ENGLISH

OWNER'S MANUAL

MICROWAVE OVEN

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

MS2043DB

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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.

- 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 you r 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 The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption in order to avoid burns.

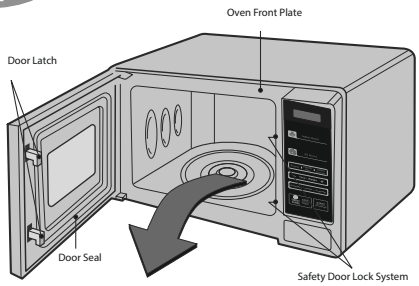
31  Caution, hot surface.
When the symbol is used, it means that the surfaces are liable to get hot during use.

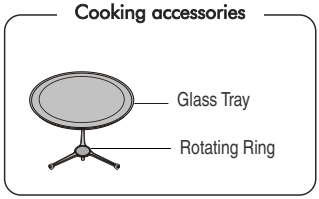
- Use exclusive 230V socket with earth.
- Do not bend power cord forcefully or break.
- Do not pull out power cord.
- Do not use several power plug in one socket at the same time.
- Do not plug in or pull out power cord with wet hand.
- Do not spray water inside and outside of microwave oven.
- Plug 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.

UNPACKING & INSTALLING

By following the basic steps on these three 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.

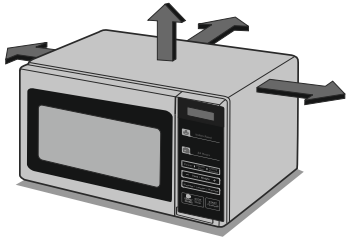
1 Unpack your oven and place it on a flat level surface.





Disclaimer : This is only graphical representation of actual product.

2 Place the oven in the level location of your choice with more than 85 cm height but make sure there is at least 20 cm of space on the top and 10 cm at the rear for proper ventilation. The front of the oven should be at least 8 cm from the edge of the surface to prevent tipping. An exhaust outlet is located on top or side of the oven. Blocking the outlet can damage the oven.



THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES.

3 Plug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket. If your oven does not operate properly, unplug it from the electrical socket and then plug it back in.

4 Open your oven door by pressing the Push button.
Place the **ROTATING RING** inside the oven and place the **GLASS TRAY** on it.

5 Fill a microwave safe container with 300 mL of water. Place on the **GLASS TRAY** and close the oven door.



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



7 The **DISPLAY** will count down from 30 seconds. When it reaches 0 it will BEEP. 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

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

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.

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.

1 Press **STOP/Clear**.



2 Press and hold **STOP/Clear** until "L" appears on the display and BEEP sounds.
The CHILD LOCK is now set.



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



4 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 setting. As shown in Next Page.
After cooking is over, End Reminder Beep Sounds.

1 Make sure that you have correctly installed your oven as described earlier in this book.
Press **STOP/Clear**.



MICRO POWER COOKING

2 Press **Power** Twice to select 80% power.
560 appears on the display



3 Press 1 minutes. five times.
Press 10 seconds. three times.



4 Press **START/ +30 Seconds.**



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% **(700W)**	* Boil Water * Brown minced meat * Cook poultry pieces, fish, vegetables * Cook tender cuts of meat
MEDIUM HIGH	80% **(560W)**	* All reheating * Cook mushrooms and shellfish * Cook foods containing cheese and egg
MEDIUM	60% **(420W)**	* Bake cakes and scones * Prepare egg * Cook custard * Prepare rice, soup
DEFROST/ MEDIUM LOW	40% **(280W)**	* All thawing * Melt butter and chocolate * Cook less tender cuts of meat
LOW	20% **(140W)**	* Soften butter & cheese * Soften ice cream * Raise yeast dough

+30 Seconds



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

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

1 Press **STOP/Clear.**



2 Press **START/+ 30 Seconds** four times to select 2 minutes on **HIGH** power.
Your oven will start before you have finished the fourth press.



3 While using **+ 30 Seconds** feature, you can extend the cooking by repeatedly pressing the **START/+ 30 Seconds** button.



ENERGY SAVING



The **Energy Saving** feature allows you to save energy through display off during stand-by status, or after 5 minutes with door open or closed, display will off automatically.

1 Press **STOP/Clear (Energy Saving)**.
"0" appears on the display.



2 Press **STOP/Clear (Energy Saving)** or
after 5 minutes with door open or closed, display off.



During Energy Saving status, if you press any key, display on.

Various Cook Functions

Please follow the given steps to operate cook functions **(Indian Rasoi, 24 Hours, Health Plus, Utility Corner,)** in your Microwave.

COOK MODE	Indian Rasoi	24 Hours	Health Plus	Utility Corner
STEP-1	Press **STOP/Clear**	Press **STOP/Clear**	Press **STOP/Clear**	Press **STOP/Clear**
STEP-2	Keep pressing **Indian Rasoi** button to select any menu **(IC-1to IC-6), (SC-1 to SC-6)**	Keep pressing **24 Hours** button to select any menu **(bF-1 to bF6), (Sn-1 to Sn-6), (CF-1 to CF-7)**	Keep pressing **Health Plus** button to select any menu **(HP-1 to HP-5)**	Keep pressing **Utility Corner** button to select any menu **(UC-1 to UC-5), (FE-1 to FE-3)**
STEP-3*	Press **"+"** button to select weight.	Press **"+"** button to select weight.	Press **"+"** button to select weight.	Press **"+"** button to select weight.
STEP-4	Press **START/+30 Seconds**	Press **START/+30 Seconds**	Press **START/+30 Seconds**	Press **START/+30 Seconds**

***Note :** If the recipe is single weight like IC-2 (Aloo Sabzi)-0.3 kg, do not press "+" button, directly press start.

Menu		Weight Limit	Utensil	Instructions
IC-1	Idli	4, 8	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand	

Rice	100 g
Urad	4 tbsp
Soyabean	4 tbsp
Water	As required
Salt	As per taste

Method :
1. Wash and soak rice, urad dal and soyabeans granules for 4 hours.
2. Grind, mix and ferment for 8 to 10 hours. Grind the mixture to paste consistency.
3. Grease MWS idli stand with oil. Put idli batter in it. Add ½ cup water in the MWS bowl. Keep the idli stand in bowl and cover. Select menu and press start to cook. Allow to stand for 3 minutes.
   Note: After preparing the batter, you can use it for making 4,8 idli.
   4, 8 indicates the number of idli that can be prepared.

IC-2	Aloo Sabzi	0.3 kg	Microwave safe (MWS) glass bowl	

For	0.3 kg
Peeled Potatoes	300 g
Cumin	1 tsp
Green chilli	2 tsp
Oil	1 tbsp
Water	1/4 cup
Salt	As per taste

Method :
1. In a MWS glass bowl add oil, cumin, salt and green chillies.
2. Put in microwave, select menu and press start.
3. After 2 minutes, add Potatoes and water in the above bowl. Cover it up and press Start.

IC-3	Veg Biryani	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Basmati Rice (soaked for 1 hour)	100 g	200 g	300 g
Water	200 mL	400 mL	600 mL
Oil	1 tbsp	2 tbsp	3 tbsp
Cloves, Elaichi, Cinnamon, Pepper corns, Bay leaf, Salt, Garam masala & Red chilli powder	As per taste		
Mix Vegetables - (Gobhi, Mutter, Gajar, French Beans etc.)	½ cup	1 cup	1½ cups

Method :
1. In MWS bowl put oil add cloves, cinnamon, elaichi, bay leaf and pepper corns, add mix vegetables, select menu and weight and press Start.
2. When beeps, add rice, water, salt and all spices. Mix well, cover it and press start. Stand in 5 minutes after cook ends. Serve hot with raita & salad.

IC-4	Dal Tadka	0.2 kg	Microwave safe (MWS) bowl	

For	0.2 kg
Dal (soaked for 2 hours)	200 g
Water	400 mL
Oil	2½ tbsp
Rai, Roasted cumin, Kasuri methi, Cumin powder, Coriander leaves, Asafoetida, Coriander powder, Turmeric, Green Chilli, Curry leaves	As per taste
Salt	As per taste

Method :
1. Take dal in MWS bowl, add water, turmeric and asafoetida.
2. Select menu and press start to cook.
3. When beeps, take another bowl add oil, roasted cumin, green chilli, curry leaves, add dal, salt, coriander powder, cumin powder, coriander leaves, kasuri methi (optional), water (if required). Press start.
4. When beeps, mix well and again press start.

IC-5	Mix Veg	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

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

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

Indian Rasoi Indian Cuisine

Menu		Weight Limit	Utensil	Instructions
IC-6	Sambhar	0.2 kg	Microwave safe (MWS) bowl	

For	0.2 kg
Arhar Dal (Soaked for 2 hrs)	200 g
Oil	2 tbsp
Onion chopped	1 medium
Tomato chopped	1 medium
Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin	1 cup
Boiled Water	400 mL
Tamarind pulp, Green Chilli, Sambhar Masala, Salt, Jaggery, Rai, Asafoetida. Curry leaves, Coriander powder, Turmeric, Red chilli powder	As per taste

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.

Indian Rasoi Sweet Corner

Menu		Weight Limit	Utensil	Instructions
SC-1	Instant Brownie	0.1 kg	Microwave safe (MWS) bowl	

For	0.1 kg
Condensed milk	70 g
Butter	3 tbsp
Almonds, wallnuts	20 g
Crushed biscuits	1/2 cup
Vanilla essence	1 tsp
Coco powder	3 tbsp

Method : 1. In MWS bowl add milkmaid and butter and beat well. add dry fruits, crushed biscuits, coco powder, essence and mix. Select menu and press start.

SC-2	Kheer	0.1 ~ 0.3 kg	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
Seviyan (roasted)	20 g	40 g	60 g
Badam, Pista pieces	2 tbsp	3 tbsp	4 tbsp
Kesar, Elaichi powder	2 tbsp	3 tbsp	4 tbsp

Method :
1. In MWS glass bowl add milk, milkmaid and mix well. Select menu and weight and press start.
2. When beeps, add badam, pista pieces, kesar, elaichi powder and seviyan. Mix well and press start.
3. When beeps, mix it well. Add more milk (if required) &press start. Stand for 5 minutes. Serve hot or chilled.
   Note: The bowl should be filled at 1/4 level of the total volume.

SC-3	Suji Halwa	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl				

For	0.1 kg	0.2 kg	0.3 kg
Suji	100 g	200 g	300 g
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 taste		

Method :
1. In MWS glass bowl take suji, add ghee mix it together, select menu and press start.
2. When beeps, mix well. Allow to cool. Add water (½ of mentioned amount) and sugar. Press start.
3. When beeps, mix well and add remaining water, cashewnuts, kishmish, kesar and elaichi powder. Press start. Stand for 5 minutes. Serve hot.

SC-4	Besan Ladoo	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl				

For	0.1 kg	0.2 kg	0.3 kg
Besan	100 g	200 g	300 g
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 MWS glass bowl take besan and ghee. Select menu and weight and press start.
2. When beeps, stir it and press start.
3. When beeps, stir again and press start.
4. Allow to cool. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size.
   Note: For binding the ladoo use ghee.

Menu		Weight Limit	Utensil	Instructions

SC-5 | 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 and sugar and cover it.
2. Select menu and weight and press start.
3. When beeps, add more milk, dry fruits, kesar, elaichi powder. Mix well & press start. Stand for 5 minutes. Sprinkle kewada jal on it. Serve hot or chilled.

SC-6 | Kalakand | **0.1 ~ 0.3 kg** | Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Grated Paneer	100 g	200 g	300 g
Milkmaid	50 mL	100 mL	200 mL
Milk Powder	2 tbsp	3 tbsp	4 tbsp
Cornflour	1/2 tsp	1 tsp	1 tsp
Elaichi Powder	1/2 tsp	1 tsp	1 tsp

Method :
1. In MWS bowl take grated paneer, milkmaid, milk powder, cornflour, elaichi powder. Mix well, select menu and weight press start.
2. When beeps, mix it again and press start.
3. When set cut into pieces. Garnish with dry fruits.

Menu		Weight Limit	Utensil	Instructions

bF-1 | Sprouts | 0.1 ~ 0.3 kg | Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Moong Sprout	100 g	200 g	300 g
Water	150 mL	200 mL	300 mL
Salt, Chaat masala, Coriander leaves	As per taste		
Chopped onion	2 tbsp	3 tbsp	4 tbsp
Chopped tomato	2 tbsp	3 tbsp	4 tbsp

Method :
1. In MWS bowl add sprouts, water and salt. Select menu and weight and press start.
2. When cooking ends, take it out and strain add chopped onion, chopped tomatoes, coriander leaves, chaat masala and serve.

bF-2 | Poha | 0.1 ~ 0.3 kg | Microwave safe (MWS) glass bowl

For	0.1 kg	0.2 kg	0.3 kg
Poha	100 g	200 g	300 g
Oil	1 tbsp	2 tbsp	3 tbsp
Onion Chopped	1/2 cup	1 cup	1 cup
Green Chilli	2 nos.	3 nos.	4 nos.
Rai, Cumin, Asafoetida, Turmeric, Curry leaves, Salt, Sugar	As per taste		
Grated coconut and Coriander leaves	For garnishing		

Method :
1. In MWS glass bowl put oil, rai, cumin, green chilli, curry leaves. Select menu and weight and press start.
2. When beep add chopped onion, turmeric powder and asafoetida. Press start.
3. When beep add washed poha, salt & sugar, mix well and press start. Garnish with coconut and coriander leaves serve hot.

bF-3 | Daliya | 0.2 kg | Microwave safe (MWS) glass bowl

For	0.2 kg
Daliya	200 g
Sugar or jaggery	150 g
Ghee (melted)	2 tbsp
Water	600 mL
Elaichi powder, Nutmeg powder, Cashewnuts	As per taste
Milk	As required

Method :
1. In a MWS glass bowl, add dalia and ghee. Mix well.
2. Select menu and press start.
3. When beeps, mix, add water, sugar or jaggery, elaichi, powder/nutmeg powder, cashewnuts. Mix well & press start. Stand for 5 minutes. Serve with hot milk.

Note: If you are using gud for sweetness then add nutmeg powder and add elaichi powder if using sugar for sweetness.

24 Hours Breakfast

Menu		Weight Limit	Utensil	Instructions
bF-4	Upma	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

For	0.1 kg	0.2 kg	0.3 kg
Semolina	100g	200g	300g
Oil	2 tbsp	3 tbsp	4 tbsp
Water	200 mL	400 mL	600 mL
Salt & Sugar, Red chilli powder	As per taste		
Onion	1 no.	2 nos.	2 nos.
Green chilli	2 nos.	3 nos.	3 nos.
Chopped carrots, Peas, Sweetcorns	½ cup	1 cup	1 ½ cup
Rai, Cumin, Asafoetida, Curry leaves, Urad dal	As per taste		

Method :
1. In MWS glass bowl put oil, cumin, rai, urad dal, onions, and semolina. Select menu and weight and press start.
2. When beep, stir well add carrots, peas, sweet corns, green chillies, curry leaves and keep inside and press start.
3. When beep, mix well and add water, sugar and salt red chilli powder, lemon juice mix well and keep inside press start. Stand for 3 minutes.

Menu		Weight Limit	Utensil	Instructions
bF-5	Ven Pongal	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Rice (soaked for 1 hour)	50 g	100 g	150 g
Moong dal (soaked for 2 hours)	50 g	100 g	150 g
Water	200 mL	400 mL	600 mL
Ghee	½ tbsp	1 tbsp	1½ tbsp
Cashewnuts, Pepper, Cumin, Salt	As per taste		

Method :
1. In a MWS bowl add soaked rice, moong dal, water, salt and few drops of ghee. Select menu and weight and press start.
2. When beeps, stir well and add more water (if required). Press start.
3. When beeps, stir well and remove. In another MWS bowl add ghee, cashewnuts, cumin and pepper. Press start.
4. Pour over cooked pongal and serve.

Menu		Weight Limit	Utensil	Instructions
bF-6	Sabudana Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

For	0.1 kg	0.2 kg	0.3 kg
Sabudana (soaked overnight)	100 g	200 g	300 g
Oil	½ tbsp	1½ tbsp	2 tbsp
Rai, Salt, Lemon juice, Chopped green chillies	As per taste		
Potatoes (boiled & chopped)	1 No.	2 Nos.	3 Nos.
Coriander leaves	A few spring		

Method :
1. Soak Sabudana over night in just enough water.
2. In a MWS glass bowl add oil, rai, green chillies. Mix. Select menu and weight and press start.
3. When beeps, mix, add boiled potatoes, soaked sabudana, coriander leaves. Mix and press start. Squeeze lemon juice and serve.

24 Hours Snacks

Menu		Weight Limit	Utensil	Instructions
Sn-1	Pasta Salad	0.3 kg	Microwave safe (MWS) bowl	

For	0.3 kg
Penne pasta	100 g
Hot water	200 mL
Butter	1 tbsp
Spring onion	1 no.
Garlic pod	1 no. (chopped)
Mushrooms (chopped)	1 cup
Sweet corns (boiled)	½ cup
Tomato sauce	1 tbsp
Chilli sauce	1tsp
Salt, Sugar, Pepper & Oregano	As per taste

Method :
1. Take penne pasta in MWS bowl and add hot water.
2. Select menu and press start to cook.
3. Add all the ingredients and serve chilled.

Menu		Weight Limit	Utensil	Instructions

Sn-2 Dhokla — 0.1 ~ 0.3 kg — Microwave safe (MWS) flat glass dish

For	0.1 kg	0.2 kg	0.3 kg
Besan	50 g	75 g	100 g
Warm water	50 mL	75 mL	100 mL
Curd	2 tbsp	3 tbsp	4 tbsp
Green chilli & ginger paste	1 tsp	1½ tsp	2 tsp
Salt, Sugar	As per taste		
Fruit salt / Mitha Soda	1/8 tsp	¼ tsp	¼ tsp
Oil,Rai,Curry leaves, Water	For tempering		
Grated coconut	For garnishing		
Yellow colour / Haldi	As required		

Method :
1. Mix besan, curd, sugar, salt, water, green chilli-ginger paste, yellow color, fruit salt together. Mix well. Keep for 5-10 minutes.
2. Pour the mixture in MWS flat glass dish. Select menu and weight and press start.
3. Add tempering to the dhokla and cover. Stand for 5 minutes. Garnish with grated coconut & serve.

Note:
- For tempering in MWS bowl add oil, rai, curry leaves and microwave 100% for 2 minutes. Add water to the tempering.
- Mix 2 tsp sugar to water & dissolve before adding to the tempering.

Sn-3 Murmura — 0.1 kg — Microwave safe (MWS) glass bowl

For	0.1 kg
Murmura	100 g
Roasted peanuts	As required
Oil	1 tbsp
Cumin	1 tsp
Salt, Chaat masala	As per taste
Turmeric	¼ cup

Method :
1. In a MWS glass bowl add oil, cumin, turmeric. Select menu and press start.
2. When beeps, add murmura. Mix and press start.
3. Add roasted peanuts, salt, chaat masala and serve.

Sn-4 Peanuts — 0.1 ~ 0.3 kg — Microwave safe (MWS) flat glass dish

For	0.1 kg	0.2 kg	0.3 kg
Peanuts	100 g	200 g	300 g
Oil	Few drops		

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

Sn-5 Khandvi — 0.3 kg — Microwave safe (MWS) bowl

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

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

Sn-6 Spicy Baby Corn — 0.1 ~ 0.3 kg — Microwave safe(MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Baby corn (cut lengthwise)	100 g	200 g	300 g
Lemon juice	As per taste		
Sugar, Salt	As per taste		
Oil	1 tsp	1½ tsp	2 tsp
For paste			
Chopped coriander leaves	1 cup	1½ cup	2 cups
Chopped ginger	½ tsp	1 tsp	1½ tsp
Garlic cloves	1 no.	2 nos.	3 nos.
Chopped green chillies	1 no.	2 nos.	3 nos.
Chopped onion	½ cup	1 cup	1 cup
Cumin seeds	As required		

Method :
1. Grind chopped coriander leaves, ginger, garlic cloves, green chillies, onion and cumin seeds together to prepare the paste.
2. In a MWS bowl add oil, baby corns, sugar, salt and paste. Mix well. Cover. Select menu and weight and press start.
3. Allow to stand for 3 minutes.

Menu		Weight Limit	Utensil	Instructions

CF-1 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 and sweet corns. Select menu and weight and press start.
2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.

CF-2 Vermicelli Khichdi — 0.1 ~ 0.3 kg — Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Roasted vermicelli	100 g	200 g	300 g
Oil	1 tbsp	1½ tbsp	2 tbsp
Rai, Urad dal, Curry leaves	As per taste		
Chopped onion	½ cup	1 cup	1 cup
Chopped tomato	1 No.	2 Nos.	3 Nos.
Salt, Red chilli powder, Turmeric, 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 and select menu and weight and press start.
2. When beeps, mix and add tomato. Press start.
3. When beeps, mix and add vermicelli, water, salt, red chili powder, turmeric, garam masala. Press start. Stand for 3 minutes.
4. Squeeze lemon, mix and serve.

CF-3 Omelette — 0.2 ~ 0.4 kg — Microwave safe (MWS) flat glass dish

For	0.2 kg	0.3 kg	0.4 kg
Egg	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 egg well and add salt, pepper, tomato and onion.
2. Transfer to a greased MWS flat glass dish. Cover. Select menu and weight and press start.
3. When beeps, add coriander leaves. Cover. Press start. Allow to stand for 3 minutes. Serve hot.

CF-4 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	½ cup	1 cup
Salt, Sugar, Pepper	As per taste		

Method :
1. In MWS bowl take noodles, water, oil. Select menu and weight and press start.
2. When beeps, strain noodles and pour cold water over it. In Microwave Safe Bowl put some oil and finely chopped vegetables, add vinegar, soyasauce, chilli sauce, ajinomoto and pepper press start.
3. When beep, add noodles and mix well press start serve hot.

CF-5 Cake — 0.1 kg — Microwave safe (MWS) glass bowl

For	0.1 kg
Maida / refined wheat flour	100 g
Powdered sugar	75 g
Butter	75 g
Egg	2 nos.
Baking powder	1 tsp
Vanilla essence	1 tsp

Method :
1. Sieve maida, baking powder.
2. In a bowl add powdered sugar and butter and beat well. Beat egg well. Add essence. Add maida, mix, beat well.
3. For spoon dropping consistency add milk or water. Pour in MWS glass bowl. Select menu & press start.
4. Stand for 5-10 minutes.

Menu		Weight Limit	Utensil	Instructions
CF-6	Chocolate Balls	0.3 kg	Microwave safe (MWS) glass bowl	For: 0.3 kg Milkmaid: 1 cup Marie biscuit powder: 1 cup Milk powder: ½ cup Bournvita: ½ cup Grated coconut: ½ cup

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

CF-7	Bread Pudding	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	For	0.1 kg	0.2 kg	0.3 kg
				Bread slices	2 Nos.	3 Nos.	4 Nos.
				Milk (for dipping the bread)	½ cup	1 cup	1½ cup
				Egg	1 Nos.	2 Nos.	2 Nos.
				Vanilla Essence	½ tsp	¾ tsp	1 tsp
				Sugar	3 tbsp	4 tbsp	5 tbsp
				Dry fruits	As per your taste		

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

Menu		Weight Limit	Utensil	Instructions			
HP-1	Lemon Chicken	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Boneless chicken	100 g	200 g	300 g
				Soya sauce	½ tbsp	1 tbsp	1½ tbsp
				Cornflour	½ tbsp	1 tbsp	1½ tbsp
				Water	½ cup	½ cup	½ cup
				Salt, Pepper, Sugar	As per taste		
				Garlic paste	1 tbsp	1½ tbsp	2 tbsp
				Lemon juice	2 tsp	3 tsp	4 tsp
				Oil	½ tbsp	1 tbsp	1½ tbsp

Method :
1. Mix boneless chicken, soysauce, salt and pepper, garlic paste and 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 menu and weight and press start.
3. When beeps, mix well. Cover and press start. Allow to stand for 3 minutes.

HP-2	Kala Chana	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Soaked kala chana (overnight)	100g	200g	300g
				Water	200 mL	400 mL	600 mL
				Oil	1 tbsp	2 tbsp	3 tbsp
				Chopped onion	1/2 cup	1 cup	1½ cup
				Salt, Chaat masala, Red chilli powder, Coriander leaves	As per taste		

Method :
1. Soak chana overnight, in a MWS bowl take soaked chana with water,cover it.
2. Select menu and weight and press start to cook.
3. When beeps, strain the water from it. In a MWS bowl, add oil, chopped onion, chaat masala, red chilli powder, coriander leaves and press start to cook.
4. When beeps, add boiled chana, mix well and press start.

HP-3	Machi Kali Mirch	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Pomfret fish	100 g	200 g	300 g
				Salt, Lemon juice, Pepper	To marinate as per 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 pepper for one hour.
2. In MWS bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select menu and weight and press start.
3. When beeps, open door and add marinated fish and some water. Cover and press start.
4. Give standing time for 5 minutes.

Health Plus

Menu		Weight Limit	Utensil	Instructions
HP-4	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 taste		

Method :
1. In a MWS bowl add grated ghiya, sprinkle water and salt. Select menu and weight and press start to cook.
2. Strain ghiya and take it in MWS bowl and add curd, water, mustard powder, salt, sugar, green chilli. Serve chilled.

Menu		Weight Limit	Utensil	Instructions
HP-5	Nutrinuggets	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Soaked and boiled nutrinuggets	50 g	100 g	150 g
Potato	50 g	100 g	150 g
Oil	1 tbsp	1½ tbsp	2 tbsp
Cumin	As per taste		
Chopped onion	1/2 cup	1 cup	1½ cup
Tomato puree	2 tbsp	3 tbsp	4 tbsp
Salt, Garam masala, Red chilli powder, Turmeric, Coriander powder	As per taste		
Water	1½ cup	2 cup	2½ cup
Chopped coriander leaves	For garnishing		

Method :
1. In a MWS bowl add oil, cumin, onion. Select menu and weight and press start. Mix well.
2. When beeps, add tomato puree, nutrinuggets, potato, salt, red chilli powder, turmeric, coriander leaves and add ½ the amount of water mentioned per weight (For eg. For 200g, add 1 cup of water). Cover and press start. Mix well.
3. When beeps, add the remaining amount of water and press start. Mix well. Allow to stand for 3 minutes. Garnish with coriander leaves and serve hot with roti.

Utility Corner

Menu		Weight Limit	Utensil	Instructions
UC-1	Keep Warm	0.3 kg	Microwave safe (MWS) bowl	**Method :** 1. Any cooked food with cover (Rice, Dal, Sabzi, Halwa, Upma etc.) Select menu & press start.
UC-2	Steam Clean	0.3 kg	Microwave safe (MWS) bowl	**Method :** 1. Take water in MWS bowl, add vinegar or lemon juice. Select menu & press start. 2. When beeps, wipe out with clean napkin. Press start. 3. Again wipe out. Take out the plug.
UC-3	Defrost Veg	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	Veg - (Paneer, Green Peas, Corn etc.) **Method :** 1. Take in MWS bowl, select menu & weight and press start. 2. 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.) **Method :** 1. Take in MWS bowl, select menu & weight and press start. 2. When beeps, turn the food. Press start.
UC-5	De-humidification	0.1-0.3kg	Microwave safe (MWS) bowl	Namkin, Biscuits, Bhujia, Papad and Wafers etc. **Method :** 1. In MWS bowl add the food to be dehumidified. Select menu and weight and press start.
FE-1	Flavoured Yoghurt	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Curd	200 mL
Milkmaid	100 mL
Fresh cream	200 mL
Flavours (Vanilla, Strawberry, Pineapple essence)	As per choice (½ tsp)

Method :
1. In a MWS glass bowl mix all the ingredients. Beat well till smooth.
2. Select menu and press start.
3. When cooking ends, take out & allow to come to room temperature.
   Keep in freezer for 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 at the time of serving.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>FE-2</td><td>Masala Paneer</td><td>0.5 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td><table><tr><td>For</td><td>0.5 kg</td></tr><tr><td>Milk</td><td>500 mL</td></tr><tr><td>Curd</td><td>2 tbsp</td></tr><tr><td>Coriander</td><td>1 tbsp</td></tr><tr><td>Cumin</td><td>1 tsp</td></tr></table></td></tr>
<tr><td colspan="5"><u>Method :</u> 1. In MWS glass bowl add milk. Select menu and press start. When it gives a beep, remove and add curd, coriander and cumin. Put in microwave. Press start. When it gives a beep, remove and strain and press in a muslin cloth.</td></tr>
<tr><td>FE-3</td><td>Yeast Dough</td><td>0.25 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td><table><tr><td>For</td><td>0.25 kg</td></tr><tr><td>Maida</td><td>250 g</td></tr><tr><td>Yeast</td><td>1 tbsp</td></tr><tr><td>Salt</td><td>1/2 tsp</td></tr><tr><td>Sugar</td><td>1 tsp</td></tr><tr><td>Water</td><td>As required</td></tr></table></td></tr>
<tr><td colspan="5"><u>Method :</u> 1. In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Select menu and press start. When it gives a beep, rest for 3 minutes. Now remove</td></tr>
</table>

List of Ingredients

Spices

English Name	Hindi Name
Asafoetida	Hing
Basil	Tulsi
Bay Leaf	Tej Patta
Cardamom, black	Moti Elaichi
Cardamom, green	Choti Elaichi
Carom seeds	Ajwain
Cinnamon	Dalchini
Cloves	Laung
Coriander Seeds	Sabut Dhania
Cumin seeds	Jeera
Dry Mango Powder	Amchur
Dry red chilli	Sukhi Sabut Lal Mirch
Fennel	Saunf
Fenugreek leaves, dried	Kasuri Methi
Fenugreek seeds	Methidana
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

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 multicook tawa (model specific) can be washed by hand or in the dishwasher.

2 **Keep the outside of the oven clean**

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

3 If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the oven is operated under high 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 POWDER OR STEEL AND PLASTIC PADS.
Metal parts will be easier to maintain if wiped frequently with a damp cloth.

5 Do not use steam cleaners.

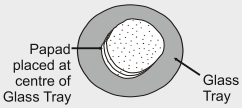
6 Unplug your oven from the electrical socket when you clean control panel with wet cloth or spray water on control glass to clean. If it is not unplugged, this product can be operated by touching the START/ADD 30 Secsbutton.

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.

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/+30 Seconds
3. After Papad cooking give standing time of 30-45 seconds.

To Cook Multiple Papads :

*Place Multiple papads over one another,

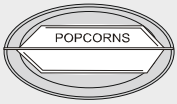
Crispy Papad :

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

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

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

2



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

Note : Attend poping process carefully. Do not overheat as cause flash fire.



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