

OWNER'S MANUAL

MICROWAVE

OVEN

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

MC2146BP/
MC2146BL

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.

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.

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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 service agent 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 word means:

WARNING

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

CAUTION

This symbol will alert you to hazards or unsafe practices which could cause bodily 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 service technician.
 - Unlike other appliances, the microwave oven is a high-voltage and a high electrical-current piece of equipment. Improper use or repair could result in harmful exposure to excessive microwave energy or in electric shock.
- 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 children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
 - 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. Note though 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.
- 7 Be certain to use proper accessories on each operation mode, refer to the guide on page 12.
 - 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.
- 10 When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.



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 on 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 and rack by placing it in water 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 may be high when the appliance is operating. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, before cleaning make sure they are not hot.
 - 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 Microwave oven must not be placed inside a cabinet. The microwave oven shall be used freestanding.
- 25 The appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
- 26 Children should be supervised to ensure that they do not play with the appliance.
- 27 Oven Lamp power rating is 35W.
- 28 If the supply cord is damaged, it must be replaced by the manufacturer, its service agent 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 Ajinomoto (Mono-sodium glutamate) is only a flavor enhancer and shall not be added to food for infants below 12 month of age.

SAFETY PRECAUTIONS

- + Use exclusive 230V 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.

BEFORE USE

BEFORE USE

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 guidance on where to install your oven. When unpacking your oven make sure you remove all accessories and packing. Check to make sure that your oven has not been damaged during delivery.

1

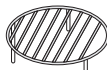
Unpack your oven and place it on a flat level surface.



HIGH RACK



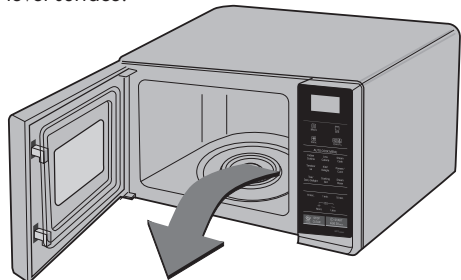
GLASS TRAY



LOW RACK

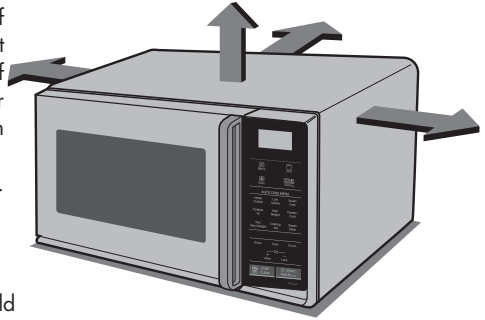


ROTATING RING



"xx" denotes for BP/BL

- 2** Place the oven in the level location of your choice with more than 85cm height but make sure there is at least 30cm of space on the top and 10cm at the rear for proper ventilation. The front of the oven should be at least 8cm from the edge of the surface to prevent tipping. An exhaust outlet is located on top or side of the oven. Blocking the outlet can damage the oven.



- 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.

This oven should not be used for commercial catering purposes.
"xx" denotes for BP/BL

- 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 (1/2 pint) of water. Place on the **GLASS TRAY** and close the oven door.



- 6** Press the **START** button one time to set 30 seconds of cooking time. When you press the button, you will hear a **BEEP** sound and your oven will start automatically.






- 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

Method To Use Accessories As Per Mode

	Microwave	Grill	Convection	Grill combi	Conv combi
 High rack	✗	✓	✓	✓	✓
 Low rack	✗	✓	✓	✓	✓
 Glass tray	✓	✓	✓	✓	✓

✓ Acceptable

✗ Not Acceptable

Note :

* In case of Auto Cook / Manual Cook results may vary according to ingredients, ambient temp., Customer Know-how & major electric supply condition.

* Please prefer Auto Cook menu as recommended to get better results.

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.

BEFORE USE

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

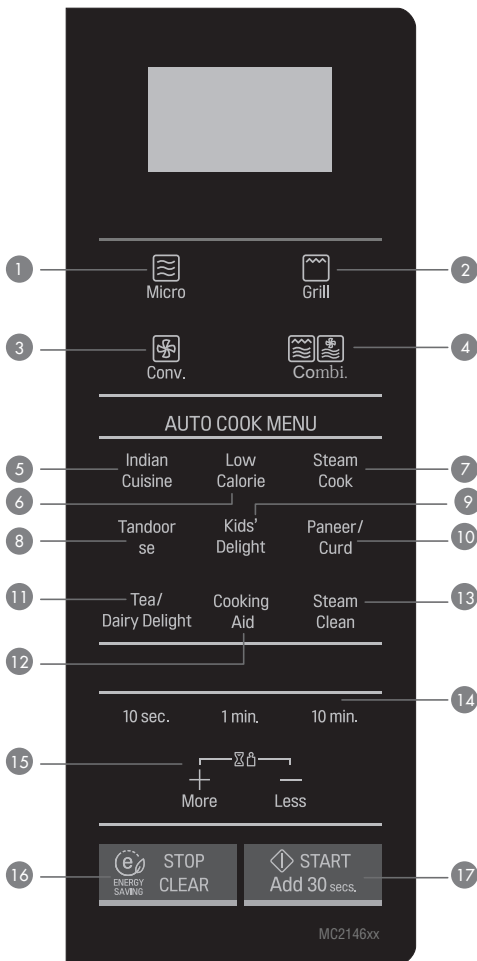
Containers made of these materials are usually fine for use in using microwave function, but they should be tested to be sure.



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



“xx” denotes for BP/BL

Part	
1	Micro Use to select the power level for microwave cooking
2	Grill Use to select Grill or Combination cooking
3	Conv. Use to select Convection cooking
4	Combi. Use to select combination cooking.
5	Indian Cuisine Cook your favourite recipes using this function
6	Low Calorie Cook your favourite recipes using this function
7	Steam Cook Cook your favourite recipes using this function
8	Tandoor se Cook your favourite recipes using this function
9	Kids' Delight Cook your favourite recipes using this function
10	Paneer/Curd Cook your favourite recipes using this function
11	Tea/Dairy Delight Cook your favourite recipes using this function
12	Cooking Aid Cook your favourite recipes using this function
13	Steam Clean Cook your favourite recipes using this function
14	Used to select cooking time of a recipe
15	More/Less – Used to increase/decrease the cooking time.
16	STOP/CLEAR (ENERGY SAVING) Used to stop oven and clear all entries. For setting energy saving feature.
17	START/Add 30 secs. To quickly set the cooking time directly. The Add 30 sec feature allow you to set 30 seconds intervals of HIGH power cooking with a single touch

Child Lock



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.

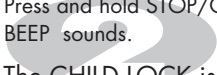
However your child can still open the oven door.

Press **STOP/CLEAR**

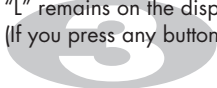


Press and hold STOP/CLEAR until "L" appears on the display and BEEP sounds.

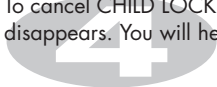
The CHILD LOCK is now set.



"L" remains on the display to let you know that CHILD LOCK is set (If you press any button).



To cancel CHILD LOCK press and hold STOP/CLEAR until "L" disappears. You will hear BEEP when it's released.



Micro Power Cooking



In the following example I will show you how to cook some food on 80% power for 5 minutes and 30 seconds.

Your oven has five microwave Power settings.
After cooking is over, End Reminder Beep Sound per 1 minute for 5 minutes until the oven door is opened.

Power	%	Power Output
HIGH (MAX)	100%	800W
MEDIUM HIGH	80%	640W
MEDIUM	60%	480W
DEFROST (**) MEDIUM LOW	40%	320W
LOW	20%	160W

1 Make sure that you have correctly installed your oven as described earlier in this book

Press STOP.



2 Press Micro Twice to select 80% power.
"640" apperar on the display.



3 Press '1 min' five times.
Press '10 sec' three times.



4 Press START.



Micro Power Level



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

POWER LEVEL	OUTPUT	USE
HIGH	100% (800W)	<ul style="list-style-type: none"> * Boil Water * Brown minced meat * Cook poultry pieces, fish, vegetables * Cook tender cuts of meat
MEDIUM HIGH	80% (640W)	<ul style="list-style-type: none"> * All reheating * Cook mushrooms and shellfish * Cook foods containing cheese and eggs
MEDIUM	60% (480W)	<ul style="list-style-type: none"> * Bake cakes and scones * Prepare eggs * Cook custard * Prepare rice, soup
DEFROST/ MEDIUM LOW (**)	40% (320W)	<ul style="list-style-type: none"> * All thawing * Melt butter and chocolate * Cook less tender cuts of meat
LOW	20% (160W)	<ul style="list-style-type: none"> * Soften butter & cheese * Soften ice cream * Raise yeast dough

Add 30 Secs.



In the following example I will show you how to set 2 minutes of cooking on high power.

The QUICK START feature allow you to set 30 seconds intervals of HIGH power cooking with a touch of the START button.

Press STOP/CLEAR.



Press START four times to select 2 minutes on HIGH power. Your oven will start before you have finished the fourth press.



During QUICK START cooking, you can extend the cooking by repeatedly pressing the START button.

Grill Cooking



In the following example I will show you how to use the grill to cook some food for 12 minutes and 30 seconds.

This model is fitted with a QUARTZ GRILL, so preheating is not needed. This feature will allow you to brown and crisp food quickly.



Press STOP



Press Grill.



Set the cooking time.

Press '10 min' once.

Press '1 min' twice.

Press '10 sec' three times.

10 sec. 1 min. 10 min.

Press START.



Grill Combination Cooking



In the following example I will show you how to programme your oven with micro power 160W and combi for a cooking time of 25 minutes.

Your oven has a combination cooking feature which allows you to cook food with **heater** and **microwave** at the same time or alternately. This generally means it takes less time to cook your food. There are 3 kinds of power in combi mode (160W, 320W, 480W).

Press STOP/CLEAR.



Press Combi.



Press Grill.

Press Micro (160W is set).



Press '10 min' 2 times
Press '1 min' 5 times

10 sec. 1 min. 10 min.

Press START.



Be careful when removing your food because the container will be hot!

Convection Combination Cooking



In the following example I will show you how to programme your oven with micro power 160W and at a convection temperature 180°C for a cooking time of 25 minutes.

The oven has a temperature range of 100°C ~ 220°C. (180°C is automatically available when convection combination mode is selected.) There are 3 kinds of power in combi mode (160W, 320W, 480W)

Press STOP/CLEAR.



Press Combi.



Press Conv.



Press Micro.



Press '10 min' two times
Press '1 min' five times

10 sec. 1 min. 10 min.

Press START.

Be careful when removing your food because the container will be hot.



Energy Saving



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

When Door open condition (Lamp on & Display on):



Press STOP/CLEAR one time

Lamp off & Display off (Both together)

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

When Door close condition (Lamp on & Display on):



Press STOP/CLEAR one time

Lamp off & Display off (Both together)

Press any key on keypad, display shows that key related display & lamp & turned off.

When Door close condition (Lamp on & Display on):

Door is open for 5 minutes, lamp & display are auto cut off.

a) When any key is pressed, lamp & display are turned on.

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

Two Stage Cooking



In the following example I will show you how to cook food in two stages by taking example of combination cooking.

Press STOP/CLEAR.



STAGE 1 setting

- 1) Press Combi.
- 2) Select desired Combi mode (Grill Combi/Conv. Combi)*
- 3) Continuously press the Micro Key to select desired power level as shown below:
160 → 320 → 480



- 4) Set time (10 sec / 1 min / 10 min)



STAGE 2 setting

- 1) Press Combi.
- 2) Select desired Combi mode (Grill Combi/Conv. Combi)*
- 3) Continuously press the Micro Key to select desired power level as shown below:
320 → 480 → 160



- 4) Set time (10 sec / 1 min / 10 min)



- 5) Press START/Add 30 secs.



* Note : For Combi Mode selection refer page 17 & 18.

Convection Preheat



In the following example I will show you how to preheat the oven at a temperature of 190°C.

The convection oven has a temperature range of 40°C and 100°C~220°C (180°C is automatically available when convection mode is selected).

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, then tell your oven to start cooking.

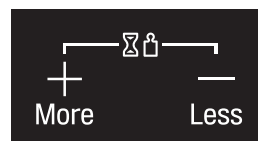
Press STOP/CLEAR.



Press Conv. one time



Press "+" one time



Press START two time



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

Convection Cooking



In the following example I will show you how to cook some food at a temperature of 190°C for 30 minutes.

The convection oven has a temperature range of 40°C and 100°C ~ 220°C (180°C is automatically available when convection mode is selected). If you do not set a temperature your oven will automatically select 180°C, the cooking temperature can be changed by pressing "+/-".

The rack must be used during convection cooking.

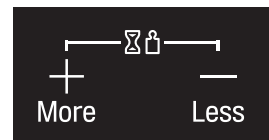
Press STOP/CLEAR.



Press Conv. one time



Press "+" one time till 190°C is displayed.



Press '10 min' Three times

10 sec. 1 min. 10 min.

Press START.



Various Cook Functions

Please follow the given steps to operate cook functions (Indian Cuisine, Low Calorie, Steam Cook, Tandoor Se, Kids' Delight, Paneer/Curd, Tea/Dairy Delight, Cooking Aid, Steam Clean) in your Microwave.

COOK MODE	Indian Cuisine [IC, SC, CC], Low Calorie [HP, So, Co], Steam Cook [St], Tandoor Se [tS], Kids Delight [CF, CA], Paneer/Curd [PA, CU], Tea/Dairy Delight [dd]	Cooking Aid [UC] Steam Clean [SL]
STEP-1	Press Stop/Clear	Press Stop/Clear
STEP-2	Press IC (1-34), SC (1-14), CC(1-10), HP (1-16), So (1-15), Co (1-13), St (1-10), tS (1-4), CF (1-14), CA(1-5), PA (1-2), CU (1-2), dd (1-4) to select menu.	Press UC (1-7) and SL (1) to select menu.
STEP-3	Press "+" / "-" to set weight (If required)	Press "+" / "-" to set weight (If required)
STEP-4	Press Start / Add 30 seconds	Press Start / Add 30 seconds

Indian Cuisine, Low Calorie, Steam Cook, Tandoor Se, Kids' Delight, Paneer/Curd, Tea/Dairy Delight, Cooking Aid, Steam Clean

Note

While cooking you can extend the cooking time at any point by pressing increase/decrease button. There is no need to stop the cooking process.

Indian Cuisine

Category		Weight Limit	Utensil	Instructions					
IC1	Mix Veg	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Mix Veg. (Carrot, Cauliflower, peas, beans, tomato)	100 g (Total)	200 g (Total)	300 g (Total)	400 g (Total)	500 g (Total)
				Oil	¼ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
				Onion (chopped)	½ cup	1 cup	1½ cup	2 cup	2 cup
				Tomato (chopped)	¼ tbsp	1 cup	1½ cup	1½ cup	1½ cup
				Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander	As per taste				

Method:

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

IC2	Veg Biryani	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
			Basmati Rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
			Water	200 ml	400 ml	500 ml	550 ml	650 ml
			Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp
			Laung, Elaichi, Dalchini, Black Pepper, Tej Patta, Salt, garam masala & red chilli powder	To taste				
			Mix Vegetables - (Gobhi, Mutter, Gajar, French Beans etc.)	½ cup	1 cup	1½ cup	2 cup	2½ cup

Method:

1. In Microwave Safe Bowl put oil add laung, Dalchini, Elaichi, Tej patta and Kali Mirch, add mix vegetables, select category & weight and press Start.
2. When beeps, add rice, water, salt & all spices. Mix well, cover it & press start. Stand in 5 minutes after cook ends. Serve hot with raita & salad.

IC3	Kadhai Paneer	Microwave safe (MWS) bowl	Paneer	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
			Capsicum & Onion (sliced)	½ cup	1 cup	1½ cup	2 cup	2½ cup
			Sliced tomato	½ no.	1 no.	1½ no.	2 no.	2½ no.
			Onion Paste	3 tbsp	4 tbsp	5 tbsp	6 tbsp	6½ tbsp
			Tomato Puree	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp
			Ginger-Garlic Paste, Salt	To taste				
			Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala	To taste				
			Butter	1½ tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp
			Fresh Cream	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
			Oil	½ tbsp	1 tbsp	2 tbsp	2½ tbsp	3 tbsp

Method:

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

IC4	Kadhai Chicken	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
			Boneless chicken	100 g	200 g	300 g	400 g	500 g
			Oil	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp
			Methidana	¼ tsp	¼ tsp	1 tsp	1 tsp	1 tsp
			Onion slices	1 no.	2 nos.	3 nos.	3 nos.	3½ nos.
			Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
			Dhania powder, red chilli powder salt	As per taste				
			Tomato puree	¼ cup	½ cup	1 cup	1½ cup	1½ cup
			Hara dhania	A few sprigs				
			Capsicum	1 no.	2 no.	2 no.	2 no.	2 no.
			Ginger (finely sliced)	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4½ tbsp
			Cream	For garnishing				

Method:

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

Indian Cuisine

Category		Weight Limit	Utensil	Instructions	
IC5	Dal Tadka	0.2 kg	Microwave safe (MWS) bowl	For	0.2 kg
				Dal (soaked for 2 hours)	200 g
				Water	400 ml
				Oil	2 tbsp
				Rai, roasted Jeera, Kasuri Methi, Hara Dhania, Hing, Haldi	To taste
				Geen Chilli	
				Salt	To taste

Method:

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

IC6	Butter Chicken	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				Chicken (boneless)	300 g	400 g	500 g
				Ginger garlic paste	2 tbsp	2½ tbsp	3 tbsp
				Tomato puree	½ cup	1 cup	1 cup
				Chopped onions	1 no.	1 no.	2 nos.
				Garam masala, dhania powder, jeera powder, kasuri methi, red chilli powder, salt	As per taste		
				Kaju paste	2 tbsp	2½ tbsp	3 tbsp
				Fresh cream	1 cup	1½ cup	1½ cup
				Butter	2 tbsp	3 tbsp	3½ tbsp
				Oil	2 tbsp	2½ tbsp	2½ tbsp
				Slit green chillies	3 nos.	4 nos.	5 nos.

Method:

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

IC7	Dum Aloo	0.1-0.3Kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Boiled Aloo (small)	100 g	200 g	300 g
				Oil	2 tbsp	3 tbsp	3 tbsp
				Jeera, pepper seeds, cloves, hing	As required		
				Onion paste	2 tsp	3 tsp	4 tsp
				Ginger & garlic paste	1 tsp	1½ tsp	1½ tsp
				Tomato puree	1 tbsp	2 tbsp	3 tbsp
				Curd	½ cup	1 cup	1 cup
				Turmeric powder, red chilli, powder, deghi mirch, salt, garam masala, saunf powder	As per taste		

Method:

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

Indian Cuisine

Category		Weight Limit	Utensil	Instructions			
IC8	Baingan Ka Bhartha	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				Baingan (Chopped in big pieces)	300 g	400 g	500 g
				Oil	1 tbsp	1½ tbsp	2 cup
				Chopped onions	1 cup	1½ cup	500 g
				Chopped green chillies	3 nos.	4 nos.	5 nos.
				Chopped ginger	1 tbsp	1½ tbsp	2 tbsp
				Chopped tomato	2 nos.	3 nos.	4 nos.
				Tomato puree	4 tbsp	5 tbsp	6 tbsp
				Salt, dhania powder, garam masala, red chilli powder, haldi	As per taste		
				Chopped coriander leaves	A few sprigs		

Method:

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

IC9	Gatte Ki Subzi	0.3Kg	Microwave safe (MWS) bowl	For	0.3 kg
				For making gattas	
				Besan	100 g
				Red chilli powder, haldi, dhania powder, salt	As per taste
				Water	As required
				For Subzi	
				Oil	1 tbsp
				Rai, jeera	2 tsp
				Curry leaves	A few
				Sour curd	1 cup
				Red chilli powder, haldi, dhaniya powder, salt	As per taste
				Tomato puree	¼ cup

Method:

1. In a bowl mix besan, red chilli powder, haldi, dhania powder, salt. Add water, little oil and make it like a chapati dough.
2. After making the dough break the dough into different pieces and make the rolls out of those pieces.
3. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover.
4. Select category 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.

IC10	Beans Porial	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				French beans (cut evenly)	100 g	200 g	300 g
				Oil	1 tsp	1 tsp	2 tsp
				Mustard seeds	¼ tsp	½ tsp	½ tsp
				Urad dal	¼ tsp	½ tsp	½ tsp
				Grated coconut	2 tbsp	3 tbsp	4 tbsp
				Green chillies	1 no.	2 nos.	3 nos.
				Salt	As per taste		

Method:

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

Indian Cuisine

Category		Weight Limit	Utensil	Instructions	
IC11	Dalma	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg
				Moong dal (soaked for 2 hours)	300 g
				Water	600 ml
				Chopped vegetables (drumsticks, potato, raw banana,pumpkin, brinjal, tomato)	2 cups
				For tadka	
				Oil	2 tbsp
				Bay leafs, jeera, dry chillies, salt, haldi	As per taste
				Grated coconut	4 tbsp
				Chopped onion	1 no.

Method:

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

IC12	Gosht Dum Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
				Boneless mutton	100 g	200 g	300 g	400 g	500 g
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Chopped onion	½ cup	1 cup	1 cup	1½ cup	1½ cup
				Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp
				Jeera, laung, tej patta, salt, red chilli powder, garam masala	As per taste				
				Water	200 ml	400 ml	600 ml	650 ml	750 ml

Method:

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

IC13	Chicken Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
				Boneless chicken	100 g	200 g	300 g	400 g	500 g
				For Marinade					
				Hung curd	1/2 cup	1 cup	1½ cup	2 cup	2½ cup
				Tomato puree	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp
				Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp
				Salt, garam masala, coriander powder, red chilli powder, turmeric powder	As per taste				
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Onion	1/2 cup	1 cup	1 cup	1½ cup	1½ cup
				Salt	If required				
				Coriander leaves	A few springs				
				Water	200 ml	400 ml	500 ml	550 ml	650 ml

Method:

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

IC14	Kadhi	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				Besan	25 g	50 g	75 g
				Curd / matha	1/2 cup	1 cup	1½ cup
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Rai, cumin seeds	As per taste		
				Chopped onions	1 cup	1½ cup	1½ cup
				Salt, red chilli powder, haldi, coriander powder, amchur	As per taste		
				Water	2 cups	3 cups	4 cups

Method:

1. In a MWS bowl add oil, rai, jeera, chopped onion. Select category & weight & 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.

Indian Cuisine

Category		Weight Limit	Utensil	Instructions			
IC15	Kofta Curry	0.1-0.3 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Grated Lauki	100 g	200 g	300 g
				Besan	1 tbsp	2 tbsp	3 tbsp
				Chopped Onion	½ cup	1 cup	1 cup
				Tomato puree	¼ cup	½ cup	1 cup
				Chopped garlic	1 tsp	1½ tsp	2 tsp
				Chopped Ginger	1 tsp	1½ tsp	2 tsp
				Coriander power, haldi, garam masala, red chilli powder, jeera, salt	As per taste		
				Oil	½ tbsp	1 tbsp	1½ tbsp
				Water	½ cup	1 cup	1 cup
				Lemon juice	As per taste		

Method:

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

IC16	Aloo Gobhi	0.3-0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				Potatoes (cut into pieces)	150 g	200 g	250 g
				Cauliflower florets	150 g	200 g	250 g
				Oil	1 tbsp	2 tbsp	3 tbsp
				Jeera	1 tbsp	1 tbsp	1 tbsp
				Chopped onion	½ cup	½ cup	1 cup
				Chopped green chillies	1 no	2 nos.	3 nos.
				Coriander powder, red chilli powder, haldi, salt, garam masala	As per taste		
				Coriander leaves	A few sprigs		

Method:

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

IC17	Malai Khumb	0.1 ~ 0.3 kg	High rack	For	0.1 kg	0.2 kg	0.3 kg
				Mushrooms (Big size)	100 g	200 g	300 g
				For marinade			
				Hung curd	¼ cup	½ cup	1 cup
				Thick cream	1 tbsp	2 tbsp	3 tbsp
				Grated cheese	1 tbsp	2 tbsp	3 tbsp
				Cornflour	1 tbsp	1½ tbsp	2 tbsp
				Ginger paste	½ tsp	1 tsp	1½ tsp
				Salt, garam masala	As per taste		
				Chopped coriander	1 tbsp	2 tbsp	3 tbsp
				Oil	½ tbsp	½ tbsp	½ tbsp

Method:

1. Mix all the other ingredients of the marinade. Marinate the mushrooms in this mixture.
2. Place the marinated mushrooms on high rack.
3. Select category & weight & press start.
4. When beeps, turn over the mushrooms. Press start.

Indian Cuisine

Category	Weight Limit	Utensil	Instructions
IC18	Sambhar	0.2 kg	Microwave safe (MWS) bowl
			For
			Arhar Dal (Soaked for 2 hrs)
			Oil
			Onion chopped
			Tomato chopped
			Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin
			Boiled Water
			Tamarind pulp, Green Chilli, Sambhar Masala, Salt, Jaggery, Rai, Asafoetida Curry leaves, Coriander powder, Turmeric, Red chilli powder

Method:

1. Soak dal for 2 hours, In MWS bowl take dal, turmeric, onion, green chilli, tomato, mix vegetables and boiled water. Select menu and press start.
2. When beeps, in another MWS bowl take oil, rai, asafoetida, curry leaves, coriander powder, red chilli powder. Press start.
3. When beeps, mash dal very well and add to tadka. Add tamarind pulp sambhar masala, jaggery and some water (if required). Press start. Stand for 5 mins. Garnish with coconut and coriander leaves and serve with Idli.

IC19	Gaon Potato Curry	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl
			For
			Boiled potato
			Boiled mix veg (capsicum, cauliflower, carrot, peas)
			Chopped onion
			Oil
			Mustard seeds
			Grated coconut
			Coconut milk
			Tomato puree
			Kaju powder
			Salt, red chilli powder
			Fresh cream
			Coriander

Method:

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

IC20	Gujarati Tuvor Dal	0.3 kg	Microwave safe (MWS) bowl
			For
			Tuvor dal / Arhar dal (soaked for 2 hours)
			Water
			Oil
			Mustard seeds
			Jeera
			Finely chopped ginger
			Slit green chillies
			Curry leaves
			Chopped tomato
			Chopped onion
			Hing
			Salt, turmeric powder, red chilli powder
			Jaggery (Gud)

Method:

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

Indian Cuisine

Category		Weight Limit	Utensil	Instructions			
IC21	Methi aloo	0.2~0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg
				Methi leaves (chopped)	2 cups	3 cups	4 cups
				Big size potato (cut in pieces)	1 no.	2 nos.	3 nos.
				Tomato	1 no.	2 nos.	3 nos.
				Green chilli (chopped)	1 tbsp	1½ tbsp	2 tbsp
				Salt, red chilli powder, haldi, garam masala	0.3 kg	0.4 kg	0.5 kg

Method:

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.

IC22	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 & chilli paste	1 tsp
				Mustard seeds	1 tsp
				Curry leaves	A few sprigs
				Hing	¼ tsp

Method:

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

IC23	Jeera aloo	0.1~0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Jeera	1 tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Big size potato (cut in pieces)	1 no.	1½ nos.	2 nos.	2½ nos.	3 nos.
				Tomato	1 no.	1 no.	2 nos.	3 nos.	3 nos.
				Green chilli (chopped)	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Salt, red chilli powder, haldi, garam masala	As per taste				

Method:

1. In a MWS bowl take oil, jeera, 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. Give standing time for 5 minutes. Serve hot with chappati or parantha.

IC24	Kaddu ki Subzi	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Kaddu (cut into pieces)	200 g	300 g	400 g	500 g
				Chopped tomato	1 no.	2 nos.	3 nos.	4 nos.
				Chopped green chilli	1 no.	2 nos.	3 nos.	4 nos.
				Finely chopped ginger	½ tsp	½ tsp	1 tsp	1 tsp
				Chopped coriander leaves	1 tbsp	2 tbsp	3 tbsp	4 tbsp
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Salt, red chilli power, garam masala, amchoor, turmeric powder	As per taste			

Method:

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

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

* Refer page 62, fig-3 and fig-4.

Indian Cuisine

Category		Weight Limit	Utensil	Instructions			
IC25	Matar Paneer	0.2-0.4 kg	Microwave safe (MWS) bowl	For	0.2 Kg	0.3 Kg	0.4 Kg
				Matar	100 g	150 g	200 g
				Paneer Cubes	100 g	150 g	200 g
				Oil	1 tbsp	1½tbsp	2 tbsp
				Tomato puree	¼ cup	½ cup	1 cup
				Chopped Onion	1 tbsp	1½ tbsp	2 tbsp
				Chopped Ginger	1 tsp	1½ tsp	2 tsp
				Chopped garlic	1 tsp	1½ tsp	2 tsp
				Jeera powder, salt, haldi, red chilli powder, garam masala	As per taste		
				Coriander leaves	A few sprigs		
				Water	¼ cup	½ cup	1 cup

Method:

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

IC26	Jhinga Matar Curry	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 Kg	0.3 Kg	0.4 Kg
				Prawns (devened & cleaned)	50 g	100 g	150 g
				Peas (shelled)	½ cup	1 cup	1 cup
				Water	¼ cup	½ cup	1 cup
				Salt, red chilli power, garam masala	As per taste		
				Oil	1 tbsp	1½ tbsp	2 tbsp
				For Paste			
				Onions	1 no.	2 nos.	2½ nos.
				Green chilli	1 no.	2 nos.	2 nos.
				Coriander powder, turmeric powder	As per taste		
				Ginger (chopped)	1 tsp	1½ tsp	2 tsp

Method:

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

IC27	Egg Curry	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Boiled eggs	2 nos.	4 nos.	6 nos.
				Onions (chopped)	2 nos.	3 nos.	4 nos.
				Green chilli	1 no.	2 nos.	3 nos.
				Garlic (pods)	6-7 nos.	8-10 nos.	10-12 nos.
				Ginger (chopped)	1 tbsp	1½ tbsp	2 tbsp
				Tomato puree	3 tbsp	5 tbsp	6 tbsp
				Water	½ cup	1 cup	1½ cup
				Green peas (shelled)	¼ cup	½ cup	1 cup
				Salt, red chilli powder, garam masala, turmeric powder, dhania powder	As per taste		
				Oil	2 tbsp	3 tbsp	3 tbsp
				Coriander leaves	A few sprigs		

Method:

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

IC28	Bhindi Fry	0.1 ~ 0.4 kg	Microwave safe (MWS) glassbowl & Microwave safe (MWS) Flat glass dish	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				Bhindi (cut lengthwise)	100 g	200 g	300 g	400 g
				Ajwain	As per taste			
				Oil	1 tbsp	1 tbsp	1½ tbsp	2 tbsp
				Chopped onion	½ cup	½ cup	1 cup	1 cup
				Salt, red chilli powder, dhania powder, garam masala, haldi	As per taste			

Method:

1. In a MWS glass bowl add oil, ajwain & chopped onion & mix well. Select category & weight and press start.
2. When beeps, add bhindi, salt, red chilli powder, dhania powder, garam masala & haldi. Cover & press start.
3. When beeps, transfer to flat glass dish & cover. Press start. Allow to stand for 3 minutes.

Indian Cuisine

Category	Weight Limit	Utensil	Instructions						
IC29	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	½ 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					

Method:

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

IC30	Egg Biryani	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Boiled eggs	2 nos.	3 nos.	4 nos.
				Rice (soaked for 1 hour)	100 g	200 g	300 g
				Water	200 ml	350 ml	500 ml
				Onions (Big sized sliced)	1 no.	2 nos.	2 nos.
				Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp
				Ginger-garlic paste	½ tsp	1 tsp	1 tsp
				Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste		
				Biryani masala	½ tsp	1 tsp	1 tsp
				Slit green chillies	1 no.	2 nos.	2 nos.

Method:

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

IC31	Achari Chana Pulao	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Soaked rice	100 g	200 g	300 g
				Soaked & boiled kabuli chana	½ cup	1 cup	1½ cup
				Sliced onions	½ cup	1 cup	1½ cup
				Water	200 ml	350 ml	500 ml
				Ginger-garlic paste	½ tsp	1 tsp	1½ tsp
				Desi ghee	1 tbsp	1½ tbsp	2 tbsp
				Laung, chhoti elaichi, badi elaichi, saunf, jeera	As per requirement		
				Salt, red chilli powder, garam masala, haldi	As per taste		
				Mango pickle paste	1 tbsp	1½ tbsp	2 tbsp
				Slit green chilli	1 no.	2 nos.	2 nos.

Method:

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

IC32	Methi Rice	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Methi leaves (chopped)	1 cup	1½ cup	2 cup
				Soaked rice	100 g	200 g	300 g
				Water	200 ml	350 ml	500 ml
				Onions (sliced)	1 no.	2 nos.	3 nos.
				Ginger-garlic paste	½ tsp	1 tsp	1½ tsp
				Salt, red chilli powder, garam masala	As per taste		
				Oil / ghee	1½ tbsp	2 tbsp	2½ tbsp

Method:

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

Indian Cuisine

Category		Weight Limit	Utensil	Instructions			
IC33	Coconut Rice	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Rice (soaked for 1 hour)	100 g	200 g	1 cup
				Coconut (grated)	¼ cup	½ cup	0.3 Kg
				Coconut milk	100 ml	200 ml	300 ml
				Water	100 ml	150 ml	200 ml
				Oil	1 tbsp	2 tbsp	2 tbsp
				Chopped cashewnuts	1 tbsp	2 tbsp	3 tbsp
				Mustard seeds	½ tsp	1 tsp	1 tsp
				Curry leaves	10 nos.	15 nos.	20 nos.
				Chopped green chilli	2 nos.	3 nos.	3 nos.
				Salt & pepper	As per taste		
				Finely chopped ginger	1 tsp	1½ tsp	2 tsp
				Beaten curd	1 tbsp	2 tbsp	3 tbsp

Method:

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

IC34	Curd Rice	0.1 ~ 0.5 Kg	Microwave safe (MWS) glass bowl	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati Rice (Soaked)	100 g	200 g	300 g	400 g	500 g
				Water	200 ml	400 ml	600 ml	650 ml	750 ml
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
				Urad dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
				Chana dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
				Curry leaves	A few leaves				
				Green chillies (chopped)	2 nos.	2 nos.	3 nos.	3 nos.	3 nos.
				Grated ginger	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
				Curd	½ cup	½ cup	1cup	1 cup	1½ cup
				Milk	¼ cup	¼ cup	½ cup	½ cup	1 cup
				Coriander leaves (chopped)	A few sprigs				

Method:

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

Sweet Corner

Category		Weight Limit	Utensil	Instructions			
SC1	Besan Ladoo	0.1 – 0.3 kg	Microwave safe (MWS) flat glass dish	Besan	0.1 kg	0.2 kg	0.3 Kg
				Ghee (melted)	3 tbsp	5 tbsp	7 tbsp
				Powder Sugar	50 g	100 g	150 g
				Elaichi Powder	1/2 tsp	1 tsp	1 tsp

Method:

1. In Microwave safe flat glass dish take besan and ghee. Select menu and press start.
2. When beeps, stir it & press start.
3. Allow to cool. Sieve the mixture. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size.

Note : For binding the ladoo use ghee.

SC2	Kalakand	0.1 ~ 0.3 kg	Microwave safe(MWS) bowl	Grated Paneer	0.1 kg	0.2 kg	0.3 Kg
				Milkmaid	50 ml	100 ml	200 ml
				Milk Powder	2 tbsp	3 tbsp	4 tbsp
				Cornflour	1/2 tsp	1 tsp	1 tsp
				Elaichi Powder	1/2 tsp	1 tsp	1 tsp

Method:

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

Sweet Corner

Category		Weight Limit	Utensil	Instructions			
SC3	Shahi Tukda	0.1-0.3Kg	Microwave safe (MWS) flat glass dish & High Rack*	For	0.1 kg	0.2 kg	0.3 kg
				Bread Slices	1 slice	2 slices	3 slices
				Milkmaid	50 ml	100 ml	150 ml
				Milk	50 ml	100 ml	125 ml
				Sugar	1 tbsp	2 tbsp	3 tbsp
				Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp
				Kesar-Elaichi Powder	As per your taste		

Method:

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

SC4	Kheer	0.1-0.3Kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Milk	100 ml	200 ml	300 ml
				Milkmaid	150 ml	200 ml	300 ml
				Seviyaan (roasted)	20 gm	40 gm	60 gm
				Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp
				Kesar & Elaichi Powder	As per your taste		

Method:

1. In Microwave Safe Glass Bowl add milk, milkmaid & mix well. Select category & weight, press start.
2. When beeps, add Badam Pista pieces, Kesar Elaichi Powder & Seviyaan. Mix well and press start.
3. When beeps, mix it well. Add more milk (if required) & press start. Stand for 5 minutes. Serve hot or chilled.

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

SC5	Suji Halwa	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	Suji	0.1 kg	0.2 kg	0.3 kg
				Ghee (melted)	2 tbsp	3 tbsp	4 tbsp
				Water	300 ml	600 ml	900 ml
				Sugar	100 g	200 g	300 g
				Cashewnuts, Kishmish, Kesar\ Elaichi Powder	As per your taste		

Method:

1. In MWS glass bowl take Suji, add ghee, mix it together. Select category & weight press start.
2. When beeps, stir it. Allow to cool. Add sugar & ½ qty. of water (For 0.1Kg add 150 ml). Mix well & press start.
3. When beeps, add remaining ½ water, sugar, cashewnuts, kishmish, kesar, Elaichi powder, mix it well and press start. Serve hot.

SC6	Payasam	0.1 ~ 0.3 kg	Microwave safe(MWS) bowl	For	0.1 kg	0.2 kg	0.3 Kg
				Broken Rice (soaked for 2 hour)	100 g	200 g	300 g
				Milk + Water	300 ml	500 ml	700 ml
				Sugar	75 g	150 g	200 g
				Kesar, elaichi powder dry fruits	As per taste		
				Ghee	1 tbsp	1½ tbsp	2 tbsp

Method:

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

SC7	Sandesh	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg
				Paneer (grated)	200 g	300 g	400 g
				Milkmaid	50 g	75 g	100 g
				Rose water	1 tbsp	1½ tbsp	2 tbsp
				Elaichi seeds	½ tsp	1 tsp	1½ tsp
				Chopped pista	A few		
				Khoa (mashed)	100 gm	150 gm	200 gm

Method:

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

Sweet Corner

Category		Weight Limit	Utensil	Instructions	
SC8	Seviyan Zarda	0.2 kg	Microwave safe (MWS) glass bowl	Roasted Seviyan	200g
				Sugar	5 tbsp
				Water	2 cups
				Rose essence	A few drops
				Almonds	A few
				Chopped pista	A few
				Elaichi powder	½ tsp
				Ghee	1 ½ tbsp

Method:

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

SC9	Phirni	0.3Kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				Milk	350 ml	500 ml	650 ml
				Rice (Soaked)	50 g	75 g	100 g
				Sugar	100 g	150 g	200 g
				Elaichi powder	1 tsp	1 tsp	1½ tsp
				Cream (whipped)	2 tbsp	3 tbsp	4 tbsp
				Dry fruits (almonds, cashewnuts, raisins)	As required		
				Kesar	A few		

Method:

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

SC10	Mysore Pak	0.1Kg	Microwave safe (MWS) flat glass dish	For	0.1Kg
				Besan	100 g
				Melted ghee	100 ml
				Powdered Sugar	100 g
				Milk	¼ cup

Method:

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

SC11	Kaddu Kheer	0.5 kg	Microwave safe (MWS) glass bowl	For	0.5 kg
				Milk	300 ml
				Grated kaddu	200 g
				Milkmaid	150 g
				Dry fruits (Kaju, kishmish, pista)	As required

Method:

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

SC12	Rava Ladoo	0.5 kg	Microwave safe (MWS) glass bowl	For	0.5 kg
				Roasted rava/sooji	1 cup
				Grated khoya	1½ cup
				Sugar	½ cup
				Milk	½ cup
				Kishmish	2 tbsp
				Chopped almonds	2 tbsp
				Desi ghee	1 tbsp
				Elaichi powder (optional)	½ tsp

Method:

1. In a MWS glass bowl take sugar & milk. Mix & select category and press start.
2. When beeps, add roasted rava/sooji, kishmish & chopped almonds. Sprinkle elaichi powder & mix very well. Press start.
3. When beeps, mix well & add grated khoya. Mix well & again press start.
4. Make equal sized ladoos from the mixture, when it is still warm.

Sweet Corner

Category		Weight Limit	Utensil	Instructions	
SC13	Kaju Burfi	0.4 kg	Microwave safe (MWS) glass bowl	For	0.4 kg
				Kaju	2 cups
				Powdered sugar	1¼ cup
				Water	½ cup

Method:

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

SC14	Badam Halwa	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Badam (soaked in hot water for 1 hour)	½ cup	1 cup	1½ cup
				Milk (for making paste)	½ cup	1 cup	1 cup
				Milk (for cooking)	½ cup	¾ cup	1 cup
				Sugar	3 tbsp	5 tbsp	7 tbsp
				Desi ghee	2 tbsp	3 tbsp	4 tbsp
				Silvered almonds (for garnishing)	A few		

Method:

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

Chatpat Corner

Category		Weight Limit	Utensil	Instructions	
CC1	Apple Tomato Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	Apple pieces	200 gms
				Tomato pieces	100 gms
				Green chillies, Salt, Sugar	As per your taste
				Oil	2 tbsp
				For Tempering : Rai, Jeera, Hing etc.	

Method:

1. In a MWS glass bowl put apple, tomato, salt, sugar & green chillies and keep it in Microwave. Select category and press start to cook. When it gives a beep, remove and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start. add ground mixture and mix well. Garnish with chopped coriander.

CC2	Lemon Pickle	0.3 kg	Microwave Safe (MWS) Glass Bowl	Lemon pieces	300 gms
				Sugar	150 gms
				Chilli powder, Salt	As per your taste
				For Tempering : Rai, Jeera, Hing etc.	

Method:

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

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

Method:

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

Chatpat Corner

Category	Weight Limit	Utensil	Instructions	
CC4	Pizza Sauce	Microwave Safe (MWS) Glass Bowl	Tomato	200 gms
			Onions	1 No.
			Salt, Sugar, Ajwain, Oregano, Basil leaves	As per your taste
			Garlic pods	7-8
			Oil	2 tbsp

Method:

1. In a MWS bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select category & press start to cook. When it gives a beep, remove and grind it in a mixer. Now add salt, sugar, ajwain, oregano, basil leaves. Keep it in Microwave and press start.

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

Method:

1. In a MWS bowl put tomato pieces, add some water, cover and keep it in a Microwave. Select category & press start to cook. When it gives a beep, remove and grind it in a mixer. Strain it. Add salt, sugar, garam masala to the mixture and mix well & press start.

CC6	Masala Chutney	Microwave Safe (MWS) Glass Bowl	Chana Daal, Urad Daal	150 g each
			Grated dry coconut	100 g
			Sesame, Salt, Sugar, Turmeric, Dhaniya powder, Jeera powder, Curry leaves, Methi seeds	As per your taste
			Oil	1 tsp

Method:

1. In a MWS glass bowl put daals and keep it in Microwave. Select category & press start to cook. When it gives a beep, remove. Add the rest of the ingredients and keep it in Microwave and press start. Remove, cool it and grind it in a mixer. This chutney can be served with Idly, Paratha or Rice.

CC7	Aam Ki Chutney	Microwave Safe (MWS) Bowl	For	0.3 kg
			Aam (peeled & chopped)	300 g
			Kishmish (seedless & chopped)	25 g
			Chopped ginger & garlic	2 tsp
			Tamarind pulp	1 tbsp
			Salt & sugar	As per taste

Method:

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

CC8	Coconut Chutney	Microwave Safe (MWS) Glass Bowl	For	0.3 kg
			Fresh grated coconut	300 g
			Chopped green chillies	2 nos.
			Chopped ginger	1 tbsp
			Roasted split gram dal (optional)	1 tbsp
			Salt	As per taste
			For tempering	
			Oil	1 tsp
			Mustard seeds	½ tsp
			Broken dry red chillies	1 no.
			Curry leaves	A few

Method:

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

CC9	Gongura Chutney	Microwave Safe (MWS) Glass Bowl	Gongura	300 g
			Chopped onion	1 no.
			Chopped green chillies	5 nos.
			Mustard seeds	1 tbsp
			Oil	1 tbsp
			Salt & red chilli powder	As per taste

Method:

1. Grind all the ingredients together except mustard seeds & oil.
2. In a MWS glass bowl add oil & mustard seeds. Select category & press start.
3. Mix the grind ingredients with the mustard seeds & serve.

Chatpat Corner

Category		Weight Limit	Utensil	Instructions	
CC10	Til Ki Chutney	0.2 kg	Microwave Safe (MWS) Glass Bowl	For	0.2 kg
				Roasted til	½ cup
				Tamarind paste	2 tbsp
				Green chilli	4-5 nos.
				Coriander leaves	2 tbsp
				Mint leaves	1 tbsp
				Water	½ cup
				Garlic pods	2-3 nos.
				Salt	As per taste
				For Tempering	
				Oil	1 tbsp
				Cumin seeds	1 tsp
				Curry leaves	6-7 nos.
				Red chilli (dry)	2 nos.

Method:

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

Health Plus

Low Calorie

Category		Weight Limit	Utensil	Instructions					
HP1	Kala Chana	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	Soaked Kala Chana (soaked overnight)	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Water	200 ml	400 ml	600 ml	800 ml	1000 ml
				Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp
				Onion Chopped	1/2 cup	1 cup	1½ cup	2 cup	2½ cup
				Salt, Chat Masala, Red Chilli Powder, Hara Dhania	As per your taste				

Method:

1. Soak Chana overnight, in a MWS bowl take soaked chana with water, cover it.
2. Select category 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 Subzi	0.1 ~ 0.3 kg	MWS glass bowl + high rack	Chopped Karela	0.1 kg	0.2 kg	0.3 kg
				Oil	1 tbsp	1 tbsp	2 tbsp
				Chopped onions	¼ cup	½ cup	1 cup
				Water	As required		
				Rai, Jeera, Hing & Haldi	For tempering		
				Salt, Sugar, Garam Masala, Dhania, Jeera Powder	As per your taste		
				Grated Coconut & Hara Dhania	For garnishing		

Method:

1. In a MWS glass bowl take Oil, add Rai, Jeera, Hing & Haldi, chopped onions, select category and press start.
2. When beep add Chopped Karela, some water, salt, sugar, masala, dhania-jeera powder. Press start.
3. When beeps, remove MWS glass bowl from microwave oven and transfer the subzi to high rack and press start.
4. Garnish with Coconut & Dhania, Serve Hot.

Category		Weight Limit	Utensil	Instructions	
HP3	Moong Dal	0.2 kg	Microwave safe (MWS) bowl	Moong Dal soaked in water (for 2 hours)	0.2 kg
				Water	400 ml
				Oil	2 tbsp
				Jeera	1 tsp
				Hari Mirch, Onion chopped	2-3 nos., 1 medium sized
				Curry leaves	5-6 nos.
				Salt, Dhania-Jeera Powder, Haldi, Hing, Kasuri Methi, Lemon Juice, Hara Dhania	As per your taste

Method:

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

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

Method:

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

HP5	Ghiya Raita	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Grated Ghiya	100 g	200 g	300 g
				Water	50 ml	75 ml	100 ml
				Salt	To taste		
				Curd	3 tbsp	4 tbsp	5 tbsp
				Salt, Sugar, Mustard Powder & Green Chilli	As per your taste		

Method:

1. In a MWS bowl add grated ghiya, sprinkle water and salt. Select category and weight & press start to cook.
2. Strain ghiya and take it in MWS bowl and add curd, taste. Served chilled.

HP6	Nutri-nuggets	0.1-0.3kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Soaked and boiled nutrinuggets	50 g	100 g	150 g
				Potato	50 g	100 g	150 g
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Jeera	As per taste		
				Chopped onion	½ cup	1 cup	1½ cup
				Tomato puree	2 tbsp	3 tbsp	4 tbsp
				Salt, garam masala, red chilli powder, haldi, dhanial powder	As per taste		
				Water	1½ cup	2 cup	2½ cup
				Chopped coriander leaves	For garnishing		

Method:

1. In a MWS bowl add oil, jeera, onion. Select category and weight and press start. Mix well.
2. When beeps, add tomato puree, nutrinuggets, potato, salt, red chilli powder, haldi, dhania powder and add ½ the amount of water mentioned per weight (For eg. For 100g, add 1 cup of water). Cover and press start. Mix well.
3. When beeps, add the remaining amount of water and press start. Mix well. Allow to stand for 3 minutes. Garnish with coriander leaves & serve hot with roti.

Health Plus

Category		Weight Limit	Utensil	Instructions					
HP7	Curd Brinjal	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
				Brinjal (cut into pieces)	100 g	200 g	300 g	400 g	500 g
				Curd	100 g	200 g	300 g	400 g	500 g
				Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
				Curry leaves	A few sprigs				
				Mustard & cumin seeds	1 tsp	2 tsp	3 tsp	3 tsp	4 tsp
				Salt	As per taste				
				Chopped ginger	1 tsp	2 tsp	3 tsp	3 tsp	4 tsp

Method:

1. In a MWS bowl add oil & brinjal. Cover. Select category & 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 Raita	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Chopped bathua	25 g	50 g	75 g
				Water	50 ml	75 ml	100 ml
				Beaten curd	3 tbsp	4 tbsp	5 tbsp
				Salt, roasted cumin seed powder		As per taste	

Method:

1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select category & weight & 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	Healthy Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Rice (soaked)	75 g	150 g	225 g
				Moong dal / Green gram, (dehusked), washed (soaked)	25 g	50 g	75 g
				Desi ghee	½ tbsp	1 tbsp	1½ tbsp
				Peas	¼ cup	½ cup	1 cup
				Carrot (grated finely)	1 no.	2 nos.	2 nos.
				Soya granules (soaked)	2 tbsp	3 tbsp	4 tbsp
				Salt & pepper		As per taste	
				Water	300 ml	500 ml	750 ml

Method:

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

HP10	Spinach Dal	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Dehusked soaked lentils (at least for 2 hours)	100 g	200 g	300 g
				Onions chopped	½ cup	1 cup	1 cup
				Spinach chopped	1 cup	1½ cup	2 cup
				Oil	1 tbsp	2 tbsp	2 tbsp
				Cumin seeds	1 tsp	1 tsp	1½ tsp
				Ginger & green chillies (chopped)	1 tbsp	2 tbsp	3 tbsp
				Water	300 ml	500 ml	700 ml
				Turmeric, salt		As per taste	
				Lemon juice	1 tsp	2 tsp	3 tsp
				Coriander leaves	2 tbsp	3 tbsp	4 tbsp

Method:

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

Category		Weight Limit	Utensil	Instructions			
HP11	Fish Masala	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Pomphret pieces	100 g	200 g	300 g
				Onions	1 no.	2 nos.	2 nos.
				Tomato	1 no.	1 no.	1 no.
				Oil	1 tbsp	2 tbsp	2 tbsp
				Chilli powder, Turmeric, Ginger garlic paste, Salt, Saunf powder	As per taste		
				Garam masala	1 tsp	1 tsp	1 tsp
				Dhania, jeera powder	2 tsp	2 tsp	2 tsp
				Coriander leaves	2 tbsp	2 tbsp	2 tbsp

Method:

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

HP12	Soya Idli	4,8 Pc	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand*	Rice	100 g
				Urad dal	4 tbsp
				Soyabean	4 tbsp
				Water	As required
				Salt	As per taste

Method:

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 Idli Stand with Oil. Put Idli batter in it. Add ½ cup water in the MWS bowl. Keep the idli stand & cover. Select category & number and press start to cook. Allow to stand for 3 minutes.

Note : After preparing the batter, you can use it for making category 4 or 8 idlies as per requirement.

HP13	Soyabean curry	0.2 kg	Microwave safe (MWS) bowl	For	0.2 kg
				Soyabean (soaked overnight)	200 g
				Oil	1½ tbsp
				Chopped onions	1 cup
				Tomato puree	½ cup
				Chopped green chillies	1 tbsp
				Red chilli powder, Garam masala	As per taste
				Coriander powder, Salt	
				Water	200 L
				Coriander leaves	For garnishing

Method:

1. In a MWS bowl add oil, chopped onions. Select menu and press start. Mix well.
2. When beeps, in another MWS 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.
4. Garnish with coriander leaves and serve hot.

HP14	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	1 tbsp	1 tbsp	1 tbsp	1½ tbsp	2 tbsp
				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				

Method:

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, red chilli powder, garam masala, haldi, salt. Cover and press start.
3. When beeps, add mashed fish & press start. Mix well & serve.

Health Plus

Category		Weight Limit	Utensil	Instructions	
HP15	Oats idli	4 ~ 8 pcs	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand*	For idli batter	
				Roasted & powdered oats	1 cup
				Semolina	½ cup
				Curd	½ cup
				Water	¾ cup
				Salt	As per taste
				Soda bi carb	¼ tsp
				Grated carrot	¼ cup
				Chopped green chillies	2 nos.
				Oil	For greasing
				For Tempering	
				Mustard seeds	½ tsp
				Curry leaves	A few
				Dry red chillies	A few
				Oil	½ tbsp

Method:

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

HP16	Lemon chicken	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Boneless chicken	100 g	200 g	300 g	400 g	500 g
				Soya sauce	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Corn flour	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Water	½ cup	1 cup	1½ cup	2 cup	2½ cup
				Salt Pepper & Sugar	As per taste				
				Garlic paste	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Lemon juice	2 tsp	3 tsp	4 tsp	4 tsp	5 tsp
				Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp

Method:

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

Soup

Category		Weight Limit	Utensil	Instructions	
So1	Sweet Corn Soup	0.6Kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Sweet Corn	200 g
				Water	600ml(3 cups)
				Oil	1 tsp
				Cornflour	2 tbsp + ½ cup water
				Salt, Sugar and Kali Mirch and Green Chilli	As per your taste

Method:

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

Soup

Category		Weight Limit	Utensil	Instructions	
So2	Mushroom Soup	0.6 kg	Microwave safe (MWS) glass bowl	For Mushroom	0.6 kg
				Potato	120 g
				Cabbage	1 No.
				Onion	50 g
				Water	1 small
				Salt, Black Pepper	600ml(3 cups)
				Oil	As per your taste
				Grated cheese	1 tsp
					As per requirement

Method:

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

So3	Tomato Soup	0.6 kg	Microwave Safe (MWS) Glass Bowl	For	0.6 kg
				Chopped Tomato	100 g
				Chopped Carrot	25 g
				Chopped Onion	1 small
				Chopped Ginger, Garlic	1 tsp
				Salt, Sugar, Pepper	As per your taste
				Cornflour & Oil / Butter	2 tbsp / 1 tsp
				Water	600 ml (3 cups)

Method:

1. In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along with water. Keep in Microwave. Select category & weight and press start.
2. When beeps, grind and strain it.
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 your taste and cornflour paste which is made up by mixing the half cup of cold water. Stir well & press start.
4. Garnish with bread croutons, coriander (green dhania) and fresh cream and serve hot.

So4	Chicken Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Boneless Chicken	300 gms
				Ginger Paste	1 tsp
				Garlic Paste	1 tsp
				Salt & Pepper Powder	As per your taste
				Cornflour Paste	2 tbsp (mixed with½ cup of water)
				Oil	1 tbsp
				Water	600 ml / 3 cups

Method:

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

So5	Chicken Tortilla Soup	0.6 kg	Microwave safe (MWS) bowl	For	0.6 kg
				Chicken pieces (Boneless)	250 g
				Ginger Garlic paste	2 tsp
				Water	600ml(3 cups)
				Salt, Pepper Powder, Green Chillies	As per your taste
				Oil	1 tsp
				Tortilla pieces	10-15 Nos.

Method:

1. In MWS bowl put water and chicken pieces. Keep it in Microwave. Select category and press start to cook.
2. When it gives a beep, remove. In another bowl add oil and ginger garlic paste, salt, pepper powder, green chilli & chicken stock. Mix well & press start.
3. Serve with tortilla pieces.

Soup

Category		Weight Limit	Utensil	Instructions	
So6	Rasam	0.6 kg	Microwave safe (MWS) bowl	For	0.3 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 cup)
				Oil	1 tbsp

Method:

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

So7	Hot & Sour Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Water	600 ml (3 cups)
				Chilli sauce	1 tbsp
				Soya sauce	2 tbsp
				Vinegar	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
				Ajinomoto	1 pinch
				Paneer	50 g

Method:

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

So8	Palak Makai Shorba	0.3Kg	Microwave safe (MWS) glass bowl	For	0.3Kg
				Palak (chopped)	200 g
				Water	300ml (1 ½ cups)
				Maggie tastemaker	1 cube
				Corn Niblets	½ cup
				Chopped onion	½ cup
				Jeera	1 tsp
				Butter	1 tbsp
				Milk	¼ cup

Method:

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

Category		Weight Limit	Utensil	Instructions	
So9	Wonton Soup	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg
				Chopped cabbage, carrot, capsicum, french beans	200 g (Total)
				Ginger paste	2 tsp
				Garlic paste	2 tsp
				Spinach in pieces	10 leaves
				Oil	1 tsp
				Salt, pepper powder	As per taste
				Water	300ml (1 ½ cups)
				Ready wonton	6-7 pieces

Method:

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

How to make Wonton : Maida -1 cup, Salt - 1 pinch, Oil - 1 tsp

Method : Mix all the ingredients in the bowl and make dough with too warm water. After that cover the bowl and leave the mixture for 10-15 minutes.

For Stuffing : Cabbage, carrot, capsicum which is cut in long pieces

Method : Mix all the ingredients for stuffing. Make a small puree of wonton and put the small quantity of stuffing in between them and then cover the puree and press it.

So10	Mulligtawny Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Cooked rice	50 g
				Dehusked lentil	30 g
				Apples (peeled & sliced)	½ no.
				Carrot	50 g
				Onion	50 g
				Veg stock/water	600 ml (3 cups)
				Salt & pepper	To taste
				Butter	1 tsp
				Curry powder	1 tsp
				Lemon juice	1 tsp

Method:

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

So11	Rajma Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Water	600 ml
				Rajma (boiled)	1 cup (170 g)
				Oil	½ tbsp
				Garlic cloves (chopped)	2 nos.
				Onion (chopped)	½ cup
				Tomato (chopped)	½ cup
				Coriander (chopped)	¼ cup
				Salt, pepper, red chilli powder	As per taste
				Lemon juice	1 tbsp

Method:

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

So12	Shahi Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Onions (finely chopped)	2 nos.
				Walnuts (coarsely chopped)	¼ cup
				Mint paste	1 tbsp
				Whole wheat flour	2 tbsp
				Butter	2 tbsp
				Salt, black pepper powder, garam masala	As per taste

Method:

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

Soup

Category		Weight Limit	Utensil	Instructions	
So13	Bombay Curry Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Water	500 ml (2½ cups)
				Soaked masoor dal (dehusked)	200 g
				Chopped tomato	2 nos.
				Chopped onions	1 no.
				Crushed garlic	3-4 cloves
				Oil	1 tbsp
				Curry powder	As per taste
				Salt, red chilli powder	As per taste
				Coriander leaves	For garnishing

Method:

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

So14	Badam Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Badam (soaked & blanched)	50 g
				Fresh basil leaves (Tulsi)	8-10 nos.
				Water	3 cups (600 ml)
				Cinnamon	1" stick
				Elaichi (green)	2-3 nos.
				Cloves	2-3 nos.
				Sugar	½ tsp
				Cornflour	½ tbsp
				Salt & pepper powder	As per taste

Method:

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

So15	Limbu Dhania Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Water	600 ml
				Oil	½ tbsp
				Shredded cabbage	1 cup
				Chopped carrot	½ cup
				Celery	½ cup
				Spring onions	½ cup
				Ginger (grated)	1 tsp
				Chopped garlic	3 nos.
				Bayleaf	2 nos.
				Cloves	2 nos.
				Pepper corns	3 nos.
				Besan	2 tbsp (dissolved in ¼ cup water)
				Lemon juice	2 tbsp
				Coriander leaves (chopped)	½ cup
Salt	As per taste				

Method:

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

Category		Weight Limit	Utensil	Instructions			
Co1	Pasta®	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack*	For	0.1 kg	0.2 kg	0.3 kg
				Penne pasta	100 g	200 g	300 g
				Butter	1 tbsp	2 tbsp	3 tbsp
				Chopped onion	1/2 cup	1 cup	1½ cup
				Chopped garlic	1 tbsp	1½ tbsp	2 tbsp
				Chopped palak leaves	50 g	75 g	100 g
				Water	400 ml	800 ml	1200 ml
				Cream	¼ cup	1 cup	1½ cup
				Grated cheese	2 tbsp	3 tbsp	4 tbsp
				Nutmeg powder, oregano, salt & pepper	As per taste		

Method:

1. In a MWS glass bowl take pasta, add water (sufficient to boil the pasta) & few drops of oil. Select category 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*	For	0.2 kg
				Mix vegetables (cut gajar, gobhi, french beans, sweet corns, peas etc.)	200 g
				Maida	2 tbsp
				Butter	2 tsp
				Milk	½ cup
				Grated cheese	5 tbsp
				Salt, pepper	As per taste

Method:

1. In a MWS glass bowl take vegetables & add 400ml water. Select category & 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.

Co3	Macaroni	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Macaroni	100 g	200 g	300 g
				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, sugar, pepper & oregano	As per taste		

Method:

1. In MWS bowl take Macaroni with water. Select category & weight & press start.
2. When beeps, drain water from it. In MWS bowl add all the ingredients with boiled Macaroni, mix well and press start.

Co4	Baked Mushroom®	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish & High rack*	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		

Method:

1. In MWS flat glass dish put all the ingredients except cheese, mix well.
2. Select category & weight and press start
3. When beeps, keep on high rack. Spread grated cheese on the top of the mixture and press start.

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

*Refer page 62, fig-3

Continental

Category		Weight Limit	Utensil	Instructions	
Co5	Lasaneyya	0.3 kg	Microwave safe (MWS) flat glass dish & High rack*	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

Method:

1. Except lasagne and cheese add all the ingredients in MWS flat glass dish. Select category and press start.
2. When beeps, 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.
3. When beeps, spread the grated cheese & keep the glass dish on high rack and press start.

Co6	Chilli Veg	0.3-0.5Kg	Microwave safe (MWS) bowl	For	0.3 Kg	0.4kg	0.5 kg
				Paneer pieces	300 g	400g	500g
				Chopped Capsicum & onion	1½ cup	2cups	2 ½ cups
				Chopped green chillies	3 nos.	4 nos	5 nos
				Ginger garlic paste	1½ tbsp	2 tbsp	2 ½ tbsp
				Oil	1½ tsp	2 tsp	2 ½ tsp
				Soya sauce	2 tsp	2 ½ tsp	3 tsp
				Cornflour	2 tbsp	2 ½ tbsp	3 tbsp
				Green chilli sauce	3 tbsp	3 ½ tbsp	4 tbsp
				Salt & Pepper	As per your taste		
				Water	1 cup	2 cups	2 ½ cups
				Ajinomoto	A pinch		

Method:

1. In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover.
2. Select category & weight press start.
3. When beeps, mix well & add soya sauce, chilli sauce, cornflour (mixed with ½ cup water), water, salt, pepper & ajinomoto and press start.
4. When beeps, add paneer pieces & press start.
5. Mix well & serve.

Co7	Thai Chicken	0.5 kg.	Microwave safe (MWS) bowl	Boneless chicken	500 gm
				Red curry paste	2 tbsp
				Sugar	1 tsp
				Soya sauce	2 tbsp
				Salt	To taste
				Chopped garlic	1 tsp
				Blanched Broccoli (florets)	1 cup
				Peanuts (Roasted & crushed)	¼ cup
				Oil	2 tbsp
				Red chilli paste	1 tsp
				For Sauce	
				Butter	2 tbsp
				Maida	2 tbsp
				Milk	1 tbsp
				Salt & pepper	To taste

Method:

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

*Refer page 62, fig-3

Category		Weight Limit	Utensil	Instructions			
Co8	Sweet & Sour Veg	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Cut vegetables (Baby corns cut lengthwise, Broccoli florets, Mushroom pieces, Pineapple slices, Capsicum)	100 g	200 g	300 g
				Oil	½ tbsp	1 tbsp	1½ tbsp
				Chopped spring onion & garlic	¼ cup	½ cup	1 cup
				Red chilli paste	¼ tsp	¼ tsp	½ tsp
				Tomato Ketchup	¼ cup	¼ cup	½ cup
				Vinegar	As per taste		
				Sugar	½ tsp	1 tsp	1 tsp
				Salt	As per taste		
				Ajinomoto	¼ tsp	¼ tsp	½ tsp
				Soya sauce	1 tsp	1 tsp	1 tsp
				Pineapple juice	¼ cup	¼ cup	½ cup
				Water	1 cup	1 cup	1 cup
				Cornflour	2 tbsp mixed with ½ cup water		

Method:

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

Co9	Mediterranean Crostini®	0.2 kg.	Low rack	French bread	2 slices
				Black olives (sliced)	¼ cup
				Cheese (grated)	½ cup
				Butter	2 tbsp
				To be mixed together for the marinated tomatoes :	
				Tomatoes (sliced)	2 nos.
				Basil leaves (freshly chopped)	1 tsp
				Garlic (chopped)	1 tsp
				Olive oil	2 tsp
				Salt & freshly crushed pepper corns	As per taste

Method:

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

Co10	Risotto Rice	0.1 ~ 0.4 kg.	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				Arborio rice (soaked)	100 g	200 g	300 g	400 g
				Water	200 ml	400 ml	600 ml	650 ml
				Chopped carrots	¼ cup	½ cup	1 cup	1½ cup
				Chopped garlic	1 tsp	1½ tsp	2 tsp	2½ tsp
				Peas	¼ cup	½ cup	1 cup	1½ cup
				Sliced mushroom	¼ cup	½ cup	1 cup	1½ cup
				Chopped coriander leaves/parsely	As required			
				Spinach (blended & pureed)	¼ cup	½ cup	1 cup	1 cup
				Tomato puree	¼ cup	½ cup	1 cup	1 cup
				Fresh cream	3 tbsp	4 tbsp	5 tbsp	6 tbsp
				Olive oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
				Grated cheese	As required			
				Salt	As per taste			

Method:

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

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

Continental

Category		Weight Limit	Utensil	Instructions			
Co11	Spaghetti with tomato sauce	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Spaghetti noodles	100 g	200 g	300 g
				Water	400 ml	800 ml	1200 ml
				Olive oil	1 tbsp	1½ tbsp	2 tbsp
				Chopped garlic	1 tbsp	1½ tbsp	2 tbsp
				Chopped tomatoes	1 cup	1½ cup	2 cup
				Chopped mushrooms	¼ cup	½ cup	1 cup
				Chopped onion	½ cup	1 cup	1½ cup
				Sliced olives (pitted)	5 nos.	6 nos.	7 nos.
				Fresh basil	As required		
				Parmesan cheese	As required		
				Salt, pepper, oregano & chilli flakes	As per taste		

Method:

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

Co12	Cottage Cheese Tortellini	8 Pc	Microwave safe (MWS) bowl	For	Dough
				Maida	1 cup
				Egg	1 no.
				Olive oil	1 tbsp
				Salt	As per taste
				Water (to knead the dough)	As required
				For Stuffing	
				Blanched spinach	½ cup
				Paneer (roughly mashed)	100 g
				Olive oil	1 tbsp
				Garlic (minced)	1 tbsp
				Salt & pepper	As per taste
				For Sauce	
				Blanched tomatoes (skin removed)	5 nos.
				Garlic pods	8-10 nos.
				Coriander leaves (fresh)	1 tbsp
				Olive oil	1 tbsp
				Chilli flakes	1 tsp
				Oregano	½ tsp
				Salt, pepper	As per taste

Method:

Pre-Preparation for Stuffing :

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

Category		Weight Limit	Utensil	Instructions				
Co13	Mexican Corn Rice	0.1 ~ 0.4 kg.	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & Low rack*	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				Rice	100 g	200 g	300 g	400 g
				Cloves	2 nos.	3 nos.	4 nos.	5 nos.
				Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
				Water	200 ml	400 ml	600 ml	650 ml
				Butter	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
				Sweet corns	¼ cup	½ cup	1 cup	1½ cup
				Hot sauce*	¼ cup	½ cup	1 cup	1½ cup
				Cheese cubes	1 no.	2 nos.	3 nos.	4 nos.
				Salt (if required)	As per taste			
				Red chilli powder (if required)	As per taste			
				Tomato (chopped)	2 nos.	3 nos.	4 nos.	5 nos.

Method:

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

*Note : For Hot Sauce - In a MWS glass bowl take 8 blanded & pureed tomatoes, 4 tbsp butter, 1 cup chopped onions, salt, red chilli powder, oregano, sugar, chilli sauce (as per taste), 1 tbsp garlic paste, 2 tbsp tomato sauce, a pinch ajwain. Mix well & microwave at 100% for 5 minutes.

Steam Cook

Category		Weight Limit	Utensil	Instructions			
St1	Kheema Balls	0.1 ~ 0.3 kg.	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Chicken Kheema	75 gms	125 gms	175 gms
				Boiled & Mashed Potato	1 No.	2 No.	3 No.
				Ginger, Garlic Paste, Salt, Garam Masala, Hara Dhania, Lemon Juice	As per your taste		
				Besan	1 tsp	2 tsp	3 tsp

Method:

- Mix all the ingredients together. Make balls from it. Place the balls in greased MWS flat glass dish. Add ½ cup water to the MWS bowl. Place the MWS glass dish inside the bowl. Cover. Select category & weight and press start.

St2	Gajar ka Halwa	0.3 kg	Microwave Safe (MWS) Glass Bowl & Microwave safe (MWS) bowl	For	0.3 kg
				Grated Gajar	300 gms
				Ghee	2 tbsp
				Milk Powder	4 tbsp
				Khoya	5 tbsp
				Sugar	4 tbsp
				Elaichi Powder and Dry Fruits	As per your taste

Method:

- In a MWS glass bowl take all the ingredients & mix well.
- Add ½ cup water to the MWS bowl.
- Keep the MWS glass bowl in the bowl. Cover. Select category & press start.

St3	Shakarkandi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	Shakarkandi	0.1 Kg	0.2 Kg	0.3 Kg
				Salt & Chat Masala	As per your taste		

Method:

- In MWS bowl add ½ water. Keep the peeled off shakarkandi in MWS flat glass dish & put in the bowl. Cover. Select category & weight & press start.
- After steaming sprinkle some salt & chaat masala & serve

Steam Cook

Category		Weight Limit	Utensil	Instructions			
St4	Methi Muthiya	0.1 ~ 0.3 kg	Microwave Safe (MWS) bowl & Microwave safe (MWS) flat glass dish	For	0.1 Kg	0.2 Kg	0.3 Kg
				Methi Leaves	1/2 cup	3/4 cup	1 cup
				Atta	1/4 cup	1/2 cup	3/4 cup
				Besan	2 tbsp	3 tbsp	4 tbsp
				Suji	1 tbsp	1½ tbsp	3/4 tbsp
				Soda Bicarb	1/4 tsp	1/2 tsp	3/4 tsp
				Ginger garlic chilli paste, Dhaniya Powder, Haldi, Salt, Sugar	As per your taste		

Method:

1. Mix all the ingredients. Add some water and make a soft dough. Make small rolls from this mixture. Place rolls on MWS flat glass dish.
2. Add ½ cup water to the bowl. Keep the MWS flat glass dish in MWS bowl. Cover. Select category & weight and Press start.

St5	Kothimbir Vadi	0.1 ~ 0.3 kg	Microwave safe (MWS) Bowl & Microwave safe (MWS) flat glass dish	For	0.1 Kg	0.2 Kg	0.3 Kg
				Kothimbir (Hara Dhaniya)	100 g	200 g	300 g
				Besan	½ cup	1 cup	1½ cup
				Suji	2 tbsp	3 tbsp	4 tbsp
				Red chilli powder, salt, garam masala	As per taste		
				Baking powder	½ tsp	½ tsp	1 tsp

Method:

1. Mix all the ingredients together & make vadis out of it.
2. In MWS bowl, add ½ cup water. Place the vadis on MWS flat glass dish. Keep in the bowl & cover. Select category & weight and press start.
3. Allow to stand for 3 minutes.

St6	Sarson Ka Saag	0.1 ~ 0.2 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				Sarson (washed & separated leaves)	75 g	150 g	200 g	250 g
				Palak (washed & separated leaves)	20 g	50 g	100 g	150 g
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Onion garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp
				Tomato (chopped)	1/2 cup	1 cup	1½ cup	2 cups
				Salt, Red chilli powder	As per your taste			
				Water	As required			

Method:

1. In the MWS bowl, add ½ water. Place sarson and palak in the MWS flat glass dish. Keep the MWS flat glass dish in MWS bowl & cover. Select category and weight and press start.
2. When beeps, remove the MWS bowl, grind the steamed sarson & Palak with water
3. In a MWS bowl add oil, onion garlic paste, tomato, salt and red chilli powder and press start. Mix well.
4. When beeps, add grind sarson and palak, water (as required) to the MWS bowl. Mix well and press start. Serve it with makki ki roti.

St7	Bhafouri	0.1 ~ 0.2 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand*	For	0.1 Kg	0.2 Kg
				Mix dal paste (Moong dal, Urad dal)	100 g	200 g
				Ginger- garlic paste	½ tbsp	1 tbsp
				Hing	A pinch	
				Mitha soda	1/8 tsp	¼ tsp
				Salt	As per taste	

Method:

1. Mix all the ingredients together & make balls out of the mixture.
2. In MWS bowl, add ½ cup water. Keep the balls in MWS idli stand and keep it inside the bowl. Cover. Select category & weight and press start. Allow to stand for 3 minutes.

St8	Steamed Peas	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Shelled peas	100 g	200 g	300 g
				Salt & Chaat masala	As per taste		
				Butter	½ tbsp	1 tbsp	1½ tbsp

Method:

1. In MWS bowl, add ½ cup water to the MWS bowl, place put the peas in MWS flat glass dish. Keep in MWS bowl & cover. Select category & weight & press start.
2. Remove & add butter, salt & chaat masala & serve.

Steam Cook

Category		Weight Limit	Utensil	Instructions					
St9	Matar Mushroom	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg		
				Matar	50 g	100 g	150 g		
				Mushroom (chopped)	50 g	100 g	150 g		
				Oil	1 tbsp	1½ tbsp	2 tbsp		
				Onion (chopped)	1/2 cup	1 cup	1 cup		
				Tomato puree	2 tbsp	2½ tbsp	3 tbsp		
				Salt, Red chilli powder, Garam masala				As per taste	

Method:

1. Add ½ cup water to MWS bowl. bowl, place the matar and chopped mushroom on the MWS flat glass dish, keep in MWS bowl and cover. Select category and weight and press start.
2. When beeps, remove.
3. In a MWS bowl add oil, onion, tomato puree, salt, red chilli powder, garam masala and press start. Mix well.
4. When beeps, add steamed matar and mushroom to the MWS bowl and add little water, press start. Mix well and add chopped coriander leaves and serve with roti.

St10	Avial	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Cut vegetables (long pieces), Carrot, potato, drumstick, French beans, bottlegourd	100 g	200 g	300 g
				Oil	1 tbsp	1 tbsp	1½ tbsp
				Mustard seeds, Curry leaves, Salt, Haldi	As per taste		
				Coconut milk	1/2 cup	1 cup	1½ cup
				Curd (beaten)	1/2 cup	1 cup	1½ cup

Method:

1. Add ½ cup water to MWS bowl, place the vegetables in MWS flat glass dish & keep in MWS bowl and cover. Press start.
2. Select category and weight and press start.
3. When beeps, remove the all from microwave oven.
4. When beeps, in a MWS bowl add 1tbsp oil, mustard seeds, curry leaves, haldi, salt. Add coconut milk and curd.
5. When beeps, add the steamed vegetables to the coconut milk and press start. Garnish with grated coconut and serve.

Tandoor Se

Category		Weight Limit	Utensil	Instructions	
TS1	Grill Chicken	0.3 kg	High rack	For	0.3Kg
				Chicken drumsticks	300 g
				For Marinade	
				Barbeque sauce	1 tbsp
				Olive oil	½ tsp
				Ginger Garlic paste, Cumin powder, Black pepper, Onion paste	1 tbsp
				Salt	As per taste
				Brown sugar	2 tbsp

Method:

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

TS2	Chicken Lollipops	0.2Kg	High rack	For	0.2 kg		
				Chicken keema	200 g		
				Boiled potato	2 nos.		
				Ginger garlic paste	1½ tbsp		
				Red chilli powder, garam masala, amchur powder, salt	As per taste		
				Bread crumbs	For coating the lollipops		

Method:

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

* Provided with LG kit

Tandoor Se

Category		Weight Limit	Utensil	Instructions	
tS3	Chicken Tikka	0.3 kg	High rack	For	0.3 kg
				Boneless chicken	300 g
				Oil	For basting
				For Marinade	
				Hung curd	2 tbsp
				Ginger garlic paste	2 tbsp
				Salt, garam masala, chaat masala, red chilli powder, Tandoori masala, Tandoori color	As per taste

Method:

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

tS4	Veg Kabab	0.3 kg	High rack	For	0.3 kg
				Boiled potatoes	200 g
				Grated paneer	100 g
				Chopped green chillies	2 nos.
				Chopped coriander	A few sprigs
				Roughly ground anardana seeds	1 tbsp
				Salt, red chilli powder	As per taste

Method:

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

Child's Favourite

Kids' Delight

Category		Weight Limit	Utensil	Instructions			
CF1	Omelette	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	For	0.2 kg	0.3 kg	0.4 kg
				Eggs	2 Nos.	3 Nos.	4 Nos.
				Oil	½ tbsp	1 tbsp	1 tbsp
				Chopped onion, tomato, coriander leaves	½ cup	1 cup	1 cup
				Salt, pepper	As per taste		

Method:

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

CF2	Noodles	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Noodles	100 g	200 g	300 g
				Water	400 ml	800 ml	1200 ml
				Oil	1 tsp	2 tsp	3 tsp
				Vinegar	½ tsp	1 tsp	1 tsp
				Soya sauce	½ tsp	1 tsp	1 tsp
				Chilli sauce	½ tsp	1 tsp	1 tsp
				Mix Vegetables - Cabbage, capsicum, carrot, French beans etc.	½ cup	0.3 kg	1 cup
				Salt, sugar, Pepper, MSG	As per taste		

Method:

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

Child's Favourite

Category		Weight Limit	Utensil	Instructions			
CF3	Corn Chaat	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Sweet corn	100 g	200 g	300 g
				Mix fruits (Pomegranate, cucumber, apple)	½ cup	1 cup	2 cup
				Salt, red chilli powder, chaat masala, lemon juice	As per taste		

Method:

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

CF4	Pizza*	0.3 kg	Low rack	Pizza base	1 Big Pizza base		
				Topping	3 tbsp		
				Mix Vegetables - Tomato, Capsicum, Onion	1 cup		
				Grated Cheese	1/2 cup		
				Oregano & Chilli flakes (Optional)	As per your taste		

Method:

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

CF5	Vermicelli Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Roasted vermicelli	100 g	200 g	300 g
				Oil	1 tbps	1½ tbps	2 tbps
				Rai, urad dal, curry leaves	As per taste		
				Chopped onion	½ cup	1 cup	1 cup
				Chopped tomato	1 No.	2 Nos.	3 Nos.
				Salt, red chilli powder, haldi, garam masala	As per taste		
				Water	400 ml	800 ml	1200 ml
				Lemon juice	As per taste		

Method:

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

CF6	Chocolate balls	0.3 kg	Microwave safe (MWS) glass bowl	Milkmaid	1 cup		
				Marie biscuit powder	1 cup		
				Milk powder	½ cup		
				Bournvita	½ cup		
				Grated coconut	½ cup		

Method:

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

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

Child's Favourite

Category		Weight Limit	Utensil	Instructions			
CF7	Veg Burger	0.1 – 0.3 kg	High rack	For	0.1 kg	0.2 kg	0.3 kg
				Burger buns for tikkis	1 no.	2 nos.	3 nos.
				Potatoes (boiled)	100 gm	200 gm	300 gm
				Boiled peas	¼ cup	½ cup	1 cup
				Chopped ginger	1 tsp	2 tsp	3 tsp
				Green chillies	1 no.	2 nos.	3 nos.
				Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp
				Salt, red chilli powder, garam masala, chaat masala	As per taste		
				Cornflour	For binding		
				Tomato slices	1 no.	2 nos.	3 nos.
				Onion slices	2 no.	4 nos.	6 nos.
				Cheese slices	1 no.	2 nos.	3 nos.
				Butter	1 tsp	2 tsp	3 tsp
Tomato sauce	1 tbsp	2 tbsp	3 tbsp				

Method:

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

CF8	Strawberry Custard	0.5 kg	Microwave safe (MWS) bowl	For	0.5 kg
				Milk	500 ml
				Strawberry custard powder	3 tbsp
				Sugar	50 g
				Strawberry pieces	As required

Method:

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

CF9	Garlic Bread	0.3 kg	High Rack	For	0.3 kg
				Bread slices (French Bread)	4 pcs
				Butter	5 tbsp
				Garlic paste	2 tbsp
				Grated cheese	4 tbsp
				Salt, pepper, Oregano, chilli flakes	As per taste

Method:

1. Mix butter, garlic paste, salt, pepper and oregano together. Apply this mixture to both sides of bread slices. Keep the bread slices on high rack.
 2. Select menu and weight and press start.
 3. When beeps, turn over the slices. Sprinkle the grated cheese and press start.
- Note :** Use French bread to make garlic bread.

CF10	Choco Bar	0.2 kg	Microwave safe (MWS) bowl & Microwave safe(MWS) flat glass dish	Chocolate chips	½ cup
				Oats (crushed)	1 cup
				Honey	3 tbsp
				Brown sugar	4 tbsp
				Butter (softened)	8 tbsp
				Chopped nuts (almonds, pistachio, walnut)	As required

Method:

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

Child's Favourite

Category	Weight Limit	Utensil	Instructions																																																				
CF11	Creamy mushroom buns	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & High Rack																																																				
			<table> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Buns (cut into half horizontally)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Butter</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>Green chillies (chopped)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Coriander (chopped)</td><td colspan="3">A few sprigs</td></tr> <tr> <td>Onions (chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Mushrooms (sliced)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Spinach (chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Salt & pepper</td><td colspan="3">As per taste</td></tr> <tr> <td>Oregano</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Cheese (grated)</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr> <tr> <td>Milk</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> </table>	For	0.1 kg	0.2 kg	0.3 kg	Buns (cut into half horizontally)	1 no.	2 nos.	3 nos.	Butter	1 tbsp	2 tbsp	3 tbsp	Garlic (chopped)	1 tsp	2 tsp	3 tsp	Green chillies (chopped)	1 no.	2 nos.	3 nos.	Coriander (chopped)	A few sprigs			Onions (chopped)	¼ cup	½ cup	1 cup	Mushrooms (sliced)	¼ cup	½ cup	1 cup	Spinach (chopped)	¼ cup	½ cup	1 cup	Salt & pepper	As per taste			Oregano	1 tsp	1½ tsp	2 tsp	Cheese (grated)	¼ cup	½ cup	¾ cup	Milk	¼ cup	½ cup	1 cup
For	0.1 kg	0.2 kg	0.3 kg																																																				
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Salt & pepper	As per taste																																																						
Oregano	1 tsp	1½ tsp	2 tsp																																																				
Cheese (grated)	¼ cup	½ cup	¾ cup																																																				
Milk	¼ cup	½ cup	1 cup																																																				

Method:

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

CF12	Bread Pudding	0.1-0.3Kg	Microwave safe (MWS) flat glass dish																												
			<table> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Bread slices</td><td>2 Nos.</td><td>3 Nos.</td><td>4 Nos.</td></tr> <tr> <td>Milk (for dipping the bread)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Egg</td><td>1 Nos.</td><td>2 Nos.</td><td>2 Nos.</td></tr> <tr> <td>Vanilla Essence</td><td>½ tsp</td><td>¾ tsp</td><td>1 tsp</td></tr> <tr> <td>Sugar</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr> <tr> <td>Dry fruits</td><td colspan="3">As per your taste</td></tr> </table>	For	0.1 kg	0.2 kg	0.3 kg	Bread slices	2 Nos.	3 Nos.	4 Nos.	Milk (for dipping the bread)	½ cup	1 cup	1½ cup	Egg	1 Nos.	2 Nos.	2 Nos.	Vanilla Essence	½ tsp	¾ tsp	1 tsp	Sugar	3 tbsp	4 tbsp	5 tbsp	Dry fruits	As per your taste		
For	0.1 kg	0.2 kg	0.3 kg																												
Bread slices	2 Nos.	3 Nos.	4 Nos.																												
Milk (for dipping the bread)	½ cup	1 cup	1½ cup																												
Egg	1 Nos.	2 Nos.	2 Nos.																												
Vanilla Essence	½ tsp	¾ tsp	1 tsp																												
Sugar	3 tbsp	4 tbsp	5 tbsp																												
Dry fruits	As per your taste																														

Method:

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

CF13	Quick cheesy fondue	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl																												
			<table> <tr> <td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr> <td>Milk</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Butter</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Cornflour</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Chopped onions</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr> <tr> <td>Cheese spread</td><td>¼ cup</td><td>½ cup</td><td>¾ cup</td></tr> <tr> <td>Salt & pepper</td><td colspan="3">As per taste</td></tr> </table>	For	0.2 kg	0.3 kg	0.4 kg	Milk	½ cup	1 cup	1½ cup	Butter	1 tbsp	1½ tbsp	2 tbsp	Cornflour	1 tbsp	1½ tbsp	2 tbsp	Chopped onions	¼ cup	½ cup	¾ cup	Cheese spread	¼ cup	½ cup	¾ cup	Salt & pepper	As per taste		
For	0.2 kg	0.3 kg	0.4 kg																												
Milk	½ cup	1 cup	1½ cup																												
Butter	1 tbsp	1½ tbsp	2 tbsp																												
Cornflour	1 tbsp	1½ tbsp	2 tbsp																												
Chopped onions	¼ cup	½ cup	¾ cup																												
Cheese spread	¼ cup	½ cup	¾ cup																												
Salt & pepper	As per taste																														

Method:

1. In a MWS bowl add butter & chopped onions. Select category & weight and press start.
2. When beeps, remove.
3. Dissolve the cornflour with milk.
4. Add milk, cheese spread, salt & pepper. Mix well & press start.
5. When beeps, mix well & press start.

CF14	Cheesy Nachos	0.3 kg	Microwave safe (MWS) flat glass dish	For	0.3 kg
				Nachos	300 g
				Grated cheese	1 cup
				Pizza sauce	6 tbsp
				Chopped onion, tomato	2 cups

Method:

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

Cake

Category		Weight Limit	Utensil	Instructions	
CA1	Walnut Cake®	0.3Kg	Metal Cake Tin & Low Rack**	For	0.3 kg
				Maida	110 g
				Baking powder	¼ tsp
				Walnuts	½ cup
				Curd	70 ml
				Powdered sugar	170 g
				Egg	1 no.
				Vanilla essence	¼ tsp

Method:

1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.
2. Sieve maida, baking powder & add walnuts 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 a butter paper. Add the cake batter.
5. Select category & press start.
6. When beeps, put the cake tin on low rack & keep in microwave & press start.

CA2	Swiss Roll®	0.2 kg	Metal Cake Tin & Low Rack**	For	0.2 kg
				Maida	80 gm
				Condensed Milk (Milkmaid)	100 ml
				Butter	75 gm
				Soda bicarb	¼ tsp
				Vanilla essence	¼ tsp
				Mix fruit jam	2 tbsp

Method:

1. Sieve maida & soda. In a bowl add milkmaid & butter. Beat well. Add the maida mixture, vanilla essence & mix well.
2. For spoon dropping consistency add milk or water. Place the butter paper at the bottom of the tin. Pour the batter.
3. Select category & press start.
4. When beeps, put the tawa on low rack & keep inside microwave. Press start.

CA3	Carrot Cake®	0.3 kg	Metal Cake Tin & Low Rack**	For	0.3 kg
				Maida	110 g
				Baking powder	¼ tsp
				Grated carrot	½ cup
				Curd	70 ml
				Powdered suger	170 g
				Egg	1 no.
				Vanilla essence	¼ tsp

Method:

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

CA4	Chocolate Cake®	0.3 kg	Metal Cake Tin & Low Rack**	For	0.3 kg
				Maida	110 g
				Baking powder	¼ tsp
				Cocoa powder	50 g
				Curd	70 ml
				Powder sugar	170 g
				Egg	1 no.
				Vanilla essence	¼ tsp

Method:

1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.
2. Sieve maida, baking powder & 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 category & press start.
6. When beeps, put the cake tin on low rack & keep in microwave & press start.

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

**Refer page 62, fig 2

Cake

Category		Weight Limit	Utensil	Instructions	
CA5	Vanilla Cake®	0.3 kg	Metal Cake Tin & Low Rack**	For	0.3 kg
				Maida	110 g
				Baking powder	¼ tsp
				Curd	70 ml
				Powdered sugar	170 g
				Egg	1 no.
				Vanilla essence	¼ tsp

Method:

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

Paneer/Curd

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

Method:

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

PA2	Masala Paneer	0.5 kg	Microwave safe (MWS) glass bowl	For	0.5 kg
				Milk	500 ml
				Curd	2 tbsp
				Coriander powder	1 tbsp
				Jeera powder	1 tsp

Method:

1. In MWS glass bowl add milk. Select category and press start.
2. When it gives a beep, remove and add curd, coriander and jeera powder. Press start. When beeps, remove and strain and press in a muslin cloth.

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

Method:

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

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

Method:

1. In a MWS glass bowl mix all the ingredients. Beat well till smooth.
2. Select menu & press start. (Pre-heat process)
3. When beeps, keep the MWS glass bowl on low rack & keep it in microwave. Press start.
4. When cooking ends, take out & allow to come to room temperature. Keep in freezer 1 hour.

Note: In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple yoghurt, add pineapple slices 1 times serving.

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

**Refer page 62, fig 2

Tea/Dairy Delight

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

Method :

1. In a MWS glass bowl add water, tea leaves & crushed ginger/cardamom (optional). Select category & weight. Press start.
2. When beeps, add milk & sugar. Press start.

Serve hot.

1 cup tea = 150ml approx

dd2	Lemon tea	1-4 cups	Microwave safe (MWS) glass bowl	For	1cup	2cups	3cups	4cups
				Water	120ml	240ml	360ml	480ml
				Tea leaves	1tsp	2tsp	3tsp	4tsp
				Lemon	½ Pc	1 Pc	1 Pc	1 Pc
				Sugar	As per taste			

Method :

1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start.
2. When beeps, add sugar. Press start.
3. Add lemon and serve hot.

1 cup tea = 150ml approx

dd3	Green tea	1-4 cups	Microwave safe (MWS) glass bowl	For	1cup	2cups	3cups	4cups
				Water	120ml	240ml	360ml	480ml
				Green tea leaves	1tsp	2tsp	3tsp	4tsp

Method :

1. In a MWS glass bowl add water. Select category & weight. Press start.
2. When beeps, add green tea leaves. Press start.
3. Serve hot.

1 cup tea = 150ml approx

dd4	Coffee	1-4 cups	Microwave safe (MWS) glass bowl	For	1cup	2cups	3cups	4cups
				Water	60ml	120ml	180ml	240ml
				Coffee	½ tsp (Each cup)			
				Milk	120ml	150ml	225ml	300ml
				Sugar	As per taste			
				Ginger/cardamon (crushed)	As per taste(optional)			

Method :

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

1 cup coffee = 150ml approx

Cooking Aid

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

Method :

- Any cooked food with cover (Rice, Dal, Sabzi, Halwa, Upma etc.) Select menu and press start.

UC2	Garlic peel	10 Cloves	Microwave safe (MWS) glass bowl	Garlic leaves	10 nos
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Method :

- Take 10 cloves of garlic & keep in MWS glass bowl of microwave oven.
- Select menu & press start.
- When beeps, take out leaves & cloves will slide right out of their skin, hassle free.

UC-3	Defrost Veg	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	Veg - (Paneer, Green Peas, Corn etc.)
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Method :

- Take in MWS bowl, select menu and weight and press start.
- When beeps, turn the food. Press start.

UC-4	Defrost Non-Veg	0.5 ~ 1.0 kg	Microwave safe (MWS) bowl	Non-Veg - (Chicken, Mutton etc.)
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Method :

- Take in MWS bowl, select menu and weight and press start.
- When beeps, turn the food. Press start.

UC-5	De-humidification	0.3kg	Microwave safe (MWS) bowl	Namkin, Biscuits, Bhujia, Papad and Wafers etc.
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Method :

- In MWS bowl add the food to be dehumidified. Select menu and weight and press start.

UC6	Light Disinfect		Microwave safe (MWS) glass utensil & Empty cavity
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Method :

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

UC7	Lemon Squeeze	2 Pcs	Glass tray	Lemon	2 pcs
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Method :

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

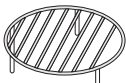

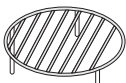


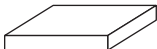
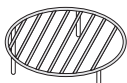
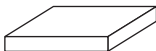
Steam Clean

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

Method :

- Take water in bowl, add vinegar and lemon juice in it, select menu and press start.
- When beeps, wipe with soft and clean napkin. Press start.
- When over wipe with soft and clean napkin after taking out power plug.

USAGE OF ACCESSORIES/UTENSILS

- 1)  + 
Low Rack Microwave safe glass bowl
(Not provided with LG Kit)
- 2)  + 
Low Rack Metal cake tin
(Not provided with LG Kit)
- 3)  + 
High Rack Microwave flat glass dish
(Not provided with LG Kit)
- 4)  + 
Low Rack Microwave flat glass dish
(Not provided with LG Kit)

List of Ingredients

Spices

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

Vegetables

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

Vegetables

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

Fruits

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

Cereals

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

Cereals

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

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

List of Ingredients

Dry Fruits

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

Fats & Oils

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

Miscellaneous

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

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 metal tray 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 humidity 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 POWDERS 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 Quick Start button.

TO CLEAN YOUR OVEN / QUESTIONS & ANSWERS

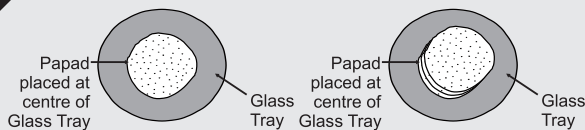
QUESTIONS & ANSWERS

FAQ	Answer
What's wrong when the oven light will not glow?	There may be several reasons why the oven light will not glow. Either the light bulb 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 Recipes for starters

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

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/Add 30 Secs
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.

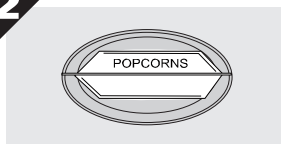
Crispy Papad :

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

***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 START/Add 30 Secs to set 3~4 minutes. 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 cause flash fire.



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