cup 1 1/2 no. 5 tbsp 4 tbsp	0.4 kg 2 cup 2 no. 6 tbsp 4 1/2 tbsp	0.5 kg 2 1/2 cup 2 1/2 no. 6 1/2 tbsp 5 tbsp As per taste As per taste 4 tbsp 5 tbsp 2 1/2 tbsp 3 tbsp
				<b>Method :</b>	1. In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum, tomato & onion. Mix well, cover. Select menu & weight and press start. 2. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt and paneer cubes, mix well and press start, garnish with hara dhania and serve hot.				
IC3	Dal Tadka	0.2 kg	Microwave safe (MWS) bowl	For Dal (soaked for 2 hours) Water Oil Rai, Roasted jeera, Kasuri methi, Dhania powder, Hara dhania, Hing, Haldi, Green chilli Salt	0.2 kg 200 g 400 mL 2 tbsp As per taste As per taste				
				<b>Method :</b>	1. Take dal in MWS bowl, add water, haldi and hing. 2. Select menu press start to cook. 3. When beeps, take another bowl add oil, roasted jeera, green chilli, curry leaves, add dal, salt, dhania powder, hara dhania, kasuri methi (optional), water (if required). Press start. 4. When beeps, mix well & again press start.				

# Indian Cuisine

Menu	Weight Limit	Utensil	Instructions																																																						
IC4	Sambhar	0.2 kg	<p>Microwave safe (MWS) bowl</p> <table border="1"> <tr> <td>For</td><td>0.2 kg</td></tr> <tr> <td>Arhar Dal (Soaked for 2 hrs)</td><td>200 g</td></tr> <tr> <td>Oil</td><td>2 tbsp</td></tr> <tr> <td>Onion chopped</td><td>1 medium</td></tr> <tr> <td>Tomato chopped</td><td>1 medium</td></tr> <tr> <td>Mixed Vegetables chopped - Drumsticks, Ghiya, Brinjals, Red pumpkin</td><td>1 cup</td></tr> <tr> <td>Boiled water</td><td>400 mL</td></tr> <tr> <td>Imli pulp, Green chilli, Sambhar masala, Salt, Gud, Curry leaves</td><td>As per taste</td></tr> <tr> <td>Dhania, Red chilli powder, Rai, Hing</td><td></td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Soak dal for 2 hours. In MWS Bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select menu and press start.</li> <li>2. When beeps, in another MWS Bowl take oil, add rai, hing, curry leaves, dhania, red chili powder. Press start.</li> <li>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 mins. Garnish with coconut and hara dhania and serve with idli.</li> </ol>	For	0.2 kg	Arhar Dal (Soaked for 2 hrs)	200 g	Oil	2 tbsp	Onion chopped	1 medium	Tomato chopped	1 medium	Mixed Vegetables chopped - Drumsticks, Ghiya, Brinjals, Red pumpkin	1 cup	Boiled water	400 mL	Imli pulp, Green chilli, Sambhar masala, Salt, Gud, Curry leaves	As per taste	Dhania, Red chilli powder, Rai, Hing																																					
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Imli pulp, Green chilli, Sambhar masala, Salt, Gud, Curry leaves	As per taste																																																								
Dhania, Red chilli powder, Rai, Hing																																																									
IC5	Dum Aloo	0.1 ~ 0.5 kg	<p>Microwave safe (MWS) bowl</p> <table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Boiled aloo (small)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr> <td>Oil</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td><td>3 1/2 tbsp</td><td>3 1/2 tbsp</td></tr> <tr> <td>Jeera, Pepper seeds, Cloves, Hing</td><td></td><td></td><td></td><td>As required</td><td></td></tr> <tr> <td>Onion paste</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td><td>6 tsp</td></tr> <tr> <td>Ginger &amp; garlic paste</td><td>1 tsp</td><td>1 1/2 tsp</td><td>1 1/2 tsp</td><td>2 tsp</td><td>2 tsp</td></tr> <tr> <td>Tomato puree</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr> <tr> <td>Curd</td><td>1/4 cup</td><td>1 cup</td><td>1 cup</td><td>1 1/4 cups</td><td>1 1/2 cups</td></tr> <tr> <td>Turmeric powder, Red chilli powder, Deghi mirch, Salt, Garam masala, Saunf powder</td><td></td><td></td><td></td><td>As per taste</td><td></td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl add oil, jeera, pepper corns, cloves, hing, onion paste, ginger garlic paste. Mix well.</li> <li>2. Select menu &amp; weight and press start.</li> <li>3. When beeps, mix well &amp; add tomato puree &amp; boiled potatoes. Mix well &amp; cover. Press start.</li> <li>4. When beeps, mix well &amp; add curd &amp; all spices. Cover &amp; press start.</li> <li>5. Allow to stand for 3 minutes.</li> </ol>	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	Boiled aloo (small)	100 g	200 g	300 g	400 g	500 g	Oil	2 tbsp	3 tbsp	3 tbsp	3 1/2 tbsp	3 1/2 tbsp	Jeera, Pepper seeds, Cloves, Hing				As required		Onion paste	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp	Ginger & garlic paste	1 tsp	1 1/2 tsp	1 1/2 tsp	2 tsp	2 tsp	Tomato puree	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp	Curd	1/4 cup	1 cup	1 cup	1 1/4 cups	1 1/2 cups	Turmeric powder, Red chilli powder, Deghi mirch, Salt, Garam masala, Saunf powder				As per taste	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg																																																				
Boiled aloo (small)	100 g	200 g	300 g	400 g	500 g																																																				
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Jeera, Pepper seeds, Cloves, Hing				As required																																																					
Onion paste	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp																																																				
Ginger & garlic paste	1 tsp	1 1/2 tsp	1 1/2 tsp	2 tsp	2 tsp																																																				
Tomato puree	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp																																																				
Curd	1/4 cup	1 cup	1 cup	1 1/4 cups	1 1/2 cups																																																				
Turmeric powder, Red chilli powder, Deghi mirch, Salt, Garam masala, Saunf powder				As per taste																																																					
IC6	Baigan Ka Barba	0.3 ~ 0.5 kg	<p>Microwave safe (MWS) bowl</p> <table border="1"> <tr> <td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Baigan (Chopped in big pieces)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>1 1/2 tbsp</td><td>2 cup</td></tr> <tr> <td>Chopped onions</td><td>1 cup</td><td>1 1/2 cup</td><td>500 g</td></tr> <tr> <td>Chopped green chillies</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr> <tr> <td>Chopped ginger</td><td>1 tbsp</td><td>1 1/2 tbsp</td><td>2 tbsp</td></tr> <tr> <td>Chopped tomato</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr> <tr> <td>Tomato puree</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr> <tr> <td>Salt, dhania powder, garam masala, red chilli powder, haldi</td><td></td><td></td><td>As per taste</td></tr> <tr> <td>Chopped coriander leaves</td><td></td><td></td><td>A few sprigs</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl add peeled &amp; chopped baigan. Sprinkle some water. Cover. Select menu and weight and press start.</li> <li>2. When beeps, remove &amp; mash the baigan well.</li> <li>3. In another MWS bowl add oil, chopped onion, green chillies, ginger, tomato, tomato puree, salt, chhola powder, garam masala, red chilli powder, haldi. Mix well. Cover &amp; press start.</li> <li>4. When beeps, mix well. Add the mashed baigan &amp; mix well. Press start. Allow to stand for 3 minutes. Garnish with coriander leaves.</li> </ol>	For	0.3 kg	0.4 kg	0.5 kg	Baigan (Chopped in big pieces)	300 g	400 g	500 g	Oil	1 tbsp	1 1/2 tbsp	2 cup	Chopped onions	1 cup	1 1/2 cup	500 g	Chopped green chillies	3 nos.	4 nos.	5 nos.	Chopped ginger	1 tbsp	1 1/2 tbsp	2 tbsp	Chopped tomato	2 nos.	3 nos.	4 nos.	Tomato puree	4 tbsp	5 tbsp	6 tbsp	Salt, dhania powder, garam masala, red chilli powder, haldi			As per taste	Chopped coriander leaves			A few sprigs														
For	0.3 kg	0.4 kg	0.5 kg																																																						
Baigan (Chopped in big pieces)	300 g	400 g	500 g																																																						
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Salt, dhania powder, garam masala, red chilli powder, haldi			As per taste																																																						
Chopped coriander leaves			A few sprigs																																																						

# Indian Cuisine

Menu		Weight Limit	Utensil	Instructions			
IC7	Kadhi	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For Besan Curd / matha Oil Rai, Cumin seeds Chopped onions Salt, Red chilli powder, Haldi Coriander powder, Amchur Water	0.3 kg 25 g 1/2 cup 1 tbsp As per taste 1 cup As per taste 2 cups	0.4 kg 50 g 1 cup 1 1/2 tbsp 1 1/2 cups 1 1/2 cups As per taste 3 cups	0.5 kg 75 g 1 1/2 cups 2 tbsp 4 cups
				<b>Method :</b>			
				1. In a MWS bowl add oil, rai, jeera, chopped onion. Select menu & weight & press start. 2. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (1/2 the amount mentioned per weight). Mix & press start. 3. When beeps, mix & add remaining water & press start. Pour tempering & serve.			
IC8	Baati <sup>#</sup>	0.4 kg	Multicook Tawa & Low Rack <sup>*</sup>	For Wheat flour Suje Melted ghee Jeera Ajwain Baking powder Salt Haldi	0.4 kg 200 g 50 g 75 mL (5 tbsp) 1/4 tsp 1/4 tsp 1/4 tsp As per taste As required		
				<b>Method :</b>			
				1. In a bowl mix all the ingredients, but ghee only 3 tbsp. Knead the dough with little warm water to make it like poori dough. Cover and keep for half an hour. 2. Make medium sized balls of the dough. Keep them on tawa & keep tawa on low rack & keep aside. 3. Select menu & press start. (Preheat process) 4. When beeps, keep the tawa & low rack & press start. 5. When beeps, turn over the baatis. Press start. Dip the baati in melted ghee & serve with dal.			
IC9	Pithla	0.6 kg	Microwave safe(MWS) glass bowl & Microwave safe (MWS) flat glass dish	For Besan Oil Ginger, Garlic, Green chillies (Chopped) Onion, Tomato (chopped) Coriander chopped Water Salt, Turmeric powder, Garam masala, Red chilli powder	0.6 kg 1/2 cup 1 1/2 tbsp 1 tsp each 1 no. each A few sprigs 2 cups (400 mL) As per taste		
				<b>Method :</b>			
				1. In a MWS flat glass dish put besan. Select menu & press start. 2. When beeps, remove & in another MWS glass bowl put oil, chopped ginger, garlic, green chilli, chopped onion & tomato, turmeric powder, garam masala, red chilli powder. Mix well & press start. 3. When beeps, mix besan with masala & add water & salt. Mix well. Keep MWS glass bowl in microwave & press start. 4. Stir well. Garnish with fresh coriander & serve.			

<sup>\*</sup>Do not put any thing in the oven during the Preheat mode

<sup>#</sup> Refer Page 122, Fig. 1

# Indian Cuisine

Menu	Weight Limit	Utensil	Instructions				
IC10	Dalma	0.3 kg	Microwave safe (MWS) bowl	For Dhuli moong dal (soaked for 2 hours) Water Chopped vegetables (Drumsticks, Potato, Raw banana, Pumpkin, Brinjal, Tomato) For tadka Oil Bay leaf, Jeera, Dry chillies, Salt, Haldi Grated coconut Chopped onion	0.3 kg 300 g 600 mL 2 cups 2 tbsp As per taste 4 tbsp 1 no. 		
				<b>Method :</b>	<ol style="list-style-type: none"> <li>1. In a MWS bowl add soaked moong dal, chopped vegetables &amp; water. Mix well. Select menu &amp; press start.</li> <li>2. When beeps, in another MWS bowl add oil, bay leafs, jeera, dry chillies, salt, haldi, grated coconut &amp; chopped onion. Mix well &amp; press start.</li> <li>3. When beeps, mix well add the tadka ingredients to the dal. Mix well &amp; press start.</li> </ol>		
IC11	Bhindi Fry	0.1 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For Bhindi (cut lengthwise) Ajwain Oil Chopped onion Salt, Red chilli powder, Dhanla powder, Garam masala, Haldi	0.1 kg 100 g As per taste 1 tbsp 1/2 cup As per taste 200 g 300 g 2 tbsp 1/2 cup 1 cup 400 g 1 cup		
				<b>Method :</b>	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl add oil, ajwain &amp; chopped onion &amp; mix well. Select menu &amp; weight and press start.</li> <li>2. When beeps, add bhindi, salt, red chilli powder, dhanla powder, garam masala &amp; haldi. Cover &amp; press start.</li> <li>3. When beeps, transfer to multicook tawa. Keep on high rack. Press start. Allow to stand for 3 minutes.</li> </ol>		

\*Refer Page 122, Fig. 2

# Indian Cuisine

Menu	Weight Limit	Utensil	Instructions						
IC12	Panchmel Ki Sabzi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For Chopped vegetables (Gavar ki fali, Chawli, Shimla mirch, Kheera, Gajar)	0.1 kg 100 g	0.2 kg 200 g	0.3 kg 300 g		
				Oil	½ tbsp	1 tbsp	2 tbsp		
				Jeera	½ tsp	1 tsp	1 tsp		
				Onion	½ cup	½ cup	1 cup		
				Ginger & Green chili paste	1 tsp	1½ tsp	2 tsp		
				Coriander powder, Amchur, Haldi & Salt		As per taste			
				<b>Method :</b>					
				1. In a MWS bowl add oil, jeera, onion, ginger & green chili paste. Mix well.					
				2. Select menu & weight and press start.					
				3. When beeps, mix well & add the chopped vegetables & little water. Cover and press start.					
				4. When beeps, mix well & add coriander powder, amchur, haldi & salt. Press start. Allow to stand for 5 minutes.					
IC13	Gujarati Tuvar Dal	0.3 kg	Microwave safe (MWS) bowl	For Tuvar dal / Arhar dal (soaked for 2 hours)	0.3 kg		300 g		
				Water	600 mL				
				Oil	1 tbsp				
				Mustard seeds	½ tsp				
				Jeera	½ tsp				
				Finely chopped ginger	1 tbsp				
				Slit green chillies	3 nos.				
				Curry leaves	A few				
				Chopped tomato	2 nos.				
				Chopped onion	1 no.				
				Hing	A pinch				
				Salt, Turmeric powder, Red chili powder	As per taste				
				Jaggery (Gud)	As per taste				
				<b>Method :</b>					
				1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select menu & press start.					
				2. When beeps, remove the dal.					
				3. In another MWS bowl add oil, mustard seeds, jeera, finely chopped ginger, slit green chillies, curry leaves, chopped onions, red chili powder. Mix well & press start.					
				4. When beeps, remove the bowl & add these ingredients to the dal. Add tomato, jaggery & mix well. Press start. Squeeze lemon juice & serve.					

# Indian Cuisine

Menu	Weight Limit	Utensil	Instructions																																																								
IC14	Butter Chicken	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Chicken (boneless)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr> <td>Ginger garlic paste</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr> <tr> <td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr> <tr> <td>Chopped onions</td><td>1 no.</td><td>1 no.</td><td>2 nos.</td></tr> <tr> <td>Garam masala, Dhania powder, Jeera powder, Kasuri methi, Red chilli powder, Salt</td><td colspan="3">As per taste</td></tr> <tr> <td>Kaju paste</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr> <tr> <td>Fresh cream</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr> <tr> <td>Butter</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td></tr> <tr> <td>Oil</td><td>2 tbsp</td><td>2½ tbsp</td><td>2½ tbsp</td></tr> <tr> <td>Slit green chillies</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr> </table>	For	0.3 kg	0.4 kg	0.5 kg	Chicken (boneless)	300 g	400 g	500 g	Ginger garlic paste	2 tbsp	2½ tbsp	3 tbsp	Tomato puree	½ cup	1 cup	1 cup	Chopped onions	1 no.	1 no.	2 nos.	Garam masala, Dhania powder, Jeera powder, Kasuri methi, Red chilli powder, Salt	As per taste			Kaju paste	2 tbsp	2½ tbsp	3 tbsp	Fresh cream	1 cup	1½ cup	1½ cup	Butter	2 tbsp	3 tbsp	3½ tbsp	Oil	2 tbsp	2½ tbsp	2½ tbsp	Slit green chillies	3 nos.	4 nos.	5 nos.											
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			<ol style="list-style-type: none"> <li>1. In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select menu &amp; weight &amp; press start.</li> <li>2. When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well &amp; cover. Press start.</li> <li>3. When beeps, mix well, add kaju paste, cream &amp; butter. Mix well &amp; cover. Press start.</li> <li>4. Garnish with slit chillies.</li> </ol>																																																								
IC15	Beans Poriyal	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>French beans (cut evenly)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Oil</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td></tr> <tr> <td>Mustard seeds</td><td>½ tsp</td><td>½ tsp</td><td>½ tsp</td></tr> <tr> <td>Urad dal</td><td>¼ tsp</td><td>¼ tsp</td><td>¼ tsp</td></tr> <tr> <td>Grated coconut</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr> <tr> <td>Green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Salt</td><td colspan="3">As per taste</td></tr> </table>	For	0.1 kg	0.2 kg	0.3 kg	French beans (cut evenly)	100 g	200 g	300 g	Oil	1 tsp	1 tsp	2 tsp	Mustard seeds	½ tsp	½ tsp	½ tsp	Urad dal	¼ tsp	¼ tsp	¼ tsp	Grated coconut	2 tbsp	3 tbsp	4 tbsp	Green chillies	1 no.	2 nos.	3 nos.	Salt	As per taste																									
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			<ol style="list-style-type: none"> <li>1. In a MWS bowl add oil, mustard seeds &amp; urad dal. Select menu and weight and press start.</li> <li>2. When beeps, add beans, sprinkle little water &amp; cover. Press start.</li> <li>3. When beeps, mix well &amp; add grated coconut, green chillies &amp; salt. Cover &amp; press start. Allow to stand for 3 minutes.</li> </ol>																																																								
IC16	Goan Potato Curry	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>Boiled potato</td><td>300 g</td><td>400 g</td><td>500 g</td></tr> <tr> <td>Boiled mix veg (Capsicum, Cauliflower, Carrot, Peas)</td><td>100 g</td><td>150 g</td><td>200 g</td></tr> <tr> <td>Chopped onion</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Oil</td><td>½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr> <tr> <td>Mustard seeds</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Grated coconut</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr> <tr> <td>Coconut milk</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr> <tr> <td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr> <tr> <td>Kaju powder</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Salt, Red chilli powder</td><td colspan="3">As per taste</td></tr> <tr> <td>Fresh cream</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr> <tr> <td>Coriander</td><td colspan="3">A few sprigs</td></tr> </table>	For	0.3 kg	0.4 kg	0.5 kg	Boiled potato	300 g	400 g	500 g	Boiled mix veg (Capsicum, Cauliflower, Carrot, Peas)	100 g	150 g	200 g	Chopped onion	1 no.	2 nos.	3 nos.	Oil	½ tbsp	2 tbsp	2 tbsp	Mustard seeds	1 tsp	1½ tsp	2 tsp	Grated coconut	2 tbsp	2½ tbsp	3 tbsp	Coconut milk	1 cup	1½ cup	1½ cup	Tomato puree	½ cup	1 cup	1 cup	Kaju powder	1 tbsp	2 tbsp	3 tbsp	Salt, Red chilli powder	As per taste			Fresh cream	2 tbsp	3 tbsp	4 tbsp	Coriander	A few sprigs					
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			<ol style="list-style-type: none"> <li>1. In a MWS bowl add oil, mustard seeds &amp; chopped onion. Select menu &amp; weight &amp; press start.</li> <li>2. When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder &amp; press start.</li> <li>3. When beeps, mix well &amp; add boiled potato &amp; mix vegetables &amp; fresh cream. Press start. Give standing time of 3 minutes.</li> <li>4. Garnish with chopped coriander leaves &amp; serve.</li> </ol>																																																								

# Indian Cuisine

Menu		Weight Limit	Utensil	Instructions					
IC17	Kashmiri Kaju Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Paneer pieces	100 g	200 g	300 g	400 g	500 g
				Kaju	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp
				Sliced onions	¼ no.	1 nos.	1½ nos.	1½ nos.	1½ nos.
				Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
				Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
				Chilli powder	As per taste				
				Khus Khus paste	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
				Tomato puree	½ cup	1 cup	1½ cup	2 cup	2 cup
				Milk	¼ cup	½ cup	1 cup	1½ cup	1½ cup
				Garam masala & Salt	As per taste				
<b>Method :</b>				<ol style="list-style-type: none"> <li>1. In a MWS bowl add oil, onion slices, chopped ginger &amp; garlic. Select menu &amp; weight and press start.</li> <li>2. When beeps, mix well, add khus khus paste, kaju paste, tomato puree, chilli powder, garam masala &amp; salt and press start.</li> <li>3. When beeps, mix well, add paneer pieces and milk. Press start. Stand for 3 minutes.</li> </ol>					
IC18	Veg Handva*	0.3 kg	Microwave safe (MWS) flat glass dish & Low rack* & High rack*	For	0.3 kg				
				Rice	200 g (1 cup)				
				Urad Dal (Dehusked)	½ cup				
				Boiled vegetables (Potato, Carrots, Peas, Palak)	2 cups				
				Oil	1 tsp				
				Lemon juice	2 tsp				
				Soda bi carb	A pinch				
				Chilli powder, Turmeric powder, Salt	As per taste				
				Ginger & Green chilli paste	1 tsp				
				Mustard seeds	1 tsp				
				Curry leaves	A few sprigs				
				Hing	¼ tsp				
<b>Method :</b>				<ol style="list-style-type: none"> <li>1. Clean, wash &amp; soak the rice &amp; dal together in enough water for at least 4 to 5 hours. Drain &amp; keep aside.</li> <li>2. Blend in a mixer till smooth, add the curds &amp; mix well. Cover &amp; keep aside to ferment overnight.</li> <li>3. After fermentation, add salt, chilli powder, turmeric powder, soda bi carb, ginger &amp; green chilli paste. Mix well.</li> <li>4. In a MWS bowl, add oil, mustard seeds &amp; curry leaves &amp; microwave for 2 minutes and keep aside.</li> <li>5. Add the boiled vegetables to the fermented batter, add the tadka prepared &amp; lemon juice &amp; hing. Mix well all the ingredients.</li> <li>6. Pour the batter in MWS flat glass dish.</li> <li>7. Select menu &amp; weight and press start. (Preheat process)</li> <li>8. When beeps, keep the MWS flat glass dish on low rack &amp; press start.</li> <li>9. When beeps, transfer the MWS flat glass dish to high rack &amp; press start.</li> </ol>					

\*Do not put any thing in the oven during the Preheat mode

\*Refer Page 122, Fig. 6

\*Refer Page 122, Fig. 5

# Indian Cuisine

Menu		Weight Limit	Utensil	Instructions			
IC19	Gatte Ki Sabzi	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For For making gattas Besan Red chilli powder, Haldi, Dhania powder, Salt Water For Sabzi Oil Rai, Jeera Curry leaves Sour curd Red chilli powder, Haldi, Dhaniya powder, Salt Tomato puree	0.3 kg 100 g As per taste As required 1 tbsp 2 tsp A few 1 cup As per taste 1/4 cup	0.4 kg 125 g 150 g 2 tbsp 3 tsp A few 1 cup 1/4 cups 1/2 cup 1 cup	0.5 kg 150 g 2 tbsp 3 tsp 1/4 cups 1 cup
<b>Method :</b>							
1. In a bowl mix besan, red chilli powder, haldi, dhaniya powder, salt. Add water, little oil and make it like a chapati dough. 2. After making the dough break the dough into different pieces and make the rolls out of those pieces. 3. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover. 4. Select menu and weight and press start. 5. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices. 6. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhaniya powder, haldi, salt. Cover & press start. 7. When beeps, add beaten curd, gattas & haldi. Mix well & press start.							
IC20	Aloo Gobhi	0.3-0.5 kg	Microwave safe (MWS) bowl	For Potatoes (cut into pieces) Cauliflower florets Oil Jeera Chopped onion Chopped green chillies Coriander powder, red chilli powder, haldi, salt, garam masala Coriander leaves	0.3 kg 150 g 150 g 1 tbsp 1 tbsp 1/2 cup 1 no	0.4 kg 200 g 200 g 2 tbsp 1 tbsp 1/2 cup 2 nos.	0.5 kg 250 g 250 g 3 tbsp 1 tbsp 1 cup 3 nos. As per taste A few sprigs
<b>Method :</b>							
1. In a MWS bowl add oil, jeera, chopped onion, green chillies, mix well. Select Category & weight & press start. 2. When beeps, mix well and add potatoes (chopped in medium sizes), cauliflower florets, coriander powder, red chilli powder, haldi, salt, garam masala & mix well. Add some water. Cover. Press start. 3. When beeps, mix well & add coriander leaves and cover. Press start. Allow to stand for 15 mins with cover inside the microwave. Garnish with coriander leaves & serve.							

## Indian Cuisine

# Indian Cuisine

Menu	Weight Limit	Utensil	Instructions																																																				
IC24	Egg Curry	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Boiled eggs</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr> <tr> <td>Onions (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr> <tr> <td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Garlic (pods)</td><td>6-7 nos.</td><td>8-10 nos.</td><td>10-12 nos.</td></tr> <tr> <td>Ginger (chopped)</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Tomato puree</td><td>3 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr> <tr> <td>Water</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Green peas (shelled)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Salt, Red chilli powder, Garam masala, Turmeric powder, Dhanla powder</td><td></td><td></td><td>As per taste</td></tr> <tr> <td>Oil</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Coriander leaves</td><td></td><td></td><td>A few sprigs</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Put chopped onions, green chilli, garlic, ginger in a spice blender &amp; make paste adding 1 tbsp water.</li> <li>2. In a MWS bowl take oil &amp; add the paste. Mix well. Select menu &amp; weight and press start.</li> <li>3. When beeps, stir &amp; add tomato puree, peas, water &amp; all the spices. Mix well &amp; press start.</li> <li>4. When beeps, stir &amp; add boiled eggs (each cut into 2), add some water if required. Mix well &amp; press start. Garnish with fresh coriander leaves &amp; serve hot.</li> </ol>	For	0.1 kg	0.2 kg	0.3 kg	Boiled eggs	2 nos.	4 nos.	6 nos.	Onions (chopped)	2 nos.	3 nos.	4 nos.	Green chilli	1 no.	2 nos.	3 nos.	Garlic (pods)	6-7 nos.	8-10 nos.	10-12 nos.	Ginger (chopped)	1 tbsp	1½ tbsp	2 tbsp	Tomato puree	3 tbsp	5 tbsp	6 tbsp	Water	½ cup	1 cup	1½ cup	Green peas (shelled)	¼ cup	½ cup	1 cup	Salt, Red chilli powder, Garam masala, Turmeric powder, Dhanla powder			As per taste	Oil	2 tbsp	3 tbsp	3 tbsp	Coriander leaves			A few sprigs			
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Coriander leaves			A few sprigs																																																				
IC25	Jhinga Matar Curry	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr> <td>Prawns (deveined &amp; cleaned)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr> <tr> <td>Peas (shelled)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr> <tr> <td>Water</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Salt, Red chilli powder, Garam masala</td><td></td><td></td><td>As per taste</td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td><b>For Paste</b></td><td></td><td></td><td></td></tr> <tr> <td>Onions</td><td>1 no.</td><td>2 nos.</td><td>2½ nos.</td></tr> <tr> <td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr> <tr> <td>Coriander powder, Turmeric powder</td><td></td><td></td><td>As per taste</td></tr> <tr> <td>Ginger (chopped)</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Grind all together onions, green chilli, ginger, coriander powder &amp; turmeric powder without adding any water &amp; make a paste.</li> <li>2. In a MWS bowl take oil &amp; paste. Mix well. Select menu &amp; weight and press start.</li> <li>3. When beeps, mix &amp; add shelled peas, prawns, all other spices &amp; water. Mix well &amp; cover and press start.</li> <li>4. When beeps, remove lid &amp; stir well. Press start. Serve hot with steamed rice.</li> </ol>	For	0.2 kg	0.3 kg	0.4 kg	Prawns (deveined & cleaned)	50 g	100 g	150 g	Peas (shelled)	½ cup	1 cup	1 cup	Water	½ cup	½ cup	1 cup	Salt, Red chilli powder, Garam masala			As per taste	Oil	1 tbsp	1½ tbsp	2 tbsp	<b>For Paste</b>				Onions	1 no.	2 nos.	2½ nos.	Green chilli	1 no.	2 nos.	2 nos.	Coriander powder, Turmeric powder			As per taste	Ginger (chopped)	1 tsp	1½ tsp	2 tsp							
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# Indian Cuisine

Menu	Weight Limit	Utensil	Instructions				
IC26	Dum Tangri	0.6 kg	Microwave safe (MWS) glass bowl & High rack	For Chicken legs <b>For Marinade</b> Hung curd Fresh cream Ginger-garlic paste Oil Tandoori chicken masala Kasoori methi Salt, Red chilli powder, Garam masala, pepper <b>For Gravy</b> Fresh tomato paste Onion paste Tomato puree Ginger-garlic paste Oil Fresh coriander leaves (chopped) Salt, Red chilli powder, Garam masala, Dhania powder	0.6 kg 5 nos. 4 tbsp 1 tbsp 1 tsp ½ tbsp 1 tbsp As required As per taste 5 tbsp 5 tbsp 3 tbsp 1 tsp 2 tbsp As required As per taste		
				<b>Method :</b>	1. Pre-prepare the gravy : Add all ingredient of gravy in MWS glass bowl and microwave at 100% for 5 mins. Keep aside. 2. Take chicken legs, wash, clean & pat dry them with kitchen towel. Make cuts on legs with a sharp knife & keep aside. 3. In a bowl take all the ingredients of marinade & mix to a thick paste. Apply the marinade on chicken legs all over & inside the cuts as well. Keep covered inside the refrigerator for at least half an hour. 4. After marination is done, keep the marinated chicken legs on high rack. Keep high rack with chicken legs in the microwave. Select menu & press start. 5. When beeps, turn the chicken legs & 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 paratha.		
IC27	Makki Korma	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For Corns Peas Onion (chopped) Tomato (chopped) Green chilli (chopped) Beaten curd Water (for boiling) Water (for cooking) Salt, Red chilli powder, Turmeric powder, Garam masala Oil	0.1 kg 100 g ½ cup 1 no. 1 no. 1 no. 4 tbsp ½ cup ½ cup As per taste ½ tbsp	0.2 kg 200 g ½ cup 2 nos. 2 nos. 2 nos. 6 tbsp 1 cup ½ cup 1 tbsp 1½ tbsp	0.3 kg 300 g ½ cup 2 nos. 2 nos. 3 nos. 8 tbsp 1 cup 1 cup
				<b>Method :</b>	1. In a MWS glass bowl put corns, peas, water (for boiling) & stir. Select menu & weight and press start. 2. When beeps, remove & strain the corns & peas in a strainer & keep aside. In the same glass bowl add put oil, chopped onion, tomato & green chilli. Mix well & press start. 3. When beeps, add corns & peas, water (for cooking), add all spices, beaten curd & mix well. Press start. Give standing time of 5-10 minutes & serve hot.		

# Indian Cuisine

Menu	Weight Limit	Utensil	Instructions																																				
IC28	Litti*	06 Pc	<p>Multicook Tawa &amp; Low rack*</p> <table> <tbody> <tr><td>For</td><td>Dough</td></tr> <tr><td>Whole wheat flour</td><td>1 cup</td></tr> <tr><td>Curd</td><td>¼ cup</td></tr> <tr><td>Desi ghee</td><td>2 tbsp</td></tr> <tr><td>Ajwain</td><td>1 tsp</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> <tr><td>Baking soda</td><td>A pinch</td></tr> <tr><td>Water (to knead the dough)</td><td>¼ cup</td></tr> <tr><td colspan="2"><b>For Stuffing</b></td></tr> <tr><td>Sattu</td><td>¼ cup</td></tr> <tr><td>Chopped onion</td><td>½ cup</td></tr> <tr><td>Chopped coriander</td><td>¼ cup</td></tr> <tr><td>Chopped green chilli</td><td>1 tbsp</td></tr> <tr><td>Chopped ginger</td><td>1 tsp</td></tr> <tr><td>Mustard oil</td><td>1 tbsp</td></tr> <tr><td>Red chilli pickle masala</td><td>1 tbsp</td></tr> <tr><td>Lemon juice</td><td>1 tsp</td></tr> <tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr> </tbody> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a bowl mix all the ingredients of dough except water &amp; mix well with hands. Now add water &amp; knead a soft dough. Cover &amp; keep aside for 10-15 minutes.</li> <li>2. In another bowl take all the ingredients of stuffing &amp; mix very well. If the stuffing is too dry, then add 1 or 2 cup water (just enough to mix all the ingredients) &amp; mix well. The stuffing should not be wet.</li> <li>3. Divide the dough into 6 equal medium sized balls (approx. 45 g each). Now fill the stuffing (1-2 tbsp) &amp; make round shape balls.</li> <li>4. Keep multicook tawa on low rack &amp; keep tawa and rack aside . Select menu and press start. (Preheat process)</li> <li>5. When beeps, keep the prepared balls on tawa &amp; keep tawa on low rack &amp; press start.</li> <li>6. When beeps, change over the side. Press start. Dip the hot Litti in melted ghee &amp; serve hot with chokha.</li> </ol>	For	Dough	Whole wheat flour	1 cup	Curd	¼ cup	Desi ghee	2 tbsp	Ajwain	1 tsp	Salt	As per taste	Baking soda	A pinch	Water (to knead the dough)	¼ cup	<b>For Stuffing</b>		Sattu	¼ cup	Chopped onion	½ cup	Chopped coriander	¼ cup	Chopped green chilli	1 tbsp	Chopped ginger	1 tsp	Mustard oil	1 tbsp	Red chilli pickle masala	1 tbsp	Lemon juice	1 tsp	Salt, Red chilli powder, Garam masala	As per taste
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IC29	Chokha	0.3 kg	<p>Microwave safe (MWS) glass bowl &amp; Multicook tawa &amp; High rack*</p> <table> <tbody> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Brinjal (peeled &amp; chopped)</td><td>300 g</td></tr> <tr><td>Onion (chopped)</td><td>1 no.</td></tr> <tr><td>Tomato (de-seeded &amp; cut into pieces)</td><td>3 nos.</td></tr> <tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr> <tr><td>Coriander leaves (chopped)</td><td>2 tbsp</td></tr> <tr><td>Ginger (chopped)</td><td>1 tsp</td></tr> <tr><td>Mustard oil</td><td>½ tbsp</td></tr> <tr><td>Salt, Red chilli powder</td><td>As per taste</td></tr> </tbody> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl take peeled &amp; chopped brinjal pieces. Sprinkle some water. Select menu &amp; press start.</li> <li>2. When beeps, remove MWS glass bowl from the microwave. Mash the cooked brinjal with the back of the spoon/fiddle &amp; keep aside.</li> <li>3. Take tomatoes pieces &amp; keep on tawa. Keep tawa &amp; high rack inside the microwave &amp; press start.</li> <li>4. When cooking ends, add grilled tomatoes to the mashed brinjal. Add all the spices, mustard oil, chopped onions &amp; green chilli, coriander leaves &amp; mix very well &amp; mash a little. Serve chokha with freshly made Litti.</li> </ol>	For	0.3 kg	Brinjal (peeled & chopped)	300 g	Onion (chopped)	1 no.	Tomato (de-seeded & cut into pieces)	3 nos.	Green chilli (chopped)	2 nos.	Coriander leaves (chopped)	2 tbsp	Ginger (chopped)	1 tsp	Mustard oil	½ tbsp	Salt, Red chilli powder	As per taste																		
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\*Do not put any thing in the oven during the Preheat mode

\*Refer Page 122, Fig. 1

\*Refer Page 122, Fig. 2

# Indian Cuisine

Menu	Weight Limit	Utensil	Instructions				
IC30	Methi Aloo	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For Methi leaves (chopped) Big size potato (cut in pieces) Tomato (chopped) Oil Green chilli (chopped) Salt, Red chilli powder, Haldi, Garam masala	0.2 kg 2 cups 1 no. 1 no. 1 tbsp 1 no.	0.3 kg 3 cups 2 nos. 2 nos. 1½ tbsp 2 nos.	0.4 kg 4 cups 3 nos. 3 nos. 2 tbsp 2 nos.
							As per taste
				<b>Method :</b>			
				1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select menu & weight and press start. 2. When beeps, mix & add cut potatoes. Sprinkle little water on top. Cover & press start. 3. When beeps, remove cover. Add chopped methi leaves & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.			
IC31	Kaddu Ki Sabzi	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	For Kaddu (cut into pieces) Chopped tomato Chopped green chilli Finely chopped ginger Chopped coriander leaves Oil Salt, Red chilli powder, Garam masala, Amchoor, Turmeric powder	0.2 kg 200 g 1 no. 1 no. ½ tsp 1 tbsp 1 tbsp	0.3 kg 300 g 2 nos. 2 nos. ½ tsp 2 tbsp 1½ tbsp	0.4 kg 400 g 3 nos. 3 nos. 1 tsp 3 tbsp 2 tbsp
							As per taste
				<b>Method :</b>			
				1. In a MWS bowl take kaddu pieces, sprinkle some water & cover. Select menu & weight and press start. 2. When beeps, remove kaddu & keep aside. In another MWS bowl put oil, chopped ginger, green chilli, coriander leaves & chopped tomatoes. Mix well & press start. 3. When beeps, remove & mix well. Add cooked kaddu & all the spices. Mash with the back of laddle / spoon. Press start. Serve hot.			

# Sweet Corner

Menu	Weight Limit	Utensil	Instructions						
SC1	Suji Halwa	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For Suji Ghee (melted) Water Sugar Cashewnuts, Kishmish, Kesar, Elaichi powder	0.1 kg 100 g 2 tbsp 300 mL 100 g	0.2 kg 200 g 3 tbsp 600 mL 200 g	0.3 kg 300 g 4 tbsp 900 mL 300 g		
					As per taste				
				<b>Method :</b>					
				1. In MWS glass bowl take suji, add ghee, mix it together. Select menu & weight press start. 2. When beeps, stir it. Allow to cool. Add sugar & 1/4 qty. of water (For 0.1 kg add 150 mL). Mix well & press start. 3. When beeps, add remaining 1/4 water, sugar, cashewnuts, kishmish, kesar, elaichi powder, mix it well and press start. Serve hot.					
SC2	Besan Ladoo	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	For Besan Ghee (melted) Powder sugar Elaichi powder	0.1 kg 100 g 3 tbsp 50 g 1/2 tsp	0.2 kg 200 g 5 tbsp 100 g 1 tsp	0.3 kg 300 g 7 tbsp 150 g 1 tsp		
				<b>Method :</b>					
				1. In MWS flat glass dish take besan and ghee. Select menu and weight and press start. 2. When beeps, stir it & press start. 3. When beeps, stir it & press start. 4. Allow to cool. Sieve the mixture. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size. <b>Note :</b> For binding the ladoo use ghee.					
SC3	Shahi Tukda	0.1 ~ 0.4 kg	Microwave safe (MWS) flat glass dish* & Low Rack	For Bread Slices Milkmaid Milk Sugar Badam, Pista Pieces Kesar-Elaichi Powder	0.1 kg 1 slice 50 mL 50 mL 1 tbsp 2 tbsp	0.2 kg 2 slices 100 mL 100 mL 2 tbsp 3 tbsp	0.3 kg 3 slices 150 mL 125 mL 3 tbsp 4 tbsp	0.4 kg 4 slices 200 mL 150 mL 5 tbsp 5 tbsp	
					As per taste				
				<b>Method :</b>					
				1. Arrange bread slices on low rack. Select menu & weight & press start. 2. When beeps, turn slices press start. 3. When beeps, mix milkmaid, milk, sugar, dry fruits and kesar elaichi powder in MWS Flat Glass Dish. Pour the mixture on slices and press start. Serve hot.					
SC4	Kheer	0.5 kg	Microwave safe (MWS) glass bowl	For Milk Milkmaid Seviyan (roasted) Badam, Pista Pieces Kesar & Elaichi Powder	0.5 kg 500 mL 400 mL 80 g 5 tbsp				
						As required			
				<b>Method :</b>					
				1. In MWS Glass Bowl add milk, milkmaid & mix well. Select menu press start. 2. When beeps, add badam, pista pieces, kesar elaichi powder & seviyan. Mix well and press start. 3. When beeps, mix it well. Add more milk (if required) & press start. Stand for 5 minutes. Serve hot or chilled. <b>Note :</b> The bowl should be filled at 1/4 level of the total volume.					

\* Refer Page 122, Fig.6

# Sweet Corner

Menu		Weight Limit	Utensil	Instructions																															
SC5	Mysore Pak	0.1 ~ 0.3 kg	Microwave safe(MWS) flat glass dish & Microwave safe(MWS) glass bowl	<table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Besan</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr><td>Sugar</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr><td>Ghee</td><td>1/2 cup</td><td>1 cup</td><td>1 cup</td></tr> <tr><td>Water</td><td>100 mL</td><td>200 mL</td><td>250 mL</td></tr> <tr><td>Cardamom powder</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> </table>	For	0.1 kg	0.2 kg	0.3 kg	Besan	100 g	200 g	300 g	Sugar	100 g	200 g	300 g	Ghee	1/2 cup	1 cup	1 cup	Water	100 mL	200 mL	250 mL	Cardamom powder	1 tsp	1 tsp	1½ tsp	<b>Method :</b> <ol style="list-style-type: none"> <li>1. In a MWS flat glass dish add besan. Select menu &amp; weight &amp; press start.</li> <li>2. When beeps, remove &amp; in another MWS glass bowl add water &amp; sugar. Press start.</li> <li>3. When beeps, add sugar to the besan stirring continuously. After this add melted ghee, stirring continuously. Pour the mixture in a MWS flat glass dish. Press start.</li> <li>4. Allow to cool. Cut it into square shape pieces &amp; serve.</li> </ol> <p><b>Note:</b> For stirring take the help of one more person.</p>						
For	0.1 kg	0.2 kg	0.3 kg																																
Besan	100 g	200 g	300 g																																
Sugar	100 g	200 g	300 g																																
Ghee	1/2 cup	1 cup	1 cup																																
Water	100 mL	200 mL	250 mL																																
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SC6	Nariyal Burfi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr><td>Grated coconut</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr><td>Milkmaid</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr><td>Milk powder</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr> <tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> <tr><td>Elaichi powder</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> </table>	For	0.1 kg	0.2 kg	0.3 kg	Grated coconut	100 g	200 g	300 g	Milkmaid	½ cup	1 cup	1½ cup	Milk powder	3 tbsp	4 tbsp	5 tbsp	Ghee	1 tsp	2 tsp	3 tsp	Elaichi powder	1 tsp	2 tsp	3 tsp	<b>Method :</b> <ol style="list-style-type: none"> <li>1. In a MWS bowl add ghee &amp; fresh grated coconut. Mix well.</li> <li>2. Select menu &amp; weight &amp; press start.</li> <li>3. When beeps, add milkmaid, milk powder, elaiichi powder &amp; press start.</li> <li>4. When beeps, remove &amp; spread the mixture onto a greased thali &amp; allow to set for 1 hour. Cut into rectangles &amp; store in a air tight container.</li> </ol>						
For	0.1 kg	0.2 kg	0.3 kg																																
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Milk powder	3 tbsp	4 tbsp	5 tbsp																																
Ghee	1 tsp	2 tsp	3 tsp																																
Elaichi powder	1 tsp	2 tsp	3 tsp																																
SC7	Sandesh	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr><td>Paneer (grated)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr> <tr><td>Milkmaid</td><td>50 g</td><td>75 g</td><td>100 g</td></tr> <tr><td>Rose water</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr><td>Elaichi seeds</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> <tr><td>Chopped pistla</td><td></td><td>A few</td><td></td></tr> <tr><td>Khoa (mashed)</td><td>100 g</td><td>150 g</td><td>200 g</td></tr> </table>	For	0.2 kg	0.3 kg	0.4 kg	Paneer (grated)	200 g	300 g	400 g	Milkmaid	50 g	75 g	100 g	Rose water	1 tbsp	1½ tbsp	2 tbsp	Elaichi seeds	½ tsp	1 tsp	1½ tsp	Chopped pistla		A few		Khoa (mashed)	100 g	150 g	200 g	<b>Method :</b> <ol style="list-style-type: none"> <li>1. In a MWS bowl add grated paneer, khoa &amp; milkmaid. Mix well.</li> <li>2. Select menu &amp; weight &amp; press start.</li> <li>3. When beeps, stir well &amp; press start.</li> <li>4. Allow to cool. Hang in Muslin cloth for 20 minutes if it too wet. Make balls out of the mixture &amp; roll them in elaiichi powder &amp; chopped pistla. Refrigerate till set.</li> </ol>		
For	0.2 kg	0.3 kg	0.4 kg																																
Paneer (grated)	200 g	300 g	400 g																																
Milkmaid	50 g	75 g	100 g																																
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Khoa (mashed)	100 g	150 g	200 g																																
SC8	Shahi Rabdi	0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr><td>For</td><td>0.3 kg</td></tr> <tr><td>Milk</td><td>1 cup</td></tr> <tr><td>Grated paneer</td><td>1 cup</td></tr> <tr><td>Condensed milk</td><td>½ cup</td></tr> <tr><td>Desi ghee</td><td>1 tbsp</td></tr> <tr><td>Elaichi powder</td><td>¼ tsp</td></tr> <tr><td>Saffron</td><td>A few strands</td></tr> <tr><td>Rose essence</td><td>A few drops</td></tr> <tr><td>Chopped pistachios</td><td>1 tbsp</td></tr> <tr><td>Chopped almonds (skin removed)</td><td>2 tbsp</td></tr> </table>	For	0.3 kg	Milk	1 cup	Grated paneer	1 cup	Condensed milk	½ cup	Desi ghee	1 tbsp	Elaichi powder	¼ tsp	Saffron	A few strands	Rose essence	A few drops	Chopped pistachios	1 tbsp	Chopped almonds (skin removed)	2 tbsp	<b>Method :</b> <ol style="list-style-type: none"> <li>1. Dissolve strands of saffron in 2 tbsp lukewarm milk.</li> <li>2. In a MWS bowl, put all the ingredients of rabdi except chopped pistachios. Mix well.</li> <li>3. Keep the bowl in Microwave. Select menu &amp; press start.</li> <li>4. Serve chilled garnished with chopped pistachios.</li> </ol>										
For	0.3 kg																																		
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# Sweet Corner

Menu		Weight Limit	Utensil	Instructions			
SC9	Payasam	0.1 ~ 0.3 kg	Microwave safe(MWS) bowl	For Broken Rice (soaked for 2 hour) Milk + Water Sugar Kesar, Elaichi powder, Dry fruits Ghee	0.1 kg 100 g 300 mL 75 g As per taste 1 tbsp	0.2 kg 200 g 500 mL 150 g 1½ tbsp	0.3 kg 300 g 700 mL 200 g 2 tbsp
				<b>Method :</b>	<ol style="list-style-type: none"> <li>1. In a MWS bowl take ghee, soaked rice, milk &amp; water &amp; cover it.</li> <li>2. Select menu &amp; weight &amp; press start.</li> <li>3. When beeps, add more milk, dry fruits, kesar, elaichi powder. Mix well &amp; press start. Stand for 5 minutes. Sprinkle kewada jal on it. Serve hot or chilled.</li> </ol>		
SC10	Kaddu Kheer	0.5 kg	Microwave safe (MWS) glass bowl	For Milk Grated kaddu Milkmaid Dry fruits (Kaju, kishmish, pistla)	0.5 kg 300 mL 200 g 150 g As required		
				<b>Method :</b>	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl add milk &amp; milkmaid, grated kaddu. Select menu &amp; press start.</li> <li>2. When beeps, mix well &amp; add sugar. Press start.</li> <li>3. When beeps, mix well &amp; add dry fruits. Press start. Serve it chilled or hot.</li> </ol>		
SC11	Seviyan Zarda	0.2 kg	Microwave safe (MWS) glass bowl	For Roasted Seviyan Sugar Water Rose essence Almonds Chopped pistla Elaichi powder Ghee	0.2 kg 200 g 5 tbsp 2 cups A few drops A few A few ½ tsp 1 ½ tbsp		
				<b>Method :</b>	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl add sugar &amp; water. Select menu &amp; press start.</li> <li>2. When beeps, add rose essence, cardamom powder, seviyan to the bowl. Press start. Give standing time of 3 mins. Garnish with almonds &amp; pistla &amp; serve.</li> </ol>		
SC12	Phirni	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For Milk Rice (Soaked) Sugar Elaichi powder Cream (whipped) Dry fruits ( almonds, cashewnuts, raisins) Kesar	0.3 kg 350 mL 50 g 100 g 1 tsp 2 tbsp As required A few	0.4 kg 500 mL 75 g 150 g 1 tsp 3 tbsp 4 tbsp	0.5 kg 650 mL 100 g 200 g 1½ tsp 4 tbsp
				<b>Method :</b>	<ol style="list-style-type: none"> <li>1. Grind the soaked rice to a paste with little water.</li> <li>2. In a MWS glass bowl add milk. Select menu and weight and press start.</li> <li>3. When beeps, add rice paste &amp; sugar to it. Press start.</li> <li>4. When beeps, add cream &amp; press start.</li> <li>5. Mix well, add cardamom powder &amp; dry fruits &amp; keep in the refrigerator to chill. Garnish with kesar &amp; serve.</li> </ol>		

Menu		Weight Limit	Utensil	Instructions			
SC13	Burfi	0.3 kg	Microwave safe (MWS) flat glass dish	For	0.3 kg		
				Milk powder	100 g		
				Milkmaid	150 g		
				Cream	100 mL		
				Chopped almonds & pistas	As required		
				<b>Method :</b>			
				1.	In a bowl mix milk powder, milkmaid & cream. Beat well till smooth.		
				2.	Pour the mixture in a MWS flat glass dish. Select menu & press start.		
				3.	When beeps, mix well (remove lumps if formed). Press start.		
				4.	When beeps, mix well & press start.		
				5.	Remove, allow to cool & refrigerate till set. After setting cut into pieces & sprinkle chopped almonds & pistas & serve.		
SC14	Kalakand	0.1 ~ 0.3 kg	Microwave safe(MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Grated Paneer	100 g	200 g	300 g
				Milkmaid	50 mL	100 mL	200 mL
				Milk Powder	2 tbsp	3 tbsp	4 tbsp
				Cornflour	1/2 tsp	1 tsp	1 tsp
				Elaichi Powder	1/2 tsp	1 tsp	1 tsp
				<b>Method :</b>			
				1.	In MWS Bowl take grated paneer, milkmaid, milk powder, cornflour, elaiachi powder. Mix well, select menu and weight and press start.		
				2.	When beeps, mix it again and press start.		
				3.	When set cut into pieces. Garnish with dry fruits.		
SC15	Rava Ladoo	0.5 kg	Microwave safe (MWS) glass bowl	For	0.5 kg		
				Roasted rava/sooji	1 cup		
				Grated khoa	1½ cup		
				Sugar	½ cup		
				Milk	½ cup		
				Kishmish	2 tbsp		
				Chopped almonds	2 tbsp		
				Desi ghee	1 tbsp		
				Elaichi powder (optional)	½ tsp		
				<b>Method :</b>			
				1.	In a MWS glass bowl take sugar & milk. Mix & select menu and press start.		
				2.	When beeps, add roasted rava/sooji, kishmish & chopped almonds. Sprinkle elaiachi powder & mix very well. Press start.		
				3.	When beeps, mix well & add grated khoa. Mix well & again press start.		
				4.	Make equal sized ladoos from the mixture, when it is still warm.		
SC16	Kaju Burfi	0.4 kg	Microwave safe (MWS) glass bowl	For	0.4 kg		
				Kaju	2 cups		
				Powdered sugar	1¼ cup		
				Water	½ cup		
				<b>Method :</b>			
				1.	Take kaju in a spice-grinder & make a fine powder and keep aside.		
				2.	In a MWS glass bowl take powdered sugar & water. Stir very well. Select menu & press start.		
				3.	When beeps, stir very well & dissolve all the sugar. Add kaju powder & stir till all the lumps are removed. Keep stirring till the paste becomes like a dough (ball formation stage).		
				4.	Grease the kitchen-slab (marble top) a little with ghee. Take the dough & roll out to 1" thickness carefully. Cut the kaju burfi in desired square or diamond shape & decorate with vark and serve.		

## Sweet Corner

Menu		Weight Limit	Utensil	Instructions																																
SC17	Badam Halwa	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	<table border="1"> <thead> <tr> <th>For</th> <th>0.1 kg</th> <th>0.2 kg</th> <th>0.3 kg</th> </tr> </thead> <tbody> <tr> <td>Badam (soaked in hot water for 1 hour)</td> <td>½ cup</td> <td>1 cup</td> <td>1½ cup</td> </tr> <tr> <td>Milk (for making paste)</td> <td>½ cup</td> <td>1 cup</td> <td>1 cup</td> </tr> <tr> <td>Milk (for cooking)</td> <td>½ cup</td> <td>¾ cup</td> <td>1 cup</td> </tr> <tr> <td>Sugar</td> <td>3 tbsp</td> <td>5 tbsp</td> <td>7 tbsp</td> </tr> <tr> <td>Desi ghee</td> <td>2 tbsp</td> <td>3 tbsp</td> <td>4 tbsp</td> </tr> <tr> <td>Slivered almonds (for garnishing)</td> <td>A few</td> <td></td> <td></td> </tr> </tbody> </table>	For	0.1 kg	0.2 kg	0.3 kg	Badam (soaked in hot water for 1 hour)	½ cup	1 cup	1½ cup	Milk (for making paste)	½ cup	1 cup	1 cup	Milk (for cooking)	½ cup	¾ cup	1 cup	Sugar	3 tbsp	5 tbsp	7 tbsp	Desi ghee	2 tbsp	3 tbsp	4 tbsp	Slivered almonds (for garnishing)	A few			<p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Remove the skin from badam &amp; grind them to a fine paste adding milk. Take out this paste in a MWS glass bowl.</li> <li>2. Add desi ghee to the paste &amp; mix well. Select menu &amp; weight and press start.</li> <li>3. When beeps, stir very well &amp; again press start.</li> <li>4. When beeps, stir very well. Add sugar &amp; milk (for cooking). Again mix well &amp; press start. Give standing time of 5-6 minutes &amp; mix well. Garnish with slivered almonds &amp; serve badam halwa hot.</li> </ol>			
For	0.1 kg	0.2 kg	0.3 kg																																	
Badam (soaked in hot water for 1 hour)	½ cup	1 cup	1½ cup																																	
Milk (for making paste)	½ cup	1 cup	1 cup																																	
Milk (for cooking)	½ cup	¾ cup	1 cup																																	
Sugar	3 tbsp	5 tbsp	7 tbsp																																	
Desi ghee	2 tbsp	3 tbsp	4 tbsp																																	
Slivered almonds (for garnishing)	A few																																			

# Rice Delight

Menu		Weight Limit	Utensil	Instructions					
rd1	Chicken Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For Basmati rice (soaked for 1 hour)	0.1 kg 100 g	0.2 kg 200 g	0.3 kg 300 g	0.4 kg 400 g	0.5 kg 500 g
				Boneless chicken	100 g	200 g	300 g	400 g	500 g
				For Marinade					
				Hung curd	1/2 cup	1 cup	1 1/2 cup	2 cup	2 1/2 cup
				Tomato puree	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp
				Ginger garlic paste	1 tbsp	1 1/2 tbsp	1 1/2 tbsp	2 tbsp	2 tbsp
				Salt, garam masala, coriander powder, red chilli powder, turmeric powder	As per taste				
				Oil	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp
				Onion	1/2 cup	1 cup	1 cup	1 1/2 cup	1 1/2 cup
				Salt	If required				
				Coriander leaves	A few springs				
				Water	200 mL	400 mL	500 mL	550 mL	650 mL
				<b>Method :</b>					
				1. Marinade the chicken & keep it in refrigerator for 1 hour.					
				2. In a MWS bowl add oil, chopped onions & marinated chicken & cover. Select menu & weight & press start.					
				3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover & press start. Stand for 5 minutes. Serve hot.					
rd2	Gosht Dum Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For Basmati rice (soaked for 1 hour)	0.1 kg 100 g	0.2 kg 200 g	0.3 kg 300 g	0.4 kg 400 g	0.5 kg 500 g
				Boneless mutton	100 g	200 g	300 g	400 g	500 g
				Oil	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp
				Chopped onion	1/2 cup	1 cup	1 cup	1 1/2 cup	1 1/2 cup
				Ginger garlic paste	1 tbsp	1 1/2 tbsp	1 1/2 tbsp	2 tbsp	2 tbsp
				Jeera, laung, tej patta, salt, red chilli powder, garam masala	As per taste				
				Water	200 mL	400 mL	600 mL	650 mL	750 mL
				<b>Method :</b>					
				1. In a MWS bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton & cover. Select menu & weight and press start.					
				2. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala & cover. Press start. Stand for 5 minutes. Serve hot.					
rd3	Malabar Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For Basmati rice (soaked for 1 hour)	0.1 kg 100 g	0.2 kg 200 g	0.3 kg 300 g	0.4 kg 400 g	0.5 kg 500 g
				Boneless chicken	100 g	200 g	300 g	400 g	500 g
				For Marinade					
				Salt, Red chilli powder, Turmeric powder	As per taste				
				Oil	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp
				Biryani masala	As per taste				
				Curd	1 tbsp	1 1/2 tbsp	2 tbsp	2 1/2 tbsp	3 tbsp
				Sliced tomato	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.
				Sliced onion	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.
				Water	200 mL	400 mL	600 mL	650 mL	750 mL
				<b>Method :</b>					
				1. Marinade the chicken & refrigerate it for 1 hour.					
				2. In a MWS bowl add oil, onion, chopped coriander & mint leaves, biryani masala & salt. Mix, select menu & weight & press start.					
				3. When beeps, remove the bowl & in another MWS bowl add soaked rice, water, tomato, curd, mix & cover. Press start.					
				4. When beeps, add the marinated chicken to the first bowl. Cover & press start. Stand for 5 minutes. Serve hot.					

# Rice Delight

Menu		Weight Limit	Utensil	Instructions					
rd4	Pineapple Fried Rice	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For Basmati rice (soaked for 1 hour) Oil Mix veg - Peas, french beans, carrots, capsicum Pineapple (chopped) Ajinomoto Red chilli powder, chilli sauce, soya sauce Water	0.1 kg 100 g 1 tbsp ½ cup ½ cup 1 cup 1 cup Water	0.2 kg 200 g 1½ tbsp 1 cup 1½ cup 1 cup 1½ cup 200 mL	0.3 kg 300 g 2 tbsp 1 cup 2 cup 1 cup 2 cup 400 mL	0.4 kg 400 g 2½ tbsp 1½ cup 2 cup 1½ cup 600 mL	0.5 kg 500 g 3 tbsp 2½ cup 2½ cup 2 cup 750 mL
				<b>Method :</b> 1. In a MWS bowl add oil, mix vegetables, ajinomoto, red chilli powder, soy sauce, chilli sauce. Mix & select menu & weight & press start. 2. When beeps, remove, in another MWS bowl add rice & water & press start. 3. When beeps, add the boiled rice to the vegetables, add pineapple pieces. Mix & press start. Stand for 5 minutes.					
rd5	Veg Pulao	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For Basmati rice (soaked for 1 hour) Water Oil Jeera, Laung, Tej patta, Salt, Garam masala, Red chilli powder Mix veg - Gobhi, Matar, Gajar, French beans etc.	0.1 kg 100 g 200 mL 1 tbsp Jeera, Laung, Tej patta, Salt, Garam masala, Red chilli powder ½ cup	0.2 kg 200 g 400 mL 1½ tbsp As per taste 1 cup	0.3 kg 300 g 600 mL 2 tbsp 1½ cups	0.4 kg 400 g 650 mL 2½ tbsp 2 cups	0.5 kg 500 g 750 mL 3 tbsp 2½ cup 2½ cup
				<b>Method :</b> 1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables. 2. Select menu & weight and press start. 3. When beeps, mix well & add rice, water, salt, garam masala, red chilli powder. Press start. Mix well. Stand for 5 minutes.					
rd6	Veg Tahiri	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For Basmati rice (soaked for 1 hour) Water Oil Jeera, Laung, Tej patta, Salt, Garam masala, Haldi, Red chilli powder Mix veg - Gobhi, Matar, Gajar, Tomato, Potato etc.	0.1 kg 100 g 200 mL 1 tbsp Jeera, Laung, Tej patta, Salt, Garam masala, Haldi, Red chilli powder 1/2 cup	0.2 kg 200 g 400 mL 1½ tbsp As per taste 1 cup	0.3 kg 300 g 500 mL 2 tbsp 1½ cups	0.4 kg 400 g 550 mL 2½ tbsp 2 cups	0.5 kg 500 g 650 mL 3 tbsp 2½ cups 2½ cups
				<b>Method :</b> 1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables. 2. Select menu & weight & press start. 3. When beeps, mix well & add rice, water, salt, garam masala, haldi, red chilli powder. Press start. Mix well. Stand for 5 minutes. Serve hot.					

# Rice Delight

Menu		Weight Limit	Utensil	Instructions				
rd7	Pepper Rice	0.1-0.3kg	Microwave safe (MWS) glass bowl	For Soaked Rice (2 hours) Water Dry coconut Green chilli (Chopped) Garlic (Chopped) Ghee Salt Black pepper powder <b>Seasoning</b> Mustard seeds Black gram dal Bengal gram dal Curry leaves Dry Red Chilli Oil	0.1 kg 100 g 200 mL 2 tbsp 2 nos. 2 cloves 1 tbsp As per taste As per taste ½ tsp ½ tsp ½ tsp A few leaves 1 no. 1 tbsp	0.2 kg 200 g 400 mL 3 tbsp 3 nos. 3 cloves 2 tbsp As per taste As per taste 1 tsp 1 tsp 1 tsp 1 few leaves 2 nos. 2 tbsp	0.3 kg 300 g 600 mL 4 tbsp 4 nos. 4 cloves 2½ tsp 3 nos. 3 tbsp	0.4 kg 400 g 500 g 5 tbsp 5 tbsp As per taste 2½ tbsp 3 tbsp 4 tbsp 5 tbsp As per required
				<b>Method :</b> 1. In a MWS glass bowl take soaked rice & water. Select menu & weight & press start. 2. When beeps, in another MWS glass bowl add oil, dry red chilli, green chilli, chopped garlic, mustard seeds, black gram dal, Bengal gram dal, curry leaves. 3. Press start. 4. When beeps, add cooked rice, ghee, salt, black pepper powder. Mix well & press start. Stand for 5 minutes. Add grated coconut & serve hot.				
rd8	Zafrani Pulao	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For Basmati rice Melted ghee Nutmeg powder, Cardamom powder Sugar Saffron (Kesar) Warm milk Water Kishmish, Kaju	0.1 kg 100 g 1 tbsp As per taste 1 tbsp 1 tbsp 1 tbsp 150 mL As per required	0.2 kg 200 g 2 tbsp 2½ tbsp 2 tbsp 2 tbsp 3 tbsp 350 mL As per taste	0.3 kg 300 g 3 tbsp 3 tbsp 4 tbsp 5 tbsp 4 tbsp 650 mL As per required	0.4 kg 400 g 4 tbsp 500 g 5 tbsp 5 tbsp 5 tbsp 750 mL
				<b>Method :</b> 1. In a MWS bowl add ghee & rice. Mix well. select menu & weight and press start. 2. When beeps, mix well add nutmeg powder, cardamom powder, kishmish, kaju, sugar, saffron mixed with warm milk, water. Press start. Stand for 5 minutes. Garnish with kishmish & kaju and serve.				
rd9	Bengali Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For Basmati Rice (Cooked) Fish (Hilsa) Desi Ghee Onion (sliced) Ginger-garlic paste Red chilli powder, Salt, Turmeric powder, Cumin powder, Garam masala Black pepper corns, Cloves, Cinnamon, Bayleaf, Cardamom (green) Hung curd Oil Water	0.1 kg 100 g 250 g 1 tbsp 1 no. 1 tsp As per taste As per requirement 2 tbsp 1 tsp 200 mL	0.2 kg 200 g 350 g 2 tbsp 2 nos. 1½ tsp 2½ tbsp 3 tbsp 350 mL 400 mL 600 mL	0.3 kg 300 g 450 g 3 tbsp 2 nos. 2 tsp 3½ tbsp 4 tbsp 3 nos. 2½ tsp 650 mL	0.4 kg 400 g 550 g 3 tbsp 3 nos. 2 tsp 5 tbsp 4 tbsp 3 nos. 3 tsp 750 mL
				<b>Method :</b> 1. In a bowl take hung curd, ginger-garlic paste, oil, all the spices, mix well & make a paste for marinade. Apply this marinade on fish pieces evenly keep the marinated fish in refrigerator for atleast 1-1½ hours. 2. In a MWS bowl take soaked rice, water, select menu & weight & press start. 3. When beeps, remove rice from microwave. In another MWS bowl take sliced onions, desi ghee, black pepper corns, cloves, cinnamon stick, bay leaf, cardamom, mix well. Press start. 4. When beeps, add the cooked onions to rice, add marinated fish pieces, salt. Mix well, cover & press start. Allow to stand for 5-10 minutes. 5. Serve hot with curd or gravy of your choice.				

# Rice Delight

Menu	Weight Limit	Utensil	Instructions						
rd10	Khumb Pulao	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For Basmati Rice (Soaked) 100 g 50 g Water 100 mL 100 mL Oil 1/2 tbsp Chopped spring onions 2 nos. Chopped garlic 1/2 tbsp Salt, Pepper	0.1 kg 200 g 100 g 300 mL 325 mL 375 mL 300 mL 325 mL 375 mL 1 nos. 2 nos. 1/2 tbsp 1 nos. As per taste	0.2 kg 200 g 100 g 300 g 400 g 500 g 150 g 200 g 250 g 4 nos. 5 nos. 6 nos. 2 tbsp 2 1/2 tbsp 2 1/2 tbsp	0.3 kg 300 g 300 g 325 mL 375 mL 375 mL 375 mL 375 mL 5 nos. 6 nos. 6 nos. 2 1/2 tbsp 2 1/2 tbsp	0.4 kg 400 g 500 g 650 mL As per taste	0.5 kg 500 g 250 g 375 mL 375 mL 375 mL 375 mL 375 mL 6 nos. 6 nos. 6 nos. 2 1/2 tbsp 2 1/2 tbsp
				<b>Method :</b>					
				1. In a MWS bowl add oil, chopped garlic & spring onions. Select menu & weight and press start. 2. When beeps, mix well & add mushrooms. Press start. 3. When beeps, mix well & add rice, milk, water, salt and pepper. Press start. Stand for 3 minutes.					
rd11	Tiranga Pulao	0.2 ~ 0.4kg	Microwave safe (MWS) bowl & Microwave safe (MWS) glass bowl	For Rice (soaked for 1 hour) Water Salt For Red Mixture Beat root (grated) Onion (sliced) Oil / ghee Salt Laung, Dalchini, Chhoti elaichi For White Mixture Cashewnuts (broken into pieces) Oil / ghee For Green Mixture Mint leaves Coriander leaves Onion Green chilli Garlic paste Salt	0.2 kg 200 g 350 mL As per taste 1/2 cup 1/2 nos. 1/2 tbsp As per taste As per taste 1 cup 1 no. 1 tbsp As per taste As per taste 1 cup 1 cup 1 no. 1 no. 1 tsp As per taste	0.3 kg 300 g 500 mL As per taste 1 cup 1 no. 1 tbsp As per taste As per taste 3 tbsp 1 1/2 tbsp 1 cup 1 cup 1 cup 3 nos. 3 nos. 1 tsp As per taste	0.4 kg 400 g 650 mL As per taste 1 cup 1 no. 1 tbsp As per taste As per taste 3 tbsp 1 1/2 tbsp 1 cup 1 cup 1 cup 3 nos. 3 nos. 1 tsp As per taste		
				<b>Method :</b>					
				1. In a spice grinder take mint leaves, coriander leaves, onion (cut into pieces), green chilli & salt. Grind them & make green chutney. Keep aside for late use. 2. In a MWS bowl take soaked rice & water. Add salt. Select menu & weight and press start. 3. When beeps, remove the MWS bowl & drain excess water from the rice. Divide the cooked rice into 3 equal parts. Cover them. 4. In another MWS bowl add oil/ghee, grated beet root, sliced onion, laung, elaichi & salt. Mix well. Press start. 5. When beeps, remove the MWS bowl and in a MWS glass bowl add oil/ghee & cashewnuts. Press start. 6. Mix one portion of rice to the red mixture with a fork. Do not break the rice. Mix second portion with green chutney & third portion of rice with chashewnuts. 7. Take square / rectangular dish & arrange the red coloured layer first, white layer in the centre & green layer in the end. Serve them hot.					

# Rice Delight

Menu		Weight Limit	Utensil	Instructions																																															
rd12	Egg Biryani	0.1 ~ 0.3kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Boiled eggs</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr> <tr> <td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Water</td><td>200 mL</td><td>350 mL</td><td>500 mL</td></tr> <tr> <td>Onions (Big sized sliced)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr> <tr> <td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr> <tr> <td>Salt, Red chilli powder, Garam masala, Dhaniya powder, Turmeric powder</td><td colspan="3">As per taste</td></tr> <tr> <td>Biryani masala</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr> <tr> <td>Slit green chillies</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl take soaked rice, water. Select menu &amp; weight and press start.</li> <li>2. When beeps, take out the cooked rice &amp; keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies &amp; all the spices. Mix very well &amp; press start.</li> <li>3. When beeps, add boiled eggs (cut into 2) &amp; boiled rice to the sliced onions. Mix well without breaking the eggs. Press start.</li> <li>4. Serve egg biryani hot with plain curd or raita.</li> </ol>	For	0.1 kg	0.2 kg	0.3 kg	Boiled eggs	2 nos.	3 nos.	4 nos.	Rice (soaked for 1 hour)	100 g	200 g	300 g	Water	200 mL	350 mL	500 mL	Onions (Big sized sliced)	1 no.	2 nos.	2 nos.	Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp	Ginger-garlic paste	½ tsp	1 tsp	1 tsp	Salt, Red chilli powder, Garam masala, Dhaniya powder, Turmeric powder	As per taste			Biryani masala	½ tsp	1 tsp	1 tsp	Slit green chillies	1 no.	2 nos.	2 nos.	0.1 kg	0.2 kg	0.3 kg				
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Slit green chillies	1 no.	2 nos.	2 nos.																																																
rd13	Achari Chana Pulao	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Soaked rice</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Soaked &amp; boiled kabuli chana</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Sliced onions</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Water</td><td>200 mL</td><td>350 mL</td><td>500 mL</td></tr> <tr> <td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> <tr> <td>Desi ghee</td><td>1 tbsp</td><td>½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Laung, Chhoti elaiichi, Badli elaiichi, Saunf, Jeera</td><td colspan="3">As per requirement</td></tr> <tr> <td>Salt, Red chilli powder, Garam masala, Haldi</td><td colspan="3">As per taste</td></tr> <tr> <td>Mango pickle paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Slit green chilli</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl take soaked rice &amp; water. Select menu &amp; weight and press start.</li> <li>2. When beeps, remove the rice &amp; keep aside. In another MWS bowl take desi ghee, jeera, saunf, laung, chhoti elaiichi, badi elaiichi, ginger-garlic paste, sliced onions &amp; slit green chillies. Mix very well &amp; press start.</li> <li>3. When beeps, add onion-mixture to the cooked rice, also add mango pickle paste &amp; all the spices. Mix very well &amp; press start.</li> <li>4. Serve achari chana pulao hot with fresh curd.</li> </ol>	For	0.1 kg	0.2 kg	0.3 kg	Soaked rice	100 g	200 g	300 g	Soaked & boiled kabuli chana	½ cup	1 cup	1½ cup	Sliced onions	½ cup	1 cup	1½ cup	Water	200 mL	350 mL	500 mL	Ginger-garlic paste	½ tsp	1 tsp	1½ tsp	Desi ghee	1 tbsp	½ tbsp	2 tbsp	Laung, Chhoti elaiichi, Badli elaiichi, Saunf, Jeera	As per requirement			Salt, Red chilli powder, Garam masala, Haldi	As per taste			Mango pickle paste	1 tbsp	1½ tbsp	2 tbsp	Slit green chilli	1 no.	2 nos.	2 nos.	0.1 kg	0.2 kg	0.3 kg
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Mango pickle paste	1 tbsp	1½ tbsp	2 tbsp																																																
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rd14	Methi Rice	0.1 ~ 0.3kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Methi leaves (chopped)</td><td>1 cup</td><td>½ cup</td><td>2 cup</td></tr> <tr> <td>Soaked rice</td><td>100 g</td><td>200 g</td><td>300 g</td></tr> <tr> <td>Water</td><td>200 mL</td><td>350 mL</td><td>500 mL</td></tr> <tr> <td>Onions (sliced)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr> <tr> <td>Salt, Red chilli powder, Garam masala</td><td colspan="3">As per taste</td></tr> <tr> <td>Oil / ghee</td><td>½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl take soaked rice &amp; water. Select menu &amp; weight and press start.</li> <li>2. When beeps, remove the rice &amp; keep aside. In another MWS bowl take oil / ghee, chopped methi leaves, sliced onions, ginger-garlic paste. Mix well &amp; press start.</li> <li>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.</li> </ol>	For	0.1 kg	0.2 kg	0.3 kg	Methi leaves (chopped)	1 cup	½ cup	2 cup	Soaked rice	100 g	200 g	300 g	Water	200 mL	350 mL	500 mL	Onions (sliced)	1 no.	2 nos.	3 nos.	Ginger-garlic paste	½ tsp	1 tsp	1½ tsp	Salt, Red chilli powder, Garam masala	As per taste			Oil / ghee	½ tbsp	2 tbsp	2½ tbsp	0.1 kg	0.2 kg	0.3 kg												
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Salt, Red chilli powder, Garam masala	As per taste																																																		
Oil / ghee	½ tbsp	2 tbsp	2½ tbsp																																																

# Rice Delight

Menu		Weight Limit	Utensil	Instructions					
rd15	Coconut Rice	0.1 ~ 0.3kg	Microwave safe (MWS) bowl	For Rice (soaked for 1 hour) Coconut (grated) Coconut milk Water Oil Chopped cashewnuts Mustard seeds Curry leaves Chopped green chilli Salt, Pepper Finely chopped ginger Beaten curd	0.1 kg 100 g 1/4 cup 100 mL 100 mL 1 tbsp 1 tbsp 1/2 tsp 10 nos. 2 nos. As per taste 1 tsp 1 tbsp	0.2 kg 200 g 1/4 cup 200 mL 150 mL 2 tbsp 2 tbsp 1 tsp 15 nos. 3 nos. 2 tsp 2 tbsp	0.3 kg 1 cup 0.3 kg 300 mL 200 mL 2 tbsp 3 tbsp 1 tsp 20 nos. 3 nos. 2 tsp 3 tbsp		
				<b>Method :</b>	<ol style="list-style-type: none"> <li>1. In a MWS bowl take soaked rice coconut milk &amp; water. Select menu &amp; weight and press start.</li> <li>2. When beeps, remove the rice &amp; separate rice grains using a fork &amp; keep aside. In another MWS bowl take oil, mustard seeds, chopped cashewnuts, curry leaves, chopped ginger, chopped green chilli. Mix well &amp; press start.</li> <li>3. When beeps, add cooked rice to the tadka. Add beaten curd, grated coconut, salt &amp; pepper. Mix very well &amp; press start. Serve coconut rice hot with sambhar.</li> </ol>				
rd16	Curd Rice	0.1 ~ 0.5 kg	Microwave safe (MWS) glass bowl	For Basmati rice (soaked) Water Oil Mustard seeds Urad dal Chana dal Curry leaves Green chillies (chopped) Grated ginger Curd Milk Coriander leaves (chopped)	0.1 kg 100 g 200 mL 1 tbsp 1/4 tsp 1/4 tsp 1/4 tsp 2 nos. 1/4 tsp 1/4 cup 1/4 cup A few sprigs	0.2 kg 200 g 400 mL 1/2 tbsp 1/2 tsp 1/2 tsp 1/2 tsp 2 nos. 1/2 tsp 1/2 cup 1/2 cup	0.3 kg 300 g 600 mL 2 1/2 tbsp 1 tsp 1 tsp 1 tsp 3 nos. 1 tsp 1 cup 1/2 cup	0.4 kg 400 g 650 mL 3 tbsp 1 tsp 1 tsp 1 tsp 3 nos. 1 tsp 1 cup 1/2 cup	0.5 kg 500 g 750 mL 3 tbsp 1 1/2 tsp 1 1/2 tsp 1 1/2 tsp 3 nos. 1 1/2 tsp 1 1/2 cup 1 cup
				<b>Method :</b>	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl add oil, mustard seeds, urad dal, chana dal. Select menu &amp; weight and press start.</li> <li>2. When beeps, mix well &amp; add curry leaves, green chillies, grated ginger. Mix well &amp; press start.</li> <li>3. When beeps, remove the bowl.</li> <li>4. Now in another MWS glass bowl, add rice &amp; water. Press start. Stand for 5 minutes.</li> <li>5. Add cooked rice, curd, milk, chopped coriander leaves to the first MWS glass bowl. Mix well &amp; serve.</li> </ol>				

# Chatpat Corner

Menu	Weight Limit	Utensil	Instructions												
CC1 Apple Tomato Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Apple pieces</td><td>150 g</td></tr> <tr> <td>Tomato pieces</td><td>150 g</td></tr> <tr> <td>Green chillies, Salt, Sugar</td><td>As per taste</td></tr> <tr> <td>Oil</td><td>2 tbsp</td></tr> <tr> <td>For Tempering : Rai, Jeera, Hing etc.</td><td></td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl put apple, tomato, green chillies, salt and sugar and keep it in Microwave. Select menu and press start to cook.</li> <li>2. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start.</li> <li>3. When beeps, add ground mixture and press start. Garnish with chopped coriander.</li> </ol>	For	0.3 kg	Apple pieces	150 g	Tomato pieces	150 g	Green chillies, Salt, Sugar	As per taste	Oil	2 tbsp	For Tempering : Rai, Jeera, Hing etc.	
For	0.3 kg														
Apple pieces	150 g														
Tomato pieces	150 g														
Green chillies, Salt, Sugar	As per taste														
Oil	2 tbsp														
For Tempering : Rai, Jeera, Hing etc.															
CC2 Lemon Pickle	0.3 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Lemon pieces</td><td>150 g</td></tr> <tr> <td>Sugar</td><td>150 g</td></tr> <tr> <td>Chilli powder, Salt</td><td>As per taste</td></tr> <tr> <td>For Tempering : Rai, Jeera, Hing etc.</td><td></td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Cut lemon and remove seeds. In MWS glass bowl add lemon pieces, sugar, salt and chilli powder. Select menu and press start. Store it in a bottle after it cools.</li> </ol>	For	0.3 kg	Lemon pieces	150 g	Sugar	150 g	Chilli powder, Salt	As per taste	For Tempering : Rai, Jeera, Hing etc.			
For	0.3 kg														
Lemon pieces	150 g														
Sugar	150 g														
Chilli powder, Salt	As per taste														
For Tempering : Rai, Jeera, Hing etc.															
CC3 Mix veg Pickle	0.3 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)</td><td>300 g</td></tr> <tr> <td>Lemon juice</td><td>2 tbsp</td></tr> <tr> <td>Salt, Chilli powder, Sugar, Pickle Masala</td><td>As per taste</td></tr> <tr> <td>Oil</td><td>2 tbsp</td></tr> <tr> <td>For tempering : Rai, Jeera, Hing etc.</td><td>As required</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl put vegetables cut in long strips. Cover and keep it in microwave. Select menu and press start to cook.</li> <li>2. When it gives a beep, remove.</li> <li>3. In another MWS glass bowl add oil and tempering and press start. When it gives a beep add masala, sugar, salt &amp; lemon juice. Add vegetables to this when it cools. Mix well and store it in a fridge.</li> </ol>	For	0.3 kg	Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)	300 g	Lemon juice	2 tbsp	Salt, Chilli powder, Sugar, Pickle Masala	As per taste	Oil	2 tbsp	For tempering : Rai, Jeera, Hing etc.	As required
For	0.3 kg														
Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)	300 g														
Lemon juice	2 tbsp														
Salt, Chilli powder, Sugar, Pickle Masala	As per taste														
Oil	2 tbsp														
For tempering : Rai, Jeera, Hing etc.	As required														
CC4 Pizza Sauce	0.3 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Tomato</td><td>200 g</td></tr> <tr> <td>Onion</td><td>100 g</td></tr> <tr> <td>Salt, Sugar, Ajwain, Oregano, Basil leaves</td><td>As per taste</td></tr> <tr> <td>Garlic pods</td><td>7-8 nos.</td></tr> <tr> <td>Oil</td><td>2 tbsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select menu &amp; press start to cook.</li> <li>2. When beeps, remove, allow to cool and grind it in a mixer. Now add salt, sugar, ajwain, basil leaves. Keep it in microwave and press start.</li> <li>3. When cooking ends, the sauce is ready.</li> </ol>	For	0.3 kg	Tomato	200 g	Onion	100 g	Salt, Sugar, Ajwain, Oregano, Basil leaves	As per taste	Garlic pods	7-8 nos.	Oil	2 tbsp
For	0.3 kg														
Tomato	200 g														
Onion	100 g														
Salt, Sugar, Ajwain, Oregano, Basil leaves	As per taste														
Garlic pods	7-8 nos.														
Oil	2 tbsp														
CC5 Tomato Sauce	0.5 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr> <td>For</td><td>0.5 kg</td></tr> <tr> <td>Tomato</td><td>500 g</td></tr> <tr> <td>Onion</td><td>1 No.</td></tr> <tr> <td>Chilli powder, Salt, Sugar</td><td>As per taste</td></tr> <tr> <td>Chopped ginger and garlic</td><td>2 tbsp</td></tr> <tr> <td>Garam masala</td><td>1 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl put tomato pieces, cover and keep it in a microwave. Select menu &amp; press start to cook.</li> <li>2. When beeps, remove, allow to cool and grind it in a mixer. Strain it. Add salt, sugar, garam masala. Mix well. Press start.</li> </ol>	For	0.5 kg	Tomato	500 g	Onion	1 No.	Chilli powder, Salt, Sugar	As per taste	Chopped ginger and garlic	2 tbsp	Garam masala	1 tsp
For	0.5 kg														
Tomato	500 g														
Onion	1 No.														
Chilli powder, Salt, Sugar	As per taste														
Chopped ginger and garlic	2 tbsp														
Garam masala	1 tsp														

Menu		Weight Limit	Utensil	Instructions																							
CC6	Masala Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Chana dal, Urad dal</td><td>100 g each</td></tr> <tr> <td>Grated dry coconut</td><td>100 g</td></tr> <tr> <td>Sesame, Salt, Sugar, Turmeric, Dhanla powder, Jeera powder, Curry leaves, Methi seeds</td><td>As per taste</td></tr> <tr> <td>Oil</td><td>1 tsp</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl put dals and keep it in microwave. Select menu &amp; press start to cook.</li> <li>2. When beeps, remove. Add the rest of the ingredients and keep it in microwave and press start.</li> <li>3. Remove, cool it and grind it in a mixer adding required amount of water. This chutney can be served with idli, parantha or rice.</li> </ol>	For	0.3 kg	Chana dal, Urad dal	100 g each	Grated dry coconut	100 g	Sesame, Salt, Sugar, Turmeric, Dhanla powder, Jeera powder, Curry leaves, Methi seeds	As per taste	Oil	1 tsp													
For	0.3 kg																										
Chana dal, Urad dal	100 g each																										
Grated dry coconut	100 g																										
Sesame, Salt, Sugar, Turmeric, Dhanla powder, Jeera powder, Curry leaves, Methi seeds	As per taste																										
Oil	1 tsp																										
CC7	Lehsun ki chutney	0.2 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.2 kg</td></tr> <tr> <td>Chopped tomatoes</td><td>180 g</td></tr> <tr> <td>Chopped garlic</td><td>20 g</td></tr> <tr> <td>Chopped green chillies</td><td>2 nos.</td></tr> <tr> <td>Chopped onion</td><td>½ cup</td></tr> <tr> <td>Oil</td><td>2 tsp</td></tr> <tr> <td>Jeera</td><td>1 tsp</td></tr> <tr> <td>Haldi, Red chilli powder, Salt</td><td>As per taste</td></tr> <tr> <td>Water</td><td>¼ cup</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl mix all the ingredients. Select menu &amp; press start.</li> <li>2. Remove when cooking ends. Allow to cool. Grind it &amp; serve as an accompaniment.</li> </ol>	For	0.2 kg	Chopped tomatoes	180 g	Chopped garlic	20 g	Chopped green chillies	2 nos.	Chopped onion	½ cup	Oil	2 tsp	Jeera	1 tsp	Haldi, Red chilli powder, Salt	As per taste	Water	¼ cup					
For	0.2 kg																										
Chopped tomatoes	180 g																										
Chopped garlic	20 g																										
Chopped green chillies	2 nos.																										
Chopped onion	½ cup																										
Oil	2 tsp																										
Jeera	1 tsp																										
Haldi, Red chilli powder, Salt	As per taste																										
Water	¼ cup																										
CC8	Manchurian Sauce	0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Water</td><td>1½ cups (300 mL)</td></tr> <tr> <td>Vinegar sauce</td><td>1 tbsp</td></tr> <tr> <td>Soya sauce</td><td>1 tsp</td></tr> <tr> <td>Tomato sauce</td><td>½ cup</td></tr> <tr> <td>Ajinomoto (Optional)</td><td>A pinch</td></tr> <tr> <td>Cornflour</td><td>2 tbsps + ½ cup water</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl add all the ingredients. Select menu &amp; press start.</li> </ol>	For	0.3 kg	Water	1½ cups (300 mL)	Vinegar sauce	1 tbsp	Soya sauce	1 tsp	Tomato sauce	½ cup	Ajinomoto (Optional)	A pinch	Cornflour	2 tbsps + ½ cup water									
For	0.3 kg																										
Water	1½ cups (300 mL)																										
Vinegar sauce	1 tbsp																										
Soya sauce	1 tsp																										
Tomato sauce	½ cup																										
Ajinomoto (Optional)	A pinch																										
Cornflour	2 tbsps + ½ cup water																										
CC9	Aam ki chutney	0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Aam (peeled &amp; chopped)</td><td>300 g</td></tr> <tr> <td>Kishmish (seedless &amp; chopped)</td><td>25 g</td></tr> <tr> <td>Chopped ginger &amp; garlic</td><td>2 tsp</td></tr> <tr> <td>Tamarind pulp</td><td>1 tbsp</td></tr> <tr> <td>Salt, Sugar</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS bowl mix all the ingredients. Cover. Select menu &amp; press start.</li> </ol>	For	0.3 kg	Aam (peeled & chopped)	300 g	Kishmish (seedless & chopped)	25 g	Chopped ginger & garlic	2 tsp	Tamarind pulp	1 tbsp	Salt, Sugar	As per taste											
For	0.3 kg																										
Aam (peeled & chopped)	300 g																										
Kishmish (seedless & chopped)	25 g																										
Chopped ginger & garlic	2 tsp																										
Tamarind pulp	1 tbsp																										
Salt, Sugar	As per taste																										
CC10	Coconut Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr> <td>For</td><td>0.3 kg</td></tr> <tr> <td>Fresh grated coconut</td><td>300 g</td></tr> <tr> <td>Chopped green chillies</td><td>2 nos.</td></tr> <tr> <td>Chopped ginger</td><td>½ tbsp</td></tr> <tr> <td>Roasted split gram dal (optional)</td><td>1 tbsp</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> <tr> <td colspan="2"><b>For tempering</b></td></tr> <tr> <td>Oil</td><td>1 tbsp</td></tr> <tr> <td>Mustard seeds</td><td>½ tsp</td></tr> <tr> <td>Broken dry red chillies</td><td>1 no.</td></tr> <tr> <td>Curry leaves</td><td>A few</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Grind grated coconut, chopped green chillies, ginger, roasted split gram dal, salt together in a blender.</li> <li>2. In a MWS glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select menu &amp; press start.</li> <li>3. Pour the tempering over the chutney &amp; serve.</li> </ol>	For	0.3 kg	Fresh grated coconut	300 g	Chopped green chillies	2 nos.	Chopped ginger	½ tbsp	Roasted split gram dal (optional)	1 tbsp	Salt	As per taste	<b>For tempering</b>		Oil	1 tbsp	Mustard seeds	½ tsp	Broken dry red chillies	1 no.	Curry leaves	A few	
For	0.3 kg																										
Fresh grated coconut	300 g																										
Chopped green chillies	2 nos.																										
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Salt	As per taste																										
<b>For tempering</b>																											
Oil	1 tbsp																										
Mustard seeds	½ tsp																										
Broken dry red chillies	1 no.																										
Curry leaves	A few																										

## Chatpat Corner

Menu	Weight Limit	Utensil	Instructions	
CC11 Til ki Chutney	0.2 kg	Microwave Safe (MWS) Glass Bowl	<p><b>For</b></p> <p>Roasted til <span style="float: right;">0.2 kg</span> Tamarind paste <span style="float: right;">½ cup</span> Green chilli <span style="float: right;">2 tbsp</span> Coriander leaves <span style="float: right;">4-5 nos.</span> Mint leaves <span style="float: right;">2 tbsp</span> Water <span style="float: right;">1 tbsp</span> Garlic pods <span style="float: right;">2-3 nos.</span> Salt <span style="float: right;">As per taste</span></p> <p><b>For Tempering</b></p> <p>Oil <span style="float: right;">1 tbsp</span> Cumin seeds <span style="float: right;">1 tsp</span> Curry leaves <span style="float: right;">6-7 nos.</span> Red chilli (dry) <span style="float: right;">2 nos.</span></p> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Grind together roasted til, tamarind paste, green chilli, coriander leaves, mint leaves, garlic pods, salt &amp; water in spice grinder. Make a rough paste.</li> <li>2. In a MWS glass bowl take oil, cumin seeds, curry leaves &amp; dried red chilli. Mix well. Select menu &amp; press start.</li> <li>3. When beeps, add the grounded paste to the tempering &amp; mix well.</li> </ol>	

# Pasteurize Milk/Tea /Dairy Delight

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

1. Press STOP/CLEAR.



2. Press Pasteurize Milk/ Tea/Dairy Delight button one time, the display will show "PS1".



3. Turn Dial until display shows "2.0 L"



4. \*Press START/+ 30 seconds for weight confirmation.



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

6. Press START/+ 30 seconds

(Do not increase/decrease cook time during Pasteurize Milk/ Tea/Dairy Delight



## Tea/Dairy Delight

1. If you want to select Tea/Dairy Delight Press the button twice, the display will show "dd1"

2. Turn the dial to select dd1 to dd3.

3. Press START/+ 30 seconds for menu confirmation.

4. Turn dial to select weight.

5. Press START/+ 30 seconds

When cooking you can increase or decrease cooking time by turning Dial. (Tea/Dairy Delight Only)



### NOTE

Pasteurize Milk/ Tea/Dairy Delight menus are programmed.

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

\*Note: If the recipe has single weight (e.g, "dd3") do not follow step 3 & 4, Directly go to step 5.

# Pasteurize Milk/ Tea /Dairy Delight

Menu	Weight Limit	Utensil	Instructions
PS1	Pasteurize Milk	1.0- 2.0 L	<p>Milk Pasteurization Kit</p> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Pour milk to the scale shown in the Milk Pasteurization kit. (Fig.1)</li> <li>2. Cover with lid &amp; close as per the directions on the kit. (Fig.2)</li> <li>3. Place the kit in microwave oven.</li> <li>4. Select the menu, weight &amp; temperature. (refrigerated - select 4 °C , room temp –select 25 °C)</li> <li>5. Press start.</li> </ol> <p>When pasteurization is over, use the milk for drinking, making tea or coffee etc. For opening the lid refer (Fig.3)</p> <p><b>Tips :</b></p> <ol style="list-style-type: none"> <li>1. Milk Pasteurization kit is only for milk. Do not use for other purpose.</li> <li>2. Use fresh loose or packet milk. Do not repeat pasteurization.</li> <li>3. For storage, let the milk stand to cool down after pasteurization, and then keep it in a refrigerator with covered. Do not move to another container.</li> <li>4. The pasteurized milk can be consumed up to 2-3 days.</li> </ol>



Fig.1

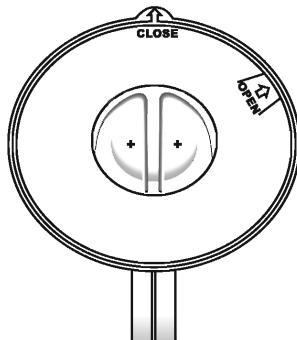


Fig.2

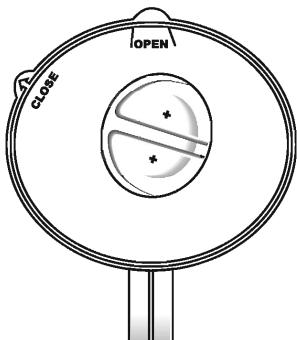


Fig.3

# Pasteurize Milk/ Tea /Dairy Delight

Menu	Weight Limit	Utensil	Instructions																														
dd1	Tea	1-4	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr> <td>For</td> <td>1 cup</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> </tr> <tr> <td>Water</td> <td>120 mL</td> <td>240 mL</td> <td>360 mL</td> <td>480 mL</td> </tr> <tr> <td>Tea leaves</td> <td>1 tsp</td> <td>2 tsp</td> <td>3 tsp</td> <td>4 tsp</td> </tr> <tr> <td>Milk</td> <td>120 mL</td> <td>150 mL</td> <td>225 mL</td> <td>300 mL</td> </tr> <tr> <td>Sugar</td> <td colspan="4">As per taste</td> </tr> <tr> <td>Ginger/cardamom (crushed)</td> <td colspan="4">As per taste(optional)</td> </tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add water, tea leaves &amp; crushed ginger/cardamom (optional). Select menu &amp; weight. Press start.</li> <li>2. When beeps, add milk &amp; sugar. Press start. Serve hot.</li> </ol> <p><b>Note :</b> 1-4 indicates the number of tea that can be prepared</p>	For	1 cup	2 cups	3 cups	4 cups	Water	120 mL	240 mL	360 mL	480 mL	Tea leaves	1 tsp	2 tsp	3 tsp	4 tsp	Milk	120 mL	150 mL	225 mL	300 mL	Sugar	As per taste				Ginger/cardamom (crushed)	As per taste(optional)			
For	1 cup	2 cups	3 cups	4 cups																													
Water	120 mL	240 mL	360 mL	480 mL																													
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Milk	120 mL	150 mL	225 mL	300 mL																													
Sugar	As per taste																																
Ginger/cardamom (crushed)	As per taste(optional)																																
dd2	Coffee	1-4	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr> <td>For</td> <td>1 cup</td> <td>2 cups</td> <td>3 cups</td> <td>4 cups</td> </tr> <tr> <td>Water</td> <td>60 mL</td> <td>120 mL</td> <td>180 mL</td> <td>240 mL</td> </tr> <tr> <td>Coffee</td> <td colspan="4">1/2 tsp (Each cup)</td> </tr> <tr> <td>Milk</td> <td>120 mL</td> <td>150 mL</td> <td>225 mL</td> <td>300 mL</td> </tr> <tr> <td>Sugar</td> <td colspan="4">As per taste</td> </tr> <tr> <td>Ginger/cardamom (crushed)</td> <td colspan="4">As per taste (optional)</td> </tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add water. Select menu &amp; weight &amp; press start.</li> <li>2. Meanwhile in each cup add 1/2tsp coffee (with few water drops ) &amp; sugar. Beat well.</li> <li>3. When beeps, add milk to boiling water. Press start.</li> <li>4. Add milk to each cup &amp; serve hot.</li> </ol> <p><b>Note :</b> 1-4 indicates the number of coffee that can be prepared</p>	For	1 cup	2 cups	3 cups	4 cups	Water	60 mL	120 mL	180 mL	240 mL	Coffee	1/2 tsp (Each cup)				Milk	120 mL	150 mL	225 mL	300 mL	Sugar	As per taste				Ginger/cardamom (crushed)	As per taste (optional)			
For	1 cup	2 cups	3 cups	4 cups																													
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Sugar	As per taste																																
Ginger/cardamom (crushed)	As per taste (optional)																																
dd3	Flavoured Yoghurt*	0.6 kg	<p>Microwave safe (MWS) glass bowl &amp; Low rack*</p> <table border="1"> <tr> <td>For</td> <td>0.6 kg</td> </tr> <tr> <td>Curd</td> <td>200 mL</td> </tr> <tr> <td>Milkmaid</td> <td>100 mL</td> </tr> <tr> <td>Fresh cream</td> <td>200 mL</td> </tr> <tr> <td>Flavours (Vanilla, Strawberry, Pineapple essence)</td> <td>As per choice (1/2 tsp)</td> </tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl mix all the ingredients. Beat well till smooth.</li> <li>2. Select menu &amp; press start. (Preheat process)</li> <li>3. When beeps, keep the MWS glass bowl on low rack &amp; keep it in microwave. Press start.</li> <li>4. When cooking ends, take out &amp; allow to come to room temperature. Keep in refrigerator for 1 hour.</li> </ol> <p><b>Note :</b> In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple yoghurt, add pineapple slices at the time of serving.</p>	For	0.6 kg	Curd	200 mL	Milkmaid	100 mL	Fresh cream	200 mL	Flavours (Vanilla, Strawberry, Pineapple essence)	As per choice (1/2 tsp)																				
For	0.6 kg																																
Curd	200 mL																																
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Flavours (Vanilla, Strawberry, Pineapple essence)	As per choice (1/2 tsp)																																
PA1	Paneer	0.5 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr> <td>Milk</td> <td>500ml</td> </tr> <tr> <td>Lemon juice/Vinager</td> <td>4 tbsp</td> </tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add milk and lemon juice/vinegar. Select menu &amp; press start.</li> <li>2. When it gives beeps, stir it &amp; again press start.</li> <li>3. When beeps, remove the bowl &amp; strain in a muslin cloth &amp; press it.</li> </ol>	Milk	500ml	Lemon juice/Vinager	4 tbsp																										
Milk	500ml																																
Lemon juice/Vinager	4 tbsp																																
CU1	Curd	0.5 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr> <td>Milk</td> <td>500 ml</td> </tr> <tr> <td>Starter curd</td> <td>2 tbsp</td> </tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a MWS glass bowl add milk and select menu &amp; press start.</li> <li>2. When beeps add starter culture of curd for inoculation &amp; stir it. Again press start.</li> <li>3. Now take out the bowl &amp; keep it in a casserole &amp; store in warm place for proceeding appropriate setting temperature &amp; time for 5-6 hours</li> </ol>	Milk	500 ml	Starter curd	2 tbsp																										
Milk	500 ml																																
Starter curd	2 tbsp																																

\*Do not put any thing in the oven during the Preheat mode

\*Refer Page 122, Fig. 3

# Cooking Aid / Steam Clean/Dosa/Ghee

In the following example, show you how to cook 0.2 kg Pizza Base.

1. Press STOP/CLEAR.



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



3. Turn Dial until display show "UC6"



4. \*Press START/+ 30 seconds for menu confirmation.



5. The display will show "0.2 kg".

6. Press START/+ 30 seconds

When cooking you can increase or decrease cooking time by turning Dial.



## Dosa/Ghee

1. If you want to Select Dosa/Ghee, Press the button twice, the display will show "do1"
2. Follow steps 3-6 for recipe selection.

### **! NOTE**

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

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

# Cooking Aid

Menu		Weight Limit	Utensil	Instructions												
UC1	Keep warm	0.3 kg	Microwave safe (MWS) bowl	<p><b>Method :</b></p> <p>1. Any cooked food with cover (Rice, Dal, Subzi, Halwa, Upma etc.) Select menu &amp; press start. When beeps, mix &amp; press start.</p>												
UC2	Defrost Veg	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	<p><b>Method :</b></p> <p>Veg - (Paneer, Green Peas, Corn etc.)</p> <p>1. Take in MWS Bowl, select menu &amp; weight and press start.</p> <p>2. When beeps, turn the food. Press start.</p>												
UC3	Defrost Non- Veg	0.5 ~ 1.0 kg	Microwave safe (MWS) bowl	<p><b>Method :</b></p> <p>Non-Veg - (Chicken, Mutton etc.)</p> <p>1. Take in MWS Bowl, select menu &amp; weight and press start.</p> <p>2. When beeps, turn the food. Press start.</p>												
UC4	De-humidification	0.3 kg	Microwave safe (MWS) bowl	<p><b>Method :</b></p> <p>Namkin, Biscuits, Bhujia, Papad and Wafers etc.</p> <p>1. In MWS bowl add the food to be dehumidified. Select menu and press start.</p>												
UC5	Light Disinfect		Microwave safe (MWS) glass utensil & Empty cavity	<p><b>Method :</b></p> <p>1. <b>Sterilize Microwave safe glass utensil</b> - Keep the empty utensil &amp; select menu &amp; press start.</p> <p>2. <b>Clean the cavity</b> - Keep the cavity empty. Select menu &amp; press start. When time ends (beeps), clean the cavity with a damp cloth.</p> <p><b>Note :</b> The oven has a special function <b>Light Disinfect</b> which allows to sterilize the MWS glass utensil thereby giving a hygiene &amp; clean utensils/cavity.</p>												
UC6	Pizza base <sup>a</sup>	0.2 kg	Low Rack <sup>b</sup> & Multicook Tawa	<table border="1"> <tr> <td>For</td> <td>0.2 kg</td> </tr> <tr> <td>Maida</td> <td>200 g</td> </tr> <tr> <td>Yeast</td> <td>1 tbsp</td> </tr> <tr> <td>Salt</td> <td>1/2 tsp</td> </tr> <tr> <td>Sugar</td> <td>1 tsp</td> </tr> <tr> <td>Water</td> <td>As required</td> </tr> </table> <p><b>Method :</b></p> <p>1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Keep for half hour. Roll a roti, prick with a fork and rest for 5 mins. Select menu and press start. (Preheat process)</p> <p>2. When beeps, keep the pizza base on tawa &amp; on low rack. Press start. Remove when it gives a beep.</p>	For	0.2 kg	Maida	200 g	Yeast	1 tbsp	Salt	1/2 tsp	Sugar	1 tsp	Water	As required
For	0.2 kg															
Maida	200 g															
Yeast	1 tbsp															
Salt	1/2 tsp															
Sugar	1 tsp															
Water	As required															
UC7	Body Massage Oil	0.2 kg	Microwave Safe (MWS) Glass Bowl	<table border="1"> <tr> <td>For</td> <td>0.2 kg</td> </tr> <tr> <td>Garlic</td> <td>10 pods</td> </tr> <tr> <td>Ajwain</td> <td>1/2 tsp</td> </tr> <tr> <td>Cloves</td> <td>2-3 Nos.</td> </tr> <tr> <td>Almonds</td> <td>3-4 Nos.</td> </tr> <tr> <td>Mustard oil</td> <td>1 cup</td> </tr> </table> <p><b>Method :</b></p> <p>1. In MWS glass bowl put all the ingredients. Select menu and press start. Remove when it gives a beep. Keep it for 2 hours. Strain and store in a glass jar.</p>	For	0.2 kg	Garlic	10 pods	Ajwain	1/2 tsp	Cloves	2-3 Nos.	Almonds	3-4 Nos.	Mustard oil	1 cup
For	0.2 kg															
Garlic	10 pods															
Ajwain	1/2 tsp															
Cloves	2-3 Nos.															
Almonds	3-4 Nos.															
Mustard oil	1 cup															

<sup>a</sup>Do not put any thing in the oven during the Preheat mode

<sup>b</sup>Refer Page 122, Fig. 1

## Steam Clean

Menu	Weight Limit	Utensil	Instructions
SL1	Steam clean	0.3 kg	<p><b>Method :</b></p> <ol style="list-style-type: none"><li>1. Take water in MWS bowl, add vinegar or lemon juice. Select menu &amp; press start.</li><li>2. When beeps, wipe out with clean napkin. Press start.</li><li>3. Again wipe out. Take out the plug.</li></ol>

# Dosa/Ghee

Category	Weight Limit	Utensil	Instructions																							
do1	Masala dosa*	1 Pc	Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*	<table border="1"> <tr> <td><b>For Dough</b></td><td></td></tr> <tr> <td>Parboiled rice/Ukda chawal</td><td>1 cup</td></tr> <tr> <td>Split black lentils/Urad daal</td><td>1 cup</td></tr> <tr> <td>Fenugreek/Methi seeds</td><td>1/4 tsp</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> <tr> <td>Water</td><td>As required</td></tr> <tr> <td><b>For Stuffing</b></td><td></td></tr> <tr> <td>Boiled &amp; mashed potato</td><td>1 cup</td></tr> <tr> <td>Oil</td><td>1 tbsp</td></tr> <tr> <td>Jeera, Mustard seeds, hing, onion, Turmeric powder</td><td>1 tsp</td></tr> <tr> <td>Salt</td><td>As per taste</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. Soak parboiled rice &amp; urad daal (with fenugreek seeds) for 5 hours separately. Now drain the water &amp; grind rice to form smooth paste &amp; in the same way grind soaked urad daal to form paste.</li> <li>2. Now blend both together so that it mixes well. Add some salt &amp; water if necessary. Cover batter with a lid &amp; keep in warm place for 9 hours (Fermentation process)</li> <li>3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder &amp; allow to microwave (100%) for 3 minutes &amp; then add boiled mashed potatoes &amp; again microwave for 3 minutes. Keep it aside.</li> <li>4. Select menu &amp; press start (Pre-heat process).</li> <li>5. Take a big spoonfull of dosa batter, pour it on tawa &amp; spread the batter in a circular motion to get thin &amp; round dosa shape.</li> <li>6. After beep, put the tawa on high rack &amp; press start.</li> <li>7. When beeps, fill the stuffing &amp; fold the dosa from both ends.</li> </ol>	<b>For Dough</b>		Parboiled rice/Ukda chawal	1 cup	Split black lentils/Urad daal	1 cup	Fenugreek/Methi seeds	1/4 tsp	Salt	As per taste	Water	As required	<b>For Stuffing</b>		Boiled & mashed potato	1 cup	Oil	1 tbsp	Jeera, Mustard seeds, hing, onion, Turmeric powder	1 tsp	Salt	As per taste
<b>For Dough</b>																										
Parboiled rice/Ukda chawal	1 cup																									
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Boiled & mashed potato	1 cup																									
Oil	1 tbsp																									
Jeera, Mustard seeds, hing, onion, Turmeric powder	1 tsp																									
Salt	As per taste																									
Gh1	Ghee	250 g	Microwave safe (MWS) glass bowl	<table border="1"> <tr> <td>Malai/Cream (Collected over 10 days)</td><td>250g - 300g</td></tr> <tr> <td>Cold water</td><td>As required</td></tr> </table> <p><b>Method :</b></p> <ol style="list-style-type: none"> <li>1. In a big vessel put all the malai &amp; blend with a hand mixer till it solidifies into butter &amp; separates from residual liquid.</li> <li>2. Wash this white butter in cold water as couple of times, so as to remove any remaining smell of milk.</li> <li>3. Now collect all the butter in a MWS glass bowl &amp; keep in the microwave. Select menu &amp; press start.</li> <li>4. When beeps, stir it properly with the spoon (not plastic) &amp; again press start.</li> <li>5. After beeps, allow it to stand for 5 minutes &amp; then strain it through stainless steel strainer into a glass jar &amp; then store it.</li> </ol>	Malai/Cream (Collected over 10 days)	250g - 300g	Cold water	As required																		
Malai/Cream (Collected over 10 days)	250g - 300g																									
Cold water	As required																									

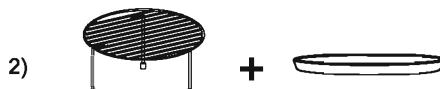
\*Do not put any thing in the oven during the Preheat mode

\* Refer Page 122, Fig. 2

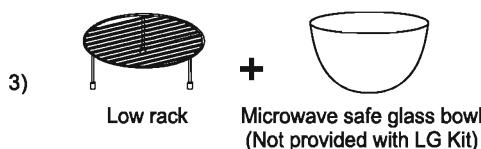
# Usage Of Accessories/Utensils



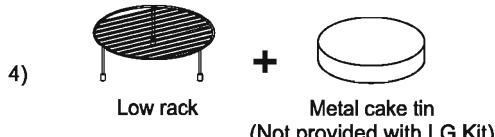
1) Low rack + Multi cook tawa



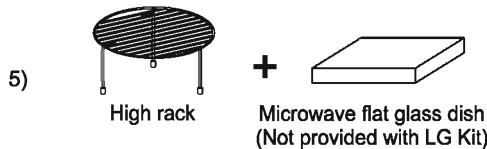
2) High rack + Multi cook tawa



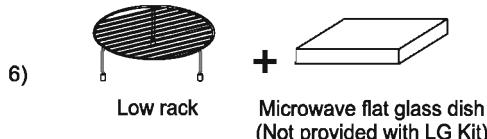
Microwave safe glass bowl  
(Not provided with LG Kit)



Metal cake tin  
(Not provided with LG Kit)



Microwave flat glass dish  
(Not provided with LG Kit)

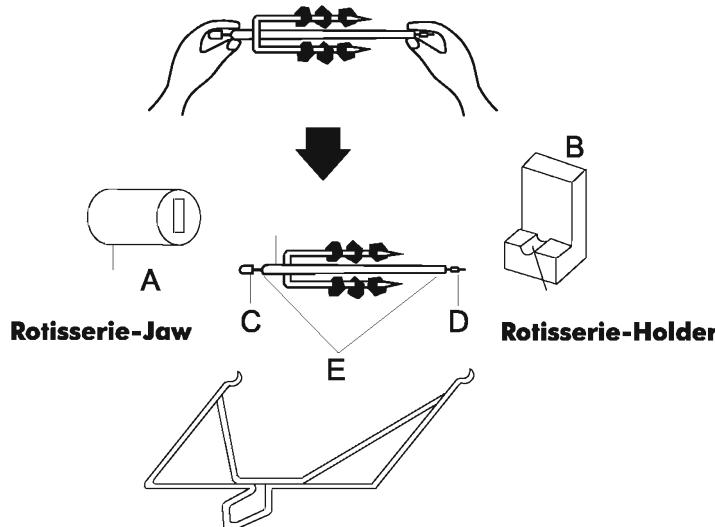


Microwave flat glass dish  
(Not provided with LG Kit)

# Rotisserie - Installation

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

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



# List of Ingredients

## Spices

English 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
Mustard seeds	Sarson , Rai
Nutmeg	Jaiphal
Oregano	Oregano
Pepper	Kali Mirch
Pomegranate seeds, dried	Anardana
Poppy seeds	Khus Khus
Red Chilli	Lal Mirch
Salt	Namak
Turmeric	Haldi

## Vegetables

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

## Vegetables

English 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

# List of Ingredients

## Fruits

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

## Dry Fruits

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

## Fats & oils

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

## Miscellaneous

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

## Pulses

English 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

## To Clean Your Oven

### 1 Keep the inside of the oven clean

Food spatters or spilled liquids stick to oven walls and between the seal and door surfaces. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners.

The multi cook tawa (model specific) can be washed by hand or in the dishwasher.

### 2 Keep the outside of the oven clean

Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings. To clean control panel, open the door to prevent the oven from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press STOP/CLEAR after cleaning.

- 3 If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the oven is operated under high humid conditions and in no way indicates a malfunction of the unit.
- 4 The door and door seals should be kept clean. Use only warm, soapy water, rinse then dry thoroughly. **DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDER OR STEEL AND PLASTIC PADS.** Metal parts will be easier to maintain if wiped frequently with a damp cloth.
- 5 Do not use steam cleaners.
- 6 Unplug your oven from the electrical socket when you clean control panel with wet cloth or spray water on control glass to clean. If it is not unplugged, this product can be operated by touching the START/+30 seconds button.

## Questions & Answers

FAQ	Answer
What's wrong when the oven light will not glow?	There may be several reasons why oven light will not glow. Either the Lamp/LED has blown or the electric circuit has failed.
Does microwave energy pass through the viewing screen in the door?	No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.
Why does the BEEP tone sound when a button on the control panel is touched?	The BEEP tone sounds to assure that the setting is being properly entered.
Will the microwave function be damaged if it operates empty?	Yes. Never run it empty.
Why do eggs sometimes pop?	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.
Why is standing time recommended after microwave cooking is over?	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.
Why doesn't my oven always cook as fast as the cooking guide says?	Check your cooking guide again to make sure you've 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.

## Two Recipe for starters

NOTE : The time variation during cooking of recipe depends upon the ingredients, method adopted & type of food menu

1



### 1. ROASTED PAPAD

**Procedure :**

**Papad:**

1. Place the raw papad at the centre of Glass Tray, as shown in the picture above.
2. Select Micro-100% Power Level and Cook time. Press START/+30 seconds
3. After Papad cooking give standing time of 30-45 seconds.

**To Cook Multiple Papads :**

"Place Multiple papads over one another, as shown in the picture above.

**Crispy Papad :**

1. Press START/+30 seconds once without papad.
2. Sprinkle little water or oil over the papad.
3. After beep, place the papad at the centre and press START/+30 seconds

**Note :** The cooking time may vary –

- a. As per the composition of the papad material.
- b. As per the Quantity of papad used.

2



**2. POP CORN :** Place the pop corn bag to the glass tray properly as instructed on packing. Use seconds START/+ 30 seconds set 3-4 minutes or set time as instructed on the packed. Remove the bag after popping sound has stopped. Take care that bag corners do not touch sides while rotating.

**Note :** Attend popping process carefully. Do not overheat as it may cause fire.



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