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## OWNER'S MANUAL

# MICROWAVE OVEN

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

### ENGLISH

MC2886BPUM MC2887BFUM MC2887BIUM



MFL72066301  
Rev.05\_012026

[www.lg.com](http://www.lg.com)

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

This manual is subject to revision by the manufacturer.

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# IMPORTANT SAFETY INSTRUCTIONS

## READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

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

### Safety Messages



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

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

#### **WARNING**



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

#### **CAUTION**



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



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

### WARNING



#### **WARNING**

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

### Technical Safety

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

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

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

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

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

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

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

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

## Installation

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

 Earth symbol

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

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

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

### Operation

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

### CAUTION

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#### CAUTION

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

## Installation

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

## Operation

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

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

### **Maintenance**

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

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

## **Cleaning**

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

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

## **Cleaning the Interior**

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

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

## **Cleaning the Exterior**

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

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

## **Cleaning the Control Panel**

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

### Cleaning the Accessories

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

- The glass tray and rotating ring are dishwasher safe.

## CARING FOR THE ENVIRONMENT

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



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

#### 2. Do's

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

#### Don'ts

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

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

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

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

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



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

2. करें

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

ना करें

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

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

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

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

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

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

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

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

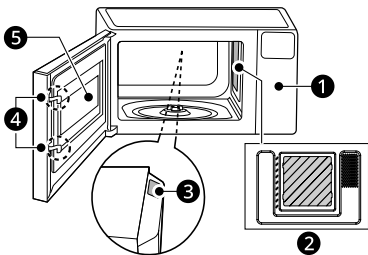
अधिक जानकारी के लिए, कृपया देखें वेब साइट : <http://www.lg.com/in>

# INSTALLATION

## Product Overview

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

### Front View



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

### ⚠ WARNING

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

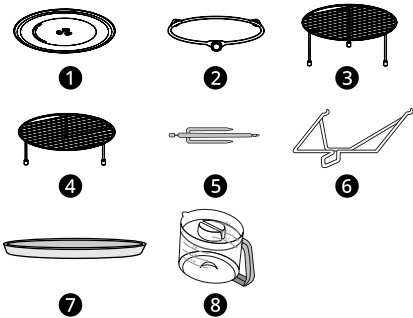
### ⚠ CAUTION

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

### NOTE

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

### Accessories



- 1 Glass Tray
- 2 Rotating Ring
- 3 High Rack
- 4 Low Rack
- 5 Rotisserie Bar
- 6 Rotisserie Bar Handle
- 7 Multicook Tawa
- 8 Milk Pasteurization Kit

### Accessories Guided

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

|                         | Microwave                            | Grill | Convection | Grill Combination | Convection Combination |
|-------------------------|--------------------------------------|-------|------------|-------------------|------------------------|
| Low Rack                | -                                    | O     | O          | O                 | O                      |
| Rotisserie Bar          | -                                    | O     | O          | O                 | O                      |
| Multicook Tawa          | -                                    | O     | O          | O                 | O                      |
| Multicook Tawa and Rack | -                                    | O     | O          | O                 | O                      |
| Milk Pasteurization Kit | O<br>(Pasteurize Milk function only) | -     | -          | -                 | -                      |

- O: Acceptable
- -: Not Acceptable

**CAUTION**

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

Specifications

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

MC2886BPUM, MC2887BFUM, MC2887BIUM Model

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

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

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

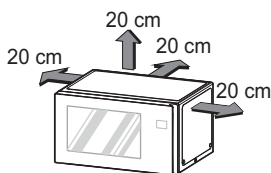
NOTE

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

# Installation Requirements

## Installation Location

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



- 3 Place the rotating ring inside the oven and place the glass tray on top.
- 4 Insert the power plug into an outlet.
  - Do not block the outlet to prevent damage the oven.
  - Make sure the microwave oven is the only appliance connected to the socket.
  - If your oven does not operate properly, unplug it from the electrical socket and then plug it back in.

## NOTE

- Do not place oven above a gas or electric range.
- The setting of the cooking time should be shorter than common microwave ovens (700 W,

800 W) due to the relatively high output power of the product.

## Radio Frequency Interference

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

## Rotisserie Installation

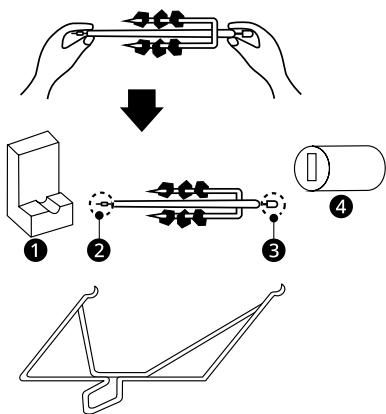
Never operate the oven at combination mode with rotisserie bar (without food). Do not use the rotisserie bar in microwave oven mode.

- 1 Position and insert the food in the Rotisserie bar skewers (seekh), ensuring that the rotisserie bar runs centrally through the food. And tie the food with thread to the bar if necessary.
- 2 Insert the end of the rotisserie bar ❸ into the rotisserie jaw ❹ on the right hand of the oven wall. Push it to the right, rotating the rotisserie bar slightly until the rotisserie-bar fits into the rotisserie jaw ❹.

# 18 INSTALLATION

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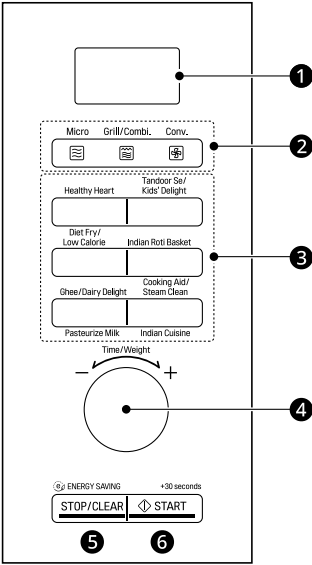
- 3 Support the other end of the rotisserie bar ② on the hollow of the rotisserie holder ①.



# OPERATION

## Control Panel

### Control Panel Features



**1 Display**

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

**2 Cook Mode**

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

**3 Auto Cook Mode**

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

**4 More/Less**

Set cooking time, power level, quantity, or weight.

**5 STOP/Clear**

Stop the oven or clear all entries.

**Energy Saving**

Allows to save energy.

**6 START**

- Press this button to start the oven, enter amounts, or cook at 100% cook power for 30 seconds.
- If you press this button during cooking to increase cook time by 30 seconds. (Up to 99 minutes and 59 seconds)

### Display Icon

An icon displays when a function is selected or an weight / a power level / a temperature is selected by using **More/Less**.

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

### NOTE

- A beep sounds each time you press a key. A melody signals the end of a timer or a cooking cycle.

NOTE

- This oven has a built-in safety interlocks to prevent exposure to excessive microwave energy. The oven will automatically turn off any cooking when the door is opened.

Before Use

Microwave Power Levels

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

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

| Power Level             | Use                                                                                                                                                                                                  |
|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| High<br>900 W<br>(100%) | <ul style="list-style-type: none"><li>• Boiling water.</li><li>• Browning ground beef.</li><li>• Cooking poultry pieces, fish, vegetables, and tender cuts of meat.</li></ul>                        |
| 720 W<br>(80%)          | <ul style="list-style-type: none"><li>• All reheating.</li><li>• Roasting meat and poultry.</li><li>• Cooking mushrooms and shellfish.</li><li>• Cooking foods containing cheese and eggs.</li></ul> |
| 540 W<br>(60%)          | <ul style="list-style-type: none"><li>• Baking cakes and scones.</li><li>• Preparing eggs.</li><li>• Cooking custard.</li><li>• Preparing rice, soup.</li></ul>                                      |
| 360 W<br>(40%)          | <ul style="list-style-type: none"><li>• All thawing.</li><li>• Melting butter and chocolate.</li><li>• Cooking less tender cuts of meat.</li></ul>                                                   |

| Power Level    | Use                                                                                                                                                |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| 180 W<br>(20%) | <ul style="list-style-type: none"><li>• Softening butter and cream cheese.</li><li>• Softening ice cream.</li><li>• Raising yeast dough.</li></ul> |

Child Lock

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

Setting Child Lock to ON

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

Cancelling Child Lock

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

NOTE

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

Quick Start

Quick Start Feature

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

Cooking for 2 Minutes on High Power

- 1 Press **STOP/Clear**.

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

### NOTE

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

## Manual Cooking

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

- 1 Press **STOP/Clear**.
- 2 Press **Micro** until a desired power level appears in the display.
- 3 Select a desired time by using **More/Less**, and press **START**.
  - When cooking is complete, a chime sounds and **End** appears in the display window. **End** remains in the display and the chime repeats every minute until the door is opened, or any button is pressed.

### NOTE

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

## Grill Cooking

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

- 1 Press **STOP/Clear**.

- 2 Press **Grill/Combi**.

- 3 Select a desired time by using **More/Less**, and press **START**.

### CAUTION

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

### NOTE

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



## Grill Combination Cooking

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

- 1 Press **STOP/Clear**.
- 2 Press **Grill/Combi**. three time.
- 3 Press **Micro** until a desired power level appears in the display.
  - Microwave power level code: 180 W, 270 W, 360 W
- 4 Select a desired time by using **More/Less**, and press **START**.
  - During cooking you can adjust the cooking time by using **More/Less**.

### CAUTION

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



## Convection Cooking

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

### To preheat the oven

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

### To cook food using the convection mode

- 1 Press **STOP/Clear**.

- 2 Press **Conv..**

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

- 4 Select a desired time by using **More/Less**, and press **START**.
  - During cooking you can turn the dial to adjust the cooking time.

### CAUTION

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



### NOTE

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

## Convection Combination Cooking

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

- 1 Press **STOP/Clear**.

2 Press **Grill/Combi**. two time.

3 Press **Conv..**

4 Select a desired temperature by using **More/Less**.

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

- Microwave power level code: 180 W, 270 W, 360 W

6 Select a desired time by using **More/Less**, and press **START**.

- During cooking you can turn the dial to adjust the cooking time.

## ⚠ CAUTION

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



## Energy Saving

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

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

1 Press **STOP/Clear**.

2 Lamp/LED off and display off.

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

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

1 Press **STOP/Clear**.

2 Lamp/LED off and display off.

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

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

## Cooking Mode

This feature has preprogrammed settings to automatically cook certain foods.

## Healthy Heart Mode

1 Press **STOP/Clear**.

2 Press **Healthy Heart**.

3 Select a desired menu code by using **More/Less**, and press **START**.

- HH: **Healthy Heart**

4 Select a desired weight by using **More/Less**, and press **START**.

- During cooking you can turn the dial to adjust the cooking time.

### NOTE

- Disclaimer: \* Heart Friendly recipes are neither a substitute for, nor do they replace professional medical advice.

## Tandoor Se/Kids' Delight Mode

- 1 Press **STOP/Clear**.
- 2 Press **Tandoor Se/Kids' Delight**.
- 3 Select a desired menu code by using **More/Less**, and press **START**.
  - **ES: Tandoor Se**
  - **CF: Child's Favourite**
  - **BR: Bakery**
- 4 Select a desired weight by using **More/Less**, and press **START**.
  - During cooking you can turn the dial to adjust the cooking time.

## Diet Fry/Low Calorie Mode

- 1 Press **STOP/Clear**.
- 2 Press **Diet Fry/Low Calorie**.
- 3 Select a desired menu code by using **More/Less**, and press **START**.
  - **df: Diet Fry**
  - **HP: Health Plus**
  - **SQ: Soup**
  - **CO: Continental**
  - **SR: Salad**

- 4 Select a desired weight by using **More/Less**, and press **START**.
  - During cooking you can turn the dial to adjust the cooking time.

## Indian Roti Basket Mode

- 1 Press **STOP/Clear**.
- 2 Press **Indian Roti Basket**.
- 3 Select a desired menu code by using **More/Less**, and press **START**.
  - **br: Indian Roti Basket**
- 4 Select a desired weight by using **More/Less**, and press **START**.
  - During cooking you can turn the dial to adjust the cooking time.

## Ghee/Dairy Delight/Pasteurize Milk Mode

- 1 Press **STOP/Clear**.
- 2 Press **Ghee/Dairy Delight/Pasteurize Milk**.
- 3 Select a desired menu code by using **More/Less**, and press **START**.
  - **GH: Ghee**
  - **DO: Dosa**
  - **dd, PR, CU: Dairy Delight**
  - **PS: Pasteurize Milk**
- 4 Select a desired weight by using **More/Less**, and press **START**.

- During cooking you can turn the dial to adjust the cooking time.

## Cooking Aid/Steam Clean/ Indian Cuisine Mode

- 1** Press **STOP/Clear**.
- 2** Press **Cooking Aid/Steam Clean/Dosa/Ghee**.
- 3** Select a desired menu code by using **More/Less**, and press **START**.
  - **UC**: **Utility Corner**
  - **SL**: **Steam Clean**
  - **IC**: **Indian Cuisine**
  - **SC**: **Sweet Corner**
  - **rd**: **Rice Delight**
  - **CP**: **Chatpat Corner**
- 4** Select a desired weight by using **More/Less**, and press **START**.
  - During cooking you can turn the dial to adjust the cooking time.

# Recipe

## Healthy Heart

### Mantras for Heart Friendly Recipes by Heart Care Foundation of India

1. Dry fruits such as almonds, cashew nuts have zero cholesterol. Foods of plant in origin have zero cholesterol.
2. Artificial ghee is Vanaspati ghee, which is made by hydrogenation of oil and is bad for the heart. It increases levels of the “bad” LDL cholesterol and reduces levels of the “good” HDL cholesterol.
3. Limit the intake of trans fats in diet.
4. Clarified butter (desi ghee) increases the LDL “bad” cholesterol but does not reduce the HDL “good” cholesterol and is better than trans fats.
5. White meat and sea foods are better than red meat.
6. Whole wheat is better than simple wheat; simple wheat is better than broken wheat and broken wheat is better than refined flour (maida).
7. Eat seasonal and locally grown vegetables and fruits.
8. Include all seven colors and six tastes in diet.
9. Eat a variety of fruits and vegetables, in moderation.
10. Do not consume more than 5 g of common salt (sodium chloride) in a day.
11. Soak pulses (dal) overnight or slow boil them to reduce bloating in the abdomen and retain folic acid.
12. Potatoes/Carrot/Radish (vegetables grown underground); Soak them in water before use for few hours or slow boil them to reduce adverse effects like bloating.
13. Asafoetida (hing) is added to any recipe to reduce flatulence.
14. Brown rice is better than white rice.
15. Methi leaves are added to any sweet vegetable (such as potato). It has anti-insulin resistance action.
16. Wheat sensitive people should switch to millets such as pearl millet (bajra), sorghum (jowar) and finger millet (ragi). They are gluten-free.
17. Fruit-based flours such as buckwheat (kuttu), water chestnut (singhara), jungle rice/barnyard millet (samak chawal), amaranth (rajgira) are gluten-free.
18. Besan is gluten-free.
19. Thinner you cut the vegetables, more will be the surface area and more will be the oil absorbed. Boil vegetables separately and cook the masala separately.
20. All bitter and green vegetables (except sweet peas) reduce insulin resistance.
21. Drink low-fat milk or soya, almond or cashew nut milk.
22. Wheat and gluten sensitive people may also not tolerate oats, corn and dairy products.
23. Broccoli and zucchini have anti-cancer properties.
24. Patients with celiac disease cannot take wheat, barley, rye as they contain gluten.
25. Barley beer has gluten. Whiskey is often gluten-free.
26. Onion and garlic are heart and diabetes friendly. They reduce cholesterol levels in the blood.
27. Tofu (prepared from soya milk) lowers cholesterol and helps to restore hormonal imbalance in women.
28. Til or sesame seeds are high in calcium and can be added to any food.
29. Patients with wheat sensitivity should avoid corn flour.
30. Cinnamon (dalchini) and curry leaves (kadi patta) reduce insulin resistance.
31. Consume a variety of oils in your diet.
32. Coffee in moderation is good for health.
33. People who cannot tolerate milk can often tolerate curd.

34. One g of carbohydrate and protein produces 4 calories and 1g of fat generates 9 calories.
35. Jaggery is better than brown sugar and brown sugar is better than white sugar.
36. Stevia is a plant-based sweetener and can be consumed.
37. Take 30 mL of liquid per kg body weight per day.
38. One egg a day is not unhealthy.
39. Not more than 500 g of butter, oil and ghee in a month should be consumed per person.
40. Black tea and black coffee are better than tea or coffee with added milk or sugar.

## HH I: Wheat Rava Idli

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

### Ingredients

| List                |                    | Weight                      |
|---------------------|--------------------|-----------------------------|
| For Wheat Rava Idli | Weight Limit       | 4 pcs, 8 pcs (40-50 g each) |
|                     | Wheat rava         | 100 g                       |
|                     | Urad               | 0.5 tbsp                    |
|                     | Chana dal          | 4 tbpsps                    |
|                     | Water              | As required                 |
|                     | Salt               | As per taste                |
|                     | Olive oil          | 2 tsps                      |
|                     | Curry leaves       | A few sprigs                |
|                     | Mustard seeds      | 0.5 tsp                     |
|                     | Red chilli powder  | As per taste                |
|                     | Curd               | 1.5 cups                    |
|                     | Fruit Salt ( ENO ) | 1 tsp                       |

### Instructions

- 1) Wash and soak urad dal, chana dal, pepper and jeera.
- 2) Grind, mix and ferment for 8-10 hours. Grind the mixture to paste consistency (You can use the same batter for making 4-8 idlis). Now mix the rava and curd.
- 3) Grease the Microwave safe idli stand with little oil and put idli batter in it. Add 0.5 cup water in Microwave safe bowl. Keep the Idli stand in Microwave safe bowl and cover. Select and number, then press start.
- 4) After the beep, give standing time of 5 minutes and then remove.

HH2: Chana Dal Pancake

- **Weight Limit:** 1 pc
- **Utensil:** Multicook tawa, High rack

Ingredients

| List                |                           | Weight       |
|---------------------|---------------------------|--------------|
| For Wheat Rava Idli | Weight Limit              | 1 pc         |
|                     | Chana dal                 | 100 g        |
|                     | Fenugreek leaves, chopped | 0.5 cup      |
|                     | Spinach, chopped          | 0.5 cup      |
|                     | Carrot, grated            | 0.5 cup      |
|                     | Coconut, grated           | 1 tsp        |
|                     | Coriander leaves, chopped | 1 tsp        |
|                     | Ginger, grated            | 1 tsp        |
|                     | Chopped green chillies    | 0.5 tsp      |
|                     | Olive oil                 | 1 tbsp       |
|                     | Salt                      | As per taste |

Instructions

- 1) Grind soaked chana dal into a coarse paste adding a little water if required.
- 2) Add fenugreek leaves, spinach, carrot, curry leaves, ginger, green chillies and salt. Mix well.
- 3) Select menu and press start (preheat process).
- 4) Take a spoonful of batter and spread on the tawa and make a pancake of approximately. 130 mm diameter .
- 5) After beep, put tawa on high rack and press start.
- 6) When beeps, turn the pancake by greasing with oil.

HH3: Moong Dal Cheela

- **Weight Limit:** 1 pc
- **Utensil:** Multicook tawa, High rack

Ingredients

| List                |                                       | Weight       |
|---------------------|---------------------------------------|--------------|
| For Wheat Rava Idli | Weight Limit                          | 1 pc         |
|                     | Moong dal                             | 200 g        |
|                     | Crushed tofu mixed with chaat masala  | 1 tsp        |
|                     | Capsicum (Green) and cabbage, chopped | 1 tsp        |
|                     | Onion, chopped                        | 0.5 tsp      |
|                     | Cashew nuts (chopped)                 | 1 tsp        |
|                     | Salt                                  | As per taste |
|                     | Ghee                                  | 1 tsp        |

Instructions

- 1) Soak the moong dal overnight and grind it with some salt into a consistent flowing batter and press start.
- 2) Keep tawa on high rack and press start (preheat). After preheating is over, spread some batter in a circular motion over tawa and press start again.
- 3) After the beep, turn the cheela by greasing with ghee and press start.
- 4) Add cashew nuts and chopped vegetables and onions.
- 5) Serve with mint chutney.

HH4: Spinach And Tofu Toast

- **Weight Limit:** 2 pcs
- **Utensil:** High rack

Ingredients

| List                       |                                            | Weight       |
|----------------------------|--------------------------------------------|--------------|
| For Spinach And Tofu Toast | Weight Limit                               | 2 pcs        |
|                            | Brown bread slices                         | 4 nos        |
|                            | To be mixed into a Spinach and Tofu Spread |              |
|                            | Spinach chopped (blanched)                 | 0.75 cup     |
|                            | Tofu                                       | 0.25 cup     |
|                            | Hung curd                                  | 2 tbsps      |
|                            | Green chillies finely chopped              | 1.5 tsps     |
|                            | Salt and black pepper                      | As per taste |

Instructions

- 1) Mix spinach and tofu into paste by adding all the ingredients.
- 2) Now keep the bread slices on high rack and press start. After the beep, turn the slices and again press start.
- 3) Spread a portion of mixture on each bread slices and cut them diagonally.
- 4) Serve with coffee or tea.

HHS: Quinoa Veg Upma

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

Ingredients

| List                |                                | Weight       |
|---------------------|--------------------------------|--------------|
| For Quinoa Veg Upma | Weight Limit                   | 0.3 kg       |
|                     | Quinoa (soaked in water)       | 1 cup        |
|                     | Olive oil                      | 2 tsps       |
|                     | Mustard seeds                  | 1 tsp        |
|                     | Asafoetida (hing)              | a pinch      |
|                     | Curry leaves                   | 2-3 nos.     |
|                     | Green chillies, finely chopped | 2 tsps       |
|                     | Onions, finely chopped         | 0.25 cup     |
|                     | Carrots, grated                | 0.5 cup      |
|                     | Salt                           | As per taste |
|                     | Red chilli powder              | As per taste |
|                     | Coriander finely chopped       | 0.25 cup     |
|                     | Water                          | 4 cup        |

Instructions

- 1) In Microwave safe bowl, add oil, mustard seeds, asafoetida, curry leaves, green chillies, onion, carrots and press start.
- 2) After beep, add quinoa and salt, mix well and press start again.
- 3) When beeps, add water and coriander leaves and press start again.
- 4) After beep is over, mix well and cover and keep aside for 2-3 minutes.
- 5) Serve hot.

ННБ: Rice and Moong Dal Idli

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

Ingredients

| List                        |                              | Weight                    |
|-----------------------------|------------------------------|---------------------------|
| For Rice And Moong Dal Idli | Weight Limit                 | 4pcs, 8pcs (40-50 g each) |
|                             | Brown rice                   | 1 cup                     |
|                             | Green moong dal (split)      | 0.5 cup                   |
|                             | Fenugreek (methi) seeds      | 0.25 tsp                  |
|                             | Carrot grated                | 0.5 cup                   |
|                             | Spring onions finely chopped | 0.5 cup                   |
|                             | Salt                         | As per taste              |
|                             | Fruit Salt (ENO)             | 1 tsp                     |

Instructions

- 1) Soak the rice, moong dal and fenugreek seeds in a deep bowl with enough water for 5-6 hours.
- 2) Drain and blend in a mixer to a smooth paste using little water.
- 3) Transfer the mixture into a bowl; add the carrots, spring onion whites and greens and salt and mix well.
- 4) Just before steaming, add fruit salt to the batter and pour 2 tsps of water over it.
- 5) When the bubbles form, mix gently.
- 6) Put a little batter into each greased idli mould and select category and menu and press start. (You can use the same batter for making 4-8 idlis)
- 7) Serve with sambhar or chutney.

HH7: Buckwheat Porridge

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

Ingredients

| List                   |                      | Weight  |
|------------------------|----------------------|---------|
| For Buckwheat Porridge | Weight Limit         | 0.3 kg  |
|                        | Buckwheat (kuttu)    | 0.5 cup |
|                        | Almond milk          | 0.5 cup |
|                        | Maple syrup or honey | 2 tsps  |
|                        | Chopped green apple  | 0.5 cup |

Instructions

- 1) Take 0.75 cup of water in a Microwave safe glass dish. Select category and menu. Press start.

- 2) When beeps, add buckwheat and salt. Mix well and press start.
- 3) When beeps, transfer the cooked buckwheat into a deep bowl. Add the almond milk and whisk well.
- 4) Add honey and mix well.
- 5) Top it evenly with the chopped apples. Press start again.

HHB: Methi Missi Roti

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List                 |                                   | Weight       |
|----------------------|-----------------------------------|--------------|
| For Methi Missi Roti | Weight Limit                      | 2 pcs        |
|                      | g flour (besan)                   | 1 cup        |
|                      | Plain flour                       | 0.25 cup     |
|                      | Whole wheat flour                 | 0.75 cup     |
|                      | Finely chopped onions             | 0.5 cup      |
|                      | Shredded fenugreek (methi) leaves | 0.5 cup      |
|                      | Finely chopped green chillies     | 1 tsp        |
|                      | Carom seeds (ajwain)              | 0.5 tsp      |
|                      | Salt                              | As per taste |
|                      | Oil for kneading                  | 0.12 tsp     |
|                      | Whole wheat flour                 | For dusting  |

Instructions

- 1) Combine all the ingredients together in a bowl and knead into a firm dough using enough warm water. Keep aside for 30 minutes under a wet muslin cloth.
- 2) Knead again using ghee till smooth and divide into two equal portions.
- 3) Roll out each portion into a thin circle of 12.5 cm (5") in diameter using a little flour for rolling.
- 4) Select category and press start (preheat). Keep tawa on low rack inside microwave.
- 5) When beeps, keep roti on tawa and press start again.
- 6) After beep, turn the roti, apply ghee and press start again.
- 7) Serve hot.

HHQ: Grilled Veggie Zucchini

- **Weight Limit:** 0.3 kg

## 34 OPERATION

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

### Ingredients

| List                        |                               | Weight  |
|-----------------------------|-------------------------------|---------|
| For Grilled Veggie Zucchini | Weight Limit                  | 0.3 kg  |
|                             | Zucchini, sliced              | 1 cup   |
|                             | Carrots, raw, chopped         | 1 cup   |
|                             | Mushrooms                     | 1 cup   |
|                             | Capsicum (yellow, red, green) | 1 cup   |
|                             | Olive oil                     | 2 tbsps |
|                             | Pepper (black)                | 1 tbsps |
|                             | Italian herb seasoning mix    | 2 tsps  |
|                             | Salt                          | 1 tsp   |

### Instructions

- 1) Cut all the vegetables in slices.
- 2) Put olive oil in a glass bowl and add all vegetables. Mix and press start.
- 3) After beep, mix it again and sprinkle salt and seasoning mix and press start again, transferring the vegetables on high rack and tawa.
- 4) Sprinkle more herbs as per your taste.

### HH 10: Soya Bhurji

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

Ingredients

| List            |                                        | Weight       |
|-----------------|----------------------------------------|--------------|
| For Soya Bhurji | Weight Limit                           | 0.3 kg       |
|                 | Soya granules                          | 0.75 cup     |
|                 | Olive oil                              | 2 tsps       |
|                 | Cumin seeds (jeera)                    | 1 tsp        |
|                 | Finely chopped garlic (lehsun)         | 1 tsp        |
|                 | Finely chopped green chillies          | 1 tsp        |
|                 | Finely chopped ginger (adrak)          | 0.5 tsp      |
|                 | Finely chopped onions                  | 0.25 cup     |
|                 | Finely chopped capsicum (green/yellow) | 0.5 cup      |
|                 | Chopped tomatoes                       | 0.25 cup     |
|                 | Turmeric powder (haldi)                | 0.5 tsp      |
|                 | Chilli powder                          | 0.25 tsp     |
|                 | Garam masala                           | 0.5 tsp      |
|                 | Salt                                   | As per taste |
|                 | Finely chopped coriander (dhania)      | 2 tbsps      |

Instructions

- 1) To soak the soya granules, combine the soya granules, salt and 1.5 cup of warm water together in a bowl and keep aside for 5-7 minutes.
- 2) Squeeze the soya granules thoroughly, retain them and discard the drained water. After soaking, the granules are approximately 1.5 cup.
- 3) In a Microwave safe bowl, add the cumin seeds, finely chopped garlic, green chillies and ginger and keep inside microwave oven. Select category, menu and weight, then press start.
- 4) When the microwave oven beeps, add finely chopped onions and capsicum. Then add tomatoes, turmeric powder, chilli powder, garam masala, salt and 0.25 cup of water and press start again.
- 5) When beeps, add the soaked soya granules, mix well and press start.
- 6) Serve hot.

HH | I: Brown Rice Risotto

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

Ingredients

| List                   |                                                     | Weight       |
|------------------------|-----------------------------------------------------|--------------|
| For Brown Rice Risotto | Weight Limit                                        | 0.3 kg       |
|                        | Brown rice                                          | 2 cups       |
|                        | Water                                               | 4 cups       |
|                        | Finely chopped onions                               | 0.25 cup     |
|                        | Finely chopped garlic (lehsun)                      | 2 tsps       |
|                        | Finely chopped Bell peppers (red, green and yellow) | 0.5 cup      |
|                        | Corn flour                                          | 2 tsps       |
|                        | Low-fat milk                                        | 1 cup        |
|                        | Salt                                                | As per taste |
|                        | Dry red chilli flakes                               | 1.5 tsp      |
|                        | Dried oregano                                       | 2 tsps       |
|                        | Grated mozzarella cheese                            | 2 tsps       |

Instructions

- 1) Dissolve the corn flour in one tablespoon of warm milk and keep aside.
- 2) In a Microwave safe bowl, add onions and garlic, bell peppers. Select menu and press start.
- 3) When the microwave beeps, put brown rice in another Microwave safe bowl with water and press start again.
- 4) After beep is over, add milk, corn flour mixture, salt, oregano, chilli flakes and cheese and press start again.
- 5) Serve hot.

HH 12: Kadhai Tofu

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

Ingredients

| List            |                                       | Weight       |
|-----------------|---------------------------------------|--------------|
| For Kadhai Tofu | Weight Limit                          | 0.3 kg       |
|                 | Olive oil                             | 2 tsps       |
|                 | Ginger-garlic (adrak-lehsun) paste    | 2 tsps       |
|                 | Finely chopped onions                 | 0.5 cup      |
|                 | Turmeric powder (haldi)               | 0.25 tsp     |
|                 | Coriander-cumin (dhania-jeera) powder | 1 tsp        |
|                 | Chilli powder                         | 1 tsp        |
|                 | Garam masala                          | 1 tsp        |
|                 | Dried fenugreek leaves (kasuri methi) | 1 tsp        |
|                 | Fresh tomato puree                    | 0.5 cup      |
|                 | Sliced capsicum                       | 0.25 cup     |
|                 | Tofu, cut into thick strips           | 300 g        |
|                 | Sugar                                 | 0.5 tsp      |
|                 | Low-fat cream                         | 2 tbsps      |
|                 | Salt                                  | As per taste |
|                 | Chopped coriander for garnishing      | 2 tbsps      |

Instructions

- 1) In a Microwave safe bowl, add oil, ginger-garlic paste and onions, turmeric powder, coriander-curmin seeds powder, chilli powder, garam masala and dried fenugreek leaves. Select menu and press start.
- 2) After the beep, add the tomato puree and 0.25 cup of water and press start again.
- 3) When the microwave beeps, add the capsicum, tofu, sugar, cream, salt and 0.25 cup of water. Mix lightly and press start again.
- 4) Garnish with coriander and serve hot.

HH 13: Dhansak Dal Veg

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

Ingredients

| List                                                   |                                                      | Weight       |
|--------------------------------------------------------|------------------------------------------------------|--------------|
| For Dhansak Dal Veg                                    | Weight Limit                                         | 0.3 kg       |
|                                                        | Toovar (arhar) dal, washed and drained               | 0.5 cup      |
|                                                        | Split yellow g (peeli moong dal), washed and drained | 2 tsps       |
|                                                        | Split red lentil (masoor dal), washed and drained    | 2 tsps       |
|                                                        | Split black lentils (urad dal), washed and drained   | 2 tsps       |
|                                                        | Chopped brinjals (baingan)                           | 0.25 cup     |
|                                                        | Chopped bottle gourd (lauki)                         | 0.25 cup     |
|                                                        | Chopped red pumpkin (kaddu)                          | 0.25 cup     |
|                                                        | Finely chopped spring onions (whites and greens)     | 0.25 cup     |
|                                                        | Chopped tomatoes                                     | 0.5 cup      |
|                                                        | Salt                                                 | As per taste |
|                                                        | Tamarind pulp (imli)                                 | 2 tbsps      |
| To be ground into a smooth paste (using 2 tbsps water) | Garlic (lehsun) cloves                               | 4 pcs        |
|                                                        | Whole kashmiri dry red chillies                      | 3 pcs        |
|                                                        | Coriander (dhania) seeds                             | 1 tsp        |
|                                                        | Cumin seeds (jeera)                                  | 0.5 tsp      |
|                                                        | Green chilli                                         | 1 pc         |
|                                                        | Pepper corns (kali mirch)                            | 4 pcs        |
|                                                        | Cloves (laung)                                       | 4 pcs        |
|                                                        | Cardamom (elaichi)                                   | 1 pcs        |
|                                                        | Chopped coriander (dhania)                           | 1 tbsp       |

Instructions

- 1) Combine the toovar dal, yellow moong dal, masoor dal, urad dal, 2 cups of water, potatoes, brinjal, bottle gourd, red pumpkin, tomatoes, spring onions (whites and greens) and salt in a Microwave safe bowl and cover. Press start. After beeps, let it cool.
- 2) Blend in a mixer to smoothen the dal-vegetable mixture. Keep aside after cooling.

- 3) When the microwave beeps, add the prepared paste in another Microwave safe bowl and press start again.
- 4) Now add the dal-vegetable mixture, 0.5 cup water, mix well and add tamarind pulp. Press start again, stirring once in between.
- 5) Serve hot.

HH 14: Tomato Methi Rice

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

Ingredients

| List                  |                                           | Weight       |
|-----------------------|-------------------------------------------|--------------|
| For Tomato Methi Rice | Weight Limit                              | 0.3 kg       |
|                       | Rice                                      | 300 g        |
|                       | Water                                     | 500 mL       |
|                       | Onion, thinly sliced                      | 1 pc         |
|                       | Ginger                                    | 1 inch       |
|                       | Garlic cloves                             | 4 pcs        |
|                       | Tomato, finely chopped                    | 3 pcs        |
|                       | Fenugreek (Methi) leaves, roughly chopped | 2 cups       |
|                       | Red chilli powder                         | 1 tsp        |
|                       | Coriander (dhania) powder                 | 2 tsps       |
|                       | Garam masala powder                       | 1 tsp        |
|                       | Cinnamon (dalchini) stick                 | 1 pc         |
|                       | Cloves (laung)                            | 2 pcs        |
|                       | Cardamom (elaichi) pods/seeds             | 1 pc         |
|                       | Ghee                                      | 2 tbsps      |
|                       | Salt                                      | As per taste |

Instructions

- 1) In a Microwave safe bowl, add rice and water. Cover. Select category and menu. Press start.
- 2) When beeps, in another Microwave safe bowl, add ghee, onion, ginger, garlic, cinnamon sticks, cloves, cardamom, tomatoes, red chillies, coriander, garam masala powder, chopped methi and press start again.

- 3) When beeps, mix well, then add rice and cooked masala and again mix well. Press start again (add more water if dry).
- 4) Serve hot.

HH 15: Healthy Ragi Pizza

- **Weight Limit:** 0.2 kg
- **Utensil:** Multicook tawa, Low rack, High rack

Ingredients

| List                   |                                        | Weight                |
|------------------------|----------------------------------------|-----------------------|
| For Healthy Ragi Pizza | Weight Limit                           | 0.2 kg                |
|                        | Cheese (mozzarella + processed) grated | 6 tbsps               |
|                        | Millet (ragi) flour                    | 0.5 cup               |
|                        | Refined flour (maida)                  | 0.5 cup + for dusting |
|                        | Oil                                    | For greasing          |
|                        | Salt                                   | 0.5 tsp + to taste    |
|                        | Fresh yeast                            | 7 g                   |
|                        | Sugar                                  | 0.5 tsp               |
|                        | Green capsicum                         | 1 small pc            |
|                        | Red capsicum                           | 1 small pc            |
|                        | Yellow capsicum                        | 1 small pc            |
|                        | Pizza sauce                            | 2-3 tbsps             |
|                        | Yellow zucchini sliced                 | 0.5 small             |
|                        | Green zucchini sliced                  | 0.5 small             |
|                        | Corn kernels                           | 2 tbsps               |
|                        | Black olive slices                     | As required           |

Instructions

- 1) Sift together refined flour, millet flour and 0.5 tsp salt into a bowl.
- 2) Take yeast in another bowl. Add some warm water and sugar, mix well and set aside till it activates.
- 3) Make a well in the flour mixture and pour the activated yeast in it. Mix and knead into a soft dough using water as required. Place in a bowl, cover with a damp muslin cloth and set aside in a warm place to prove.
- 4) Cut the capsicum into small pieces (juliennes).

- 5) Dust the worktop with some refined flour, place the proved dough on it and knock it back. Roll out into a medium thick square, dusting with flour.
- 6) Place the square on the greased tawa. Spread pizza sauce on it and top with 3 tbps mixed cheese, zucchini slices (reserve some), capsicum and corn kernels. Sprinkle some salt and top with remaining mixed cheese. Prepare a funny face using the reserved zucchini slices, capsicum juliennes and olive slices (eyes).
- 7) Now select category and weight and press start (preheat).
- 8) When the microwave beeps, keep the pizza on tawa and low rack and press start.
- 9) After the beep, keep the tawa on high rack and press start again.

HH 16: Saffron Potatoes

- **Weight Limit:** 0.3 kg
- **Utensil:** Multicook tawa, High rack

Ingredients

| List                 |                                    | Weight       |
|----------------------|------------------------------------|--------------|
| For Saffron Potatoes | Weight Limit                       | 0.3 kg       |
|                      | Potatoes (cut into wedges)         | 4 large pcs  |
|                      | Olive oil                          | 1 tbsp       |
|                      | Saffron strands (crushed properly) | 1 pinch      |
|                      | Salt                               | As per taste |
|                      | Chilli flakes                      | 1 tsp        |

Instructions

- 1) Cut the potatoes in wedges.
- 2) Add the salt, pepper, saffron, seasoning to coat the potatoes. Now keep tawa on low rack. Select category and press start.
- 3) After beep is over, turn the wedges and press start again.
- 4) Serve with ketchup.

HH 17: Broccoli Tikki

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

Ingredients

| List               |                                | Weight   |
|--------------------|--------------------------------|----------|
| For Broccoli Tikki | Weight Limit                   | 0.3 kg   |
|                    | Broccoli                       | 500 g    |
|                    | Potatoes, washed with skin on  | 4 medium |
|                    | Oil                            | 1 tbsp   |
|                    | Cumin powder                   | 2 tsps   |
|                    | Coriander seeds                | 1 tsp    |
|                    | Salt                           | 1 tsp    |
|                    | Green chillies, finely chopped | 2 pcs    |
|                    | Turmeric                       | 0.5 tsp  |
|                    | Chaat masala                   | 1 tsp    |
|                    | Spring onions                  | 3 pcs    |
|                    | Fresh coriander                | Handful  |

Instructions

- 1) Add shredded broccoli and mashed potatoes. Sprinkle in salt, red chilli powder, chaat masala, cumin powder.
- 2) Now make tikkis out of it.
- 3) Keep the tikkis on high rack on tawa. Select category and press start.
- 4) When the microwave beeps, turn tikkis, oil brush them and press start again.
- 5) When beeps, turn again and press start.

HH 18: Flavored Soya Milk

- **Weight Limit:** 500 ml
- **Utensil:** Microwave safe glass bowl

Ingredients

| List                   |                 | Weight |
|------------------------|-----------------|--------|
| For Flavored Soya Milk | Weight Limit    | 500 ml |
|                        | Soya beans      | 1 cup  |
|                        | Water           | 3 cups |
|                        | Vanilla essence | 1 drop |

Instructions

- 1) Wash and soak the soya beans in water for at least 3 hours.
- 2) Drain out all the water.
- 3) Blend in a mixer with 3 cups of water to a fine puree.
- 4) Strain through a fine strainer to extract the milk.
- 5) Now add vanilla essence. Select category and press start.
- 6) Drink it hot.

HH 19: Carrot and Moong Dal Soup

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

Ingredients

| List                          |                                                   | Weight       |
|-------------------------------|---------------------------------------------------|--------------|
| For Carrot and Moong Dal Soup | Weight Limit                                      | 0.3 kg       |
|                               | Chopped carrots                                   | 1 cup        |
|                               | Split green g (hara moong dal) washed and drained | 0.5 cup      |
|                               | Olive oil                                         | 1 tsp        |
|                               | Black peppercorns (kali mirch)                    | 4-5 pcs      |
|                               | Sliced onions                                     | 0.5 cup      |
|                               | Finely chopped garlic (lehsun)                    | 2 tsps       |
|                               | Chopped tomatoes                                  | 0.25 cup     |
|                               | Low-fat milk (99.7% fat-free)                     | 0.75 cup     |
|                               | Salt                                              | As per taste |
|                               | Freshly ground black pepper                       | 1 tsp        |

Instructions

- 1) Add the cumin seeds, onions, garlic paste and turmeric powder in a Microwave safe bowl and keep in MWO. Select category and press start.
- 2) Add the carrots, green moong dal, salt and 0.5 cup of water and mix well. Press start again. After the beep, grind the paste.
- 3) Add the coriander-cumin seeds powder and chilli powder and mix well. Add milk, cover and press start again.
- 4) Serve hot.

HH20: Gluten-free Pasta

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

Ingredients

| List                  |                                              | Weight       |
|-----------------------|----------------------------------------------|--------------|
| For Gluten-free Pasta | Weight Limit                                 | 0.3 kg       |
|                       | For the Sauce                                | 4 large pcs  |
|                       | Fresh tomato puree                           | 0.5 cup      |
|                       | Olive oil                                    | 2 tsps       |
|                       | Finely chopped onions                        | 1 cup        |
|                       | Finely chopped garlic (lehsun)               | 1 tbsp       |
|                       | Chilli powder                                | 0.5 tsp      |
|                       | Sugar                                        | 1 tsp        |
|                       | Salt                                         | As per taste |
|                       | <b>Other Ingredients</b>                     | 1 tbsp       |
|                       | Olive oil                                    | 1 tsp        |
|                       | Finely chopped garlic lehsun                 | 2 tsps       |
|                       | Finely chopped capsicum (green, yellow, red) | 0.25 cup     |
|                       | Dry red chilli flakes (paprika)              | 0.25 tsp     |
|                       | Gluten-free pasta (readily available)        | 3 cups       |
|                       | Mushroom, zucchini                           | 0.25 cup     |

Instructions

- 1) Take gluten-free pasta in a Microwave safe bowl, add oil and salt. Select category and press start.
- 2) After the beep, strain the pasta.
- 3) Now add onion, garlic, oil, capsicum, mushroom, zucchini and press start again.
- 4) When beeps, mix pasta, cooked vegetables and add tomato puree and press start.
- 5) Serve hot.

HH2 I: Garlic Celery Toast

- **Weight Limit:** 4 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List                         |                               | Weight       |
|------------------------------|-------------------------------|--------------|
| For Garlic Celery Toast      | Weight Limit                  | 4 pcs        |
|                              | Whole wheat bread slices      | 4 pcs        |
| For the Celery Garlic Spread | Chopped celery (ajmoda)       | 0.25 cup     |
|                              | Rough chopped garlic (lehsun) | 2 tsps       |
|                              | Low-fat butter                | 1 tsp        |
|                              | Salt                          | As per taste |

Instructions

- 1) For the celery garlic spread, combine all the ingredients and blend in a mixer to a coarse paste without using water. Divide it into 4 equal portions and keep aside.
- 2) Place the bread slices on a clean, dry surface and apply 1 portion of celery garlic spread evenly on each bread slice.
- 3) Now select category and weight, then press start (preheat).
- 4) When beeps, keep the bread slices on tawa and high rack and press start again.
- 5) Have them with coffee or tea (low sugar).

HH22: Masoor Pulao

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

Ingredients

| List             |              | Weight |
|------------------|--------------|--------|
| For Masoor Pulao | Weight Limit | 0.3 kg |

| List            |                                               | Weight   |
|-----------------|-----------------------------------------------|----------|
| For the Rice    | Brown rice, soaked for 15 minutes and drained | 1 cup    |
|                 | Onion, Tomato                                 | 0.5 cup  |
|                 | Cumin, Coriander                              | 1 tbsp   |
|                 | Ginger-Garlic Paste                           | 1 tsp    |
|                 | Bay leaves (tej patta)                        | 2 pcs    |
|                 | Cinnamon stick                                | 2 pcs    |
|                 | Cloves (laung)                                | 4 pcs    |
|                 | Cardamoms                                     | 2 pcs    |
|                 | Brown rice                                    | 0.5 cup  |
|                 | Masoor dal                                    | 0.75 cup |
|                 | Water                                         | 3 cup    |
|                 | Low-fat milk                                  | 0.5 cup  |
| For the Garnish | Finely chopped coriander (dhania)             | 1 tsp    |

Instructions

- 1) In a Microwave safe bowl, add rice, masoor dal and water. Select category and press start.
- 2) When the microwave beeps, add onion, tomatoes, cumin seeds, coriander, cloves, cinnamon, cardamom, ginger-garlic paste in a Microwave safe bowl and press start again.
- 3) After the beep, add low-fat milk, rice-dal mixture and cooked paste in a bowl and mix well. Press start again (add water if required).
- 4) Serve with curd or raita.

H23: Kale and Chickpea Curry

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

Ingredients

| List                        |                                             | Weight       |
|-----------------------------|---------------------------------------------|--------------|
| For Kale and Chickpea Curry | Weight Limit                                | 0.3 kg       |
|                             | Olive oil                                   | 1-2 tbsps    |
|                             | Mustard seeds                               | 0.5 tsp      |
|                             | Onion, diced                                | 1 large pc   |
|                             | Garlic cloves, crushed                      | 4 pcs        |
|                             | Tomatoes, diced                             | 4 plum       |
|                             | Chickpeas (Kabuli chana) drained and rinsed | 200 g        |
|                             | Salt                                        | As per taste |
|                             | Coriander seeds, crushed                    | 1 heaped tsp |
|                             | Green chilli, chopped                       | 1 pc         |
|                             | Red chilli powder                           | 1 tsp        |
|                             | Turmeric                                    | 1 tsp        |
|                             | Kale, chopped                               | 200 g        |
|                             | Green chilli, sliced for garnish            | 1 pc         |

Instructions

- 1) In a Microwave safe bowl, add chickpeas (soaked overnight). Select category and press start (You can use boiled chickpeas too).
- 2) After the microwave beeps, add oil, mustard seeds, cumin seeds, onion, garlic, tomatoes, kale, green chilli in another bowl and press start again (Add some water if required).
- 3) When the microwave beeps, mix the chickpeas and cooked mixture. Cover and press start again (Give standing time of 10 minutes).
- 4) Curry is ready to be served.

HH24: Stuffed Karela

- **Weight Limit:** 4 pcs
- **Utensil:** Microwave safe glass bowl, High rack, Multicook tawa

Ingredients

| List               |                               | Weight     |
|--------------------|-------------------------------|------------|
| For Stuffed Karela | Weight Limit                  | 4 pcs      |
|                    | Bitter gourd (karela)         | 4 pcs      |
|                    | Cumin seeds, crushed          | 1 tsp      |
|                    | Onion, finely chopped         | 1 large pc |
|                    | Mustard oil                   | 3 tbsp     |
|                    | Cloves garlic, finely chopped | 4 pcs      |
|                    | Ginger, finely chopped        | 3 cm piece |
|                    | Salt                          | 1 tsp      |
|                    | Chillies, chopped             | 2 pcs      |
|                    | Turmeric                      | 1 tsp      |
|                    | Amchoor                       | 1 tsp      |
|                    | Coriander seeds, crushed      | 1 tsp      |
|                    | Fennel seeds, crushed         | 1 tsp      |
|                    | Besan                         | 1 tbsp     |

Instructions

- 1) Prepare the karela by washing and drying them; use a peeler to peel off the bumpy green skin and keep in a bowl.
- 2) Slice open the tummy of each karela without going all the way through and scrape out the insides including the seeds using a teaspoon into the same bowl. This will make the stuffing.
- 3) In a Microwave safe bowl add oil, cumin seeds, ginger, garlic and onions, amchoor, fennel, coriander, chilli, salt and turmeric. Select category and press start.
- 4) Once cooled, use a spoon or your hands and stuff the skins with equal amounts of the mixture. Hands are better as you will also cover the outside with the juices and oils from the stuffing as well.
- 5) Press the stuffing into the skins. You can use a little cotton thread to wrap around each to hold in the stuffing.
- 6) Now keep the stuffed the karelas on the greased multicook tawa and high rack and press start again.
- 7) When beeps, brush it with oil and turn the karelas and press start again.
- 8) After beep, remove the tawa and serve hot.

HH25: Gwarfali Ki Subzi

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

Ingredients

| List                  |                                                        | Weight       |
|-----------------------|--------------------------------------------------------|--------------|
| For Gwarfali Ki Subzi | Weight Limit                                           | 0.2 kg       |
|                       | Cluster beans (gawarfali), cut into 2.5 cm (1" pieces) | 2 cups       |
|                       | Oil                                                    | 2 tsps       |
|                       | Cumin seeds (jeera)                                    | 0.5 tsp      |
|                       | Chopped onions                                         | 0.5 cup      |
|                       | Garlic (lehsun) paste                                  | 1 tsp        |
|                       | Turmeric powder (haldi)                                | 0.25 tsp     |
|                       | Salt                                                   | As per taste |
|                       | Coriander-cumin seeds (dhaniajeera) powder             | 2 tsps       |
|                       | Chilli powder                                          | 1 tsp        |

Instructions

- 1) Add the cumin seeds, onions, garlic paste and turmeric powder in a Microwave safe bowl and keep in MWO. Select category and weight and press start.
- 2) When the microwave beeps, add the cluster beans, salt and cup of water and mix well. Add the coriander-cumin powder and chilli powder and mix well. Cover and press start again.
- 3) When beeps, remove and mix. Cover and press start again.
- 4) Serve hot.

HH26: Flax Seed Uttapam

- **Weight Limit:** 1 pc
- **Utensil:** Multicook tawa, High rack

Ingredients

| Ingredients                |                                   | Weight       |
|----------------------------|-----------------------------------|--------------|
| For Flax Seed Uttapam      | Weight Limit                      | 0.3 kg       |
|                            | Semolina (sooji) flour            | 0.5 cup      |
|                            | Flax seed flour                   | 0.5 cup      |
|                            | Bengal g flour (besan)            | 2 tbsps      |
|                            | Lemon juice                       | 1 tsp        |
|                            | Baking powder                     | 1 pinch      |
|                            | Salt                              | As per taste |
|                            | Oil (for greasing and cooking)    | 0.25 tsp     |
| To be mixed into a Topping | Chopped onions                    | 0.25 cup     |
|                            | Chopped tomatoes                  | 0.25 cup     |
|                            | Chopped capsicum                  | 0.25 cup     |
|                            | Finely chopped green chillies     | 1 tsp        |
|                            | Finely chopped coriander (dhania) | 2 tbsps      |
|                            | Salt                              | As per taste |

Instructions

- 1) Combine the semolina flour, flax seed flour, besan and 0.5 cup of water in a deep bowl. Mix well using a whisk. Cover it with a lid and keep aside for 15 minutes.
- 2) Add the lemon juice, baking soda, 5 tbsps of water and salt and mix well.
- 3) Pour a ladleful of the batter on the tawa, spread in a circular motion to make a 12.5 cm. (5") thick uttapam.
- 4) Now select category and press start (preheat).
- 5) After preheat is over, keep tawa on high rack with batter on it and press start.
- 6) After beep, turn the uttapam by greasing or brushing with little oil/ghee and press start again.
- 7) Now add the topping on the uttapam according to your taste.

HH27: Whole Wheat Vegetable Khichdi

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

Ingredients

| List                              |                                                                   | Weight       |
|-----------------------------------|-------------------------------------------------------------------|--------------|
| For Whole Wheat Vegetable Khichdi | Weight Limit                                                      | 0.3 kg       |
|                                   | Whole wheat, soaked for 6 hours (drained and ground into a paste) | 0.5 cup      |
|                                   | Moong dal (soaked for 15-20 minutes and drained)                  | 0.5 cup      |
|                                   | Oil                                                               | 1 tsp        |
|                                   | Peppercorns (kali mirch)                                          | 2 pcs        |
|                                   | Cloves (laung)                                                    | 2 pcs        |
|                                   | Cinnamon (dalchini) stick                                         | 1 inch       |
|                                   | Cumin seeds (jeera)                                               | 1 tsp        |
|                                   | Asafoetida (hing)                                                 | 1 pinch      |
|                                   | Thinly sliced onions                                              | 0.25 cup     |
|                                   | Mixed vegetables (french beans, carrots and green peas)           | 1 cup        |
|                                   | Salt                                                              | As per taste |
|                                   | Turmeric powder (haldi)                                           | 0.5 tsp      |
|                                   | Chilli powder                                                     | 1.5 tsps     |
|                                   | Coriander and cumin                                               | 1.5 tsps     |
|                                   | Water                                                             | 3.5 cups     |
| For the Garnish                   | Finely chopped coriander                                          | 1 tbsp       |

Instructions

- 1) In a Microwave safe bowl, add oil, peppercorns, cloves, cumin seeds, cinnamon, asafoetida and onions. Select category and press start.
- 2) When the microwave beeps, add turmeric powder, coriander-cumin seeds, chilli powder, mixed vegetables and press start again.
- 3) When the microwave beeps, add ground wheat and moong dal paste followed by salt and adding water. Cover and press start again.

HH2B: Brown Rice Daliya

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

Ingredients

| List                  |                                                        | Weight    |
|-----------------------|--------------------------------------------------------|-----------|
| For Brown Rice Daliya | Weight Limit                                           | 0.3 kg    |
|                       | Brown basmati rice soaked for 15 minutes, then drained | 0.5 cups  |
|                       | Water                                                  | 3 cups    |
|                       | Pure ghee                                              | 1 tbsp    |
|                       | Almond milk                                            | 2-3 cups  |
|                       | Raw cashews                                            | 3-4 tbsps |
|                       | Stevia                                                 | 3 drops   |
|                       | Chopped raw nuts like cashews, pistachios              | 2-3 tbsps |
|                       | Currants or raisins                                    | 2-3 tbsps |

Instructions

- 1) In a Microwave safe bowl, take brown rice and water. Select category and press start.
- 2) When beeps, add ghee andamp; almond milk in another Microwave safe bowl and press start again.
- 3) After the beep, add nuts, cashews, stevia, raisins. Cover and press start again. (More water or milk may be added if required).
- 4) Serve warm or chilled. Garnish with almond/pistachio slivers.

HH29: Roasted Garlic

- **Weight Limit:** 0.2 kg
- **Utensil:** Multicook tawa, High rack

Ingredients

| List               |                 | Weight       |
|--------------------|-----------------|--------------|
| For Roasted Garlic | Weight Limit    | 0.2 kg       |
|                    | Raw garlic      | 200 g        |
|                    | Olive oil       | For brushing |
|                    | Salt and pepper | As per taste |

Instructions

- 1) Cut the top off each head of garlic, exposing the cloves within.
- 2) Place the garlic heads on tawa and drizzle with olive oil. Sprinkle lightly with salt and pepper.
- 3) Pour in about 1.5 tbsp water for each head of garlic.

- 4) Keep the tawa on high rack and press start.
- 5) When beeps, remove the tawa.
- 6) It can be consumed directly or as side dish.

HH30: Roasted Flax Seeds

- **Weight Limit:** 0.2 kg
- **Utensil:** Multicook tawa, High rack

Ingredients

| List                   |              | Weight       |
|------------------------|--------------|--------------|
| For Roasted Flax Seeds | Weight Limit | 0.2 kg       |
|                        | Flax seed    | 200 g        |
|                        | Olive oil    | For brushing |

Instructions

- 1) Take flax seeds and spread over metal tray.
- 2) Apply oil brushing over the seeds.
- 3) Now select category and press start (preheat).
- 4) When beeps keep the tawa and rack inside microwave oven.
- 5) After the beep, remove the tawa and let them cool.
- 6) Roasted flax seeds can be consumed directly on can be crushed into powder.

Tandoor Se

٤5 l: Paneer Tikka

- **Weight Limit:** 0.3 kg
- **Utensil:** Rotisserie, Rotisserie handle.

Ingredients

| List             |                                       | Weight |
|------------------|---------------------------------------|--------|
| For Paneer Tikka | Weight Limit                          | 0.3 kg |
|                  | Paneer cubes (cut into 1.5" cubes)    | 300 g  |
|                  | Capsicum (cut into cubes)             |        |
|                  | Onions (cut into cubes)               |        |
|                  | Tomato (cut into cubes, pulp removed) |        |

| List         |                                       | Weight       |
|--------------|---------------------------------------|--------------|
| For marinade | Hung curd                             | 2 tbsps      |
|              | Ginger garlic paste                   | 1 tbsps      |
|              | Salt, Garam masala, Red chilli powder | As per taste |
|              | Tandoori masala                       | 1 tsp        |
|              | Tandoori colour                       | A Pinch      |
|              | Oil (optional)                        | For basting  |

Instructions

- 1) Mix all the ingredients of marinade in a bowl.
- 2) Make holes in the paneer pieces with the rotisserie skewers.
- 3) Now add the paneer pieces, capsicum, onion, tomato and mix well with marinade. Keep in refrigerator for 1 hour.
- 4) Skewer all the vegetables in the rotisserie and install the rotisserie in the oven. Pour some oil. Select menu and press start.
- 5) Use rotisserie handle to take out the rotisserie from Microwave oven.

52: Murg Tandoori

- **Weight Limit:** 1 kg
- **Utensil:** Rotisserie, Rotisserie handle

Ingredients

| List              |                                          | Weight       |
|-------------------|------------------------------------------|--------------|
| For Murg Tandoori | Weight Limit                             | 1 Kg         |
|                   | Whole chicken                            | 1 Kg         |
| For marinade      | Hung Curd                                | 1 cup        |
|                   | Garlic paste                             | 3 tbsps      |
|                   | Ginger paste                             | 1 tbsps      |
|                   | Tandoori masala                          | 3 tsps       |
|                   | Salt, red chilli powder , tandoori color | As per taste |

Instructions

- 1) Mix all the ingredients of marinade in a bowl.
- 2) Wash the chicken properly and make cuts on the chicken all over.

- 3) Marinate the chicken properly coating all the places, Keep marinated for 3-4 hours in refrigerator.
- 4) Insert the chicken in rotisserie and tie up with thread.
- 5) Install the rotisserie in the microwave oven, select menu and press start.
- 6) Use rotisserie handle to take out the rotisserie from microwave oven. Serve with grilled onion slices, lemon wedges and onion chutney.

NOTE

- For rotisserie installation, refer Rotisserie Installation topic.

53: Tandoori Sabzi

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave safe glass bowl, High rack, Multicook tawa

Ingredients

| List               |                                                                          | Weight         |
|--------------------|--------------------------------------------------------------------------|----------------|
| For Tandoori Sabzi | Weight Limit                                                             | 0.2 kg         |
|                    | Mix veg - Bhindi, Cauliflower, Brinjals, Mushrooms, Potato, Paneer cubes | 200 g          |
|                    | Onion paste                                                              | 2 tbsps        |
|                    | Ginger garlic paste                                                      | 1 tsp          |
|                    | Tomato puree                                                             | 0.25 cup       |
|                    | Salt, Red chilli powder, Garam masala, Chaat masala, Haldi               | As per taste   |
|                    | Oil                                                                      | 2 tbsps        |
|                    | Hara dhania                                                              | For garnishing |

Instructions

- 1) In a microwave safe glass bowl take oil, onion paste, ginger garlic paste.
- 2) Select menu and then press start.
- 3) When beeps, add vegetables, red chilli powder, haldi, garam masala, chat masala, salt, tomato puree and mix well. Press start.
- 4) When beeps, transfer this mixture to greased tawa, spread evenly. Keep tawa on high rack and then press start. Serve with tandoori nan.

54: Hara Bhara Kababs

- **Weight Limit:** 0.3 kg
- **Utensil:** High rack, Multicook tawa

Ingredients

| List                  |                                                     | Weight       |
|-----------------------|-----------------------------------------------------|--------------|
| For Hara Bhara Kababs | Weight Limit                                        | 0.3 kg       |
|                       | Potatoes (boiled and grated)                        | 300 g        |
|                       | Peas (boiled and mashed)                            | 1 cup        |
|                       | Palak leaves (boiled)                               | 1.5 cups     |
|                       | Coriander leaves                                    | A few sprigs |
|                       | Kasuri methi                                        | 2 tbsps      |
|                       | Salt, Red chilli powder, Chaat masala, Garam masala | As per taste |

Instructions

- 1) Mix all the ingredients together and make a mixture. Make flat kababs out of it.
- 2) Grease the multicook tawa and place on high rack. Now arrange the kababs on the greased multicook tawa. Select menu and then press start.
- 3) When beeps, turn over the kababs and again press start. Serve with coriander chutney or tomato sauce.

55: Shaami Kababs

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl, High rack, Multicook tawa

Ingredients

| List              |                                           | Weight        |
|-------------------|-------------------------------------------|---------------|
| For Shaami Kababs | Weight Limit                              | 0.3 kg        |
|                   | Minced mutton                             | 300 g         |
|                   | Soaked Bengal gram                        | 50 g          |
|                   | Roasted cumin seeds                       | As per taste  |
|                   | Salt, Red chilli powder, Coriander powder | As per taste  |
|                   | Chopped onion                             | 2 Nos.        |
|                   | Chopped coriander leaves                  | A few springs |

Instructions

- 1) In a microwave safe glass bowl add minced mutton. Select menu and then press start.
- 2) Grind the cooked mutton, bengal gram, cumin seeds, coriander powder, salt and chilli powder, chaat masala, chopped coriander and onion. Make long flat kababs of the paste.

- 3) Place the kababs on greased multicook tawa and high rack. Press start.
- 4) Turn over the kababs and again press start.

NOTE

- For binding roll the kababs in maida.

٥٥٥: Mutton Tikka

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

Ingredients

| List             |                                                               | Weight-1     | Weight-2 | Weight-3  |
|------------------|---------------------------------------------------------------|--------------|----------|-----------|
| For Mutton Tikka | Weight Limit                                                  | 0.1 kg       | 0.2 kg   | 0.3 kg    |
|                  | Mutton boneless pieces                                        | 100 g        | 200 g    | 300 g     |
| For marinade     | Hung curd                                                     | 1 tbsp       | 2 tbsps  | 3 tbsps   |
|                  | Ginger garlic paste                                           | 0.25 tsp     | 0.5 tsp  | 1 tsp     |
|                  | Salt, Garam masala, Red chilli powder, Haldi and Chaat masala | As per taste |          |           |
|                  | Oil                                                           | 0.5 tbsp     | 1 tbsp   | 1.5 tbsps |
|                  | Lemon juice                                                   | As per taste |          |           |
|                  | Eatable red colour                                            | A pinch      |          |           |

Instructions

- 1) Wash the mutton pieces and mix with ginger garlic paste, curd, salt, lemon juice, garam masala, chaat masala, red chilli powder. Refrigerate for 1 hour.
- 2) In a microwave safe glass bowl take this mixture, Select menu and weight. Press start.
- 3) When beeps, arrange the cooked mutton pieces on Rotisserie. Pour some oil and then press start.
- 4) Use rotisserie handle to take out the rotisserie from Microwave oven. Serve with naan or roti.

٥٥٦: Chicken Lollipops

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

Ingredients

| List                  |                                                      | Weight-1                  | Weight-2  | Weight-3 |
|-----------------------|------------------------------------------------------|---------------------------|-----------|----------|
| For Chicken Lollipops | Weight Limit                                         | 0.1 kg                    | 0.2 kg    | 0.3 kg   |
|                       | Chicken keema                                        | 100 g                     | 200 g     | 300 g    |
|                       | Boiled potato                                        | 1 no.                     | 2 nos.    | 3 nos.   |
|                       | Ginger garlic paste                                  | 1 tbsp                    | 1.5 tbsps | 2 tbsps  |
|                       | Red chilli powder, Garam masala, Amchur powder, Salt | As per taste              |           |          |
|                       | Bread crumbs                                         | For coating the lollipops |           |          |

Instructions

- 1) Mix the chicken keema with boiled potatoes, ginger garlic paste, red chilli powder, garam masala, amchur powder, salt.
- 2) Coat the lollipops with breadcrumbs.
- 3) Arrange the lollipops on greased tawa. Place the tawa on high rack. Select menu and weight and then press start.
- 4) When beeps, turn over again and then press start. Serve with chutney or sauce.

⌚58: Chana Kababs

- **Weight Limit:** 0.2 ~ 0.5 kg
- **Utensil:** Multicook tawa, High rack

**Ingredients**

| List             |                               | Weight-1     | Weight-2 | Weight-3 | Weight-4 |
|------------------|-------------------------------|--------------|----------|----------|----------|
| For Chana Kababs | Weight Limit                  | 0.2 kg       | 0.3 kg   | 0.4 kg   | 0.5 kg   |
|                  | Boiled Kabuli Chana (Chhole)] | 200 g        | 300 g    | 400 g    | 500 g    |
|                  | Cloves                        | 1 no.        | 2 nos.   | 2 nos.   | 2.5 nos. |
|                  | Pepper powder                 | As per taste |          |          |          |
|                  | Cinnamon powder               | 0.25 tsp     | 0.25 tsp | 0.5 tsp  | 1 tsp    |
|                  | Garlic Cloves                 | 2 nos.       | 3 nos.   | 3 nos.   | 3 nos.   |
|                  | Salt                          | As per taste |          |          |          |
|                  | Ginger chopped                | 1 tsp        | 2 tsps   | 3 tsps   | 4 tsps   |
|                  | Bread pieces                  | 1 no.        | 2 nos.   | 2 nos.   | 3 nos.   |
|                  | Whole red chilly              | 1 no         | 2 nos.   | 3 nos.   | 3 nos.   |
|                  | Bread crumbs                  | For coating  |          |          |          |

**Instructions**

- 1) Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces, whole red chilli, to a paste.
- 2) Now shape the paste in the form of kababs and roll out each kababs in bread crumbs for complete coating.
- 3) Now keep the kababs on tawa and keep the tawa on high rack. Select menu and weight and then press start.
- 4) When beeps, turn over again and then press start. Serve with chutney or sauce.

**59: Bharwa Baigan**

- **Weight Limit:** 0.2 ~ 0.4 kg
- **Utensil:** Microwave safe glass bowl, Multicook tawa, High rack

**Ingredients**

| List               |                | Weight-1 | Weight-2 | Weight-3 |
|--------------------|----------------|----------|----------|----------|
| For Bharwan Baigan | Weight Limit   | 0.2 kg   | 0.3 kg   | 0.4 kg   |
|                    | Baigan(Medium) | 200 g    | 300 g    | 400 g    |

| List         |                                                                        | Weight-1 | Weight-2  | Weight-3 |
|--------------|------------------------------------------------------------------------|----------|-----------|----------|
| For stuffing | Tomato(grated)                                                         | 1 no.    | 1.5 nos.  | 2 nos.   |
|              | Onion(chopped)                                                         | 0.25 cup | 0.5 cup   | 1 cup    |
|              | Salt, coriander powder,Haldi, amchoor, garam masala, Red chilli powder | 2 nos.   | 3 nos.    | 3 nos.   |
|              | Oil                                                                    | 1 tbsp   | 1.5 tbsps | 2 tbsps  |

Instructions

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

🕒 5: Fish Tandoori

- **Weight Limit:** 0.5 kg
- **Utensil:** Multicook tawa, High rack

Ingredients

| List              |              | Weight |
|-------------------|--------------|--------|
| For Fish Tandoori | Weight Limit | 0.5 kg |

| List         |                 | Weight        |
|--------------|-----------------|---------------|
| For Marinade | Pomfret         | 3 small sized |
|              | Degi mirch      | 2.5 tsps      |
|              | Jeera           | 0.5 tsp       |
|              | Ginger paste    | 1 tsp         |
|              | Garlic paste    | 1 tsp         |
|              | Tandoori Masala | 0.5 tsp       |
|              | Garam masala    | 1.5 tsps      |
|              | Amchoor         | 1 tsp         |
|              | Dhania powder   | 1 tsp         |
|              | Lemon juice     | 2 tsps        |
|              | Chaat masala    | 0.25 tsp      |
|              | Salt            | As per taste  |

Instructions

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

5 | : Veg Kabab Rolls

- **Weight Limit:** 0.3 kg
- **Utensil:** High rack, Multicook tawa

Ingredients

| List               |                               | Weight       |
|--------------------|-------------------------------|--------------|
| For Veg Kabab Roll | Weight Limit                  | 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 |

Instructions

- 1) Mix all the ingredients in a bowl. Mix well and shape them into rolls.
- 2) Keep the kababs on greased tawa. Place the tawa on high rack and keep in Microwave. Select category and press start.
- 3) When beeps, Turn over the kababs and again press start.

NOTE

- For binding roll the kababs in maida.

٥٢: Corn Kababs

- **Weight Limit:** 0.2 ~ 0.4 kg
- **Utensil:** Multicook tawa, High rack

**Ingredients**

| List            |                                   | Weight-1     | Weight-2  | Weight-3  |
|-----------------|-----------------------------------|--------------|-----------|-----------|
| For Corn kababs | Weight Limit                      | 0.2 kg       | 0.3 kg    | 0.4 kg    |
|                 | Boiled potatoes                   | 2 medium     | 3 medium  | 4 medium  |
|                 | Boiled sweet corns                | 0.25 cup     | 0.5 cup   | 1 cup     |
|                 | Onion(chopped)                    | 0.25 cup     | 0.5 cup   | 1 cup     |
|                 | Green chillies(Chopped)           | 2 nos.       | 3 nos.    | 3 nos.    |
|                 | Freshly coriander(Finely chopped) | 1 tbsp       | 1.5 tbsps | 2 tbsps   |
|                 | Pudina(finely chopped)            | 0.5 tbsp     | 1 tbsp    | 1.5 tbsps |
|                 | Melted butter                     | 0.25 tbsp    | 0.5 tbsp  | 1 tbsp    |
|                 | Garam masala, pepper powder, salt | As per taste |           |           |
|                 | Lemon juice                       | 2 tsps       | 3 tsps    | 3 tsps    |
|                 | Bread crumbs                      | 1 tbsp       | 2 tbsps   | 3 tbsps   |

**Instructions**

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

**٤٥ ١٣: Bharwa Tamatar**

- **Weight Limit:** 0.3 ~ 0.5 kg
- **Utensil:** Multicook tawa, High Rack

**Ingredients**

| List                |                | Weight-1 | Weight-2 | Weight-3 |
|---------------------|----------------|----------|----------|----------|
| For Bharwan tamatar | Weight Limit   | 0.3 kg   | 0.4 kg   | 0.5 kg   |
|                     | Baigan(Medium) | 300 g    | 400 g    | 500 g    |

| List         |                                                                        | Weight-1     | Weight-2  | Weight-3 |
|--------------|------------------------------------------------------------------------|--------------|-----------|----------|
| For stuffing | Tomato(graded)                                                         | 1 no.        | 1.5 nos.  | 2 nos.   |
|              | Onion(chopped)                                                         | 0.25 cup     | 0.5 cup   | 1 cup    |
|              | Salt, coriander powder,Haldi, amchoor, garam masala, Red chilli powder | As per taste |           |          |
|              | Oil                                                                    | 1 tbsp       | 1.5 tbsps | 2 tbsps  |

Instructions

- 1) Precook the paneer stuffing- In a microwave safe bowl add oil, onions and microwave 100% for 3 minutes. Add paneer and all the spices and coriander leaves and microwave 100% for 2 minutes.
- 2) Stuff the hollowed tomatoes with paneer.
- 3) Grease the tomatoes with few drops of oil.
- 4) Keep the tomatoes on tawa and tawa on high rack. Select category and weight, then press start.
- 5) Turn over the tomato and press start. Put oil.
- 6) Turn over the side again and press start. Garnish with fresh coriander leaves and serve.

5 14: Tandoori Aloo

- **Weight Limit:** 0.3 ~ 0.5 kg
- **Utensil:** Multicook tawa, High rack

Ingredients

| List              |                         | Weight-1     | Weight-2  | Weight-3 |
|-------------------|-------------------------|--------------|-----------|----------|
| For Tandoori Aloo | Weight Limit            | 0.3 kg       | 0.4 kg    | 0.5 kg   |
|                   | Aloo(cut into quarters) | 300 g        | 400 g     | 500 g    |
| For marinade      | Hung curd               | 2 tbsps      | 3 tbsps   | 4 tbsps  |
|                   | Garlic paste            | 1 tbsp       | 1.5 tbsps | 2 tbsps  |
|                   | Cumin powder            | As per taste |           |          |
|                   | Red chilli powder       |              |           |          |
|                   | Salt                    |              |           |          |
|                   | Tandoori masala         | 1 tsp        | 2 tsps    | 3 tsps   |
|                   | Tandoori color          | A Pinch      |           |          |

Instructions

- 1) Mix all the ingredients of marinade in a bowl.
- 2) Add Aloo pieces and keep for half an hour.
- 3) Keep marinated aloo on tawa and tawa on high rack . Select category and weight, then press start.
- 4) When beeps, turn over the pieces and drizzle few drops of oil and press start again. Sprinkle chat masala or lemon juice and serve.

5 15: Tandoori Gobhi

- **Weight Limit:** 0.3 ~ 0.5 kg
- **Utensil:** Multicook tawa, High rack

Ingredients

| List               |                                                    | Weight-1     | Weight-2  | Weight-3 |
|--------------------|----------------------------------------------------|--------------|-----------|----------|
| For tandoori gobhi | Weight Limit                                       | 0.3 kg       | 0.4 kg    | 0.5 kg   |
|                    | Cauliflower florets                                | 300 g        | 400 g     | 500 g    |
| For marinade       | Jeera powder                                       | 0.5 tsp      | 1 tsp     | 1 tsp    |
|                    | Red chilli powder, dhaniya, garam masala, anardana | As per taste |           |          |
|                    | Tandoori color/ Haldi                              | A pinch      |           |          |
|                    | Oil                                                | 1 tbsp       | 1.5 tbsps | 2 tbsps  |
|                    | Hung Curd                                          | 2 tbsps      | 3 tbsps   | 4 tbsps  |

Instructions

- 1) Mix all the ingredients of marinade in a bowl. Add cauliflower to the marinate and rub them properly with the marinade. Keep aside for 1 hour.
- 2) Transfer the marinated cauliflower on tawa and keep on high rack. Select category and weight, then press start.
- 3) When beeps drizzle few drops of oil on cauliflower and turn them over.Press start. Serve with onion rings , coriander leaves and tomato slices.

5 16: Tandoori Mushrooms

- **Weight Limit:** 0.2 ~ 0.5 kg
- **Utensil:** Multicook tawa, High rack

Ingredients

| List             |                                        | Weight-1     | Weight-2 | Weight-3 | Weight-4  |
|------------------|----------------------------------------|--------------|----------|----------|-----------|
| For Chana Kababs | Weight Limit                           | 0.2 kg       | 0.3 kg   | 0.4 kg   | 0.5 kg    |
| For Marinade     | Mushroom buttons(Stalk reoved)         | 200 g        | 300 g    | 400 g    | 500 g     |
|                  | Hung curd                              | 1 tbsp       | 2 tbsps  | 3 tbsps  | 4 tbsps   |
|                  | Ginger Garlic paste                    | 0.5 tbsp     | 1 tbsp   | 2 tbsps  | 2.5 tbsps |
|                  | Salt, coriander, cumin powder, amchoor | As per taste |          |          |           |
|                  | Cournflour                             | 0.25 tsp     | 0.25 tsp | 0.5 tsp  | 1 tsp     |
|                  | Tandoori color                         | A pinch      |          |          |           |

Instructions

- 1) Mix all the ingredients of marinade in a bowl.
- 2) Prick all the mushroom buttons and add to the marinade.
- 3) Keep the mushroom marinated for 1 hour.
- 4) Transfer the mushroom on tawa and keep the tawa on high rack. Select category and weight, then press start.
- 5) When beeps turn over the mushroom and press start.
- 6) When beeps turn over again and press start.

NOTE

- If mushroom run watery while cooking, drain water and start cooking again.

🍽️: Mahi Tikka

- **Weight Limit:** 0.3 ~ 0.5 kg
- **Utensil:** Multicook tawa, High rack

Ingredients

| List           |                                 | Weight-1     | Weight-2 | Weight-3  |
|----------------|---------------------------------|--------------|----------|-----------|
| For Mahi tikka | Weight Limit                    | 0.3kg        | 0.4 kg   | 0.5 kg    |
|                | Fish fillets(cut into 2" cubes) | 300 g        | 400 g    | 400 g     |
| For Marinade   | Hung curd                       | 2 tbsps      | 3 tbsps  | 4 tbsps   |
|                | Thick cream                     | 0.25 cup     | 0.25 cup | 0.5 cup   |
|                | Ginger garlic paste             | 1 tsp        | 2 tsps   | 2.5 tsps  |
|                | Ajwain                          | 0.25 tsp     | 0.5 tsp  | 0.5 tsp   |
|                | Garam masala                    | As per taste |          |           |
|                | Salt pepper                     | As per taste |          |           |
|                | Lemon juice                     | 1 tbsp       | 2 tbsps  | 2.5 tbsps |
|                | Red chilli powder, salt         | As per taste |          |           |

Instructions

- 1) Rub the fish well with 3 tbsp besan and 2 tsp lemon juice to remove the fishy odour. Keep aside for 15 minutes. Wash well and pat dry. Prick fish all over with a fork.
- 2) Mix all the ingredients of marinade. Add fish pieces and keep aside for 3-4 hours.
- 3) Transfer the marinated fish pieces on tawa and keep tawa on high rack. Select category and weight and press start.
- 4) When beeps turn over the pieces and press start. Sprinkle chat masala and serve onion slices.

NOTE

- In case there is excessive water during cooking , drain it and restart.

5 B: Arbi Tandoori

- **Weight Limit:** 0.3 ~ 0.5 kg
- **Utensil:**Microwave safe glass bowl, Multicook tawa, High rack

Ingredients

| List         |                            | Weight-1     | Weight-2 | Weight-3 |
|--------------|----------------------------|--------------|----------|----------|
| For Arbi     | Weight Limit               | 0.3 kg       | 0.4 kg   | 0.5 kg   |
|              | Arbi (cut into slices)     | 300 g        | 400 g    | 400 g    |
|              | Oil                        | 2 tsps       | 3 tsps   | 4 tsps   |
|              | Onion rings                | 1 cup        | 1.5 cups | 2 cups   |
|              | Garam masala, amchoor salt | As per taste |          |          |
|              | Green chillies             | 2 nos.       | 3 nos.   | 4 nos.   |
|              | Ginger(shredded)           | 1 tsp        | 1.5 tsps | 2 tsps   |
|              | Coriander seeds            | 0.5 tsp      | 1.5 tsps | 2 tsps   |
| For Marinade | Hung curd                  | 2 tsps       | 3 tsps   | 4 tsps   |
|              | Tandoori masala            | 0.5 tbsp     | 1 tbsp   | 1.5 tsps |
|              | Ginger paste               | 0.5 tsp      | 0.5 tsp  | 1 tsp    |
|              | Pepper corns (crushed)     | 4 nos.       | 5 nos.   | 6 nos.   |
|              | Ajwain                     | 0.5 tsp      | 0.5 tsp  | 1 tsp    |
|              | Haldi                      | A pinch      |          |          |
|              | Salt                       | As per taste |          |          |
|              | Oil, Besan                 | 0.5 tbsp     | 0.5 tbsp | 1 tbsp   |

Instructions

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

5 19: Mix Veg Platter

- **Weight Limit:** 0.5 kg
- **Utensil:** High rack, Multicook tawa

Ingredients

| List         |                                          | Weight       |
|--------------|------------------------------------------|--------------|
| For Platter  | Weight Limit                             | 0.5 kg       |
|              | Paneer(cut into 1.5" cubes)              | 200 g        |
|              | Mushroom buttons(trim the stalk)         | 100 g        |
|              | Baby corn(Blanched)                      | 25 g         |
|              | Capsicum(cut into large cubes)           | 100 g        |
|              | Tomatoes(cut into quarters and deseeded) | 25 g         |
|              | Onion(cut into quarters and separated)   | 50 g         |
| For marinade | Hung curd                                | 4 tbsps      |
|              | Thick cream                              | 2 tbsps      |
|              | Cornflour                                | 1 tbsp       |
|              | Ginger garlic paste                      | 1 tbsp       |
|              | Black salt                               | As per taste |
|              | Tandoori color                           | A pinch      |
|              | Tandoori masala                          | 2 tsps       |
|              | Red chilli powder, salt                  | As per taste |

Instructions

- 1) Mix all the ingredients of marinade.
- 2) Add paneer, mushrooms ,baby corns, onions and tomatoes to the marinade and mix well to coat the vegetables.
- 3) Keep the marinated vegetables on tawa and tawa on high rack. Select category and press start.
- 4) When beeps, turn over the side and drizzle few drops of oil and press start.
- 5) When beeps again turn over and press start. Serve with barbeque sauce.

NOTE

- In case there is excess water during cooking process, drain it and cook.

٥٥٢٠: Spicy Chicken Kababs

- **Weight Limit:** 0.2 ~ 0.4 kg
- **Utensil:** Multicook tawa, High rack

Ingredients

| List         |                                          | Weight-1     | Weight-2  | Weight-3 |
|--------------|------------------------------------------|--------------|-----------|----------|
| For kababs   | Weight Limit                             | 0.2 kg       | 0.3 kg    | 0.4 kg   |
|              | Boneless chicken( cut into 40 mm pieces) | 200 g        | 300 g     | 400 g    |
| For marinade | Barbeque sauce                           | 1 tbsp       | 1.5 tbsps | 2 tbsps  |
|              | Olive oil                                | 0.5 tsp      | 1 tsp     | 1 tsp    |
|              | Garlic powder/ Ginger paste              | 1 tsp        | 1.5 tsps  | 2 tsps   |
|              | Red chilli flakes                        | 1 tsp        | 1.5 tsps  | 2 tsps   |
|              | Black pepper( freshly crushed)           | 0.5 tsp      | 0.5 tsp   | 1 tsp    |
|              | Onion paste                              | 1 tbsp       | 1.5 tbsps | 2 tbsps  |
|              | Oregano                                  | As per taste |           |          |
|              | Thyme                                    | 0.5 tsp      | 0.5 tsp   | 1 tsp    |
|              | Salt                                     | As per taste |           |          |

Instructions

- 1) Clean and wash chicken pieces and cut into 40 mm cubes. Prick them with fork.
- 2) In a bowl take Chicken pieces and add all the ingredients or marinade and mixwell. Keep covered for at least 30-45 minutes in refrigerator.
- 3) Place all the marinated chicken pieces on tawa and place tawa on high rack.Keep in the microwave. Select category and weight, then press start.
- 4) When beeps, turn the chicken pieces. Remove excess water or liquid fromthe tawa ( if present) and press start.
- 5) Serve spicy chicken kababs hot with mint chutney or onion rings.

٥٥٢ ١: Kastoori Kababs

- **Weight Limit:** 0.2 ~ 0.4 kg
- **Utensil:** Multicook tawa, High rack

Ingredients

| List         |                                          | Weight-1     | Weight-2 | Weight-3 |
|--------------|------------------------------------------|--------------|----------|----------|
| For kababs   | Weight Limit                             | 0.2 kg       | 0.3 kg   | 0.4 kg   |
|              | Boneless chicken( cut into 40 mm pieces) | 200 g        | 300 g    | 400 g    |
| For marinade | Ginger garlic paste                      | 0.25 tbsp    | 0.5 tbsp | 1 tbsp   |
|              | Lemon juice                              | 0.25 tbsp    | 0.5 tbsp | 1 tbsp   |
|              | Roasted besan                            | 2 tbsps      | 3 tbsps  | 4 tbsps  |
|              | Bread crumbs                             | 2 tbsps      | 3 tbsps  | 4 tbsps  |
|              | Black pepper, salt, red chilli,          | As per taste |          |          |
|              | Ginger finely chopped                    | 0.5 tsp      | 0.5 tsp  | 1 tsp    |
|              | Chopped coriander leaves                 | 2 tbsps      | 3 tbsps  | 4 tbsps  |
|              | Oil                                      | 1 tsp        | 2 tsps   | 3 tsps   |
|              | Choti elaichi powder                     | 0.5 tsp      | 0.5 tsp  | 1 tsp    |
|              | Jeera                                    | 1 tsp        | 1 tsp    | 1 tsp    |
|              | Kesar( soaked in 0.5 cup milk)           | 0.5 tsp      | 0.5 tsp  | 1 tsp    |

Instructions

- 1) Wash the chicken mince in a strainer. Press well to squeeze out the water well.
- 2) Marinate the mince with all the ingredients mentioned under marinade.
- 3) Make flat kababs of the mixture.
- 4) Keep the kababs on tawa and tawa on high rack. Select category and weight, then press start.
- 5) When beeps, turn over the kababs and press start, Sprinkle chaat masala and serve.

🍽️: Chilka Kababs

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

Ingredients

| List      |                                   | Weight       |
|-----------|-----------------------------------|--------------|
| For Kabab | Weight Limit                      | 0.4 kg       |
|           | Chana dal (soaked overnight)      | 200 g        |
|           | Snakegourd peels(roughly chopped) | 0.5 cup      |
|           | Pumpkin peels (roughly chopped)   | 0.5 cup      |
|           | Whole black pepper                | 0.25 tsp     |
|           | Dried red chilli                  | 1 no.        |
|           | Laung                             | 3-4 nos.     |
|           | Black cardamom                    | 1 no.        |
|           | Cinnamon                          | 1" piece     |
|           | Water                             | 0.5 cup      |
|           | Oil                               | 0.5 tsp      |
|           | Javitri                           | 1 no.        |
|           | Fresh coriander leaves            | 2 tbps       |
|           | Salt                              | As per taste |

Instructions

- 1) In a Microwave safe glass bowl take soaked chana dal, pumpkin peels, snake gourd peels and all the whole spices except salt and coriander leaves. Sprinkle 0.25 cup water and cover. Select menu and press start.
- 2) When beeps. take out the bowl, remove javitri and black cardamom and allow to cool the mixture.
- 3) Grind the cooked mixture to a coarse paste in a mixer, adding 0.25 cup water and salt to taste. Take out in a bowl and add freshly chopped coriander leaves. Mix well with hands and make kababs of equal size and shape.
- 4) Grease the tawa with 0.25 tsp oil and put the kababs on it. Keep the tawa on high rack.Keep high rack and tawa with kababs inside the microwave and press start.
- 5) When beeps, sprinklen 0.25 tsp on all kababs and turnover the Kababs and press start.
- 6) Serve the kababs with hot chutney of your choice.

٥٢٣Jimikand ke Kababs

- **Weight Limit:** 0.2 ~ 0.4 kg
- **Utensil:** Multicook tawa, High Rack

**Ingredients**

| List       |                                       | Weight-1     | Weight-2  | Weight-3 |
|------------|---------------------------------------|--------------|-----------|----------|
| For kababs | Weight Limit                          | 0.2 kg       | 0.3 kg    | 0.4 kg   |
|            | Jimikand ( Boiled and grated)         | 1 cup        | 1.5 cups  | 2 cups   |
|            | Fresh bread( crumbled)                | 2 nos.       | 3 nos.    | 4 nos.   |
|            | Green chilli( chopped)                | 2 nos.       | 3 nos.    | 4 nos.   |
|            | Cornflour                             | 1 tbsp       | 1.5 tsbps | 2 tsbps  |
|            | Coriander leaves (chopped)            | As required  |           |          |
|            | Garam masala, salt, red chilli piwder | As per taste |           |          |
|            | Anardana powder                       | 0.25 tsp     | 0.5 tsp   | 0.5 tsp  |

**Instructions**

- 1) In a bowl take boiled and grilled jimikand, chopped green chilli, coriander leaves, cornflour, anardana powder and all the spices. Mix well..
- 2) Remove the sides (brown part) of the bread slices with a knife. Crumble them with hands and add this to jimikand mixture. Mix well and make equal sized flat kababs.
- 3) Keep the kababs on multicook tawa. Keep tawa on high rack and keep inside the microwave. Select menu and weight and press start.
- 4) When beeps turn all the kebabs and press start.
- 5) When beeps, again turn the kababs and press start, serve them with hot onion rings and mint chutney.

**524: Kaju Kababs**

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

**Ingredients**

| List            |                            | Weight-1 | Weight-2 | Weight-3 |
|-----------------|----------------------------|----------|----------|----------|
| For Kaju kababs | Weight Limit               | 0.1 kg   | 0.2 kg   | 0.3 kg   |
|                 | Potato (cut into quarters) | 0.5 no.  | 1 no.    | 1.5 nos. |

| List         |                                                               | Weight-1     | Weight-2  | Weight-3 |
|--------------|---------------------------------------------------------------|--------------|-----------|----------|
| For marinade | onion( chopped)                                               | 0.5 no.      | 1 no.     | 1 no.    |
|              | Peas(shelled)                                                 | 3 tbsps      | 4 tbsps   | 4 tbsps  |
|              | Cauliflower( florets)                                         | 0.5 cup      | 0.5 cup   | 0.75 cup |
|              | Ginger garlic paste                                           | 0.5 tsp      | 1 tsp     | 1 tsp    |
|              | Kaju powder                                                   | 2 tbsps      | 4 tbsps   | 5 tbsps  |
|              | Fresh bread crumbs                                            | 3 slices     | 4 slices  | 4 slices |
|              | Green chilli chopped                                          | 1 no.        | 2 nos.    | 2 nos.   |
|              | Salt, Garam masala, Red chilli powder, Haldi and Chaat masala | As per taste |           |          |
|              | Tomato ketchup                                                | 0.5 tsp      | 1 tsp     | 1 tsp    |
|              | Coriander leaves                                              | 1 tbsp       | 1.5 tbsps | 2 tbsps  |

Instructions

- 1) In a Microwave safe glass bowl take cut potatoes, chopped onion, peas and cauliflower. Put 0.5 cup water and cover. Select menu and weight and press start.
- 2) When beeps, remove the bowl. strain the vegetables. Remove all the moisture and mash well when cool.
- 3) To the mashed vegetables add all the spices, chopped green chilli, coriander leaves, kaju powder, ginger-garlic paste, tomato ketchup, fresh bread crumbs. Mix all the ingredients very well. Make equal sized kababs out of themixture.
- 4) Keep the kababs on tawa and tawa on high rack. Keep inside the microwave and press start.
- 5) When beeps turn the kababs and press start. Serve them hot with mint chutney.

525: Mutton and Tomato Kababs

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl, High rack, Multicook tawa

Ingredients

| List                         |                                       | Weight       |
|------------------------------|---------------------------------------|--------------|
| For mutton and tomato kababs | Weight Limit                          | 0.3 kg       |
|                              | Minced mutton                         | 300 g        |
|                              | Badi elaichi                          | 1 no.        |
|                              | Dalchini                              | 50 mm pieces |
|                              | Laung                                 | 3-4 nos.     |
|                              | Whole black pepper                    | 8-10 nos.    |
|                              | Dried red chilli                      | 2 nos.       |
|                              | Bread crumbs                          | 0.25 cup     |
|                              | Green chilli( chopped)                | 2 nos.       |
|                              | Coriander( chopped)                   | 2 tbpsps     |
|                              | Lemon juice (optional)                | 1 tsp        |
|                              | Tomato( cut into big pieces)          | 2 nos.       |
|                              | Red chilli powder, salt, garam masala | As per taste |

Instructions

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

Child's Favourite

[F ]: Omelette

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

Ingredients

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

Instructions

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

[F2]: Corn Chaat

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

Ingredients

| List           |                                                    | Weight-1     | Weight-2 | Weight-3 |
|----------------|----------------------------------------------------|--------------|----------|----------|
| For Corn Chaat | Weight Limit                                       | 0.1 kg       | 0.2 kg   | 0.3 kg   |
|                | Sweet corn                                         | 100 g        | 200 g    | 300 g    |
|                | Mix fruits (Pomegranate, cucumber, apple)          | 0.5 cup      | 1 cup    | 1.5 cups |
|                | Salt, red chilli powder, chaat masala, lemon juice | As per taste |          |          |

Instructions

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

[F3]: Vermicelli Khichdi

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

Ingredients

| List                   |                                              | Weight-1     | Weight-2  | Weight-3 |
|------------------------|----------------------------------------------|--------------|-----------|----------|
| For Vermicelli Khichdi | Weight Limit                                 | 0.1 kg       | 0.2 kg    | 0.3 kg   |
|                        | Roasted vermicelli                           | 100 g        | 200 g     | 300 g    |
|                        | Oil                                          | 1 tbsp       | 1.5 tbsps | 2 tbsps  |
|                        | Rai, urad dal, curry leaves                  | As per taste |           |          |
|                        | Chopped onion                                | 0.5 cup      | 1 cup     | 1 cup    |
|                        | Chopped tomato                               | 1 no.        | 2 nos.    | 3 nos.   |
|                        | Salt, red chilli powder, haldi, garam masala | As per taste |           |          |
|                        | Water                                        | 400 ml       | 800 ml    | 1200 ml  |
|                        | Lemon juice                                  | As per taste |           |          |

Instructions

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

[F4]: Pizza

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

Ingredients

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

Instructions

- 1) Select category, then press start. (Pre-heat process)
- 2) Spread pizza topping on pizza base, spread chopped vegetables on it. Sprinkle grated cheese.
- 3) When beeps, place the pizza on glass tray, then press start.
- 4) When beeps, do not open the door, continue cooking.

NOTE

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

[F5: Garlic Bread

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

Ingredients

| List             |                                                  | Weight            |
|------------------|--------------------------------------------------|-------------------|
| For Garlic Bread | Weight Limit                                     | 0.3 kg            |
|                  | Bread slices (French Bread)                      | 3 slices          |
|                  | Butter                                           | 5 tbsps           |
|                  | Garlic paste                                     | 2 tbsps           |
|                  | Grated cheese                                    | 4 tbsps           |
|                  | Salt, kali mirchi powder, Oregano, chilli flakes | As per your taste |

Instructions

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

NOTE

- Do not put anything in the oven during Pre-heat mode.
- Use French bread to make garlic bread.

[F6]: Choco Bars

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

Ingredients

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

Instructions

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

[F7]: Apple Pie

- **Weight Limit:** 0.6 kg

- **Utensil:** Metal cake tin, Low rack

Ingredients

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

Instructions

- 1) Put maida, salt, sugar in a food processor/mixer. Grind it well. Take it in a bowl. Add chilled cubes of butter. Rub with hand to make bread crumbtexture or till soft and well granulated.
- 2) Add 0.25 cup ice water to make a soft dough when pinched. Roll out thedough into 2 equal parts. Make disc shapes. Cover with plastic wrap andkeep refrigerated at least for 30 minutes,
- 3) When chilled, roll out one disc into big shape and place in a greased cake tin, covering it from the edges. Again keep in refrigerator for 1 hour.
- 4) Take all the ingredients of apple filling in a mixer. Grind it to make a puree without any water. Pour this mixture in the cake tin.
- 5) Roll out the second chilled disc and cut out long strips of 1.5 cm width.Cover the pie dish with these strips, arranging crossways as shown in figure 1 and figure 2.
- 6) Seal the edges and wet them with water. Cover the edges with foil paper to avoid over burning.
- 7) Select the category, then press start. (Pre-heat process). When beeps, place the cake tin on low rack, then press start. When beeps, give a standing time of 5-10 minutes. Cool and serve in pieces.

NOTE

- If the butter becomes soft while making pie, keep the rolled dough in freezer.
- Do not put anything in the oven during Pre-heat mode.

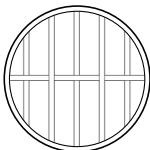


Fig -1

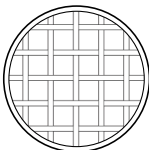


Fig -2

[FB: Bread Pudding

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

Ingredients

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

Instructions

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

[F9: Cheesy Nachos

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

Ingredients

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

Instructions

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

CF 10: Chocolate Balls

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

Ingredients

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

Instructions

- 1)
- In a Microwave safe safe glass bowl add Condensed Milk (Milkmaid), marie biscuit powder, milk powder, Malted Chocolate powder (Bournvita). Mix well. Select category, then 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 11: Strawberry Custard

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

Ingredients

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

Instructions

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

CF 12: Veg Burger

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

Ingredients

| List           |              | Weight-1 | Weight-2 | Weight-3 |
|----------------|--------------|----------|----------|----------|
| For Veg Burger | Weight Limit | 0.1 kg   | 0.2 kg   | 0.3 kg   |
|                | Burger buns  | 1 no.    | 2 nos.   | 3 nos.   |

| List       |                                                     | Weight-1     | Weight-2 | Weight-3 |
|------------|-----------------------------------------------------|--------------|----------|----------|
| For Tikkis | Potatoes (boiled)                                   | 100 g        | 200 g    | 300 g    |
|            | Boiled peas                                         | 0.25 cup     | 0.5 cup  | 1 cup    |
|            | Chopped ginger                                      | 1 tsp        | 2 tsps   | 3 tsps   |
|            | Green chillies                                      | 1 no.        | 2 nos.   | 3 nos.   |
|            | Chopped coriander leaves                            | 2 tbsp       | 3 tbsps  | 4 tbsps  |
|            | 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 nos.       | 4 nos.   | 6 nos.   |
|            | Cheese slices                                       | 1 no.        | 2 nos.   | 3 nos.   |
|            | Butter                                              | 1 tsp        | 2 tsps   | 3 tsps   |
|            | Tomato sauce                                        | 1 tbsp       | 2 tbsps  | 3 tbsps  |

Instructions

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

[F ]: Mushroom and Pepper Pizza

- **Weight Limit:** 0.3 kg
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List           |                                                                 | Weight       |
|----------------|-----------------------------------------------------------------|--------------|
| For Pizza Base | Weight limit                                                    | 0.3 kg       |
|                | Dry active yeast                                                | 3 g          |
|                | Water                                                           | 2 tbsps      |
|                | Sugar                                                           | 0.25 tsp     |
|                | Maida                                                           | 60 g         |
|                | Salt                                                            | 0.25 tsp     |
|                | Oil                                                             | 1 tsp        |
| For Topping    | Pizza sauce                                                     | 2 tbsps      |
|                | Vegetables (Sliced mushroom, chopped yellow and red bell pepper | 1 cup        |
|                | Grated cheese                                                   | 1 cup        |
|                | Oregano and chilli flakes                                       | As per taste |

Instructions

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

[F 14: Noodle Rosti

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave safe glass bowl, Multicook tawa, High rack

Ingredients

| List             |                                                       | Weight       |
|------------------|-------------------------------------------------------|--------------|
| For Noodle Rosti | Weight Limit                                          | 0.2 kg       |
|                  | Boiled whole wheat noodles                            | 0.75 cup     |
|                  | Grated paneer                                         | 0.25 cup     |
|                  | Grated mozzarella cheese                              | 0.25 cup     |
|                  | Oil                                                   | 2 tsps       |
|                  | Salt and pepper                                       | As per taste |
|                  | Coriander (chopped)                                   | 2 tbsps      |
| For Topping      | Mixed shredded vegetables (carrot, cabbage, capsicum) | 0.5 cup      |
|                  | Boiled bean sprouts                                   | 0.25 cup     |
|                  | Oil                                                   | 1 tbsp       |
|                  | Salt and pepper                                       | As per taste |
|                  | Tomato ketchup                                        | 4 tbsps      |

Instructions

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

CF 15: Bread Rolls

- **Weight Limit:** 10 Pc
- **Utensil:** Multicook tawa, High rack

Ingredients

| List            |              | Weight    |
|-----------------|--------------|-----------|
| For Bread Rolls | Weight Limit | 10 Pc     |
|                 | Bread slices | 10 slices |

| List        |                                                            | Weight       |
|-------------|------------------------------------------------------------|--------------|
| For Filling | Boiled potatoes                                            | 200 g        |
|             | Chopped green chillies                                     | 2 nos        |
|             | Chat masala, Garam masala, Salt, Red chilli powder, Pepper | As per taste |
|             | Oil                                                        | For brushing |

Instructions

- 1) Dissolve the yeast in lukewarm water, stir in sugar and keep for 10 minutes till frothy.
- 2) Mix all the ingredients for filling in a bowl.Take the bread slices and cut the edges.
- 3) Take bread slices one by one and soak in water. Squeeze and drain extra..
- 4) Fill in the prepared potato mixture and shape into cylindrical rolls.
- 5) Brush with some oil. Prepare all the rolls.
- 6) Grease the multicook tawa with some oil.
- 7) Keep the roll in multicooktawa and keep the tawa on high rack.
- 8) Select menu, then press start.
- 9) When beeps, turn over, then press start.
- 10) When beeps, again turn over, then press start. Serve with sauce or chutney of your choice.

Bakery

NOTE

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

BA I: Brownie

- **Weight Limit:** 0.3 kg
- **Utensil:** Low rack, Metal cake tin

Ingredients

| List        |                   | Weight       |
|-------------|-------------------|--------------|
| For Brownie | Weight Limit      | 0.3 kg       |
|             | Maida             | 125 g        |
|             | Condensed milk    | 150 g        |
|             | Butter            | 100 g        |
|             | Almonds, Walnuts  | As per taste |
|             | Baking powder     | 0.25 tsp     |
|             | Chocolate Essence | 1 tsp        |
|             | Coco powder       | 2 tbsps      |

Instructions

- 1) Sieve maida and baking powder. in a bowl add milkmaid and butter and beat well. Add maida, coco powder. essence and mix. For spoon dropping consistency add milk or water. Pour the batter in metal cake tin lined with butter paper.
- 2) Select menu, then press start. (Preheat process)
- 3) When beeps. put the tin with batter on low rack. Press start to bake.

**bR2: Muffins**

- **Weight Limit:** 0.3 kg
- **Utensil:** Low rack, Metal muffin tray

Ingredients

| List        |                  | Weight       |
|-------------|------------------|--------------|
| For Muffins | Weight Limit     | 0.3 kg       |
|             | Maida            | 200 g        |
|             | Powdered sugar   | 100 g        |
|             | Butter           | 75 g         |
|             | Almonds, Walnuts | As per taste |
|             | Egg              | 1 No.        |
|             | Baking powder    | 0.5 tsp      |
|             | Almond essence   | 0.5 tsp      |

Instructions

- 1) Sieve maida, baking powder. in a bowl add powdered sugar and butter and beat well. Add maida, essence and mix. For spoon dropping consistency add milk or water. Pour in to the greased muffin tray and sprinkle chopped almonds walnuts.
- 2) Select menu, then press start. (Preheat process)
- 3) When beeps, put the tray on low rack. Press start to bake.

BA3: Patties

- **Weight Limit:** 0.2 kg
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List        |                                 | Weight           |
|-------------|---------------------------------|------------------|
| For Patties | Weight Limit                    | 0.2 kg           |
|             | Maida                           | 200 g            |
|             | Salt                            | 0.5 tsp          |
|             | Cold fat (Butter or margarine)  | 100 g            |
|             | Cold water                      | For making dough |
|             | Dry mix vegetables for stuffing | As required      |

Instructions

- 1) Sieve the flour with salt. Divide the fat into three equal portions. Rub one portion into the flour to get a bread crumb texture, add salt and make a dough of rolling consistency with iced water.Divide the dough into 3 equal portions.
- 2) On a lightly floured marble top roll out the dough (about 0.5 cm thickness) into oblong shape (Fig.1). Take the second portion of fat; cut into small pieces; place them on 2/3rd of the rolled dough. Leave the remaining 1/3rd portion without fat.
- 3) Bring up the bottom third of the pastry dough and fold like an envelope with its flap open (Fig.2). Then bring up the folded portion over again so as to close the envelope (Fig.3).
- 4) Turn the pastry at right angles; seal open ends of the pastry and rib it (Fig.4). This means to depress it with rolling pin at intervals. Cover and cool in the fridge for 5-10 minutes. Repeat the step 2 with third portion of the fat and chill it for 30 minutes.
- 5) Roll out the dough 6 mm thick and put the stuffing. Fold it back. Prepare all the patties in same way.
- 6) Select menu, then press start. (Pre-heat process) When beeps, arrange the patties on tawa. Keep tawa on low rack, then press start.

7) When beeps, brush with 2 tsps oil. Keep the tawa on high rack, then press start.

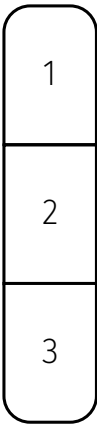


Fig. 1

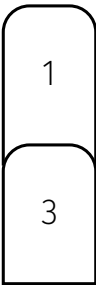


Fig. 2



Fig. 3

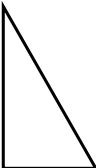


Fig. 4

**৳৳৳: Walnut Cake**

- **Weight Limit:** 0.3 kg
- **Utensil:** Metal cake tin, Low rack

**Ingredients**

| List            |                 | Weight   |
|-----------------|-----------------|----------|
| For Walnut Cake | Weight Limit    | 0.3 kg   |
|                 | Maida           | 110 g    |
|                 | Baking powder   | 0.25 tsp |
|                 | Walnuts         | 0.5 cup  |
|                 | Curd            | 70 mL    |
|                 | Powdered sugar  | 170 g    |
|                 | Egg             | 1 no.    |
|                 | Vanilla essence | 0.25 tsp |

**Instructions**

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

**bRS: Swiss Rolls**

- **Weight Limit:** 0.2 kg
- **Utensil:** Multicook tawa, Low rack

**Ingredients**

| List            |                           | Weight   |
|-----------------|---------------------------|----------|
| For Swiss Rolls | Weight Limit              | 0.2 kg   |
|                 | Maida                     | 80 g     |
|                 | Condensed Milk (Milkmaid) | 100 ml   |
|                 | Butter                    | 75 g     |
|                 | Baking soda               | 0.25 tsp |
|                 | Vanilla essence           | 0.25 tsp |
|                 | Mix fruit jam             | 2 tbsps  |

Instructions

- 1) Sieve maida and soda. In a bowl add Condensed Milk (Milkmaid) and butter. Beat well. Add the maida mixture, vanilla essence and mix well.
- 2) For spoon dropping consistency add milk or water. Place the butter paper at the bottom of the tray. Pour the batter.
- 3) Select menu, then press start. (Pre-heat process)
- 4) When beeps, place the tawa on low rack and keep inside the microwave oven. Press start.

6A6: Carrot Cake

- **Weight Limit:** 0.3 kg
- **Utensil:** Metal cake tin, Low rack

Ingredients

| List            |                 | Weight   |
|-----------------|-----------------|----------|
| For Carrot Cake | Weight Limit    | 0.3 kg   |
|                 | Maida           | 110 g    |
|                 | Baking powder   | 0.25 tsp |
|                 | Grated carrot   | 0.5 cup  |
|                 | Curd            | 70 mL    |
|                 | Powdered sugar  | 170 g    |
|                 | Egg             | 1 no.    |
|                 | Vanilla essence | 0.25 tsp |

Instructions

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

6A7: Chocolate Cake

- **Weight Limit:** 0.3 kg
- **Utensil:** Metal cake tin, Low rack

Ingredients

| List               |                 | Weight   |
|--------------------|-----------------|----------|
| For Chocolate Cake | Weight Limit    | 0.3 kg   |
|                    | Maida           | 110 g    |
|                    | Baking powder   | 0.25 tsp |
|                    | Cocoa Powder    | 50 g     |
|                    | Curd            | 70 mL    |
|                    | Powdered sugar  | 170 g    |
|                    | Egg             | 1 no.    |
|                    | Vanilla essence | 0.25 tsp |

Instructions

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

**bAB: Jeera Biscuits**

- **Weight Limit:** 0.2 kg
- **Utensil:** Low rack, Multicook tawa

Ingredients

| List               |                | Weight       |
|--------------------|----------------|--------------|
| For Jeera Biscuits | Weight Limit   | 0.2 kg       |
|                    | Maida          | 120 g        |
|                    | Powdered suger | 50 g         |
|                    | Butter         | 50 g         |
|                    | Jeera / Ajwain | As per taste |
|                    | Baking soda    | 1 pinch      |
|                    | Baking powder  | 0.25 tsp     |
|                    | Water          | As required  |

Instructions

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

ब११: Nan Khatai

- **Weight Limit:** 0.2 kg
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List           |                        | Weight |
|----------------|------------------------|--------|
| For Nan Khatai | Weight Limit           | 0.2 kg |
|                | Maida                  | 150 g  |
|                | Suji                   | 50 g   |
|                | Powdered sugar         | 85 g   |
|                | Vanilla essence        | 1 tsp  |
|                | Butter                 | 100 g  |
|                | Almonds and cashewnuts | A few  |

Instructions

- 1) Cream the butter and sugar together till it turns fluffy.
- 2) Add vanilla essence followed by maida and suji.

- 3) Make a dough out of this mixture.
- 4) Make medium sized balls and put cashewnut on the top of each piece. Arrange them on tawa and keep aside.
- 5) Select menu, then press start. (Pre-heat process) When beeps, keep the tawa on low rack, then press start.
- 6) When beeps, place the tawa, then press start.

bR I Q: Chena Poda

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

Ingredients

| List           |              | Weight |
|----------------|--------------|--------|
| For Chena Poda | Weight Limit | 0.2 kg |
|                | Chena        | 200 g  |
|                | Sugar        | 100 g  |
|                | Suji         | 20 g   |

Instructions

- 1) Mix chena, sugar and suji together adding little water.
- 2) Transfer this mixture to flat glass dish.
- 3) Select menu, then press start. (Pre-heat process)
- 4) When beeps, place the flat glass dish on low rack. Press start.

bR I I: Masala Biscuits

- **Weight Limit:** 0.2 kg
- **Utensil:** Low rack, Multicook tawa

Ingredients

| List                |                                       | Weight       |
|---------------------|---------------------------------------|--------------|
| For Masala Biscuits | Weight Limit                          | 0.2 kg       |
|                     | Maida                                 | 100 g        |
|                     | Butter                                | 50 g         |
|                     | Sugar                                 | 50 g         |
|                     | Baking powder                         | 1 tsp        |
|                     | Salt, Chilli powder, Coriander powder | As per taste |

Instructions

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

bA I2: Lamington Cake

- **Weight Limit:** 0.4 kg
- **Utensil:** Low rack, Metal cake tin, Microwave safe glass bowl

Ingredients

| List               |                                      | Weight      |
|--------------------|--------------------------------------|-------------|
| For Lamington Cake | Weight Limit                         | 0.4 kg      |
|                    | Maida (Refined Wheat flour)          | 100 g       |
|                    | Powdered sugar                       | 75 g        |
|                    | Butter                               | 75 g        |
|                    | Eggs                                 | 1 no.       |
|                    | Baking powder                        | 1 tsp       |
|                    | Vanilla essence                      | 1 tsp       |
|                    | For Lamington solution - Coco powder | 2 tbsps     |
|                    | Powdered Sugar                       | 1 tbsp      |
|                    | Water                                | 2 cups      |
|                    | Desiccated coconut                   | As required |

Instructions

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

BA 13: Doughnuts

- **Weight Limit:** 0.2 kg
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List          |                 | Weight       |
|---------------|-----------------|--------------|
| For Doughnuts | Weight Limit    | 0.2 kg       |
|               | Maida           | 200 g        |
|               | Yeast           | 0.5 tbsp     |
|               | Luke warm milk  | 100 ml       |
|               | Powdered sugar  | 50 g         |
|               | Nutmeg powder   | A pinch      |
|               | Egg             | 0.5 (beaten) |
|               | Vanilla essence | 0.25 tsp     |
|               | Butter          | 1 tbsp       |

Instructions

- 1) Dissolve yeast in milk and set aside for 5 minutes to prepare yeast mixture.
- 2) Add sugar and butter to milk and dissolve. Add to yeast mixture.
- 3) Now add maida, egg, vanilla essence and nutmeg powder and make a soft dough. Keep it covered for 1 hour. Roll out the dough to 0.5 inch thickness. Cut it with a doughnut cutter.
- 4) Select menu, then press start. (Pre-heat process) When beeps arrange the doughnuts on the tawa and keep tawa on a low rack, then press start.

NOTE

- If the dough is too dry add milk and if too soft then add maida.

BA 14: Whole Wheat Cookies

- **Weight Limit:** 0.3 kg
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List                    |                   | Weight  |
|-------------------------|-------------------|---------|
| For Whole Wheat Cookies | Weight Limit      | 0.3 kg  |
|                         | Whole wheat flour | 200 g   |
|                         | Brown sugar       | 100 g   |
|                         | Granulated sugar  | 50 g    |
|                         | Butter            | 100 g   |
|                         | Egg               | 1 no.   |
|                         | Vanilla essence   | 0.5 tsp |
|                         | Baking powder     | 0.5 tsp |

Instructions

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

BA 15: Buns

- **Weight Limit:** 04 pc
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List      |              | Weight   |
|-----------|--------------|----------|
| For Buns  | Weight Limit | 4 pcs    |
| For Dough | Maida        | 1.5 cup  |
|           | Salt         | 1 tsp    |
|           | Sugar        | 1 tbsp   |
|           | Dry yeast    | 1.5 tsps |
|           | Beaten egg   | 1 no.    |
|           | Milk powder  | 1 tbsp   |
|           | Warm water   | 100 ml   |
|           | Oil          | 1 tbsp   |

Instructions

- 1) In a bowl / cup take sugar and warm water and dissolve it. Add dry yeast and stir to dissolve. Cover and keep aside for 5-6 minutes.
- 2) In another bowl take maida, salt and milk powder. Add beaten egg and mix well with hands to get a crumbly texture. Now add yeast water and knead a soft dough for buns. The dough may be a little sticky at this stage. Add oil and knead the dough again.
- 3) Take multicook tawa and grease it with little oil and then dust with little flour. Divide the dough into 4 equal parts and make round shape and keep on tawa at equal distance.
- 4) Cover the tawa with a lid and keep at warm and dark place for atleast 45 minutes to 1 hour.
- 5) Select menu, then press start. (Pre-heat process)
- 6) When beeps, keep tawa with dough balls on low rack and keep both inside the microwave, then press start.
- 7) When beeps, turn over the buns and again press start. Immediately remove the buns from tray and use when cool.

BA 16: Apple cup Cakes

- **Weight Limit:** 0.4 kg
- **Utensil:** Metal muffin tray, Low rack

Ingredients

| List                |                                              | Weight         |
|---------------------|----------------------------------------------|----------------|
| For Apple cup Cakes | Weight Limit                                 | 0.4 kg         |
|                     | Maida                                        | 1 cup          |
|                     | Apple (peeled and pureed)                    | 0.5 cup        |
|                     | Powdered sugar                               | 0.5 cup        |
|                     | Brown sugar                                  | 0.25 cup       |
|                     | Butter (softened)                            | 50 g           |
|                     | Cinnamon powder, clove powder, nutmeg powder | A pinch (each) |
|                     | Eggs                                         | 2 nos.         |
|                     | Chopped almonds                              | 2 tbsps        |
|                     | Baking powder                                | 0.5 tsp        |

Instructions

- 1) In a dry and clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt and mix with a fork and keep aside.
- 2) In another bowl take softened butter, powdered sugar, brown sugar and beat with a electric beater till light and fluffy. Add one egg at a time and beat. Add apple puree and again mix well.
- 3) Select menu, then press start. (Pre-heat process)

# 100 OPERATION

- 4) Softly mix all the dry mixture to the beaten butter and sugar mixture with a wooden spoon. Do not over mix.
- 5) Pour 2 tbsp batter (for each muffin) in the greased muffin tray. When beeps, keep the low rack and metal tray, then press start. Give standing time of 5 minutes.

## ❖ 7: Eggless Chocolate Cake

- **Weight Limit:** 0.5 kg
- **Utensil:** Metal cake tin, Low rack

### Ingredients

| List                       |                           | Weight  |
|----------------------------|---------------------------|---------|
| For Eggless Chocolate Cake | Weight Limit              | 0.5 kg  |
|                            | Maida                     | 125 g   |
|                            | Coco powder               | 2 tbsp  |
|                            | Baking powder             | 1 tsp   |
|                            | Baking soda               | 0.5 tsp |
|                            | Condensed Milk (Milkmaid) | 200 ml  |
|                            | Water                     | 100 ml  |
|                            | Butter (melted)           | 60 ml   |

### Instructions

- 1) Select menu, then press start for pre-heating.
- 2) Meanwhile, prepare the cake batter - sieve the maida, coco powder, baking powder, Baking soda together.
- 3) In another bowl add milkmaid. water and melted butter. Beat well. Mix all the ingredients together and beat the cake batter well. Pourthe batter in cake tin lined with greased butter paper.
- 4) When beeps (pre-heat over), keep the cake tin on low rack and keep in the microwave oven. Press start. Allow the cake to cool properly and then serve.

## ❖ 18: Cheese Straw

- **Weight Limit:** 0.2 kg
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List             |               | Weight      |
|------------------|---------------|-------------|
| For Cheese Straw | Weight Limit  | 0.2 kg      |
|                  | Maida         | 100 g       |
|                  | Grated cheese | 25 g        |
|                  | Butter        | 50 g        |
|                  | Cold water    | As required |
|                  | Pepper powder | 0.25 tsp    |
|                  | Baking powder | 0.125 tsp   |
|                  | Chilli powder | 0.5 tsp     |
|                  | Salt          | 0.25 tsp    |

Instructions

- 1) Sieve maida, baking powder, chilli powder and pepper powder. In a bowl add maida and butter and cheese and rub it with fingertips till it resembles breadcrumbs. Add little cold water to make a soft dough. Roll it in to 0.5 cm thick roti and cut thin strips. Twist them and put in the metal cake tin.
- 2) Select menu, then press start. (Preheat process).
- 3) When beeps, put the tawa on low rack. Press start to bake. Remove when it gives a beep.

BA 19: Vanilla Cake

- **Weight Limit:** 0.4 kg
- **Utensil:** Metal cake tin, Low rack

Ingredients

| List             |                 | Weight |
|------------------|-----------------|--------|
| For Vanilla Cake | Weight Limit    | 0.4 kg |
|                  | Maida           | 100 g  |
|                  | Powdered Sugar  | 75 g   |
|                  | Butter          | 75 g   |
|                  | Eggs            | 1 no.  |
|                  | Baking Powder   | 1 tsp  |
|                  | Vanilla essence | 1 tsp  |

Instructions

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

bA20: Chocolate Cookies

- **Weight Limit:** 0.3 kg
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List                  |                 | Weight    |
|-----------------------|-----------------|-----------|
| For Chocolate Cookies | Weight Limit    | 0.3 kg    |
|                       | Maida           | 200 g     |
|                       | Powdered Sugar  | 100 g     |
|                       | Butter          | 75 g      |
|                       | Baking Powder   | A pinch   |
|                       | Cocoa Powder    | 2-3 tbsps |
|                       | Vanilla essence | 0.25 tsp  |

Instructions

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

Diet Fry

dF l: Chicken Nuggets

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

Ingredients

| List                |                  | Weight-1     | Weight-2 | Weight-3 |
|---------------------|------------------|--------------|----------|----------|
| For Chicken Nuggets | Weight Limit     | 0.1 kg       | 0.2 kg   | 0.3 kg   |
|                     | Boneless Chicken | 100 g        | 150 g    | 200 g    |
|                     | Bread slice      | 1 no.        | 2 nos.   | 2 nos.   |
|                     | Pepper corns     | 4-5          | 5-6      | 6-7      |
|                     | Cloves           | 2-3          | 3-4      | 4-5      |
|                     | Garlic paste     | 0.5 tsp      | 1 tsp    | 1.5 tsps |
|                     | Olive oil        | 1 tsp        | 1.5 tsps | 2 tsps   |
|                     | Salt             | As per taste |          |          |
|                     | Chopped garlic   | 2 cloves     | 3 cloves | 4 cloves |

Instructions

- 1) In a Microwave safe glass bowl put boneless chicken, pepper corns, cloves, olive oil, chopped garlic. Mix well and cover. Select Category and weight, press start.
- 2) When beeps, remove the bowl from microwave oven. Allow to cool and grind everything in a mixer. Take out in the bowl add salt, crumbled bread slices. Mix well.
- 3) Make small round shaped nuggets from the mixture. Keep on tawa. Place the tawa on high rack.
- 4) Press start.
- 5) When beeps, turn the nuggets
- 6) Press start.
- 7) Serve them hot with tomato Ketchup and shredded salad.

NOTE

- If the mixture of nuggets is too dry, then sprinkle few drops of water to it.

dF2: Aloo Chips

- **Weight Limit:** 0.2 kg
- **Utensil:** Microwave glass tray

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## Ingredients

| List           |                               | Weight       |
|----------------|-------------------------------|--------------|
| For Aloo Chips | Weight Limit                  | 0.2 kg       |
|                | Potato (very thinly sliced)   | 200 g        |
|                | Oil                           | A few drops  |
|                | Salt, Chaat masala (optional) | As per taste |

## Ingredients

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

## दफ़: Gujiya

- **Weight Limit:** 10 pcs
- **Utensil:** Multicook tawa, Low rack, High rack

## Ingredients

| List         |                                         | Weight             |
|--------------|-----------------------------------------|--------------------|
| For Gujiya   | Weight Limit                            | 10 pcs             |
| For Dough    | Maida                                   | 100 g              |
|              | Desi ghee                               | 1 tbsp and 1 tsp   |
|              | Water                                   | To knead the dough |
| For Stuffing | Grated Khoya                            | 50 g               |
|              | Dessicated coconut                      | 50 g               |
|              | Powdered Sugar                          | 50 g               |
|              | Elaichi powder                          | 1 tsp              |
|              | Kishmish, Chopped, Almonds, Cashew nuts | As required        |

## Instructions

- 1) In a bowl put all the ingredients of stuffing and mix well
- 2) In another bowl put maida, 1 tbsp ghee, gradually add water and knead a soft dough for gujias. Put 1 tsp ghee in dough and knead again and keep the dough covered for 15-20 minutes.
- 3) Divide the dough in small balls of equal size and roll out each ball into a thin circle. \*Place the rolled out circle in a \*gujia mould and fill the centre with stuffing (as required). Close the gujia mould carefully and press firmly at edges to seal them properly. remove the excess part of the dough bulging

out of the mould. Remove the gujia from the mould. Prepare all the gujias in the similar way. Brush the gujias with 2 tsp oil.

- 4) Grease the tawa with 0.25 tsp oil. Keep on low rack. keep in the microwave. Select category and press start.
- 5) When beeps, place the gujias on tawa and keep on low rack. Press start.
- 6) When beeps, keep the tawa on high rack, sprinkle 1 tsp ghee/oil on all the gujias and Press start.

NOTE

- Grease the surface with 1-2 drops of oil before rolling the circle for gujias
- \*Not provided with LG standard accessories.

dF4: Samosa

- **Weight Limit:** 8 pcs
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List         |                                 | Weight       |
|--------------|---------------------------------|--------------|
| For Samosa   | Weight Limit                    | 8 pcs        |
| For Dough    | Wheat flour (Refined)           | 1 cup        |
|              | Melted ghee                     | 0.5 tbsp     |
|              | Oil                             | for kneading |
|              | Salt                            | 0.5 tsp      |
| For Stuffing | Boiled potatoes                 | 2 cups       |
|              | Boiled peas                     | 0.5 cup      |
|              | Ginger-green chilli paste       | 1 tsp        |
|              | Amchoor                         | 1.5 tsps     |
|              | Red chilli powder               | 1 tsp        |
|              | Finely chopped Coriander leaves | 2 tsps       |
|              | Jeera                           | 1 tsp        |
|              | Oil                             | 2 tsps       |

Instructions

- 1) Preparation for stuffing - In a Microwave safe glass bowl add oil, jeera, microwave 100% of 3 minutes. Add boiled and mashed potatoes, green chilli and ginger paste, salt, amchoor, red chilli powder, green peas and coriander leaves. Mix well and microwave 100% for 3 minutes. Allow cool.

- 2) For dough - Combine all the ingredients together in a bowl and knead into a firm dough using enough water. Keep aside covered for 15 minutes Knead again using oil until smooth.
- 3) Prepare medium size 8 chapaties out of the dough Divide each chapati into 2 halves, make a cone from each half. Stuff each cone with the portion of stuffing. seal the edges carefully using little water. Keep aside. Brush the samosas with 2 tsp oil.
- 4) Grease the tawa with 0.25 tsp oil. Keep on low rack and keep it inside the microwave. Select category and press start.
- 5) When beeps, keep the samosas on the tawa. Keep tawa on low rack and press start. Serve with chutney

dF5: Bread Pakora

- **Weight Limit:** 4 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

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

Instructions

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

- 6) When beeps, turn the bread pakoras. Sprinkle 2 tsp oil on all and press start. Serve hot with tomato ketchup.

☞F6: Paneer Pakora

- **Weight Limit:** 0.4 kg
- **Utensil:** Multicook tawa, High rack

**Ingredients**

| List              |                                              | Weight        |
|-------------------|----------------------------------------------|---------------|
| For Paneer Pakora | Weight Limit                                 | 0.4 kg        |
|                   | Paneer (Cut into 3.7 cm (1.5") cubes)        | 400 g         |
| For Batter        | Besan                                        | 1 cup (130 g) |
|                   | Water                                        | 200 ml        |
|                   | Salt, red chilli powder, haldi, garam masala | As per taste  |
|                   | Oil                                          | 2 tsps        |

**Instructions**

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

☞F7: Masala Vada

- **Weight Limit:** 5 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List            |                                        | Weight       |
|-----------------|----------------------------------------|--------------|
| For Masala Vada | Weight Limit                           | 5 pcs        |
|                 | Soaked chana dal                       | 1 cup        |
|                 | Chopped onions, chopped green chillies | 0.5 cup      |
|                 | Grated ginger                          | 1 tsp        |
|                 | Cumin seeds                            | 1 tbsp       |
|                 | Chopped garlic                         | 1 tbsp       |
|                 | Chopped coriander leaves               | 3 tbsps      |
|                 | Salt                                   | As per taste |
|                 | Red chillies                           | As per taste |
|                 | Oil                                    | 2 tsps       |

Instructions

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

dFB: Chicken 65

- **Weight Limit:** 0.2 ~ 0.4 kg
- **Utensil:** Multicook tawa, High rack, Microwave safe glass bowl

Ingredients

| List           |                                        | Weight-1     | Weight-2 | Weight-3 |
|----------------|----------------------------------------|--------------|----------|----------|
| For Chicken 65 | Weight Limit                           | 0.2 kg       | 0.3 kg   | 0.4 kg   |
|                | Chicken boneless (cut in 40 mm pieces) | 200 g        | 300 g    | 400 g    |
|                | Oil                                    | 1 tbsp       | 1.5 tsps | 2 tsps   |
|                | Curry leaves                           | As required  |          |          |
|                | Split green chilli                     | 3 nos.       | 4 nos.   | 5 nos.   |
|                | Mustard seeds                          | 1 tsp        | 1.5 tsps | 2 tsps   |
|                | Tomato ketchup                         | 3 tsps       | 4 tsps   | 5 tsps   |
|                | Lime juice (optional)                  | 1 tsp        | 2 tsps   | 3 tsps   |
| For Marinade   | Hung curd                              | 1 tbsp       | 1.5 tsps | 2 tsps   |
|                | Maida                                  | 1 tbsp       | 1.5 tsps | 2 tsps   |
|                | Cornflour                              | 1 tsp        | 1.5 tsps | 2 tsps   |
|                | Egg (beaten)                           | 0.5 no.      | 1 no.    | 1 no.    |
|                | Red food colour                        | A pinch      |          |          |
|                | Ginger-garlic paste                    | As required  |          |          |
|                | Salt, turmeric powder                  | As per taste |          |          |
|                | Red chilli powder                      | 1 tsp        | 1.5 tsps | 1.5 tsps |

Instructions

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

🍲: Stuffed Aloo Patties

- **Weight Limit:** 3 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List                     |                                       | Weight       |
|--------------------------|---------------------------------------|--------------|
| For Stuffed Aloo Patties | Weight Limit                          | 3 pcs        |
| For Patties              | Boiled and mashed potatoes            | 2 cups       |
|                          | Cornflour                             | 1 tbsp       |
|                          | Finely chopped green chilli           | 2 nos.       |
|                          | Salt                                  | As per taste |
|                          | Oil                                   | 1 tsp        |
| For Stuffing             | Oil                                   | 2 tsps       |
|                          | Boiled green pea                      | 0.5 cup      |
|                          | Ginger and green chilli paste         | 2 tsp        |
|                          | Chopped coriander leaves              | 2 tsps       |
|                          | Cumin seeds                           | 1 tsp        |
|                          | Salt, red chilli powder, garam masala | As per taste |
|                          | Lemon juice (optional)                | 2 tsps       |

Utensil

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

🍲 🍄: Mushroom Rolls

- **Weight Limit:** 8 pcs
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List               |                            | Weight       |
|--------------------|----------------------------|--------------|
| For Mushroom Rolls | Weight Limit               | 8 pcs        |
| For Stuffing       | Mushroom (finely chopped)  | 1.5 cups     |
|                    | Onions (chopped)           | 4 tbsp       |
|                    | Green chilli (chopped)     | 2 nos.       |
|                    | Butter (melted)            | 2 tbsps      |
|                    | Fresh cream                | 4 tbsps      |
|                    | Maida                      | 1 tbsp       |
|                    | Boiled peas                | 0.5 cup      |
|                    | Lemon juice                | 1 tsp        |
|                    | Coriander leaves (chopped) | 3 tbsps      |
|                    | Garlic paste               | 0.5 tsp      |
|                    | Salt, black pepper powder  | As per taste |
| For Rolls          | Bread slices (white)       | 8 nos.       |
|                    | Butter / oil               | For basting  |
|                    | Oil (for greasing)         | 0.5 tsp      |

Instructions

- 1) Pre-Preparation for Stuffing : In a Microwave safe glass bowl take butter, chopped cumin, green chilli and mushrooms. Mix and microwave 100% for 6 minutes. Add boiled peas, chopped coriander, garlic paste, fresh cream, lemon, salt and black pepper powder. Mix very well and microwave 100% for 3 minutes. Cover and keep aside.
- 2) Trim the sides of the bread slices with a knife. Flatten the bread slices with a rolling pin. Fill one portion of stuffing in the centre of flatten bread slice and roll tightly, covering the mixture. Keep aside for 5-7 minutes.
- 3) Grease the tawa with 0.5 tsp oil and keep the low rack and tawa inside the microwave. Select category and press start.
- 4) When beeps, cut the bread rolls from centre (into 2). Put them carefully on the tawa. Press start. Serve them hot with the chutney of your choice.

dF | l: Sabudana Vada

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

Ingredients

| List              |                                       | Weight-1     | Weight-2 | Weight-3  |
|-------------------|---------------------------------------|--------------|----------|-----------|
| For Sabudana Vada | Weight Limit                          | 0.1 kg       | 0.2 kg   | 0.3 kg    |
|                   | Boiled potato                         | 1 no.        | 2 nos.   | 3 nos.    |
|                   | Sabudana (soaked for at least 1 hour) | 0.5 cup      | 0.75 cup | 1 cup     |
|                   | Roasted and crushed peanuts           | 1 tbsp       | 2 tbsps  | 3 tbsps   |
|                   | Chopped green chilli                  | 1 no.        | 2 nos.   | 3 nos.    |
|                   | Finely chopped ginger                 | 0.25 tsp     | 0.5 tsp  | 1 tsp     |
|                   | Fresh curry leaves                    | As required  |          |           |
|                   | Coriander leaves (chopped)            | 0.5 tbsp     | 1 tbsp   | 1.5 tbsps |
|                   | Salt                                  | As per taste |          |           |

Instructions

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

🐟 Fish Amritsari

- **Weight Limit:** 0.3 kg
- **Utensil:** Multicook tawa, High rack

Ingredients

| List               |                                       | Weight   |
|--------------------|---------------------------------------|----------|
| For Fish Amritsari | Weight Limit                          | 0.3 kg   |
|                    | Boneless fish (cut into 50 mm pieces) | 250 g    |
|                    | Lemon juice                           | 1 tsp    |
|                    | Salt                                  | 0.25 tsp |

| List       |                                                                      | Weight       |
|------------|----------------------------------------------------------------------|--------------|
| For Batter | Egg (beaten)                                                         | 1 no.        |
|            | Besan                                                                | 2 tbps       |
|            | Hung curd                                                            | 2 tbps       |
|            | Ajwain                                                               | 1 tsp        |
|            | Ginger-garlic paste                                                  | 0.5 tbsp     |
|            | Lemon juice                                                          | 1 no.        |
|            | Salt, red chilli powder, garam masala, chaat masala, turmeric powder | As per taste |
|            | Bread crumbs (for coating)                                           | 1 cup        |
|            | Oil (for basting)                                                    | 1 tbsp       |

Instructions

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

📄 📖: Batata Vada

- **Weight Limit:** 0.1 ~ 0.3 kg
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List            |                                                     | Weight-1     | Weight-2 | Weight-3 |
|-----------------|-----------------------------------------------------|--------------|----------|----------|
| For Batata Vada | Weight Limit                                        | 0.1 kg       | 0.2 kg   | 0.3 kg   |
|                 | Boiled potatoes                                     | 100 g        | 200 g    | 300 g    |
|                 | Chopped coriander leaves                            | 2 tbsps      | 3 tbsps  | 4 tbsps  |
|                 | Chopped green chillies                              | 2 nos.       | 2 nos.   | 3 nos.   |
|                 | Chopped onion                                       | 1 no.        | 1.5 nos. | 2 nos.   |
|                 | Salt, red chilli powder, garam masala, chaat masala | As per taste |          |          |
|                 | Roasted jeera                                       | 1 tsp        | 1.5 tsps | 2 tsps   |

Instructions

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

14: Pyaaz Pakora

- **Weight Limit:** 0.1 kg
- **Utensil:** Multicook tawa, Low rack

Ingredients

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

Instructions

- 1) In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.
- 2) Keep the tawa on low rack. keep inside microwave. Select menu and press start.(Preheat process)
- 3) When beeps, place all Pyaaz rings evenly coated with the batter on the tawa. Keep tawa on low rack. Press start.
- 4) When beeps, tum the pakoras and pour 2 tsp oil on all pakoras and again press start.
- 5) Serve hot with Chutney or Sauce. Cut into 3.8 cm (1.5") cubes

dF 15: Mirchi Vada

- **Weight Limit:** 0.2 kg
- **Utensil:** Multicook tawa, Low rack

Ingredients

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

Instructions

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

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- 6) When beeps, turn the Mirchi Vada Sprinkle 2 tsp oil on all and press start. Serve hot with tomato ketchup.

## ⌘F 16: Aloo Bhaji

- **Weight Limit:** 0.1 kg
- **Utensil:** Multicook tawa, Low rack

### Ingredients

| List           |                                              | Weight        |
|----------------|----------------------------------------------|---------------|
| For Aloo Bhaji | Weight Limit                                 | 0.1 kg        |
|                | Potato (cube)                                | 100 g         |
| For Batter     | Besan                                        | 1 cup (130 g) |
|                | Water                                        | 200 mL        |
|                | Salt, Red chilli powder, haldi, garam masala | As per taste  |
|                | Oil                                          | 2 tsps        |

### Instructions

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

## ⌘F 17: Soyabean Tikki

- **Weight Limit:** 5 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List               |                                       | Weight       |
|--------------------|---------------------------------------|--------------|
| For Soyabean Tikki | Weight Limit                          | 5 pcs        |
|                    | Boiled potato                         | 1 no.        |
|                    | Soyabean (soaked for at least 1 hour) | 0.5 cup      |
|                    | Roasted and crushed penuts            | 1 tbsp       |
|                    | Chopped green chilli                  | 1 no.        |
|                    | Finely chopped ginger                 | 0.25 tsp     |
|                    | Fresh curry leaves                    | As required  |
|                    | Coriander leaves (chopped)            | 0.5 tbsp     |
|                    | Salt                                  | As per taste |

Instructions

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

dF IB: Oats Cutlet

- **Weight Limit:** 5 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List            |                            | Weight       |
|-----------------|----------------------------|--------------|
| For Oats Cutlet | Weight Limit               | 5 pcs        |
|                 | Boiled potato              | 1 no.        |
|                 | Oats (roasted)             | 0.5 cup      |
|                 | Grated carrot              | 0.5 cup      |
|                 | Chopped green chilli       | 1 no.        |
|                 | Finely chopped ginger      | 0.25 tsp     |
|                 | Fresh curry leaves         | As required  |
|                 | Coriander leaves (chopped) | 0.5 tbsp     |
|                 | Salt                       | As per taste |

Instructions

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

dF 19: Methi Masala Vada

- **Weight Limit:** 5 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List                  |                            | Weight       |
|-----------------------|----------------------------|--------------|
| For Methi Masala Vada | Weight Limit               | 5 pcs        |
|                       | Boiled potato              | 1 no.        |
|                       | Methi chopped              | 0.5 cup      |
|                       | Chana dal soaked for 1 hr. | 1 cup        |
|                       | Chopped green chilli       | 1 no.        |
|                       | Finely chopped ginger      | 0.25 tsp     |
|                       | Fresh curry leaves         | As required  |
|                       | Coriander leaves (chopped) | 0.5 tbsp     |
|                       | Salt                       | As per taste |

Instructions

- 1) In a bowl take all the ingredients and mix well. Make mixture for Methi Masala. Divide the dough in Equal parts and make it round and flat
- 2) Take the multicook tawa and high rack and keep inside the microwave. Select menu and weight, then press start.
- 3) When beeps, tum the vadas and press start.
- 4) When beeps, again tum the vadas and press start. Serve them hot with the chutney of your choice.

dF20: Poha Patties

- **Weight Limit:** 5 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List             |                            | Weight       |
|------------------|----------------------------|--------------|
| For Poha Patties | Weight Limit               | 5 pcs        |
|                  | Boiled potato              | 1 no.        |
|                  | Poha soaked                | 1 cup        |
|                  | Yoghurt                    | 2 tbsps      |
|                  | Chopped green chilli       | 1 no.        |
|                  | Finely chopped ginger      | 0.25 tsp     |
|                  | Fresh curry leaves         | As required  |
|                  | Coriander leaves (chopped) | 0.5 tbsp     |
|                  | Salt                       | As per taste |

Instructions

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

French Toast

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List             |                                              | Weight       |
|------------------|----------------------------------------------|--------------|
| For French Toast | Weight Limit                                 | 2 pcs        |
|                  | Egg                                          | 4 nos.       |
|                  | Salt, haldi, garam masala, red chilli powder | As per taste |

| List        |                                       | Weight          |
|-------------|---------------------------------------|-----------------|
| For filling | Boiled potatoes                       | 2 nos. (medium) |
|             | Chopped green chillies                | 2 nos           |
|             | Chopped coriander leaves              | 1 tbsp          |
|             | Chopped ginger                        | 1 tsp           |
|             | Salt, garam masala, red chilli powder | As per taste    |
|             | Bread slices                          | 4 nos.          |
|             | Oil                                   | 2 tsps          |

Instructions

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

Buff Vada

- **Weight Limit:** 5 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List          |                            | Weight       |
|---------------|----------------------------|--------------|
| For Buff Vada | Weight Limit               | 5 pcs        |
|               | Boiled potato              | 2 nos.       |
|               | Coconut (grated)           | 1 cup        |
|               | Roasted crushed peanuts    | 1 tbsp       |
|               | Chopped green chilli       | 1 no.        |
|               | Finely chopped ginger      | 0.25 tsp     |
|               | Fresh curry leaves         | As required  |
|               | Coriander leaves (chopped) | 0.5 tbsp     |
|               | Salt                       | As per taste |

Instructions

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

**dF23: Palak Tikki**

- **Weight Limit:** 5 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List            |                            | Weight       |
|-----------------|----------------------------|--------------|
| For Palak Tikki | Weight Limit               | 5 pcs        |
|                 | Boiled potato              | 1 no.        |
|                 | Palak (chopped)            | 0.5 cup      |
|                 | Corn flour                 | 0.5 cup      |
|                 | Chopped green chilli       | 1 no.        |
|                 | Finely chopped ginger      | 0.25 tsp     |
|                 | Fresh curry leaves         | As required  |
|                 | Coriander leaves (chopped) | 0.5 tbsp     |
|                 | Salt                       | As per taste |

Instructions

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

dF24: Corn Aloo Tikki

- **Weight Limit:** 5 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List                |                            | Weight       |
|---------------------|----------------------------|--------------|
| For Corn Aloo Tikki | Weight Limit               | 5 pcs        |
|                     | Boiled potato              | 1 no.        |
|                     | Corn (boiled and crushed)  | 1 cup        |
|                     | Corn flour                 | 0.5 cup      |
|                     | Chopped green chilli       | 1 no.        |
|                     | Finely chopped ginger      | 0.25 tsp     |
|                     | Fresh curry leaves         | As required  |
|                     | Coriander leaves (chopped) | 0.5 tbsp     |
|                     | Salt                       | As per taste |

Instructions

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

dF25: Mix Veg Bhajia

- **Weight Limit:** 0.2 kg
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List               |                       | Weight |
|--------------------|-----------------------|--------|
| For Mix Veg Bhajia | Weight Limit          | 0.2 kg |
|                    | Potatoe (rings)       | 1 no.  |
|                    | Cauliflower (florets) | 25 g   |
|                    | Onion (rings)         | 25 g   |

| List       |                                              | Weight        |
|------------|----------------------------------------------|---------------|
| For Batter | Besan                                        | 1 cup (130 g) |
|            | Water                                        | 200 mL        |
|            | Salt, red chilli powder, haldi, garam masala | As per taste  |
|            | Oil                                          | 2 tsps        |

Instructions

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

Health Plus

HP I: Kala Chana

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

Ingredients

| List           |                                                    | Weight-1     | Weight-2 | Weight-3 | Weight-4  | Weight-5 |
|----------------|----------------------------------------------------|--------------|----------|----------|-----------|----------|
| For Kala Chana | Weight Limit                                       | 0.1 kg       | 0.2 kg   | 0.3 kg   | 0.4 kg    | 0.5 kg   |
|                | Soaked Kala Chana                                  | 100 g        | 200 g    | 300 g    | 400 g     | 500 g    |
|                | Water                                              | 200 ml       | 400 ml   | 600 ml   | 800 ml    | 1000 ml  |
|                | Oil                                                | 1 tbsp       | 2 tbsps  | 3 tbsps  | 3.5 tbsps | 4 tbsps  |
|                | Onion chopped                                      | 0.5 cup      | 1 cup    | 1.5 cups | 2 cups    | 2.5 cups |
|                | Salt, Chaat masala, Red chilli powder, hara dhania | As per taste |          |          |           |          |

Instructions

- 1) Soak chana overnight, in Microwave safe bowl, put soaked chanas and cover.
- 2) Select menu and weight, then press start.
- 3) When beeps, remove and drain the water. In a Microwave safe bowl add oil, chopped onion, salt, chaat masala, red chilli powder and hara dhania and press start.
- 4) When beeps, add boiled chana. mix well, then press start.

HP2: Karela Sabzi

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl, High rack, Multicook tawa

Ingredients

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

Instructions

- 1) In a Microwave safe glass bowl take oil add rai, jeera, asafoetida and turmeric powder, chopped onions. Select menu, then press start.
- 2) When beeps, add chopped karela some water, salt, sugar, masala, dhania powder, jeera powder. press start.
- 3) When beeps, remove the Microwave safe glass bowl from microwave oven, transfer the sabzi to Microwave safe flat glass dish, stir well. Place the Microwave safe flat glass dish on high rack, then press start.
- 4) Garnish with coconut and dhania, serve hot.

HP3: Lemon Chicken

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

Ingredients

| List              |                        | Weight-1     | Weight-2  | Weight-3  | Weight-4  | Weight-5  |
|-------------------|------------------------|--------------|-----------|-----------|-----------|-----------|
| For Lemon Chicken | Weight Limit           | 0.1 kg       | 0.2 kg    | 0.3 kg    | 0.4 kg    | 0.5 kg    |
|                   | Boneless Chicken       | 100 g        | 200 g     | 300 g     | 400 g     | 500 g     |
|                   | Soya sauce             | 0.5 tbsp     | 1 tbsp    | 1.5 tbsps | 2 tbsps   | 2.5 tbsps |
|                   | Corn flour             | 0.5 tbsp     | 1 tbsp    | 1.5 tbsps | 2 tbsps   | 2.5 tbsps |
|                   | Water                  | 0.5 cup      | 0.5 cup   | 0.5 cup   | 1 cup     | 1 cup     |
|                   | Salt, pepper and sugar | As per taste |           |           |           |           |
|                   | Garlic paste           | 1 tbsp       | 1.5 tbsps | 2 tbsps   | 2.5 tbsps | 3 tbsps   |
|                   | Lemon juice            | 2 tsps       | 3 tsps    | 4 tsps    | 4 tsps    | 5 tsps    |
|                   | Oil                    | 0.5 tbsp     | 1 tbsp    | 1.5 tbsps | 2 tbsps   | 2.5 tbsps |

Instructions

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

HP4: Machi Kali Mirch

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

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## Ingredients

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

## Instructions

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

## HPS: Soya Idli

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

## Ingredients

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

Instructions

- 1) Wash and soak rice, urad daal and soyabeans granules for 4 hours.
- 2) Grind, mix and ferment for 8 to 10 hours. Grind the mixture to paste consistency. (You an use the same batter for making 4, 5, 6, 7, 8 idlies)
- 3) Grease idli in Microwave safe bowl with little oil. Put idli batter in it. Add 0.5 cup water in Microwave safe bowl. Keep the idli stand and cover. Select menu and number, then press start to cook. Allow to stand for 3 minutes.

NOTE

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

HPБ: Nutrinuggets

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

Ingredients

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

Instructions

- 1) In a Microwave safe bowl add oil, jeera, onion. Select menu and weight, then press start. Mix well.
- 2) When beeps, add tomato puree, nutrinuggets, potato, salt, red chilli powder, haldi, dhania powder and add 0.5 the amount of water mentioned per weight (For eg. For 100g, add 1 cup of water). Cover and press start.

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- 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.

### HP7: Curd Brinjal

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

#### Ingredients

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

#### Instructions

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

### HP8: Bathua Raita

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

Ingredients

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

Instructions

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

HP9: Soyabean Curry

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

Ingredients

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

Instructions

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

HP  Spinach Dal

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

Ingredients

| List            |                                                | Weight-1     | Weight-2 | Weight-3 |
|-----------------|------------------------------------------------|--------------|----------|----------|
| For Spinach Dal | Weight Limit                                   | 0.1 kg       | 0.2 kg   | 0.3 kg   |
|                 | Dehusked soaked lentils (at least for 2 hours) | 100 g        | 200 g    | 300 g    |
|                 | Onions chopped                                 | 0.5 cup      | 1 cup    | 1 cup    |
|                 | Spinach chopped                                | 1 cup        | 1.5 cups | 2 cups   |
|                 | Oil                                            | 1 tbsp       | 2 tbsps  | 2 tbsps  |
|                 | Cumin seeds                                    | 1 tsp        | 1 tsp    | 1.5 tsps |
|                 | Ginger and green chillies (chopped)            | 1 tbsp       | 2 tbsps  | 3 tbsps  |
|                 | Water                                          | 300 ml       | 500 ml   | 700 ml   |
|                 | Turmeric, salt                                 | As per taste |          |          |
|                 | Lemon juice                                    | 1 tsp        | 2 tsps   | 3 tsps   |
|                 | Coriander leaves                               | 2 tbsps      | 3 tbsps  | 4 tbsps  |

Instructions

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

HP  Moong Dal

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

Ingredients

| List          |                                                                                | Weight       |
|---------------|--------------------------------------------------------------------------------|--------------|
| For Moong Dal | Weight Limit                                                                   | 0.2 kg       |
|               | Moong dal soaked in water (for 1 hour)                                         | 200 g        |
|               | Water                                                                          | 400 ml       |
|               | Oil                                                                            | 2 tbsps      |
|               | Jeera                                                                          | 1 tsp        |
|               | Hari Mirch                                                                     | 2-3 Nos.     |
|               | Curry leaves                                                                   | 5-6 Nos.     |
|               | Salt, Dhania-Jeera powder, Haldi, Hing, kasuri methi, lemon juice, hara dhania | As per taste |

Instructions

- 1) Take dal in Microwave safe bowl, add water, haldi and hing.
- 2) Select menu, press start to cook.
- 3) When beeps, take another bowl add oil, jeera, hari mirch, curry leaves and press start.
- 4) When beeps, add dal , salt , dhania - jeera powder , hara dhania, kasuri methi (optional), water(if required) and lemon juice and press start to cook.

HP 12: Leaf Rolls

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

Ingredients

| List           |                | Weight-1 | Weight-2 | Weight-3 |
|----------------|----------------|----------|----------|----------|
| For Leaf Rolls | Weight Limit   | 0.2 kg   | 0.3 kg   | 0.4 kg   |
|                | Palak leaves   | 100 g    | 150 g    | 150 g    |
|                | Cabbage leaves | 100 g    | 150 g    | 150 g    |

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

## Instructions

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

## HP 13: Fish Bharta

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

## Ingredients

| List            |                                              | Weight -1    | Weight -2 | Weight-3 | Weight-4 | Weight-5 |
|-----------------|----------------------------------------------|--------------|-----------|----------|----------|----------|
| For Fish Bharta | Weight Limit                                 | 0.1 kg       | 0.2 kg    | 0.3 kg   | 0.4 kg   | 0.5 kg   |
|                 | Fish (Fillet)                                | 100 g        | 200 g     | 300 g    | 400 g    | 500 g    |
|                 | Mustard oil                                  | 0.5 tbsp     | 0.5 tbsp  | 1 tbsp   | 1 tbsp   | 1 tbsp   |
|                 | Mustard seeds                                | 0.5 tsp      | 0.5 tsp   | 1 tsp    | 1 tsp    | 1 tsp    |
|                 | Chopped onion                                | 0.5 cup      | 0.5 cup   | 1 cup    | 1 cup    | 1 cup    |
|                 | Red chilli powder, haldi, garam masala, salt | As per taste |           |          |          |          |

## Instructions

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

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

HP 14: Healthy Khichdi

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

Ingredients

| List                |                            | Weight-1     | Weight-2 | Weight-3  |
|---------------------|----------------------------|--------------|----------|-----------|
| For Healthy khichdi | Weight Limit               | 0.1 kg       | 0.2 kg   | 0.3 kg    |
|                     | Rice (soaked)              | 75 g         | 150 g    | 225 g     |
|                     | Moong dal, washed (soaked) | 25 g         | 50 g     | 75 g      |
|                     | Desi Ghee                  | 0.5 tbsp     | 1 tbsp   | 1.5 tbsps |
|                     | Carrot (grated finely)     | 1 no.        | 2 nos.   | 2 nos.    |
|                     | Soya granules (soaked)     | 2 tbsps      | 3 tbsps  | 4 tbsps   |
|                     | Salt and pepper            | As per taste |          |           |
|                     | Water                      | 300 ml       | 500 ml   | 750 ml    |

Instructions

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

HP 15: Oats Idli

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

Ingredients

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

Instructions

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

Soup

50 l: Sweet Corn Soup

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

Ingredients

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

Instructions

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

502: Mushroom Soup

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

Ingredients

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

Instructions

- 1) In Microwave safe glass bowl add potato in small pieces, chopped cabbage, onion and mushrooms with water. Select category and press start.

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- 2) When beeps, remove the bowl. Allow to cool and separate the mushrooms and grind the remaining stock and strain it..
- 3) In Microwave safe glass bowl, add oil, chopped mushrooms, salt and pepper and then add the stock and press start. Garnish with grated cheese and serve.

## 503: Wonton Soup

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

### Ingredients

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

### Instructions

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

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

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

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

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

## 504: Chicken Shorba

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

Ingredients

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

Instructions

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

5o5: Tamator Shorba

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

Ingredients

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

Instructions

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

5o5: Corn Basil and Fusili Soup

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

Ingredients

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

Instructions

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

5o 7: Rasam

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

Ingredients

| List      |                                              | Weight          |
|-----------|----------------------------------------------|-----------------|
| For Rasam | Weight Limit                                 | 0.6 kg          |
|           | Tomato                                       | 300 g           |
|           | Tamarind pulp                                | 50 g            |
|           | Salt and Jaggery                             | As per taste    |
|           | Green chillies                               | 2 nos.          |
|           | Coriander and curry leaves                   | For garnishing  |
|           | Chopped garlic                               | 2-3 flakes      |
|           | Coriander seeds, Cumin seeds, Cinnamon, Hing | As per taste    |
|           | Water                                        | 600 ml (3 cups) |
|           | Oil                                          | 1 tbsp          |

Instructions

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

SoB: Mulligatawny Soup

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

Ingredients

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

Instructions

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

So 9: Hot and Sour Soup

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

Ingredients

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

Instructions

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

50 10: Tomato Soup

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

Ingredients

| List            |                            | Weight            |
|-----------------|----------------------------|-------------------|
| For Tomato Soup | Weight Limit               | 0.6 kg            |
|                 | Chopped Tomato             | 100 g             |
|                 | Chopped Carrot             | 25 g              |
|                 | Chopped Onion              | 1 small           |
|                 | Chopped Ginger, Garlic     | 1 tsp             |
|                 | Salt, Sugar, Pepper        | As per your taste |
|                 | Cornflour and Oil / Butter | 2 tbsps / 1 tsp   |
|                 | Water                      | 600 ml (3 cups)   |

Instructions

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

So I I: Palak Makai Shorba

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

Ingredients

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

Instructions

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

So 12: Chicken Soup

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

Ingredients

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

Instructions

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

So 13: Tom Yum Kung

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

Ingredients

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

Instructions

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

So 14: Dal Shorba

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

Ingredients

| List           |                                            | Weight          |
|----------------|--------------------------------------------|-----------------|
| For Dal Shorba | Weight limit                               | 0.6 kg          |
|                | Soaked Urad dal (dehusked)                 | 0.5 cup         |
|                | Olive oil                                  | 1 tsp           |
|                | Chopped green chillies                     | 2 nos.          |
|                | Ginger paste                               | 1 tsp           |
|                | Garlic paste                               | 1 tsp           |
|                | Chopped onion                              | 1 no.           |
|                | Salt turmeric powder, onion, powder, sugar | As per taste    |
|                | Lemon juice                                | As per taste    |
|                | Water                                      | 600 ml (3 cups) |

Instructions

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

So IS: Rajma Soup

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

Ingredients

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

Instructions

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

So 16: Shahi Shorba

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

Ingredients

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

Instructions

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

So 17: Bombay Curry Soup

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

Ingredients

| List                  |                              | Weight            |
|-----------------------|------------------------------|-------------------|
| For Bombay Curry Soup | Weight Limit                 | 0.6 kg            |
|                       | Water                        | 500 ml (2.5 cups) |
|                       | Soaked masoor dal (dehusked) | 200 g             |
|                       | Chopped tomato               | 2 nos.            |
|                       | Chopped onions               | 1 no.             |
|                       | Crushed garlic               | 3-4 cloves        |
|                       | Oil                          | 1 tbsp            |
|                       | Curry powder                 | As per taste      |
|                       | Salt, red chilli powder      | As per taste      |
|                       | Coriander leaves             | For garnishing    |

Instructions

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

So 18: Badam Soup

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

Ingredients

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

Instructions

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

So 19: Limbu Dhania Shorba

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

Ingredients

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

Instructions

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

5020: Mutton Shorba

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

Ingredients

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

Instructions

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

Continental

Category: Pasta

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

Ingredients

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

Instructions

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

Recipe: Veg Au Gratin

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

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## Ingredients

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

## Instructions

- 1) In a microwave glass bowl take vegetables and add 400 ml water. Select menu, then press start.
- 2) When beeps, remove microwave safe glass bowl and transfer boiled Vegetables to microwave safe flat glass dish add milk, maida, salt and pepper. Mix well. Cover, then press start.
- 3) When beeps, mix well and spread grated cheese on it, place the dish on high rack, then press start.

## [03]: Baked Mushrooms

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

## Ingredients

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

## Instructions

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

## [04]: Lasaneya

- **Weight Limit:** 0.3 kg

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

Ingredients

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

Instructions

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

Co5: Macaroni

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

Ingredients

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

Instructions

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

Co6: Thai Chicken

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

Ingredients

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

Instructions

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

[o]: Mediterranean Crostini

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

Ingredients

| List                       |                                                   | Weight       |
|----------------------------|---------------------------------------------------|--------------|
| For Mediterranean Crostini | Weight Limit                                      | 0.3 kg       |
|                            | French bread                                      | 3 slices     |
|                            | Black olives (sliced)                             | 0.25 cup     |
|                            | Cheese (grated)                                   | 0.5 cup      |
|                            | Butter                                            | 2 tbsps      |
|                            | To be mixed together for the marinated tomatoes : |              |
|                            | Tomatoes (sliced)                                 | 2 nos.       |
|                            | Basil leaves (freshly chopped)                    | 1 tsp        |
|                            | Garlic (chopped)                                  | 1 tsp        |
|                            | Olive oil                                         | 2 tsps       |
|                            | Salt and freshly crushed pepper<br>corns          | As per taste |

Instructions

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

⚙️: Chilli Veg

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

Ingredients

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

Instructions

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

🍳: Potato Dumpling

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

Ingredients

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

Instructions

- 1) Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough.
- 2) In the microwave bowl, add 0.5 cup water. Place the dumplings on the microwave flat glass dish and cover. Select menu, then press start.
- 3) When beeps, take out the dumplings.
- 4) Allow them to cool. In a microwave safe flat glass dish add butter and put the dumplings in it, then press start.

 Sweet and Sour Veg

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

Ingredients

| List                   |                                                                                                           | Weight-1                         | Weight-2 | Weight-3  |
|------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------|----------|-----------|
| For Sweet and Sour Veg | Weight Limit                                                                                              | 0.1 kg                           | 0.2 kg   | 0.3 kg    |
|                        | Cut vegetables (Baby corns cut lengthwise, Broccoli florets, Mushroom pieces, Pineapple slices, Capsicum) | 100 g                            | 200 g    | 300 g     |
|                        | Chopped spring onion and garlic                                                                           | 0.25 cup                         | 0.5 cup  | 1 cup     |
|                        | Oil                                                                                                       | 0.5 tbsp                         | 1 tbsp   | 1.5 tbsps |
|                        | Red chilli paste                                                                                          | 0.25 tsp                         | 0.25 tsp | 0.5 tsp   |
|                        | Tomato Ketchup                                                                                            | 0.25 cup                         | 0.25 cup | 0.5 cup   |
|                        | Vinegar                                                                                                   | As per taste                     |          |           |
|                        | Sugar                                                                                                     | 0.5 tsp                          | 1 tsp    | 1 tsp     |
|                        | Salt                                                                                                      | As per taste                     |          |           |
|                        | Soya sauce                                                                                                | 1 tsp                            | 1 tsp    | 1 tsp     |
|                        | Pineapple juice                                                                                           | 0.25 cup                         | 0.25 cup | 0.5 cup   |
|                        | Water                                                                                                     | 1 cup                            | 1 cup    | 1 cup     |
|                        | Cornflour                                                                                                 | 2 tbsps mixed with 0.5 cup water |          |           |

Instructions

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

Salad

SA I: Rice Salad

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

Ingredients

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

Instructions

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

SAR: Spring Basket Salad

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

Ingredients

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

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

Instructions

- 1) In a Microwave safe bowl add 0.5 cup water, keep the cabbage leaves on the Microwave safe flat glass dish. Keep the Microwave safe flat glass dish in Microwave safe bowl and cover. Keep in microwave. Select menu and weight, then press start.
- 2) When beeps, remove from microwave.Allow to cool..
- 3) In a bottle or container with lid put all the ingredients of dressing and shake for 1-2 minutes till all ingredients blend well.
- 4) In a bowl add baby corns, grapes cut into halves. sprouts, boiled macaroni and pour dressing over it. Mix well and fill the steamed cabbage leaves with it.
- 5) Serve the Salad basket chilled.

5A3: Tiranga Salad

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

Ingredients

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

Instructions

- 1) In a Microwave safe flat glass dish arrange grated carrot first in form of a band, then grated raddish and then broccoli florets, sprinkle water. Cover with cling film select menu, then press start.
- 2) Add salt and lemon juice. Mix each layer separately.

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- 3) Take olive and cut into thin slices. Now make a flower at the centre of the raddish layer with olive slices. Chill and serve

5A4: Hari Seekh salad

- **Weight Limit:** 0.3 kg
- **Utensil:**Rotisserie, Rotisserie handle

Ingredients

| List                 |                                                                             | Weight-3     |
|----------------------|-----------------------------------------------------------------------------|--------------|
| For Hari Seekh Salad | Weight Limit                                                                | 0.3 kg       |
|                      | Vegetables(Spinach leaves, Broccoli, Bulbs of spring onion, Cabbage leaves) | 300 g        |
| For Marinade         | Hung Curd                                                                   | 3 tbsps      |
|                      | Onion Paste                                                                 | 2 tbsps      |
|                      | Garam masala, amchoor, salt                                                 | As per taste |
|                      | Oil                                                                         | For basting  |

Utensil

- 1) Mix all the ingredients of marinade in a bowl.
- 2) Take one vegetable at a time and spread the marinade on each vegetable or leaf on both the sides thoroughly. Mix well leave aside for 1 hour mixing at least twice in between.
- 3) Oil and wipe the skewers of the rotisserie.
- 4) Skewer the vegetables—thread them starting with broccoli, then fold a cabbage leaf & insert, fold a spinach leaf one & then fold again (like a pan) and insert, then insert a whole spring onion & then again another folded cabbage leaf & spinach leaf in the same skewer, Repeat the samefor all the skewers.
- 5) Install the rotisserie in the oven.
- 6) Select menu and press start. Serve hot.
- 7) Use the rotisserie handle to take out the rotisserie from microwave oven.

5A5: Beetroot Salad

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

Ingredients

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

Instructions

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

SAB: Cous Cous Salad

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

Ingredients

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

| List         |                                | Weight-1     | Weight-2 | Weight-3 |
|--------------|--------------------------------|--------------|----------|----------|
| For dressing | Pudina leaves (finely chopped) | 0.25 cup     | 0.5 cup  | 1 cup    |
|              | Lemon juice, pepper powder     | As per taste |          |          |

Ingredients

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

5A7: Pasta Salad

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

Ingredients

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

Instructions

- 1) In a bowl put boiled potatoes and mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala and red chilli powder and mix well.
- 2) Wash the boiled paste under cold water to separate them. In a Microwave safe bowl add pasta, water and few drops of oil. Select menu, then press start.

- 3) In a bowl take boiled pasta, add vegetable, salt, pepper powder, vinegar, curd, olive oil. Toss them together. Chill and serve.

5A8: Whole Wheat and Mint Salad

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

Ingredients

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

Instructions

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

5A9: Bread Salad

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

Ingredients

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

Instructions

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

SR ID: Papaya Lachcha Salad

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

Ingredients

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

Instructions

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

Indian Roti Basket

For Naan

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List     |                       | Weight   |
|----------|-----------------------|----------|
| For Naan | Weight Limit          | Dough    |
|          | Refined flour (Maida) | 225 g    |
|          | Curd                  | 4 tbsps  |
|          | Milk                  | 100 ml   |
|          | Butter                | 1 tbsp   |
|          | Salt                  | 0.12 tsp |
|          | Castor Sugar          | 1 tsp    |
|          | Baking powder         | 0.5 tsp  |
|          | Butter (Melted)       | 1 tsp    |
|          | Baking soda           | 0.25 tsp |
|          | Onion seeds           | 1 tsp    |

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## Instructions

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

## NOTE

- Grease the surface with little oil to prevent the naan from sticking while rolling.

## br2: Lachha Parantha

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

## Ingredients

| List                |                   | Weight  |
|---------------------|-------------------|---------|
| For Lachha Parantha | Weight Limit      | Dough   |
|                     | Whole wheat flour | 2 cups  |
|                     | Salt              | 0.5 tsp |
|                     | Ghee              | 2 tbps  |
|                     | Milk              | 0.5 cup |
|                     | Water             | 0.5 cup |

## Instructions

- 1) In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk and then water and knead a soft dough.
- 2) Keep tawa on high rack, keep inside the microwave. Select category and press start.
- 3) Divide the dough into 11-12 equal portion (approx of 45-46 g). Roll out each portion to a diameter of 15 cm (6") spread 0.5 tsp ghee/oil all over and dust some dry flour. Fold to half and again repeat the same procedure. So that you get a long strip (like a fan).
- 4) Apply few drops of ghee on the strip. again roll the strip to form a ball. Roll out the ball to 12.5 cm (5") diameter for laccha parantha.
- 5) When beeps, keep 2 rolled out laccha parantha on tawa and press start.
- 6) When beeps, turn the paranthas and again press start. Make all laccha paranthas following the same procedure.

- 7) Apply some ghee on top (optional) and crush the parantha slightly to open up the layers. Serve hot with gravy/curry of your choice. Wrap in foil and store.

br-3: Appam

- **Weight Limit:** 1 pc
- **Utensil:** Multicook tawa, High rack

Ingredients

| List      |                             | Weight                                        |
|-----------|-----------------------------|-----------------------------------------------|
| For Appam | Weight Limit                | Batter                                        |
|           | Rice (soaked for 5-6 hours) | 1 cup                                         |
|           | Cooked rice (Boiled)        | 0.5 cup                                       |
|           | Fresh coconut shavings      | 2 cups                                        |
|           | Yeast                       | 0.25 tsp                                      |
|           | Coconut water               | To dissolve yeast and for diluting the batter |
|           | Salt and Sugar              | As per taste                                  |

Instructions

- 1) Grind together soaked rice, cooked rice and coconut shaving till get a fine thick paste. Do not add too much water. Instead use coconut water for grinding and diluting. Batter should have a consistency similar to dosa batter or slightly thickened.
- 2) Add the yeast (diluted in 2 tbsp coconut water) and salt and sugar to taste. Allow the batter to ferment at room temperature for at least 6-8 hours.
- 3) Keep the tawa on high rack, keep inside the microwave. Select category and press start.
- 4) When beeps, pour 0.5 cup batter (approx 100 ml) on tawa and spread evenly to a circle keep on the rack and press start.
- 5) When beeps, turn the appam carefully without breaking. Press start.
- 6) Serve hot with coconut chutney or veg stew.

NOTE

- While pouring the appam batter, try to make a thin size appam. It should not be very thick.

br-4: Masala Roti

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List            |                             | Weight         |
|-----------------|-----------------------------|----------------|
| For Masala Roti | Weight Limit                | Dough          |
|                 | Whole wheat flour           | 1 cup          |
|                 | Besan                       | 0.75 cup       |
|                 | Finely copped onion         | 1 no. (medium) |
|                 | Finely chopped green chilli | 2 nos.         |
|                 | Black pepper powder         | 1 tsp          |
|                 | Red chilli powder           | 1 tsp          |
|                 | Garam Masala                | 0.5 tsp        |
|                 | Ghee                        | 1 tbsp         |
|                 | Salt                        | As per taste   |
|                 | Fresh Curd                  | 0.25 cup       |
|                 | Water (to knead dough)      | 0.25 cup       |
|                 | Oil                         | 0.5 tsp        |
|                 | Coriander leaves (Chopped)  | 2 tbsps        |

Instructions

- 1) In a bowl combine whole wheat flour, besan, chopped onion, chopped green chillies, coriander leaves and all the spices. Rub in ghee and curds. Mix well and knead soft dough adding the water. Knead the dough again after adding oil. Keep the dough covered for 5-10 minutes.
- 2) Keep the tawa on low rack. Keep inside the microwave Select category and press start.
- 3) Divide the dough into 7 equal portions (approx of 60 g each). Roll out each portion into a diameter of 130 mm. use little dry flour while rolling the roti to prevent it from sticking to surface.
- 4) When beeps keep 2 rolled out roties on tawa and press start.
- 5) When beeps, turn and again press start. Make all the roties following the same procedure.
- 6) Serve hot with pickle or curd. Wrap in foil and store.

br5: Missi Roti

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List           |                                       | Weight       |
|----------------|---------------------------------------|--------------|
| For Missi Roti | Weight Limit                          | Dough        |
|                | Wheat flour                           | 1.5 cups     |
|                | Besan                                 | 1.5 cups     |
|                | Oil                                   | 4 tbsps      |
|                | Kasuri methi, Red Chilli powder, Salt | As per taste |
|                | Water (for dough kneading)            | 50 ml        |
|                | Curd                                  | 0.5 cup      |

Instructions

- 1) In a bowl add all the ingredients of the dough and knead it by rubbing in the oil in the flour and slowly adding water to make a soft dough.
- 2) Divide the dough into, 11 equal portions (each approx 50 g) grease the surface on which roti will be rolled with little oil. Take the dough and roll out the roti to 5 diameter.
- 3) Keep the tawa on low rack and put few drops of oil and spread. Select category and keep the tawa and low rack inside the microwave and press start.
- 4) When beeps, keep the rolled out missi roties on the tawa and press start.
- 5) When beeps, add 0.25 tsp oil on the roties and turn over. Press start. Wrap in foil and store.

**b-B: Stuffed Naan**

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List             |                                                        | Weight         |
|------------------|--------------------------------------------------------|----------------|
| For Stuffed Naan | Weight Limit                                           | Dough          |
|                  | Refined flour (maida)                                  | 225 g          |
|                  | Curd                                                   | 4 tbsps        |
|                  | Milk                                                   | 100 ml         |
|                  | Butter                                                 | 1 tbsp         |
|                  | Salt                                                   | 0.12 tsp       |
|                  | Castor Sugar                                           | 1 tsp          |
|                  | Baking powder                                          | 0.5 tsp        |
|                  | Butter (melted)                                        | 1 tsp          |
|                  | Baking soda                                            | 0.25 tsp       |
|                  | Onion seeds                                            | 1 tsp          |
| For filling      | Grated Paneer                                          | 150 g          |
|                  | Chopped onions                                         | 1 no. (medium) |
|                  | Chopped green chilli                                   | 2 nos.         |
|                  | Coriander leaves (Chopped)                             | A few sprigs   |
|                  | Red Chilli powder, salt, garam masala, anardana powder | As per taste   |

Instructions

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

NOTE

- Grease the surface with little oil to prevent the naan from sticking to the surface while rolling.

ब-7: Khasta Parantha

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List                |                   | Weight       |
|---------------------|-------------------|--------------|
| For Khasta Parantha | Weight Limit      | Dough        |
|                     | Whole wheat flour | 1.5 cups     |
|                     | Melted butter     | 0.3 cup      |
|                     | Salt              | As per taste |
|                     | Buttermilk        | 0.5 cup      |

Instructions

- 1) Mix whole wheat flour, melted butter, salt in a bowl.
- 2) Gradually add buttermilk to form a firm dough. Add more buttermilk (if required).
- 3) After kneading lightly on a floured surface, form into a smooth ball.
- 4) Allow the dough to rest for 20 minutes covered. Divide whole dough into 8 equal portion (45 g).
- 5) On a lightly floured surface, roll out each portion into 12.5 cm (5") diameter rounds.
- 6) Keep the tawa on high rack and select category and keep the tawa inside the microwave and press start.
- 7) When beeps, put 2 parathas on tawa and press start.
- 8) When beeps, smear with 0.5 tsp oil and turn over and press start. Wrap in foil and store.

ब-8: Pudina Parantha

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List                |                   | Weight                        |
|---------------------|-------------------|-------------------------------|
| For Pudina Parantha | Weight Limit      | Dough                         |
|                     | Whole wheat flour | 1 cup                         |
|                     | Mint leaves       | 0.5 cup                       |
|                     | Salt              | As per taste                  |
|                     | Butter            | 2 tbsps                       |
|                     | Chaat Masala      | 2 tsps                        |
|                     | Oil/ghee          | 2 tsps                        |
|                     | Dry pudina powder | 1 tbsp                        |
|                     | Water             | As required to make the dough |

Instructions

- 1) Wash and put dry and chop mint leaves finely.
- 2) In a bowl combine wheat flour, mint leaves, salt, butter, chaat masala, gradually add water and knead a soft dough. Keep the dough covered for 5-7 minutes.
- 3) Keep the tawa on low rack. Keep inside the microwave Select category and press start.
- 4) Divide the dough into 5-6 equal sized portions. Roll out each dough into a diameter of 15 cm (6"). Spread 0.5 tsp oil/ghee all over and dust with some dry pudina powder, fold the rolled out chapati like a fan and again make a ball and again roll out the ball to a measure of 12.5 cm (5") diameter.
- 5) When beeps keep 2 rolled out paranthas on tawa and press start.
- 6) When beeps apply 0.25 tsp ghee/oil on paranthas and turn and again press start. Make all the paranthas with the similar procedure.
- 7) Serve them hot with curd or pickle. Wrap in foil and store.

**ब-9: Rajma Parantha**

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List               |                            | Weight            |
|--------------------|----------------------------|-------------------|
| For Rajma Parantha | Weight Limit               | Dough             |
|                    | Boiled Rajma               | 0.3 cup           |
|                    | Whole Wheat flour (atta)   | 1 cup             |
|                    | Soyabean flour             | 2 tbsps           |
|                    | Chopped green chillies     | 3-4 nos.          |
|                    | Fresh mint leaves          | 8-10 nos.         |
|                    | Anardana (Crushed)         | 1 tsp             |
|                    | Red Chilli Powder          | 1 tsp             |
|                    | Tomato Puree               | 2 tbsps           |
|                    | Salt                       | As per taste      |
|                    | Oil                        | 2 tsps            |
|                    | Coriander leaves (Chopped) | 2 tbsps           |
|                    | Water                      | To knead to dough |

Instructions

- 1) In a bowl combine wheat flour boiled and mashed rajma, soyabean flour, tomato puree, chopped green chilli, coriander leaves, freshly crushed mint leaves, Anardana, oil, red chilli powder, salt. Mix and gradually add water and knead a soft dough.
- 2) Keep the tawa on high rack. Keep inside the microwave. Select category and press start.
- 3) Divide the dough into 6-7 equal sized portions (approx of 45 g). Roll out each dough into 12.5 cm (5") diameter circle.
- 4) When beeps keep 2 rolled out paranthas on tawa and press start.
- 5) When beeps, turn the paranthas. Press start. Make all the paranthas with the similar procedure.
- 6) Serve them hot with curd or pickle. Wrap in foil and store.

br ID: Paneer Parantha

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

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

Instructions

- 1) In a bowl take whole wheat flour, salt and 1 tbsp desi ghee. Rub with hands, gradually add water and knead a soft dough. Add 1 tsp desi ghee and knead again. Cover with a muslin cloth and leave for some time.
- 2) In another bowl take all the ingredients of stuffing and mix well.
- 3) Grease the multicook tawa with 0.25 tsp ghee and keep on high rack. Keep the rack and tawa inside the microwave. Select category and press start.
- 4) Take 35 g dough (approx.) and make round ball. Grease the surface with little ghee. Roll out the ball a little and put 1 tbsp stuffing and seal it carefully and roll it again slightly to 12.5 cm (5") diameter.
- 5) When beeps, keep 2 rolled out paranthas on preheated tawa and low rack and keep inside the microwave and press start.
- 6) When beeps, apply 0.25 tsp ghee on top of paranthas and turn and press start. Serve the paneer paranthas hot with fresh curd.

br | l: Kulche

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List       |                       | Weight      |
|------------|-----------------------|-------------|
| For Kulche | Weight Limit          | Dough       |
|            | Maida                 | 1 cup       |
|            | Salt                  | A pinch     |
|            | Fresh cream           | 2 tbsps     |
|            | Lukewarm water        | 50 ml       |
|            | Sugar                 | 1 tbsp      |
|            | Dry yeast             | 1 tsp       |
|            | Oil                   | 0.5 tsp     |
|            | Kalonji (onion seeds) | As required |
|            | Coriander leaves      | As required |

Instructions

- 1) In a cup/bowl take 50 ml lukewarm water and add sugar. Stir well. Add dry yeast and stir again to dissolve. Keep aside for at least 5-7 minutes.
- 2) In a bowl take maida, salt and fresh cream. Mix well with hands. Add the yeast water and knead a firm dough. Pour 0.5 tsp oil and knead again.
- 3) Divide the dough into 4 equal portions (approx. 60 g each). Make balls and apply butter on top and sprinkle kalonji (onion seeds) and fresh coriander leaves on top. Press with fingers and dust with maida and roll out each ball into a diameter of 5". Keep the rolled dough on dusted multi cook tawa. Keep them covered in dark and warm place for at least 30 minutes.
- 4) Select category and press start.
- 5) When beeps, keep tawa with rolled doughs and press start.
- 6) Apply butter on top of kulchas or roast them a little and serve them hot with chhole.

br 12: Daal Parantha

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List              |              | Weight |
|-------------------|--------------|--------|
| For Daal Parantha | Weight Limit | 2 pcs  |

| List       |                                       | Weight         |
|------------|---------------------------------------|----------------|
| For Dough  | Whole wheat flour(aata)               | 21cup          |
|            | Desi ghee                             | 1 tbsp + 1 tsp |
|            | Salt                                  | A pinch        |
|            | Water                                 | To knead dough |
| For Mixing | Boiled and mashed Daal                | 0.3 cup        |
|            | Chopped green chilli (deseeded)       | 3 nos.         |
|            | Chopped coriander leaves              | 2 tsbps        |
|            | Salt, Red chilli powder, Garam masala | As per taste   |

Instructions

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

 Aloo Parantha

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List              |                          | Weight         |
|-------------------|--------------------------|----------------|
| For Aloo Parantha | Weight Limit             | 2 pcs          |
| For Dough         | Whole wheat flour (aata) | 2 cups         |
|                   | Desi ghee                | 1 tbsp + 1 tsp |
|                   | Salt                     | A pinch        |
|                   | Water (to knead dough)   | 1 cup (200 ml) |

| List         |                                       | Weight         |
|--------------|---------------------------------------|----------------|
| For Stuffing | Boiled and mashed potato              | 2 cups         |
|              | Chopped green chilli (deseeded)       | 3 nos.         |
|              | Chopped coriander leaves              | 2 tbps         |
|              | Salt, Red chilli powder, Garam masala | As per taste   |
|              | Anardana powder                       | 1 tsp          |
|              | Water                                 | To knead dough |

Instructions

- 1) In a bowl, take whole wheat flour, salt and 1 tbsp desi ghee. Rub with hands. Gradually add water and knead a soft dough. Add 1 tsp desi ghee and knead again. Cover with a muslin cloth and leave for some time.
- 2) In another bowl take all the ingredients of stuffing and mix well.
- 3) Grease the multi cook tawa with 0.25 tsp ghee and keep on rack. Keep rack and tawa inside the microwave. Select menu and press start.
- 4) Take 35 g dough (approx.) and make round ball. Grease the surface with little ghee. Roll out the ball a little and put 1 tbsp stuffing and seal it carefully and roll it again slightly to oval shape to 15cm length.
- 5) When beeps keep two rolled out paranthas on tawa and press start.
- 6) When beeps turn paranthas. Press start. Make all the paranthas same procedure.
- 7) Serve them hot with curd or pickle. Wrap in foil and store.

br 14: Palak Parantha

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List               |              | Weight |
|--------------------|--------------|--------|
| For Palak Parantha | Weight Limit | 2 pcs  |

| List      |                                       | Weight         |
|-----------|---------------------------------------|----------------|
| For Dough | Whole wheat flour(aata)               | 2 cups         |
|           | Palak (boiled)                        | 250 g          |
|           | Green chilli chopped                  | 2 nos.         |
|           | Ajwain                                | 0.25 tsp       |
|           | Hing                                  | A pinch        |
|           | Salt, Red chilli powder, Garam masala | As per taste   |
|           | Oil/Ghee                              | 2 tsps         |
|           | Water                                 | To knead dough |

Instructions

- 1) Take boiled spinach leaves and puree the spinach in a blender.
- 2) In a bowl combine wheat flour, salt, hing, ajwain, spinach puree, red chilli powder and garam masala and knead a soft dough. Keep the dough covered for 5-7 minutes.
- 3) Grease the multi cook tawa with 0.25 tsp ghee and keep on rack. Keep rack and tawa inside the microwave. Select menu and press start.
- 4) Take 35 g dough (approx.) and make round ball. Grease the surface with little ghee. Roll out the ball a little and put 1 tbsp stuffing and seal it carefully and roll it again slightly to oval shape to 15 cm length.
- 5) When beeps keep two rolled out paranthas on tawa and press start.
- 6) When beeps turn paranthas. Press start. Make all the paranthas same procedure.
- 7) Serve them hot with curd or pickle. Wrap in foil and store.

br 15: Gobhi Parantha

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List               |                         | Weight         |
|--------------------|-------------------------|----------------|
| For Gobhi Parantha | Weight Limit            | 2 pcs          |
| For Dough          | Whole wheat flour(aata) | 2 cups         |
|                    | Desi ghee               | 1 tbsp + 1 tsp |
|                    | Salt                    | A pinch        |
|                    | Water (to knead dough)  | 1 cup (200 ml) |

| List         |                                       | Weight         |
|--------------|---------------------------------------|----------------|
| For Stuffing | Grated Gobhi                          | 2 cups         |
|              | Chopped green chilli (deseeded)       | 3 nos.         |
|              | Chopped coriander leaves              | 2 tbps         |
|              | Salt, Red chilli powder, Garam masala | As per taste   |
|              | Anardana powder                       | 1 tsp          |
|              | Water                                 | To knead dough |

### Instructions

- 1) In a bowl, take whole wheat flour, salt and 1 tbsp desi ghee. Rub with hands. Gradually add water and knead a soft dough. Add 1 tsp desi ghee and knead again. Cover with a muslin cloth and leave for some time.
- 2) In another bowl take all the ingredients of stuffing and mix well.
- 3) Grease the multi cook tawa with 0.25 tsp ghee and keep on high rack. Keep high rack and wawa inside the microwave. Select menu and press start.
- 4) Take 35 g dough (approx.) and make round ball. Grease the surface with little ghee. Roll out the ball a little and put 1 tbsp stuffing and seal it carefully and roll it again slightly to oval shape to 15 cm length.
- 5) When beeps keep two rolled out paranthas on tawa and press start.
- 6) When beeps turn paranthas. Press start. Make all the paranthas same procedure.
- 7) Serve them hot with curd or pickle. Wrap in foil and store.

## br 16: Ajwain Parantha

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

### Ingredients

| List                |                                       | Weight         |
|---------------------|---------------------------------------|----------------|
| For Ajwain Parantha | Weight Limit                          | 2 pcs          |
| For Dough           | Whole wheat flour(aata)               | 2 cups         |
|                     | Ajwain                                | 2 tsps         |
|                     | Salt, Red chilli powder, Garam masala | As per taste   |
|                     | Water                                 | To knead dough |

### Instructions

- 1) In a bowl combine wheat flour, salt, 1 tsp oil, water to knead a soft dough.

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- 2) Keep the tawa on high rack, keep inside microwave. Select menu and press start.
- 3) Divide the dough 5-6 equal size portions. Roll out each dough into diameter of 130 mm. Spread 0.5 tsp oil/ghee all over and dust with some ajwain and salt, fold the rolled out chapati like a fan and again make a ball and roll out the ball to a length of 15 cm (oval shape).
- 4) When beeps keep 2 rolled out paranthas on tawa and press start.
- 5) When beeps apply 1/4 tsp ghee/oil on paranthas and turn and again press start. Make all the paranthas with the same procedure.
- 6) Serve them hot with curd or pickle. Wrap in foil and store.

br 17: Pyaaz Parantha

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

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

Instructions

- 1) In a bowl, take whole wheat flour, salt and 1 tbsp desi ghee. Rub with hands. Gradually add water and knead a soft dough. Add 1 tsp desi ghee and knead again. Cover with a muslin cloth and leave for some time.
- 2) In another bowl take all the ingredients of stuffing and mix well.
- 3) Grease the multi cook tawa with 0.25 tsp ghee and keep on rack. Keep high rack and wawa inside the microwave. Select menu and press start.
- 4) Take 35 g dough (approx.) and make round ball. Grease the surface with little ghee. Roll out the ball a little and put 1 tbsp stuffing and seal it carefully and roll it again slightly to oval shape to 15 cm length.
- 5) When beeps keep two rolled out paranthas on tawa and press start.
- 6) When beeps turn paranthas. Press start. Make all the paranthas same procedure.

7) Serve them hot with curd or pickle. Wrap in foil and store.

**br 18: Chatpata Parantha**

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

**Ingredients**

| List                  |                                       | Weight         |
|-----------------------|---------------------------------------|----------------|
| For Chatpata Parantha | Weight Limit                          | 2 pcs          |
| For Dough             | Whole wheat flour (aata)              | 2 cups         |
|                       | Amchoor                               | 0.25 tsp       |
|                       | Chaat Masala                          | 1 tsp          |
|                       | Salt, Red chilli powder, Garam masala | As per taste   |
|                       | Water                                 | To knead dough |

**Instructions**

- 1) In a bowl combine wheat flour, salt, amchoor, 1 tsp oil, water to knead a soft dough.
- 2) Keep the tawa on High rack, keep inside microwave. Select menu and press start.
- 3) Divide the dough into 5-6 equal size portions. Roll out each dough into diameter of 150 mm. Spread 0.5 tsp oil/ghee all over and dust with some chaat masala fold the rolled out chapati like a fan and again make a ball and roll out the ball to a length of 15 cm (oval shape).
- 4) When beeps keep 2 rolled out paranthas on tawa and press start.
- 5) When beeps apply 0.25 tsp ghee/oil on paranthas and turn and again press start. Make all the paranthas with the same procedure.
- 6) Serve them hot with curd or pickle. Wrap in foil and store.

**br 19: Aloo Gobhi Parantha**

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

**Ingredients**

| List                    |              | List  |
|-------------------------|--------------|-------|
| For Aloo Gobhi Parantha | Weight Limit | 2 pcs |

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

Instructions

- 1) In a bowl, take whole wheat flour, salt and 1 tbsp desi ghee. Rub with hands. Gradually add water and knead a soft dough. Add 1 tsp desi ghee and knead again. Cover with a muslin cloth and leave for some time.
- 2) In another bowl take all the ingredients of stuffing and mix well.
- 3) Grease the multi cook tawa with 0.25 tsp ghee and keep on high rack. Keep rack and tawa inside the microwave. Select menu and press start.
- 4) Take 35 g dough (approx.) and make round ball. Grease the surface with little ghee. Roll out the ball a little and put 1 tbsp stuffing and seal it carefully and roll it again slightly into 15 cm ovular length.
- 5) When beeps keep two rolled out paranthas on tawa and press start.
- 6) When beeps turn parantha. Press start. Make all the paranthas same procedure.
- 7) Serve them hot with curd or pickle. Wrap in foil and store.

🍲: Methi Parantha

- **Weight Limit:** 2 pcs
- **Utensil:** Multicook tawa, High rack

Ingredients

| List               |              | Weight |
|--------------------|--------------|--------|
| For Methi Parantha | Weight Limit | 2 pcs  |

| List      |                                       | Weight         |
|-----------|---------------------------------------|----------------|
| For Dough | Whole wheat flour(aata)               | 2 cups         |
|           | Methi                                 | 250 g          |
|           | Green chilli chopped                  | 2 nos.         |
|           | Ajwain                                | 0.25 tsp       |
|           | Hing                                  | A pinch        |
|           | Salt, Red chilli powder, Garam masala | As per taste   |
|           | Oil/Ghee                              | 2 tsps         |
|           | Water                                 | To knead dough |

Instructions

- 1) Take Methi leaves and chop them finely.
- 2) In a bowl combine wheat flour, salt, hing, ajwain, Chopped Methi, red chilli powder and garam masala and knead a soft dough. Keep the dough covered for 5 to 7 minutes.
- 3) Grease the multi cook tawa with 0.25 tsp ghee and keep on high rack. Keep high rack and tawa inside the microwave. Select menu and press start.
- 4) Take 35 g dough (approx.) and make round ball. Grease the surface with little ghee. Roll out the ball a little and put 1 tbsp stuffing and seal it carefully and roll it again slightly to oval shape to 15 cm length.
- 5) When beeps keep two rolled out paranthas on tawa and press start.
- 6) When beeps turn paranthas. Press start. Make all the paranthas same procedure.
- 7) Serve them hot with curd or pickle. Wrap in foil and store.

Ghee/Dosa

How to: Ghee

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

Ingredients

| List     |                                                       | Weight      |
|----------|-------------------------------------------------------|-------------|
| For Ghee | Weight Limit                                          | 300 g       |
|          | Malai/Cream (Fresh or Fresh or Collected over a week) | 250-300 g   |
|          | Cold Water                                            | As required |

Instructions

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

do l: Masala Dosa

- **Weight Limit:** 1 Pc
- **Utensil:** Microwave safe glass bowl , Multicook tawa, High rack

Ingredients

| List         |                                                    | Weight       |
|--------------|----------------------------------------------------|--------------|
| For Dough    | Weight Limit                                       | 1 Pc         |
|              | Parboiled rice/ Tukda chawal                       | 1 cup        |
|              | Split black lentils/Urad daal                      | 1 cup        |
|              | Fenugreek /Methi seeds                             | 0.25 tsp     |
|              | Salt                                               | As per taste |
|              | Water                                              | As required  |
| For stuffing | Boiled and mashed potato                           | 1 cup        |
|              | Oil                                                | 1 tbsp       |
|              | Jeera, Mustard seeds, Hing, Onion, Turmeric powder | 1 tsp        |
|              | Salt                                               | As required  |

Instructions

- 1) Soak Parboiled rice and urad daal (with fenugreek seeds) for 5 hours separately. Now drain the water and grind rice to form smooth paste and in the same way grind soaked urad daal to form paste.
- 2) Now blend both together so that it mix well. Add some salt and water if necessary. Cover batter with a lid and keep in warm places for 9 hours ( Fermentation process)
- 3) Now in a Microwave safe glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder and allow to microwave (100%) for 3 minutes and then add boiled mashed potatoes and again microwave for 3 minutes. Keep it aside.
- 4) Select menu and press start ( Preheat process)
- 5) Take a big spoonful of dosa batter, pour it on tawa and spread the batter in a circular motion to get thin and round dosa shape.

- 6) After beeps, put the tawa on high rack and press start.
- 7) When beeps, fill the stuffing and fold the dosa from both the ends.

Tea/Dairy Delight

dd 1: Tea

- **Weight Limit:** 1 ~ 4 cups
- **Utensil:** Microwave safe glass bowl

Ingredients

| List    |                     | Weight-1               | Weight-2 | Weight-3 | Weight-4 |
|---------|---------------------|------------------------|----------|----------|----------|
| For Tea | Weight Limit        | 1 cup                  | 2 cups   | 3 cups   | 4 cups   |
|         | Water               | 120 ml                 | 240 ml   | 360 ml   | 480 ml   |
|         | Tea leaves          | 1 tsp                  | 2 tsps   | 3 tsps   | 4 tsps   |
|         | Milk                | 120 ml                 | 150 ml   | 225 ml   | 300 ml   |
|         | Sugar               | As per taste           |          |          |          |
|         | Ginger/<br>cardamon | As per taste(optional) |          |          |          |

Instructions

- 1) In a Microwave safe glass bowl add milk and lemon juice/vinegar. Select menu, then press start.
- 2) When beeps, add milk and sugar. Press start. Serve hot.  
1 cup tea = 150 mL approx.  
Note: 1-4 indicates the number of tea that can be prepared

dd2: Coffee

- **Weight Limit:** 1 ~ 4 cups
- **Utensil:** Microwave safe glass bowl

Ingredients

| List       |                                  | Weight-1                | Weight-2 | Weight-3 | Weight-4 |
|------------|----------------------------------|-------------------------|----------|----------|----------|
| For Coffee | Weight Limit                     | 1 cup                   | 2 cups   | 3 cups   | 4 cups   |
|            | Water                            | 60 ml                   | 120 ml   | 180 ml   | 240 ml   |
|            | Coffee                           | 0.5 tsp (Each cup)      |          |          |          |
|            | Milk                             | 120 ml                  | 150 ml   | 225 ml   | 300 ml   |
|            | Sugar                            | As per taste            |          |          |          |
|            | Ginger/<br>cardamon<br>(crushed) | As per taste (optional) |          |          |          |

Instructions

- 1) In a Microwave safe glass bowl add water. Select menu and weight, then press start.
- 2) Meanwhile in each cup add 0.5 tsp coffee (with few water drops ) and sugar. Beat well.
- 3) When beeps. add milk to boiling water. Press start.
- 4) Add milk to each cup and serve hot.

1 cup coffee =150 mL approx

Note: 1-4 indicates the number of coffee that can be prepared

dd3: Flavoured Yoghurt

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

Ingredients

| List                  |                                                   | Weight                  |
|-----------------------|---------------------------------------------------|-------------------------|
| For Flavoured Yoghurt | Weight Limit                                      | 0.6 kg                  |
|                       | Curd                                              | 200 ml                  |
|                       | Condensed Milk (Milkmaid)                         | 100 ml                  |
|                       | Fresh cream                                       | 200 ml                  |
|                       | Flavours (Vanilla, Strawberry, Pineapple essence) | As per choice (0.5 tsp) |

Instructions

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

NOTE

- In case you use strawberry essence, add a pinch of pink food color to add color to the yoghurt. For pineapple youghurt, add pineapple slices during the time serving.

PA I: Paneer

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

Ingredients

| List       |                     | Weight  |
|------------|---------------------|---------|
| For Paneer | Weight Limit        | 0.5 kg  |
|            | Milk                | 500 ml  |
|            | Lemon juice/Vinegar | 4 tbsps |

Instructions

- 1) In a Microwave safe glass bowl add milk and lemon juice/vinegar. Select menu, then press start.
- 2) When it gives beeps, stir it and again press start.
- 3) When beeps, remove the bowl, then strain in a muslin cloth, then press it.

CU I: Curd

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

Ingredients

| List     |              | Weight  |
|----------|--------------|---------|
| For Curd | Weight Limit | 0.5 kg  |
|          | Milk         | 500 ml  |
|          | Starter curd | 2 tbsps |

Instructions

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

Pasteurized Milk

P5 I: Pasteurize Milk

- **Weight Limit:** 1-2 L
- **Utensil:** Milk pasteurization kit

Ingredients

| List                |                                 | Weight |       |       |
|---------------------|---------------------------------|--------|-------|-------|
| For Pasteurize Milk | Weight Limit                    | 1.0 L  | 1.5 L | 2.0 L |
|                     | Milk (Cow, Buffalo, Packet etc) | 1.0 L  | 1.5 L | 2.0 L |

Instructions

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

Tips

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

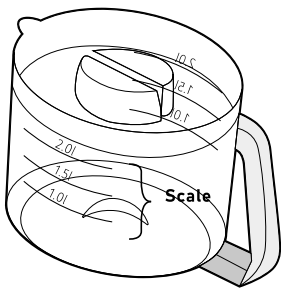


Fig. 1

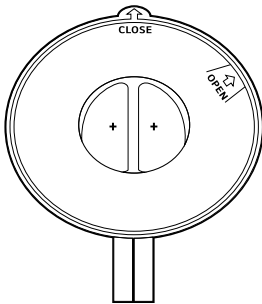


Fig. 2

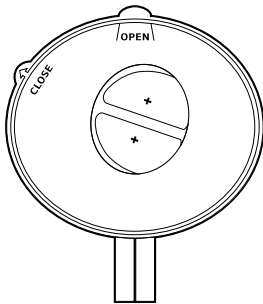


Fig. 3

## Cooking Aid

### UC 1: Keep Warm

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

| List          |              | Weight |
|---------------|--------------|--------|
| For Keep Warm | Weight Limit | 0.3 kg |

#### Instructions

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

### UC2: Defrost Veg

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

| List            |              | Weight       |
|-----------------|--------------|--------------|
| For Defrost Veg | Weight Limit | 0.2 ~ 0.5 kg |

#### Instructions

Veg - (Paneer, Green Peas, Corn etc.)

- 1) Take in Microwave Safe Bowl, select category and weight ,then press start.
- 2) When beeps, turn the food. Press start.

### UC3: Defrost Non-Veg

- **Weight Limit:** 0.5 ~ 1.0 kg
- **Utensil:** Microwave safe bowl

| List                |              | Weight       |
|---------------------|--------------|--------------|
| For Defrost Non-Veg | Weight Limit | 0.5 ~ 1.0 kg |

#### Instructions

Non-Veg - (Chicken, Mutton etc.)

- 1) Take in Microwave Safe Bowl, select category and weight, then press start.
- 2) When beeps, turn the food. Press start.

### UC4: Dehumidification

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

| List                 |              | Weight |
|----------------------|--------------|--------|
| For Dehumidification | Weight Limit | 0.3 kg |

Instructions

Namkin, Biscuits, Bhujia, Papad and Wafers etc.

- 1) In Microwave safe bowl add the food to be dehumidified. Select category and then press start.

UCC5: Disinfect Aid

- **Weight Limit:**
- **Utensil:** Microwave safe glass utensil and Empty cavity

Instructions

- 1) Aid in disinfecting Microwave safe glass utensils - Keep the empty utensil and select category ,then press start.
- 2) Aid in cleaning the cavity- Keep the cavity empty. Select category ,then press start. When time ends (beeps), clean the cavity with damp cloth.

NOTE

- The Oven has a function disinfect aid which helps in disinfecting the Microwave safe glass utensil thereby giving clean utensils/cavity.

UCC6: Pizza Base

- **Weight Limit:** 0.2 kg
- **Utensil:** Low rack, Multicook tawa

Ingredients

| List           |              | Weight      |
|----------------|--------------|-------------|
| For Pizza base | Weight Limit | 0.2 kg      |
|                | Maida        | 200 g       |
|                | Yeast        | 1 tbsp      |
|                | Salt         | 0.5 tsp     |
|                | Sugar        | 1 tsp       |
|                | Water        | As required |

Instructions

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

UC 7: Body Massage Oil

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

Ingredients

| List                 |              | Weight   |
|----------------------|--------------|----------|
| For Body massage oil | Weight Limit | 0.2 kg   |
|                      | Garlic       | 10 pods  |
|                      | Ajwain       | 0.5 tsp  |
|                      | Cloves       | 2-3 nos. |
|                      | Almonds      | 3-4 nos. |
|                      | Mustard oil  | 1 cup    |

Instructions

- 1) In Microwave safe glass bowl put all the ingredients. Select menu and press start. Remove when it gives a beep. Keep it for 2 hours. Strain and store in a glass jar.

Steam Clean

SL 1: Steam Clean

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

| List            |              | Weight |
|-----------------|--------------|--------|
| For Steam clean | Weight Limit | 0.3 kg |

Instructions

- 1) Take 300 ml water in a Microwave safe bowl, add 1 tbsp vinegar or lemon juice. Select category and press start.
- 2) When beeps, wipe with soft and clean napkin. Press start.
- 3) When beeps over, wipe with soft and clean napkin after taking out power plug.

NOTE

- Use this feature to aid in cavity cleaning.

Indian Cuisine

I [ I: Mix Veg

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

Ingredients

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

Instructions

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

I [2: Kadhai Paneer

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

Ingredients

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

Instructions

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

👉: Dal Tadka

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

Ingredients

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

Instructions

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

I 4: Sambhar

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

Ingredients

| List        |                                                                     | Weight            |
|-------------|---------------------------------------------------------------------|-------------------|
| For Sambhar | Weight Limit                                                        | 0.2 kg            |
|             | Arhar Dal (Soaked for 2 hrs)                                        | 200 g             |
|             | Oil                                                                 | 2 tbsps           |
|             | Onion chopped                                                       | 1 medium          |
|             | Tomato chopped                                                      | 1 medium          |
|             | Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin | 1 cup             |
|             | Boiled Water                                                        | 400 ml            |
|             | Imli pulp, Green Chilli, Sambhar Masala, Salt, Gud                  | As per your taste |

Instructions

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

I [5: Dum Aloo

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

Ingredients

| List         |                                                                                   | Weight-1     | Weight-2 | Weight-3 | Weight-4  | Weight-5  |
|--------------|-----------------------------------------------------------------------------------|--------------|----------|----------|-----------|-----------|
| For Dum Aloo | Weight Limit                                                                      | 0.1 kg       | 0.2 kg   | 0.3 kg   | 0.4 kg    | 0.5 kg    |
|              | Boiled Aloo (small)                                                               | 100 g        | 200 g    | 300 g    | 400 g     | 500 g     |
|              | Oil                                                                               | 2 tbsps      | 3 tbsps  | 3 tbsps  | 3.5 tbsps | 3.5 tbsps |
|              | Jeera, pepper seeds, cloves, hing                                                 | As required  |          |          |           |           |
|              | Onion paste                                                                       | 2 tbsps      | 3 tbsps  | 4 tbsps  | 5 tbsps   | 6 tbsps   |
|              | Ginger and garlic paste                                                           | 1 tsp        | 1.5 tsps | 1.5 tsps | 2 tsps    | 2 tsps    |
|              | Tomato puree                                                                      | 1 tbsp       | 2 tbsps  | 3 tbsps  | 4 tbsps   | 5 tbsps   |
|              | Curd                                                                              | 0.5 cup      | 1 cup    | 1 cup    | 1.5 cups  | 1.5 cups  |
|              | Turmeric powder, red chilli powder, deghi mirch, salt, garam masala, saunf powder | As per taste |          |          |           |           |

# 200 OPERATION

## Instructions

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

## I 5: Baigan Ka Bharta

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

## Ingredients

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

## Instructions

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

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

I [7]: Kadhi

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

Ingredients

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

Instructions

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

I [8]: Baati

- **Weight Limit:** 0.4 kg
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List      |               | Weight          |
|-----------|---------------|-----------------|
| For Baati | Weight Limit  | 0.4 kg          |
|           | Wheat flour   | 200 g           |
|           | Suji          | 50 g            |
|           | Melted ghee   | 75 mL (5 tbsps) |
|           | Jeera         | 0.5 tsp         |
|           | Ajwaln        | 0.25 tsp        |
|           | Baking powder | 0.25 tsp        |
|           | Salt          | As per taste    |
|           | Haldi         | As required     |

Instructions

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

I [9: Pithla

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

Ingredients

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

Instructions

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

I [ ID: Dalma

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

Ingredients

| List      |                                                                               | Weight |
|-----------|-------------------------------------------------------------------------------|--------|
| For Dalma | Weight Limit                                                                  | 0.3 kg |
|           | Moong dal (soaked for 2 hours)                                                | 300 g  |
|           | Water                                                                         | 600 ml |
|           | Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato) | 2 cups |

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

Instructions

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

I [ I I: Bhindi Fry

- **Weight Limit:** 0.1 ~ 0.4 kg
- **Utensil:** Microwave safe glass bowl, Multicook tawa, High rack

Ingredients

| List           |                                                             | Weight-1     | Weight-2 | Weight-3  | Weight-4 |
|----------------|-------------------------------------------------------------|--------------|----------|-----------|----------|
| For Bhindi Fry | Weight Limit                                                | 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   | 1.5 tbsps | 2 tbsps  |
|                | Chopped onion                                               | 0.5 cup      | 0.5 cup  | 1 cup     | 1 cup    |
|                | Salt, Red chilli powder, Dhania powder, Garam masala, Haldi | As per taste |          |           |          |

Instructions

- 1) In a Microwave safe bowl add soaked moong dal, chopped vegetables and water. Mix well. Select menu, then press start.
- 2) When beeps, add bhindi, salt, red chilli powder, dhania powder, garam masala and haldi. Cover, then press start.
- 3) When beeps, transfer to multicook tawa. Keep on high rack. Press start. Allow to stand for 3 minutes.

પાનચમેલ કી સબઝી: Panchmel Ki Sabzi

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

Ingredients

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

Instructions

- 1) In a Microwave safe bowl add oil, jeera, onion, ginger and green chilli paste. Mix well.
- 2) Select menu and weight, then press start.
- 3) When beeps, mix well and add the chopped vegetables and little water. Cover, then press start.
- 4) When beeps, mix well and add coriander powder, amchur, haldi and salt. Press start. Allow to stand for 5 minutes.

ગુજરાતી તુવાર દાલ: Gujarati Tuar Dal

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

Ingredients

| List                   |                                            | Weight       |
|------------------------|--------------------------------------------|--------------|
| For Gujarati Tuvar Dal | Weight Limit                               | 0.3 kg       |
|                        | Tuvar dal / Arhar dal (soaked for 2 hours) | 300 g        |
|                        | Water                                      | 600 ml       |
|                        | Oil                                        | 1 tbsp       |
|                        | Mustard seeds                              | 0.5 tsp      |
|                        | Jeera                                      | 0.5 tsp      |
|                        | Finely chopped ginger                      | 1 tbsp       |
|                        | Slit green chillies                        | 3 nos.       |
|                        | Curry leaves                               | A few        |
|                        | Chopped tomato                             | 2 nos.       |
|                        | Chopped onion                              | 1 no.        |
|                        | Hing                                       | A pinch      |
|                        | Salt, turmeric powder, red chilli powder   | As per taste |
|                        | Jaggery (Gud)                              | As per taste |

Instructions

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

I [ 14: Butter Chicken

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

Ingredients

| List               |                                                                                  | Weight-1     | Weight-2  | Weight-3  |
|--------------------|----------------------------------------------------------------------------------|--------------|-----------|-----------|
| For Butter Chicken | Weight Limit                                                                     | 0.3 kg       | 0.4 kg    | 0.5 kg    |
|                    | Chicken (boneless)                                                               | 300 g        | 400 g     | 500 g     |
|                    | Ginger garlic paste                                                              | 2 tbsps      | 2.5 tbsps | 3 tbsps   |
|                    | Tomato puree                                                                     | 0.5 cup      | 1 cup     | 1 cup     |
|                    | Chopped onions                                                                   | 1 no.        | 1 no.     | 2 nos.    |
|                    | Garam masala, dhania powder, jeera powder, kasuri methi, red chilli powder, salt | As per taste |           |           |
|                    | Kaju paste                                                                       | 2 tbsps      | 2.5 tbsps | 3 tbsps   |
|                    | Fresh cream                                                                      | 1 cup        | 1.5 cups  | 1.5 cups  |
|                    | Butter                                                                           | 2 tbsps      | 3 tbsps   | 3.5 tbsps |
|                    | Oil                                                                              | 2 tbsps      | 2.5 tbsps | 2.5 tbsps |
|                    | Slit green chillies                                                              | 3 nos.       | 4 nos.    | 5 nos.    |

Instructions

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

I [ 15: Beans Porial

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

Ingredients

| List             |                           | Weight-1     | Weight-2 | Weight-3 |
|------------------|---------------------------|--------------|----------|----------|
| For Beans Porial | Weight Limit              | 0.1 kg       | 0.2 kg   | 0.3 kg   |
|                  | French beans (cut evenly) | 100 g        | 200 g    | 300 g    |
|                  | Oil                       | 1 tsp        | 1 tsp    | 2 tsp    |
|                  | Mustard seeds             | 0.25 tsp     | 0.5 tsp  | 0.5 tsp  |
|                  | Urad dhal                 | 0.25 tsp     | 0.5 tsp  | 0.5 tsp  |
|                  | Grated coconut            | 2 tbsps      | 3 tbsps  | 4 tbsps  |
|                  | Green chillies            | 1 no.        | 2 nos.   | 3 nos.   |
|                  | Salt                      | As per taste |          |          |

Instructions

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

I [ IB: Goan Potato Curry

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

Ingredients

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

Instructions

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

📖 📖: Kashmiri Kaju Paneer

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

# 210 OPERATION

## Ingredients

| List                     |                       | Weight-1     | Weight-2 | Weight-3 | Weight-4 | Weight-5 |
|--------------------------|-----------------------|--------------|----------|----------|----------|----------|
| For Kashmiri Kaju Paneer | Weight Limit          | 0.1 kg       | 0.2 kg   | 0.3 kg   | 0.4 kg   | 0.5 kg   |
|                          | Paneer pieces         | 100 g        | 200 g    | 300 g    | 400 g    | 500 g    |
|                          | Kaju paste            | 2 tsps       | 3 tsps   | 4 tsps   | 5 tsps   | 6 tsps   |
|                          | Sliced onions         | 0.5 no.      | 1 no.    | 1.5 nos. | 1.5 nos. | 2 nos.   |
|                          | Chopped ginger        | 1 tsp        | 2 tsps   | 3 tsps   | 4 tsps   | 5 tsps   |
|                          | Chopped garlic        | 1 tsp        | 2 tsps   | 3 tsps   | 4 tsps   | 5 tsps   |
|                          | Chilli powder         | As per taste |          |          |          |          |
|                          | Khus Khus paste       | 1 tbsp       | 2 tbsps  | 3 tbsps  | 4 tbsps  | 5 tbsps  |
|                          | Tomato puree          | 0.5 cup      | 1 cup    | 1.5 cups | 2 cups   | 2 cups   |
|                          | Milk                  | 0.25 cup     | 0.5 cup  | 1 cup    | 1.5 cups | 1.5 cups |
|                          | Garam masala and salt | As per taste |          |          |          |          |

## Instructions

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

## IB: Veg Handva

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

Ingredients

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

Instructions

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

I [ 19: Gatte Ki Sabzi

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

## 212 OPERATION

### Ingredients

| List               |                                               | Weight-1     | Weight-2 | Weight-3 |
|--------------------|-----------------------------------------------|--------------|----------|----------|
| For Gatte Ki Sabzi | Weight Limit                                  | 0.3 kg       | 0.4 kg   | 0.5 kg   |
| For Making gattas  | Besan                                         | 100 g        | 125 g    | 150 g    |
|                    | Red chilli powder, haldi, dhania powder, salt | As per taste |          |          |
|                    | Water                                         | As required  |          |          |
| For Subzi          | Oil                                           | 1 tbsp       | 1.5 tsps | 2 tsps   |
|                    | Rai, jeera                                    | 2 tsps       | 2 tsps   | 3 tsps   |
|                    | Curry leaves                                  | A few        |          |          |
|                    | Sour curd                                     | 1 cup        | 1 cup    | 1.5 cups |
|                    | Red chilli powder, haldi, dhania powder, salt | As per taste |          |          |
|                    | Tomato puree                                  | 0.25 cup     | 0.5 cup  | 1 cup    |

### Instructions

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

### I [20]: Aloo Gobhi

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

Ingredients

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

Instructions

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

I 2 I: Matar Paneer

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

## 214 OPERATION

### Ingredients

| List             |                                                            | Weight-1     | Weight-2  | Weight-3 |
|------------------|------------------------------------------------------------|--------------|-----------|----------|
| For Matar Paneer | Weight Limit                                               | 0.2 kg       | 0.3 kg    | 0.4 kg   |
|                  | Matar                                                      | 100 g        | 150 g     | 200 g    |
|                  | Paneer Cubes                                               | 100 g        | 150 g     | 200 g    |
|                  | Oil                                                        | 1 tbsp       | 1.5 tbsps | 2 tbsps  |
|                  | Tomato puree                                               | 0.25 cup     | 0.5 cup   | 1 cup    |
|                  | Chopped Onion                                              | 1 tbsp       | 1.5 tbsps | 2 tbsps  |
|                  | Chopped Ginger                                             | 1 tsp        | 1.5 tsps  | 2 tsps   |
|                  | Chopped garlic                                             | 1 tsp        | 1.5 tsps  | 2 tsps   |
|                  | Jeera powder, salt, haldi, red chilli powder, garam masala | As per taste |           |          |
|                  | Coriander leaves                                           | A few sprigs |           |          |
|                  | Water                                                      | 0.25 cup     | 0.5 cup   | 1 cup    |

### Instructions

- 1) In a Microwave safe bowl add oil, chopped ginger, garlic, onion. Mix well Select menu and weight, then press start.
- 2) When beeps, mix well, add paneer cubes, peas, tomato puree, jeera, powder, salt, haldi, red chilli powder, garam masala. Mix well cover. Press Start.
- 3) When beeps, mix well, add water, coriander leaves and cover. Press start. Stand for 5 minutes.

### I 🍲: Kadhai Chicken

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

Ingredients

| List               |                                       | Weight-1       | Weight-2 | Weight-3 | Weight-4 | Weight-5  |
|--------------------|---------------------------------------|----------------|----------|----------|----------|-----------|
| For Kadhai Chicken | Weight Limit                          | 0.1 kg         | 0.2 kg   | 0.3 kg   | 0.4 kg   | 0.5 kg    |
|                    | Boneless chicken                      | 100 g          | 200 g    | 300 g    | 400 g    | 500 g     |
|                    | Oil                                   | 1 tbsp         | 2 tbsps  | 3 tbsps  | 3 tbsps  | 3.5 tbsps |
|                    | Methidana                             | 0.25 tsp       | 0.25 tsp | 1 tsp    | 1 tsp    | 1 tsp     |
|                    | Onion slices                          | 1 no.          | 2 nos.   | 3 nos.   | 3 nos.   | 3.5 nos.  |
|                    | Chopped garlic                        | 1 tsp          | 2 tsps   | 3 tsps   | 4 tsps   | 5 tsps    |
|                    | Dhania powder, red chilli powder salt | As per taste   |          |          |          |           |
|                    | Tomato puree                          | 0.25 cup       | 0.5 cup  | 1 cup    | 1.5 cups | 1.5 cups  |
|                    | Hara dhania                           | A few sprigs   |          |          |          |           |
|                    | Capsicum                              | 1 no.          | 1.5 nos. | 2 nos.   | 2 nos.   | 2 nos.    |
|                    | Ginger (finely sliced)                | 1 tbsp         | 2 tbsps  | 3 tbsps  | 4 tbsps  | 4.5 tbsps |
|                    | Cream                                 | For garnishing |          |          |          |           |

Instructions

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

I [23]: Kofta Curry

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

Ingredients

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

Instructions

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

I 24: Egg Curry

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

Ingredients

| List          |                                                                       | Weight-1     | Weight-2  | Weight-3   |
|---------------|-----------------------------------------------------------------------|--------------|-----------|------------|
| For Egg Curry | Weight Limit                                                          | 0.1 kg       | 0.2 kg    | 0.3 kg     |
|               | Boiled eggs                                                           | 2 nos.       | 4 nos.    | 6 nos.     |
|               | Onions (chopped)                                                      | 2 nos.       | 3 nos.    | 4 nos.     |
|               | Green chilli                                                          | 1 no.        | 2 nos.    | 3 nos.     |
|               | Garlic (pods)                                                         | 6-7 nos.     | 8-10 nos. | 10-12 nos. |
|               | Ginger (chopped)                                                      | 1 tbsp       | 1.5 tbsps | 2 tbsps    |
|               | Tomato puree                                                          | 3 tbsps      | 5 tbsps   | 6 tbsps    |
|               | Water                                                                 | 0.5 cup      | 1 cup     | 1.5 cups   |
|               | Green peas (shelled)                                                  | 0.25 cup     | 0.5 cup   | 1 cup      |
|               | Salt, red chilli powder, garam masala, turmeric powder, dhania powder | As per taste |           |            |
|               | Oil                                                                   | 2 tbsps      | 3 tbsps   | 3 tbsps    |
|               | Coriander leaves                                                      | A few sprigs |           |            |

Instructions

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

I [25: Jhinga Matar Curry

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

Ingredients

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

Instructions

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

I 26: Dum Tangri

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

Ingredients

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

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

Instructions

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

I [27]: Makki Korma

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

Ingredients

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

Instructions

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

I C28: Litti

- **Weight Limit:** 06 Pc
- **Utensil:** Multicook tawa, Low rack

Ingredients

| List         |                                       | Weight       |
|--------------|---------------------------------------|--------------|
| For Litti    | Weight Limit                          | Dough        |
|              | Whole wheat flour                     | 1 cup        |
|              | Curd                                  | 0.25 cup     |
|              | Desi ghee                             | 2 tbsps      |
|              | Ajwain                                | 1 tsp        |
|              | Salt                                  | As per taste |
|              | Baking soda                           | A pinch      |
|              | Water (to knead the dough)            | 0.25 cup     |
| For Stuffing | Sattu                                 | 0.5 cup      |
|              | Chopped onion                         | 0.5 cup      |
|              | Chopped coriander                     | 0.5 cup      |
|              | Chopped green chilli                  | 1 tbsp       |
|              | Chopped ginger                        | 1 tsp        |
|              | Mustard oil                           | 1 tbsp       |
|              | Red chilli pickle masala              | 1 tbsp       |
|              | Lemon juice                           | 1 tsp        |
|              | Salt, Red chilli powder, Garam masala | As per taste |

Instructions

- 1) Pre-prepare the gravy : Add all ingredient of gravy in Microwave safe glass bowl and microwave at 100% for 5 minutes. Keep aside.
- 2) In another bowl take all the ingredients of stuffing and mix very well. If the stuffing is too dry, then add 1 or 2 cup water (just enough to mix all the ingredients) and mix well. The stuffing should not be wet..
- 3) Divide the dough into 6 equal medium sized balls (approx. 45 g each). Now fill the stuffing (1 -2 tbsps) and make round shape balls.
- 4) Keep multicook tawa on low rack and keep tawa and rack aside . Select menu, then press start.(Preheat process)
- 5) When beeps, keep the prepared balls on tawa and keep tawa on low rack, then press start.
- 6) When beeps, change over the side. Press start. Dip the hot Litti in melted ghee and serve hot with chokha.

I 29: Chokha

- **Weight Limit:** 0.3 kg
- **Utensil:** Microwave safe glass bowl, Multicook tawa, High rack

Ingredients

| List       |                                        | Weight       |
|------------|----------------------------------------|--------------|
| For Chokha | Weight Limit                           | 0.3 kg       |
|            | Brinjal (peeled and chopped)           | 300 g        |
|            | Onion (chopped)                        | 1 no.        |
|            | Tomato (de-seeded and cut into pieces) | 3 nos.       |
|            | Green chilli (chopped)                 | 2 nos.       |
|            | Coriander leaves (chopped)             | 2 tbpsps     |
|            | Ginger (chopped)                       | 1 tsp        |
|            | Mustard oil                            | 0.5 tbsp     |
|            | Salt, Red chilli powder                | As per taste |

Instructions

- 1) In a Microwave safe glass bowl take peeled and chopped brinjal pieces. Sprinkle some water. Select menu, then press start.
- 2) When beeps, remove Microwave safe glass bowl from the microwave. Mash the cooked brinjal with the back of the spoon/laddle and keep aside.
- 3) Take tomatoes pieces and keep on tawa. Keep tawa and high rack inside the microwave, then press start.
- 4) When cooking ends, add grilled tomatoes to the mashed brinjal. Add all the spices, mustard oil, chopped onions and green chilli, coriander leaves and mix very well and mash a little. Serve chokha with freshly made Litti.

I 30: Methi Aloo

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

Ingredients

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

Instructions

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

I [3 I: Kaddu Ki Sabzi

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

Ingredients

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

Instructions

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

Sweet Corner

5C I: Suji Halwa

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

Ingredients

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

Instructions

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

5C2: Besan Ladoo

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

Ingredients

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

Instructions

- 1) In Microwave safe flat glass dish take besan and ghee. Select menu and weight, then press start.
- 2) When beeps, stir it, then press start.
- 3) Again when beeps, stir it, then press start.
- 4) Allow to cool. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size.

NOTE

- For binding the laddoo use ghee

5C3: Shahi Tukda

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

Ingredients

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

Instructions

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

5C4: Kheer

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

Ingredients

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

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Instructions

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

NOTE

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

5C5: Mysore Pak

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

Ingredients

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

Instructions

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

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

SC6: Nariyal Burfi

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

Ingredients

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

Instructions

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

SC7: Sandesh

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

Ingredients

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

Instructions

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

5CB: Shahi Rabdi

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

Ingredients

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

Instructions

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

SC9: Payasam

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

Ingredients

| List        |                                  | Weight-1     | Weight-2  | Weight-3 |
|-------------|----------------------------------|--------------|-----------|----------|
| For Payasam | Weight Limit                     | 0.1 kg       | 0.2 kg    | 0.3 kg   |
|             | Broken rice (soaked for 2 hour)  | 100 g        | 200 g     | 300 g    |
|             | Milk and Water                   | 300 ml       | 500 ml    | 700 ml   |
|             | Sugar                            | 75 g         | 150 g     | 200 g    |
|             | Kesar, elaichi powder dry fruits | As per taste |           |          |
|             | Ghee                             | 1 tbsp       | 1.5 tbsps | 2 tbsps  |

Instructions

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

5C 10: Kaddu Kheer

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

Ingredients

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

Instructions

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

5C 11: Seviyan Zarda

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

Ingredients

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

Instructions

- 1) In a Microwave safe glass bowl add sugar and water. Select menu, then press start.
- 2) When beeps, add rose essence , cardamom powder, seviyan to the bowl. Press start. Give standing time of 3 minutes. Garnish with almonds and pista and serve.

SC 12: Phirni

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

Ingredients

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

Instructions

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

SC 13: Burfi

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

Ingredients

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

Instructions

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

SC 14: Kalakand

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

Ingredients

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

Instructions

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

SC 15: Rava Ladoo

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

Ingredients

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

Instructions

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

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

SC 16: Kaju Burfi

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

Ingredients

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

Instructions

- 1) Take kaju in a spice-grinder and make a fine powder and keep aside.
- 2) In a Microwave safe glass bowl take powdered sugar and water. Stir very well. Select menu, then press start..
- 3) When beeps, stir very well and dissolve all the sugar. Add kaju powder and stir till all the lumps are removed. Keep stirring till the paste becomes like a dough (ball formation stage).
- 4) Grease the kitchen-slab (marble top) a little with ghee. Take the dough and roll out to 25 mm thickness carefully. Cut the kaju burfi in desired square or diamond shape and decorate with vark and serve.

SC 17: Badam Halwa

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

Ingredients

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

Instructions

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

Rice Delight

Recipe 1: Chicken Biryani

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

Ingredients

| List                |                                  | Weight-1 | Weight-2 | Weight-3 | Weight-4 | Weight-5 |
|---------------------|----------------------------------|----------|----------|----------|----------|----------|
| For Chicken Biryani | Weight Limit                     | 0.1 kg   | 0.2 kg   | 0.3 kg   | 0.4 kg   | 0.5 kg   |
|                     | Basmati rice (soaked for 1 hour) | 100 g    | 200 g    | 300 g    | 400 g    | 500 g    |
|                     | Boneless chicken                 | 100 g    | 200 g    | 300 g    | 400 g    | 500 g    |

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

Instructions

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

رد: Gosht Dum Biryani

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

Ingredients

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

Instructions

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

🍽️: Malabar Biryani

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

Ingredients

| List                |                                          | Weight-1     | Weight-2  | Weight-3 | Weight-4  | Weight-5 |
|---------------------|------------------------------------------|--------------|-----------|----------|-----------|----------|
| For Malabar Biryani | Weight Limit                             | 0.1 kg       | 0.2 kg    | 0.3 kg   | 0.4 kg    | 0.5 kg   |
|                     | Basmati rice (soaked for 1 hour)         | 100 g        | 200 g     | 300 g    | 400 g     | 500 g    |
|                     | Boneless chicken                         | 100 g        | 200 g     | 300 g    | 400 g     | 500 g    |
| For Marinade        | Salt, red chilli powder, turmeric powder | As per taste |           |          |           |          |
|                     | Oil                                      | 1 tbsp       | 1.5 tbsps | 2 tbsps  | 2.5 tbsps | 3 tbsps  |
|                     | Salt, biryani masala                     | As per taste |           |          |           |          |
|                     | Curd                                     | 1 tbsp       | 1.5 tbsps | 2 tbsps  | 2.5 tbsps | 3 tbsps  |
|                     | Sliced tomato                            | 1 no.        | 1 no.     | 2 nos.   | 2 nos.    | 3 nos.   |
|                     | Sliced onion                             | 1 no.        | 1 no.     | 2 nos.   | 2 nos.    | 3 nos.   |
|                     | Water                                    | 200 ml       | 400 ml    | 600 ml   | 650 ml    | 750 ml   |

Instructions

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

rd4: Veg Pulao

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

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### Ingredients

| List          |                                                                | Weight-1     | Weight-2  | Weight-3 | Weight-4  | Weight-5 |
|---------------|----------------------------------------------------------------|--------------|-----------|----------|-----------|----------|
| For Veg Pulao | Weight Limit                                                   | 0.1 kg       | 0.2 kg    | 0.3 kg   | 0.4 kg    | 0.5 kg   |
|               | Basmati rice (soaked for 1 hour)                               | 100 g        | 200 g     | 300 g    | 400 g     | 500 g    |
|               | Water                                                          | 200 ml       | 400 ml    | 600 ml   | 650 ml    | 750 ml   |
|               | Oil                                                            | 1 tbsp       | 1.5 tbsps | 2 tbsps  | 2.5 tbsps | 3 tbsps  |
|               | Jeera, laung, tej patta, salt, garam masala, red chilli powder | As per taste |           |          |           |          |
|               | Mix veg - Gobhi, matar, gajar, french beans etc.               | 0.5 cup      | 1 cup     | 1.5 cups | 2 cups    | 2.5 cups |

### Instructions

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

### rd5: Veg Tahiri

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

Ingredients

| List           |                                                                       | Weight-1     | Weight-2 | Weight-3 | Weight-4 | Weight-5 |
|----------------|-----------------------------------------------------------------------|--------------|----------|----------|----------|----------|
| For Veg Tahiri | Weight Limit                                                          | 0.1 kg       | 0.2 kg   | 0.3 kg   | 0.4 kg   | 0.5 kg   |
|                | Basmati rice (soaked for 1 hour)                                      | 100 g        | 200 g    | 300 g    | 400 g    | 500 g    |
|                | Water                                                                 | 200 ml       | 400 ml   | 500 ml   | 550 ml   | 650 ml   |
|                | Oil                                                                   | 1 tbsp       | 1.5 tsps | 2 tsps   | 2.5 tsps | 3 tsps   |
|                | Jeera, laung, tej patta, salt, garam masala, haldi, red chilli powder | As per taste |          |          |          |          |
|                | Mix veg - Gobhi, matar, gajar, tomato, potato etc.                    | 0.5 cup      | 1 cup    | 1.5 cups | 2 cups   | 2.5 cups |

Instructions

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

rd6: Zafrani Pulao

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

Ingredients

| List              |                                | Weight-1        | Weight-2  | Weight-3 | Weight-4  | Weight-5 |
|-------------------|--------------------------------|-----------------|-----------|----------|-----------|----------|
| For Zafrani Pulao | Weight Limit                   | 0.1 kg          | 0.2 kg    | 0.3 kg   | 0.4 kg    | 0.5 kg   |
|                   | Basmati rice                   | 100 g           | 200 g     | 300 g    | 400 g     | 500 g    |
|                   | Melted ghee                    | 1 tbsp          | 2 tbsps   | 3 tbsps  | 4 tbsps   | 5 tbsps  |
|                   | Nutmeg powder, cardamon powder | As per taste    |           |          |           |          |
|                   | Sugar                          | 1 tbsp          | 1.5 tbsps | 2 tbsps  | 2.5 tbsps | 3 tbsps  |
|                   | Saffron (Kesar)                | A pinch         |           |          |           |          |
|                   | Warm milk                      | 1 tbsp          | 2 tbsps   | 3 tbsps  | 4 tbsps   | 5 tbsps  |
|                   | Water                          | 150 ml          | 300 ml    | 350 ml   | 650 ml    | 750 ml   |
|                   | Kishmish, Kaju                 | As per required |           |          |           |          |

Instructions

- 1) In a Microwave safe bowl add ghee and rice. Mix well. Select menu and weight, then press start.
- 2) When beeps, mix well add nutmeg powder, cardamom powder, kishmish, kaju, sugar, saffron mixed with warm milk, water. Press start. Stand for 5 minutes. Garnish with kishmish and kaju and serve.

📖: Bengali Biryani

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

Ingredients

| List                |                                                                      | Weight-1           | Weight-2  | Weight-3 | Weight-4  | Weight-5 |
|---------------------|----------------------------------------------------------------------|--------------------|-----------|----------|-----------|----------|
| For Bengali Biryani | Weight Limit                                                         | 0.1 kg             | 0.2 kg    | 0.3 kg   | 0.4 kg    | 0.5 kg   |
|                     | Basmati Rice (Cooked)                                                | 100 g              | 200 g     | 300 g    | 400 g     | 500 g    |
|                     | Fish (Hilsa)                                                         | 250 g              | 350 g     | 450 g    | 550 g     | 650 g    |
|                     | Desi Ghee                                                            | 1 tbsp             | 2 tbsps   | 2 tbsps  | 3 tbsps   | 3 tbsps  |
|                     | Onion (sliced)                                                       | 1 no.              | 2 nos.    | 2 nos.   | 3 nos.    | 3 nos.   |
|                     | Ginger-garlic paste                                                  | 1 tsp              | 1.5 tsps  | 2 tsps   | 2.5 tsps  | 3 tsps   |
|                     | Red chilli powder, salt, turmeric powder, cumin powder, garam masala | As per taste       |           |          |           |          |
|                     | Black pepper corns, cloves, cinnamon, bayleaf, cardamom (green)      | As per requirement |           |          |           |          |
|                     | Hung curd                                                            | 2 tbsps            | 2.5 tbsps | 3 tbsps  | 3.5 tbsps | 4 tbsps  |
|                     | Oil                                                                  | 1 tsp              | 1.5 tsps  | 2 tsps   | 2.5 tsps  | 3 tsps   |
|                     | Water                                                                | 200 ml             | 400 ml    | 600 ml   | 650 ml    | 750 ml   |

Instructions

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

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

ꣳꣳ: Egg Biryani

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

Ingredients

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

Instructions

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

ꣳꣳ: Achari Chana Pulao

- **Weight Limit:** 0.1 ~ 0.3 kg

- **Utensil:** Microwave safe bowl

Ingredients

| List                   |                                                   | Weight-1           | Weight-2  | Weight-3 |
|------------------------|---------------------------------------------------|--------------------|-----------|----------|
| For Achari Chana Pulao | Weight Limit                                      | 0.1 kg             | 0.2 kg    | 0.3 kg   |
|                        | Soaked rice                                       | 100 g              | 200 g     | 300 g    |
|                        | Soaked and boiled kabuli chana                    | 0.5 cup            | 1 cup     | 1.5 cups |
|                        | Sliced onions                                     | 0.5 cup            | 1 cup     | 1.5 cups |
|                        | Water                                             | 200 ml             | 350 ml    | 500 ml   |
|                        | Ginger-garlic paste                               | 0.5 tsp            | 1 tsp     | 1.5 tsps |
|                        | Desi ghee                                         | 1 tbsp             | 1.5 tbsps | 2 tbsps  |
|                        | Laung, chhoti elaichi, badi elaichi, saunf, jeera | As per requirement |           |          |
|                        | Salt, red chilli powder, garam masala, haldi      | As per taste       |           |          |
|                        | Mango pickle paste                                | 1 tbsp             | 1.5 tbsps | 2 tbsps  |
|                        | Slit green chilli                                 | 1 no.              | 2 nos.    | 2 nos.   |

Instructions

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

 **Methi Rice**

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

Ingredients

| List           |                                       | Weight-1     | Weight-2 | Weight-3  |
|----------------|---------------------------------------|--------------|----------|-----------|
| For Methi Rice | Weight Limit                          | 0.1 kg       | 0.2 kg   | 0.3 kg    |
|                | Methi leaves (chopped)                | 1 cup        | 1.5 cups | 2 cups    |
|                | Soaked rice                           | 100 g        | 200 g    | 300 g     |
|                | Water                                 | 200 ml       | 350 ml   | 500 ml    |
|                | Onions (sliced)                       | 1 no.        | 2 nos.   | 3 nos.    |
|                | Ginger-garlic paste                   | 0.5 tsp      | 1 tsp    | 1.5 tsps  |
|                | Salt, red chilli powder, garam masala | As per taste |          |           |
|                | Oil / ghee                            | 1.5 tbsps    | 2 tbsps  | 2.5 tbsps |

Instructions

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

rd | l: Coconut Rice

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

Ingredients

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

Instructions

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

ꠤꠤꠤ: Curd Rice

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

Ingredients

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

Instructions

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

Chatpat Corner

[[ I: Lemon Pickle

- **Weight Limit:** 0.3 kg

- **Utensil:** Microwave safe glass bowl

Ingredients

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

Instructions

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

[[2: Tomato Sauce

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

Ingredients

| List             |                            | Weight            |
|------------------|----------------------------|-------------------|
| For Tomato Sauce | Weight Limit               | 0.5 kg            |
|                  | Tomato                     | 500 g             |
|                  | Onion                      | 1 No.             |
|                  | Chilli powder, Salt, Sugar | As per your taste |
|                  | Chopped ginger and garlic  | 2 tbsps           |
|                  | Garam masala               | 1 tsp             |

Instructions

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

[[3: Manchurian Sauce

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

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### Ingredients

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

### Instructions

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

### [[4: Aam Ki Chutney

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

### Ingredients

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

### Instructions

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

### [[5: Coconut Chutney

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

Ingredients

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

Instructions

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

Two Recipes for Beginners

Roasted Papad

Papad

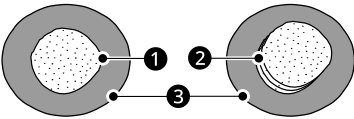
- 1 Place the raw papad at the centre of glass tray.
- 2 Select microwave oven 100% power level and cook time, then press start.
- 3 After papad cooking give standing time of 30-45 seconds.

Multiple papads

Place multiple papads over one another.

Crispy papad

- 1 Press start once without papad.
- 2 Sprinkle little water or oil over the papad.
- 3 After beep, place the papad at the at the center, then press start.



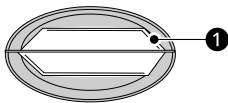
- 1 Papad
- 2 Multiple Papads
- 3 Glass Tray

NOTE

- The cooking time may vary.
- As per the composition of the papad material.
- As per the Quantity of papad used.

Pop Corn

- 1 Place the pop corn bag to the glass tray properly as instructed on packing.
- 2 Press start to set 3~4 minutes.
- 3 Remove the bag after popping sound has stopped. Take care that bag corners do not touch sides while rotating.



1 Pop Corn

NOTE

- Attend popping process carefully.
- Do not overheat as cause flash fire.

List of Ingredients

Spices

| English name    | Hindi name    |
|-----------------|---------------|
| Asafoetida      | Hing          |
| Basil           | Tulsi         |
| Bay Leaf        | Tej Patta     |
| Cardamom, black | Moti Elaichi  |
| Cardamom, green | Choti Elaichi |

| English name             | Hindi name            |
|--------------------------|-----------------------|
| Carom seeds              | Ajwain                |
| Cinnamon                 | Dalchini              |
| Cloves                   | Laung                 |
| Coriander Seeds          | Sabut Dhania          |
| Cumin seeds              | Jeera                 |
| Dry Mango Powder         | Amchur                |
| Dry red chilli           | Sukhi Sabut Lal Mirch |
| Fennel                   | Saunf                 |
| Fenugreek leaves, dried  | Kasuri Methi          |
| Fenugreek seeds          | Methidana             |
| Mace                     | Javitri               |
| Mustard seeds            | Sarson , Rai          |
| Nutmeg                   | Jaiphal               |
| Onion seeds              | Kalonji               |
| Oregano                  | Oregano               |
| Pepper                   | Kali Mirch            |
| Pomegranate seeds, dried | Anardana              |
| Poppy seeds              | Khus Khus             |
| Red Chilli               | Lal Mirch             |
| Salt                     | Namak                 |
| Turmeric                 | Haldi                 |
| Thyme                    | Thyme                 |

Vegetables

| English name | Hindi name |
|--------------|------------|
| Amaranth     | Chavli     |
| Baby corn    | Baby corn  |

| English name      | Hindi name             |
|-------------------|------------------------|
| Bittergourd       | Karela                 |
| Bottlegourd       | Ghiya                  |
| Brinjal/Eggplant  | Baigan                 |
| Broccoli          | Hari Phool Gobhi       |
| Cabbage           | Pata Gobhi/Bandh Gobhi |
| Capsicum          | Shimla Mirch           |
| Cauliflower       | Phool Gobhi            |
| Carrot            | Gajar                  |
| Celery            | Ajmod                  |
| Cluster Beans     | Gavar Ki Fali          |
| Coriander leaves  | Hara Dhania            |
| Colocasia         | Arbi                   |
| Cucumber          | Kheera                 |
| Curry leaves      | Curry Patta            |
| Drumsticks        | Drumsticks             |
| French beans      | France beans           |
| Garlic            | Lehsun                 |
| Ginger            | Adrak                  |
| Elephant Foot Yam | Jimikand               |
| Lady Finger       | Bhindi                 |
| Lemon             | Nimbu                  |
| Lemon Grass       | Lemon Grass            |
| Lettuce           | Lettuce                |
| Lime              | Nimbu                  |
| Mint              | Pudina                 |
| Mushroom          | Kukurmutta             |
| Olives            | Jafun                  |
| Onion             | Pyaz                   |

| English name       | Hindi name  |
|--------------------|-------------|
| Parsley            | Ajmoda      |
| Potato             | Aloo        |
| Peas               | Hari Matar  |
| Radish             | Mooli       |
| Red Pumpkin        | LalKaddu    |
| Snake Gourd        | Torai       |
| Spinach            | Palak       |
| Spring Onion       | Hari Pyaz   |
| Sweet Potato       | Shakarkandi |
| Tomato             | Tamatar     |
| Turnip             | Shalgam     |
| Chenopodium leaves | Bathua      |
| Zucchini           | Torai       |

Fruits

| English name | Hindi name |
|--------------|------------|
| Apple        | Seb        |
| Coconut      | Nariyal    |
| Grapes       | Angoor     |
| Mango        | Aam        |
| Papaya       | Papeeta    |
| Pineapple    | Anannas    |
| Pomegranate  | Anaar      |
| Raw Banana   | Kacha Kela |

Cereals

| English name   | Hindi name |
|----------------|------------|
| Flattened Rice | Poha       |
| Oats           | Jaei       |

| English name        | Hindi name    |
|---------------------|---------------|
| Puffed Rice         | Murmura       |
| Refined wheat Flour | Maida         |
| Rice                | Chawal        |
| Sago                | Sabudana      |
| Semolina            | Suji          |
| Whole wheat broken  | Daliya        |
| Wheat Flour (whole) | Gehun ka Atta |

Pulses

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

Dry Fruits

| English name | Hindi name |
|--------------|------------|
| Almonds      | Badam      |
| Cashewnuts   | Kaju       |
| Pistachio    | Pista      |
| Raisins      | Kishmish   |
| Walnuts      | Akhrot     |
| Peanuts      | Mungfali   |

Fats and Oils

| English name | Hindi name    |
|--------------|---------------|
| Butter       | Makhan        |
| Ghee         | Ghee          |
| Oil          | Tel           |
| Olive Oil    | Jaitun Ka Tel |
| Mustard Oil  | Sarson Ka Tel |
| Sesame Oil   | Til Ka Tel    |

Miscellaneous

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

# Utensils Guide

## Microwave-Safe Utensils

- **Ovenproof Glass:** Glassware that is heat-resistant is microwave-safe. This would include all brands of oven tempered glass utensils. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.
- **Pottery Stoneware Ceramic:** Use bowls, cups, serving plates, pottery, stoneware, ceramic, and platters without metallic rim. Many containers made of these materials are microwave-safe, but test them before use.
- **Plastic**
  - **Plastic Storage Containers:** These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.
  - **Plastic Cooking Bags:** Provided they are specially made for cooking, cooking bags are microwave safe. Remember to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in the microwave oven, as they will melt and rupture.
  - **Plastic Microwave Utensils:** A variety of shapes and sizes of microwave utensils are available. You may be able to use items you already have on hand rather than investing in new kitchen equipment.
- **Paper:** Use paper towels, waxed paper, paper napkins, and paper plates with no metallic rim or design. Paper plates and containers are convenient and safe to use in the microwave oven, provided that the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods such as bacon are cooked. In general, avoid coloured paper products as the color may run. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave.
- **Tableware:** Many containers made of pottery, stoneware and ceramic are also microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test. Do not put plates

with painted decoration in the oven, as the paint may contain metal and cause arcing.

## Microwave-Unsafe Utensils

- **Metal Containers and Metal Decoration**
  - Never use metal or metal-rimmed utensils in the microwave oven.
  - Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning.
  - Metal shields the food from microwave energy and produces uneven cooking. Also avoid metal skewers, thermometers, foil trays, metal-rimmed or metal-banded dinnerware, casserole dishes, etc. The metal rim interferes with normal cooking and may damage the oven.

## Testing Utensils before Use

Most heat resistant and non-metallic utensils is safe for use in your oven. However, some utensils may contain materials that are not suitable for microwave use. Follow the steps below to find out if utensils can be used in the microwave.

- 1 Place the container in question and a glass measuring cup filled with water next to each other inside the oven.
- 2 Heat the container and glass measuring cup for 1 minute at HIGH power.
  - If the water heats up but the container remains cool to the press, the container is microwave-safe.
  - If the temperature of the water does not change but the container becomes warm, it is not safe for use in the microwave oven.

## CAUTION

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

## ⚠ CAUTION

- Always be careful when taking utensils out of the oven. Some dishes absorb heat from the cooked food and may be hot.

## Cooking Guide

### Cooking Tips

Carefully monitor the food in the microwave oven when it is cooked. Directions given in recipes to elevate, stir, etc., are the minimum steps recommended. If the food seems to be cooked unevenly, simply make the necessary adjustments to correct the problem.

- **Covering:** Cover the plate with a lid, parchment paper (not waxed paper) or cling plastic wrap for use in the microwave oven. A cover traps heat and steam, which help to cook the food more quickly.
- **Stirring:** Stir from the outside towards the center, as food at the outside of the dish heats more quickly.
- **Standing Time:** Standing time allows foods to finish cooking and also helps flavors blend and develop. Foods are often allowed to stand for 3 to 10 minutes after being removed from the oven.
- **Cooking Time:** Set the cooking time according to the temperature of the ingredients. Ice-cold ingredients take considerably longer to cook than room temperature ingredients.
- **Sprinkling:** Low-moisture foods such as roasts and vegetables should be sprinkled with water before cooking or covered to retain moisture.
- **Arranging:** The upper portion of thick foods will be cooked more quickly than the lower portion. Turn food over several times during cooking.
- **Piercing:** Pierce foods that are enclosed in a shell, skin or membrane before cooking to prevent them from bursting.
  - Such foods include yolks and whites of eggs, clams, oysters, potatoes, and other whole vegetables and fruits.

- **Shape of Food:** Microwaves penetrate only about 2 cm into food. Only the outer edge of food is cooked by microwave energy; the rest is cooked as the heat moves inward.
  - Place the thickest portions of foods like meat, poultry or fish toward the outside of the utensils to help them cook more evenly.
  - If possible, shape foods into thin rounds or rings.
- **Density:** Light, porous food such as cakes and breads are cooked more quickly than heavy, dense foods such as roasts and casseroles.
- **Bones and Fat:** Bones conduct heat and fat cooks more quickly than meat. Take care with bony or fatty cuts of meat.
- **Quantity:** The more food you place in the oven, the longer the required cooking time.
- **Shielding:** Cover the corners of square dishes with strips of aluminum foil to prevent overcooking. Do not use too much foil, and make sure the foil is secured to the dish. If the foil gets too close to the oven walls during cooking, it can cause arcing.

# TROUBLESHOOTING

## FAQs

### Frequently Asked Questions

**Q: What's wrong when the oven light will not glow?**

A: There may be several reasons why the oven light will not glow. Either the light bulb has blown or the electric circuit has failed.

**Q: Does microwave energy pass through the viewing screen in the door?**

A: No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.

**Q: Why does the beep tone sound when a button on the control panel is touched?**

A: The beep tone sounds to assure that the setting is being properly entered.

**Q: Will the microwave function be damaged if it operates empty?**

A: Yes. Never run it empty.

**Q: Why do eggs sometimes pop?**

A: When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.

**Q: Why is standing time recommended after microwave cooking is over?**

A: After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. the amount of standing time depends on the density of the food.

**Q: Why doesn't my oven always cook as fast as the cooking guide says?**

A:

- Check your cooking guide again to make sure you have followed directions correctly, and to see what might cause variations in cooking time.
- Cooking guide times and heat settings are suggestions, chosen to help prevent overcooking, the most common problem in getting used to this oven.
- Variations in the size, shape, weight and dimensions of the food require longer cooking time.
- Use your own judgment along with the cooking guide suggestions to test food conditions, just as you would do with a conventional cooker.

## Before Calling for Service

If following symptoms appear while using the microwave oven, check it one more time. It may not be a failure.

### Operation

| Symptoms                      | Possible Cause & Solution                                                                                                                                                                               |
|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Microwave oven does not start | <b>Power cord is unplugged, door is open. Or, cooking time is not set.</b> <ul style="list-style-type: none"><li>• Plug in power cord.</li><li>• Close oven door.</li><li>• Set cooking time.</li></ul> |

| Symptoms                      | Possible Cause & Solution                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Microwave oven does not start | <p><b>A fuse in your home may be blown or the circuit breaker tripped. Or the appliance is connected to a GFCI (Ground Fault Circuit Interrupter) outlet, and the outlet's circuit breaker has tripped.</b></p> <ul style="list-style-type: none"><li>• Check the main electrical box and replace the fuse or reset the circuit breaker.</li><li>• Do not increase fuse capacity. If the problem is a circuit overload, have it corrected by a qualified electrician.</li><li>• Reset the circuit breaker on the GFCI. If the problem persists, contact an electrician.</li></ul> |
| Arcing or Sparking            | <p><b>Utensils is not microwave safe. Or, operated the oven when it is empty.</b></p> <ul style="list-style-type: none"><li>• Use microwave-safe utensils. When in doubt, test utensils before use.</li><li>• Do not operate oven while it is empty.</li></ul>                                                                                                                                                                                                                                                                                                                    |
| Unevenly Cooked Foods         | <p><b>Utensils is not microwave safe. Or, cooking settings was wrong.</b></p> <ul style="list-style-type: none"><li>• Test utensils to make sure it is microwave safe.</li><li>• Do not cook without the glass tray.</li><li>• Turn or stir food while cooking.</li><li>• Defrost food completely before cooking.</li><li>• Use correct cook time and power level.</li></ul>                                                                                                                                                                                                      |
| Overcooked Foods              | <p><b>Cooking settings and methods are wrong.</b></p> <ul style="list-style-type: none"><li>• Change cook time or power level.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Undercooked Foods             | <p><b>Utensils is not microwave safe. Or, cooking settings was wrong.</b></p> <ul style="list-style-type: none"><li>• Test that utensils is microwave safe.</li><li>• Defrost food completely before cooking.</li><li>• Change cook time or power level.</li><li>• Make sure that ventilation ports are not blocked.</li></ul>                                                                                                                                                                                                                                                    |

# APPENDIX

## Warranty

### Warranty and Service Information

#### Warranty

The Microwave oven comes with 1 year warranty on all parts (except Plastic parts, Consumables, Loose Plastic Parts, Glass) from the date of purchases on producing the tax paid invoice of the product provided always that the warranty card bears the rubber stamp, date and signature of our authorized dealer.

#### TERMS & CONDITIONS

1. The warranty is confined to the first purchaser of the Microwave oven only & is non-transferable.
2. Repairs & replacements will be carried out through the Authorized Service Centres of LG Electronics India Ltd. (hereinafter referred as LG or LGEIL). Customer may place their service call through the LG customer care or through the dealer from whom the product has been purchased. In case the customer shifts the place of residence during warranty period, it is advised to contact our helpline.
3. Repair under warranty shall be carried out by an authorized service personnel only. The details of centralized helplines are attached.
4. For units installed beyond municipal limits of the jurisdiction of company's Authorized Service Centre, it is responsibility of the purchaser to contact the nearest authorized service centre and bring the unit to the authorized service at its own cost and risk. All expense incurred in collecting the units or parts thereof from the company's authorized service centre, as well as expenses incurred with deputing of service personnel/ technician toward conveyance and other incidentals etc. will be borne by the customer. Local charges for transportation and handling charges may vary from location to location. Customers are advised to verify before. In case the customer desires to bring the unit on its own to the Authorized Service Centre, the same shall be at its own risks & consequences.
5. The concerned authorized service centre will advise the customer whether to effect the repairs at site or at the authorized service centre.
6. Call registered with the centralized helpline/Authorized service centre, wherein only cleaning of the unit/ parts in the unit due to dust accumulation on portions of the units are not to be considered as defects.
7. In case of repairs or replacement of any part/s of the unit, this warranty will thereafter continue and remain in force only for the unexpired period of the warranty. LGEIL may use parts that are new or refurbished and equivalent to new in performance and reliability. Replacement of parts would be purely at the discretion of LGEIL alone. In case the replacement of the entire unit is being made, (subject to the sole discretion of LGEIL), the same model shall be replaced and in the event such model has been discontinued, it shall be replaced with the model price equivalent at the time of purchase.
8. In case of any damage to the product/customer abuse/repairs by un-authorized personnel's/ misuse detected/ by the Authorized Service Centre personnel, the warranty conditions are not applicable and repairs will be done subject to availability of parts and on a chargeable basis only.
9. This warranty shall not cover any consequential or resulting liability, damage or loss to property or life arising directly or indirectly out of any defect being noticed in the equipment during warranty period of the Microwave oven. The company's obligation under this warranty shall be limited to repair or providing replacement of defective parts only under the warranty period
10. The company or its Authorized Service Centre reserves the right to retain any part/s or component replaced its discretion, in the event of defect being noticed in the equipment during warranty period.
11. While the company will make every effort to carry out repairs at the earliest, it however is made expressly clear that the company is under no obligation to do so in a specified period of time.
12. Warranty does not cover accessories external to the equipment supplied by the dealer.

- 13. If any coloured internal or external components are replaced, there will be commitment to ensure that the shades match with the original or other components. The replaced shades, patterns, tints may vary from the customer's unit due to continuous usage of the unit. Any matching components changed at customer's request will be chargeable basis except the component which actually needed.
- 14. In the event of any unforeseen circumstance, and spares not being available, the company's prevailing depreciation rules will be binding on the purchaser to accept as a commercial solution in lieu of repairs.
- 15. Free Installation or Demo of the product, can be availed only once & within 3 months from the date of purchase.
- 16. Any extended warranty offered by LGEIL has to be supported by relevant proof.
- 17. Warranty shall expire after the warranty period as mentioned above even if the Microwave oven may not be in use for any time during the warranty period for any reason.
- 18. Only courts in state of Delhi and places where LGEIL has its branch office shall have the jurisdiction for settling any claims, disputes arising under the warranty.

**Warranty is not applicable in any of the following cases :**

- 1. The warranty card is not completed properly at the time of purchase.
- 2. The completed warranty card is not presented to authorized service personnel at the time of service of the product.
- 3. The product is not operated according to instructions given in the Operating Instruction Booklet/ Owner's Manual.
- 4. The product is used for commercial purposes.
- 5. The product has failed under certain conditions like water logging, flood, fire, misuse etc.
- 6. Defects/malfunction are caused by improper or reckless use, which shall be determined by the company personnel.
- 7. Any repair work is carried out by persons other than authorized service personnel.
- 8. Defect/malfunction are caused which are beyond control like lightening, abnormal voltage, Acts of God, virus etc.
- 9. Any issue is caused by usage of 3rd party product like voltage stabilizer, power outlet socket, MCB, extension board etc.
- 10. Defects/malfunction caused while in transit to service centre or purchaser's residence.
- 11. Defects caused by rodents bite or by pests and vermin ants/Insects/animals/birds etc.
- 12. The serial number is deleted, defected or altered.
- 13. Damage is caused to the product or any part/s due to transportation or shifting.
- 14. Any accessory external to the equipment are supplied by dealer or LG.

**CUSTOMER'S COPY**

CUSTOMER'S COPY

MODEL No. :  
UNIT SERIAL No. :

CUSTOMER'S NAME & ADDRESS

TEL.

DATE OF PURCHASE :

DEALER'S NAME & ADDRESS

TEL.

Customer's Signature

Dealer's Signature

This card is valid only if it is filled in and stamped by our authorised dealer on the date of purchase.

**Memo**

**Memo**

**Memo**

**Brand Owner (LG Electronics India Ltd.) & Packaging Type Details as per PWM Rules**

| Packaging type   | Company name             | Registration number        | Thickness         |
|------------------|--------------------------|----------------------------|-------------------|
| Plastic Sheet    | LG Electronics India Ltd | BO-13-000-07-AAACL1745Q-22 | 0.05 mm and above |
| Multilayered bag | LG Electronics India Ltd |                            | N/A               |

**LG Electronics India Ltd.**

|                    |                                                                                                                                                          |
|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Phone              | 08069379999<br>1800 315 9999 [Toll Free]                                                                                                                 |
| WhatsApp No.       | 9711709999                                                                                                                                               |
| Mobile Application | 'LG Service India Mobile App' available at Google Play                                                                                                   |
| SNS                | <a href="https://www.facebook.com/LGIndiaPage">www.facebook.com/LGIndiaPage</a><br><a href="https://www.twitter.com/LGIndia">www.twitter.com/LGIndia</a> |
| Address            | Regd. Office: LG Electronics India Ltd., A-24/6 Mohan Cooperative Industrial Estate, Mathura Road, New Delhi-110044<br>CIN No. L32107DL1997PLC220109     |

24 hours, 7 days a week ( except National Holidays )