ENGLISH

HINDI

OWNER'S MANUAL

MICROWAVE OVEN

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

MJEN286VI

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How the Microwave Function Works / माइक्रोवेव प्रणाली किस तरह कार्य करती है

Microwaves are a form of energy similar to radio, television waves, and ordinary daylight. Normally, microwaves spread outwards as they travel through the atmosphere and disappear without effect.
This oven, however, has a magnetron that is designed to make use of the energy in microwaves. Electricity, supplied to the magnetron tube, is used to create microwave energy.

रेडियो, टेलीविज़न तरंगों और दिन के सामान्य प्रकाश की तरह ही माइक्रोवेव भी ऊर्जा का ही एक रूप है। आमतौर पर माइक्रोवेव की ये ऊर्जा तरंगे बाहर की तरफ ही प्रसारित होती हैं क्योंकि वे वातावरण में चालित होती हैं और अंततः प्रभावहीन हो कर गायब हो जाती हैं। किन्तु फिर भी, इस ओवन में अतिरिक्त रूप से एक मैग्नेट्रॉन होता है जो कि माइक्रोवेव्स में समाहित ऊर्जा को उपयोग में लाने का कार्य करता है। मैग्नेट्रॉन ट्यूब में प्रवाहित विद्युत, माइक्रोवेव ऊर्जा का निर्माण करती है।

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

ये माइक्रोवेव्स ओवन के माध्यम से कुकिंग एरिया में अन्दर की तरफ प्रयोग में लाये जाते हैं। ओवन के भीतर एक ट्रे होती है जो मुख्य उपयोग में आती है। माइक्रोवेव्स ओवन के चारों ओर की धातु से बनी दीवारों को पार नहीं कर पाती हैं परन्तु वे अपने आसपास की वस्तुएं जैसे ग्लास, पोरसलीन और कागज़ सहित सुरक्षा को ध्यान में रख कर बनाये गए अन्य धातु के बरतनों में प्रवाहित हो जाती हैं।

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

मूलरूप से माइक्रोवेव्स खाने के बर्तनों को गर्म नहीं करता बल्कि ये बर्तन गर्म हुए भोजन की गरमाहट से आखिरकार गर्म हो ही जाते हैं।

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A very safe appliance / अति–सुरक्षित उपकरण

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

माइक्रोवेव्स आपके सभी घरेलू उपकरणों में से सबसे अधिक सुरक्षित होता है। जब द्वार खुला होता है तब ओवन अपने आप ही माइक्रोवेव्स भेजना बंद कर देता है। जब ये माइक्रोवेव खाने के सामान में प्रवाहित होती हैं तो वे पूरी तरह से ऊष्णता में परिवर्तित हो जाती हैं और इस भोजन को जब आप ग्रहण करते हैं तो ''बाकी बची'' ऊर्जा से आपके स्वास्थ्य पर कोई भी हानिकारक प्रभाव नहीं पड़ता।

Disclaimer:
The user should follow the instructions as per the owner's manual to avoid any malfunctioning of the product, accident or damage. The liability of manufacturer is limited only to the extent of repair or replacement of the product as per the terms and condition mentioned herein if product was not misused, altered or modified but shall not include any damage to the property or injury or loss of life on account of breach of warranty conditions/warning or any commercial or economic loss, including any direct, incidental or consequential loss relating thereto./ उपयोगकर्ता को उत्पाद, दुर्घटना या क्षति की किसी भी खराबी से बचने के लिए उपयोगर्ता मैनुअल के अनुसार निर्देशों का पालन करना चाहिए। निर्माता की देयता केवल उत्पाद की मरम्मत या प्रतिस्थापन की सीमा तक सीमित होती है और इसमें उल्लिखित शर्तो के अनुसार यदि उत्पाद का दुरूपयोग नहीं किया गया, बदल दिया गया या संशोधित किया गया, लेकिन इसमें सम्पति की क्षति या चोट या जीवन की हानि शामिल नहीं होगी किसी भी प्रत्यक्ष, आकस्मिक या परिणामी हानि से सम्बधित वारंटी शर्तो / चेतावनी या किसी भी वाणिज्यिक या आर्थिक नुकसान के उल्लंघन के कारण।

Indian Cuisine (pg. 30-59)

Indian Cuisine

Code No.	Recipe Name	
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1-4	SAMBHAR	31
1-5	DUM ALOO	32
1-6	KADHI	32
1-7	BAATI	32
1-8	DALMA	33
1-9	PITHLA	33
1-10	PANCHMEL KI SUBZI	33
1-11	GUJARATI TUVAR DAL	34
1-12	BUTTER CHICKEN	34
1-13	BEANS PORIAL	34
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1-18	BAIGAN KA BHARTA	36
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1-21	MATAR PANEER	37
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1-29	METHI ALOO	40
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1-31	PALAK KEEMA	41
1-32	PANEER PISTA HARYALI	41
1-33	BANDGOBHI MATAR	42
1-34	MUSHROOM CHILLI	42
1-35	KALONJI ALOO	42
1-36	DAHI ALOO	42
1-37	ALOO SHIMLA MIRCH	43
1-38	PANEER BHURJI	43
1-39	SCRAMBLED EGGS	43
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Code No.	Recipe Name	
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2-2	GOSHT DUM BIRYANI	45
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Veg Charcoal / Healthy Heart (pg. 60-84)

Veg Charcoal

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Code No.	Recipe Name	
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Indian Roti Basket / Ghee (pg. 85-98)

Indian Roti Basket

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1-3	APPAM	86
1-4	DAAL PARANTHA	87
1-5	MASALA ROTI	87
1-6	MISSI ROTI	87
1-7	STUFFED NAAN	88
1-8	KHASTA PARANTHA	88
1-9	PUDINA PARANTHA	89
1-10	RAJMA PARANTHA	89
1-11	PANEER PARANTHA	90
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1-14	PALAK PARANTHA	91
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1-19	ALOO GOBHI PARANTHA	93
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Ghee

Code No.	Recipe Name	
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2-2	GHEE SHAKKAR	98
2-3	GUDH SHAKKAR	98
2-4	PANJIRI	98

Diet Fry/Low Calorie (pg. 99-116)

Diet Fry

Code No.	Recipe Name	
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1-3	BREAD PAKORA	100
1-4	PANEER PAKORA	101
1-5	GUJIYA	101
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1-7	MASALA VADA	102
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Low Calorie

Code No.	Recipe Name	
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2-3	LEMON CHICKEN	111
2-4	MACHI KALI MIRCH	111
2-5	SOYA IDLI	112
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Kids' / Dairy Delight (pg. 117-134)

Child's Favourite

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1-8	CHOCOLATE BALLS	119
1-9	STRAWBERRY CUSTARD	119
1-10	VEG BURGER	120
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1-20	BESAN CHEELA	123
1-21	VEG SANDWICH	123
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IMPORTANT SAFETY INSTRUCTIONS/READ CAREFULLY AND KEEP FOR FUTURE REFERENCE
महत्वपूर्ण सुरक्षा निर्देश/ध्यान से पढ़ें और भविष्य के संदर्भ के लिए रखें

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

कृपया आगे के सन्दर्भों पर नजर डालें। ओवन का इस्तेमाल करते समय आग लगने या विद्युत का झटका लगने, व्यक्तिगत तौर पर दुर्घटना और क्षति से बचने के लिए उपयोग में लाने के पूर्व सभी निर्देश पढ़ें और उनका पालन करें। यह दिशा–निर्देश सभी संभावित दशाओं का वर्णन नहीं करती जो ओवन पर कार्य करते समय हो सकती हैं। किसी भी ऐसी समस्या के दौरान जब आप स्थिति को समझने में असमर्थ हों, आप सदैव अपने सर्विस एजेंट या निर्माता से संपर्क करें।

⚠ WARNING / चेतावनी

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

यह सुरक्षा–सचेतक चिन्ह हैं। यह चिन्ह आपको संभावित सभी खतरों के प्रति सचेत करता है जो कि आपकी या दूसरों की जान ले सकते हैं या उनको घायल कर सकते हैं। सभी सुरक्षा संदेश सुरक्षा सचेतक चिन्हों या ''वार्निंग'' या ''कॉशन'' के बाद लिखे हुए हैं। इन शब्दों का अर्थ है:

⚠ WARNING / चेतावनी

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

यह चिन्ह आपको खतरों या असुरक्षित तरीके से कार्य करते समय होने वाली शारीरिक दुर्घटनाओं या मृत्यु आदि की आशंकाओं से सचेत करता है।

⚠ CAUTION / सावधानी

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

यह चिन्ह आपको खतरों या असुरक्षित तरीके से कार्य करते समय होने वाली शारीरिक दुर्घटनाओं या संपत्ति संबंधी अन्य किसी क्षति की आशंकाओं से सचेत करता है।

⚠ WARNING / चेतावनी

1 Do not attempt to tamper with, or make any adjustments or repairs to the door, door seals, control panel, safety interlock switches or any other part of the oven which would involve the removal of any cover protecting against exposure to microwave energy. Do not operate the oven if the door seals and adjacent parts of the microwave oven are faulty. Repairs should only be undertaken by a qualified service technician.

ओवन के द्वार, द्वार की सील, कंट्रोल पैनल, सेफ्टी इंटरलॉक स्विचेस या उसका कोई अन्य हिस्सा जो कि माइक्रोवेव ऊर्जा को बाहर निकलने से रोककर सुरक्षित करता हो, से छेड़छाड़ न करें न ही किसी प्रकार का जोड़तोड़ या सुधार करें। द्वार या उससे जुड़े किसी हिस्से में कोई खराबी आने की दशा में ओवन का उपयोग न करें। इसकी मरम्मत का काम सिर्फ सर्विस टेक्नीशियन के माध्यम से ही करवाएं।

- 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.

  उपकरणों की तुलना में माइक्रोवेव ओवन एक उच्च क्षमता का उच्च विद्युत तरंग वाला उपकरण है। इसका गलत तरीके से इस्तेमाल या मरम्मत करने से अत्यधिक मात्रा की माइक्रोवेव ऊर्जा का हानिकारक प्रभाव या विद्युत के झटके का खतरा हो सकता है।

2 Only use Oven for the purpose of dehumidification of Namkin, Biscuits, Bhujia, papad , wafers, etc. Do not operate with wet newspaper, toys, Electric devices, pet or child, etc./केवल नमकीन, बिस्कुट, भुजिया, पापड़, वेफर्स आदि के निरार्द्रीकरण के उदेश्य के लिए ओवन का उपयोग करें। गीले अखबार, खिलौने, इलेक्ट्रिक उपकरण, पालतू जानवर या बच्चें, आदि के साथ काम न करें।

- 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.

  यह आग, जलना या विद्युत के झटके से होने वाली अकस्मात् मृत्यु जैसी गंभीर सुरक्षा–क्षति का कारण भी बन सकता है।

⚠ WARNING / चेतावनी

3 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 orinstruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not operate or play with the appliance./यह उपकरण कम शारीरिक, संवेदी या मानसिक क्षमताओं, या अनुभव और ज्ञान की कमी के साथ व्यक्तियों(बच्चों सहित) के उपयोग के लिए अभिप्रेत नहीं है, जब तक कि उन्हें उनकी सुरक्षा के लिए जिम्मेदार व्यक्ति द्वारा उपकरण के उपयोग के सम्बन्ध में पर्यवेक्षण या निर्देश नहीं दिया गया हो। यह सुनिश्चित करने के लिए बच्चों की निगरानी की जानी चाहिए कि वे उपकरण के साथ काम नहीं करते हैं या खेल नहीं रहे हैं।

- Improper use may cause damage such as a fire, electric shock or burn.
  अनुचित उपयोग से क्षति हो सकती है, जैसे कि आग लगना, बिजली का झटका लगना या जलना।

4 Accessible parts may become hot during use. Young children should be kept away.
इसके इस्तेमाल के दौरान स्पर्श में आने लायक इसके सभी हिस्से गर्म हो सकते हैं। छोटे बच्चों को दूर रखना आवश्यक है।

- They may get a burn.
  इससे जलने को खतरा है।

⚠ WARNING / चेतावनी

5 Liquids or other foods must not be heated in sealed containers since they are liable to explode. Remove the plastic wrapping from food before cooking or defrosting. Note though that in some cases food should be covered with plastic film, for heating or cooking.
बंद बर्तनों में तरल या अन्य भोजन इसके अन्दर गर्म न किएं जाएं क्योंकि उनमे विस्फोट हो सकता है। खाना बनाते समय या डी–फ्रॉस्ट करते समय बर्तन का मुंह बंद करने वाली प्लास्टिक की झिल्ली आदि अवश्य निकाल लें। कुछ मामलों में गरम करने या बनाने के लिए खाने को प्लास्टिक की झिल्ली से बंद करके इसमें रखा जाना चाहिए।

- They could burst.
  उसमें विस्फोट हो सकता है।

⚠ WARNING / चेतावनी

6 Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
ओवन यदि क्षतिग्रस्त है तो इसको न चलाएं। यह विशेष रूप से महत्वपूर्ण है कि ओवन के द्वार ठीक से बंद हों और इनमें से कोई (1) द्वार (मुड़ें), (2) कब्जे और चिटकनी (टूटी या ढीली), (3) द्वार सील और सीलिंग तल क्षतिग्रस्त न हो।

- It could result in harmful exposure to excessive microwave energy.
  अधिक समय तक भोजन अन्दर रहने पर उसमे आग भी लग सकती है और ओवन को भी नुकसान पहुंच सकता है।

7 Do not use improper accessories. Only use appropriate accessories on each operation mode, refer to the guide on page 15
अनुचित उपकरण का उपयोग न करें। केवल प्रत्येक ऑपरेशन मोड पर उपयुक्त सहायक उपकरण का उपयोग करें, पृष्ठ 15 पर मार्गदर्शिका देखें।

- Improper use could result in damage to your oven and accessories, or could make spark and a fire.
  इसके गलत तरीके से इस्तेमाल से ओवन और आपके उपकरणों का नुकसान या विद्युत स्पार्क या आग लगने का खतरा हो सकता है।

8 Do not hang heavy objects and do not allow children to hang with the door & door handle. Children should not be allowed to play with accessories./ भारी वस्तुओं को न लटकाएँ और बच्चों को दरवाजे के हैड़ल से लटकने न दें। बच्चों को सामान के साथ खेलने की अनुमति नहीं दी जानी चाहिए।

- They may get hurt.
  उन्हें चोट लगने का खतरा है।

9 Do not carry out any service or repair operation by your own that involves the removal of a cover which gives protection against the exposure to microwave energy. It is hazardous for anyone other than a competent person
अपने आप से किसी भी सेवा या मरम्मत कार्य को अंजाम न दें, जिसमें एक कवर को हटाना शामिल है जो माइक्रोवेव उर्जा के सम्पर्क में आने से बचाता है। यह सक्षम और तकनीकी विशेषज्ञ व्यक्ति के अलावा किसी के लिए भी खतरनाक है।

10 When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
जब ओवन का कॉम्बिनेशन मोड़ में इस्तेमाल हो रहा हो तो बच्चे सिर्फ बड़ों के निर्देशन कें ही इसका इस्तेमाल करें क्योंकि इस समय अत्यधिक ताप उत्पन्न होता है जो उनके लिए घातक सिद्ध हो सकता है।

11 You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. It is important not to tamper with the safety interlocks.
इसके दरवाजों पर लगे सेफ्टी इंटरलॉक्स के कारण आप इसके द्वार खोल कर इसको नहीं चला सकते। ये बहुत जरूरी है कि सेफ्टी इंटरलॉक्स के साथ किसी तरह की छेड़छाड़ न की जाए।

- It could result in harmful exposure to excessive microwave energy. (Safety interlocks automatically switch off any cooking activity when the door is opened).
  इसमें पैदा होने वाली अत्यधिक माइक्रोवेव ऊर्जा के कारण ये खतरे की वजह भी बन सकते हैं। (जब ओवन के द्वार खुले होते हैं तो सेफ्टी इंटरलॉक्स अपने आप निष्क्रिय हो कर खाना बनाने या गरम करने का कार्य बंद कर देते हैं।)

12 Do not place any object (such as kitchen towels, napkins, etc.) between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.
ओवन के द्वार और प्रवेश द्वार के सामने कोई सामान (जैसे किचन टॉवल या नैपकिन इत्यादि) न रखें न ही किसी तरह के खाने या सफाई करने वाले सामान के अवशेष यहां रहने दें।

- It could result in harmful exposure to excessive microwave energy.
  ऐसा करना अत्यधिक ऊर्जा के प्रवाह से खतरा पैदा कर सकता हैं।

13 Do not heat food in disposable containers made of plastic, paper or other combustible materials. They may not be safe for heating food. Use microwave safe utensils only. Do not leave microwave oven unattended while cooking.
प्लास्टिक, कागज या अन्य दहनशील सामग्री से बने डिस्पोजेबल कंटेनरों में भोजन को गर्म न करें। वे भोजन को गर्म करने के लिए सुरक्षित नहीं हो सकते हैं। माइक्रोवेव सेफ बर्तनों का ही इस्तेमाल करें खाना बनाते समय माइक्रोवेव ओवन को नजरअंदाज न करें।

- Your food may be poured due to the possibility of container deterioration, which also can cause a fire.
आपका खाना भी गिर कर फैल सकता है इसके भगोने के टूट जाने से और इससे भी आग लग सकती है।

14 The current rating of power socket outlet should be equivalent or higher than the plug current rating. The cross-sectional area of wire used by customer for fixed wiring shall be equivalent or higher than the power cord's cross-sectional area used in microwave oven. / पावर सॉकेट आउटलेट की वर्तमान रेटिंग प्लग वर्तमान रेटिंग के बराबर या उससे अधिक होनी चाहिए। तय वायरिंग के लिए ग्राहक द्वारा उपयोग किये जाने वाले तार का अनुप्रस्थ काट क्षेत्र माइक्रोवेव ओवन में उपयोग किये जाने वाले पावर कॉर्ड के अनुप्रस्थ काट क्षेत्र के बराबर या अधिक होगा।

- Using improper plug or switch can cause an electric shock or a fire.
गलत प्लग या स्विच लगाने से विद्युत का झटका या आग लग सकती है।

15 If the supply cord is damaged, it must be replaced by the manufacturer or by LG authorized service agent only.
यदि पावर कॉर्ड खराब है, तो इसे निर्माता द्वारा या केवल LG अधिकृत सर्विस एंजेट द्वारा प्रतिस्थापित किया जाना चाहिए।

- It can cause serious damage such as a fire or electric shock.
यह आग या बिजली के झटके जैसे गंभीर नुकसान का कारण बन सकता है।

16 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.
इसमें रखने से पहले बच्चे के दूध की बोतलें और खाने का जार के अन्दर के सामान को हिला अवश्य लें और इसे खिलाने से पहले इसका तापमान अवश्य देख लें ताकि बच्चे का मुंह न जले।

⚠ CAUTION / सावधानी

1 Please ensure cooking times are correctly set, small amounts of food require shorter cooking or heating time.
कुकिंग टाइम को निश्चित समय के लिए सही सेट करें। कम मात्रा वाले भोजन को पकाने के लिए कम समय लगता है।

- Over cooking may result in the food catching on fire and subsequent damage to your oven.
आवश्यकता से अधिक समय तक कुकिंग से आग लग सकती है और आपके ओवन को क्षति पहुंच सकती है।

2 When heating liquids, e.g. soups, sauces and beverages in your microwave oven,

* Avoid using straight sided containers with narrow necks.
* Do not overheat.
* Stir the liquid before placing the container in the oven and again halfway through the heating time.
* After heating, let it stand in the oven for a short time; stir or shake it again carefully and check the temperature of it before consuming to avoid burns (especially, contents of feeding bottles and baby food jars).

सूप, सॉसेज और पेय पदार्थों को जब माइक्रोवेव ओवन में गर्म करने के लिए रखें,

* छोटी गर्दन वाले सीधे खड़ें पात्र इसमें रखने से बचें।
* आवश्यकता से अधिक समय तक हीटिंग न करें।
* तरल पदार्थ के भगोने को इसमें रखने से पहले हिलाएं और हीटिंग के दौरान आधे समय के बाद फिर से बाहर निकाल कर हिला लें, फिर अन्दर रखें।
* हीटिंग के बाद कुछ समय आप उसे अन्दर ही रहने दें फिर इस भोजन को ग्रहण करने से पहले इसे सावधानीपूर्वक हिला लें, या चमचे से चला लें ताकि आप इसकी उष्णता का अनुमान कर इसे खा/पी सकें और आपका मुंह जलने से बच सके (विशेष तौर पर बच्चे को खाना खिलाने वाला पात्र या दूध पिलाने वाली बोतल)।

- Be careful when handling the container. Microwave heating of beverages can result in delayed eruptive boiling without evidence of bubbling. This could result in hot liquids suddenly boiling over.
भगोने को इससे निकालते समय पकड़ने में सावधानी रखें। माइक्रोवेव में जलीय पदार्थों को गर्म होने पर कई बार वे देर से और बिना बुलबुले दिए अचानक उबल जाते हैं। इससे जलने का ख़तरा पैदा हो सकता है।

3 An exhaust outlet is located on the top, bottom, side and back of the oven. Don't block the outlet.
इसकी ऊपरी सतह पर, बगल में या ओवन के पीछे एक एग्जॉस्ट द्वार होता है। इस द्वार को सदा खुला रखें।

- It could result in damage to your oven and poor cooking results.
इससे आपके ओवन को क्षति पहुंच सकती है और खाना भी ठीक से नहीं पकेगा।

4 Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.
ओवन खाली होने की दशा में चालू न करें। ये बेहतर होगा कि जब ओवन का इस्तेमाल न हो रहा हो तो एक ग्लास पानी भरकर इसमें रखें। इससे जब भी कभी गलती से ओवन चालू हो जाए तो ये पानी इसकी सारी गर्मी को अपने अन्दर अवशोषित कर लेगा और दुर्घटना का ख़तरा नही रहेगा।

- Improper use could result in damage to your oven.
गलत तरीके से ओवन का इस्तेमाल करने से ओवन को नुकसान पहुंच सकता है।

5 Do not cook food wrapped in paper towels, unless Recipes provided by LG contains instructions for the food you are cooking. and do not use newspaper in place of paper towels for cooking. Do not use aluminium foil in micro mode and avoid using aluminium foil in Convection/Grill mode for long duration at high temperature .
पेपर टॉवल से लिपटा कर खाना न बनाएं न गरम करें जब तक कि LG द्वारा प्रदान की गई रेसिपी में कुछ इस तरह का विशेष निर्देश न दिया गया हो। और इस दशा में भी पेपर टॉवल की जगह घरेलू अखबार इस्तेमाल न करें। माइक्रो मोड में एल्यूमिनियम पन्नी का उपयोग न करें और उच्च तापमान पर लंबी अवधि के लिए कन्वेक्शन/ ग्रिल मोड में एल्यूमिनियम पन्नी के उपयोग से बचें।

- Improper use can cause an explosion or a fire.
  गलत तरीके से ओवन का इस्तेमाल करने से आग लग सकती है।

6 Do not use wooden containers and ceramic containers that have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Check that the utensils are suitable for use in microwave ovens before use.
सिरेमिक और लकड़ी के बने भगोने जिनमे अंदरूनी सतह धातु की बनी हो, इसमें न रखें। ये पहले देख लें कि आपके बर्तन इसमें इस्तेमाल हो सकते हैं या नहीं।

- They may heat-up and char. Metal objects in particular may arc in the oven, which can cause serious damage.
  वे गरम हो सकते हैं और जल भी सकते हैं। खासतौर पर धातु के पदार्थों में चिंगारियां आ सकती हैं जिससे गंभीर क्षति हो सकती है।

7 Do not use recycled paper products.
रीसायकल पेपर के बने हुए उत्पाद प्रयोग में न लाएं।

- They may contain impurities which may cause sparks and/or fires when used in cooking.
  उनमे अशुद्ध तत्व हो सकते हैं जो कि खाना बनाते समय चिंगारियों या आग लगने की वजह बन सकते हैं।

8 Do not rinse the tray and rack by placing it in water just after cooking. This may cause breakage or damage.
खाना बनाने के तुरंत बाद ओवन की ट्रे को धोने के लिए पानी में न डालें क्योंकि इससे प्लेट के टूटने या क्षतिग्रस्त होने का ख़तरा हो सकता है।

- Improper use could result in damage to your oven.
  गलत तरीके से ओवन का इस्तेमाल करने से ओवन को नुकसान पहुंच सकता हैं।

9 Be certain to place the oven so the front of the door is 8 cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance.
सुनिश्चित करें कि आप ओवन को हमेशा इस तरह रखेंगे कि इसका सामने का द्वार सतह के किनारों से आठ सेंटीमीटर या अधिक पीछे रहे।

- Improper use could result in bodily injury and oven damage.
  गलत तरीके से इस्तेमाल करने से शारीरिक दुर्घटना और ओवन की टूट–फूट का भी ख़तरा हो सकता है।

10 Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetables.
पकाने से पहले आलू या सेब या इस तरह के अन्य छाल दार फल या सब्जियों में छेद कर लें।

- They could burst.
  वे अन्दर विस्फोट कर सकते हैं।

11 Do not cook eggs in their shell. Eggs in their shell and whole hardboiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
अंडे को छिलके के साथ इसके भीतर न पकाएं। छिलके सहित अंडा और उबला हुआ पूरा अंडा माइक्रोवेव में गर्म नहीं किया जाना चाहिए, तब भी नहीं जबकि माइक्रोवेव की हीटिंग समाप्त हो गई हो।

- Pressure will build up inside the egg which will burst.
  अंडे के अन्दर दबाव बनेगा और फिर बढ़ते–बढ़ते वो फट जाएगा।

12 Do not attempt deep fat frying in your oven.
ओवन के अन्दर अधिक तेल में खाद्य पदार्थ तलने की कोशिश कभी न करें।

- This could result in a sudden boil over of the hot liquid.
  ऐसा करने से अन्दर गर्म हुआ तरल पदार्थ उबल कर बाहर फैल सकता है।

13 If smoke is observed, switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.
अगर धुंआ महसूस हो तो स्विच ऑफ करें या पॉवर सप्लाई बंद कर दें और ओवन के दरवाज़े कुछ देर बंद ही रहने दें ताकि लपटें अन्दर ही शांत हो सकें।

- It can cause serious damage such as a fire or electric shock.
  यह आग लगने या विद्युत के झटके जैसे गंभीर नुकसान पहुंचा सकता है।

14 The temperature of accessible surfaces may be high when the appliance is operating. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, before cleaning make sure they are not hot.
पास की सतह का ताप बहुत अधिक हो सकता है जब बर्तन अन्दर हो। ग्रिल मोड, कन्वेक्शन मोड या कुकिंग के समय इस्तेमाल हो रहे ओवन का द्वार या बाहरी सतह, पिछली दीवार ओवन कैविटी या इसके उपकरण को न छुएं। इसके बाद अन्दर के बर्तनों को बाहर लाते समय ध्यान रखें कि वे गर्म न हों।

- As they will become hot, there is the danger of a burn unless wearing oven gloves.
  क्योंकि वे गर्म हो जाएंगे, जब तक आप ओवन दस्ताने नहीं पहनते है, तब तक जलने का खतरा हो सकता है।

15 The oven should be cleaned regularly and any food deposits should be removed.
ओवन को नियमित रूप से साफ करना चाहिए और उनके अन्दर किसी भी तरह के भोजन के अंश न छूटें, इसका ध्यान रखना चाहिए।

- Failure to maintain the oven in a clean condition could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.
  ओवन की सफाई का ध्यान न रखने से इसकी सतह खराब हो सकती है। इससे इस पर रखे जाने वाले बर्तन भी खराब हो सकते हैं और यह ख़तरनाक भी हो सकता है।

16 If there are heating elements, the appliance becomes hot during use. Care should be taken to avoid touching the heating elements inside the oven.
अगर ओवन में हीटिंग पदार्थ हों तो गरम करते समय उपकरण भी गर्म हो जाता है। ओवन के अन्दर रखे इस तरह के हीटिंग पदार्थों को छूने से बचना चाहिए।

- There is danger of a burn.
  इसमें जलने का ख़तरा हो सकता हैं।

17 Follow exact directions given by each manufacturer for their popcorn product. Do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested times, discontinue cooking. Never use a brown paper bag for popping corn. Never attempt to pop leftover kernels.
पॉपकॉर्न के प्रोडक्ट्स के दिए गए सटीक निर्देशों का पालन करना चाहिए। जब इसके अन्दर पॉपकॉर्न्स बनाए जा रहे हों तो इसकी अनदेखी न करें। अगर तय समय के भीतर भी कॉर्न्स न फूल सकें तो हीटिंग बंद कर इन्हें बाहर निकाल लेना चाहिए। ओवन में कॉर्न्स को फुलाने के लिए कभी भी भूरा कागज का बैग इस्तेमाल में ना लाएं। ओवन में बचे हुए कॉर्न्स के टुकड़ों को दुबारा उसमें गर्म न करें।

- Overcooking could result in the corn catching a fire.

18 Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass.
इससे सतह पर खरोंच लग सकती है व काँच भी टूट सकता है।

- They can scratch the surface, which may result in the glass shattering.
इससे सतह पर खरोंच लग सकती है, व काँच भी टूट सकता है।

19 This oven should not be used for commercial catering purposes.
यह ओवन व्यावसायिक कैटरिंग के प्रयोग में नहीं लाया जाना चाहिए।

- Improper use could result in damage to your oven.
इसके गलत इस्तेमाल से इसमें खराबी आ सकती है।

20 The appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
यह उपकरण 8 वर्ष और उससे ऊपर के बच्चे तथा वे सभी लोग जो कम शारीरिक, संवेदन या मानसिक क्षमता के हों, या जिनका अनुभव या ज्ञान कम हो, इस्तेमाल कर सकते हैं यदि ऐसे सभी लोगों को उपकरण के सुरक्षित तरीके से उपयोग के सम्बन्ध में निरीक्षण या निर्देश दिया जाये और होने वाले खतरों को समझाया जाये। उपकरण की सफाई और रख–रखाव बच्चों के द्वारा नहीं की जा सकती जब तक कि वे 8 वर्ष या उससे अधिक के न हो जाएं और देखभाल न की जाये।

21 Children should be supervised to ensure that they do not play with the appliance.
ओवन के समीप बच्चों के साथ हमेशा कोई बड़ा व्यक्ति हो जो उन्हें इसके साथ खेलने या छेड़छाड़ करने से मना करे।

22 Caution, hot surface.
सावधान, गर्म सतह है।

When the symbol is used, it means that the surfaces are liable to get hot during use.
प्रतीक का उपयोग किया जाता है, तो इसका मतलब है कि उपयोग के दौरान सतह गर्म होने के लिए उत्तरदायी है।

- Dial knob to be rotated for selecting Auto cook menu and Time setting.
ऑटो कुक मेन्यू और टाइम सेटिंग का चयन करने के लिए डायल नॉब को घुमायें।

Disclaimer : This is only graphical representation of actual product.
यह मात्र उत्पाद की रेखांकित आकृति है।

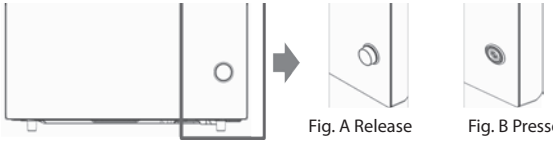


Fig. A Release Condition
रिलीज की स्थिति

Fig. B Pressed Condition*
दबे होने की स्थिति*

* This Option/Specification may vary despite the identical model.
* यह विकल्प/विशिष्टता समान मॉडल के बावजूद भिन्न हो सकते है।

Note:-

1) Usually dial knob comes in release condition but in case, if dial knob is in pressed condition* as shown in Fig. B Press dial knob at center as shown on right side to come back to release condition as shown in Fig. A .
आमतौर पर डायल नॉब रिलीज की स्थिति में आता है, लेकिन अगर डायल नॉब दबाए* जाने की स्थिति में है, जैसा कि चित्र बी. में दर्शाया गया है। वापस रिलीज स्थिति में आने के लिए डायल नॉब को दबाएं जैसा कि दाईं ओर चित्र ए. में दर्शाया गया है।



2) Also this dial knob to be used in release condition only .
इसके अलावा इस डायल नॉब का उपयोग रिलीज की स्थिति में ही किया जाता है।

Safety Precautions / सुरक्षा सावधानियां

- Microwave oven must not be placed inside a cabinet. The microwave oven shall be used freestanding.
माइक्रोवेव ओवन को केबिनेट के अन्दर बिल्कुल नहीं रखा जाना चाहिए। माइक्रोवेव ओवन को अलग रख कर इस्तेमाल में लाया जाना चाहिए।
- LED Lamp power rating is 2.6W.
एलईडी लैम्प की पावर रेटिंग 2.6W है।

- The appliance is not intended to be operate by means of an external timer or separate remote-control system.
  उपकरण को किसी भी बाहरी टाईमर व अलग रिमोट कन्ट्रोल सिस्टम से आपरेट करने के लिए नहीं बनाया गया है।
- Use exclusive 230V socket with earth.
  अर्थिंग के साथ 230 वोल्ट सॉकेट का इस्तेमाल करें।
- Do not bend power cord forcefully or break.
  पावर कार्ड को ताकत के साथ न झुकाएं वरना वह टूट सकती है।
- Do not pull out power cord.
  पावर कार्ड को न खीचें।
- Do not modify Power Cord as supplied by the manufacturer along with the product. Power Cord is to be used only at power socket outlets and not be used with any extension board or multiple socket. Also, Do not share the same power socket outlet with other appliance.
  उत्पाद के साथ निर्माता द्वारा आपूर्ति के रूप में पावर कॉर्ड को संशोधित न करें। पावर कॉर्ड का उपयोग केवल पावर सॉकेट आउटलेट पर किया जाता है और इसका उपयोग किसी भी एक्सटेंशन बोर्ड या मल्टीपल सॉकेट के साथ नहीं किया जाता है। इसके अलावा, अन्य उपकरणों के साथ पावर सॉकेट आउटलेट को साझा न करें।
- Do not plug in or pull out power cord with wet hand.
  गीले हाथों से पावर कार्ड को न तो लगाएं न ही हटाएं।
- Do not spray water inside and outside of microwave oven.
  माइक्रोवेव ओवन के भीतर और बाहर पानी के छींटें न मारें।
- Plug out power cord during cleaning or maintenance of set.
  मरम्मत और सफाई के समय पावर कार्ड निकालना न भूलें।
- Do not heat up the food more than necessary.
  खाने को ज़रुरत से ज्यादा गरम न करें।
- Do not use microwave oven other than cooking or sterilization such as cloth drying etc.
  खाना बनाने या गरम करने के सिवा ओवन का कोई और इस्तेमाल न करें जैसे कपड़े सुखाना, आदि।
- Do not insert pin or steel wire etc. into inside/out side of case.
  इसके भीतर/बाहर कहीं भी कोई पिन या लोहे का तार आदि न घुसाएं।
- Please be careful during taking the food since high temp. water or soup may overflow to cause burn.
  खाने को बाहर निकालते समय कृपया सावधानी बरतें क्योंकि गरम पानी अथवा सूप आदि तरल पदार्थ उबल कर या छलक कर आपको जला सकते हैं।
- Do not plug in power cord when socket hole is loose or plug is damaged.
  जब प्लग खराब हो या पावर सॉकेट ढीला हो तो इसे ठीक करने से पहले इसमें पावर कार्ड न लगाएं।
- Do not use oven while some foreign material is attached on the door.
  जब भी ओवन के दरवाज़े पर कोई चीज़ अड़ी या रखी हो, ओवन को चालू न करें।
- Do not place the water container on the set.
  इस पर पानी का भगौना कभी न रखें।
- Do not place anything on the set & do not cover the set with cloth while using.
  माइक्रोवेव ओवन के ऊपर कुछ भी न रखें और उपयोग करते समय इसे कपड़े से कवर न करें।
- Do not install the set in the damp space or water sputtering area.
  गीले या पानी के बहाव वाले क्षेत्र में ओवन को कभी न रखें।
- Do not let children hang onto oven door.
  बच्चों को ओवन के दरवाजों पर लटकने से रोकें।
- Do not heat the unpeeled fruit or bottle with lid.
  ढक्कन वाली बोतल और बिना छिला फल कभी इसके अन्दर रख कर गर्म न करें।
- Do not hold food or accessories as soon as cooking is over.
  गर्म हो जाने या खाना बन जाने के तुरंत बाद ओवन से खाना या बर्तन बाहर न निकालें।
- Plug out oven if it is not used for long duration.
  अगर ओवन को अधिक देर तक इस्तेमाल में न लाना हो तो खाली समय में इसकी पावर कार्ड स्विच से निकाल कर रखें।
- Install microwave oven in the well ventilated, flat] level surface.
  माइक्रोवेव ओवन को अच्छी तरह हवादार, सपाट, समतल सतह में स्थापित करें।

  There is danger of blast if covered bottle, sealed food, egg, and chestnut etc. are cooked inside oven.
  ओवन के भीतर ढक्कन लगी बोतल, अंडा, सील्ड खाद्य पदार्थ या चेस्टनट रख कर उसे चलाने से विस्फोट हो सकता है।
- After using grill/convection mode, let the microwave oven cool down before switching it off.
  ग्रिल/कंवेक्शन मोड का उपयोग करने के बाद, माइक्रोवेव ओवन को बंद करने से पहले ठंडा होने दें।
- Keep all packaging material (such as plastic bags and Styrofoam) away from children. The packaging material can cause suffocation./सभी पैकजिंग सामग्री(जैसे– प्लास्टिक बैग और स्टायरोफोम) बच्चों से दूर रखें। पैकेजिंग सामग्री घुटन का कारण बन सकती है।

Unpacking & Installing / खोलना और लगाना

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

इन दो पृष्ठों पर दिए गए बुनियादी तरीकों का कदम दर कदम इस्तेमाल करके बहुत शीघ्र आपको पता चल जाएगा कि आपका ओवन कितना अच्छा चल रहा है। कृपया "ओवन को कहां रखें" इसके निर्देशों पर विशेष ध्यान दें। लगाने से पहले इसकी पैकिंग खोलते समय इस बात का ध्यान रखें कि आप इसके पैकिंग वाले सारे बंधन और इसकी एक्सेसरीज़ को पूरी तरह से खोल लें। इसे भी ठीक से देख लें कि लाने ले जाने में आपके ओवन में कहीं कोई टूट–फूट तो नहीं हुई।

1. Unpack your oven and place it on a flat level surface.
अपने ओवन की अन–पैकिंग के बाद इसे समतल सतह पर रखें।

Cooking Accessories / कुकिंग एक्सेसरीज़


Glass tray / ग्लास ट्रे

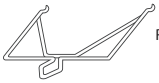

Rotating ring / रोटेटिंग रिंग


High rack / हाई रैक


Low rack / लो रैक


Milk Pasteurization Kit
मिल्क पाश्चराईजेशन किट
(For usage refer Pg. 134)

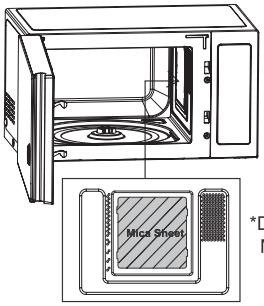

Rotisserie Bar / रोटेसरी बार


Rotisserie Bar Handle / रोटेसरी बार हैंडल

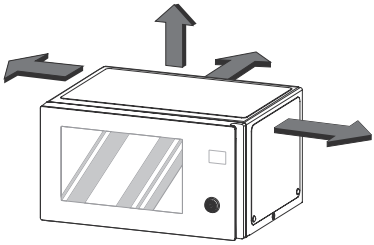

Multicook Tawa / मल्टीकुक तवा

Disclaimer : Accessories/features may vary from Model to Model.
अस्वीकरण : सहायक उपकरण/सुविधाएँ मॉडल से मॉडल के लिए भिन्न हो सकते हैं।

Disclaimer : This is only graphical representation of actual product.
यह मात्र उत्पाद की रेखांकित आकृति है।



*Do Not Remove Mica Sheet



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

अपनी पसंद की समतल जगह पर ओवन को रखें जहां ऊंचाई कम से कम 85 सेंटीमीटर होनी चाहिए और साथ ही इसके ऊपर 30 सेंटीमीटर से अधिक का स्थान हो और 10 सेंटीमीटर पीछे और साइड से अधिक स्थान हो ताकि ढंग से हवा आ सके।
इसके सामने कम से कम 8 सेंटीमीटर से अधिक का स्थान होना चाहिए ताकि इसमें सामने से धक्का न लग सके।
इसके तले पर या बगल में एक एग्ज़ॉस्ट द्वार होता है इसका रास्ता रोकने से ओवन खराब हो सकता है।

NOTE / ध्यान रहे

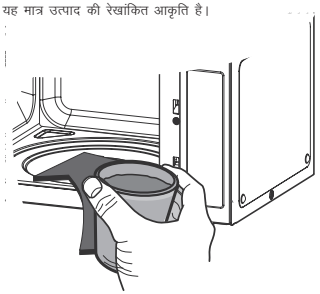
- THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES.
- व्यावसायिक कैटरिंग के उद्देश्य से इन कार्यों हेतु इस ओवन का इस्तेमाल न करें।

3. Plug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket. **If your oven does not operate properly, unplug it from the electrical socket and then plug it back in.**
अपने ओवन को एक अच्छे सॉकेट के साथ प्लग करें और इस बात को सुनिश्चित करें कि इस सॉकेट में और कोई विद्युत उपकरण का तार न जोड़ा गया हो। यदि आपका ओवन ढंग से काम न कर रहा हो तो इसे सॉकेट से निकालकर दुबारा लगाएं।

4. Open your oven door by pulling the door handle. Place the rotating ring inside the oven and place the glass tray on top.
ओवन के डोर हैंडल को पकड़कर ही इसका द्वार खोलें और रोटेटिंग रिंग अन्दर बीच में लगाएं और इसके ऊपर कांच की ट्रे रखें।

5. Fill a **microwave safe container** with 300 mL of water.
   Place on the glass tray and close the oven door.
   If you have any doubts about what type of container to use, please refer to Page 15.
   माइक्रोवेव सेफ कंटेनर को 300 मिली लीटर पानी से भरें
   ओवन के भीतर कांच की प्लेट पर उसे रखें और दरवाज़ा बंद कर दें।
   अगर आपको इस बात पर कोई शंका हो कि आपको किस तरह का कंटेनर रखना है तो पृष्ठ 15 के निर्देशों को देखकर समझ लें।

Disclaimer : This is only graphical representation of actual product.
यह मात्र उत्पाद की रेखांकित आकृति है।



6. Press the STOP/CLEAR button, and press the START/+30 seconds button one time to set 30 seconds of cooking time.
   STOP/CLEAR बटन को दबाएं और START/+30 seconds को फिर एक बार दबाएं और 30 सेकंड का समय सैट करें।



7. The DISPLAY will count down from 30 seconds.
   When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water.
   If your oven is operating the water should be warm.

   Be careful when removing the container it may be hot.
   डिस्प्ले 30 सेकंड तक गिनेगा और 0 पर पहुँचकर बीप की आवाज़ करेगा तब आप इसका द्वार खोल दें और पानी का तापमान चैक करें।
   अगर आपका ओवन ठीक से काम कर रहा है तो आपको पानी गर्म मिलेगा।
   बर्तन को बाहर निकालते समय ध्यान रखें यह गर्म हो सकता है।



YOUR OVEN IS NOW INSTALLED / अब आपका ओवन इंस्टॉल हो चुका है।

8. The contents of feeding bottles and baby food jars shall bestirred or shaken and the temperature checked before consumption in order to avoid burns.
   इसमें रखने से पहले बच्चे के दूध की बोतलें और खाने का जार के अन्दर के सामान को हिला अवश्य लें और इसे खिलाने से पहलेइसका तापमान अवश्य देख लें ताकि बच्चे का मुंह न जले।

9. Microwave oven allows you to save energy by display off when not cooking in oven. After 5 minutes of door open or close display, lamp will turn off automatically. When you press any key-lamp/display will turn ON again.
   जब आप खाना नहीं पका रहे हों तब डिस्प्ले ऑफ होने पर माइक्रोवेव ओवन ऊर्जा बचाता है। दरवाजा खुलने या डिस्प्ले बंद होने के पाँच मिनट बाद लैम्प स्वतः बंद हो जायेगा। जब आप कोई बटन दबायेंगे तो लैम्प / डिस्प्ले फिर से चालू हो जायेगा।

10. If oven gets overheated the display will be turned off for safety purpose, give it some time to cool and then operate.
    ओवन अधिक गरम होने पर डिस्प्ले सुरक्षा की वजह से बंद हो जाएगा, इसे कुछ देर ठंडा करके फिर काम करें।

Method To Use Accessories As Per Mode / मोड के अनुसार एक्सेसरीज़ प्रयोग करने की विधि

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

Caution : Do not operate Multicook tawa + Rack empty and Rotisserie bar (without food) in combi mode.
Use accessories in accordance with cooking guides !

सावधानी : मल्टीकुक तवा + रैक और रोटेसरी बार को (बिना खाने की सामग्री के) कॉम्बी मोड में इस्तेमाल न करें।
साथ वाले सभी उपकरणों को कुकिंग गाइड के अनुसार ही ऑपरेट करें।

✓ Acceptable
✗ Not Acceptable

✓ स्वीकार्य
✗ अस्वीकार्य

* To be used in 'Pasteurize Milk' function only. Do not use in manual cook.
* केवल 'Pasteurize Milk' फंक्शन में इस्तेमाल करें। मैनुअल कुकिंग में इस्तेमाल न करें।

Caution : Do not wash the multi cook tawa with rough or sharp material.
मल्टी कुक तवा को खुरदरे या नुकीले पदार्थ से न धोएं।

Note :

* In case of Auto Cook / Manual Cook results may vary according to ingredients, ambient temp., Customer Know-how & major electric supply condition.
ऑटो कुक / मैनुअल कुक के परिणाम सामग्री, व्यापक तापमान, ग्राहक की सूझ–बूझ और प्रमुख बिजली की आपूर्ति के अनुसार भिन्न हो सकते हैं।
* Please prefer Auto Cook menu as recommended to get better results.
बेहतर परिणाम प्राप्त करने के लिए सिफारिश के अनुसार ऑटो कुक मेन्यू को प्राथमिकता दें।

Before Use / इस्तेमाल के पहले

Microwave-Safe Utensils / माइक्रोवेव सुरक्षित बर्तन

Never use metal or metal trimmed utensils in usisng microwave function / धातु या धातु के छींट लगे हुए बर्तन इसमें इस्तेमाल न करें

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

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

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

माइक्रोवेव्स धातु के भीतर नहीं जा पातीं। वे उसके भीतर रखे किसी भी धातु की वस्तु से टकरा कर चिंगारियां पैदा कर सकती हैं और यह स्थिति बिजली कड़कने जैसी एक चेतावनी का दृश्य उपस्थित कर सकती है। ज्यादातर उष्णता–सह्य अधात्विक बर्तन ही ओवन में इस्तेमाल होता है। लेकिन कुछ माइक्रोवेव कुकवेयर जैसे बर्तनों में कुछ ऐसे तत्व हो सकते हैं जो ओवन में इस्तेमाल के लिए उचित न हों। अगर कभी आपको किसी एक बर्तन के विषय में किसी प्रकार का संदेह हो तो एक सीधा सादा तरीका है इस बात को चैक करने का कि इस बर्तन को आप ओवन में प्रयोग कर सकते हैं या नहीं।

ओवन के भीतर संदेहास्पद बर्तन को पानी से भरे एक कांच के कटोरे के बगल में रखकर ओवन चलाएं। माइक्रोवेव को हाई पावर पर रखकर एक मिनट तक चलने दें। यदि पानी गर्म हो जाए और छूने पर बर्तन ठंडा लगे तो समझ लें कि यह बर्तन ओवन के सुरक्षित है। लेकिन यदि उल्टा हो यानि पानी ठंडा रहे और बर्तन ग म्र हो जाए तो यह बर्तन ओवन के लायक नहीं है। हो सकता है ऐसी कई चीजें आपकी रसोई में हो जो कि खाना बनाने के काम में ओवन के भीतर रखे जाने को बिल्कुल तैयार ही हों, ऐसी हालत में सुरक्षा को दृष्टि में रखकर इस चैकलिस्ट को पढ़ें :

Dinner plates / डिनर प्लेट

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

कई तरह के खाना खाने के बर्तन माइक्रोवेव–सुरक्षित होते हैं। अगर किसी बर्तन को लेकर आपके मन में कोई संदेह हो तो, या तो निर्माता की गाइड चैक कर लें या उपरोक्त माइक्रोवेव टेस्ट करके जांच लें।

Glassware / कांच के बर्तन

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

जो भी काँच के बर्तन गर्मी सहने वाले होते हैं, माइक्रोवेव में सुरक्षित होते हैं। इसमें सीधी तरह के ओवन के योग्य कांच के खाना बनाने वाले बर्तन हो सकते हैं। फिर भी कांच के नाजुक बर्तन जैसे टम्बलर, या वाइन ग्लासेस अधिक गर्मी को न सह पाने के कारण टूट भी सकते हैं।

Plastic storage containers / स्टोर करने के लिए प्लास्टिक के भगोने

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.

इनको खाना भरके रखने के काम में लाया जा सकता है क्योंकि ये शीघ्रता से दुबारा भी गर्म किये जा सकते हैं। फिर भी इनमें वो खाना नहीं रखा जा सकता जिनको कि ओवन में पर्याप्त समय तक रखना जरूरी हो क्योंकि गर्म खाना आखिर में प्लास्टिक के भगोनों को पिघला या टेढा–मेढा कर सकता है।

Paper / कागज़

Paper plates and containers are convenient and safe to use in using microwave function, provided that the cooking time is less than one minute and foods to be cooked are low in fat and moisture. Papers towels are also very useful for wrapping foods and for lining backing trays in which greasy foods such as bacon are cooked. In general, avoid coloured paper may run. Some recycled paper may contain impurities which could cause arcing or fires when used in the microwave.

कागज़ की बनी प्लेटें और भगोने माइक्रोवेव ओवन के लिए आसान और सुरक्षित होते हैं लेकिन इसके लिए बस यही शर्त है कि कुकिंग का समय एक मिनट से कम हो और खाना कम वसा और कम नमी वाला हो। खाने को लपेटने और पैक करने और बैकन जैसे चिकने भोजन को रखने वाली बैकिंग ट्रे को जमाने के लिए पेपर टॉवेल्स बहुत उपयोगी होती हैं। सामान्य तौर पर रंगीन कागज़ की बनी वस्तुएं न रखें क्योंकि रंग निकल सकता है। कई रिसाइकिल हुए रंगीन कागज़ के बने पात्रों में अशुद्धता हो सकती है जो ओवन के भीतर चिंगारियां या आग पैदा सकते हैं।

Plastic cook bags / प्लास्टिक के कुकिंग बैग

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

कुकिंग बैग्स माइक्रोवेव के लिए सुरक्षित होती हैं बशर्ते ये बर्तन कुकिंग के उद्देश्यों से ही बनाए गए हों। फिर भी ये सुरक्षा तय करने के लिए इनमें हमेशा एक छेद कर ही देना चाहिए ताकि भाप बाहर निकल सके। साधारण प्लास्टिक बैग कुंकिंग के लिए ओवन में इस्तेमाल नहीं किये जाने चाहिए क्योंकि वे फट भी सकते हैं और पिघल भी सकते हैं।

Plastic microwave cookware / प्लास्टिक के बने माइक्रोवेव–पात्र

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

विविध आकार प्रकार के माइक्रोवेव हेतु प्लास्टिक बर्तन उपलब्ध हैं। फिर भी अधिक प्रयास यही होना चाहिए कि आपके पास उपलब्ध बर्तनों को ही आप इस्तेमाल करें बजाये इसके कि आप नए बर्तनों में खर्चा करें।

Pottery, stoneware and ceramic / मिट्टी, पत्थर और सिरेमिक के बर्तन

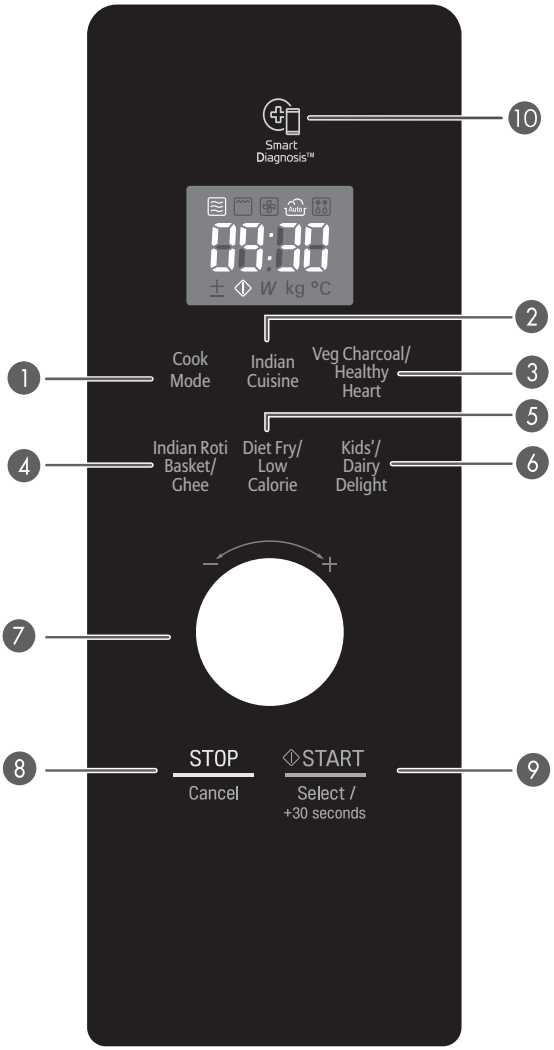
Containers made of these materials are usually fine for use in using microwave function, but they should be tested to be sure.

इस तरह के बर्तन आम तौर पर माइक्रोवेव में इस्तेमाल के लिए अच्छे होते हैं। फिर भी सुनिश्चित करने के लिए इनका परीक्षण कर लेना चाहिए।

⚠ CAUTION / सावधानी

- Some items with high lead for iron content are not suitable as cooking utensils.
- Utensils should be checked to ensure that they are suitable for use in the microwave.
- सीसा या धातु मिले पात्र ओवन में खाना बनाने के लिए उपयुक्त नहीं हैं।
- ओवन में इस्तेमाल करने से पहले "सदैव" बर्तनों का उचित परीक्षण कर लें।

CONTROL PANEL



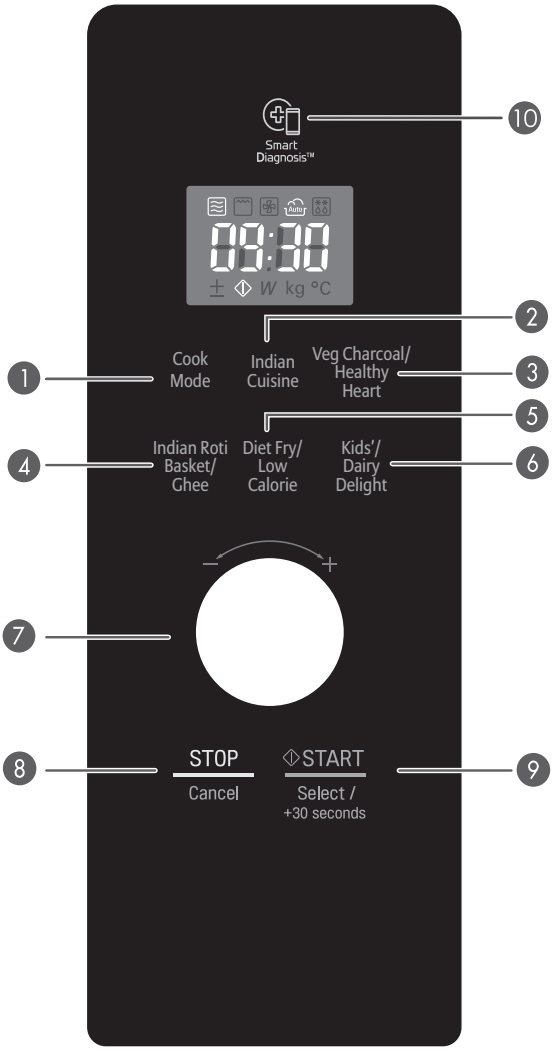
Part
1 **Cook Mode** For setting different modes. For Micro For Grill For Convection For Grill Combination For Convection Combination
2 **Indian Cuisine** Check the recipe manual
3 **Veg Charcoal / Healthy Heart** Check the recipe manual
4 **Indian Roti Basket / Ghee** Check the recipe manual
5 **Diet Fry / Low Calorie** Check the recipe manual
6 **Kids'/ Dairy Delight** Check the recipe manual
7 **Dial (More / Less)** • Set cooking time, temperature and power level. • While cooking with auto and manual function, you can increase or decrease the cooking time at any point by turning the dial (except defrost mode).
8 **STOP / Cancel** • Clears all functions and set entries except time of day.
9 **START/Select/+30seconds** • Press this button to start cooking or resume cooking if the door was opened or the STOP button was pressed once. • The quick start feature allows you to set 30 second intervals of HIGH power cooking with each press of the START button.
10 **Smart Diagnosis** Hold the mouthpiece of a phone up to this icon when directed to by service centre personnel, to help diagnose problems with the microwave oven when calling for service.

Using Glass Touch Controller

1. Touch the middle of letter or number to activate.
2. If you touch the button with a fingernail or fingertip the controller may not sense it is being touched.
3. If the controller or your hands are wet it may not sense your touch.
4. Remove gloves prior to touching the controller.

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

कन्ट्रोल पैनल



पार्ट
❶ **कुक मोड** विभिन्न मोड सेट करने के लिए। माइक्रो के लिए। ग्रिल के लिए। कनवेक्शन के लिए। ग्रिल कॉम्बीनेशन के लिए। कनवेक्शन कॉम्बीनेशन के लिए।
❷ **इंडियन कुजीन** व्यंजन-विधि की निर्देशिका देखें
❸ **वेज चारकोल / हैल्दी हर्ट** व्यंजन-विधि की निर्देशिका देखें
❹ **इंडियन रोटी बास्केट / घी** व्यंजन-विधि की निर्देशिका देखें
❺ **डाइट फ्राई / लो कैलोरी** व्यंजन-विधि की निर्देशिका देखें
❻ **किड्स / डेरी डिलाइट** व्यंजन-विधि की निर्देशिका देखें
❼ **डायल (अधिक / कम)** • खाना बनाने वाले व्यंजन, तापमान और पावर लेवल को सेट करें। • ऑटो और मैन्युअल मोड पर खाना बनाते समय आप खाना पकाने के समय को डायल चला करके कम–ज्यादा कर सकते हैं। (डिफ्रॉस्ट मोड को छोड़कर)
❽ **स्टॉप / कैन्सिल** • स्टॉप सभी कार्यों को बन्द करता है और समय के अतिरिक्त सभी प्रविष्टियां सैट करता है।
❾ **स्टार्ट/सेलेक्ट/+30सैकेण्डस** • खाना पकाने के लिए या खाना पकाने को फिर से शुरू करने के लिए इस बटन को दबाएं यदि दरवाजा खुला हुआ था या स्टॉप बटन एक बार दबाया गया था। • क्विक स्टार्ट सुविधा आपको स्टार्ट बटन के प्रत्येक प्रेस के साथ उच्च शक्ति खाना पकाने के 30 सेकंड के अंतराल को सैट करने की अनुमति देती है।
❿ **स्मार्ट डायगनोसिस** सेवा केन्द्र कर्मियों द्वारा निर्देशित किए जाने पर इस आइकॉन तक किसी फोन के मुखपत्र को पकड़ें, ताकि सेवा के लिए कॉल करते समय माइक्रोवेव ओवन के साथ समस्याओ का निदान किया जा सके।

ग्लास टच कन्ट्रोलर इस्तेमाल के लिए

1. सक्रिय करने के लिए अक्षर या संख्या के बीच टच करें।
2. अगर आप नाखून या उँगली के पोर के साथ बटन छुएँगे, तो कन्ट्रोलर, वह महसूस नहीं कर पाएगा।
3. अगर कन्ट्रोलर या आपके हाथ गीले है तो वह स्पर्श महसूस नहीं कर पायेगा।
4. कन्ट्रोलर छूने से पहले दस्ताने निकाल दें।

अस्वीकरण: कन्ट्रोल पैनल की प्रिन्टिग वास्तविक उत्पाद से भिन्न हो सकती है।

Child Lock / चाइल्ड लॉक

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

निम्नलिखित उदाहरण में आप देखेंगे कि चाइल्ड लॉक कैसे लगाएं।

1 Press STOP/Cancel

स्टॉप/कैन्सल को दबाएं।



2 Press and hold STOP/Cancel until "LOC" and "LOC" appears on the display and BEEP sounds.

The CHILD LOCK is now set.

If any button is pressed,"LOC" and "LOC" will appear on the display.

स्टॉप/कैन्सल को दबा कर रखें जब तक कि **''एलओसी''** लग न जाए और **एलओसी** बीप के साथ सामने न आ जाए।
अब **''चाइल्ड लॉक''** सेट हो चुका है।
अब कोई भी बटन दबाने से **एलओसी** डिस्प्ले पर आ कर बताएगी कि **''चाइल्ड लॉक्ड''** लगा हुआ है, अब कुछ नहीं किया जा सकता।



3 To cancel CHILD LOCK press and hold STOP/Cancel until "LOC" disappears.
You will hear BEEP when it's unlocked.

चाइल्ड लॉक को स्थगित करने के लिए **स्टॉप/कैन्सल** को दबाकर पकडे रखें जब तक कि **''एलओसी''** गायब न हो जाए और जब आपको बीप की आवाज़ सुनाई पड़े तो आप समझ लें कि चाइल्ड लॉक हट गया है।



NOTE / नोट

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

आपके ओवन में एक सुरक्षा व्यवस्था उपलब्ध कराई गई है जो कि ओवन के अकस्मात् चालू हो जाने की दिशा में उसको रोकने का कार्य करती है। एक बार चाइल्ड लॉक लग गया तो आप कोई भी बटन दबाएं, कोई फर्क नहीं पड़ेगा।

+30seconds / +30सेकेंडस

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

दिए गए उदाहरण में आपको दिखाया जाएगा कि 2 मिनट्स का टाइम सेट करके किस तरह आप खाना बनाने के लिए 900 वाट पॉवर का इस्तेमाल कर सकते हैं।

1 Press STOP/Cancel



स्टॉप/कैन्सल को दबाएं।

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

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

चार बार **स्टार्ट/सेलेक्ट/+30सेकेंडस** दबा कर 900 वाट पॉवर पर 2 मिनट का टाइम सेट करें।
आपके द्वारा चौथी बार बटन दबाने से पहले ही ओवन चलना शुरू हो जाएगा।



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

स्टार्ट /सेलेक्ट/+30सेकेंडस की कुकिंग के समय यदि आप चाहें तो टाइम सेटिंग को बढ़ा कर अधिकतम 99 मिनट 59 सेकंड्स कर सकते हैं पर इसके लिए आपको डायल करना पड़ेगा।



NOTE / नोट

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

स्टार्ट /सेलेक्ट/+30सेकेंडस कुकिंग की व्यवस्था द्वारा आप 30 सेकंड्स की हाई पावर कुकिंग कर सकते हैं जिसके लिए आपको **स्टार्ट/सेलेक्ट/+30सेकेंडस बटन** दबाना होगा।

HOW TO USE / किस तरह इस्तेमाल करें

Micro Power Cooking / माइक्रो पावर कुकिंग

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

निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि 720 वाट पावर का प्रयोग करके आप किस तरह 5 मिनट् में कोई भोजन तैयार कर सकते हैं।

1 Press STOP/Cancel

स्टॉप / कैन्सेल को दबाएं।



2 **Select Cook Mode.**

The following indication is displayed: "≋".

डायल का चयन करें। तब ये चिन्ह आपको दिखाई देगा: "≋"





3 **Turn DIAL until display shows "720W".**

Press START /Select /+30seconds for power confirmation.

डायल को घुमाऐं जब तक कि '720 वाट~' का चिन्ह दिखाई न देने लगे।
तब पावर सुनिश्चित करने के लिए **स्टार्ट / सेलेक्ट / +30 सेकेंडस** दबाएं।





4 **Turn DIAL until display shows "5:00".**

Press START /Select /+30seconds

डायल को घुमाऐं जब तक कि ''5:00'' का चिन्ह दिखाई न देने लगे। तब **स्टार्ट / सेलेक्ट / +30सेकेंडस** दबाएं।





NOTE / नोट

- Your oven has 5 microwave power settings. Press COOK MODE & Turning Dial will select different power levels.
- Food to be cooked should be placed in a microwave-safe utensils.
- Please do not use the following accessories in **MICRO MODE.**

- आपके ओवन में 5 माइक्रोवेव पावर सेटिंग्स हैं। हाई पावर का चयन अपने आप ही हो जाता है और **कुक मोड / डायल** को घुमाने से दूसरी पावर लेवल सेट होती है।
- जिस भोजन को कुक करना हो उसे माइक्रोवेव सेफ बर्तनों में ही रखकर ओवन का इस्तेमाल करें।
- निम्न एक्सेसरीज का उपयोग **माइक्रो मोड** में कृपया न करें।



High rack
हाई रैक



Low rack
लो रैक



Rotisserie Bar
रोटेसरी बार



Multicook Tawa
मल्टी कुक तवा

How To Use / किस तरह इस्तेमाल करें

Micro Power Level / माइक्रो पावर लेवल

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

यह ओवन 5 पावर लेवल्स वाला है ताकि आपको भोजन निर्माण हेतु अधिकतम विविधता और नियंत्रण उपलब्ध होता है।
नीचे की सारणी में कुछ व्यंजन और इस ओवन में उनके निर्माण हेतु निर्धारित पावर लेवल प्रदर्शित किये गए हैं:

POWER LEVEL	OUTPUT	USE	ACCESSORY
HIGH	900 W	• Boil water • Brown minced beef • Cook poultry pieces, fish, vegetables • Cook tender cuts meat	Microwave Safe Plate/ Microwave Safe Bowl/ Microwave Safe Glass Bowl
MEDIUM HIGH	720 W	• All reheating • Roast meat and poultry • Cook mushrooms and shellfish • Cook foods containing cheese and eggs	
MEDIUM	540 W	• Bake cakes and scones • Prepare eggs • Cook custard • Prepare rice, soup	
MEDIUM LOW	360 W	• All thawing • Melt butter and chocolate • Cook less tender cuts of meat	
LOW	180 W	• Soften butter & cheese • Soften ice cream • Raise yeast-based dough	

पावर लेवल	आउटपुट	इस्तेमाल	एक्सेसरीज
उच्च	900 वाट	• पानी उबालना • ब्राउन बीफ का कीमा • मुर्गे, मछली और सब्जियों के टुकड़ों को पकाना • कटा हुआ कोमल मांस	माइक्रोवेव सुरक्षित प्लेट/ माइक्रोवेव सुरक्षित कटोरा/ माइक्रोवेव सुरक्षित कांच का कटोरा
मध्यम उच्च	720 वाट	• पूर्णतया दुबारा गर्म करना • भुना हुआ मांस और मुर्गे • मशरूम और शेलफिश पकाना • पनीर और अंडे–युक्त भोजनों का निर्माण	
मध्यम	540 वाट	• बेक हुए केक और स्कोन्स • अंडों को तैयार करना • कस्टर्ड बनाना • चावल और सूप बनाना	
कम मध्यम	360 वाट	• सभी प्रकार के खाघ पदार्थ को सामान्य तापमान पर रखना। • मक्खन और चॉकलेट पकाना • कुछ कम कोमल मांस को पकाना	
एकदम कम	180 वाट	• मक्खन और चीज़ को नरम करना • आइसक्रीम को नरम करना • आटे में खमीर उठाना	

Grill Cooking / ग्रिल कुकिंग

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

नीचे दिए उदाहरण में आपको दिखाया जाएगा कि आप ग्रिल का इस्तेमाल करके कुछ किस्म का भोजन निर्माण 12 मिनट में कैसे कर सकते हैं।

1 Press STOP/Cancel

स्टॉप / कैन्सल को दबाएं।



2 **Select Cook Mode twice.**

The following indication is displayed: " 〰 "

Press Cook mode untill display shows 'Grill'
The following indication is displayed. " 〰 "

ट्वाइस कुक मोड को चुने।
नीचे दिया गया चिन्ह आपको दिखाई देगा: " 〰 "
कुक मोड को दबा कर ग्रिल को निश्चित करें।
नीचे दिया गया चिन्ह आपको दिखाई देगा: " 〰 "



3 **Turn** DIAL **until display shows "12:00".**

डायल को घुमा कर प्रतीक्षा करें जब तक कि आपको ''12:00'' दिखाई न देने लगे।



4 Press START /Select /+30Seconds

स्टार्ट / सेलेक्ट / +30सेकेंडस दबाएं।



CAUTION / सावधानी

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

हमेशा दस्ताने पहन कर ओवन में रखा खाना और सह–उपकरण हटाइये क्योंकि ये दोनों ही बहुत गर्म हो सकते हैं।

NOTE / नोट

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



High rack
हाई रैक

- इस व्यवस्था के द्वारा आप भूरा और कुरकुरा भोजन तुरंत तैयार कर सकेंगे।
- सुविधाओं का सर्वोत्तम लाभ लेने हेतु कृपया निम्नलिखित साधनों का उपयोग करें।

Grill Combi Cooking / ग्रिल–कॉम्बी कुकिंग

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

नीचे दिए गए उदाहरण में आपको दिखाया जायेगा कि अपने ओवन को किस तरह से प्रोग्राम करें ताकि 360 माइक्रो पावर वाट और ग्रिल का इस्तेमाल करके 25 मिनटस में भोजन निर्माण करें।

1 Press STOP/Cancel

स्टॉप / कैन्सल को दबाएं।



2 **Press Cook Mode until display shows GC-1.**
The following indications are displayed: " " " "

कुक मोड को दबाएँ जब तब कि आपको डिस्प्ले में "जी0सी0–1" दिखाई न देने लगे। " " " "



3 **Turn DIAL until display shows "GC-3".**
Press START/Select /+30seconds for power confirmation.

डायल को घुमाऐं जब तक कि आपको डिस्प्ले में ''जी0सी0–3'' न दिखाई देने लगे।
तब **स्टार्ट / सैलक्ट / +30सेकेंडस** दबाएं और पावर सुनिश्चित करें।



4 **Turn DIAL until display shows "25:00".**
Press START/Select/+30seconds.

डायल को घुमाऐं जब तक कि आपको डिस्प्ले में ''25:00'' न दिखाई देने लगे।
स्टार्ट / सैलक्ट / +30सेकेंडस दबाएं।



NOTE / नोट

- Your oven has a combination cooking feature which allows you to cook food with Heater and Microwave.
  This generally means it takes less time to cook your food.
- You can set three kinds of micro power level (GC-1: 180W, GC - 2: 270W, and GC-3: 360W) in grill combi mode.
- **This feature will allow you to brown and crispy food quickly.**

- आपके ओवन में कॉम्बिनेशन कुकिंग की सुविधा उपलब्ध है जिससे कि आप **हीटर** और **माइक्रोवेव** के माध्यम से भोजन तैयार कर सकें। इसका आमतौर पर यह अर्थ होता है कि आप कम समय में अपना भोजन पका सकते हैं।
- आप ग्रिल कॉम्बी मोड में तीन तरह के माइक्रो पावर लेवल सेट कर सकते हैं (GC-1:180 वाट, GC-2:270 वाट और GC-3:360 वाट)।
- **इस सुविधा द्वारा आप भूरा और कुरकुरा खाना तुरंत तैयार कर सकते हैं।**

Convection Preheat / कन्वेक्शन प्री–हीट

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

नीचे दिए उदाहरण में आपको दिखाया जाएगा कि किस तरह से 200 सेंटीग्रेड तापमान पर अपने ओवन को प्री–हीट करें।

1 Press STOP/Cancel

स्टॉप / कैन्सल को दबाएं।



2 **Press COOK MODE until display show '180°C'.**

The following indication is displayed: " "

कुक मोड को दबाएँ जब तब कि आपको डिस्प्ले में "**180°C**" दिखाई न देने लगे।
तब आपको निम्नलिखित चिन्ह दिखाई देगा: " "



3 **Turn DIAL until display shows "200°C".**

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

डायल घुमा कर "200°C" आने की प्रतीक्षा करें।
स्टार्ट / सैलक्ट / +30सेकेंडस दबाएं और तापमान को सुनिश्चित कीजिये।

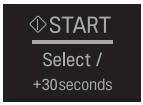




4 **Press Start/Select/+30seconds again Preheating will start & shows 60°C in display.**

The Temperature on the display will then rise to reflect the actual cavity temp.

स्टार्ट / सैलक्ट / +30सेकेंडस फिर से दबाएं।
प्री–हीट चालू हो जाएगा और आपको डिस्प्ले पर दिखेगा "PREHEAT"।



NOTE / नोट

- The convection oven has a temperature range of 40°C and 100~230°C.
- The oven has a ferment function at the oven temperature of 40°C. You may wait until the oven is cool because you cannot use a ferment function if the oven temperature is over 40°C.
- Your oven will take a few minutes to reach the selected temperature.
- Once it has reached correct temperature, your oven will BEEP to let you know that it has reached the correct temperature.
- Then place your food in your oven and to start cooking.

- कन्वेक्शन ओवन में तापमान का क्षेत्र 40°C से लेकर 100-230°C तक होता है।
- ओवन में 40°C पर फर्मन्टेशन की सुविधा भी होती है। आपको ओवन को ठंडा होने का इंतज़ार करना चाहिए क्योंकि यदि ओवन का तापमान 40°C से अधिक है तो आप फर्मन्टेशन की इस सुविधा का लाभ नहीं ले सकते।
- आपका ओवन चुने गए तापमान पर आने में कुछ मिनट का समय लेगा।
- सही तापमान पर आकर आपको इसकी जानकारी के लिए बीप की आवाज़ सुनाई देगी।
- तब आप भोजन ओवन के भीतर रख कर अपनी कुकिंग शुरू कर सकते हैं।

Convection Cooking / कन्वेक्शन कुकिंग

The metal tray or metal rack must be used during convection cooking.
In the following example, show you how to cook some food at a temperature of 230°C for 50 minutes.

कन्वेक्शन कुकिंग के दौरान मेटल ट्रे और मेटल रैक का उपयोग अवश्य चाहिए।
नीचे दिए उदाहरण में आपको दिखाया जाएगा कि 50 मिनट में 230°C तापमान पर भोजन कैसे तैयार करें।

1 Press STOP/Cancel
स्टॉप / कैन्सल को दबाएं।



2 **Press COOK MODE until display '180°C'.**
The following indication is displayed: "".

कुक मोड को दबाएँ जब तब कि आपको डिस्प्ले में "**180°C**" दिखाई न देने लगे।
तब आपको यह चिन्ह दिखेगा: ""



3 **Turn DIAL until display shows "230°C".**
Press START / Select /+30seconds for temperature confirmation.

डायल घुमा कर ''230°C'' आने की प्रतीक्षा करें।
स्टार्ट / सैलक्ट / +30सेकेंडस दबाएं और तापमान को सुनिश्चित कीजिये।





4 **Turn DIAL until display shows "50:00".**
डायल को घुमाऐं जब तक कि आपको '50:00:' दिखाई न देने लगे।



5 Press START/Select /+30seconds.

स्टार्ट/सैलक्ट / +30सेकेंडस दबाएं।



⚠ CAUTION / सावधानी

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

हमेशा ओवन से खाना निकालते समय और एक्सेसरीज़ को हटाते समय दस्ताने पहने रखें क्योंकि ये दोनों ही काफी गर्म हो सकते हैं।

NOTE / नोट

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

For the best result please use the following accessories.



Low rack
लो रैक

अगर आप तापमान नहीं चुनेगे आपका ओवन अपने आप ही '180°C' पर चला जाएगा। **डायल** के माध्यम से कुकिंग का तापमान परिवर्तित किया जा सकता है।

सर्वोत्तम परिणाम हेतु निम्नलिखित एक्सेसरीज़ को उपयोग में लाएं।

Convection Combi Cooking / कन्वेक्शन कॉम्बी कुकिंग

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

नीचे दिए उदाहरण में आपको बताया जाएगा कि किस तरह आप अपने ओवन को 270 वाट क्षमता पर 25 मिनट्स के समय में कन्वेक्शन तापमान 200°C पर कैसे प्रोग्राम कर सकते हैं।

1 Press STOP/Cancel
स्टॉप / कैन्सल को दबाएं।



2 **Press Cook Mode until display shows CC-1.**
The following indications are displayed: "≋", "".

कुक मोड को दबाएँ जब तब कि आपको डिस्प्ले में "सी0सी0–1" दिखाई न देने लगे।
तब निम्नलिखित चिन्ह आपको दिखाई देगा: "≋", ""



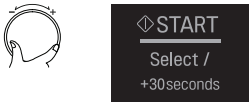
3 **Turn DIAL until display shows CC-2.**
Press START/Select /+30seconds for power confirmation.

डायल को घुमाऐं जब तब कि आपको डिस्प्ले में "सी0सी0–1" दिखाई न देने लगे।
स्टार्ट / सैलक्ट / +30सेकेंडस दबाएं और पावर को सुनिश्चित कीजिये।



4 **Turn DIAL until display shows "200°C".**
Press START/Select /+30seconds for temperature confirmation.

डायल को घुमाऐं जब तक कि डिस्प्ले में '200°C' न आ जाए।
स्टार्ट / सैलक्ट / +30सेकेंडस दबाएं और तापमान को सुनिश्चित कीजिये।



5 **Press Start Turn DIAL until display shows "25:00".**

डायल को घुमाऐं जब तक कि डिस्प्ले में ''25:00'' न आ जाए।



6 Press START /Select /+30seconds
स्टार्ट / सैलेक्ट/+30सेकेंडस बटन दबाएं।



⚠ CAUTION / सावधानी

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

हमेशा ओवन के भीतर से खाने को और एक्सेसरीज़ को निकालते समय दस्ताने पहनिए क्योंकि ये दोनों ही काफी गर्म हो सकते हैं।

NOTE / नोट

You can set three kinds of micro power level CC-1: 180W, CC-2: 270W, and CC-3: 360)

आप तीन तरह के माइक्रो पावर लेवल सेट कर सकते हैं (CC-1:180 वाट, CC-2 :270 वाट और CC-3: 360 वाट)।

More Or Less Cooking / ज्यादा या कम कुकिंग

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

दिए गए उदहारण में आपको बताया जाएगा की छोटी और बड़ी कुकिंग्स के लिए प्रीसेट 'कुक' प्रोग्राम को किस तरह बदलें।

1 Press STOP/Cancel
स्टॉप / कैन्सल को दबाएं।



2 Set the required preset COOK program.
Select weight of food.

आवश्यकतानुसार प्रीसेट **कुक** प्रोग्राम को सेट कर दीजिये।
खाने का वजन तय कीजिये।



3 Press START /Select /+30seconds
Turn DIAL.
The cooking time will increase or decrease.

स्टार्ट / सैलक्ट / +30सेकेंडस दबाएं।
डायल को घुमाएँ।
कुकिंग का टाइम कम या ज़्यादा हो जाएगा।



NOTE / नोट

- If you find that your food is over or undercooked when using the preset COOK program, you can increase or decrease cooking time by turning the **DIAL.**
- You can lengthen or shorten the cooking time (except defrost mode) at any point turning the **DIAL.**
- Do not increase of decrease the time during defrost mode. It may affect the performance of defrost mode.
- अगर प्रीसेट कुक का इस्तेमाल करके आपका खाना अधिक या कम पकेगा तो आप **डायल** घुमा कर समय को कम या अधिक कर सकते हैं।
- किसी भी समय **डायल** के द्वारा आप कुकिंग की समय सीमा को कम या अधिक कर सकते हैं (सिर्फ डिफ्रॉस्ट मोड को छोड़कर)।
- डिफ्रास्ट मोड इस्तेमाल करने के दौरान समय कम या अधिक ना करें। इससे डिफ्रास्ट मोड की परफॉर्मेन्स पर असर पड़ सकता है।

Please follow the given steps to operate cook functions (Indian Cuisine, Veg Charcoal / Healthy Heart, Indian Roti Basket/Ghee, Diet Fry / Low Calorie , Kids' / Dairy Delight) in your Microwave.

Cook Functions	Indian Cuisine	Veg Charcoal / Healthy Heart	Indian Roti Basket/ Ghee	Diet Fry / Low Calorie	Kids' / Dairy Delight
STEP-1	Press STOP/Cancel	Press STOP/Cancel	Press STOP/Cancel	Press STOP/Cancel	Press STOP/Cancel
STEP-2	Indian Cuisine	Veg Charcoal / Healthy Heart	Indian Roti Basket/ Ghee	Diet Fry / Low Calorie	Kids' / Dairy Delight
STEP-3	Turn Dial to select the food category (1-1 to 1-35) (2-1 to 2-41) (3-1 to 3-25) (4-1 to 4-15) (5-1 to 5-17)	Turn dial to Select the food category (1-1 to 1-35) (2-1 to 2-30)	Turn dial to Select the food category (1-1 to 1-28) (2-1 to 2-4)	Turn Dial to select the food category (1-1 to 1-29) (2-1 to 2-19)	Turn Dial to select the food category (1-1 to 1-24) (2-1 to 2-28) (3-1 to 3-4) (4-1 to 4-2)
STEP-4	Press START/ Select / +30seconds	Press START/ Select / +30seconds	Press START/ Select / +30seconds	Press START/ Select / +30seconds	Press START/ Select / +30seconds
STEP-5	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight
STEP-6	Press START/ Select / +30seconds	Press START/ Select / +30seconds	Press START/ Select / +30seconds	Press START/ Select / +30seconds	Press START/ Select / +30seconds

Disclaimer:

*All brands mentioned here in are property of their respective brand owners. All company or brand or product names used herein are only for showing compatibility with recipes prepared on LG products and for identification purposes only. Use of these names, logos, and brands does not imply any affiliation or endorsement.

*Recipes are based on best efforts but results may vary according to Temperature, quality, Ingredients, weight, etc.

*Images given here are only for representation purposes.

*Recipes are neither a substitute for, nor do they replace professional medical advice.

डिस्क्लेमर:

*यहाँ वर्णित सभी ब्राण्ड उनके सम्बधित ब्राण्ड मालिकों की सम्पति है। यहाँ उपयोग किये गये सभी कम्पनी या ब्राण्ड या उत्पाद नाम केवल हैं LG उत्पादों पर तैयार व्यंजनों के साथ संगतता दिखाने के लिए और केवल पहचान उदेश्यों के लिए, इन नामों,का उपयोग लोगो और ब्राण्ड़ कोई भी संबद्धता या समर्थन नहीं देते है।

*व्यजन सर्वोतम प्रयासों पर आधारित है, लेकिन परिणाम तापमान,गुणवता,सामग्री,वजन के अनुसार भिन्न हो सकते है।

*यदि दी गयी छवियां केवल प्रतिनिधित्व उदेश्यों के लिए है।

Indian Cuisine

In the following example, show you how to cook 0.4Kg of DAL TADKA.

1. Press STOP/Cancel



2. Press Indian Cuisine.



The display will show "1" .

3. Turn DIAL until display show "1-3".



Press START /Select /+30seconds for category confirmation.



4. Turn DIAL until display shows "0.4Kg".



5. Press START /Select /+30seconds



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



NOTE

- Indian Cuisine menus are programmed.
- Indian Cuisine menus allows you to cook your favourite food by selecting food & weight of food.

Indian Cuisine

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-1</td><td>MIX VEG</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Mix Veg. (Carrot, Cauliflower, peas, beans, potato)</td><td>100 g (Total)</td><td>200 g (Total)</td><td>300 g (Total)</td><td>400 g (Total)</td><td>500 g (Total)</td></tr>
<tr><td>Oil</td><td>¼ tbsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Onion (chopped)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2 cup</td></tr>
<tr><td>Tomato (chopped)</td><td>¼ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder</td><td colspan="5">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select category & weight and press start.
2. When beeps, remove & mix well. Add vegetable & some water. Cover & press start.
3. When beeps, mix well. Cover & press start. Garnish with coriander leaves.
</td></tr>
<tr><td>1-2</td><td>KADHAI PANEER</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>Paneer</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Capsicum & Onion (sliced)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr>
<tr><td>Onion Paste</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td><td>6½ tbsp</td></tr>
<tr><td>Tomato Puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4½ tbsp</td><td>5 tbsp</td></tr>
<tr><td>Ginger-Garlic Paste, Salt & Sugar</td><td colspan="5">To taste</td></tr>
<tr><td>Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala</td><td colspan="5">To taste</td></tr>
<tr><td>Butter</td><td>1½ tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr>
<tr><td>Fresh Cream</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
</table>
Method :
1. In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum & onion. Mix well, cover. Select category & weight and press start.
2. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt, sugar and paneer cubes, mix well and press start. Stand for 5 minutes. Garnish with hara dhania and serve hot.
</td></tr>
<tr><td>1-3</td><td>DAL TADKA</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Dal (soaked for 2 hours)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Water</td><td>400 ml</td><td>600 ml</td><td>800 ml</td></tr>
<tr><td>Oil</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch</td><td colspan="3">To taste</td></tr>
<tr><td>Salt, dhania powder</td><td colspan="3">To taste</td></tr>
</table>
Method :
1. Take dal in Microwave Safe bowl, add Water, Haldi & Hing.
2. Select category & weight and press start to cook.
3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves, salt, dhania jeera powder, hara dhania, kasuri methi (optional). Press start.
4. When beeps, add dal, water (if required), mix well & again press start.
</td></tr>
<tr><td>1-4</td><td>SAMBHAR</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>Arhar Dal (Soaked for 2 hrs)</td><td>200 g</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Onion chopped</td><td>1 medium</td></tr>
<tr><td>Tomato chopped</td><td>1 medium</td></tr>
<tr><td>Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin</td><td>1 cup</td></tr>
<tr><td>Boiled Water</td><td>400 ml</td></tr>
<tr><td>Imli pulp, Green Chilli, Sambhar Masala, Salt, Gud</td><td>As per your taste</td></tr>
</table>
Method :
1. Soak dal for 2 hours, In Microwave Safe Bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select category and press start.
2. When beeps, in another Microwave Safe Bowl take oil, add rai, hing, curry leaves, dhania, red chilli. Press start.
3. When beeps, mash dal very well and add to tadka. Add imli pulp sambhar masala, gud and some water (if required). Press start. Stand for 5 minutes. Garnish with coconut and hara dhania and serve with Idli.
</td></tr>
</table>

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-5</td><td>DUM ALOO</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boiled Aloo (small)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>3½ tbsp</td></tr>
<tr><td>Jeera, pepper seeds, cloves, hing</td><td colspan="5">As required</td></tr>
<tr><td>Onion paste</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Ginger & garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2 tsp</td></tr>
<tr><td>Tomato puree</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Curd</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Turmeric powder, red chilli powder, deghi mirch, salt, garam masala, saunf powder</td><td colspan="5">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add oil, jeera, pepper seeds, cloves, hing, onion paste, ginger garlic paste. Mix well.
2. Select category & weight and press start.
3. When beeps, mix well & add tomato puree & boiled potatoes. Mix well & cover. Press start.
4. When beeps, mix well & add curd. Cover & press start.
5. Allow to stand for 3 minutes.
</td></tr>
<tr><td>1-6</td><td>KADHI</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Besan</td><td>25 g</td><td>50 g</td><td>75 g</td></tr>
<tr><td>Curd / matha</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Rai, cumin seeds</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped onions</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Salt, red chilli powder, haldi, coriander powder, amchur</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr>
</table>
Method :
1. In a MWS bowl add oil, rai, jeera, chopped onion. Select category & weight and press start.
2. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (½ the amount mentioned per weight). Mix & press start.
3. When beeps, mix & add remaining water & press start. Pour tempering & serve.
</td></tr>
<tr><td>1-7</td><td>BAATI</td><td>0.4 kg</td><td>Multicook tawa
&
Low rack#
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Wheat flour</td><td>200 g</td></tr>
<tr><td>Suji</td><td>50 g</td></tr>
<tr><td>Melted ghee</td><td>75 ml (5 tbsp)</td></tr>
<tr><td>Jeera</td><td>½ tsp</td></tr>
<tr><td>Ajwain</td><td>¼ tsp</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Haldi</td><td>As required</td></tr>
</table>
Method :
1. In a bowl mix all the ingredients, but ghee only 3 tbsp. Knead the dough with little warm water to make it like poori dough. Cover and keep for half an hour.
2. Make medium sized balls of the dough. Keep them on tawa & keep the tawa on low rack. Keep aside.
3. Select category & press start.
4. When beeps, keep the tawa & low rack & press start.
5. When beeps, keep the tawa on high rack.Press start. Dip the baati in melted ghee & serve with dal.
</td></tr>
</table>

Refer page 135, fig 1
* Refer page 135, fig 2

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<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-8</td><td>DALMA</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Moong dal (soaked for 2 hours)</td><td>300 g</td></tr>
<tr><td>Water</td><td>600 ml</td></tr>
<tr><td>Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato)</td><td>2 cups</td></tr>
<tr><td>For tadka</td><td></td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Bay leafs, jeera, dry chillies, salt, haldi</td><td>As per taste</td></tr>
<tr><td>Grated coconut</td><td>4 tbsp</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td></tr>
</table>
Method :
1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select category & press start.
2. When beeps, in another MWS bowl add oil, bay leafs, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start.
3. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start.
</td></tr>
<tr><td>1-9</td><td>PITHLA</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl
&
Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Besan</td><td>½ cup</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
<tr><td>Ginger, garlic, green chillies (chopped)</td><td>1 tsp each</td></tr>
<tr><td>Onion, Tomato (chopped)</td><td>1 no. each</td></tr>
<tr><td>Coriander chopped</td><td>A few sprigs</td></tr>
<tr><td>Water</td><td>2 cups (400 ml)</td></tr>
<tr><td>Salt, turmeric powder, garam masala, red chilli powder</td><td>As per taste</td></tr>
</table>
Method :
1. In a MWS flat glass dish put besan. Select category & press start.
2. When beeps, remove & in another MWS glass bowl put oil, chopped ginger, garlic, green chilli, chopped onion & tomato, turmeric powder, garam masala, red chilli powder. Mix well & press start.
3. When beeps, mix besan with masala & add water & salt. Mix well. Keep MWS glass bowl in microwave & press start.
4. Stir well. Garnish with fresh coriander & serve.
</td></tr>
<tr><td>1-10</td><td>PANCHMEL KI SABZI</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Chopped vegetables (Gavarfali, chawli, shimla mirch, kheera, gajar)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Onion</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Ginger & green chilli paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Coriander powder, amchur, haldi & salt</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add oil, jeera, onion, ginger & green chilli paste. Mix well.
2. Select category & weight and press start.
3. When beeps, mix well & add the chopped vegetables & little water. Cover and press start.
4. When beeps, mix well & add coriander powder, amchur, haldi & salt. Press start. Allow to stand for 5 minutes.
</td></tr>
</table>

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-11</td><td>GUJARATI TUVAR DAL</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Tuvar dal / Arhar dal (soaked for 2 hours)</td><td>300 g</td></tr>
<tr><td>Water</td><td>600 ml</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td></tr>
<tr><td>Jeera</td><td>½ tsp</td></tr>
<tr><td>Finely chopped ginger</td><td>1 tbsp</td></tr>
<tr><td>Slit green chillies</td><td>3 nos.</td></tr>
<tr><td>Curry leaves</td><td>A few</td></tr>
<tr><td>Chopped tomato</td><td>2 nos.</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td></tr>
<tr><td>Hing</td><td>A pinch</td></tr>
<tr><td>Salt, turmeric powder, red chilli powder</td><td>As per taste</td></tr>
<tr><td>Jaggery (Gud)</td><td>As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select category & press start.
2. When beeps, remove the dal.
3. In another MWS bowl add oil, mustard seeds, jeera, finely chopped ginger, slit green chillies, curry leaves, chopped, onions, red chilli powder. Mix well & press start.
4. When beeps, remove the bowl & add these ingredients to the dal. Add tomato, jaggery & mix well. Press start. Squeeze lemon juice & serve.
</td></tr>
<tr><td>1-12</td><td>BUTTER CHICKEN</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Chicken (boneless)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Ginger garlic paste</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Chopped onions</td><td>1 no.</td><td>1 no.</td><td>2 nos.</td></tr>
<tr><td>Garam masala, dhania powder, jeera powder, kasuri methi, red chilli powder, salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Kaju paste</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Fresh cream</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Butter</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td></tr>
<tr><td>Oil</td><td>2 tbsp</td><td>2½ tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Slit green chillies</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
</table>
Method :
1. In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select category & weight & press start.
2. When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well & cover. Press start.
3. When beeps, mix well, add kaju paste, cream & butter. Mix well & cover. Press start.
4. Garnish with slit chillies.
</td></tr>
<tr><td>1-13</td><td>BEANS PORIAL</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>French beans (cut evenly)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td></tr>
<tr><td>Mustard seeds</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Urad dhal</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Grated coconut</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add oil, mustard seeds, urad dal, green chillies & salt. Select category & weight and press start.
2. When beeps, add beans, sprinkle little water. Cover & press start.
3. Add grated coconut, cover & stand for 3 minutes.
</td></tr>
</table>

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<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-14</td><td>GOAN POTATO CURRY</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boiled potato</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Boiled mix veg (capsicum, cauliflower, carrot, peas)</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Grated coconut</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Coconut milk</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Kaju powder</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Salt, red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Fresh cream</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Coriander</td><td colspan="3">A few sprigs</td></tr>
</table>
Method :
1. In a MWS bowl add oil, mustard seeds & chopped onion. Select category & weight and press start.
2. When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder & press start.
3. When beeps, mix well & add boiled potato & mix vegetables & fresh cream. Press start. Give standing time of 3 minutes.
4. Garnish with chopped coriander leaves & serve.
</td></tr>
<tr><td>1-15</td><td>VEG HANDVA@</td><td>0.3 kg</td><td>Microwave safe (MWS) flat glass dish
&
Low rack
&
High rack**</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Rice</td><td>200 g (1 cup)</td></tr>
<tr><td>Urad Dal (Dehusked)</td><td>2 tbsp</td></tr>
<tr><td>Sour curd</td><td>½ cup</td></tr>
<tr><td>Boiled vegetables (Potato, Carrots, Peas, Palak)</td><td>2 cups</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Lemon juice</td><td>2 tsp</td></tr>
<tr><td>Baking soda</td><td>A pinch</td></tr>
<tr><td>Chilli powder, turmeric powder, salt</td><td>As per taste</td></tr>
<tr><td>Ginger & chilli paste</td><td>1 tsp</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td></tr>
<tr><td>Curry leaves</td><td>A few sprigs</td></tr>
<tr><td>Hing</td><td>¼ tsp</td></tr>
</table>
Method :
1. Clean, wash & soak the rice & dal together in enough water for at least 4 to 5 hours. Drain & keep aside.
2. Blend in a mixer till smooth, add the curds & mix well. Cover & keep aside to ferment overnight.
3. After fermentation, add salt, chilli powder, turmeric powder, Baking soda, ginger & green chilli paste. Mix well.
4. In a MWS bowl, add oil, mustard seeds & curry leaves & microwave for 2 minutes and keep aside.
5. Add the boiled vegetables to the fermented batter, add the tadka prepared & lemon juice & hing. Mix well all the ingredients.
6. Pour the batter in MWS flat glass dish. Keep aside.
7. Select category & press start. (Pre-heat process)
8. When beeps, keep the MWS flat glass dish on low rack & press start.
9. When beeps, transfer the MWS flat glass dish to high rack & press start.
</td></tr>
</table>

@ Do not put anything in the oven during Pre-heat mode.
** Refer page 135, fig 5

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-16</td><td>KASHMIRI KAJU PANEER</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Paneer pieces</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Kaju paste</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td><td>6 tsp</td></tr>
<tr><td>Sliced onions</td><td>½ no.</td><td>1 nos.</td><td>1½ nos.</td><td>1½ nos.</td><td>2 nos.</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td></tr>
<tr><td>Chilli powder</td><td colspan="5">As per taste</td></tr>
<tr><td>Khus Khus paste</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2 cup</td></tr>
<tr><td>Milk</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Garam masala & salt</td><td colspan="5">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add oil, onion slices, chopped ginger & garlic. Select category & weight and press start.
2. When beeps, mix well, add khus khus paste, kaju paste, tomato puree, chilli powder, garam masala & salt and press start.
3. When beeps, mix well, add paneer pieces and milk. Press start. Stand for 3 minutes.
</td></tr>
<tr><td>1-17</td><td>KADHAI CHICKEN</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boneless chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td></tr>
<tr><td>Methidana</td><td>¼ tsp</td><td>¼ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Onion slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td><td>3½ nos.</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>5 tsp</td></tr>
<tr><td>Dhania powder, red chilli powder salt</td><td colspan="5">As per taste</td></tr>
<tr><td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Hara dhania</td><td colspan="5">A few sprigs</td></tr>
<tr><td>Capsicum</td><td>1 no.</td><td>1½ nos.</td><td>2 nos.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Ginger (finely sliced)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4½ tbsp</td></tr>
<tr><td>Cream</td><td colspan="5">For garnishing</td></tr>
</table>
Method :
1. In Microwave Safe Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select category & weight and press start.
2. When beeps, mix well & add tomato puree, hara dhana, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes.
3. Add cream. Mix well. Serve hot.
</td></tr>
<tr><td>1-18</td><td>BAIGAN KA BHARTA</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Baingan (Chopped in big pieces)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped onions</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Chopped green chillies</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
<tr><td>Chopped ginger</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped tomato</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Tomato puree</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Salt, dhania powder, garam masala, red chilli powder, haldi</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped coriander leaves</td><td colspan="3">A few sprigs</td></tr>
</table>
Method :
1. In a MWS bowl add peeled & chopped baigan. Sprinkle some water. Cover. Select category & weight and press start.
2. When beeps, remove & mash the baigan well.
3. In another MWS bowl add oil, chopped onion, green chillies, ginger, tomato, tomato puree, salt, dhania powder, garam masala, red chilli powder, haldi. Mix well. Cover & press start.
4. When beeps, mix well. Add the mashed baingan & mix well. Press start. Allow to stand for 3 minutes. Garnish with coriander leaves.
</td></tr>
</table>

Indian Cuisine

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-19</td><td>KOFTA CURRY</td><td>0.1 ~ 0.3 kg</td><td>Microwavesafe (MWS) flat glass dish
&
Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Grated Lauki</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Besan</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chopped Onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Chopped Ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Coriander power, haldi, garam masala red chilli powder, jeera, salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Water</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a bowl mix grated lauki, besan, salt & haldi together. Mix well & prepare balls of medium size out of the mixture.
2. Grease a MWS flat glass dish & keep the koftas on it select category & weight & press start.
3. When beeps, remove in a MWS bowl add oil, jeera, onion, garlic & ginger & press start.
4. When beeps, mix well, add tomato puree, coriander power, garam masala, red chilli powder, salt, water. Add koftas & press start. Stand for 5 minutes. Squeeze lemon juice & serve.</td></tr>
<tr><td>1-20</td><td>ALOO GOBHI</td><td>0.3-0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Potatoes (chopped)</td><td>150 g</td><td>200 g</td><td>250 g</td></tr>
<tr><td>Cauliflower florets</td><td>150 g</td><td>200 g</td><td>250 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Jeera</td><td>1 tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Chopped green chillies</td><td>1 no</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Coriander powder, red chilli powder, haldi, salt, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Coriander leaves</td><td colspan="3">A few sprigs</td></tr>
</table>
Method :
1. In a MWS bowl add oil, jeera, chopped onion, green chillies, mix well. Select Category & weight & press start.
2. When beeps, mix well and add potatoes (chopped in medium sizes), cauliflower florets, coriander powder, red chilli powder, haldi, salt, garam masala & mix well. Add some water Cover. Press start.
3. When beeps, mix well & add coriander leaves and cover. Press start. Allow to stand for 15 mins with cover inside the microwave. Garnish with coriander leaves & serve.</td></tr>
<tr><td>1-21</td><td>MATAR PANEER</td><td>0.2-0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Matar</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Paneer Cubes</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½tbsp</td><td>2 tbsp</td></tr>
<tr><td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Chopped Onion</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped Ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Jeera powder, salt, haldi, red chilli powder, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Coriander leaves</td><td colspan="3">A few sprigs</td></tr>
<tr><td>Water</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
</table>
Method :
1. In a MWS bowl add oil, chopped ginger, garlic, onion. Mix well select category & weight & press start.
2. When beeps, mix well, add paneer cubes, peas, tomato puree, jeera, powder, salt, haldi, red chilli powder, garam masala. Mix well cover. Press Start.
3. When beeps, mix well, add water, coriander leaves & cover. Press start. Stand for 5 minutes.</td></tr>
</table>

Category		Weight Limit	Utensil	Instructions
1-22	GATTE KI SABZI	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	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	1½ tbsp	2 tbsp
Rai, jeera	2 tsp	2 tsp	3 tsp
Curry leaves	A few		
Sour curd	1 cup	1 cup	1½ cup
Red chilli powder, haldi, dhaniya powder, salt	As per taste		
Tomato puree	¼ cup	½ cup	1 cup

Method :
1. In a bowl mix besan, red chilli powder, haldi, dhania powder, salt. Add water, little oil and make it like a chapati dough.
2. After making the dough break the dough into different pieces and make the rolls out of those pieces.
3. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover.
4. Select category & weight and press start.
5. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices.
6. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhaniya powder, haldi, salt. Cover & press start.
7. When beeps, add beaten curd, gattas & haldi. Mix well & press start.

1-23	EGG CURRY	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

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

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

1-24	JHINGA MATAR CURRY	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	

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

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

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<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-25</td><td>DUM TANGRI</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl
&
High rack</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Chicken legs</td><td>5 nos.</td></tr>
<tr><td>For Marinade</td><td></td></tr>
<tr><td>Hung curd</td><td>4 tbsp</td></tr>
<tr><td>Fresh cream</td><td>1 tbsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>½ tbsp</td></tr>
<tr><td>Tandoori chicken masala</td><td>1 tbsp</td></tr>
<tr><td>Kasoori methi</td><td>As required</td></tr>
<tr><td>Salt, red chilli powder, garam masala, black pepper powder</td><td>As per taste</td></tr>
<tr><td>For Gravy</td><td></td></tr>
<tr><td>Fresh tomato paste</td><td>5 tbsp</td></tr>
<tr><td>Onion paste</td><td>5 tbsp</td></tr>
<tr><td>Tomato puree</td><td>3 tbsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Fresh coriander leaves (chopped)</td><td>As required</td></tr>
<tr><td>Salt, red chilli power, garam masala, dhaniya powder</td><td>As per taste</td></tr>
</table>
Method :
1. Take chicken legs, wash, clean & pat dry them with kitchen towel. Make cuts on legs with a sharp knife & keep aside.
2. In a bowl take all the ingredients of marinade & mix to a thick paste. Apply the marinade on chicken legs all over & inside the cuts as well. Keep covered inside the refrigerator for at least half an hour.
3. After marination is done, keep the marinated chicken legs on high rack. Place tissue paper on the glass tray to absorb all drippings. Keep high rack with chicken legs in the microwave. Select category & press start.
4. When beeps, turn the chicken legs & press start.
5. When beeps, remove chicken legs & high rack from microwave & keep aside. In a MWS glass bowl take all the ingredients given for gravy. Mix well & press start.
6. Take chicken legs & roll in the gravy. Mix well & serve hot with butter naan or laccha parantha.
</td></tr>
<tr><td>1-26</td><td>MAKKI KORMA</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Corns</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Peas</td><td>¼ cup</td><td>½ cup</td><td>½ cup</td></tr>
<tr><td>Onion (chopped)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Tomato (chopped)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Green chilli (chopped)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Beaten curd</td><td>4 tbsp</td><td>6 tbsp</td><td>8 tbsp</td></tr>
<tr><td>Water (for boiling)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Water (for cooking)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Salt, red chilli power, turmeric powder, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
</table>
Method :
1. In a MWS glass bowl put corns, peas, water (for boiling) & stir. Select category & weight and press start.
2. When beeps, remove & strain the corns & peas in a strainer & keep aside. In the same glass bowl add put oil, chopped onion, tomato & green chilli. Mix well & press start.
3. When beeps, add corns & peas, water (for cooking), add all spices, beaten curd & mix well. Press start. Give standing time of 5-10 minutes & serve hot.
</td></tr>
</table>

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-27</td><td>LITTI</td><td>6 Pc</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Whole wheat flour</td><td>1 cup</td></tr>
<tr><td>Curd</td><td>¼ cup</td></tr>
<tr><td>Desi ghee</td><td>2 tbsp</td></tr>
<tr><td>Ajwain</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Baking soda</td><td>A pinch</td></tr>
<tr><td>Water (to knead the dough)</td><td>¼ cup</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Sattu</td><td>½ cup</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td></tr>
<tr><td>Chopped coriander</td><td>½ cup</td></tr>
<tr><td>Chopped green chilli</td><td>1 tbsp</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td></tr>
<tr><td>Mustard oil</td><td>1 tbsp</td></tr>
<tr><td>Red chilli pickle masala</td><td>1 tbsp</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl mix all the ingredients of dough except water & mix well with hands. Now add water & knead a soft dough. Cover & keep aside for 10-15 minutes.
2. In another bowl take all the ingredients of stuffing & mix very well. If the stuffing is too dry, then add 1 or 2 cup water (just enough to mix all the ingredients) & 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 tbsp) & make round shape balls.
4. Keep multicook tawa on low rack & keep tawa and rack inside the microwave. Select category and press start.
5. When beeps, keep the prepared balls on tawa & keep tawa on low rack & press start.
6. When beeps, change over the side. Press start. Dip the hot Litti in melted ghee & serve hot with chokha.</td></tr>
<tr><td>1-28</td><td>CHOKHA</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Brinjal (peeled & chopped)</td><td>300 g</td></tr>
<tr><td>Onion (chopped)</td><td>1 no.</td></tr>
<tr><td>Tomato (de-seeded & cut into pieces)</td><td>3 nos.</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>2 tbsp</td></tr>
<tr><td>Ginger (chopped)</td><td>1 tsp</td></tr>
<tr><td>Mustard oil</td><td>½ tbsp</td></tr>
<tr><td>Salt, red chilli powder</td><td>As per taste</td></tr>
</table>
Method :
1. In a MWS glass bowl take peeled & chopped brinjal pieces. Sprinkle some water. Select category & press start.
2. When beeps, remove MWS glass bowl from the microwave. Mash the cooked brinjal with the back of the spoon/laddle & keep aside.
3. Take tomatoes pieces & keep on tawa. Keep tawa & high rack inside the microwave & press start.
4. When cooking ends, add grilled tomatoes to the mashed brinjal. Add all the spices, mustard oil, chopped onions & green chilli, coriander leaves & mix very well & mash a little. Serve chokha with freshly made Litti.</td></tr>
<tr><td>1-29</td><td>METHI ALOO</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Methi leaves (chopped)</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr>
<tr><td>Big size potato (cut in pieces)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Tomato (chopped)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Green chilli (chopped)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Salt, red chilli powder, haldi, garam masala</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add cut potatoes. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add chopped methi leaves & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.</td></tr>
</table>

Refer page 135, fig 1
* Refer page 135, fig 2

Indian Cuisine

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-30</td><td>KADDU KI SABZI</td><td>0.2 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Kaddu (cut into pieces)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Chopped tomato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Finely chopped ginger</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Chopped coriander leaves</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Salt, red chilli power, garam masala, amchoor, turmeric powder</td><td colspan="4">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl take kaddu pieces, sprinkle some water & cover. Select category & weight and press start.
2. When beeps, remove kaddu & keep aside. In another MWS bowl put oil, chopped ginger, green chilli, coriander leaves & chopped tomatoes. Mix well & press start.
3. When beeps, remove & mix well. Add cooked kaddu & all the spices. Mash with the back of laddle / spoon. Press start. Serve hot.
</td></tr>
<tr><td>1-31</td><td>PALAK KEEMA</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Palak leaves (chopped)</td><td>1½ cup</td><td>2½ cups</td><td>3½ cups</td></tr>
<tr><td>Chicken keema</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Tomatoes</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Dry red chillies</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Ginger (chopped)</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Garlic (chopped)</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Kalonji</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Saunf</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Jeera</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Methi dana</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
</table>
Method :
1. In a spice blender take tomatoes (cut into pieces), chopped ginger, chopped garlic, dry red chilli, a pinch of salt & make a puree of it. Keep aside for later use.
2. In a MWS bowl take oil, saunf, jeera, kalonji & methi dana, chopped onions. Mix well. Select category & weight and press start.
3. When beeps, stir well & add chicken keema & tomato puree. Mix & cover and press start.
4. When beeps, stir well. Add chopped palak leaves, salt & press start. Serve hot with butter naan or tandoori roti.
</td></tr>
<tr><td>1-32</td><td>PANEER PISTA HARYALI</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Paneer (cut into cubes)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Pista (skin removed)</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Coriander leaves</td><td>¼ cup</td><td>½ cup</td><td>½ cup</td></tr>
<tr><td>Milk</td><td>¼ cup</td><td>½ cup</td><td>½ cup</td></tr>
<tr><td>Salt & pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Onion</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Dhania powder</td><td>½ tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Garlic (chopped)</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td></tr>
<tr><td>Water</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
</table>
Method :
1. Peel & cut onions into 4 pieces. Put pista & chopped onion in a MWS bowl. Put water & cover. Select category & weight and press start.
2. When beeps, remove from microwave & cool. Grind boiled onion pieces, pista along with water, salt, pepper, dhania powder, coriander leaves, green chilli, garlic to a fine green paste.
3. Put the prepared paste in the same MWS bowl, put oil & milk, mix well & press start.
4. When beeps, mix again, put paneer cubes & mix. Adjust seasoning. Press start. Garnish with fresh cream. Serve hot.
</td></tr>
</table>

Category		Weight Limit	Utensil	Instructions
1-33	BANDH-GOBHI MATAR	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.3 kg	0.4 kg	0.5 kg
Cabbage leaves (chopped)	300g	400g	500g
Peas	1 cup	1 cup	½ cup
Tomato (chopped)	2 nos.	3 nos.	3 nos.
Oil	1½ tbsp	2 tbsp	2 tbsp
Green chilli (chopped)	2 nos.	2 nos.	2 nos.
Salt, red chilli powder, haldi, garam masala	As per taste		

Method :
1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add peas. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add chopped cabbages leaves & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.

1-34	MUSHROOM CHILLI	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl

For	0.3 kg	0.4 kg	0.5 kg
Mushroom (chopped)	300g	400g	500g
Onion (chopped)	1 cup	1 cup	½ cup
Tomato (chopped)	2 nos.	3 nos.	3 nos.
Oil	1½ tbsp	2 tbsp	2 tbsp
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp
Green chilli (chopped)	2 nos.	2 nos.	2 nos.
Salt, red chilli powder, garam masala	As per taste		

Method :
1. In a MWS bowl take oil, ginger garlic paste, chopped green chilli & chopped onion. Mix well. Select category & weight and press start.
2. When beeps, mix & add chopped tomato. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add chopped mushroom & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.

1-35	KALONJI ALOO	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl

For	0.3 kg	0.4 kg	0.5 kg
Boiled Potato (chopped)	300g	400g	500g
Kalonji	1 tbsp	1 tbsp	1½ tbsp
Tomato (chopped)	2 nos.	3 nos.	3 nos.
Oil	1½ tbsp	2 tbsp	2 tbsp
Green chilli (chopped)	2 nos.	2 nos.	2 nos.
Salt, red chilli powder, garam masala, haldi	As per taste		

Method :
1. In a MWS bowl take oil, chopped green chilli & add kalolnji & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add potato. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add all the spices. Mix well & cover. Press start. Give standing time for 2 minutes. Serve hot with chappati or parantha.

1-36	DAHI ALOO	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl

For	0.3 kg	0.4 kg	0.5 kg
Boiled Potato (chopped)	300g	400g	500g
Fresh Curd	1 Cup	1 Cup	1½ Cup
Tomato (chopped)	2 nos.	3 nos.	3 nos.
Besan	2 tbsp	2 tbsp	3 tbsp
Water	1 Cup	1 Cup	1½ Cup
Oil	1½ tbsp	2 tbsp	2 tbsp
Green chilli (chopped)	2 nos.	2 nos.	2 nos.
Salt, red chilli powder, garam masala, haldi, jeera	As per taste		

Method :
1. In a MWS bowl take oil, chopped green chilli, jeera & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add potato, besan & water. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add curd & all the spices. Mix well & cover. Press start. Give standing time for 2 minutes. Serve hot with chappati or parantha.

Indian Cuisine

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-37</td><td>ALOO SHIMLA-MIRCH</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Potato (chopped)</td><td>300g</td><td>400g</td><td>500g</td></tr>
<tr><td>Capsicum (chopped)</td><td>1 cup</td><td>1 cup</td><td>½ cup</td></tr>
<tr><td>Tomato (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 nos.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Salt, red chilli powder, haldi, garam masala</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add potato. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add chopped capsicum & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.
</td></tr>
<tr><td>1-38</td><td>PANEER BHURJI</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Paneer (mashed)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chopped capsicum</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>4 nos.</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Coriander leaves</td><td colspan="5">A few sprigs</td></tr>
<tr><td>Coriander powder, jeera powder, red chilli powder, salt</td><td colspan="5">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add oil, onion & capsicum. Select category & weight and press start.
2. When beeps, mix well & add paneer, coriander leaves, coriander powder, jeera powder, red chilli powder & salt. Mix well & press start.
3. Serve with toast or wrapped in roti.
</td></tr>
<tr><td>1-39</td><td>SCRAMBLED EGGS</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Eggs</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Milk</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt, pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Butter / oil</td><td colspan="3">For greasing</td></tr>
<tr><td>Coriander leaves (chopped)</td><td colspan="3">For garnishing</td></tr>
</table>
Method :
1. Grease a MWS flat glass dish with butter or oil.
2. In another bowl lightly beat eggs, milk, salt & pepper together.
3. Now pour the egg mixture in greased MWS flat glass dish. Select category & weight and press start.
4. When beeps, mix well & again press start. Stand for 3 minutes. Mix well & garnish with chopped coriander leaves & serve.
</td></tr>
<tr><td>1-40</td><td>MUSHROOM CAPSICUM</td><td>0.5 kg</td><td>Microwave Safe (MWS) Bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Mushroom (chopped)</td><td>500g</td></tr>
<tr><td>Capsicum (chopped)</td><td>½ cup</td></tr>
<tr><td>Tomato (chopped)</td><td>3 nos.</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1½ tbsp</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr>
<tr><td>Salt, red chilli powder, garam masala</td><td>As per taste</td></tr>
</table>
Method :
1. In a MWS bowl take oil, ginger garlic paste, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add mushrooms. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add chopped capsicum & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.
</td></tr>
</table>

Category		Weight Limit	Utensil	Instructions
1-41	MURI GHANTO	0.5 kg	Microwave safe (MWS) bowl	

For	0.5 kg
Potato (chopped)	500g
Capsicum (chopped)	½ cup
Tomato (chopped)	3 nos.
Oil	2 tbsp
Green chilli (chopped)	2 nos.
Salt, red chilli powder, haldi, garam masala	As per taste

Method :

1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add potato. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add chopped capsicum & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.

Rice Delight

Category		Weight Limit	Utensil	Instructions
2-1	CHICKEN BIRYANI	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
Boneless chicken	100 g	200 g	300 g	400 g	500 g
For Marinade					
Hung curd	½ cup	1 cup	1½ cup	2 cup	2½ cup
Tomato puree	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp
Salt, garam masala, coriander powder, red chilli powder, turmeric powder	As per taste				
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Onion	½ cup	1 cup	1 cup	1½ cup	1½ cup
Salt	If required				
Coriander leaves	A few springs				
Water	200 ml	400 ml	600 ml	650 ml	750 ml

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

Category		Weight Limit	Utensil	Instructions
2-2	GOSHT DUM BIRYANI	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

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

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

Category		Weight Limit	Utensil	Instructions
2-3	MALABAR BIRYANI	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
Boneless chicken	100 g	200 g	300 g	400 g	500 g
For Marinade					
Salt, red chilli powder, turmeric powder	As per taste				
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Salt, biryani masala	As per taste				
Curd	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Sliced tomato	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.
Sliced onion	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.
Water	200 ml	400 ml	600 ml	650 ml	750 ml

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

Category		Weight Limit	Utensil	Instructions
2-4	PINEAPPLE FRIED RICE	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Mix veg - Peas, french beans, carrots, capsicum	½ cup	1 cup	1½ cup	2 cup	2½ cup
Pineapple (chopped)	½ cup	1 cup	1 cup	1½ cup	2 cup
Ajinomoto	A pinch				
Red chilli powder, chilli sauce, soya sauce	As per taste				
Water	200 ml	400 ml	600 ml	650 ml	750 ml

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

2-5	VEG PULAO	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
Water	200 ml	400 ml	600 ml	650 ml	750 ml
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Jeera, laung, tej patta, salt, garam masala, red chilli powder	As per taste				
Mix veg - Gobhi, matar, gajar, french beans etc.	½ cup	1 cup	1½ cup	2 cup	2½ cup

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

2-6	VEG TAHIRI	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
Water	200 ml	400 ml	600 ml	650 ml	750 ml
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Jeera, laung, tej patta, salt, garam masala, haldi, red chilli powder	As per taste				
Mix veg - Gobhi, matar, gajar, tomato, potato etc.	½ cup	1 cup	1½ cup	2 cup	2½ cup

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

2-7	PEPPER RICE	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Soaked Rice (2 hours)	100 g	200 g	300 g	400 g	500 g
Water	200 ml	400 ml	600 ml	650 ml	750 ml
Dry coconut	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp
Green chilli (Chopped)	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.
Garlic (Chopped)	2 cloves	3 cloves	4 cloves	5 cloves	6 cloves
Ghee	1 tbsp	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp
Salt	As per taste				
Black pepper powder	As per taste				
Seasoning					
Mustard seeds	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
Black g dal	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
Bengal g dal	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
Curry leaves	A few leaves				
Dry Red Chilli	1 no.	2 nos.	3 nos.	4 nos.	5 nos.
Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp

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

Rice Delight

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-8</td><td>ZAFRANI PULAO</td><td>01 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati rice</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Melted ghee</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Nutmeg powder, cardamon powder</td><td colspan="5">As per taste</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Saffron (Kesar)</td><td colspan="5">A pinch</td></tr>
<tr><td>Warm milk</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Water</td><td>150 ml</td><td>300 ml</td><td>350 ml</td><td>650 ml</td><td>750 ml</td></tr>
<tr><td>Kishmish, Kaju</td><td colspan="5">As per required</td></tr>
</table>
Method :
1. In a MWS bowl add ghee & rice. Mix well. select category & weight and press start.
2. When beeps, mix well add nutmeg powder, cardamom powder, kishmish, kaju, sugar, saffron mixed with warm milk, water. Press start. Stand for 5 minutes. Garnish with kishmish & kaju and serve.
</td></tr>
<tr><td>2-9</td><td>BENGALI BIRYANI</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati Rice (Cooked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Fish (Hilsa)</td><td>250 g</td><td>350 g</td><td>450 g</td><td>550 g</td><td>650 g</td></tr>
<tr><td>Desi Ghee</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Onion (sliced)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Ginger-garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td></tr>
<tr><td>Red chilli powder, salt, turmerics powder, cumin powder, garam masala</td><td colspan="5">As per taste</td></tr>
<tr><td>Black pepper corns, cloves, cinnamon, bayleaf, cardamom (green)</td><td colspan="5">As per requirement</td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td></tr>
<tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr>
</table>
Method :
1. In a bowl take hung curd, ginger-garlic paste, oil, all the spices, mix well & make a paste for marinade. Apply this marinade on fish pieces evenly keep the marinated fish in refrigerator for atleast 1-1½ hours.
2. In a MWS bowl take soaked rice, water, select category & weight & press start.
3. When beeps remove rice from microwave. In another MWS bowl take sliced onions, desi ghee, black pepper corns, cloves, cinnamon stick, bay leaf, cardamom, mix well. Press start.
4. When beeps add the cooked onions to rice, add marinated fish pieces, salt. Mix well, cover & press start. Allow to stand for 5-10 minutes.
5. Serve hot with curd or gravy of your choice.
</td></tr>
<tr><td>2-10</td><td>KHUMB PULAO</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati Rice (Soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Sliced mushrooms</td><td>50 g</td><td>100 g</td><td>150 g</td><td>200 g</td><td>250 g</td></tr>
<tr><td>Water</td><td>100 ml</td><td>200 ml</td><td>300 ml</td><td>325 ml</td><td>375 ml</td></tr>
<tr><td>Milk</td><td>100 ml</td><td>200 ml</td><td>300 ml</td><td>325 ml</td><td>375 ml</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Chopped spring onions</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr>
<tr><td>Chopped garlic</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Salt, pepper</td><td colspan="5">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add oil, chopped garlic & spring onions. Select category & weight and press start.
2. When beeps, mix well & add mushrooms. Press start.
3. When beeps, mix well & add rice, milk, water, salt & pepper. Press start. Stand for 3 minutes.
</td></tr>
</table>

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-11</td><td>TIRANGA PULAO</td><td>0.2 ~ 0.4Kg</td><td>Microwave safe (MWS) bowl & Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Rice (soaked for 1 hour)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Water</td><td>350 ml</td><td>500 ml</td><td>650 ml</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>For Red Mixture</td><td></td><td></td><td></td></tr>
<tr><td>Beat root (grated)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Onion (sliced)</td><td>½ nos.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Oil / ghee</td><td>½ tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Laung, dalchini, chhoti elaichi</td><td colspan="3">As requite</td></tr>
<tr><td>For White Mixture</td><td></td><td></td><td></td></tr>
<tr><td>Cashewnuts (broken into pieces)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Oil / ghee</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>For Green Mixture</td><td></td><td></td><td></td></tr>
<tr><td>Mint leaves</td><td>½ cup</td><td>1cup</td><td>1 cup</td></tr>
<tr><td>Coriander leaves</td><td>½ cup</td><td>1cup</td><td>1 cup</td></tr>
<tr><td>Onion</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a spice grinder take mint leaves, coriander leaves, onion (cut into pieces), green chilli & salt. Grind them & make green chutney. Keep aside for late use.
2. In a MWS bowl take soaked rice & water. Add ¼ salt. Select category & weight and press start.
3. When beeps, remove the MWS bowl & drain excess water from the rice. Divide the cooked rice into 3 equal parts. Cover them.
4. In another MWS bowl add oil/ghee, grated beet root, sliced onion, laung, elaichi & salt. Mix well. Press start.
5. When beeps, remove the MWS bowl and in a MWS glass bowl add oil/ghee & cashewnuts. Press start.
6. Mix one portion of rice to the red mixture with a fork. Do not break the rice. Mix second portion with green chutney & third portion of rice with chashewnuts.
7. Take square / rectangular dish & arrange the red coloured layer first, white layer in the centre & green layer in the end. Serve them hot.
</td></tr>
<tr><td>2-12</td><td>EGG BIRYANI</td><td>0.1 ~ 0.3Kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boiled eggs</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>200 ml</td><td>350 ml</td><td>500 ml</td></tr>
<tr><td>Onions (Big sized sliced)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala, dhania powder, turmeric powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Biryani masala</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Slit green chillies</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
</table>
Method :
1. In a MWS bowl take soaked rice, water. Select category & weight and press start.
2. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies & all the spices. Mix very well & press start.
3. When beeps, add boiled eggs (cut into 2) & boiled rice to the sliced onions. Mix well without breaking the eggs. Press start.
4. Serve egg biryani hot with plain curd or raita.
</td></tr>
</table>

Rice Delight

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-13</td><td>ACHARI CHANA PULAO</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Soaked rice</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Soaked & boiled kabuli chana</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Sliced onions</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Water</td><td>200 ml</td><td>350 ml</td><td>500 ml</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Laung, chhoti elaichi, badi elaichi, saunf, jeera</td><td colspan="3">As per requirement</td></tr>
<tr><td>Salt, red chilli powder, garam masala, haldi</td><td colspan="3">As per taste</td></tr>
<tr><td>Mango pickle paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Slit green chilli</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
</table>
Method :
1. In a MWS bowl take soaked rice & water. Select category & weight and press start.
2. When beeps, remove the rice & keep aside. In another MWS bowl take desi ghee, jeera, saunf, laung, chhoti elaichi, badi elaichi, ginger-garlic paste, sliced onions & slit green chillies. Mix very well & press start.
3. When beeps, add onion-mixture to the cooked rice, also add mango pickle paste & all the spices. Mix very well & press start.
4. Serve achari chana pulao hot with fresh curd.
</td></tr>
<tr><td>2-14</td><td>METHI RICE</td><td>0.1 ~ 0.3Kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Methi leaves (chopped)</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Soaked rice</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>200 ml</td><td>350 ml</td><td>500 ml</td></tr>
<tr><td>Onions (sliced)</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil / ghee</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
</table>
Method :
1. In a MWS bowl take soaked rice & water. Select category & weight and press start.
2. When beeps, remove the rice & keep aside. In another MWS bowl take oil / ghee, chopped methi leaves, sliced onions, ginger-garlic paste. Mix well & press start.
3. When beeps, add methi leaves to cooked rice, add all the spices. Mix very well. Press start. Serve rice hot with curd or raita.
</td></tr>
<tr><td>2-15</td><td>COCONUT RICE</td><td>0.1 ~ 0.3Kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>1 cup</td></tr>
<tr><td>Coconut (grated)</td><td>¼ cup</td><td>½ cup</td><td>0.3 kg</td></tr>
<tr><td>Coconut milk</td><td>100 ml</td><td>200 ml</td><td>300 ml</td></tr>
<tr><td>Water</td><td>100 ml</td><td>150 ml</td><td>200 ml</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped cashewnuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Curry leaves</td><td>10 nos.</td><td>15 nos.</td><td>20 nos.</td></tr>
<tr><td>Chopped green chilli</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt & pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Finely chopped ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Beaten curd</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
Method :
1. In a MWS bowl take soaked rice coconut milk & water. Select category & weight and press start.
2. When beeps, remove the rice & separate rice grains using a fork & keep aside. In another MWS bowl take oil, mustard seeds, chopped cashewnuts, curry leaves, chopped ginger, chopped green chilli. Mix well & press start.
3. When beeps, add cooked rice to the tadka. Add beaten curd, grated coconut, salt & pepper. Mix very well & press start. Serve coconut rice hot with sambhar.
</td></tr>
</table>

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-16</td><td>CURD RICE</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Basmati Rice (Soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Urad dal</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Chana dal</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Curry leaves</td><td colspan="5">A few leaves</td></tr>
<tr><td>Green chillies (chopped)</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Grated ginger</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Curd</td><td>½ cup</td><td>½ cup</td><td>1cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Milk</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Coriander leaves (chopped)</td><td colspan="5">A few sprigs</td></tr>
</table>
Method :
1. In a MWS glass bowl add oil, mustard seeds, urad dal, chana dal. Select category & weight and press start.
2. When beeps, mix well & add curry leaves, green chillies, grated ginger. Mix well & press start.
3. When beeps, remove the bowl.
4. Now in another MWS glass bowl, add rice & water. Press start. Stand for 5 minutes.
5. Add cooked rice, curd, milk, chopped coriander leaves to the first MWS glass bowl. Mix well &serve.
</td></tr>
<tr><td>2-17</td><td>KEEMA PULAO</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3kg</td></tr>
<tr><td>Basmati rice (soaked for 1 hour)</td><td>200 g</td></tr>
<tr><td>Minced Keema</td><td>100 g</td></tr>
<tr><td>Black cardamom</td><td>4 No.</td></tr>
<tr><td>Salt, red chilli powder, turmeric powder</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Salt, biryani masala</td><td>As per taste</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td></tr>
<tr><td>Sliced tomato</td><td>1 No.</td></tr>
<tr><td>Sliced onion</td><td>1 No.</td></tr>
<tr><td>Water</td><td>200 ml</td></tr>
</table>
Method :
1. In a MWS bowl add oil, ginger garlic paste & spring onions. Select category & weight and press start.
2. When beeps, add keema & biryani masala, tomato, black cardamom. Press start.
3. When beeps, mix well & add rice, water, salt & pepper. Press start. Stand for 3 minutes.
</td></tr>
<tr><td>2-18</td><td>TOMATO PULAO</td><td>0.1 ~ 0.3Kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Chopped tomato</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>200 ml</td><td>350 ml</td><td>500 ml</td></tr>
<tr><td>Onions (Big sized sliced)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala, dhania powder, turmeric powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Biryani masala</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Slit green chillies</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
</table>
Method :
1. In a MWS bowl take soaked rice, water. Select category & weight and press start.
2. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies, chopped tomatos & all the spices. Mix very well & press start.
3. When beeps, add boiled rice to the sliced onions. Mix well. Press start.
4. Serve tomato pulao hot with plain curd or raita.
</td></tr>
</table>

Rice Delight

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-19</td><td>PANEER FRIED RICE</td><td>0.1 ~ 0.5Kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Paneer (cubes)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td><td>2cup</td></tr>
<tr><td>Rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>200 ml</td><td>350 ml</td><td>500 ml</td><td>650 ml</td><td>800 ml</td></tr>
<tr><td>Onions (Big sized sliced)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td><td>2 tsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala, dhania powder, turmeric powder</td><td colspan="5">As per taste</td></tr>
<tr><td>Biryani masala</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td><td>2 tsp</td></tr>
<tr><td>Slit green chillies</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
</table>
Method :
1. In a MWS bowl take soaked rice, water. Select category & weight and press start.
2. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies, paneer cubes & all the spices. Mix very well & press start.
3. When beeps, add boiled rice to the sliced onions. Mix well. Press start.
4. Serve paneer fried rice hot with plain curd or raita.
</td></tr>
<tr><td>2-20</td><td>CHILLI GARLIC RICE</td><td>0.2 ~ 0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Rice (soaked)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr>
<tr><td>Oil</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr>
<tr><td>Ghee</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Garlic paste</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped green chillies</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Chilli sauce</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Salt</td><td colspan="4">As per taste</td></tr>
</table>
Method :
1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.
2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, coriander leaves, garlic paste. Mix well & press start.
3. When beeps, add cooked rice, chilli sauce, salt. Mix well & press start.
</td></tr>
<tr><td>2-21</td><td>MUSHROOM BIRYANI</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Rice (soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>200 g</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr>
<tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr>
<tr><td>Jeera & Red Chillies powder</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Garlic paste</td><td>½ tsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped green chillies</td><td>1 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>½ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Chopped Mushroom</td><td>1 cup</td><td>1 cup</td><td>2 cup</td><td>2½ cup</td><td>3 cup</td></tr>
<tr><td>Salt</td><td colspan="5">As per taste</td></tr>
</table>
Method :
1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.
2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, chopped mushroom, coriander leaves, garlic paste. Mix well & press start.
3. When beeps, add cooked rice, chilli sauce, salt. Mix well & press start.
</td></tr>
</table>

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-22</td><td>YAKHNI PULAO</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Rice (soaked)</td><td>300 g</td></tr>
<tr><td>Water</td><td>600 ml</td></tr>
<tr><td>Oil</td><td>2½ tsp</td></tr>
<tr><td>Ghee</td><td>2½ tsp</td></tr>
<tr><td>Jeera & Red Chillies powder</td><td>1½ tsp</td></tr>
<tr><td>Chopped garlic</td><td>1½ tsp</td></tr>
<tr><td>Garlic paste</td><td>1 tbsp</td></tr>
<tr><td>Chopped green chillies</td><td>4 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>1 cup</td></tr>
<tr><td>Chicken Cut into 2 inch pieces</td><td>2 cup</td></tr>
<tr><td>Yoghurt</td><td>1 cup</td></tr>
<tr><td>Green Cardamom, Fennel Seeds</td><td>1½ tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.
2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, chicken pieces, coriander leaves, garlic paste. Mix well & press start.
3. When beeps, add cooked rice, Yoghurt, green cardamom, Fennel seeds, salt. Mix well & press start.
</td></tr>
<tr><td>2-23</td><td>PALAK PULAO</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Rice (soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Jeera & Red Chillies powder</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Garlic paste</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Corn Kernels & Spinach(chopped)</td><td>½ cup</td><td>1 cup</td><td>2 cup</td></tr>
<tr><td>Yoghurt</td><td>½ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Green Cardamom, Fennel Seeds</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.
2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, corn kernels & spinach(chopped), coriander leaves, garlic paste. Mix well & press start.
3. When beeps, add cooked rice, Yoghurt, green cardamom, Fennel seeds, salt. Mix well & press start.
</td></tr>
<tr><td>2-24</td><td>VANGI BHAT</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Rice (soaked)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr>
<tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr>
<tr><td>Jeera & Red Chillies powder</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Garlic paste</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped green chillies</td><td>1nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>½ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Chopped Brinjal</td><td>½ cup</td><td>1 cup</td><td>2 cup</td><td>2½ cup</td><td>3 cup</td></tr>
<tr><td>Peas</td><td>½ cup</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Green Cardamom, Fennel Seeds</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Salt</td><td colspan="5">As per taste</td></tr>
</table>
Method :
1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.
2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, brinjal, coriander leaves, garlic paste. Mix well & press start.
3. When beeps, add cooked rice, peas, green cardamom, Fennel seeds, salt. Mix well & press start.
</td></tr>
</table>

Rice Delight

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-25</td><td>ZARDA PULAO</td><td>0.2 ~ 0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Rice (soaked)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr>
<tr><td>Oil</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr>
<tr><td>Ghee</td><td>2 tsp</td><td>2½ tsp</td><td>3 tsp</td><td>3½ tsp</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Green & Black Cardamoms</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Sugar</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Saffron</td><td colspan="4">Pinch</td></tr>
<tr><td>Chopped mixed nuts</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Chopped coconuts</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Salt</td><td colspan="4">As per taste</td></tr>
</table>
Method :
1. In a MWS glass bowl add soaked rice & water. Select category & weight and press start.
2. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, coriander leaves, garlic paste. Mix well & press start.
3. When beeps, add cooked rice, suger, lemon juice, soaked saffron, chopped coconuts. Mix well & press start.
</td></tr>
</table>

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>3-1</td><td>APPLE TOMATO CHUTNEY</td><td>0.3 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>Apple pieces</td><td>150 g</td></tr>
<tr><td>Tomato pieces</td><td>150 g</td></tr>
<tr><td>Green chillies, Salt, Sugar</td><td>As per your taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>For Tempering : Rai, Jeera, Hing etc.</td><td></td></tr>
</table>
Method :
1. In a MWS glass bowl put apple, tomato, green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook.
2. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start.
3. When beeps, add ground mixture and press start. Garnish with chopped coriander.
</td></tr>
<tr><td>3-2</td><td>LEMON PICKLE</td><td>0.3 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>Lemon pieces</td><td>150 g</td></tr>
<tr><td>Sugar</td><td>150 g</td></tr>
<tr><td>Chilli powder, Salt</td><td>As per your taste</td></tr>
<tr><td>For Tempering : Rai, Jeera, Hing etc.</td><td></td></tr>
</table>
Method :
1. Cut lemon and remove seeds. In MWS glass bowl add lemon pieces, sugar, salt and chilli powder. Select category and press start. Store it in a bottle after it cools.
</td></tr>
<tr><td>3-3</td><td>MIX VEG. PICKLE</td><td>0.3 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)</td><td>300 g</td></tr>
<tr><td>Lemon juice</td><td>2 tbsp</td></tr>
<tr><td>Salt, Chilli powder, Sugar, Pickle Masala</td><td>As per your taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>For tempering : Rai, Jeera, Hing etc.</td><td>As required</td></tr>
</table>
Method :
1. In a MWS glass bowl put vegetables cut in long strips. Cover and keep it in Microwave. Select category and press start to cook.
2. When it gives a beep, remove.
3. In another MWS glass bowl add oil and tempering and press start. When it gives a beep add masala, sugar, salt & lemon juice. Add vegetables to this when it cools. Mix well and store it in a fridge.
</td></tr>
<tr><td>3-4</td><td>PIZZA SAUCE</td><td>0.3 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>Tomato</td><td>200 g</td></tr>
<tr><td>Onion</td><td>1 No.</td></tr>
<tr><td>Salt, Sugar, Ajwain, Oregano, Basil leaves</td><td>As per your taste</td></tr>
<tr><td>Garlic pods</td><td>7-8 nos.</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
</table>
Method :
1. In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select category & press start to cook.
2. When beeps, remove, allow to cool and grind it in a mixer. Now add salt, sugar, ajwain, basil leaves. Keep it in Microwave and press start.
3. When cooking ends, the sauce is ready.
</td></tr>
<tr><td>3-5</td><td>TOMATO SAUCE</td><td>0.5 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>Tomato</td><td>500 g</td></tr>
<tr><td>Onion</td><td>1 No.</td></tr>
<tr><td>Chilli powder, Salt, Sugar</td><td>As per your taste</td></tr>
<tr><td>Chopped ginger and garlic</td><td>2 tbsp</td></tr>
<tr><td>Garam masala</td><td>1 tsp</td></tr>
</table>
Method :
1. In a MWS glass bowl put tomato pieces, cover and keep it in a Microwave. Select category & 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.
</td></tr>
</table>

Chatpat Corner

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>3-6</td><td>MASALA CHUTNEY</td><td>0.3 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>Chana Daal, Urad Daal</td><td>100 g each</td></tr>
<tr><td>Grated dry coconut</td><td>100 g</td></tr>
<tr><td>Sesame, Salt, Sugar, Turmeric, Dhaniya powder, Jeera powder, Curry leaves, Methi seeds</td><td>As per your taste</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
</table>
Method :
1. In a MWS bowl put daals and keep it in Microwave. Select category & press start to cook.
2. When beeps, remove. Add the rest of the ingredients and keep it in microwave and press start.
3. Remove, cool it and grind it in a mixer adding required amount of water. This chutney can be served with Idly, Parantha or Rice.
</td></tr>
<tr><td>3-7</td><td>LEHSUN KI CHUTNEY</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>Chopped tomatoes</td><td>2 nos.</td></tr>
<tr><td>Chopped garlic</td><td>20 g</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Haldi, red chilli powder, salt</td><td>As per taste</td></tr>
<tr><td>Water</td><td>¼ cup</td></tr>
</table>
Method :
1. In a MWS bowl mix all the ingredients. Select category & press start.
2. Remove when cooking ends. Allow to cool. Grind it & serve as an accompaniment.
</td></tr>
<tr><td>3-8</td><td>MANCHU-RIAN SAUCE</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Water</td><td>1½ cups (300 ml)</td></tr>
<tr><td>Vinegar sauce</td><td>1 tbsp</td></tr>
<tr><td>Soya sauce</td><td>1 tsp</td></tr>
<tr><td>Tomato sauce</td><td>½ cup</td></tr>
<tr><td>Ajinomoto</td><td>A pinch</td></tr>
<tr><td>Cornflour</td><td>2 tbsp + ½ cup water</td></tr>
</table>
Method :
1. In a MWS bowl add all the ingredients. Select category & press start.
</td></tr>
<tr><td>3-9</td><td>AAM KI CHUTNEY</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Aam (peeled & chopped)</td><td>300 g</td></tr>
<tr><td>Kishmish (seedless & chopped)</td><td>25 g</td></tr>
<tr><td>Chopped ginger & garlic</td><td>2 tsp</td></tr>
<tr><td>Tamarind pulp</td><td>1 tbsp</td></tr>
<tr><td>Salt & sugar</td><td>As per taste</td></tr>
</table>
Method :
1. In a MWS bowl mix all the ingredients. Cover. Select category & press start.
</td></tr>
<tr><td>3-10</td><td>COCONUT CHUTNEY</td><td>0.3 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Fresh grated coconut</td><td>300 g</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td></tr>
<tr><td>Chopped ginger</td><td>½ tbsp</td></tr>
<tr><td>Roasted split g dal (optional)</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>For tempering</td><td></td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td></tr>
<tr><td>Broken dry red chillies</td><td>1 no.</td></tr>
<tr><td>Curry leaves</td><td>A few</td></tr>
</table>
Method :
1. Grind grated coconut, chopped green chillies, ginger, roasted split g dhal, salt together in a blender.
2. In a MWS glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select category & press start.
3. Pour the tempering over the chutney & serve.
</td></tr>
</table>

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>3-11</td><td>TIL KI CHUTNEY</td><td>0.2 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Roasted til</td><td>½ cup</td></tr>
<tr><td>Tamarind paste</td><td>2 tbsp</td></tr>
<tr><td>Green chilli</td><td>4-5 nos.</td></tr>
<tr><td>Coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Mint leaves</td><td>1 tbsp</td></tr>
<tr><td>Water</td><td>½ cup</td></tr>
<tr><td>Garlic pods</td><td>2-3 nos.</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>For Tempering</td><td></td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Cumin seeds</td><td>1 tsp</td></tr>
<tr><td>Curry leaves</td><td>6-7 nos.</td></tr>
<tr><td>Red chilli (dry)</td><td>2 nos.</td></tr>
</table>
Method :
1. Grind together roasted til, tamarind paste, green chilli, coriander leaves, mint leaves, garlic pods, salt & water in spice grinder. Make a rough paste.
2. In a MWS glass bowl take oil, cumin seeds, curry leaves & dried red chilli. Mix well. Select category & press start.
3. When beeps, add the grounded paste to the tempering & mix well.
</td></tr>
<tr><td>3-12</td><td>CHANA CHAAT</td><td>0.1 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Kala chana (soaked overnight)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Water</td><td>250 ml</td><td>500 ml</td><td>750 ml</td><td>1000 ml</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr>
<tr><td>Jeera, hing</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2 tsp</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt, red chilli powder, chaat masala, lemon juice, imli chatni</td><td colspan="4">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add soaked chana, water & cover. Select category & weight and press start.
2. When beeps, remove & drain water from the chanas. In a MWS bowl add oil, jeera, hing & chopped onion and press start.
3. Add boiled chanas, salt, red chilli powder, chaat masala, lemon juice, imli chutney, boiled potato. Mix well & serve.
</td></tr>
<tr><td>3-13</td><td>ALOO KAND CHAAT</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Aloo (cut in medium pieces)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Jimikand (cut in medium pieces)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Sugar, salt, red chilli powder, chaat masala</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add aloo, jimikand & add little water Cover. Select category & weight & press start.
2. When beeps, stir well. Cover & press start.
3. Add sugar, salt, red chilli powder, chaat masala. Allow to stand for 3 minutes.
</td></tr>
<tr><td>3-14</td><td>AMLA CHUTNEY</td><td>0.5 kg</td><td>Microwave Safe (MWS) Glass Bowl</td><td>
<table>
<tr><td>Amla</td><td>500 g</td></tr>
<tr><td>Water for boiling</td><td>As per required</td></tr>
<tr><td>Green chillies, Salt, Sugar</td><td>As per your taste</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>For Tempering : Rai, Jeera, Hing etc.</td><td></td></tr>
</table>
Method :
1. In a MWS glass bowl put amla, water & press start.
2. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start.
3. When beeps, add ground mixture and green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook.
</td></tr>
</table>

Chatpat Corner

Category		Weight Limit	Utensil	Instructions
3-15	BAINGAN CHUTNEY	0.5 kg	Microwave Safe (MWS) Glass Bowl	

Baingan (Whole)	500 g
Amchoor powder	As per required
Green chillies, Salt, Sugar	As per your taste
Oil	2 tbsp
For Tempering : Rai, Jeera, Hing etc.	

Method :

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

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>4-1</td><td>KEEP WARM</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>Method :
1. Any cooked food with cover (Rice, Dal, Subzi, Halwa, Upma etc.) Select category & press start.
2. When beeps, mix well & press start. When beeps, mix well & press start.</td></tr>
<tr><td>4-2</td><td>DEFROST VEG</td><td>0.2 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>Veg - (Paneer, Green Peas, Corn etc.)
Method :
1. Take in Microwave Safe Bowl, select category & weight and press start.
2. When beeps, turn the food. Press start.</td></tr>
<tr><td>4-3</td><td>DEFROST NON VEG</td><td>0.5 ~ 1.0 kg</td><td>Microwave safe (MWS) bowl</td><td>Non-Veg - (Chicken, Mutton etc.)
Method :
1. Take in Microwave Safe Bowl, select category & weight and press start.
2. When beeps, turn the food. Press start.</td></tr>
<tr><td>4-4</td><td>DEHUMIDI-FICATION</td><td>0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>Namkin, Biscuits, Bhujia, Papad and Wafers etc.
Method :
1. In MWS bowl add the food to be dehumidified. Select category and press start.</td></tr>
<tr><td>4-5</td><td>DISINFECT AID</td><td></td><td>Microwave safe (MWS) glass utensil
&
Empty cavity</td><td>1. Aid in disinfecting Microwave safe glass utensils - Keep the empty utensil & select category & press start.
2. Aid in cleaning the cavity- Keep the cavity empty. Select category & 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 MWS glass utensil thereby giving clean utensils/cavity.</td></tr>
<tr><td>4-6</td><td>BODY MASSAGE OIL</td><td>0.2 kg</td><td>Microwave safe (MWS) glass bowl</td><td><table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Garlic</td><td>10 pods</td></tr><tr><td>Ajwain</td><td>½ tsp</td></tr><tr><td>Cloves</td><td>2-3 nos.</td></tr><tr><td>Almonds</td><td>3-4 nos.</td></tr><tr><td>Mustard oil</td><td>1 cup</td></tr></table>Method :
1. In a MWS glass bowl put all the ingredients. Select category and press start.
2. Remove when it gives a beep. Keep it for 2 hours.
3. Strain and store in a glass a jar.</td></tr>
<tr><td>4-7</td><td>PIZZA BASE@</td><td>0.2 kg</td><td>Low rack#
&
Multicook tawa</td><td><table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>200 g</td></tr><tr><td>Yeast</td><td>1 tbsp</td></tr><tr><td>Salt</td><td>1/2 tsp</td></tr><tr><td>Sugar</td><td>1 tsp</td></tr><tr><td>Water</td><td>As required</td></tr></table>Method :
1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Roll out the dough to 150 mm to 180 mm& keep on dusted tawa. Prick with a fork.Keep for half to 1 hour in a dark place.
2. Select category & press start. (Pre-heat process)
3. When beeps, keep the tawa on low rack. Press start.</td></tr>
<tr><td>4-8</td><td>YEAST DOUGH</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td><table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Maida</td><td>300 g</td></tr><tr><td>Yeast</td><td>1 tbsp</td></tr><tr><td>Salt</td><td>½ tsp</td></tr><tr><td>Sugar</td><td>1 tsp</td></tr><tr><td>Water</td><td>As required</td></tr></table>Method :
1. In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough.
2. Select category and press start. Rest for 3 minutes. Now remove.</td></tr>
</table>

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 135, fig 1

Cooking Aid

Category		Weight Limit	Utensil	Instructions
4-9	BOIL POTATOES	0.3 kg	Glass tray	For: 0.3 kg; Potato: 300 g **Method :** 1. Take potatoes and pierce with fork or knife from all side & keep in a microwave on a glass tray. And press start. 2. Boiled potatoes are ready for use.
4-10	LEMON SQUEEZE	5 Pcs	Glass tray	Lemon: 5 pcs **Method :** 1. Take 5 no. of lemons & keep on glass tray of microwave oven. 2. Now select menu & press start. 3. When beeps, take out lemons & squeeze it to get more juice out of them.
4-11	GARLIC PEEL	10 Cloves	Glass tray	Garlic Cloves: 10 nos **Method :** 1. Take 10 cloves of garlic & keep in MWS glass tray of microwave oven. 2. Select menu & press start. 3. When beeps, take out cloves will slide right out of their skin, hassle free.
4-12	TEAR FREE ONIONS	5 Pcs	Glass tray	Onions: 5 nos **Method :** 1. Take 5 onions & pierce it with knife & keep in MWS glass tray of microwave oven. 2. Select menu & press start. 3. When beeps, take out onions & peel it off & chop easily with almost no tears in eyes.
4-13	CRISPY NUTS	0.1 kg	Microwave safe (MWS) flat glass dish	For: 0.1 kg; Nuts: 100 g; Oil: As required **Method :** 1. In a microwave safe flat glass dish add drops of oil, nuts. Mix well. 2. Select category & weight & press start. 3. Serve plain or with chaat masala.
4-14	SMOOTH HONEY	0.3 kg	Microwave safe (MWS) glass Utensils	For: 0.3 kg; Crystallized Honey: 300 g **Method :** 1. Keep Crystallize honey in a microwave safe glass utensil or jar in microwave & press start. 2. Smooth and free flowing honey ready to use.
4-15	HARD TO SOFT BREAD	2 Pc	Microwave safe (MWS) Rotating Glass tray	For: 2 Pc; Hard bread: 2 Pc **Method :** 1. Keep hardened bread or refrigerated bread enveloped in damped cotton cloth in a microwave glass tray. Press start. 2. Hardened bread turns soft .
4-16	MELTING CHOCOLATE	0.1 kg	Microwave safe (MWS) Flat Glass Dish.	For: 0.1 kg **Method :** 1. Chocolate chips or squares of baking chocolate may be used. 2. Unwrap and place food on a a MWS flat glass dish. 3. Place food in the oven. Choose the menu and weight press start. 4. After cooking, stir to complete melting.
4-17	STEAM CLEAN	0.3 kg	Microwave safe (MWS) bowl	For: 0.3 kg 1. Take 300ml water in MWS bowl, add 1tbsp vinegar or lemon juice. Select category & press start. 2. When beeps, wipe out with clean napkin. Press start. 3. Again wipe out. Take out the plug. **Note:** Use this feature to aid in cavity cleaning.

Veg Charcoal / Healthy Heart

In the following example, show you how to cook 0.4Kg of TANDOORI ALOO.

1. Press STOP/Cancel



2. Press Veg Charcoal / Healthy Heart.



The display will show "1" .

3. Turn DIAL until display show "1-3".



Press START /Select /+30seconds for category confirmation.



4. Turn DIAL until display shows "0.4Kg".



5. Press START /Select /+30seconds



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



NOTE

- Veg Charcoal / Healthy Heart menus are programmed.
- Veg Charcoal / Healthy Heart menus allows you to cook your favourite food by selecting food & weight of food.

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-1</td><td>MASALA CHAAP</td><td>0.4 kg</td><td>Tawa & Low Rack#</td><td>
<table>
<tr><td>Chaap Sticks</td><td>0.4 kg</td></tr>
<tr><td>For Marinade</td><td></td></tr>
<tr><td>Hung Curd</td><td>½ Cup</td></tr>
<tr><td>Garlic Paste</td><td>3 tsp</td></tr>
<tr><td>Ginger Paste</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Tandoori Masala</td><td>1 tsp</td></tr>
<tr><td>Cumin Powder</td><td>As per taste</td></tr>
<tr><td>Tandoori Color</td><td>A pinch</td></tr>
<tr><td>Red Chilli Powder</td><td>As per taste</td></tr>
<tr><td>Oil (for brushing)</td><td>1 tsp</td></tr>
</table>
Method :
1. Mix all the ingredient of marinade in a bowl
2. Soak the soya chaap stick properly & prick with fork on chaap.
3. Marinade the Soya chaap properly coating all the places. keep marinated for 3-4 hours in refrigerator.
4. Select Category & weight and press start.(Pre-Heat)
5. When beeps, Keep the soya chaap on tawa & tawa on low rack.Press start.
6. When beeps, turn over the Soya Chaap, brush with oil & press start.
7. Garnish with fresh coriander leaves, lemon & serve.
</td></tr>
<tr><td>1-2</td><td>BHARWAN TAMATAR</td><td>0.3-0.5 kg</td><td>Multicook Tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Tomato (Hollowed)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For Stuffing</td><td></td><td></td><td></td></tr>
<tr><td>Paneer (mashed)</td><td>200 g</td><td>250 g</td><td>300 g</td></tr>
<tr><td>Salt, Red Chilli Powder, Garam Masala, Cumin Powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Onion Chopped</td><td>¼ cup</td><td>¼ cup</td><td>½ cup</td></tr>
<tr><td>Coriander leaves Chopped</td><td colspan="3">A few sprigs</td></tr>
<tr><td>Oil</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
</table>
Method :
1. Precook the paneer stuffing- In a MWS bowl add oil, Onions & microwave 100 % for 3 minutes. Add paneer & all the spices & coriander leaves & 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 & tawa on high rack. Select Category & weight and press start
5. Turn over the tomato & press start. Put oil.
6. Turn over the side again & press start. Garnish with fresh coriander leaves & serve.
</td></tr>
<tr><td>1-3</td><td>TANDOORI ALOO</td><td>0.3 ~ 0.5 kg</td><td>Multicook Tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Aloo (Cut into quarters)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For marinade</td><td></td><td></td><td></td></tr>
<tr><td>Hung Curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Garlic Paste</td><td>1 tbsp</td><td>1 ½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Cumin Powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Red Chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Tandoori Masala</td><td>1 Tsp</td><td>2 Tsp</td><td>3 Tsp</td></tr>
<tr><td>Tandoori Color</td><td colspan="3">A pinch</td></tr>
</table>
Method :
1. Mix all the ingredients of marinade in a bowl.
2. Add the aloo pieces & keep for ½ hour.
3. Keep the marinated aloo on tawa & tawa on high rack. Select category & weight & press start.
4. When beeps, turn over the pieces & drizzle few drops of oil & press start again. Sprinkle chaat masala or lemon juice & serve.
</td></tr>
</table>

Refer page 135, fig 1
* Refer page 135, fig 2

Veg Charcoal

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-4</td><td>TANDOORI GOBHI</td><td>0.3 ~ 0.5 kg</td><td>Multicook Tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Caulifower florets</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td></tr>
<tr><td>Jeera powder</td><td>½ Tsp</td><td>1 Tsp</td><td>1 Tsp</td></tr>
<tr><td>Red Chilli Powder, Salt, Dhaniya Powder, Garam Masala, Anardana</td><td colspan="3">As per taste</td></tr>
<tr><td>Tandoori Color/Haldi</td><td colspan="3">A pinch</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Hung Curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
</table>
Method :
1. Mix together in a bowl all the ingredients of marinade. Add the cauliflower to the marinade & rub them properly with the marinade. Keep aside for 1 hours.
2. Transfer the marinated cauliflower on tawa & keep on high rack. Select category & weight and press start.
3. When beeps, drizzle few drops of oil on cauliflower & turn them over. Press start. Serve with onion rings, coriander leaves & tomato slices.
</td></tr>
<tr><td>1-5</td><td>BHARWAN BHINDI</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Bhindi</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Oil</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Jeera</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Onion (chopped)</td><td>½ no.</td><td>1 no.</td><td>1no.</td></tr>
<tr><td>Green Chillies</td><td>1 no.</td><td>2 no.</td><td>2 no.</td></tr>
<tr><td>Ginger</td><td>¼"</td><td>¼"</td><td>½"</td></tr>
<tr><td>Hing</td><td colspan="3">A pinch</td></tr>
<tr><td>Tomato</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>For Stuffing</td><td></td><td></td><td></td></tr>
<tr><td>Coriander Powder</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Turmeric Powder</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Saunf Powder</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Amchoor</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Red Chilli Powder, Salt</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. Cut stalk of each bhindi & make lengthwise slit.
2. Combine stuffing ingredients & mix well stuff each bhindi with this mixture.
3. In MWS glass bowl add oil, jeera, onion, green chilli, ginger, tomato & hing. Select category & weight & press start.
4. When beeps, remove the bowl from microwave oven & keep the stuffed bhindi on tawa, drizzle few drops of oil on bhindis. Keep tawa on high rack.
5. Press start.
6. When beeps, turn over bhindis & add the onion mixture & mix well.
7. Press start.
</td></tr>
<tr><td>1-6</td><td>BHARWAN BAIGAN</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa*
&
High rack</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Baigan (Medium)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>For Stuffing</td><td></td><td></td><td></td></tr>
<tr><td>Tomato(grated)</td><td>1 no.</td><td>1½ no.</td><td>2 nos.</td></tr>
<tr><td>Onion (chopped))</td><td>¼ cup</td><td>½ cup</td><td>1 cup.</td></tr>
<tr><td>Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
</table>
Method :
1. Pre-prepare the stuffing - In a MWS glass bowl add oil, onions, tomatoes & all spices & microwave at 100% for 3 minutes. Keep aside slit the baigans cross ways with stems intact.
2. In a MWS glass bowl add slit baigans & sprinkle some water & cover. Select category & weight & press start.
3. When beeps, Remove the bowl from microwave oven & Add the stuffing to the baigans.
4. Keep the baigans on tawa drizzle some drops of oil & keep tawa on high rack.
5. Press start.
6. When beeps, turn over again.
7. Press start.
</td></tr>
</table>

* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-7</td><td>GOBHI BITES</td><td>0.3 ~ 0.5 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Potato (Boiled)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Cumin</td><td>1 tsp</td><td>2 tsp</td><td>2 tsp</td></tr>
<tr><td>Oil (for brushing)</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Cinnamon powder</td><td>¼ tsp</td><td>¼ tsp</td><td>½ tsp</td></tr>
<tr><td>Garlic Cloves (Crushed)</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt & Pepper powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Ginger Chopped</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Grated Cauliflower</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Red chilly Powder</td><td>¼ tsp</td><td>¼ tsp</td><td>½ tsp</td></tr>
<tr><td>Bread crumbs</td><td colspan="3">For coating</td></tr>
</table>
Method :
1. Mix all the ingredients together boiled and mashed potatoes, cumin, pepper powder, cinnamon powders, garlic cloves, salt, ginger, grated Cauliflower, red chilli.
2. Now shape the mixture in the form of kababs & roll out each kababs in bread crumbs for complete coating.
3. Select category & weight & press start (preheat)
4. When beeps, now keep the kababs on tawa & keep the tawa on low rack.Press start.
5. When beeps, turn over the side & press start.
6. Serve with chutney.</td></tr>
<tr><td>1-8</td><td>CHANA KABABS</td><td>0.2 ~ 0.4 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Boiled Kabuli Chana (Chhole)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Cloves</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Pepper powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Cinnamon powder</td><td>¼ tsp</td><td>¼ tsp</td><td>½ tsp</td></tr>
<tr><td>Garlic Cloves</td><td>2 nos.</td><td>3 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Ginger Chopped</td><td>1 tsp.</td><td>2 tsp.</td><td>3 tsp</td></tr>
<tr><td>Bread pieces</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Whole red chilly</td><td>1 no</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Bread crumbs</td><td colspan="3">For coating</td></tr>
</table>
Method :
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 & roll out each kababs in bread crumbs for complete coating.
3. Now keep the kababs on tawa & keep the tawa on high rack. Select category & weight & press start.
4. When beeps, turn over the side & press start.</td></tr>
<tr><td>1-9</td><td>PANEER TIKKA</td><td>0.3 kg</td><td>Tawa +Low rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Paneer cubes (cut into 40 mm cubes), Capsicum (cut into cubes), onion (cut into cube), tomato(cut into cubes, pulp removed)</td><td>300 g</td></tr>
<tr><td>For marinade</td><td></td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td></tr>
<tr><td>Salt, Garam masala, Red Chilli powder</td><td>As per taste</td></tr>
<tr><td>Tandoori masala</td><td>1 tsp</td></tr>
<tr><td>Tandoori Color</td><td>A pinch</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
</table>
Method :
1. Mix all the ingredients of the marinade in a bowl.
2. Put the marinated ingredients on tawa and low rack
3. Press start
4. When beeps turn pieces and again press start
5 Tikka is ready to serve</td></tr>
</table>

Refer page 135, fig1
* Refer page 135, fig 2

Veg Charcoal

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-10</td><td>MATAR KABABS</td><td>0.2 ~ 0.4 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Boiled peas</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Roasted makhanas</td><td>1 cup.</td><td>1½ cups.</td><td>2 cups.</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Salt, pepper, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Seeds of Chhoti Elaichi</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr>
<tr><td>Roasted Cashewnuts</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
</table>
Method :
1. Grind the boiled peas, green chillies & elaichi seeds together to a fine paste.
2. Grind the makhanas & cashewnuts together to a rough powder.
3. Mix peas & makhanas paste. Add salt, pepper, garam masala.
4. Make small balls & flatten them to get small round kababs.
5. Keep on tawa & keep the tawa on high rack. Select category & weight and press start.
6. When beeps, turn over & press start
7. When beeps, turn over & press start.
Sprinkle chaat masala & serve.
</td></tr>
<tr><td>1-11</td><td>TANDOORI MUSH-ROOMS</td><td>0.2 ~ 0.5 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Mushroom Buttons (stalk removed)</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td><td></td></tr>
<tr><td>Hung Curd</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Ginger Garlic Paste</td><td>½ tbsp</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Salt, Coriander powder, cumin powder, amchoor</td><td colspan="4">As per taste</td></tr>
<tr><td>Cornflour</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Tandoori Color</td><td colspan="4">A pinch</td></tr>
</table>
Method :
1. Mix all the ingredients of the marinade in a bowl.
2. Prick all the mushroom buttons & add to the marinade.
3. Keep the mushroom marinated for 1 hour.
4. Transfer the mushrooms on tawa & keep the tawa on high rack. Select category & weight and press start.
5. When beeps, turn over the mushroom & press start.
6. When beeps, turn over again & press start.
Note: If mushroom run watery while cooking, drain water & start cooking again.
</td></tr>
<tr><td>1-12</td><td>ARBI TANDOORI</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Arbi (Cut into slices)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Onion rings</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr>
<tr><td>Garam Masala, Amchoor, Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Green Chillies (Chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Ginger (shredded)</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Coriander Seeds</td><td>½ tsp</td><td>1½ tsp</td><td>1 tsp</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Tandoori Masala</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Ginger Paste</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Pepper corns (crushed)</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr>
<tr><td>Ajwain</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp.</td></tr>
<tr><td>Haldi</td><td colspan="3">A pinch</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>½ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Besan</td><td>½ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr>
</table>
Method :
1. Pre- preparation –In a MWS glass bowl arbi slices with some water. Cover & micro at 100% for 5 minutes
2. Mix all the ingredients of marinade in a bowl. Add the arbi slices & keep for ½ an hour.
3. In a MWS glass bowl add oil, onion rings, shredded ginger & green chillies, garam masala, amchoor & salt. Mix well. Select Category & weight & press start
4. When beeps, remove the bowl from microwave oven, Transfer the marinated arbi on tawa & keep the tawa on high rack.
5. Press start.
6. When beeps, drizzle few drops of oil. Add onion rings mixture & turn over the slices
7. Press start.
</td></tr>
</table>

* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-13</td><td>YAM TIKKA</td><td>0.3 kg</td><td>Tawa & Low Rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Blanched Yam</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>For Marinade</td><td></td></tr>
<tr><td>Hung-curd</td><td>¼ cup</td></tr>
<tr><td>Green cardamom powder</td><td>¼ tsp</td></tr>
<tr><td>Pepper powder</td><td>As per taste</td></tr>
<tr><td>Garlic paste</td><td>½ tsp</td></tr>
<tr><td>Ginger paste</td><td>1 tsp</td></tr>
<tr><td>Garam masala, amchoor, jeera powder, salt</td><td>As per taste</td></tr>
</table>
Method :
1. Mix all the ingredients of the marinade in a bowl. Marinate Yam & keep in refrigerator for 4 hour.
2. Select category & press start (Pre heat).
3. When beeps, keep the tawa on low rack and place marinated yam on tawa.Brush with oil and press start.
4. When beeps, turn the side and again press start.
Sprinkle the chaat masala & serve.
</td></tr>
<tr><td>1-14</td><td>CORN KABABS</td><td>0.2 ~ 0.4 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Boiled potatoes</td><td>2 medium</td><td>3 medium</td><td>4 medium</td></tr>
<tr><td>Boiled sweet corns</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Onions (Chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Green chillies (Chopped)</td><td>1 no.</td><td>1 no.</td><td>2 no.</td></tr>
<tr><td>Fresh coriander (finely chopped)</td><td>1 tbsp.</td><td>2 tbsp.</td><td>3 tbsp</td></tr>
<tr><td>Pudina (finely chopped)</td><td>½ tbsp.</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Melted butter</td><td>¼ tbsp.</td><td>½ tbsp</td><td>1 tbsp</td></tr>
<tr><td>Garam Masala, pepper powder, salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td>2 tsp</td><td>3 tsp</td><td>3 tsp</td></tr>
<tr><td>Bread crumbs</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
Method :
1. Mash the boiled potatoes & corns. Mix well.
2. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice.
3. Make long kababs out of this mixture.
4. Keep the kababs on tawa & tawa on high rack. Select category & weight & press start.
5. When beeps, turn over & press start.
6. When beeps, turn over & press start.
Serve with chutney or sauce.
</td></tr>
<tr><td>1-15</td><td>RAW BANANA KABABS</td><td>0.3 ~ 0.5 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boiled potatoes</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Raw bananas (boiled)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Onions (Chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Green chillies (Chopped)</td><td>1 no.</td><td>1 no.</td><td>2 no.</td></tr>
<tr><td>Fresh coriander (finely chopped)</td><td>1 tbsp.</td><td>2 tbsp.</td><td>3 tbsp</td></tr>
<tr><td>Pudina (finely chopped)</td><td>½ tbsp.</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Oil (for brushing)</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Garam Masala, pepper powder, salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td>2 tsp</td><td>3 tsp</td><td>3 tsp</td></tr>
<tr><td>Bread crumbs</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
Method :
1. Mash the boiled potatoes & boiled bananas. Mix well.
2. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice.
3. Make flat kababs out of this mixture. select category & press start (Pre-heat).
4. When beeps, Keep the kababs on tawa & tawa on low rack. Press start.
5. When beeps, turn over & press start.
Serve with chutney or sauce.
</td></tr>
</table>

Refer page 135, fig 1
* Refer page 135, fig 2

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<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-16</td><td>Suran Cutlet</td><td>0.3 kg</td><td>Multi Cook tawa & Low Rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Boiled potatoes</td><td>1 cup</td></tr>
<tr><td>Boiled Suran</td><td>1 cup</td></tr>
<tr><td>Onions (Chopped)</td><td>½ cup</td></tr>
<tr><td>Green chillies (Chopped)</td><td>1 no.</td></tr>
<tr><td>Fresh coriander (finely chopped)</td><td>2 tbsp.</td></tr>
<tr><td>Pudina (finely chopped)</td><td>1 tbsp</td></tr>
<tr><td>Oil (for brushing)</td><td>1 tsp</td></tr>
<tr><td>Garam Masala, pepper powder, salt</td><td>As per taste</td></tr>
<tr><td>Lemon juice</td><td>3 tsp</td></tr>
<tr><td>Bread crumbs</td><td>2 tbsp</td></tr>
</table>
Method :
1. Mash the boiled potatoes & Boiled Suran. Mix well.
2. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice.
3. Make flat kababs out of this mixture. select category & press start (Pre-heat).
4. When beeps, Keep the kababs on tawa & tawa on low rack. Press start.
5. When beeps, turn over & press start.
Serve with chutney or sauce.
</td></tr>
<tr><td>1-17</td><td>Tandoori Broccolli</td><td>0.2 ~ 0.4 kg</td><td>Multicook tawa & Low rack#</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>03. kg</td><td>0.4 kg</td></tr>
<tr><td>Broccoli Florets</td><td>200g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>For marinade</td><td></td><td></td><td></td></tr>
<tr><td>Hung Curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tsp</td><td>2 tsp</td><td>2½ tsp</td></tr>
<tr><td>Ajwain</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Salt pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Red chilli powder, salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil (for brushing)</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
</table>
Method :
1. Mix all the ingredients of marinade. Add the Broccoli florets & keep in refrigerator for 3-4 hours.
2. select category & weight & press start(Pre-heat). Transfer the marinated florets to tawa & keep tawa on low rack. Press start.
3. When beep, turn over the florets & press start. Sprinkle chaat masala & serve onion slices.
</td></tr>
</table>

Refer page 135, fig 1

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-18</td><td>TANDOORI SUBZI</td><td>0.3 ~ 0.5 kg</td><td>Microwave safe (MWS) glass bowl
&
High rack
&
Multicook tawa*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Paneer (Cut 25 mm)</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Salt, Red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Capsicum (Cut into fine rings)</td><td>2 cups</td><td>2½ cups</td><td>3 cups</td></tr>
<tr><td>Onion (Cut into fine rings)</td><td>2 cups</td><td>2½ cups</td><td>3 cups</td></tr>
<tr><td>Black salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Tandoori Masala</td><td>2 tsp.</td><td>2½ tsp</td><td>3 tsp</td></tr>
<tr><td>Tandoori Color</td><td colspan="3">A pinch</td></tr>
<tr><td>For Paste</td><td></td><td></td><td></td></tr>
<tr><td>Ginger</td><td>40 mm piece</td><td>50 mm piece</td><td>65 mm piece</td></tr>
<tr><td>Green Chillies</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Jeera</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Garlic flakes (Optional)</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
</table>
Method :
1. Grind garlic, ginger, jeera & green chillies to a thick rough paste. Do not add water. Keep the paste aside.
2. Add salt, chilli powder & lemon juice to the paste. Add the tandoori color.
3. Cut the paneer into 1" square pieces. Apply the paste on all the pieces properly.
4. In a MWS glass bowl add oil, capsicum & onion. Select category & weight & press start.
5. When beeps, remove the bowl from microwave oven & add lemon juice, black & salt, keep aside.
6. Keep the paneer pieces on tawa & tawa on high rack.
7. Press start.
8. When beeps, add the capsicum & onion rings & mix well. Drizzle few oil drops.
9. Press start.</td></tr>
<tr><td>1-19</td><td>MIX VEG PLATTER</td><td>0.5 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Paneer (Cut 40 mm cubes)</td><td>200 g</td></tr>
<tr><td>Mushroom buttons (trim the stalk)</td><td>100 g</td></tr>
<tr><td>Baby corn (blanched)</td><td>25 g</td></tr>
<tr><td>Capsicum (Cut into large cubes)</td><td>100 g</td></tr>
<tr><td>Tomatoes (cut into quarters & deseeded)</td><td>25 g</td></tr>
<tr><td>Onion (Cut into quarters & separated)</td><td>50 g</td></tr>
<tr><td>For Marinade</td><td></td></tr>
<tr><td>Hung Curd</td><td>4 tbsp</td></tr>
<tr><td>Thick cream</td><td>2 tbsp</td></tr>
<tr><td>Cornflour</td><td>1 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td></tr>
<tr><td>Black Salt</td><td>As per taste</td></tr>
<tr><td>Tandoori Color</td><td>A pinch</td></tr>
<tr><td>Tandoori masala</td><td>2 tsp</td></tr>
<tr><td>Red chilli powder, salt</td><td>as per taste</td></tr>
</table>
Method :
1. Mix all the ingredients of marinade.
2. Add paneer, mushrooms, baby corns, onions & tomatoes to the marinade & mix well to coat the vegetables..
3. Keep the marinated vegetables on tawa & tawa on high rack. Select category & press start.
4. When beeps, turn over the side & drizzle few drops of oil & press start.
5. When beep, again turn over & press start. Serve with barbeque sauce.
Note: In case there is excess water during the cooking process, drain it & cook.</td></tr>
</table>

* Refer page 135, fig 2

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<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-20</td><td>ANGARA CHAAP</td><td>0.4 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>Chaap Sticks</td><td>0.4 kg</td></tr>
<tr><td>For Marinade</td><td></td></tr>
<tr><td>Hung Curd</td><td>½ tsp</td></tr>
<tr><td>Garlic Paste</td><td>3 tsp</td></tr>
<tr><td>Ginger Paste</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Sheezwan Sauce</td><td>1 tbsp</td></tr>
<tr><td>Cumin Powder</td><td>As per taste</td></tr>
<tr><td>Tandoori Color</td><td>A pinch</td></tr>
<tr><td>Red Chilli Powder</td><td>As per taste</td></tr>
<tr><td>Oil (for brushing)</td><td>1 tsp</td></tr>
</table>
Method :
1. Mix all the ingredient of marinade in a bowl
2. Soak the soya chaap stick properly & prick with fork on chaap.
3. Marinade the Soya chaap properly coating all the places. keep marinated for 3-4 hours in refrigerator.
4. Select Category & weight and press start.(Pre-Heat)
5. When beeps, Keep the soya chaap on tawa & tawa on low rack. Press start.
6. When beeps, turn over the Soya Chaap, brush with oil & press start.
7. Garnish with fresh coriander leaves, lemon & serve.
</td></tr>
<tr><td>1-21</td><td>FALDARI KABABS</td><td>0.4 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Boiled & mashed raw bananas</td><td>2 nos.</td></tr>
<tr><td>Boiled & mashed shakarkandi</td><td>2 nos.</td></tr>
<tr><td>Peeled & grated apple</td><td>½ cup</td></tr>
<tr><td>Fresh coriander (chopped)</td><td>2 tbsp</td></tr>
<tr><td>Fresh mint leaves (chopped)</td><td>2 tbsp</td></tr>
<tr><td>Green chillies (chopped)</td><td>2 nos.</td></tr>
<tr><td>Ginger (chopped)</td><td>2 tsp</td></tr>
<tr><td>Bread crumbs</td><td>½ cup</td></tr>
<tr><td>Salt, red chilli powder, jeera powder</td><td>As per taste</td></tr>
<tr><td>For stuffing</td><td></td></tr>
<tr><td>Chopped almonds</td><td>2 tbsp</td></tr>
<tr><td>Chopped cashewnuts</td><td>2 tbsp</td></tr>
<tr><td>Chopped raisins</td><td>2 tbsp</td></tr>
</table>
Method :
1. In a bowl take chopped almonds, cashewnuts & raisins for stuffing. Mix well & keep aside for later use.
2. In another bowl take boiled & mashed banana, shakarkandi, grated apple, chopped coriander & mint leaves, chopped ginger & green chillies & all the spices. Mix well. When the mixture cools down, add bread crumbs & mix well to make a dough for kababs.
3. Divide the dough into 10 equal portions. Make round balls. Flatten each ball & fill stuffing (as required) in the center & again re-shape into round kababs.
4. Place kababs on tawa & tawa on high rack. Put both inside the microwave. Select category & press start.
5. When beeps, turnover the kababs & press start.
6. When beeps, again turnover the kababs & press start. Serve kababs hot with chutney of your choice.
</td></tr>
</table>

* Refer page 135, fig 2
# Refer page 135, fig 1

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-22</td><td>AJWAINI PANEER TIKKA</td><td>0.4 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Paneer cubes (cut into 40 mm cubes), Capsicum (cut into cubes), onion (cut into cube), tomato(cut into cubes, pulp removed)</td><td>300 g</td></tr>
<tr><td>For marinade</td><td></td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td></tr>
<tr><td>Ajwain</td><td>1 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td></tr>
<tr><td>Salt, Garam masala, Red Chilli powder</td><td>As per taste</td></tr>
<tr><td>Tandoori masala</td><td>1 tsp</td></tr>
<tr><td>Tandoori Color</td><td>A pinch</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
</table>
Method :
1. Mix all the ingredients of the marinade in a bowl.
2. Put the marinated ingredients on tawa and low rack.
3. Press start.
4. When beeps turn pieces and again press start.
5 Tikka is ready to serve.
</td></tr>
<tr><td>1-23</td><td>CHILKA KABABS</td><td>0.4 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Chana dal (soaked overnight)</td><td>200 g</td></tr>
<tr><td>Snake gourd peels (roughly chopped)</td><td>½ cup</td></tr>
<tr><td>Pumpkin peels (roughly chopped)</td><td>½ cup</td></tr>
<tr><td>Whole black pepper</td><td>¼ tsp</td></tr>
<tr><td>Dried red chilli</td><td>1 no.</td></tr>
<tr><td>Laung</td><td>3-4 nos.</td></tr>
<tr><td>Black cardamom</td><td>1 no.</td></tr>
<tr><td>Cinnamon</td><td>1" piece</td></tr>
<tr><td>Water</td><td>½ cup</td></tr>
<tr><td>Oil</td><td>½ tsp</td></tr>
<tr><td>Javitri</td><td>1 no.</td></tr>
<tr><td>Fresh coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a MWS glass bowl take soaked chana dal, pumpkin peels, snake gourd peels & all the whole spices except salt & coriander leaves. Sprinkle ¼ cup water & cover. Select category & press start.
2. When beeps, take out the bowl, remove javitri & black cardamom and allow to cool the mixture.
3. Grind the cooked mixture to a coarse paste in a mixer, adding ¼ cup water & salt to taste. Take out in a bowl and add freshly chopped coriander leaves. Mix well with hands & make kababs of equal size & shape.
4. Grease the tawa with ¼ tsp oil & put the kababs on it. Keep the tawa on high rack. Keep high rack & tawa with kababs inside the microwave and press start.
5. When beeps, sprinkle ¼ tsp oil on all kababs and turnover the kababs and press start.
6. Serve the kababs hot with the chutney of your choice.
</td></tr>
<tr><td>1-24</td><td>JIMIKAND KE KABABS</td><td>0.2 ~ 0.4 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Jimikand (boiled & grated)</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr>
<tr><td>Fresh bread (crumbled)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Cornflour</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Coriander leaves (chopped)</td><td colspan="3">As required</td></tr>
<tr><td>Anardana powder</td><td>¼ tsp</td><td>½ tsp</td><td>½ tsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a bowl take boiled & grilled jimikand, chopped green chilli, coriander leaves, cornflour, anardana powder & all the spices. Mix well.
2. Remove the sides (brown part) of the bread slices with a knife. Crumble them with hands & add this to jimikand mixture. Mix well and make equal sized flat kababs.
3. Keep the kababs on multicook tawa. Keep tawa on high rack & keep inside the microwave. Select category & weight and press start.
4. When beeps, turn all the kababs & press start.
5. When beeps, again turn the kababs & press start. Serve them hot with onion rings & mint chutney.
</td></tr>
</table>

* Refer page 135, fig 2
# Refer page 135, fig 1

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<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>1-25</td>
<td>KAJU KABABS</td>
<td>0.1 ~ 0.3 kg</td>
<td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td>
<td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Potato (cut into pieces)</td><td>½ no.</td><td>1 no.</td><td>1½ no.</td></tr>
<tr><td>Onion (chopped)</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Peas (shelled)</td><td>3 tbsp</td><td>4 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Cauliflower (florets)</td><td>½ cup</td><td>½ cup</td><td>¾ cup</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Kaju powder</td><td>2 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Fresh bread crumbs (sides removed)</td><td>3 slices</td><td>4 slices</td><td>4 slices</td></tr>
<tr><td>Green chilli (chopped)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Tomato ketchup</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
</table>
Method :
1. In a MWS glass bowl take cut potatoes, chopped onion, peas & cauliflower. Put ½ cjup water & cover. Select category & weight and press start.
2. When beeps, remove the bowl, strain the vegetables. Remove all the moisture & mash well when cool.
3. To the mashed vegetables add all the spices, chopped green chilli, coriander leaves, kaju powder, ginger-garlic paste, tomato ketchup, fresh bread crumbs. Mix all the ingredients very well. Make equal sized kababs out of the mixture.
4. Keep the kababs on tawa & tawa on high rack. Keep inside the microwave and press start.
5. When beeps turn the kababs & press start. Serve them hot with mint chutney.
</td>
</tr>
<tr>
<td>1-26</td>
<td>BAIGAN BHAJA</td>
<td>0.3 kg</td>
<td>Multicook tawa
&
Low rack#</td>
<td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Baigan (Round sliced)</td><td>300 g</td></tr>
<tr><td>Turmeric</td><td>½ tsp</td></tr>
<tr><td>Besan</td><td>¼ cup</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Red chilli</td><td>2 tsp</td></tr>
<tr><td>Coriander (chopped)</td><td>2 tbsp</td></tr>
<tr><td>Lemon juice (optional)</td><td>1 tbsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala</td><td>As per taste</td></tr>
</table>
Method :
1. Combine chilli powder, turmeric powder, lemon juice, besan, salt and 2 tbsp of water in a bowl and mix well.
2. Add Baigan slices and mix well. Keep aside.
3. Select category and weight and press start (Preheat)
4. When beeps, keep tawa on low rack and arrange slices on tawa. Brush with oil.
5. After beeps, turn slices and press start again. Serve with chutney.
</td>
</tr>
</table>

* Refer page 135, fig 2
# Refer page 135, fig 1

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-27</td><td>DAHI KABABS</td><td>0.2 ~ 0.4 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Boiled potatoes</td><td>100 g</td><td>200 g</td><td>250 g</td></tr>
<tr><td>Boiled peas</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Chopped & boiled spinach</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Grated ginger</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Chopped green chillies</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Chopped almonds</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Chopped raisins</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Besan</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chopped coriander leaves</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Salt, garam masala, red chilli powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Oil</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Cornflour</td><td colspan="3">For coating</td></tr>
</table>
Method :
1. In a bowl mix all the ingredients except oil & cornflour. Mix well while mashing the potatoes & peas. Make flat kababs & roll each kabab in cornflour.
2. Keep the kabobs on tawa & keep the tawa on high rack. Select category & weight and press start.
3. When beeps, turn over the kababs, pour the oil & press start.
4. When beeps, turn over again & press start. Serve with coriander chutney.
</td></tr>
<tr><td>1-28</td><td>HARIYALI PANEER TIKKA</td><td>0.4 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Paneer cubes (cut into 40 mm cubes), Capsicum (cut into cubes), onion (cut into cube), tomato(cut into cubes, pulp removed)</td><td>300 g</td></tr>
<tr><td>For marinade</td><td></td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td></tr>
<tr><td>Salt, Garam masala, Red Chilli powder</td><td>As per taste</td></tr>
<tr><td>Coriander & Mint Paste</td><td>2 tbsp</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
</table>
Method :
1. Mix all the ingredients of the marinade in a bowl.
2. Put the marinated ingredients on tawa and low rack.
3. Press start.
4. When beeps turn pieces and again press start.
5 Tikka is ready to serve.
</td></tr>
<tr><td>1-29</td><td>TANDOORI FRUIT CHAAT</td><td>0.2 kg</td><td>Rotisserie##</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Sweet potatoes</td><td>2 No.</td></tr>
<tr><td>Star Fruit</td><td>1 no.</td></tr>
<tr><td>Pineapple</td><td>100 g</td></tr>
<tr><td>Green apple</td><td>1 no.</td></tr>
<tr><td>For Marination</td><td></td></tr>
<tr><td>Olive oil</td><td>1 tsp</td></tr>
<tr><td>Vinegar</td><td>½cup</td></tr>
<tr><td>Powder sugar</td><td>6 tsp</td></tr>
<tr><td>Anaardana</td><td>5 tbsp</td></tr>
<tr><td>Roasted cumin powder</td><td>1 tbsp</td></tr>
<tr><td>Black salt, peppercorn, chaat masala, garam masala</td><td>As per taste</td></tr>
<tr><td>Kashmiri mirch</td><td>2 tsp</td></tr>
</table>
Method :
1. Take olive oil in a bowl & add vinegar, powder sugar, anardana powder, garam masala, roasted cumin powder, kashmiri mirch, & black salt and crushed peppercorn. Mix it well.
2. Marinate boiled sweet potatoes, green apple, pineapple & star fruit in the prepared mixture for about an hour.
3. Grease the rotisserie with some oil. Put fruit pieces on skewer. And install the rotisserie in microwave.
4. Select menu & press start.
5. Use rotisserie handle to take out of the microwave oven. Sprinkle chaat masala and serve.
</td></tr>
</table>

Refer page 136 fig
* Refer page 135, fig 2
# Refer page 135, fig 1

Veg Charcoal

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-30</td><td>BEETROOT KABABS</td><td>0.3 ~ 0.5 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boiled potatoes</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Beetroot (Grated)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Onions (Chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Green chillies (Chopped)</td><td>1 no.</td><td>1 no.</td><td>2 no.</td></tr>
<tr><td>Fresh coriander (finely chopped)</td><td>1 tbsp.</td><td>2 tbsp.</td><td>3 tbsp</td></tr>
<tr><td>Pudina (finely chopped)</td><td>½ tbsp.</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Oil (for brushing)</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Garam Masala, pepper powder, salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td>2 tsp</td><td>3 tsp</td><td>3 tsp</td></tr>
<tr><td>Bread crumbs</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
Method :
1. Mash the boiled potatoes & grated beetrrot. Mix well.
2. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice.
3. Make flat kababs out of this mixture. select category & press start (Pre-heat).
4. When beeps, Keep the kababs on tawa & tawa on low rack. Press start.
5. When beeps, turn over & press start.
Serve with chutney or sauce.
</td></tr>
<tr><td>1-31</td><td>STUFFED MUSHROOM</td><td>10 Pcs.</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td></td><td>10 pcs</td><td>For</td></tr>
<tr><td>Mushroom (Stem remove)</td><td colspan="2">300 g</td></tr>
<tr><td>For Stuffing</td><td colspan="2"></td></tr>
<tr><td>Cheese (soften)</td><td colspan="2">200 g</td></tr>
<tr><td>Salt, Red Chilli Powder,
Onion Powder, Black pepper</td><td colspan="2">As per taste</td></tr>
<tr><td>Minced garlic</td><td colspan="2">¼ cup</td></tr>
<tr><td>Cayenne pepper</td><td colspan="2">As per taste</td></tr>
<tr><td>Oil</td><td colspan="2">¼ tsp</td></tr>
</table>
Method :
1. Clean mushrooms with damp paper towel. Carefully break off stems.
2. Mix cheese salt, red chilli powder, onion powder, black pepper, minced garlic & cayenne pepper and prepare mushroom stuffing.
3. Using a little spoon fill each mushroom cap with generous amount of stuffing.
4. Now keep the tawa on high rack. Select category & weight & press start.
5. When beep, transfer mushroom on oil greased tawa and keep inside microwave. Press start.
6. When beep, again press start.
</td></tr>
<tr><td>1-32</td><td>TOFU TIKKA</td><td>0.5 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Tofu cubes (cut into 40 mm cubes), Capsicum (cut into cubes), onion (cut into cube), tomato(cut into cubes, pulp removed)</td><td>500 g</td></tr>
<tr><td>For marinade</td><td></td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>1 tbsp</td></tr>
<tr><td>Salt, Garam masala, Red Chilli powder</td><td>As per taste</td></tr>
<tr><td>Tandoori masala</td><td>1 tsp</td></tr>
<tr><td>Tandoori Color</td><td>A pinch</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
</table>
Method :
1. Mix all the ingredients of the marinade in a bowl. Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour.
2. Now keep the tawa on low rack. Select category & weight & press start.
3. Now keep the tikka on tawa. Press start.
4. When beeps, turn over the side & pour some oil. Press start.
</td></tr>
</table>

* Refer page 135, fig 2
# Refer page 135, fig 1

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-33</td><td>STUFFED CAPSICUM</td><td>0.5 kg</td><td>Multicook Tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Capsicum (Hollowed)</td><td>500 g</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Paneer (mashed)</td><td>200 g</td></tr>
<tr><td>Salt, Red Chilli Powder,
Garam Masala, Cumin Powder</td><td>As per taste</td></tr>
<tr><td>Onion Chopped</td><td>¼ cup</td></tr>
<tr><td>Coriander leaves Chopped</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>¼ tsp</td></tr>
</table>
Method :
1. Precook the paneer stuffing- In a MWS bowl add oil, Onions & microwave 100 % for 3 minutes. Add paneer & all the spices & coriander leaves & microwave 100% for 2 minutes.
2. Stuff the hollowed capsicum with paneer.
3. Grease the capsicum with few drops of oil.
4. Keep tawa on low rack. Select Category & weight and press start(Pre-heat mode).
5. Keep the capsicum on tawa & press start.
6. When beeps brush with oil & press start again.
7. Garnish with fresh coriander leaves & serve.</td></tr>
<tr><td>1-34</td><td>RAW PAPAYA KABABS</td><td>0.3-0.5 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boiled potatoes</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Raw papaya (Boiled)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Onions (Chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Green chillies (Chopped)</td><td>1 no.</td><td>1 no.</td><td>2 no.</td></tr>
<tr><td>Fresh coriander (finely chopped)</td><td>1 tbsp.</td><td>2 tbsp.</td><td>3 tbsp</td></tr>
<tr><td>Pudina (finely chopped)</td><td>½ tbsp.</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Oil (for brushing)</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
<tr><td>Garam Masala, pepper powder, salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td>2 tsp</td><td>3 tsp</td><td>3 tsp</td></tr>
<tr><td>Bread crumbs</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
Method :
1. Mash the boiled potatoes & boiled papaya. Mix well.
2. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice.
3. Make flat kababs out of this mixture. select category & press start (Pre-heat).
4. When beeps, Keep the kababs on tawa & tawa on low rack. Press start.
5. When beeps, turn over & press start.
Serve with chutney or sauce.</td></tr>
<tr><td>1-35</td><td>BRUSCHETTA</td><td>0.4 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>French bread</td><td>300 g</td></tr>
<tr><td>For Topping</td><td></td></tr>
<tr><td>Cherry Tomates</td><td>2½ tsp</td></tr>
<tr><td>Onions</td><td>½ tsp</td></tr>
<tr><td>Garlic</td><td>1 tsp</td></tr>
<tr><td>Olives</td><td>1 tsp</td></tr>
<tr><td>Salt & Pepper orgeano</td><td>As per taste</td></tr>
<tr><td>Cheese</td><td>for garnishing</td></tr>
</table>
Method :
1. On breads, spread the topping with cheese.
2. After beeps, Select category & press start.(Pre-heat)
3. Now place bread on Multicook tawa & low rack.
4. Press start.
5. When beeps, take out bread & sprinkle with herbs.</td></tr>
</table>

Refer page 135, fig 1

Healthy Heart

In the following example, show you how to cook 8 PC of Wheat Rava Idli.

1. Press STOP/Cancel



2. Press Healthy Heart.



3. Display will show **"*1*"**

4. Press START/Select /+30seconds for menu confirmations. Display will show ***'4PC'***



5. Turn Dial and display show " 8 PC "



6. Press START /Select/+30seconds



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



NOTE

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

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

Category		Weight Limit	Utensil	Instructions
2-1	WHEAT RAVA IDLI	4pc, 8pc (40-50 g each)	Microwave safe (MWS) Idli stand & Microwave safe (MWS) bowl	

Wheat rava	100 g
Urad	½ tbsp
Chana dal	4 tbsp
Water	As required
Salt	As per taste
Olive oil	2 tsp
Curry leaves	A few sprigs
Mustard seeds	½ tsp
Red chilli powder	As per taste
Curd	1½ cup
Fruit Salt (ENO)	1 tsp

Method :
1. Wash & soak urad dal, chana dal, pepper and jeera.
2. Grind, mix & 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 MWS idli stand with little oil and put idli batter in it. Add ½ cup water in MWS bowl. Keep the Idli stand in MWS bowl & cover. Select & number and press start.
4. After the beep, give standing time of 5 minutes and then remove.

Category		Weight Limit	Utensil	Instructions
2-2	CHANA DAL PANCAKE	1 Pc	Multicook tawa & High rack*	

Chana dal	100 g
Fenugreek leaves, chopped	½ cup
Spinach, chopped	½ cup
Carrot, grated	½ cup
Coconut, grated	1 tsp
Coriander leaves, chopped	1 tsp
Ginger, grated	1 tsp
Chopped green chillies	½ tsp
Olive oil	1 tbsp
Salt	As per taste

Method :
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.

Category		Weight Limit	Utensil	Instructions
2-3	MOONG DAL CHEELA	1 Pc	Multicook tawa & High rack*	

Moong dal	200 g
Crushed tofu mixed with chaat masala	1 tsp
Capsicum (Green) and cabbage, chopped	1 tsp
Onion, chopped	½ tsp
Cashew nuts (chopped)	1 tsp
Salt	As per taste
Ghee	1 tsp

Method :
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.

Category		Weight Limit	Utensil	Instructions
2-4	SPINACH AND TOFU TOAST	2 Pc	High rack	

Brown bread slices	4 nos
To be mixed into a Spinach and Tofu Spread	
Spinach chopped (blanched)	¾ cup
Tofu	¼ cup
Hung curd	2 tbsp
Green chillies finely chopped	1½ tsp
Salt and black pepper	As per taste

Method :
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.

*Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-5</td><td>QUINOA VEG UPMA</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>Quinoa (soaked in water)</td><td>1 cup</td></tr>
<tr><td>Olive oil</td><td>2 tsp</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td></tr>
<tr><td>Asafoetida (hing)</td><td>a pinch</td></tr>
<tr><td>Curry leaves</td><td>2-3 nos.</td></tr>
<tr><td>Green chillies, finely chopped</td><td>2 tsp</td></tr>
<tr><td>Onions, finely chopped</td><td>¼ cup</td></tr>
<tr><td>Carrots, grated</td><td>½ cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Red chilli powder</td><td>As per taste</td></tr>
<tr><td>Coriander finely chopped</td><td>¼ cup</td></tr>
<tr><td>Water</td><td>4 cup</td></tr>
</table>
Method :
1. In MWS 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.
</td></tr>
<tr><td>2-6</td><td>RICE AND MOONG DAL IDLI</td><td>4pc, 8pc (40-50 g each)</td><td>Microwave safe (MWS) Idli Stand & Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>Brown rice</td><td>1 cup</td></tr>
<tr><td>Green moong dal (split)</td><td>½ cup</td></tr>
<tr><td>Fenugreek (methi) seeds</td><td>¼ tsp</td></tr>
<tr><td>Carrot grated</td><td>½ cup</td></tr>
<tr><td>Spring onions finely chopped</td><td>½ cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Fruit Salt (ENO)</td><td>1 tsp</td></tr>
</table>
Method :
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 tsp 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.
</td></tr>
<tr><td>2-7</td><td>BUCKWHEAT PORRIDGE</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>Buckwheat (kuttu)</td><td>½ cup</td></tr>
<tr><td>Almond milk</td><td>½ cup</td></tr>
<tr><td>Maple syrup or honey</td><td>2 tsp</td></tr>
<tr><td>Chopped green apple</td><td>½ cup</td></tr>
</table>
Method :
1. Take 3/4 cup of water in a MWS 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.
</td></tr>
</table>

Category		Weight Limit	Utensil	Instructions
2-8	METHI MISSI ROTI	2 Pc	Multicook tawa & Low rack[#]	g flour (besan) — 1 cup Plain flour — ¼ cup Whole wheat flour — ¾ cup Finely chopped onions — ½ cup Shredded fenugreek (methi) leaves — ½ cup Finely chopped green chillies — 1 tsp Carom seeds (ajwain) — ½ tsp Salt — As per taste Oil for kneading — 1/8 tsp Whole wheat flour — For dusting **Method :** 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 125 mm (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.
2-9	GRILLED VEGGIE ZUCCHINI	0.3 kg	Microwave safe (MWS) glass bowl & High rack	Zucchini, sliced — 1 cup Carrots, raw, chopped — 1 cup Mushrooms — 1 cup Capsicum (yellow, red, green) — 1 cup Olive oil — 2 tbsp Pepper (black) — 1 tbsp Italian herb seasoning mix — 2 tsp Salt — 1 tsp **Method :** 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.
2-10	SOYA BHURJI	0.3 kg	Microwave safe (MWS) glass bowl	Soya granules — ¾ cup Olive oil — 2 tsp Cumin seeds (jeera) — 1 tsp Finely chopped garlic (lehsun) — 1 tsp Finely chopped green chillies — 1 tsp Finely chopped ginger (adrak) — ½ tsp Finely chopped onions — ¼ cup Finely chopped capsicum (green/yellow) — ½ cup Chopped tomatoes — ¼ cup Turmeric powder (haldi) — ½ tsp Chilli powder — ¼ tsp Garam masala — ½ tsp Salt — As per taste Finely chopped coriander (dhania) — 2 tbsp **Method :** 1. To soak the soya granules, combine the soya granules, salt and 1½ 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 1½ cup. 3. In a MWS bowl, add the cumin seeds, finely chopped garlic, green chillies and ginger and keep inside microwave oven (MWO). Select category, menu, weight and press start. 4. When the MWO beeps, add finely chopped onions and capsicum. Then add tomatoes, turmeric powder, chilli powder, garam masala, salt and ¼ cup of water and press start again. 5. When beeps, add the soaked soya granules, mix well and press start. 6. Serve hot.

[#] Refer page 135, fig 1

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-11</td><td>BROWN RICE RISOTTO</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>Brown rice</td><td>2 cups</td></tr>
<tr><td>Water</td><td>4 cups</td></tr>
<tr><td>Finely chopped onions</td><td>¼ cup</td></tr>
<tr><td>Finely chopped garlic (lehsun)</td><td>2 tsp</td></tr>
<tr><td>Finely chopped Bell peppers (red, green and yellow)</td><td>½ cup</td></tr>
<tr><td>Corn flour</td><td>2 tsp</td></tr>
<tr><td>Low-fat milk</td><td>1 cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Dry red chilli flakes</td><td>1½ tsp</td></tr>
<tr><td>Dried oregano</td><td>2 tsp</td></tr>
<tr><td>Grated mozzarella cheese</td><td>2 tsp</td></tr>
</table>
Method :
1. Dissolve the corn flour in one tablespoon of warm milk and keep aside.
2. In a MWS bowl, add onions and garlic, bell peppers. Select menu and press start.
3. When the microwave beeps, put brown rice in another MWS 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.
</td></tr>
<tr><td>2-12</td><td>KADHAI TOFU</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>Olive oil</td><td>2 tsp</td></tr>
<tr><td>Ginger-garlic (adrak-lehsun) paste</td><td>2 tsp</td></tr>
<tr><td>Finely chopped onions</td><td>½ cup</td></tr>
<tr><td>Turmeric powder (haldi)</td><td>¼ tsp</td></tr>
<tr><td>Coriander-cumin (dhania-jeera) powder</td><td>1 tsp</td></tr>
<tr><td>Chilli powder</td><td>1 tsp</td></tr>
<tr><td>Garam masala</td><td>1 tsp</td></tr>
<tr><td>Dried fenugreek leaves (kasuri methi)</td><td>1 tsp</td></tr>
<tr><td>Fresh tomato puree</td><td>½ cup</td></tr>
<tr><td>Sliced capsicum</td><td>¼ cup</td></tr>
<tr><td>Tofu, cut into thick strips</td><td>300 g</td></tr>
<tr><td>Sugar</td><td>½ tsp</td></tr>
<tr><td>Low-fat cream</td><td>2 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Chopped coriander for garnishing</td><td>2 tbsp</td></tr>
</table>
Method :
1. In a MWS 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 ¼ cup of water and press start again.
3. When the microwave beeps, add the capsicum, tofu, sugar, cream, salt and ¼ cup of water. Mix lightly and press start again.
4. Garnish with coriander and serve hot.
</td></tr>
</table>

Category		Weight Limit	Utensil	Instructions
2-13	DHANSAK DAL VEG	0.3 kg	Microwave safe (MWS) glass bowl	

Toovar (arhar) dal, washed and drained	½ cup
Split yellow g (peeli moong dal), washed and drained	2 tsp
Split red lentil (masoor dal), washed and drained	2 tsp
Split black lentils (urad dal), washed and drained	2 tsp
Chopped brinjals (baingan)	¼ cup
Chopped bottle gourd (lauki)	¼ cup
Chopped red pumpkin (kaddu)	¼ cup
Finely chopped spring onions (whites and greens)	¼ cup
Chopped tomatoes	½ cup
Salt	As per taste
Tamarind pulp (imli)	2 tbsp
To be ground into a smooth paste (using 2 tbsp water)	
Garlic (lehsun) cloves	4 pcs
Whole kashmiri dry red chillies	3 pcs
Coriander (dhania) seeds	1 tsp
Cumin seeds (jeera)	½ tsp
Green chilli	1 pc
Pepper corns (kali mirch)	4 pcs
Cloves (laung)	4 pcs
Cardamom (elaichi)	1 pcs
Chopped coriander (dhania)	1 tbsp

Method :

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 MWS 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 MWS bowl and press start again.
4. Now add the dal-vegetable mixture, ½ cup water, mix well and add tamarind pulp. Press start again, stirring once in between.
5. Serve hot.

Category		Weight Limit	Utensil	Instructions
2-14	TOMATO METHI RICE	0.3 kg	Microwave safe (MWS) glass bowl	

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

Method :

1. In a MWS bowl, add rice and water. Cover. Select category and menu. Press start.
2. When beeps, in another MWS 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.

Category		Weight Limit	Utensil	Instructions
2-15	HEALTHY RAGI PIZZA	0.2 kg	Multicook tawa & Low rack# & High rack*	Cheese (mozzarella + processed) grated — 6 tbsp Millet (ragi) flour — ½ cup Refined flour (maida) — ½ cup + for dusting Oil — For greasing Salt — ½ tsp + to taste Fresh yeast — 7 g Sugar — ½ tsp Green capsicum — 1 small pc Red capsicum — 1 small pc Yellow capsicum — 1 small pc Pizza sauce — 2-3 tbsp Yellow zucchini sliced — ½ small Green zucchini sliced — ½ small Corn kernels — 2 tbsp Black olive slices — As required **Method** 1. Sift together refined flour, millet flour and ½ 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 & 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.
2-16	SAFFRON POTATOES	0.3 kg	Multicook tawa & High rack*	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 **Method :** 1. Cut the potatoes in wedges. 2. Add the salt, pepper, saffron, seasoning to coat the potatoes. Now keep in MWO on 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.
2-17	BROCCOLI TIKKI	0.3 kg	Microwave safe (MWS) glass bowl	Broccoli — 500 g Potatoes, washed with skin on — 4 medium Oil — 1 tbsp Cumin powder — 2 tsp Coriander seeds — 1 tsp Salt — 1 tsp Green chillies, finely chopped — 2 pcs Turmeric — ½ tsp Chaat masala — 1 tsp Spring onions — 3 pcs Fresh coriander — Handful **Method :** 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.

Refer page 135, fig 1
* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-18</td><td>FLAVORED SOYA MILK</td><td>500 ml</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>Soya beans</td><td>1 cup</td></tr>
<tr><td>Water</td><td>3 cup</td></tr>
<tr><td>Vanilla essence</td><td>1 drop</td></tr>
</table>
Method
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.
</td></tr>
<tr><td>2-19</td><td>CARROT & MOONG DAL SOUP</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>Chopped carrots</td><td>1 cup</td></tr>
<tr><td>Split green g (hara moong dal) washed and drained</td><td>½ cup</td></tr>
<tr><td>Olive oil</td><td>1 tsp</td></tr>
<tr><td>Black peppercorns (kali mirch)</td><td>4-5 pcs</td></tr>
<tr><td>Sliced onions</td><td>½ cup</td></tr>
<tr><td>Finely chopped garlic (lehsun)</td><td>2 tsp</td></tr>
<tr><td>Chopped tomatoes</td><td>¼ cup</td></tr>
<tr><td>Low-fat milk (99.7% fat-free)</td><td>¾ cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Freshly ground black pepper</td><td>1 tsp</td></tr>
</table>
Method :
1. Add the cumin seeds, onions, garlic paste and turmeric powder in a MWS bowl and keep in MWO. Select category and press start.
2. Add the carrots, green moong dal, salt and ½ 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.
</td></tr>
<tr><td>2-20</td><td>GLUTEN-FREE PASTA</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For the Sauce</td><td>4 large pcs</td></tr>
<tr><td>Fresh tomato puree</td><td>½ cup</td></tr>
<tr><td>Olive oil</td><td>2 tsp</td></tr>
<tr><td>Finely chopped onions</td><td>1 cup</td></tr>
<tr><td>Finely chopped garlic (lehsun)</td><td>1 tbsp</td></tr>
<tr><td>Chilli powder</td><td>½ tsp</td></tr>
<tr><td>Sugar</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Other Ingredients</td><td>1 tbsp</td></tr>
<tr><td>Olive oil</td><td>1 tsp</td></tr>
<tr><td>Finely chopped garlic lehsun)</td><td>2 tsp</td></tr>
<tr><td>Finely chopped capsicum (green, yellow, red)</td><td>¼ cup</td></tr>
<tr><td>Dry red chilli flakes (paprika)</td><td>¼ tsp</td></tr>
<tr><td>Gluten-free pasta (readily available)</td><td>3 cups</td></tr>
<tr><td>Mushroom, zucchini</td><td>¼ cup</td></tr>
</table>
Method :
1. Take gluten-free pasta in a MWS 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.
</td></tr>
<tr><td>2-21</td><td>GARLIC CELERY TOAST</td><td>4 Pcs</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>Whole wheat bread slices</td><td>4 pcs</td></tr>
<tr><td>For the Celery Garlic Spread</td><td></td></tr>
<tr><td>Chopped celery (ajmoda)</td><td>¼ cup</td></tr>
<tr><td>Rough chopped garlic (lehsun)</td><td>2 tsp</td></tr>
<tr><td>Low-fat butter</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
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 and press start (preheat).
4. When beeps, keep the bread slices on tawa + high rack and press start again.
5. Have them with coffee or tea (low sugar).
</td></tr>
</table>

* Refer Page 135, Fig. 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-22</td><td>MASOOR PULAO</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For the Rice</td><td></td></tr>
<tr><td>Brown rice, soaked for 15 minutes and drained</td><td>1 cup</td></tr>
<tr><td>Onion, Tomato</td><td>½ cup</td></tr>
<tr><td>Cumin, Coriander</td><td>1 tbsp</td></tr>
<tr><td>Ginger-Garlic Paste</td><td>1 tsp</td></tr>
<tr><td>Bay leaves (tej patta)</td><td>2 pcs</td></tr>
<tr><td>Cinnamon stick</td><td>2 pcs</td></tr>
<tr><td>Cloves (laung)</td><td>4 pcs</td></tr>
<tr><td>Cardamoms</td><td>2 pcs</td></tr>
<tr><td>Brown rice</td><td>½ cup</td></tr>
<tr><td>Masoor dal</td><td>¾ cup</td></tr>
<tr><td>Water</td><td>3 cup</td></tr>
<tr><td>Low-fat milk</td><td>½ cup</td></tr>
<tr><td>For the Garnish</td><td></td></tr>
<tr><td>Finely chopped coriander (dhania)</td><td>1 tsp</td></tr>
</table>
Method :
1. In a MWS 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 MWS 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.
</td></tr>
<tr><td>2-23</td><td>KALE & CHICKPEA CURRY</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>Olive oil</td><td>1-2 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>½ tsp</td></tr>
<tr><td>Onion, diced</td><td>1 large pc</td></tr>
<tr><td>Garlic cloves, crushed</td><td>4 pcs</td></tr>
<tr><td>Tomatoes, diced</td><td>4 plum</td></tr>
<tr><td>Chickpeas (Kabuli chana) drained and rinsed</td><td>200 g</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Coriander seeds, crushed</td><td>1 heaped tsp</td></tr>
<tr><td>Green chilli, chopped</td><td>1 pc</td></tr>
<tr><td>Red chilli powder</td><td>1 tsp</td></tr>
<tr><td>Turmeric</td><td>1 tsp</td></tr>
<tr><td>Kale, chopped</td><td>200 g</td></tr>
<tr><td>Green chilli, sliced for garnish</td><td>1 pc</td></tr>
</table>
Method :
1. In a MWS 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.
</td></tr>
<tr><td>2-24</td><td>STUFFED KARELA</td><td>4 Pcs</td><td>Microwave safe (MWS) glass bowl & High rack & Multicook Tawa*</td><td>
<table>
<tr><td>Bitter gourd (karela)</td><td>4 pcs</td></tr>
<tr><td>Cumin seeds, crushed</td><td>1 tsp</td></tr>
<tr><td>Onion, finely chopped</td><td>1 large pc</td></tr>
<tr><td>Mustard oil</td><td>3 tbsp</td></tr>
<tr><td>Cloves garlic, finely chopped</td><td>4 pcs</td></tr>
<tr><td>Ginger, finely chopped</td><td>3 cm piece</td></tr>
<tr><td>Salt</td><td>1 tsp</td></tr>
<tr><td>Chillies, chopped</td><td>2 pcs</td></tr>
<tr><td>Turmeric</td><td>1 tsp</td></tr>
<tr><td>Amchoor</td><td>1 tsp</td></tr>
<tr><td>Coriander seeds, crushed</td><td>1 tsp</td></tr>
<tr><td>Fennel seeds, crushed</td><td>1 tsp</td></tr>
<tr><td>Besan</td><td>1 tbsp</td></tr>
</table>
Method :
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 MWS 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 & high rack and press start again.
7. When beeps, brush it with oil and turn the karelas & press start again.
8. After beep, remove the tawa and serve hot.
</td></tr>
</table>

* Refer Page 135, Fig. 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-25</td><td>GWARFALI KI SUBZI</td><td>0.2 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>Cluster beans (gawarfali), cut into 25 mm (1" pieces)</td><td>2 cups</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
<tr><td>Cumin seeds (jeera)</td><td>½ tsp</td></tr>
<tr><td>Chopped onions</td><td>½ cup</td></tr>
<tr><td>Garlic (lehsun) paste</td><td>1 tsp</td></tr>
<tr><td>Turmeric powder (haldi)</td><td>¼ tsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Coriander-cumin seeds (dhania-jeera) powder</td><td>2 tsp</td></tr>
<tr><td>Chilli powder</td><td>1 tsp</td></tr>
</table>
Method :
1. Add the cumin seeds, onions, garlic paste and turmeric powder in a MWS 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.
</td></tr>
<tr><td>2-26</td><td>FLAX SEED UTTAPAM</td><td>1 Pc</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>Semolina (sooji) flour</td><td>½ cup</td></tr>
<tr><td>Flax seed flour</td><td>½ cup</td></tr>
<tr><td>Bengal g flour (besan)</td><td>2 tbsp</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td></tr>
<tr><td>Baking powder</td><td>1 pinch</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Oil (for greasing and cooking)</td><td>¼ tsp</td></tr>
<tr><td colspan="2">To be mixed into a Topping</td></tr>
<tr><td>Chopped onions</td><td>¼ cup</td></tr>
<tr><td>Chopped tomatoes</td><td>¼ cup</td></tr>
<tr><td>Chopped capsicum</td><td>¼ cup</td></tr>
<tr><td>Finely chopped green chillies</td><td>1 tsp</td></tr>
<tr><td>Finely chopped coriander (dhania)</td><td>2 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. Combine the semolina flour, flax seed flour, besan and ½ 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 tbsp 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 125 mm. (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.
</td></tr>
<tr><td>2-27</td><td>WHOLE WHEAT VEGETABLE KHICHDI</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>Whole wheat, soaked for 6 hours (drained and ground into a paste)</td><td>½ cup</td></tr>
<tr><td>Moong dal (soaked for 15-20 minutes and drained)</td><td>½ cup</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Peppercorns (kali mirch)</td><td>2 pcs</td></tr>
<tr><td>Cloves (laung)</td><td>2 pcs</td></tr>
<tr><td>Cinnamon (dalchini) stick</td><td>1 inch</td></tr>
<tr><td>Cumin seeds (jeera)</td><td>1 tsp</td></tr>
<tr><td>Asafoetida (hing)</td><td>1 pinch</td></tr>
<tr><td>Thinly sliced onions</td><td>¼ cup</td></tr>
<tr><td>Mixed vegetables (french beans, carrots and green peas)</td><td>1 cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Turmeric powder (haldi)</td><td>½ tsp</td></tr>
<tr><td>Chilli powder</td><td>1½ tsp</td></tr>
<tr><td>Coriander and cumin</td><td>1½ tsp</td></tr>
<tr><td>Water</td><td>3½ cup</td></tr>
<tr><td colspan="2">For the Garnish</td></tr>
<tr><td>Finely chopped coriander</td><td>1 tbsp</td></tr>
</table>
Method :
1. In a MWS 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 + moong dal paste followed by salt and adding water. Cover and press start again.
</td></tr>
</table>

* Refer Page 135, Fig. 2

Healthy Heart

Dinner

Category		Weight Limit	Utensil	Instructions
2-28	BROWN RICE DALIYA	0.3 kg	Microwave safe (MWS) glass bowl	Brown basmati rice soaked for 15 minutes, then drained: ½ cups Water: 3 cups Pure ghee: 1 tbsp Almond milk: 2.5-3 cups Raw cashews: 3-4 tbsp Stevia: 3 drops Chopped raw nuts like cashews, pistachios: 2-3 tbsp Currants or raisins: 2-3 tbsp **Method :** 1. In a MWS bowl, take brown rice and water. Select category and press start. 2. When beeps, add ghee & almond milk in another MWS 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.

Healthy Heart

Supplement

Category		Weight Limit	Utensil	Instructions
2-29	ROASTED GARLIC	0.2 kg	Multicook tawa & High rack*	Raw garlic: 200 g Olive oil: For brushing Salt and pepper: As per taste **Method :** 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 1½ 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.
2-30	ROASTED FLAX SEEDS	0.2 kg	Multicook tawa & High rack*	Flax seed: 200 g Olive oil: For brushing **Method :** 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 MWO. 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.

* Refer Page 135, Fig. 2

Indian Roti Basket/Ghee

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

1. Press STOP/Cancel.



2. Press Indian Roti Basket/Ghee.



3. Turn DIAL until display show "1-1".



Press START/ Select /+30seconds for category confirmation. Preheat will start.



4. When cooking you can increase or decrease cooking time by turning DIAL.



Ghee

1. Press Indian Roti Basket/Ghee twice.



2. The display will show 2.
3. Turn dial untill display shows '2-1'



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



NOTE

- Indian Roti Basket/Ghee menus are programmed.
- Indian Roti Basket/Ghee menus allows you to cook your favourite food by selecting food & weight of food.

Indian Roti Basket

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-1</td><td>NAAN</td><td>2 Pc</td><td>Multicook Tawa
&
Low Rack#</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Refined flour (Maida)</td><td>225 g</td></tr>
<tr><td>Curd</td><td>4 tbsp</td></tr>
<tr><td>Milk</td><td>100 ml</td></tr>
<tr><td>Butter</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>1/8 tsp</td></tr>
<tr><td>Castor Sugar</td><td>1 tsp</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td></tr>
<tr><td>Butter (Melted)</td><td>1 tsp</td></tr>
<tr><td>Baking soda</td><td>¼ tsp</td></tr>
<tr><td>Onion seeds</td><td>1 tsp</td></tr>
</table>
Method :
1. In a bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & Baking soda& add to the dough. Mix it well & knead a soft dough adding the milk & water (if required). After making the dough add melted butter & 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 & keep inside the microwave. select category & 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 & sprinkle onion seeds on the top.
4. When beeps, keep 2 rolled out naan on the tawa & 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.
</td></tr>
<tr><td>1-2</td><td>LACHHA PARANTHA</td><td>2 Pc</td><td>Multicook Tawa
&
low rack#</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Whole wheat flour</td><td>2 cups</td></tr>
<tr><td>Salt</td><td>½ tsp</td></tr>
<tr><td>Ghee</td><td>2 tbsp</td></tr>
<tr><td>Milk</td><td>½ cup</td></tr>
<tr><td>Water</td><td>½ cup</td></tr>
</table>
Method :
1. In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & then water & knead a soft dough.
2. Keep tawa on low rack, keep inside the microwave. select category & press start.
3. Divide the dough into 11-12 equal portion (approx of 45-46 g). Roll out each portion to a diameter of 6" spread ½ tsp ghee/oil all over & dust some dry flour. Fold to half & 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 5" diameter for laccha parantha.
5. When beeps, keep 2 rolled out laccha parantha on tawa & press start.
6. When beeps, turn the paranthas & again press start. Make all laccha paranthas following the same procedure.
7. Apply some ghee on top (optional) & crush the parantha slightly to open up the layers. Serve hot with gravy/curry of your choice. Wrap in foil & store.
</td></tr>
<tr><td>1-3</td><td>APPAM</td><td>1 Pc</td><td>Multicook Tawa
&
High Rack*</td><td>
<table>
<tr><td>For</td><td>Batter</td></tr>
<tr><td>Rice (soaked for 5-6 hours)</td><td>1 cup</td></tr>
<tr><td>Cooked rice (Boiled)</td><td>½ cup</td></tr>
<tr><td>Fresh coconut shavings</td><td>2 cups</td></tr>
<tr><td>Yeast</td><td>¼ tsp</td></tr>
<tr><td>Coconut water</td><td>To dissolve yeast & for diluting the batter</td></tr>
<tr><td>Salt & Sugar</td><td>As per taste</td></tr>
</table>
Method :
1. Grind together soaked rice, cooked rice & coconut shaving till get a fine thick paste. Do not add too much water. Instead use coconut water for grinding & diluting. Batter should have a consistency similar to dosa batter or slightly thickened.
2. Add the yeast (diluted in 2 tbsp coconut water) & salt & sugar to taste. Allow the batter to ferment at room temperature for atleast 6-8 hours.
3. Keep the tawa on high rack, keep inside the microwave. Select category & press start.
4. When beeps, pour ½ cup batter (approx 100 ml) on tawa & spread evenly to a circle keep on the rack & 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.
</td></tr>
</table>

Refer page 135, fig 1
* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-4</td><td>DAAL PARANTHA</td><td>2 Pc</td><td>Multicook Tawa
&
High Rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For Mixing</td><td></td></tr>
<tr><td>Boiled & mashed Daal</td><td>1 cup</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of mixing and mix with dough.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & 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 & store.</td></tr>
<tr><td>1-5</td><td>MASALA ROTI</td><td>2 Pc</td><td>Multicook Tawa
&
Low Rack#</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Whole wheat flour</td><td>1 cup</td></tr>
<tr><td>Besan</td><td>3/4 cup</td></tr>
<tr><td>Finely copped onion</td><td>1 no. (medium)</td></tr>
<tr><td>Finely chopped green chilli</td><td>2 no.</td></tr>
<tr><td>Black pepper powder</td><td>1 tsp</td></tr>
<tr><td>Red chilli powder</td><td>1 tsp</td></tr>
<tr><td>Garam Masala</td><td>½ tsp</td></tr>
<tr><td>Ghee</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Fresh Curd</td><td>¼ cup</td></tr>
<tr><td>Water (to knead dough)</td><td>¼ cup</td></tr>
<tr><td>Oil</td><td>½ tsp</td></tr>
<tr><td>Coriander leaves (Chopped)</td><td>2 tbsp</td></tr>
</table>
Method :
1. In a bowl combine whole wheat flour, besan, chopped onion, chopped green chillies, coriander leaves & all the spices. Rub in ghee & curds. Mix well & 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 & press start.
3. Divide the dough into 7 equal portions (approx of 60gm 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 & press start.
5. When beeps, turn & again press start. Make all the roties following the same procedure.
6. Serve hot with pickle or curd. Wrap in foil & store.</td></tr>
<tr><td>1-6</td><td>MISSI ROTI</td><td>2 Pc</td><td>Multicook Tawa
&
low rack#</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Wheat flour</td><td>1½ cups</td></tr>
<tr><td>Besan</td><td>1½ cups</td></tr>
<tr><td>Oil</td><td>4 tbsp</td></tr>
<tr><td>Kasuri methi, Red Chilli powder, Salt</td><td>As per taste</td></tr>
<tr><td>Water (for dough kneading)</td><td>50 ml</td></tr>
<tr><td>Curd</td><td>½ cup</td></tr>
</table>
Method :
1. In a bowl add all the ingredients of the dough & knead it by rubbing in the oil in the flour & slowly adding water to make a soft dough.
2. Divide the dough into, 11 equal portions (each approx 50g) grease the surface on which roti will be rolled with little oil. Take the dough & roll out the roti to 5 diameter.
3. Keep the tawa on low rack & put few drops of oil & spread. Select category & keep the tawa & low rack inside the microwave & press start.
4. When beeps, keep the rolled out missi roties on the tawa & press start.
5. When beeps, add ¼ tsp oil on the roties & turn over. Press start. Wrap in foil & store.</td></tr>
</table>

Refer page 135, fig 1
* Refer page 135, fig 2

Indian Roti Basket

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-7</td><td>STUFFED NAAN</td><td>2 Pc</td><td>Multicook Tawa
&
Low Rack#</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Refined flour (maida)</td><td>225 g</td></tr>
<tr><td>Curd</td><td>4 tbsp</td></tr>
<tr><td>Milk</td><td>100 ml</td></tr>
<tr><td>Butter</td><td>1 tbsp</td></tr>
<tr><td>Salt</td><td>1/8 tsp</td></tr>
<tr><td>Castor Sugar</td><td>1 tsp</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td></tr>
<tr><td>Butter (melted)</td><td>1 tsp</td></tr>
<tr><td>Baking soda</td><td>¼ tsp</td></tr>
<tr><td>Onion seeds</td><td>1 tsp</td></tr>
<tr><td>For filling</td><td></td></tr>
<tr><td>Grated Paneer</td><td>150 g</td></tr>
<tr><td>Chopped onions</td><td>1 no (medium)</td></tr>
<tr><td>Chopped green chilli</td><td>2 nos.</td></tr>
<tr><td>Coriander leaves (Chopped)</td><td>A few sprigs</td></tr>
<tr><td>Red Chilli powder, salt, garam masala, anardana powder</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl add all the ingredients mentioned for filling & mix well & prepare the stuffing for naan.
2. In another bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & Baking soda & add to the dough. Mix well & knead & soft dough adding the milk & water (if required). Add melted butter & 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 low rack. Keep inside the microwave. Select category & press start.
4. Divide the dough into 10-11 equal portions (approx 40 g each) Roll out a portion & put 2 tbsp stuffing & fold from all sides & again make a ball. Roll out again to an oblong shape. Brush the top with melted butter & sprinkle onion seeds.
5. When beeps, keep 2 rolled out naans on tawa & 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.
</td></tr>
<tr><td>1-8</td><td>KHASTA PARANTHA</td><td>2 Pc</td><td>Multicook Tawa
&
Low Rack#</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Whole wheat flour</td><td>1½ cup</td></tr>
<tr><td>Melted butter</td><td>1/3 cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Buttermilk</td><td>½ cup</td></tr>
</table>
Method :
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 (45gms).
5. On a lightly floured surface, roll out each portion into 5" diameter rounds.
6. Keep the tawa on low rack & select category & keep the tawa inside the microwave & press start.
7. When beeps, put 2 parathas on tawa & press start.
8. When beeps, smear with ½ tsp oil & turn over & press start. Wrap in foil & store.
</td></tr>
</table>

Refer page 135, fig 1

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-9</td><td>PUDINA PARANTHA</td><td>2 Pc</td><td>Multicook Tawa
&
High Rack*</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Whole wheat flour</td><td>1 cup</td></tr>
<tr><td>Mint leaves</td><td>½ cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Butter</td><td>2 tbsp</td></tr>
<tr><td>Chaat Masala</td><td>2 tsp</td></tr>
<tr><td>Oil/ghee</td><td>2 tsp</td></tr>
<tr><td>Dry pudina powder</td><td>1 tbsp</td></tr>
<tr><td>Water</td><td>As required to make the dough</td></tr>
</table>
Method :
1. Wash & put dry & chop mint leaves finely.
2. In a bowl combine wheat flour, mint leaves, salt, butter, chaat masala, gradually add water & knead a soft dough. Keep the dough covered for 5-7 minutes.
3. Keep the tawa on high rack. Keep inside the microwave Select category & press start.
4. Divide the dough into 5-6 equal sized portions. Roll out each dough into a diameter of 6". Spread ⅓ tsp oil/ghee all over & dust with some dry pudina powder, fold the rolled out chapati like a fan & again make a ball & again roll out the ball to a measure of 5" diameter.
5. When beeps keep 2 rolled out paranthas on tawa & press start.
6. When beeps apply ¼ tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the similar procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.
</td></tr>
<tr><td>1-10</td><td>RAJMA PARANTHA</td><td>2 Pc</td><td>Multicook Tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Boiled Rajma</td><td>1/3 cup</td></tr>
<tr><td>Whole Wheat flour (atta)</td><td>1 cup</td></tr>
<tr><td>Soyabean flour</td><td>2 tbsp</td></tr>
<tr><td>Chopped green chillies</td><td>3-4 nos.</td></tr>
<tr><td>Fresh mint leaves</td><td>8-10 nos.</td></tr>
<tr><td>Anardana (Crushed)</td><td>1 tsp</td></tr>
<tr><td>Red Chilli Powder</td><td>1 tsp</td></tr>
<tr><td>Tomato Puree</td><td>2 tbsp.</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
<tr><td>Coriander leaves (Chopped)</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>To knead to dough</td></tr>
</table>
Method :
1. In a bowl combine wheat flour boiled & mashed rajma, soyabean flour, tomato puree, chopped green chilli, coriander leaves, freshly crushed mint leaves, Anardana, oil, red chilli powder, salt. Mix & gradually add water & knead a soft dough.
2. Keep the tawa on high rack. Keep inside the microwave. Select category & press start.
3. Divide the dough into 6-7 equal sized portions (approx of 45gms). Roll out each dough into 5" diameter circle.
4. When beeps keep 2 rolled out paranthas on tawa & 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 & store.
</td></tr>
</table>

* Refer page 135, fig 2

Indian Roti Basket

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-11</td><td>PANEER PARANTHA</td><td>2 Pc</td><td>Multicook Tawa
&
High Rack*</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Whole wheat flour (atta)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For stuffing</td><td></td></tr>
<tr><td>Grated paneer</td><td>2 cups</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
</table>
Method :
1. In a bowl take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multicook tawa with ¼ tsp ghee & keep on high rack. Keep the high rack & tawa inside the microwave. Select category and press start.
4. Take 35gm dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to 5" diameter.
5. When beeps, keep 2 rolled out paranthas on preheated tawa & high rack & keep inside the microwave and press start.
6. When beeps, apply ¼ tsp ghee on top of paranthas & turn and press start. Serve the paneer paranthas hot with fresh curd.</td></tr>
<tr><td>1-12</td><td>KULCHE</td><td>2 Pc</td><td>Multicook Tawa
&
Low Rack#</td><td>
<table>
<tr><td>For</td><td>Dough</td></tr>
<tr><td>Maida</td><td>1 cup</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Fresh cream</td><td>2 tbsp</td></tr>
<tr><td>Lukewarm water</td><td>50 ml</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td></tr>
<tr><td>Dry yeast</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>½ tsp</td></tr>
<tr><td>Kalonji (onion seeds)</td><td>As required</td></tr>
<tr><td>Coriander leaves</td><td>As required</td></tr>
</table>
Method :
1. In a cup/bowl take 50 ml lukewarm water & add sugar. Stir well. Add dry yeast & stir again to dissolve. Keep aside for at least 5-7 minutes.
2. In a bowl take maida, salt & fresh cream. Mix well with hands. Add the yeast water & knead a firm dough. Pour ½ tsp oil & knead again.
3. Divide the dough into 4 equal portions (approx. 60 g each). Make balls & apply butter on top & sprinkle kalonji (onion seeds) & fresh coriander leaves on top. Press with fingers & dust with maida & roll out each ball into a diameter of 5". Keep the rolled dough on dusted multi cook tawa. Keep them covered in dark & warm place for at least 30 minutes.
4. Select category & press start.
5. When beeps, keep tawa with rolled doughs & press start.
6. Apply butter on top of kulchas or roast them a little & serve them hot with chhole.</td></tr>
</table>

Refer page 135, fig 1
* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-13</td><td>ALOO PARANTHA</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Boiled & mashed potato</td><td>2 cups</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & 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 & store.
</td></tr>
<tr><td>1-14</td><td>PALAK PARANTHA</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Palak (boiled)</td><td>250 g</td></tr>
<tr><td>Green chilli chopped</td><td>2 nos.</td></tr>
<tr><td>Ajwain</td><td>1/4 tsp</td></tr>
<tr><td>Hing</td><td>A pinch</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Oil/Ghee</td><td>2 tsp</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
Method :
1. Take boiled spinach leaves & puree the spinach in a blender.
2. In a bowl combine wheat floar, salt, hing, ajwain, spinach puree, red chilli powder & garam masala and knead a soft dough. Keep the dough covered for 5 to 7 minutes.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & 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 & store.
</td></tr>
</table>

* Refer page 135, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions
1-15	GOBHI PARANTHA	2 Pc	Multi cook Tawa + High rack*	**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 Gobhi — 2 cups Chopped green chilli (deseeded) — 3 nos. Chopped coriander leaves — 2 tbsp Salt, Red chilli powder, Garam masala — As per taste Anardana powder — 1 tsp Water — To knead dough **Method :** 1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. 2. In another bowl take all the ingredients of stuffing & mix well. 3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start. 4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length. 5. When beeps keep two rolled out paranthas on tawa & 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 & store.
1-16	AJWAIN PARANTHA	2 Pc	Multi cook Tawa + High rack*	**For Dough** Whole wheat flour(aata) — 2 cups Ajwain — 2 tsp Salt, Red chilli powder, Garam masala — As per taste Water — To knead dough **Method :** 1. In a bowl combine wheat flour, salt, 1 tsp oil, water to knead a soft dough. 2. Keep the tawa on high rack, keep inside microwave. Select menu & press start. 3. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 130 mm. Spread 1/2 tsp oil/ghee all over & dust with some ajwain and salt, fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm(oval shape). 4. When beeps keep 2 rolled out paranthas on tawa & press start. 5. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure. 6. Serve them hot with curd or pickle. Wrap in foil & store.
1-17	PYAAZ PARANTHA	2 Pc	Multi cook Tawa + High rack*	**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 tbsp Salt, Red chilli powder, Garam masala — As per taste Anardana powder — 1 tsp **Method :** 1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. 2. In another bowl take all the ingredients of stuffing & mix well. 3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start. 4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length. 5. When beeps keep two rolled out paranthas on tawa & 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 & store.

* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-18</td><td>CHATPATA PARANTHA</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Amchoor</td><td>1/2 tsp</td></tr>
<tr><td>Chaat Masala</td><td>1 tsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
Method :
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 & press start.
3. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 150 mm. Spread 1/2 tsp oil/ghee all over & dust with some chaat masala fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm(oval shape).
4. When beeps keep 2 rolled out paranthas on tawa & press start.
5. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.
</td></tr>
<tr><td>1-19</td><td>ALOO GOBHI PARANTHA</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Boiled & mashed potato</td><td>1 cup</td></tr>
<tr><td>Boiled & grated gobhi</td><td>1 cup</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
</table>
Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly into 15cm ovular length.
5. When beeps keep two rolled out paranthas on tawa & 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 & store.
</td></tr>
<tr><td>1-20</td><td>METHI PARANTHA</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Chopped Methi</td><td>2 cups</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & 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 & store.
</td></tr>
</table>

* Refer page 135, fig 2

Indian Roti Basket

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-21</td><td>CABBAGE PARANTHA</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Grated Cabbage</td><td>2 cups</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & 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 & store.
</td></tr>
<tr><td>1-22</td><td>CORN PARANTHA</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Boiled & mashed corns</td><td>2 cups</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & 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 & store.
</td></tr>
</table>

* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-23</td><td>CARROT PARANTHA</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Grated Carrot</td><td>2 cups</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & 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 & store.
</td></tr>
<tr><td>1-24</td><td>PEA PARANTHA</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Boiled & mashed pea</td><td>2 cups</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & 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 & store.
</td></tr>
</table>

* Refer page 135, fig 2

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions
1-25	MUSHROOM PARANTHA	2 Pc	Multi cook Tawa + High rack*	

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 & mashed Mushrooms	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :

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

1-26	MIX VEG PARANTHA	2 Pc	Multi cook Tawa + High rack*	

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 & mashed Vegetables	2 cups
Chopped green chilli (deseeded)	3 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, Garam masala	As per taste
Anardana powder	1 tsp
Water	To knead dough

Method :

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

* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-27</td><td>BATHUA PARANTHA</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Chopped Bathua</td><td>2 cups</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & 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 & store.
</td></tr>
<tr><td>1-28</td><td>RADISH PARANTHA</td><td>2 Pc</td><td>Multi cook Tawa + High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Grated Radish</td><td>2 cups</td></tr>
<tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr>
<tr><td>Anardana powder</td><td>1 tsp</td></tr>
<tr><td>Water</td><td>To knead dough</td></tr>
</table>
Method :
1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start.
4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it cafefully & roll it again slightly to oval shape to 15cm length.
5. When beeps keep two rolled out paranthas on tawa & 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 & store.
</td></tr>
</table>

* Refer page 135, fig 2

Ghee

Category		Weight Limit	Utensil	Instructions
2-1	GHEE	500 g	Microwave safe (MWS) glass bowl	Malai/Cream (Fresh or collected over a week) — 500g Cold water — As required **Method :** 1. In a big vessel put all the malai & blend with a hand mixer till it solidifies into butter & 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 MWS glass bowl & keep in the microwave. Select menu & press start. 4. When beeps, stir it properly with the spoon (not plastic) & again press start. 5. After beeps, allow it to stand for 5 minutes & then strain it through stainless steel strainer into a glass jar & then store it.
2-2	GHEE SHAKKAR	500 g	Microwave safe (MWS) glass bowl	Bhura/shakkar (Grinded sugar) — 500g Ghee — 300 g **Method :** 1. In MWS glass bowl add bhura and 150g ghee. Mix them well. 2. Select category & weight and press start. 3. When beeps, add remaining ghee and mix well and again press start. 4. Mix properly and serve, after dish is ready.
2-3	GUDH SHAKKAR	500 g	Microwave safe (MWS) glass bowl	Gudh (powdered) — 500g Ghee — 300 g **Method :** 1. In MWS glass bowl add powdered gudh and 150g ghee. Mix them well. 2. Select category & weight and press start. 3. When beeps, add remaining ghee and mix well and again press start. 4. Mix properly and serve, after dish is ready.
2-4	PANJIRI	500 g	Microwave safe (MWS) glass bowl	Whole wheat flour — 500g Ghee — 300 g Roasted nuts — 100 g **Method :** 1. In MWS glass bowl add whole wheat flour and 150g ghee. Mix them well. 2. Select category & weight and press start. 3. When beeps, add remaining ghee and mix well and again press start. 4. Mix properly and add roasted nuts and serve.

Diet Fry/Low Calorie

In the following example, show you how to cook 0.4Kg of CHICKEN 65.

1. Press STOP/Cancel.



2. Press Diet Fry/Low Calorie.



   The display will show "1".

3. Turn DIAL until display show "1-8".



   Press START/ Select /+30seconds for category confirmation.



4. Turn DIAL until display shows "0.4Kg".



5. Press START / Select /+30seconds.



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



NOTE

- Diet Fry/Low Calorie menus are programmed.
- Diet Fry/Low Calorie menus allows you to cook your favorite food by selecting food & weight of food.

Diet Fry

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-1</td><td>CHICKEN NUGGETS</td><td>0.1-0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
Multcook tawa
&
High Rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boneless Chicken</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Bread slice</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Pepper corns</td><td>4-5</td><td>5-6</td><td>6-7</td></tr>
<tr><td>Cloves</td><td>2-3</td><td>3-4</td><td>4-5</td></tr>
<tr><td>Garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Olive oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped garlic</td><td>2 cloves</td><td>3 cloves</td><td>4 cloves</td></tr>
</table>
Method :
1. In a MWS glass bowl put boneless chicken, pepper corns, clones, olive oil, chopped garlic. Mix well & cover. Select Category & weight. press start.
2. When beeps, remove the bowl from microwave oven. allow to cool & 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 & shredded salad.
Note: If the mixture of nuggets is too dry, them sprinkle few drops of water to it.
</td></tr>
<tr><td>1-2</td><td>ALOO CHIPS</td><td>0.2 kg</td><td>Microwave glass tray</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Potato (very thinly sliced)</td><td>200 g</td></tr>
<tr><td>Oil</td><td>A few drops</td></tr>
<tr><td>Salt, Chaat masala (optional)</td><td>As per taste</td></tr>
</table>
Method :
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 & smear it properly throughout.
3. Spread the potato slices throughout the glass tray. select category & press start. Allow the glass tray to cool down. Remove the chips & serve.
</td></tr>
<tr><td>1-3</td><td>BREAD PAKORA</td><td>4 Pc</td><td>Multicook tawa
&
High Rack*</td><td>
<table>
<tr><td>For</td><td>Batter</td></tr>
<tr><td>Besan</td><td>1 cup (130 g)</td></tr>
<tr><td>Water</td><td>200 ml</td></tr>
<tr><td>Salt, haldi, garam masala, red chilli powder,</td><td>As per taste</td></tr>
<tr><td>For filling</td><td></td></tr>
<tr><td>Boiled potatoes</td><td>2 nos. (medium)</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td></tr>
<tr><td>Chopped Coriander</td><td>1 tbsp</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td></tr>
<tr><td>Salt, garam masala, red chilli powder</td><td>As per taste</td></tr>
<tr><td>Bread slices</td><td>4 nos.</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.
2. In another bowl put besan & all spices & gradually add water & 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 & 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 the press start.
5. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start.
6. When beeps, turn the bread pakoras. Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup.
</td></tr>
</table>

* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-4</td><td>PANEER PAKORA</td><td>0.4 kg</td><td>Multicook tawa*
&
High rack</td><td>
<table>
<tr><td>Paneer (Cut into 1.5" cubes)</td><td>400 g</td></tr>
<tr><td>For Batter</td><td></td></tr>
<tr><td>Besan</td><td>1 cup (130 g)</td></tr>
<tr><td>Water</td><td>200 ml</td></tr>
<tr><td>Salt, red chilli powder, haldi, garam masala</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
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 & 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 & pour 2tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.
</td></tr>
<tr><td>1-5</td><td>GUJIYA</td><td>10 Pc</td><td>Multicook tawa
&
Low rack#
&
High rack*</td><td>
<table>
<tr><td>For dough</td><td></td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Desi ghee</td><td>1 tbsp & 1 tsp</td></tr>
<tr><td>Water</td><td>To knead the dough</td></tr>
<tr><td>For stuffing</td><td></td></tr>
<tr><td>Grated Khoya</td><td>50 g</td></tr>
<tr><td>Dessicated coconut</td><td>50 g</td></tr>
<tr><td>Powdered Sugar</td><td>50 g</td></tr>
<tr><td>Elaichi powder</td><td>1 tsp</td></tr>
<tr><td>Kishmish, Chopped, Almonds, Cashew nuts</td><td>As required</td></tr>
</table>
Method :
1. In a bowl put all the ingredients of stuffing & mix well.
2. In another bowl put maida, 1 tbsp ghee, gradually add water & knead a soft dough for gujias. Put 1tsp ghee in dough & knead again & keep the dough covered for 15-20 minutes.
3. Divide the dough in small balls of equal size & roll out each ball into a thin circle. *Place the rolled out circle in a *gujia mould & fill the centre with stuffing (as required). Close the gujia mould carefully & 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 2tsp oil.
4. Grease the tawa with ¼ tsp oil. Keep on low rack. keep in the microwave. Select category & press start.
5. When beeps, place the gujias on tawa & keep on low rack. Press start.
6. when beeps, keep the tawa on high rack, sprinkle 1 tsp ghee/oil on all the gujias & Press start.
*Note: Grease the surface with 1-2 drops of oil before rolling the circle for gujias.
*Not provided with LG standard accessories
</td></tr>
</table>

Refer page 135, fig 1
* Refer page 135, fig 2

Diet Fry

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-6</td><td>SAMOSA</td><td>8 Pc</td><td>Multicook tawa
&
Low rack#
&
High rack*</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Wheat flour (Refined)</td><td>1 cup</td></tr>
<tr><td>Melted ghee</td><td>½ tbsp</td></tr>
<tr><td>Oil</td><td>for kneading</td></tr>
<tr><td>Salt</td><td>½ tsp</td></tr>
<tr><td>For stuffing</td><td></td></tr>
<tr><td>Boiled potatoes</td><td>2 cup</td></tr>
<tr><td>Boiled peas</td><td>½ cup</td></tr>
<tr><td>Ginger-green chilli paste</td><td>1 tsp</td></tr>
<tr><td>Amchoor</td><td>1½ tsp</td></tr>
<tr><td>Red chilli powder</td><td>1 tsp</td></tr>
<tr><td>Finely chopped Coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>2¼ tsp</td></tr>
</table>
Method :
1. Preparation for stuffing - In a MWS glass bowl add oil, jeera, microwave 100% of 3 minutes. Add boiled & mashed potatoes, green chilli & ginger paste, salt, amchoor, red chilli powder, green peas & coriander leaves. Mix well & microwave 100% for 3 minutes. Allow cool.
2. For dough - Combine all the ingredients together in a bowl & 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 2tsp oil.
4. Grease the tawa with ¼ tsp oil. Keep on low rack & keep the it inside the microwave. Select category & press start.
5. When beeps, keep the samosas on the tawa. Keep tawa on low rack & press start.
6. When beeps, keep the tawa on high rack. Pour 1tsp oil on all the samosas & turn over. Press start. Serve with chutney.
</td></tr>
<tr><td>1-7</td><td>MASALA VADA</td><td>5 Pc</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>Soaked chana dal</td><td>1 cup</td></tr>
<tr><td>Chopped onions, chopped green chillies</td><td>½ cup</td></tr>
<tr><td>Grated ginger</td><td>1 tsp</td></tr>
<tr><td>Cumin seeds</td><td>1 tbsp</td></tr>
<tr><td>Chopped garlic</td><td>1 tbsp</td></tr>
<tr><td>Chopped coriander leaves</td><td>3 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Red chillies</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
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 & 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 low rack. Keep both inside the microwave oven. Select category & press start.
5. When beeps, pour 1 tbsp of paste & spread a little. Same way prepare all the 5 vadas. Press start.
6. When beeps, pour 1 tsp oil on vadas & keep the tawa on high rack. Press start. Serve with sambhar or coconut chutney.
</td></tr>
</table>

Refer page 135, fig 1
* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr>
<td>1-8</td>
<td>CHICKEN 65</td>
<td>0.2 ~ 0.4 kg</td>
<td>Multicook tawa
&
High rack*
&
Microwave safe (MWS) glass bowl</td>
<td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Chicken boneless (cut in 40 mm pieces)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Curry leaves</td><td colspan="3">As required</td></tr>
<tr><td>Split green chilli</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Tomato ketchup</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Lime juice (optional)</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>For Marinade</td><td></td><td></td><td></td></tr>
<tr><td>Hung curd</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Maida</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Cornflour</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
<tr><td>Egg (beaten)</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Red food colour</td><td colspan="3">A pinch</td></tr>
<tr><td>Ginger-garlic paste</td><td colspan="3">As required</td></tr>
<tr><td>Salt, turmeric powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Red chilli powder</td><td>1 tsp</td><td>1½ tstp</td><td>1½ tsp</td></tr>
</table>
Method :
1. Add all the ingredients of marinade in a bowl & mix well. Add boneless chicken pieces & mix and cover. Keep in refrigerator for atleast 30 minutes.
2. When beeps, take marinated chicken pieces & place on tawa. Keep tawa & high rack inside the microwave.
3. Select category & weight and press start.
4. When beeps, remove high rack & tawa from microwave. Keep aside. In a MWS glass bowl take oil, mustard seeds, curry leaves, split green chillies & press start.
5. When beeps, add roasted chicken pieces pieces & tomato ketchup to the MWS glass bowl. Mix well & press start. Squeeze lime juice on top & serve immediately.
</td>
</tr>
<tr>
<td>1-9</td>
<td>STUFFED ALOO PATTIES</td>
<td>6 Pc</td>
<td>Multicook tawa
&
High rack*</td>
<td>
<table>
<tr><td>For Patties</td><td></td></tr>
<tr><td>Boiled & mashed potatoes</td><td>2 cups</td></tr>
<tr><td>Cornflour</td><td>1 tbsp</td></tr>
<tr><td>Finely chopped green chilli</td><td>2 nos.</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
<tr><td>Boiled green pea</td><td>½ cup</td></tr>
<tr><td>Ginger & green chilli paste</td><td>2 tsp</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr>
<tr><td>Cumin seeds</td><td>1 tsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala</td><td>As per taste</td></tr>
<tr><td>Lemon juice (optional)</td><td>2 tbsp</td></tr>
</table>
Method :
1. Pre-Preparation for Stuffing : In a MWS glass bowl take oil & cumin seeds & microwave 100% for 3 minutes. Add boiled green pea, ginger & green chilli paste, chopped coriander leaves & all spices. Mix well & microwave 100% for 2 minutes. Squeeze fresh lemon juice & mix well.
2. In a bowl take boiled & mashed potatoes, chopped green chilli, cornflour, salt & mix very well and make a dough for patties.
3. Divide the dough into 6 equal parts & make round balls.
4. Stuff each potato ball with the stuffing in the centre & seal. Give the shape of round patties.
5. Place all the patties on tawa & place tawa on high rack. Put both tawa & high rack inside the microwave. Select category & press start.
6. When beeps, turn over the patties & again press start. Serve stuffed aloo patties hot with mint chutney or tomato ketchup.
</td>
</tr>
</table>

* Refer page 135, fig 2

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<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-10</td><td>MUSHROOM ROLLS</td><td>16 Pc</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For Stuffing</td><td></td></tr>
<tr><td>Mushroom (finely chopped)</td><td>1½ cup</td></tr>
<tr><td>Onions (chopped)</td><td>4 tbsp</td></tr>
<tr><td>Green chilli (chopped)</td><td>2 nos.</td></tr>
<tr><td>Butter (melted)</td><td>2 tbsp</td></tr>
<tr><td>Fresh cream</td><td>4 tbsp</td></tr>
<tr><td>Maida</td><td>1 tbsp</td></tr>
<tr><td>Boiled peas</td><td>½ cup</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>3 tbsp</td></tr>
<tr><td>Garlic paste</td><td>½ tsp</td></tr>
<tr><td>Salt, black pepper powder</td><td>As per taste</td></tr>
<tr><td>For Rolls</td><td></td></tr>
<tr><td>Bread slices (white)</td><td>8 nos.</td></tr>
<tr><td>Butter / oil</td><td>For basting</td></tr>
<tr><td>Oil (for greasing)</td><td>½ tsp</td></tr>
</table>
Method :
1. Pre-Preparation for Stuffing : In a MWS glass bowl take butter, chopped cumin, green chilli & mushrooms. Mix & microwave 100% for 6 minutes. Add boiled peas, chopped coriander, garlic paste, fresh cream, lemon, salt & black pepper powder. Mix very well & microwave 100% for 3 minutes. Cover & keep aside.
2. Trim the sides of the bread slices with a knife. Flatten the bread slices with a rolling pin. Fill one portion of stuffing in the centre of flatten bread slice & roll tightly, covering the mixture. Keep aside for 5-7 minutes.
3. Grease the tawa with ½ tsp oil & keep the low rack & tawa inside the microwave. Select category & 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.
</td></tr>
<tr><td>1-11</td><td>SABUDANA VADA</td><td>0.1 ~ 0.3 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Sabudana (soaked for at least 1 hour)</td><td>½ cup</td><td>¾ cup</td><td>1 cup</td></tr>
<tr><td>Roasted & crushed peanuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr>
<tr><td>Fresh curry leaves</td><td colspan="3">As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Salt</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredientgs & mix well. Make mixture for sabudana vada. Divide the dough in equal parts & make round & flat vadas.
2. Take the multicook tawa & keep the vadas on tawa. Keep tawa on high rack & keep inside the microwave. Select category & weight and press start.
3. When beeps, turn the vadas & press start.
4. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice.
</td></tr>
</table>

Refer page 135, fig 1
* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-12</td><td>FISH AMRITSARI</td><td>0.3 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Boneless fish (cut into 50 mm pieces)</td><td>250 g</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td></tr>
<tr><td>Salt</td><td>¼ tsp</td></tr>
<tr><td>For Batter</td><td></td></tr>
<tr><td>Egg (beaten)</td><td>1 no.</td></tr>
<tr><td>Besan</td><td>2 tbsp</td></tr>
<tr><td>Hung curd</td><td>2 tbsp</td></tr>
<tr><td>Ajwain</td><td>1 tsp</td></tr>
<tr><td>Ginger-garlic paste</td><td>½ tbsp</td></tr>
<tr><td>Lemon juice</td><td>1 no.</td></tr>
<tr><td>Salt, red chilli powder, garam masala, chaat masala, turmeric powder</td><td>As per taste</td></tr>
<tr><td>Bread crumbs (for coating)</td><td>1 cup</td></tr>
<tr><td>Oil (for basting)</td><td>1 tbsp</td></tr>
</table>
Method :
1. Sprinkle salt & lemon juice on fish pieces. Rub well & keep aside for 5 minutes & wash well. Remove excess moisture with an absorbent kitchen towel.
2. In a bowl, mix together besan, hung curd, ginger garlic paste, ajwain, all the spices, beaten egg & lemon juice. Mix well & make a thick batter for marinade.
3. Rub this marinade well on the fish pieces & keep covered in refrigerator for atleast half an hour.
4. In a flat dish / plate take bread crumbs & coat the fish pieces one-by-one & keep on tawa. Keep tawa & high rack inside the microwave. Select category & press start.
5. When beeps, turnover fish pieces & sprinkle 1 tbsp oil on all pieces & press start.
6. Sprinkle chaat masala on fish pieces & serve them hot with lemon wedges & lachha onions.
</td></tr>
<tr><td>1-13</td><td>BATATA VADA</td><td>0.1 ~ 0.3 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Boiled potatoes</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Chopped onion</td><td>1 no.</td><td>1½ no.</td><td>2 nos.</td></tr>
<tr><td>Salt, red chilli powder, garam masala, chaat masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Roasted jeera</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr>
</table>
Method :
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 high rack.
3. Select category & weight and press start.
4. When beeps, turn over the vadas & press start.
</td></tr>
<tr><td>1-14</td><td>PYAAZ PAKORA</td><td>0.1 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td></tr>
<tr><td>Pyaaz (Cut into rings)</td><td>100 g</td></tr>
<tr><td>For Batter</td><td></td></tr>
<tr><td>Besan</td><td>1 cup (130 g)</td></tr>
<tr><td>Water</td><td>200 mL</td></tr>
<tr><td>Salt, Red chilli powder, haldi, garam masala</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
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 menu & press start.(Preheat process)
3. When beeps, place all Pyaaz rings evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.
4. When beeps, tum the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.
Cut into 1.5" cubes)
</td></tr>
</table>

* Refer page 135, fig 2

Diet Fry

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-15</td><td>MIRCHI VADA</td><td>0.2 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Mirchi (blanched)</td><td>200 g</td></tr>
<tr><td>For filling</td><td></td></tr>
<tr><td>Boiled potatoes</td><td>2 nos. (medium)</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos.</td></tr>
<tr><td>Chopped coriander</td><td>1 tbsp</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td></tr>
<tr><td>Salt, garam masala, red chilli powder</td><td>As per taste</td></tr>
<tr><td>For Batter</td><td></td></tr>
<tr><td>Besan</td><td>1 cup (130 g)</td></tr>
<tr><td>Water</td><td>200 mL</td></tr>
<tr><td>Salt, red chilli powder, haldi, garam masala</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.
2. In another bowl put besan & all spices & gradually add water & make a smooth batter without any lumps.
3. Take Mirchi pieces & 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 high rack. Select menu the press start.(Preheat process)
5. When beeps, keep theMirchi Vada coated with the batter evenly on all sides on tawa & press start.
6. When beeps, turn the Mirchi Vada Sprinkle 2 tsp oil on all & press start.
Serve hot with tomato ketchup.
</td></tr>
<tr><td>1-16</td><td>ALOO BHAJI</td><td>0.1 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td></tr>
<tr><td>Potato (cube)</td><td>100 g</td></tr>
<tr><td>For batter</td><td></td></tr>
<tr><td>Besan</td><td>1 cup (130 g)</td></tr>
<tr><td>Water</td><td>200 mL</td></tr>
<tr><td>Salt, red chilli powder, haldi, garam masala</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
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 menu & press start.(Preheat process)
3. When beeps, place all Potatoe pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.
4. When beeps, tum the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.
</td></tr>
<tr><td>1-17</td><td>SOYABEAN TIKKI</td><td>5 pc.</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>5 pc.</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td></tr>
<tr><td>Soyabean (soaked for at least 1 hour)</td><td>½ cup</td></tr>
<tr><td>Roasted & crushed penuts</td><td>1 tbsp</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr>
<tr><td>Fresh curry leaves</td><td>As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredientgs & mix wen. Make mixture for Tikki. Divide the dough in equalparts & make round & flat Soyabean Tikki.
2. Take the multicook tawa & keep the Tikkis on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, tum the Tikkis & press start.
4. When beeps, again tum the Tikkis & press start. Serve them hot with the chutney of your choice.
</td></tr>
</table>

* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-18</td><td>OATS CUTLET</td><td>5 pc.</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>5 pc</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td></tr>
<tr><td>Oats (roasted)</td><td>½ cup</td></tr>
<tr><td>Grated carrot</td><td>½ cup</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr>
<tr><td>Fresh curry leaves</td><td>As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredientgs & mix well. Make mixture for Oats Tikki Divide the dough in equal parts & make round & flat Oats Tikki.
2. Take the multicook tawa & keep the Tikkis on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, tum the Tikkis & press start.
4. When beeps, again tum the Tikkis & press start. Serve them hot with the chutney of your choice.
</td></tr>
<tr><td>1-19</td><td>METHI MASALA VADA</td><td>5 pc.</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>5 pc</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td></tr>
<tr><td>Methi chopped</td><td>½ cup</td></tr>
<tr><td>Chana dal soaked for 1 hr.</td><td>1 cup</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr>
<tr><td>Fresh curry leaves</td><td>As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredientgs & mix well. Make mixture for Methi Masala. Divide the dough in aqua|parts & make round & flat
2. Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, tum the vadas & press start.
4. When beeps, again tum the vadas & press start. Serve them hot with the chutney of your choice.
</td></tr>
<tr><td>1-20</td><td>POHA PATTIES</td><td>5 pc.</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>5 pc</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td></tr>
<tr><td>Poha soaked</td><td>1 cup</td></tr>
<tr><td>Yoghurt</td><td>2 tbsp</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr>
<tr><td>Fresh curry leaves</td><td>As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredientgs & mix well. Make mixture for Divide the dough in equal parts & make round & flat
2. Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the Poha Paule & press start.
4. When beeps, again tum the Poha Paule & press start. Serve them hot with the chutney of your choice.
</td></tr>
</table>

* Refer page 135, fig 2

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<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-21</td><td>FRENCH TOAST</td><td>2 pc.</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>2 pc</td></tr>
<tr><td>Egg</td><td>4 nos.</td></tr>
<tr><td>Salt, haldi, garam masala, red chilli powder</td><td>As per taste</td></tr>
<tr><td>For filling</td><td></td></tr>
<tr><td>Boiled potatoes</td><td>2 nos. (medium)</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos</td></tr>
<tr><td>Chopped coriander leaves</td><td>1 tbsp</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td></tr>
<tr><td>Salt, garam masala, red chilli powder</td><td>As per taste</td></tr>
<tr><td>Bread slices</td><td>4 nos.</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.
2. In another bowl mix Egg & all spices Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & 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 & press start.
5. When beeps, turn the bread Toast Sprinkle 2 tsp oil on all & press start.
6. Serve hot with tomato ketchup.
</td></tr>
<tr><td>1-22</td><td>BUFF VADA</td><td>5 pc.</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>5 pc</td></tr>
<tr><td>Boiled potato</td><td>2 no.</td></tr>
<tr><td>Coconut (grated)</td><td>1 cup</td></tr>
<tr><td>Roasted crushed peanuts</td><td>1 tbsp</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr>
<tr><td>Fresh curry leaves</td><td>As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredientgs & mix well. Make mixture for vada Divide the dough in equal parts & make round & flat vada
2. Take the multicook tawa & keep the vada on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the vada & press start.
4. When beeps, again turn the vada & press start. Serve them hot with the chutney of your choice.
</td></tr>
<tr><td>1-23</td><td>PALAK TIKKI</td><td>5 pc.</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>5 pc</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td></tr>
<tr><td>Palak (chopped)</td><td>½ cup</td></tr>
<tr><td>Corn flour</td><td>½ cup</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr>
<tr><td>Fresh curry leaves</td><td>As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredientgs & mix well. Make mixture for palak tikki. Divide the dough in equal parts & make round & flat.
2. Take the multicook tawa & keep the tikki on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the tikki & press start.
4. When beeps, again turn the tikki & press start. Serve them hot with the chutney of your choice.
</td></tr>
</table>

* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-24</td><td>CORN ALOO TIKKI</td><td>5 pc.</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>5 pc</td></tr>
<tr><td>Boiled potato</td><td>1 no.</td></tr>
<tr><td>Corn (boiled & crushed)</td><td>1 cup</td></tr>
<tr><td>Corn flour</td><td>½ cup</td></tr>
<tr><td>Chopped green chilli</td><td>1 no.</td></tr>
<tr><td>Finely chopped ginger</td><td>¼ tsp</td></tr>
<tr><td>Fresh curry leaves</td><td>As required</td></tr>
<tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. In a bowl take all the ingredients & mix well. Make mixture for aloo tikki. Divide the dough in equal parts & make round & flat.
2. Take the multicook tawa & high rack & put tikkies on tawa and keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the Tikki & press start.
4. When beeps, again turn the Tikki & press start. Serve them hot with the chutney of your choice.
</td></tr>
<tr><td>1-25</td><td>MIX VEG BHAJIA</td><td>0.2 kg</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Potatoe (rings)</td><td>1 no.</td></tr>
<tr><td>Cauliflower (florets)</td><td>25 g</td></tr>
<tr><td>Onion (rings)</td><td>25 g</td></tr>
<tr><td>For batter</td><td></td></tr>
<tr><td>Besan</td><td>1 cup (130 g)</td></tr>
<tr><td>Water</td><td>200 mL</td></tr>
<tr><td>Salt, red chilli powder, haldi, garam masala</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
</table>
Method :
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 menu & press start. (Preheat process)
3. When beeps, place all mix veg. pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.
4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.
</td></tr>
<tr><td>1-26</td><td>PUNJABI MATHI</td><td>0.2 kg</td><td>Multicook tawa & High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>1 cup</td></tr>
<tr><td>Semolina</td><td>¼ cup</td></tr>
<tr><td>Carom seeds</td><td>½ tsp</td></tr>
<tr><td>Kasuri Methi</td><td>1 tsp</td></tr>
<tr><td>Black peppercorn (Crushed)</td><td>½ tsp</td></tr>
<tr><td>Ghee</td><td>3 tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
<tr><td>Water</td><td>1/3 cup + ½ tbsp</td></tr>
</table>
Method :
1. Take Maida, semolina, Carom seeds, Kasuri Methi, Black Peppercorn (Crushed), Ghee, Salt in bowl.
2. Mix all the ingredients together using finger until turns crumbly .
3. Add water in small steps and knead in to firm dough. It should be harder than Paratha dough.
4. Cover with Muslin cloth and keep aside for 20 minutes.
5. Knead dough again for a minute and take out portion on rolling board and slightly press using your palm and make round shape.
6. Make pricks on a flat matthi using fork.
7. Now select category and press start(Preheat).
8. Keep tawa on high rack and place matthi on tawa and press start.
9. When beeps ,turn matthis and brush with ghee and press start again.
</td></tr>
</table>

* Refer page 135, fig 2

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<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-27</td><td>FAFDA</td><td>0.2 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Besan</td><td>1 Cup.</td></tr>
<tr><td>Ajwain</td><td>3 tsp</td></tr>
<tr><td>Papad khar</td><td>1 tsp</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
<tr><td>Water</td><td>Required for making dough</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. Add all the ingredientgs & make a dough and keep it aside for 10 minutes after covering .
2. Make a long sheet like scale on flat surface.
3. Now select category and weight, keep tawa and rack inside MWO. Press start(Preheat).
4. When beeps, arrange prepared fafda on tawa properly and press start again.
5. After Beeps, turn over the fafda by brushing with oil and press start again.
6. Fafda is ready, serve with tea or coffee.
</td></tr>
<tr><td>1-28</td><td>THATTAI SNACKS</td><td>8 pc.</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>8 pc</td></tr>
<tr><td>Rice (Soaked for 3 hours)</td><td>1 Cup</td></tr>
<tr><td>Fried Channa Dal</td><td>1 Cup</td></tr>
<tr><td>Butter / Vanaspati</td><td>100 g</td></tr>
<tr><td>Sesame</td><td>1 table spoon .</td></tr>
<tr><td>Heeng</td><td>2 Pinch</td></tr>
<tr><td>Chilli Powder</td><td>1 Tsp</td></tr>
<tr><td>Ajwain</td><td>½ tbsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. Take the Soaked rice and grind the rice to make smooth taste.
2. Grind the chana Dal to make powder.
3. Now mix all the ingredients and knead to make thick dough.
4. Make round shape balls out of it and press with both hands to flatten them.
5. Place it in microwave glass tray in round shape.
6. Select menu and press start.
7. When beeps, give the standing time of 5 min.
</td></tr>
<tr><td>1-29</td><td>DAHI OATS VADA</td><td>6 pc.</td><td>Low rack</td><td>
<table>
<tr><td>For</td><td>6 pc.</td></tr>
<tr><td>Oats</td><td>1 Cup</td></tr>
<tr><td>Rava</td><td>1 Cup</td></tr>
<tr><td>curd</td><td>1 Cup</td></tr>
<tr><td>sprouts</td><td>1 Cup</td></tr>
<tr><td>Jeera powder</td><td>1 tsp</td></tr>
<tr><td>Chat masala</td><td>1 tsp</td></tr>
<tr><td>Promegranate</td><td>1 Cup</td></tr>
<tr><td>Coriander</td><td>Cup</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. Mix oats, rava ,curd, sprouts, and salt together and prepare batter
2. pour the batter in to silicone muffin moulds .
3. Select menu and weight and press start (preheat) do not keep anything in the own during preheat process.
4. When beeps, keep the rack with silicone moulds inside MWO and press start.
5. Serve hot with Chutney or Sauce and Curd with Pomegranate.
</td></tr>
</table>

* Refer page 135, fig 2
# Refer page 135, fig 1

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-1</td><td>KALA CHANA</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Soaked Kala Chana</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>800 ml</td><td>1000 ml</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr>
<tr><td>Onion chopped</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td><td>2½ cups</td></tr>
<tr><td>Salt, Chaat masala, Red chilli powder, hara dhania</td><td colspan="5">As per taste</td></tr>
</table>
Method :
1. Soak chana overnight, in MWS bowl, put soaked chanas and cover. Select category and weight and press start.
2. When beeps, remove & drain the water. In a MWS bowl add oil, chopped onion, salt, chaat masala, red chilli powder and hara dhania and press start. Mix well.
3. When beeps, add chanas to the MWS bowl along with little water and press start. Mix well. Serve hot.
</td></tr>
<tr><td>2-2</td><td>KARELA SUBZI</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
High rack
&
Multicook tawa*</td><td>
<table>
<tr><td>Chopped Karela</td><td>0.3 kg</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Chopped Onion</td><td>1 cup</td></tr>
<tr><td>Water</td><td>1 cup</td></tr>
<tr><td>Rai, Jeera, Hing & Haldi</td><td>For tempering</td></tr>
<tr><td>Salt, Sugar, Garam Masala, Dhania, Jeera Powder</td><td>As per your taste</td></tr>
<tr><td>Grated Coconut & Hara Dhania</td><td>For garnishing</td></tr>
</table>
Method :
1. In a Microwave safe glass bowl take Oil add Rai, Jeera, Hing, Haldi & Chopped Onion. Select category & weight and press start.
2. When beeps, add Chopped Karela, some water, salt, sugar, masala, dhania-jeera powder & cover. Press start.
3. When beeps, remove the bowl from microwave oven, transfer subzi to a multicook tawa, stir well. Place on High Rack
4. Press start.
Note: Before cooking, scrap & rub the karela with salt & keep aside for 2-3 hours.
</td></tr>
<tr><td>2-3</td><td>LEMON CHICKEN</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Boneless Chicken</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Soya sauce</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Corn flour</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
<tr><td>Water</td><td>½ cup</td><td>½ cup</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Salt, pepper & sugar</td><td colspan="5">As per taste</td></tr>
<tr><td>Garlic paste</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr>
<tr><td>Lemon juice</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td><td>4 tsp</td><td>5 tsp</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td></tr>
</table>
Method :
1. Mix boneless chicken, soya sauce, salt & pepper, garlic paste & lemon juice in a bowl. Refrigerate for ½ hour.
2. In a MWS bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select category & weight & press start.
3. When beeps, mix well. Cover & press start. Allow to stand for 3 minutes.
</td></tr>
<tr><td>2-4</td><td>MACHI KALI MIRCH</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>Pomfret (fish category)</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr>
<tr><td>Salt, Lemon Juice & Kali Mirch Powder</td><td colspan="5">To marinate as per your taste</td></tr>
<tr><td>Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic</td><td colspan="5">As required</td></tr>
</table>
Method :
1. Take Pomfret Slices as per weight (0.1 kg/ 0.2 kg/ 0.3 kg/ 0.4 kg/ 0.5 kg) and marinate with salt, lemon juice, and kali mirch powder (as per taste) for one hour.
2. In Microwave Safe bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select category & weight and press start.
3. When beeps, open door and add marinated fish, salt to taste and some water. Cover & press start.
4. Give standing time for 5 minutes.
</td></tr>
</table>

Low Calorie

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-5</td><td>SOYA IDLI</td><td>4pc, 8pc
(40-50 g each)</td><td>Microwave safe (MWS) Idli Stand
&
Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>Rice</td><td>100 g</td></tr>
<tr><td>Urad</td><td>4 tbsp</td></tr>
<tr><td>Soyabean granules</td><td>4 tbsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. Wash & soak rice, urad daal & soyabeans granules for 4 hours.
2. Grind, mix & 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 MWS bowl with little oil. Put idli batter in it. Add ½ cup water in MWS bowl. Keep the idli stand in MWS bowl & cover. Select category & number and press start.
</td></tr>
<tr><td>2-6</td><td>NUTRINUGGETS</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Soaked and boiled nutrinuggets</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Potato</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped onion</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Tomato puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt, garam masala, red chilli powder, haldi, dhania powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr>
<tr><td>Chopped coriander leaves</td><td colspan="3">For garnishing</td></tr>
</table>
Method :
1. In a MWS bowl add oil, jeera, onion. Select category and weight and press start. Mix well.
2. When beeps, add tomato puree, nutrinuggets, potato, salt, red chilli powder, haldi, dhania powder and add ½ the amount of water mentioned per weight (For eg. For 100g, add 1 cup of water). Cover and press start. Mix well.
3. When beeps, add the remaining amount of water and press start. Mix well. Allow to stand
</td></tr>
<tr><td>2-7</td><td>CURD BRINJAL</td><td>0.1 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Brinjal (cut into pieces)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Curd</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Curry leaves</td><td colspan="4">A few sprigs</td></tr>
<tr><td>Mustard & cumin seeds</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr>
<tr><td>Salt</td><td colspan="4">As per taste</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>4 tsp</td></tr>
</table>
Method :
1. In a MWS bowl add oil & brinjal. Cover. Select category & weight and press start.
2. When beeps, remove & in another MWS bowl add oil, mustard & cumin seeds, curry leaves & chopped ginger. Press start.
3. When beeps, add brinjal, curd & salt. Mix well & press start.
</td></tr>
<tr><td>2-8</td><td>BATHUA RAITA</td><td>0.1 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Chopped bathua</td><td>25 g</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Water</td><td>50 ml</td><td>75 ml</td><td>100 ml</td><td>125 ml</td></tr>
<tr><td>Beaten curd</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr>
<tr><td>Salt, roasted cumin seed powder</td><td colspan="4">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select category & weight and press start.
2. When beeps, remove.
3. In a bowl add water, beaten curd, bathua leaves & mix well. Add salt & roasted cumin seed powder.
4. Mix well & refrigerate it for some time & serve.
</td></tr>
</table>

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-9</td><td>SOYABEAN CURRY</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Soyabean (soaked overnight)</td><td>200 g</td></tr>
<tr><td>Oil</td><td>1½ tbsp</td></tr>
<tr><td>Chopped onions</td><td>1 cup</td></tr>
<tr><td>Tomato puree</td><td>½ cup</td></tr>
<tr><td>Chopped green chillies</td><td>1 tbsp</td></tr>
<tr><td>Red chilli powder, garam masala, coriander powder, salt</td><td>As per taste</td></tr>
<tr><td>Water</td><td>200 ml</td></tr>
<tr><td>Coriander leaves</td><td>For garnishing</td></tr>
</table>
Method :
1. In a MWS bowl add oil, chopped onions. Select category and press start. Mix well.
2. When beeps, in the same bowl add tomato puree and haldi and press start. Mix well.
3. When beeps, add chopped green chillies, red chilli powder, garam masala, coriander powder, salt, soyabean and water Press start. Garnish with coriander leaves and serve hot.
</td></tr>
<tr><td>2-10</td><td>SPINACH DAL</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Dehusked soaked lentils (at least for 2 hours)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Onions chopped</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Spinach chopped</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Cumin seeds</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Ginger & green chillies (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Water</td><td>300 ml</td><td>500 ml</td><td>700 ml</td></tr>
<tr><td>Turmeric, salt</td><td colspan="3">As per taste</td></tr>
<tr><td>Lemon juice</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
</table>
Method :
1. In a MWS bowl put soaked dal (lentils), water, salt, turmeric powder. Select category & weight and press start.
2. When beeps, in another MWS bowl put oil, chopped onions, cumin seeds, chopped ginger & green chillies, chopped spinach. Mix well and press start.
3. When beeps, mix well & add boiled lentils, add some water (if required). Mix again & press start.
4. Garnish with coriander leaves & serve hot.
</td></tr>
<tr><td>2-11</td><td>MOONG DAL</td><td>0.2 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>Moong Dal soaked in water (for 1 hour)</td><td>0.2 kg</td></tr>
<tr><td>Water</td><td>400 ml</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Hari Mirch</td><td>2-3 nos.</td></tr>
<tr><td>Curry Leaves</td><td>5-6 nos.</td></tr>
<tr><td>Salt, Dhania-Jeera Powder, Haldi, Hing, Kasuri Methi, Lemon Juice, Hara Dhania</td><td>As per your taste</td></tr>
</table>
Method :
1. Take 200 g dal in Microwave Safe bowl, add Water, Haldi & Hing.
2. Select category press start to cook.
3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves & press start.
4. When beeps, add dal, salt, dhania jeera powder, hara dhania, kasuri methi (optional), water (if required) & lemon juice and press start to cook.
</td></tr>
</table>

Low Calorie

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-12</td><td>LEAF ROLLS</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) bowl
&
Microwave safe (MWS) Flat Glass Dish</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Palak leaves</td><td>100 g</td><td>150 g</td><td>150 g</td></tr>
<tr><td>Cabbage leaves</td><td>100 g</td><td>150 g</td><td>150 g</td></tr>
<tr><td>For filling</td><td></td><td></td><td></td></tr>
<tr><td>Boiled Veg (Potato, Capsicum, Carrot, French beans, sprouts)</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td></tr>
<tr><td>Chopped onion</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr>
<tr><td>Salt</td><td colspan="3">As per your taste</td></tr>
</table>
Method :
1. In a bowl mix boiled vegetables, chopped onions, salt, chaat masala & lemon juice.
2. In MWS bowl, add ½ cup water, Keep the leaves in MWS flat glass dish. Keep the dish in MWS bowl. Cover.
3. Select category & weight and press start.
4. When beeps, remove the leaves from the bowl. Spread the filling on leaves & roll them. Make all the rolls in same way.
</td></tr>
<tr><td>2-13</td><td>FISH BHARTA</td><td>0.1 ~ 0.5 kg</td><td>Microwave safe (MWS) bowl
&
Microwave safe (MWS) Flat Glass Dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5kg</td></tr>
<tr><td>Fish (Fillet)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr>
<tr><td>Mustard oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr>
<tr><td>Mustard seeds</td><td>1 tsp</td><td>1 tsp</td><td>1 tsp</td><td>2 tsp</td><td>2 tsp</td></tr>
<tr><td>Chopped onion</td><td>1 cup</td><td>1 cup</td><td>1 cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Red chilli powder, haldi, garam masala, salt</td><td colspan="5">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add ½ cup water. Place the fish pieces on the MWS flat glass dish. Cover. Keep the dish in MWS bowl. Select category and press start.
2. When beeps, remove & mash the fish. In a MWS bowl, add oil, chopped onions, mashed fish, red chilli powder, garam masala, haldi, salt. Cover and press start.
</td></tr>
<tr><td>2-14</td><td>SWEET CORN SOUP</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Sweet Corn</td><td>200 g</td></tr>
<tr><td>Water</td><td>600 ml (3 cups)</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Cornflour</td><td>2 tbsp & ½ cup water</td></tr>
<tr><td>Salt, Sugar and Kali Mirch and Green Chilli</td><td>As per your taste</td></tr>
</table>
Method :
1. Grind sweet corn with water and put in MWS Glass Bowl. Select category & press start.
2. When beeps, remove, in another MWS glass bowl put oil, green chilli & press start.
3. When beeps, add corn mixture in it. Mix cornflour with ½ cup water and mix with it. Add salt, sugar, kali mirch and press start.
</td></tr>
</table>

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-15</td><td>MUSHROOM SOUP</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Mushroom</td><td>120 g</td></tr>
<tr><td>Potato</td><td>1 No.</td></tr>
<tr><td>Cabbage</td><td>50 g</td></tr>
<tr><td>Onion</td><td>1 small</td></tr>
<tr><td>Water</td><td>600 ml (3 cups)</td></tr>
<tr><td>Salt, Black Pepper</td><td>As per your taste</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Grated cheese</td><td>As per requirement</td></tr>
</table>
Method :
1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select category & press start.
2. When beeps, remove the bowl. Allow to cool & separate the mushrooms & grind the remaining stock & strain it.
3. In a MWS glass bowl, add oil, chopped mushrooms, salt & pepper and then add the stock & press start. Garnish with grated cheese & serve.
</td></tr>
<tr><td>2-16</td><td>WONTON SOUP</td><td>0.6 kg</td><td>Microwave safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Chopped cabbage, carrot, capsicum, french beans</td><td>200 g (Total)</td></tr>
<tr><td>Ginger paste</td><td>2 tsp</td></tr>
<tr><td>Garlic paste</td><td>2 tsp</td></tr>
<tr><td>Spinach in pieces</td><td>10 leaves</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Salt, pepper powder</td><td>As per taste</td></tr>
<tr><td>Water</td><td>600 ml (3 cup)</td></tr>
<tr><td>Ready wonton</td><td>6-7 pieces</td></tr>
</table>
Method :
1. In MWS glass bowl add oil and vegetables, ginger-garlic paste. Select category & press start.
2. When beeps, add salt, pepper, water & palak (in pieces). Mix well & put in microwave & press start.
3. When beeps, mix well & press start. Add wonton & serve.
How to make Wonton :Maida -1 cup, Salt - 1 pinch, Oil - 1 tsp
Method : Mix all the ingredients in the bowl and make dough with too warm water. After that cover the bowl and leave the mixture for 10-15 minutes.
For Stuffing :Cabbage, carrot, capsicum which is cut in long pieces
Method : Mix all the ingredients for stuffing. Make a small puree of wonton and put the small quantity of stuffing in between them and then cover the puree and press it.
</td></tr>
<tr><td>2-17</td><td>CHICKEN SHORBA</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Boneless chicken</td><td>300 g</td></tr>
<tr><td>Oil</td><td>½ tbsp</td></tr>
<tr><td>Chopped garlic</td><td>2 tsp</td></tr>
<tr><td>Salt & pepper powder</td><td>As per taste</td></tr>
<tr><td>Maida</td><td>3 tbsp</td></tr>
<tr><td>Water</td><td>600 ml (3 cups)</td></tr>
<tr><td>Fresh cream</td><td>For garnishing</td></tr>
</table>
Method :
1. In a MWS bowl add chicken pieces, chopped garlic and water. Select category and press start.
2. When beeps, remove & strain stock. In another MWS 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.
</td></tr>
</table>

Low Calorie

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-18</td><td>TAMATAR SHORBA</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Chopped tomato</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr>
<tr><td>Jeera, bay leaf, salt, garam masala, sugar</td><td>As per taste</td></tr>
<tr><td>Water</td><td>600 ml (3 cups)</td></tr>
<tr><td>Coriander leaves</td><td>For garnishing</td></tr>
</table>
Method :
1. In a MWS 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 MWS 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.
</td></tr>
<tr><td>2-19</td><td>CORN BASIL & FUSILI SOUP</td><td>0.6 kg</td><td>Microwave (MWS) safe glass bowl</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Cream style corns</td><td>100 g</td></tr>
<tr><td>Basil</td><td>10 leaves</td></tr>
<tr><td>Fusili pasta (boiled)</td><td>10 nos</td></tr>
<tr><td>Tomato puree</td><td>2 tbsp</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td></tr>
<tr><td>Chopped garlic</td><td>1 tbsp</td></tr>
<tr><td>Olive oil</td><td>1 tbsp</td></tr>
<tr><td>Water</td><td>600 ml (3 cup)</td></tr>
</table>
Method :
1. In MWS glass bowl add oil, chopped onions, 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.
</td></tr>
</table>

Kids' / Dairy Delight

In the following example, show you how to cook 0.4Kg of OMELETTE.

1. Press STOP/Cancel.



2. Press Kids' / Dairy Delight.

   The display will show "1".



3. Turn DIAL until display show "1-3".



   Press START /Select /+30seconds for category confirmation.



4. Turn DIAL until display shows "0.4Kg".



5. Press START /Select /+30seconds.



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



NOTE

- Kids' / Dairy Delight menus are programmed.
- Kids' / Dairy Delight menus allows you to cook your favourite food by selecting food & weight of food.

Child's Favourite

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-1</td><td>CORN CHAAT</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Sweet corn</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Mix fruits (Pomegranate, cucumber, apple)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Salt, red chilli powder, chaat masala, lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add some water & sweet corns. Select category & weight and press start.
2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.
</td></tr>
<tr><td>1-2</td><td>VERMICELLI KHICHDI</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Roasted vermicelli</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Rai, urad dal, curry leaves</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Chopped tomato</td><td>1 No.</td><td>2 Nos.</td><td>3 Nos.</td></tr>
<tr><td>Salt, red chilli powder, haldi, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Water</td><td>400 ml</td><td>800 ml</td><td>1200 ml</td></tr>
<tr><td>Lemon juice</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix. Select category & weight and press start.
2. When beeps, mix & add tomato. Press start.
3. When beeps, mix & add vermicelli, water, salt, red chilli powder, haldi, garam masala. Press start. Stand for 3 minutes.
4. Squeeze lemon, mix & serve.
</td></tr>
<tr><td>1-3</td><td>OMELETTE</td><td>0.2 ~ 0.4 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Eggs</td><td>2 Nos.</td><td>3 Nos.</td><td>4 Nos.</td></tr>
<tr><td>Oil</td><td>½ tbsp</td><td>1 tbsp</td><td>1 tbsp</td></tr>
<tr><td>Chopped onion, tomato, coriander leaves</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr>
<tr><td>Salt, pepper</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. Beat the eggs well & add salt, pepper & coriander leaves.
2. Add oil, tomato & onion to MWS flat glass dish. Select category & weight and press start.
3. When beeps, add the egg mixture. Cover & press start. Allow to stand for 3 minutes.
</td></tr>
<tr><td>1-4</td><td>PIZZA@</td><td>0.3 kg</td><td>Low rack
&
High rack</td><td>
<table>
<tr><td>Pizza base</td><td>1 medium pizza base</td></tr>
<tr><td>Topping</td><td>3 tbsp</td></tr>
<tr><td>Mix Vegetables - Tomato, Capsicum, Onion</td><td>1 cup</td></tr>
<tr><td>Grated Cheese</td><td>1/2 cup</td></tr>
<tr><td>Oregano & Chilli flakes (Optional)</td><td>As per your taste</td></tr>
</table>
Method :
1. Select category & 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 low rack & press start.
4. When beeps, transfer the pizza on high rack & press start.
</td></tr>
</table>

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

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-5</td><td>GARLIC BREAD@</td><td>0.3 kg</td><td>Low Rack</td><td>
<table>
<tr><td>Bread slices (French Bread)</td><td>4 pcs</td></tr>
<tr><td>Butter</td><td>5 tbsp</td></tr>
<tr><td>Garlic paste</td><td>2 tbsp</td></tr>
<tr><td>Grated cheese</td><td>4 tbsp</td></tr>
<tr><td>Salt, kali mirchi powder, Oregano, chilli flakes</td><td>As per your taste</td></tr>
</table>
Method :
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 & press start. (Pre-heat process)
3. When beeps, keep the bread slices on low rack & press start.
Note : Use French bread to make garlic bread.
</td></tr>
<tr><td>1-6</td><td>BREAD PUDDING</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Bread slices</td><td>2 Nos.</td><td>3 Nos.</td><td>4 Nos.</td></tr>
<tr><td>Milk (for dipping the bread)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Egg</td><td>1 Nos.</td><td>2 Nos.</td><td>2 Nos.</td></tr>
<tr><td>Vanilla Essence</td><td>½ tsp</td><td>¾ tsp</td><td>1 tsp</td></tr>
<tr><td>Sugar</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr>
<tr><td>Dry fruits</td><td colspan="3">As per your taste</td></tr>
</table>
Method :
1. Make small pieces of Bread slices. Beat the egg very well . Mix all the ingredient very well.
2. Pour this mixture into MWS flat glass dish. Select category and weight. Press start.
</td></tr>
<tr><td>1-7</td><td>CHEESY NACHOS</td><td>0.3 kg</td><td>Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Nachos</td><td>300 g</td></tr>
<tr><td>Grated cheese</td><td>1 cup</td></tr>
<tr><td>Pizza sauce</td><td>6 tbsp</td></tr>
<tr><td>Chopped onion, tomato</td><td>2 cups</td></tr>
</table>
Method :
1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select category & press start.
</td></tr>
<tr><td>1-8</td><td>CHOCOLATE BALLS</td><td>0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>Condensed Milk (Milkmaid)</td><td>1 cup</td></tr>
<tr><td>Marie biscuit powder</td><td>1 cup</td></tr>
<tr><td>Milk powder</td><td>½ cup</td></tr>
<tr><td>Malted Chocolate powder (Bournvita)</td><td>½ cup</td></tr>
<tr><td>Grated coconut</td><td>½ cup</td></tr>
</table>
Method :
1. In a MWS safe glass bowl add Condensed Milk (Milkmaid), marie biscuit powder, milk powder, Malted Chocolate powder (Bournvita). Mix well. Select category & press start.
2. Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut.
3. Keep in refrigerator for half an hour.
</td></tr>
<tr><td>1-9</td><td>STRAW-BERRY CUSTARD</td><td>0.5 kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Milk</td><td>1 cup</td></tr>
<tr><td>Strawberry custard powder</td><td>3 tbsp</td></tr>
<tr><td>Sugar</td><td>50 g</td></tr>
<tr><td>Strawberry pieces</td><td>As required</td></tr>
</table>
Method :
1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well.
2. Select category & press start.
3. When beeps, stir well. Press start.
4. When beeps, stir well. Press start. Allow to set in refrigerator.
</td></tr>
</table>

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

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<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-10</td><td>VEG BURGER</td><td>0.1 ~ 0.3 kg</td><td>Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Burger buns</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>For Tikkis</td><td></td><td></td><td></td></tr>
<tr><td>Potatoes (boiled)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Boiled peas</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr>
<tr><td>Chopped ginger</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Chopped coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt, red chilli powder, garam masala, chaat masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Cornflour</td><td colspan="3">For binding</td></tr>
<tr><td>Tomato slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Onion slices</td><td>2 no.</td><td>4 nos.</td><td>6 nos.</td></tr>
<tr><td>Cheese slices</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Butter</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Tomato sauce</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
Method :
1. In a bowl mix all the ingredients for tikkis & prepare round & flat tikkis out of it.
2. Slit the buns into two halves. Apply the butter inside the buns.
3. Keep the tikkis on the tawa. Keep on high rack. Select category & weight and press start.
4. When beeps, turn over the tikkis & press start.
5. When beeps, remove the tikkis. Now apply tomato sauce on one half of the bun. Keep the cheese slice, tikki, onion slices and then tomato & cheese slices & cover with the second half of the bun.
6. Now keep the burger on high rack & press start.
</td></tr>
<tr><td>1-11</td><td>CHOCO BARS</td><td>0.2 kg</td><td>Microwave safe (MWS) glass bowl
&
Microwave safe (MWS) flat glass dish</td><td>
<table>
<tr><td>Chocolate chips</td><td>½ cup</td></tr>
<tr><td>Oats (crushed)</td><td>1 cup</td></tr>
<tr><td>Honey</td><td>3 tbsp</td></tr>
<tr><td>Brown sugar</td><td>4 tbsp</td></tr>
<tr><td>Butter (softened)</td><td>8 tbsp</td></tr>
<tr><td>Chopped nuts (almonds, pistachio, walnut)</td><td>As required</td></tr>
</table>
Method :
1. In a microwave safe glass bowl put oats, half amount of butter (4 tbsp), honey and brown sugar. mix well. Select category and press start.
2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter.
3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmly with spoon.
4. In MWS glass bowl add rest of the butter, chocolate chips. Mix & press start.
5. When beeps, pour this mixture on oats & sprinkle chopped nuts.
6. Cut into rectangle bars when set & serve chilled.
</td></tr>
<tr><td>1-12</td><td>MUSHROOM & PEPPER PIZZA@</td><td>0.3 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Pizza base</td><td></td></tr>
<tr><td>Dry active yeast</td><td>3 g</td></tr>
<tr><td>Water</td><td>2 tbsp</td></tr>
<tr><td>Sugar</td><td>¼ tsp</td></tr>
<tr><td>Maida</td><td>60 g</td></tr>
<tr><td>Salt</td><td>¼ tsp</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Topping</td><td></td></tr>
<tr><td>Pizza sauce</td><td>2 tbsp</td></tr>
<tr><td>Vegetables (sliced mushroom, chopped yellow & red bell pepper)</td><td>1 cup</td></tr>
<tr><td>Grated cheese</td><td>1 cup</td></tr>
<tr><td>Oregano & chilli flakes</td><td>As per taste</td></tr>
</table>
Method :
1. Dissolve the yeast in lukewarm water, stir in sugar & keep for 10 minutes till frothy.
2. Sieve the flour, add the yeast mixture, oil & 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 & keep it till it doubles the volume.
4. Knead lightly & roll out thin chapati.
5. Keep on greased tawa. Spread the sauce, sprinkle oregano & chilli flakes, add vegetables & spread grated cheese. Keep aside.
6. Select category & press start.
7. When beeps, keep the tawa on low rack. Keep it inside the microwave oven. Press start.
</td></tr>
</table>

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 135, fig 1
* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-13</td><td>CHEESE BREAD DELIGHT</td><td>8 Pc</td><td>High rack</td><td>
<table>
<tr><td>For</td><td>8 nos.</td></tr>
<tr><td>Brown bread slice (buttered)</td><td>4 nos.</td></tr>
<tr><td>Cheese slice</td><td>4 nos.</td></tr>
<tr><td>Butter (softened)</td><td>2 tbsp</td></tr>
<tr><td>Chilli flakes</td><td>1 tbsp</td></tr>
<tr><td>Salt (optional)</td><td>As per taste</td></tr>
<tr><td>Cherry tomatoes</td><td>20 nos.</td></tr>
<tr><td>For Dressing</td><td></td></tr>
<tr><td>Olive oil</td><td>3 tbsp</td></tr>
<tr><td>Vinegar</td><td>1 tbsp</td></tr>
<tr><td>Light soya sauce</td><td>½ tsp</td></tr>
<tr><td>Chopped parsley / coriander leaves</td><td>1 tbsp</td></tr>
<tr><td>Salt, black pepper powder</td><td>As per taste</td></tr>
</table>
Method :
1. Take bread slices & remove its edges using a sharp bread knife. In a bowl mix together all the ingredients of dressing.
2. Take 2 buttered bread slices. Place a cheese slice on top of a bread & sprinkle some chilli flakes & salt. Cover with the second piece of bread. Press gently to stick them together. Follow same procedure to make more sandwiches like this from rest of the ingredients.
3. Cut each sandwich into 4 quarters/triangles to get 8 quarters/triangles in all.
4. Take a wooden skewer & insert 1 sandwich triangle & followed by a cherry tomato. Repeat the same step in the same skewer. So that 1 skewer has 2 triangles & 2 cherry tomatoes. Make all sandwich in the same way.
5. Brush all skewered sandwiches with the prepared dressing from all sides. Place them on high rack.
6. Keep high rack inside the microwave. Select category and press start.
7. When beeps, turn over the sandwiches carefully & again press start. Serve them hot with tomato ketchup.
</td></tr>
<tr><td>1-14</td><td>NOODLE ROSTI</td><td>0.2 kg</td><td>Microwave safe (MWS) glass bowl
&
Multicook tawa
&
High rack*</td><td>
<table>
<tr><td>For Rosti</td><td></td></tr>
<tr><td>Boiled whole wheat noodles</td><td>¾ cup</td></tr>
<tr><td>Grated paneer</td><td>¼ cup</td></tr>
<tr><td>Grated mozarella cheese</td><td>¼ cup</td></tr>
<tr><td>Oil</td><td>2 tsp</td></tr>
<tr><td>Salt & pepper</td><td>As per taste</td></tr>
<tr><td>Coriander (chopped)</td><td>2 tbsp</td></tr>
<tr><td>For Topping</td><td></td></tr>
<tr><td>Mixed shredded vegetables (carrot, cabbage, capsicum)</td><td>½ cup</td></tr>
<tr><td>Boiled bean sprouts</td><td>¼ cup</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Salt & pepper</td><td>As per taste</td></tr>
<tr><td>Tomato ketchup</td><td>4 tbsp</td></tr>
</table>
Method :
1. In a bowl take all the ingredients for rosti & mix well with hands. Divide the dough into 4 equal parts.
2. In a MWS glass bowl take oil, shredded vegetables, boiled bean sprouts, salt & pepper. Mix well. Select category & press start.
3. When beeps, remove the bowl & mix well & divide the topping into 4 equal parts & keep aside for late use.
4. Take the dough & shape each portion into round flat circles (approx. 2.5"). Keep on tawa, keep tawa on high rack & press start.
5. When beeps, turn over the rostis & again press start.
6. Place the rostis on a serving plate & top them with a portion of prepared topping & tomato ketchup. Serve immediately.
</td></tr>
</table>

* Refer page 135, fig 2

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<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-15</td><td>BREAD ROLLS</td><td>10 PC</td><td>Microwave tawa
&
High rack*</td><td>
<table>
<tr><td>Bread slices</td><td>10 pcs</td></tr>
<tr><td>For filling</td><td></td></tr>
<tr><td>Boiled totatoes</td><td>200 g</td></tr>
<tr><td>Chopped green chillies</td><td>2 nos</td></tr>
<tr><td>Chat masala, garam masala, salt, red chilli powder, pepper</td><td>As per taste</td></tr>
<tr><td>Oil</td><td>For brushing</td></tr>
</table>
Method :
1. Take the bread slices & cut the edges.
2. Mix all the ingredients for filling in a bowl.
3. Take bread slices one by one & soak in water. Squeeze & drain extra.
4. Fill in the prepared potato mixture & 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 Multicook tawa & keep the tawa on high rack.
8. Select category & press start.
9. When beeps, turn over & press start.
10. When beeps, again turn over & press start. Serve with sauce or chutney of your choice.
</td></tr>
<tr><td>1-16</td><td>APPLE CUSTARD</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Apple</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
Method :
1. Mix all the ingredients in a MWS glass bowl. Select category & weight and press start.
2. When beeps, mix well & press start.
</td></tr>
<tr><td>1-17</td><td>DHOKLA</td><td>0.3 kg</td><td>Microwave safe (MWS) flat glass dish
&
Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Besan</td><td>100 g</td></tr>
<tr><td>Warm water</td><td>100 ml</td></tr>
<tr><td>Curd</td><td>4 tbsp</td></tr>
<tr><td>Green chilli & ginger paste</td><td>2 tsp</td></tr>
<tr><td>Salt & sugar</td><td>As per taste</td></tr>
<tr><td>Fruit salt / Mitha Soda</td><td>¼ tsp</td></tr>
<tr><td>Oil, rai, curry leaves, water</td><td>For tempering</td></tr>
<tr><td>Grated coconut</td><td>For garnishing</td></tr>
<tr><td>Yellow colour / Haldi</td><td>As required</td></tr>
</table>
Method :
1. Mix besan, curd, sugar, salt, water, green chilli-ginger paste, yellow color, fruit salt together. Mix well. Keep for 5-10 minutes.
2. Pour the mixture in MWS safe flat glass dish. Add ½ cup water to the MWS bowl, keep the flat glass dish, cover. Select category & weight and press start.
3. Add the tempering to the dhokla & cover. Stand for 5 minutes. Garnish with grated coconut & serve.
Note : For tempering in a MWS glass bowl add oil, rai & curry leaves. Microwave at 100% for 2 minutes. Add some water & dissolve sugar.
</td></tr>
</table>

* Refer page 135, fig 2

1-18 POHA

Category: 1-18 POHA | **Weight Limit:** 0.1 ~ 0.3 kg | **Utensil:** Microwave safe (MWS) glass bowl

For	0.1 kg	0.2 kg	0.3 kg
Poha (washed)	100 g	200 g	300 g
Oil	1 tbsp	1½ tbsp	2 tbsp
Rai, jeera, hing, haldi, curry leaves	As per taste		
Chopped onion	1/2 cup	1 cup	1 cup
Green chillies	1 No.	2 Nos.	3 Nos.
Salt, red chilli powder, garam masala, sugar	As per taste		
Grated coconut & hara dhania	For garnishing		

Method :
1. In a MWS glass bowl add oil, rai, jeera, curry leaves. Select category & weight and press start.
2. When beeps, add onion, green chillies, hing, haldi. Mix & press start.
3. When beeps, add washed poha, salt, red chilli powder, garam masala & sugar. Mix & press start. Squeeze lemon juice. Garnish with grated coconut & hara dhania & serve.

1-19 UPMA

Category: 1-19 UPMA | **Weight Limit:** 0.1 ~ 0.3 kg | **Utensil:** Microwave safe (MWS) glass bowl

For	0.1 kg	0.2 kg	0.3 kg
Suji	100 g	200 g	300 g
Oil	1 tbsp	2 tbsp	3 tbsp
Water	200 ml	400 ml	600 ml
Salt & sugar	As per taste		
Onion	1 No.	2 Nos.	2 Nos.
Green chilli	2 No.	3 Nos.	3 Nos.
Rai, jeera, hing, curry leacves, urad dal	As per taste		
Lemon juice	As per taste		

Method :
1. In a MWS glass bowl add oil, rai, jeera, urad dal, green chilli, suji. Mix well.
2. Select category & weight and press start.
3. When beeps, add onions, stir well & press start.
4. When beeps, add water, sugar, salt, lemon juice. Mix well & press start. Stand for 5 minutes.

1-20 BESAN CHEELA

Category: 1-20 BESAN CHEELA | **Weight Limit:** 1 Pc | **Utensil:** Multicook Tawa & High Rack*

Besan	1 cup (120 g)
Water	200 ml
Chopped green chillies	2 nos.
Chopped coriander leaves	2 tbsp
Salt, Red chilli powder, garam masala, haldi	As per taste

Method :
1. In a bowl take besan, salt, red chilli powder, Garam masala, haldi, chopped coriander & green chillies. Mix & gradually add water in small amounts to make a batter for cheela without any lumps.
2. Grease the tawa with 2-3 drops of oil, keep on high rack. Select category & press start.
3. When beeps, pour ½ cup (approx 100 ml) batter on the tawa & spread evenly, make a circle. Keep on rack & press start.
4. When beeps, smear ¼ tsp oil on cheela, spread oil evenly & turn & press start.
5. Serve cheela hot with tomato Ketchup or mint Chutney.

1-21 VEG SANDWICH

Category: 1-21 VEG SANDWICH | **Weight Limit:** 0.1 ~ 0.3 kg | **Utensil:** High rack

For	0.1 kg	0.2 kg	0.3 kg
Bread slices	100 g (2 slices)	200 g (4 slices)	300 g (6 slices)
Butter	1 tbsp	2 tbsp	4 tbsp
Sauce / spread	1½ tbsp	3 tbsp	4 tbsp
Chopped vegetables (onion, tomato, capsicum)	2 tbsp	4 tbsp	6 tbsp
Grated cheese	2 tbsp	4 tbsp	6 tbsp
Salt & pepper	As per taste		

Method :
1. On a bread slice apply butter, layer with sauce, spread chopped vegetables, sprinkle grated cheese. Cover it with the other bread slice.
2. Keep the sandwich on high rack. Select category & weight and press start.
3. When beeps, change the side of the sandwich & again press start.

* Refer page 135, fig 2

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<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>1-22</td><td>PANEER SANDWICH</td><td>0.1 ~ 0.3 kg</td><td>High rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Bread slices</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr>
<tr><td>Grated paneer</td><td>100 g</td><td>150 g</td><td>200 g</td></tr>
<tr><td>Chopped onion</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Cheese spread</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt, pepper & mustard powder</td><td colspan="3">As per taste</td></tr>
<tr><td>Minced ginger</td><td colspan="3">As per taste</td></tr>
</table>
Method :
1. In a bowl mix grated paneer, chopped onion, cheese spread, minced ginger salt, pepper & mustard together.
2. Spread the mixture on one bread slice & cover it with the other slice. Keep the sandwich on high rack.
3. Select category & weight & press start.
4. When beeps, change the side & press start.
</td></tr>
<tr><td>1-23</td><td>MASALA CHEESE TOAST</td><td>0.1 ~ 0.3 kg</td><td>High rack</td><td>
<table>
<tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr>
<tr><td>Bread slices</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr>
<tr><td>Butter</td><td colspan="3">For applying on bread slices</td></tr>
<tr><td>For Filling</td><td></td><td></td><td></td></tr>
<tr><td>Chopped boiled vegetables - cabbage, cauliflower, green peas, french beans, capsicum</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr>
<tr><td>Chopped onions</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr>
<tr><td>Mashed boiled potatoes</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr>
<tr><td>Chopped green chillies</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr>
<tr><td>Salt, red chilli powder, garam masala</td><td colspan="3">As per taste</td></tr>
<tr><td>Chopped coriander leaves</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Grated cheese</td><td>2 tsp</td><td>4 tsp</td><td>6 tsp</td></tr>
</table>
Method :
1. In a bowl add mashed boiled potatoes, boiled vegetables. Mash them well. Add chopped onion, green chillies & chopped coriander leaves. Mix well. Now add salt, red chilli powder, garam masala. Mix well.
2. Apply butter on one side of all bread slices.
3. Put the filling & grated cheese on one slice & cover with other slice. Prepare all the toasts in same way.
4. Keep the toasts on high rack. Select category & weight and press start.
5. When beeps, turn over the side & press start.
</td></tr>
<tr><td>1-24</td><td>NON-VEG PIZZA@</td><td>0.3 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Pizza base</td><td></td></tr>
<tr><td>Dry active yeast</td><td>3 g</td></tr>
<tr><td>Water</td><td>2 tbsp</td></tr>
<tr><td>Sugar</td><td>¼ tsp</td></tr>
<tr><td>Maida</td><td>60 g</td></tr>
<tr><td>Salt</td><td>¼ tsp</td></tr>
<tr><td>Oil</td><td>1 tsp</td></tr>
<tr><td>Topping</td><td></td></tr>
<tr><td>Pizza sauce</td><td>2 tbsp</td></tr>
<tr><td>Chicken (sliced boneless chicken breast)</td><td>1 cup</td></tr>
<tr><td>Grated cheese</td><td>1 cup</td></tr>
<tr><td>Oregano & chilli flakes</td><td>As per taste</td></tr>
</table>
Method :
1. Dissolve the yeast in lukewarm water, stir in sugar & keep for 10 minutes till frothy.
2. Sieve the flour, add the yeast mixture, oil & 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 & keep it till it doubles the volume.
4. Knead lightly & roll out thin chapati.
5. Keep on greased tawa. Spread the sauce, sprinkle oregano & chilli flakes, add chicken & spread grated cheese. Keep aside.
6. Select category & press start.
7. When beeps, keep the tawa on low rack. Keep it inside the microwave oven. Press start.
</td></tr>
</table>

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 135, fig 1

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-1</td><td>CHOCOLATE CAKE@</td><td>0.4 kg</td><td>Metal Cake Tin
&
Low Rack##</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>110 g</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Cocoa powder</td><td>50 g</td></tr>
<tr><td>Curd</td><td>70 ml</td></tr>
<tr><td>Powder sugar</td><td>100 g</td></tr>
<tr><td>Egg</td><td>1 no.</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
<tr><td>Oil</td><td>50 ml</td></tr>
</table>
Method :
1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.
2. Sieve maida, baking powder & cocoa powder together.
3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Add oil. Combine all, beat well. If required add milk to the batter to adjust the consistency.
4. Grease a metal cake tin or line with butter paper. Add the cake batter.
5. Select category & press start. (Pre-heat process)
6. When beeps, put the cake tin on low rack & keep in microwave & press start.
</td></tr>
<tr><td>2-2</td><td>LAMINGTON CAKE@</td><td>0.4 kg</td><td>Low rack
&
Metal cake tin##
&
Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Powdered sugar</td><td>75 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Eggs</td><td>1 No.</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
<tr><td>For Lamington solution - Coco powder</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>2 cups</td></tr>
<tr><td>Desiccated coconut</td><td>As required</td></tr>
</table>
Method :
1. Sieve maida, baking powder. In a bowl add powdeLred sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.
2. Select category, press start. (Pre-heat process) When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.
3. In MWS bowl add water and coco powder and 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.
</td></tr>
<tr><td>2-3</td><td>DOUGHNUTS @</td><td>0.2 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>200 g</td></tr>
<tr><td>Yeast</td><td>½ tbsp</td></tr>
<tr><td>Luke warm milk</td><td>100 ml</td></tr>
<tr><td>Powdered sugar</td><td>50 g</td></tr>
<tr><td>Nutmeg powder</td><td>A pinch</td></tr>
<tr><td>Egg</td><td>½ (beaten)</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
<tr><td>Butter</td><td>1 tbsp</td></tr>
</table>
Method :
1. Dissolve yeast in milk & set aside for 5 minutes to prepare yeast mixture.
2. Add sugar & butter to milk & dissolve. Add to yeast mixture.
3. Now add maida, egg, vanilla essence & nutmeg powder & make a soft dough. Keep it covered for 1hour. Roll out the dough to ½ inch thickness. Cut it with a doughnut cutter.
4. Select category & press start. (Pre-heat process) When beeps arrange the doughnuts on tawa & keep tawa on low rack & press start.
Note : If the dough is too dry add milk & if too soft then add maida.
</td></tr>
</table>

@ Do not put anything in the oven during Pre-heat mode.
Refer page 135, fig 4
Refer page 135, fig 1

Bakery

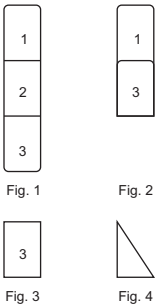
<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-4</td><td>NAN KHATAI@</td><td>0.4 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>150 g</td></tr>
<tr><td>Suji</td><td>50 g</td></tr>
<tr><td>Powdered sugar</td><td>85 g</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
<tr><td>Butter</td><td>100 g</td></tr>
<tr><td>Almonds & cashewnuts</td><td>A few</td></tr>
</table>
Method :
1. Cream the butter & sugar together till it turns fluffy.
2. Add vanilla essence followed by maida & suji.
3. Make a dough out of this mixture.
4. Make medium sized balls & put cashewnut on the top of each piece. Arrange them on tawa & keep aside.
5. Select category & press start. (Pre-heat process) When beeps, keep the tawa on low rack & press start.
</td></tr>
<tr><td>2-5</td><td>WHOLE WHEAT COOKIES@</td><td>0.3 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Whole wheat flour</td><td>200 g</td></tr>
<tr><td>Brown sugar</td><td>100 g</td></tr>
<tr><td>Granulated sugar</td><td>50 g</td></tr>
<tr><td>Butter</td><td>100 g</td></tr>
<tr><td>Egg</td><td>1 No.</td></tr>
<tr><td>Vanilla essence</td><td>½ tsp</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td></tr>
</table>
Method :
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 category, press start. (Pre-heat process) When beeps, put the cookies on tawa & tawa on low rack. Press start to bake. Remove when it gives a beep.
</td></tr>
<tr><td>2-6</td><td>CHENA PODA@</td><td>0.3 kg</td><td>Low rack
&
Microwave safe (MWS) flat glass dish
&
High rack**</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Chena</td><td>300 g</td></tr>
<tr><td>Sugar</td><td>100 g</td></tr>
<tr><td>Suji</td><td>20 g</td></tr>
</table>
Method :
1. Mix chena, sugar & suji together adding little water.
2. Transfer this mixture to MWS flat glass dish.
3. Select category & press start. (Pre-heat process)
4. When beeps, place the MWS flat glass dish on low rack. Press start.
5. When beeps, keep the dish on high rack. Press start.
</td></tr>
<tr><td>2-7</td><td>VANILLA CAKE@</td><td>0.4 kg</td><td>Metal Cake Tin
&
Low Rack##</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Powdered Sugar</td><td>75 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Eggs</td><td>1 no.</td></tr>
<tr><td>Baking Powder</td><td>1 tsp</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
</table>
Method :
1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.
2. Select category & press start. (Pre-heat process)
3. When beeps, keep the cake tin on low rack & press start.
</td></tr>
</table>

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 135, fig 1
Refer page 135, fig 4
** Refer page 135, fig 5

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-8</td><td>BUNS@</td><td>4 Pc</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For Dough</td><td></td></tr>
<tr><td>Maida</td><td>1½ cup</td></tr>
<tr><td>Salt</td><td>1 tsp</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td></tr>
<tr><td>Dry yeast</td><td>1½ tsp</td></tr>
<tr><td>Beaten egg</td><td>1 no.</td></tr>
<tr><td>Milk powder</td><td>1 tbsp</td></tr>
<tr><td>Warm water</td><td>100 ml</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
</table>
Method :
1. In a bowl / cup take sugar & warm water and dissolve it. Add dry yeast & stir to dissoslve. Cover & keep aside for 5-6 minutes.
2. In another bowl take maida, salt & milk powder. Add beaten egg & mix well with hands to get a crumbly texture. Now add yeast water & knead a soft dough for buns. The dough may be a little sticky at this stage. Add oil & knead the dough again.
3. Take multicook tawa & grease it with little oil & then dust with little flour. Divide the dough into 4 equal parts & make round shape & keep on tawa at equal distance.
4. Cover the tawa with a lid & keep at warm & dark place for atleast 45 minutes to 1 hour.
5. Select category & press start. (Pre-heat process)
6. When beeps, keep tawa with dough balls on low rack & keep both inside the microwave & press start.
7. When beeps, turn over the buns & again press start. Immediately remove the buns from tray & use when cool.
</td></tr>
<tr><td>2-9</td><td>APPLE
CUP
CAKES@</td><td>0.4 kg</td><td>Metal muffin tray
&
Low rack</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>1 cup</td></tr>
<tr><td>Apple (peeled & pureed)</td><td>½ cup</td></tr>
<tr><td>Powdered sugar</td><td>½ cup</td></tr>
<tr><td>Brown sugar</td><td>¼ cup</td></tr>
<tr><td>Butter (softened)</td><td>50 g</td></tr>
<tr><td>Cinnamon powder, clove powder, nutmeg powder</td><td>A pinch (each)</td></tr>
<tr><td>Eggs</td><td>2 nos.</td></tr>
<tr><td>Chopped almonds</td><td>2 tbsp</td></tr>
<tr><td>Baking powder</td><td>½ tsp</td></tr>
</table>
Method :
1. In a dry & clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt & mix with a fork & keep aside.
2. In anaother bowl take softened butter, powdered sugar, brown sugar & beat with a electric beater till light & fluffy. Add one egg at a time & beat. Add apple puree & again mix well.
3. Select category & press start. (Pre-heat process)
4. Softly mix all the dry mixture to the beaten butter & 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 & metal tray and press start. Give standing time of 5 minutes.
</td></tr>
<tr><td>2-10</td><td>EGGLESS
CHOCOLATE
CAKE@</td><td>0.5 kg</td><td>Metal cake tin
&
Low rack##</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Maida</td><td>125 g</td></tr>
<tr><td>Coco powder</td><td>2 tbsp</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Baking soda</td><td>½ tsp</td></tr>
<tr><td>Condensed Milk (Milkmaid)</td><td>200 ml</td></tr>
<tr><td>Water</td><td>100 ml</td></tr>
<tr><td>Butter (melted)</td><td>60 ml</td></tr>
</table>
Method :
1. Select category & press start for pre-heating.
2. Meanwhile, prepare the cake batter - sieve the maida, coco powder, baking powder, Baking soda together.
3. Add Condensed Milk (Milkmaid), water & melted butter. Beat the cake batter well. Pour the batter in cake tin lined with greased butter paper.
4. When beeps (pre-heat over), keep the cake tin on low rack & keep in microwave oven. Press start. Allow the cake to cool properly & then serve.
</td></tr>
</table>

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 135, fig 1
Refer page 135, fig 4

Bakery

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-11</td><td>SWISS ROLL@</td><td>0.2 kg</td><td>Multicook tawa
&
Low Rack#</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>80 g</td></tr>
<tr><td>Condensed Milk (Milkmaid))</td><td>100 ml</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Baking soda</td><td>¼ tsp</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
<tr><td>Mix fruit jam</td><td>2 tbsp</td></tr>
</table>
Method :
1. Sieve maida & soda. In a bowl add Condensed Milk (Milkmaid) & butter. Beat well. Add the maida mixture, vanilla essence & mix well.
2. For spoon dropping consistency add milk or water. Place the butter paper at the bottom of the tray. Pour the batter.
3. Select category & press start. (Pre-heat process)
4. When beeps, put the tawa on low rack & keep inside microwave. Press start.
5. Select category & press start.
6. When beeps, keep tawa with dough balls on low rack & keep both inside the microwave & press start.
7. When beeps, turn over the buns & again press start. Immediately remove the buns from tray & use when cool.
</td></tr>
<tr><td>2-12</td><td>PATTIES@</td><td>3 Pc</td><td>Multicook tawa
&
Low rack#
&
High rack*</td><td>
<table>
<tr><td>For</td><td>3 No.</td></tr>
<tr><td>Maida</td><td>200 g</td></tr>
<tr><td>Salt</td><td>1/2 tsp</td></tr>
<tr><td>Cold fat (Butter or margarine)</td><td>100 g</td></tr>
<tr><td>Cold water</td><td>For making dough</td></tr>
<tr><td>Dry mix vegetables for stuffing</td><td>As required</td></tr>
</table>
Method :
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 & 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 ½ 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 & 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 & rib it (Fig.4). This means to depress it with rolling pin at intervals. Cover & cool in the fridge for 5-10 minutes. Repeat the step 2 with third portion of the fat & chill it for 30 minutes.
5. Roll out the dough 6 mm thick & put the stuffing. Fold it back. Prepare all the patties in same way.
6. Select category & press start. (Pre-heat process) When beeps, arrange the patties on tawa. Keep tawa on low rack & press start.
7. When beeps, brush with 2 tsp oil. Keep the tawa on high rack & press start.
Note : If the butter gets soft while rolling the dough, keep the rolled dough in freezer.
</td></tr>
<tr><td colspan="4">
</td></tr>
<tr><td>2-13</td><td>JEERA BISCUITS@</td><td>0.2 kg</td><td>Low rack
&
Multi cook tawa#</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>120 g</td></tr>
<tr><td>Powdered suger</td><td>50 g</td></tr>
<tr><td>Butter</td><td>50 g</td></tr>
<tr><td>Jeera / Ajwain</td><td>As per taste</td></tr>
<tr><td>Baking soda</td><td>1 pinch</td></tr>
<tr><td>Baking powder</td><td>1.4 tsp</td></tr>
<tr><td>Water</td><td>As required</td></tr>
</table>
Method :
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 category & press start. (Pre-heat process) When beeps, keep the tawa on low rack. Keep both inside the microwave & press start to bake. Remove when it gives a beep. Allow them to cool.
</td></tr>
</table>

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 135, fig 1
* Refer page 135, fig 2

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-14</td><td>PINWHEEL COOKIES@</td><td>0.2 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>2½ cups</td></tr>
<tr><td>Butter (melted)</td><td>½ cup</td></tr>
<tr><td>Powdered sugar</td><td>¾ cup</td></tr>
<tr><td>Egg (beaten)</td><td>1 no.</td></tr>
<tr><td>Coco powder</td><td>2 tbsp</td></tr>
<tr><td>Salt</td><td>A pinch</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
</table>
Method :
1. In a bowl take melted butter & powdered sugar. Beat well with beater till creamy & fluffy.
2. Add beaten egg & vanilla essence & again beat. Sift together maida, salt, baking powder. Add sifted flour to the beaten mixture & knead a dough.
3. Divide the dough into 2 parts. Add coco powder to one portion & knead again. Add 1 tbsp milk to knead the dough (if required).
4. Dust the kitchen slab with little flour (maida) & roll plain dough into a rectangle & roll chocolate dough in the same way. Place on top of plain rolled out dough.
5. Roll out both doughs until ½" thick. Starting from one-edge roll the doughs, give the shape of a log. Cut the cookies of ¼" thickness.
6. Select category & press start. (Pre-heat process)
7. When beeps, place cookies on the tawa. Keep tawa on low rack & keep both inside the microwave and press start.
8. When cooking ends, remove the cookies immediately from tawa & cool on a rack.
</td></tr>
<tr><td>2-15</td><td>BROWNIE@</td><td>0.3 kg</td><td>Low rack
&
metal cake tin##</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>125 g</td></tr>
<tr><td>Condensed milk</td><td>150 g</td></tr>
<tr><td>Butter</td><td>100 g</td></tr>
<tr><td>Almonds, Wallnuts</td><td>As per taste</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Chocolate Essence</td><td>1 tsp</td></tr>
<tr><td>Coco powder</td><td>2 tbsp</td></tr>
</table>
Method :
1. Sieve maida and baking powder. In a bowl add Condensed Milk (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 category & press start. (Pre-heat process) When beeps, put the tin with batter
</td></tr>
<tr><td>2-16</td><td>MUFFINS@</td><td>0.3 kg</td><td>Low rack
&
metal muffin tray</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>200 g</td></tr>
<tr><td>Powdered sugar</td><td>100 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Almonds, Wallnuts</td><td>As per taste</td></tr>
<tr><td>Egg</td><td>1 No.</td></tr>
<tr><td>Baking powder</td><td>1/2 tsp</td></tr>
<tr><td>Almond essence</td><td>1/2 tsp</td></tr>
</table>
Method :
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 category & press start. (Pre-heat process) When beeps, put the tray on low rack. Press start to bake. Remove when it gives a beep.
</td></tr>
</table>

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 135, fig 1
Refer page 135, fig 4

Bakery

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-17</td><td>WALNUT CAKE@</td><td>0.25 kg</td><td>Metal Cake Tin & Low Rack##</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>110 g</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Walnuts</td><td>½ cup</td></tr>
<tr><td>Curd</td><td>70 ml</td></tr>
<tr><td>Powdered sugar</td><td>170 g</td></tr>
<tr><td>Egg</td><td>1 no.</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
</table>
Method :
1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.
2. Sieve maida, baking powder & add walnuts to it.
3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well.
4. Grease a metal cake tin or line with a butter paper. Add the cake batter.
5. Select category & press start. (Pre-heat process)
6. When beeps, put the cake tin on low rack & keep in microwave & press start.
</td></tr>
<tr><td>2-18</td><td>CARROT CAKE@</td><td>0.3 kg</td><td>Metal Cake Tin & Low Rack##</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>110 g</td></tr>
<tr><td>Baking powder</td><td>¼ tsp</td></tr>
<tr><td>Grated carrot</td><td>½ cup</td></tr>
<tr><td>Curd</td><td>70 ml</td></tr>
<tr><td>Powdered suger</td><td>170 g</td></tr>
<tr><td>Egg</td><td>1 no.</td></tr>
<tr><td>Vanilla essence</td><td>¼ tsp</td></tr>
</table>
Method :
1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.
2. Sieve maida, baking powder & add grated carrot to it.
3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well.
4. Grease a metal cake tin or line with butter paper. Add the cake batter.
5. Select category & press start. (Pre-heat process)
6. When beeps, put the cake tin on low rack & keep in microwave & press start.
</td></tr>
<tr><td>2-19</td><td>MASALA BISCUITS@</td><td>0.2 kg</td><td>Low rack & Multi cook tawa#</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Butter</td><td>50 g</td></tr>
<tr><td>Sugar</td><td>50 g</td></tr>
<tr><td>Baking powder</td><td>1 tsp</td></tr>
<tr><td>Salt, chilli powder, coriander powder</td><td>As per taste</td></tr>
</table>
Method :
1. Sieve maida & baking powder together. Cream butter & sugar together.
2. Add maida to the butter & cream mixure. Add salt, chilli powder & coriander powder. Mix them well adding little water (if required) to form a soft dough.
3. Roll out the dough & shape into biscuits with the help of a biscuit cutter.
4. Select category & press start. (Pre-heat process)
5. When beeps, keep the biscuits on the multi cook tawa & place the tawa on low rack & press start.
</td></tr>
<tr><td>2-20</td><td>CHEESE STRAW@</td><td>0.2 kg</td><td>Multicook tawa & Low rack#</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Grated cheese</td><td>25 g</td></tr>
<tr><td>Butter</td><td>50 g</td></tr>
<tr><td>Cold water</td><td>As required</td></tr>
<tr><td>Pepper powder</td><td>1/4 tsp</td></tr>
<tr><td>Baking powder</td><td>1/8 tsp</td></tr>
<tr><td>Chilli powder</td><td>1/2 tsp</td></tr>
<tr><td>Salt</td><td>1/4 tsp</td></tr>
</table>
Method :
1. Sieve maida, baking powder, chilli powder and pepper powder. In a bowl add maida and butter and cheese and rub it with fingertips till it resembles breadcrumbs. Add little cold water to make a soft dough. Roll it in to ½ cm thick roti and cut thin strips. Twist them and put in the metal cake tin.
2. Select category & press start. (Pre-heat process) When beeps, put the tawa on low rack. Press start to bake. Remove when it gives a beep.
</td></tr>
</table>

@ Do not put anything in the oven during Pre-heat mode.
# Refer page 135, fig 1
Refer page 135, fig 4

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-21</td><td>STRAW-BERRY CAKE@</td><td>0.25 kg</td><td>Metal Cake Tin
&
Low Rack##</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Powdered Sugar</td><td>75 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Eggs</td><td>1 no.</td></tr>
<tr><td>Baking Powder</td><td>1 tsp</td></tr>
<tr><td>Strawberry essence</td><td>1 tsp</td></tr>
<tr><td>Strawberry Shreds</td><td>½ cup</td></tr>
</table>
Method :
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 strawberry shreds, to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.
2. Select category & press start. (Pre-heat process)
3. When beeps, keep the cake tin on low rack & press start.
</td></tr>
<tr><td>2-22</td><td>CARAMEL CAKE@</td><td>0.25 kg</td><td>Metal Cake Tin
&
Low Rack##</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Powdered brown Sugar</td><td>75 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Eggs</td><td>1 no.</td></tr>
<tr><td>Baking Powder</td><td>1 tsp</td></tr>
<tr><td>Vanilla essence</td><td>1 tsp</td></tr>
<tr><td>Walnuts</td><td>½ cup</td></tr>
</table>
Method :
1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs, essence & walnuts and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.
2. Select category & press start. (Pre-heat process)
3. When beeps, keep the cake tin on low rack & press start.
</td></tr>
<tr><td>2-23</td><td>TUTI-FRUTI CAKE@</td><td>0.25 kg</td><td>Metal Cake Tin
&
Low Rack##</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Powdered Sugar</td><td>75 g</td></tr>
<tr><td>Butter</td><td>75 g</td></tr>
<tr><td>Eggs</td><td>1 no.</td></tr>
<tr><td>Baking Powder</td><td>1 tsp</td></tr>
<tr><td>Tuti-Fruti (Fruit cherries)</td><td>1 tsp</td></tr>
</table>
Method :
1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and Tuti-Fruti and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.
2. Select category & press start. (Pre-heat process)
3. When beeps, keep the cake tin on low rack & press start.
</td></tr>
<tr><td>2-24</td><td>ORANGE CAKE@</td><td>0.25 kg</td><td>Metal Cake Tin
&
Low Rack##</td><td>
<table>
<tr><td>For</td><td>0.4 kg</td></tr>
<tr><td>Maida</td><td>100 g</td></tr>
<tr><td>Powdered Sugar</td><td>75 g</td></tr>
<tr><td>Butter</td><td>50 g</td></tr>
<tr><td>Eggs</td><td>1 no.</td></tr>
<tr><td>Baking Powder</td><td>1 tsp</td></tr>
<tr><td>Orange juice</td><td>½ cup</td></tr>
<tr><td>Lemon extract</td><td>1 tsp</td></tr>
</table>
Method :
1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs, essence, orange juice & lemon extract and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.
2. Select category & press start. (Pre-heat process)
3. When beeps, keep the cake tin on low rack & press start.
</td></tr>
</table>

@ Do not put anything in the oven during Pre-heat mode.
Refer page 135, fig 4

Bakery

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>2-25</td><td>CURD PUDDING CAKE</td><td>0.3 kg</td><td>MWS Bowl</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Curd</td><td>1 Cup</td></tr>
<tr><td>Condensed Milk</td><td>1½ Cup</td></tr>
<tr><td>Cherry</td><td>½ cup</td></tr>
<tr><td>Saffron</td><td>1 tsp</td></tr>
</table>
Method :
1. Mix all the ingredients together without lumps.
2. Now pour the better MWS bowl
3. Select menu and press start.
4. When beeps, give the standing time of 5 minutes.
</td></tr>
<tr><td>2-26</td><td>CHEESE BUNS</td><td>0.3 kg</td><td>Metal Tawa
&
Low Rack#</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Maida</td><td>150 g</td></tr>
<tr><td>Olive Oil</td><td>1 tbsp</td></tr>
<tr><td>Grated Cheese</td><td>½ cup</td></tr>
<tr><td>Yeast</td><td>1 tsp</td></tr>
<tr><td>Powdered sugar</td><td>1 tsp</td></tr>
<tr><td>Egg</td><td>1 no.</td></tr>
<tr><td>Water</td><td>1 Cup</td></tr>
</table>
Method :
1. In a bowl add flour, Salt, Sugar, Oil, 3 tbsp , Cheese and yeast than add ¼ cup of warm water and mix with fork.
2. Then add beaten egg ,remaining Cheese and remaining water. Mix with fork until dough starts to come together and Knead for 5 min.
3. Form the dough into a ball and cover it well and let it rise for two hours.
4. Remove the dough from bowl and on a lightly floured flat surface knead dough a couple of minutes and shape in to buns. Cover and let rise for 1 hour.
5. Select menu and press start (Preheat).
6. When beeps, put the buns on low rack & keep in microwave & press start.
</td></tr>
<tr><td>2-27</td><td>CHEESE POTATO MUFFINS</td><td>6 pc.</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>6 pc.</td></tr>
<tr><td>Small Potatos</td><td>7 nos.</td></tr>
<tr><td>Yoghurt</td><td>½ cup</td></tr>
<tr><td>Milk</td><td>1 Cup</td></tr>
<tr><td>Oil</td><td>½ Cup</td></tr>
<tr><td>Black pepper.</td><td>½ tbsp</td></tr>
<tr><td>Cloves Chopped Garlic.</td><td>4 pc.</td></tr>
<tr><td>Basil Leaves</td><td>1 tbsp</td></tr>
<tr><td>All Purpose Flour</td><td>¾ Cup</td></tr>
<tr><td>Grated Flour</td><td>½ Cup</td></tr>
<tr><td>Spring Onion</td><td>½ Cup</td></tr>
<tr><td>Ginger Chilli Paste</td><td>2 Tpsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. Take boiled Potatos and mash them.
2. Add Yoghurt, milk and add oil, salt, Black Pepper and other ingredients.
3. Now make soft dough and place the Material in silicon muffin moulds.
4. Select category & press start. (Pre-heat process)
5. When beeps, keep the moulds on low rack and press start again.
</td></tr>
<tr><td>2-28</td><td>CHICKEN EGG MUFFINS</td><td>0.2 kg</td><td>Multicook tawa
&
Low rack#</td><td>
<table>
<tr><td>For</td><td>6 pc.</td></tr>
<tr><td>Boneless Chicken Pieces</td><td>1 Cup.</td></tr>
<tr><td>Yoghurt</td><td>½ cup</td></tr>
<tr><td>Milk</td><td>1 Cup</td></tr>
<tr><td>Oil</td><td>½ Cup</td></tr>
<tr><td>Black pepper.</td><td>½ tbsp</td></tr>
<tr><td>Cloves Chopped Garlic.</td><td>4 pc.</td></tr>
<tr><td>Basil Leaves</td><td>1 tbsp</td></tr>
<tr><td>All Purpose Flour</td><td>¾ Cup</td></tr>
<tr><td>Grated Flour</td><td>½ Cup</td></tr>
<tr><td>Spring Onion</td><td>½ Cup</td></tr>
<tr><td>Ginger Chilli Paste</td><td>2 Tpsp</td></tr>
<tr><td>Salt</td><td>As per taste</td></tr>
</table>
Method :
1. Take boiled Boneless Chicken Piece and mash them.
2. Add Yoghurt, milk and add oil, salt, Black Pepper and other ingredients.
3. Now make soft dough and place the Material in silicon muffin moulds.
4. Select category & press start. (Pre-heat process)
5. When beeps, keep the moulds on low rack and press start again.
</td></tr>
</table>

Refer page 135, fig 1

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>3-1</td><td>PANEER</td><td>0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>Milk</td><td>500ml</td></tr>
<tr><td>Lemon juice/Vinager</td><td>4 tbsp</td></tr>
</table>
Method :
1. In a MWS glass bowl add milk and lemon juice/vinegar. Select menu & press start.
2. When it gives beeps, stir it & again press start.
3. When beeps, remove the bowl & strain in a muslin cloth & press it.
</td></tr>
<tr><td>3-2</td><td>MASALA PANEER</td><td>0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>For</td><td>0.5 kg</td></tr>
<tr><td>Milk</td><td>500 ml</td></tr>
<tr><td>Curd</td><td>2 tbsp</td></tr>
<tr><td>Coriander powder</td><td>1 tbsp</td></tr>
<tr><td>Jeera powder</td><td>1 tsp</td></tr>
</table>
Method :
1. In MWS glass bowl add milk. Select category and press start.
2. When it gives a beep, remove and add curd, coriander and jeera powder. Press start. When beeps, remove and strain and press in a muslin cloth.
</td></tr>
<tr><td>3-3</td><td>CURD</td><td>0.5 kg</td><td>Microwave safe (MWS) glass bowl</td><td>
<table>
<tr><td>Milk</td><td>500 ml</td></tr>
<tr><td>Starter curd</td><td>2 tbsp</td></tr>
</table>
Method :
1. In a MWS glass bowl add milk and select menu & press start.
2. When beeps add starter culture of curd for inoculation & stir it. Again press start.
3. Now take out the bowl & keep it in a casserole & store in warm place for proceeding appropriate setting temperature & time for 5-6 hours
</td></tr>
<tr><td>3-4</td><td>FLAVOURED YOGHURT@</td><td>0.6 kg</td><td>Microwave safe (MWS) glass bowl & Low rack##</td><td>
<table>
<tr><td>For</td><td>0.6 kg</td></tr>
<tr><td>Curd</td><td>200 ml</td></tr>
<tr><td>Condensed Milk (Milkmaid)</td><td>100 ml</td></tr>
<tr><td>Fresh cream</td><td>200 ml</td></tr>
<tr><td>Flavours (Venilla, Strawberry, Pineapple essence)</td><td>500 ml</td></tr>
</table>
Method :
1. In a MWS glass bowl mix all the ingredients. Beat well till smooth.
2. Select menu & press start. (Pre-heat process)
3. When beeps, keep the MWS glass bowl on low rack & keep it in microwave. Press start.
4. When cooking ends, take out & allow to come to room temperature. Keep in freezer 1 hour.
Note: In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple youghurt, add pineapple slices t the times serving.
</td></tr>
</table>

@ Do not put anything in the oven during Pre-heat mode.
Refer page 135, fig 3

Pasteurize Milk

Category		Weight Limit	Utensil	Instructions
4-1	PASTEURIZE MILK-25°C	1.0 / 1.5 / 2.0 L	Milk Pasteurization Kit**	Milk (Cow, buffalo, Packet etc) | 1.0 L | 1.5 L | 2.0 L **Method :** 1. Pour milk to the scale shown in the Milk Pasteurization kit. (Fig.1) 2. Cover with lid & close as per the directions on the kit. (Fig.2) 3. Place the kit in microwave oven. 4. Select the category & weight. 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.
4-2	PASTEURIZE MILK-4°C	1.0 / 1.5 / 2.0 L	Milk Pasteurization Kit**	Milk (Cow, buffalo, Packet etc) | 1.0 L | 1.5 L | 2.0 L **Method :** 1. Pour milk to the scale shown in the Milk Pasteurization kit. (Fig.1) 2. Cover with lid & close as per the directions on the kit. (Fig.2) 3. Place the kit in microwave oven. 4. Select the category & weight. 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

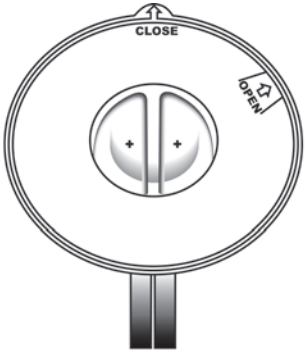


Fig.2

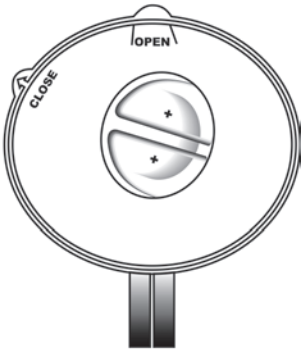
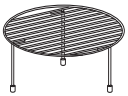


Fig.3

** Provided with the LG Kit for MJEN286UF only

1)  + 

Low rack + Multi cook tawa

2)  + 

High rack + Multi cook tawa

3)  + 

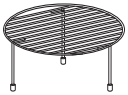
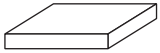
Low rack + Microwave safe glass bowl

*Not provided with
LG standard accessories

4)  + 

Low rack + Metal cake tin

*Not provided with
LG standard accessories

5)  + 

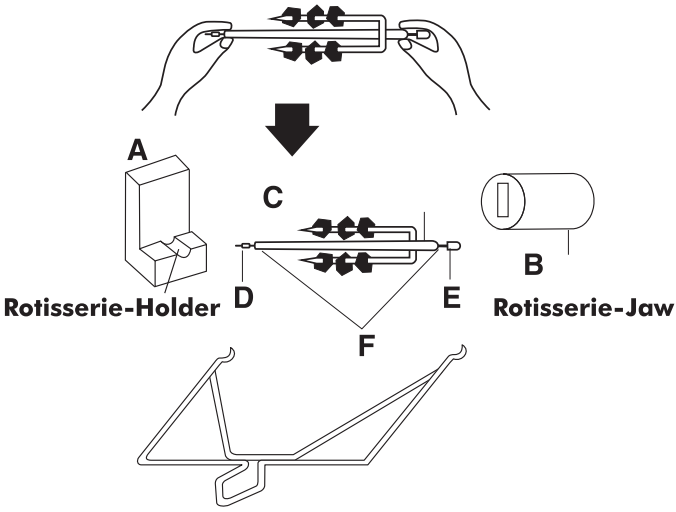
High rack + Microwave flat glass dish

*Not provided with
LG standard accessories

Rotisserie Installation

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

1. Position the food on the spit, ensuring that the rotisserie bar runs centrally through the food. And tie the food with thread to the bar if necessary.
2. Insert the end of the rotisserie bar (E) into the rotisserie jaw (B) 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 (B).
3. Support the other end of the rotisserie bar (D) on the hollow of the rotisserie holder (A).



Spices

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

Vegetables

English Name	Hindi Name
Amaranth	Chavli
Baby corn	Baby corn
Bittergourd	Karela
Bottlegourd	Ghiya
Brinjal/Eggplant	Baigan
Broccoli	Hari Phool Gobhi
Cabbage	Pata Gobhi/Bandh Gobhi
Capsicum	Shimla Mirch

List of Ingredients

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	Jaitun
Onion	Pyaz
Parsley	Ajmoda
Potato	Aloo
Peas	Hari Matar
Radish	Mooli
Red Pumpkin	Lal Kaddu
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
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

List of Ingredients

Dry Fruits

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

Fats & 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

To Clean Your Oven / अपने ओवन को साफ करना

1. Keep the inside of the oven clean
   Always unplug your oven before cleaning.Food spatters or spilled liquids stick to oven walls and between the seal and door surfaces. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The metal tray (model specific) can be washed by hand or in the dishwasher.

1. ओवन के भीतरी हिस्से को साफ़ रखें

हमेशा सफाई से पहले अपने ओवन को अनप्लग करें। खाने के टुकड़े या तरल पदार्थों के छींटे दीवारों पर और सील तथा दरवाजों के बीच की सतह पर चिपक जाते हैं। एक गीले कपड़े से इसको तुरंत साफ़ करना आवश्यक है। ये खाने के छोटे टुकड़े और तरल पदार्थों की बूंदे माइक्रोवेव की ऊर्जा को अवशोषित कर लेते हैं और इस तरह खाना बनने का समय लंबा हो सकता है। दरवाज़े और खांचों के बीच गिरे हुए इन खाने के टुकड़ों को गीले कपड़े से साफ़ करें। टाईट सील के लिए यह सफाई रखनी बहुत जरुरी है। तैलीय छींटों को हटाने के लिए साबुन से भीगा हुआ कपड़ा इस्तेमाल करें और उसके बाद उसे धो कर सुखा लें। कठोर डिटरजेंट का इस्तेमाल न करें। धातु की ट्रे (मॉडल विशिष्ट)को हांथों से या डिशवाशर में धोई जा सकती हैं।

2. Keep the **outside** of the oven clean
   Clean the outside of the oven with damp soft cloth. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings. To clean control panel, open the door to prevent the oven from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press Stop/Cancel after cleaning.

2. ओवन का बाहरी हिस्सा साफ़ रखें।

नम मुलायम कपड़े से ओवन के बाहरी हिस्सों को साफ़ करें। ओवन के भीतर इसके काम करने वाले हिस्सों को टूट–फूट से बचाने के लिए पानी को हवा आने वाले रास्तों पर जमा न होने दें। कंट्रोल पैनल को साफ़ करने के लिए दरवाज़ा खुला ही रखें ताकि कहीं गलती से ओवन चालू न हो जाए। फिर इसे एक गीले कपड़े से साफ़ करके सूखे कपड़े से पोंछ दें। सफाई के बाद STOP/Cancel बटन दबाएं।

3. It steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.

3. अगर दरवाज़ें के बाहर या भीतर भाप इकट्ठी हो जाए तो एक मुलायम कपड़े से पैनल को पोंछ दें। बहुत नमी हो जाने पर ओवन के संचालन के कारण ऐसा हो सकता है यह कोई ओवन की खराबी नहीं है।

4. The door and door seal should be kept clean. Use only damp cloth to clean.

4. दरवाजे और उनकी सील साफ रखी जानी चाहिए। साफ करने के लिए केवल नम कपड़ें का उपयोग करें।

5. Do not use steam cleaners.

5. स्टीम क्लीनर्स का प्रयोग न करें।

6. Unplug your oven from the electrical socket when you clean control panel. Use only damp cloth to clean.

6. कंट्रोल पैनल को साफ करते समय अपने ओवन को बिजली के स्विच से अलग करें। साफ करने के लिए केवल नम कपड़े का उपयोग करें।

Questions & Answers / प्रश्न और उत्तर

FAQ	Answer
What's wrong when the oven light will not glow?	There may be several reasons why the oven light will not glow. Either the light bulb has blown or the electric circuit has failed.
Does microwave energy pass through the viewing screen in the door?	NO. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.
Why does the BEEP tone sound when a button on the control panel is touched?	The BEEP tone sounds to assure that the setting is being properly entered.
Will the microwave function be damaged if it operates empty?	Yes. Never run it empty.
Why do eggs sometimes pop?	When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.
Why is standing time recommended after microwave cooking is over?	After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.
Why doesn't my oven always cook as fast as cooling guide says?	Check your cooking guide again to make sure you've followed directions correctly, and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, chosen to help prevent overcooking, the most common problem in getting used to this oven. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgment along with the cooking guide suggestions to test food conditions, just as you would do with a conventional cooker.

Questions & Answers / प्रश्न और उत्तर

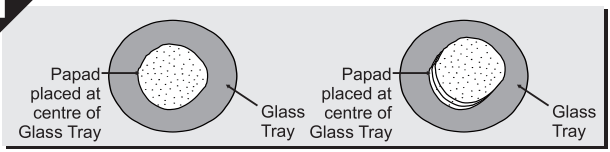
आमतौर पर पूछे जाने वाले सवाल	जवाब
तब क्या करें जब ओवन की बत्ती न जले?	ओवन की बत्ती के न जलने के कई कारण हो सकते हैं–जैसे कि या तो बल्ब खराब हो गया है या कनेक्शन में कोई गड़बड़ी आ गई है।
क्या दरवाज़े के पारदर्शी स्क्रीन से माइक्रोवेव ऊर्जा बाहर आ सकती है?	नहीं। उनसे प्रकाश तो बाहर आ सकता है माइक्रोवेव ऊर्जा नहीं।
जब भी कंट्रोल पैनल का कोई बटन छुआ जाता है तो बीप की ध्वनि क्यों आती है?	बीप की ध्वनि से आपको यह पता चलता है की सेटिंग सही चल रही है।
अगर गलती से ओवन को खाली ही चला दिया जाए तो क्या इसमें गड़बड़ी आ सकती है?	हाँ, इसलिए इसे कभी भी खाली नहीं चलाइये।
कभी कभी अंडे क्यों तड़क कर फट जाते हैं?	जब भी अंडे को भूना, तला या पकाया (पोच) जाता है तब अन्दर भाप बनने से इसका योक फट सकता है। इससे बचने के लिए इसको बनाने से पहले इसके योक में एक छेद कर देना चाहिए। माइक्रोवेव के भीतर कभी भी अंडों को शैल के साथ न रखें।
माइक्रोवेव कुकिंग हो जाने के बाद कुछ रुकने को क्यों कहा जाता है?	माइक्रोवेव कुकिंग के खत्म हो जाने के बाद भी खाना अन्दर ही अन्दर पकता रहता है तो थोड़ा रुक जाने पर वह पकने का कार्य तब तक समाप्त हो जाता है। इस समापन में लगने वाला समय अन्दर रखे खाने की गहनता पर निर्भर करता है।
कुकिंग गाइड में जैसा लिखा होता है उतनी तेज़ी से ओवन में खाना क्यों नहीं पकता?	ध्यान से दुबारा अपनी कुकिंग गाइड को पढ़ें कि कहीं उसके कदम दर कदम निर्देशों के पालन में आपसे कोई भूल तो नहीं हुई? और इस तरह देखें कि और क्या कारण हो सकते हैं जिससे आपको अधिक समय लग गया। इसमें लिखे गए समय की सीमा का उद्देश्य आपके खाने को अधिक पक जाने से बचाना है। खाने के रूप रंग और आकार में विविधता से इसके निर्माण में भी उसी अनुसार समय कम या अधिक लगता है। आप अपनी समझ के मुताबिक़ पकने वाले समय का सही अनुमान करें जैसा कि आप अपने पारंपरिक प्रेशर कुकर के साथ करती हैं।

Two Recipes / दो व्यंजन विधियां

Two Recipes for Beginners
नवसिखियों के लिए दो व्यंजन विधियां

NOTE : The time variation during cooking of recipe depends upon the ingredients, method adopted & type of food category
ध्यान दें: इस भोजन में लगने वाला समय इसके तत्वों, इसके बनाने की प्रणाली और यह किस वर्ग का भोजन है – इन पर निर्भर करेगा।

1



1. ROASTED PAPAD*

Procedure :

Papad:

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

To Cook Multiple Papads :
Place Multiple papads over one another, as shown in the picture above.

Crispy Papad :

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

*Note : The cooking time may vary –

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

1. भुने हुए पापड़*

विधि

पापड़ :

1. ग्लास ट्रे के बीच में कच्चा पापड़ रखें, जैसा कि उपरोक्त चित्र में दर्शाया गया है।
2. माइक्रो-100% पावर स्तर और पकाने का समय निर्धारित करें। START/+30 seconds दबाएं।
3. पापड़ पक जाने के बाद 30-45 सैकेंड तक रखा रहने दें।

अधिक पापड़ पकाने के लिए :
बहुत सारे पापड़ एक दूसरे के ऊपर रखें, जैसा कि उपरोक्त चित्र में दर्शाया गया है।

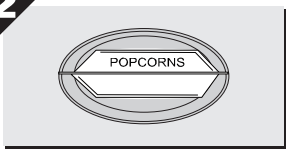
क्रिस्पी पापड़ :

1. पापड़ रखने से पहले START/+30 seconds एक बार दबाएं।
2. पापड़ के ऊपर थोड़ा पानी या तेल छिड़कें।
3. बीप के बाद, ग्लास ट्रे के बीच में पापड़ रखें, जैसा कि उपरोक्त चित्र में दर्शाया गया है, और START/+30 seconds दबाएं।

****नोट :*** पकाने के समय में अन्तर हो सकता है –

a. पापड़ की सामग्री की बनावट के अनुसार।
b. इस्तेमाल किये गए पापड़ की मात्रा के अनुसार।

2



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

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

2. **पॉप कॉर्न :** पैकिंग पर दिये गए निर्देशानुसार पॉप कॉर्न का बैग काँच की ट्रे पर ठीक से रखें। 3~4 मिनट सैट करने के लिए START/+30 seconds का प्रयोग करें। भुनने की आवाज़ समाप्त होने के बाद बैग को हटा लें। ध्यान रखें कि बैग के कोने घुमाते समय साइड से न छुएं।

नोट : भुनने की प्रक्रिया को ध्यानपूर्वक देखें। आवश्यकता से अधिक गर्म न करें क्योंकि इससे आग लग सकती है।

Disposal of your old appliance(as per e-waste Rules)
अपने पुराने उपकरण का निपटान (ई–अपशिष्ट नियम के अनुसार)

Disposal of your old appliance (as per e-waste Rules)



Please check whether crossed out wheeled bin symbol is depicted on the product or its parts, if yes, it means the product is covered by e-waste Management and Handling Rules, 2011 and is required to be recycled, dismantled or scraped in the following manner.

1. **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/un-repairable so as to prevent its accidental breakage.

Don't :

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.

2. Any disposal through unauthorized agencies/person is not prescribed by the Environment (Protection) Act 1986.
3. "This product is complied with the requirement of Hazardous Substances as specified under Rule 13 (1) & (2) of the E-Waste (Management & Handling) Rules, 2011".
4. To locate a nearest collection centre or call for pick-up (limited area only) for disposal of this appliance, please contact Toll Free No. **1800-315-9999** / **1800-180-9999** for details. All collection centre and pick up facilities are done by third parties with **LG Electronics India Pvt. Ltd.** Merely as a facilitator.

For more detailed information , please visit : http://www.lg.com/in

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अपने पुराने उपकरण का निपटान (ई–अपशिष्ट नियम के अनुसार)



कृपया जांचे कि क्या पहिएदार बिन प्रतीक को उत्पाद या उसके भागों पर चित्रित किया गया है,यदि हां, तो इसका मतलब है कि उत्पाद को ई– कचरा प्रबंधन और संचालन के नियमों, 2011 द्वारा कवर किया गया है और निम्नलिखित तरीके से पुनर्नवीनीकरण, विघटित या स्क्रेप किया जाना आवश्यक है।

1. **करें :**

क- उपकरण को सिर्फ अधिकृत पुनः नवीनीकरणकर्ता को ही निपटारण करने हेतु हस्तानान्तरित करें।

ख- जब उपकरण कार्यारत न हो इसे अलग क्षेत्र में रखे ताकि उपकरण से होने वाली दुर्घटनाओ से बचा जा सके।

ना करें :

क- इस उपकरण को स्वयं/खुद नही खोलना चाहिए, उपकरण को केवल अधिकृत अधिकारी के द्वारा ही खोला जाना चाहिए।

ख- इस उपकरण को पुनः बिक्री के लिए किसी भी कबाड़ीवाला/भंगार वाला/अनाधिकृत संस्था को न दें।

ग- इस उपकरण को किसी घरेलू अपशिष्ट सामान के साथ मिलाकर न रखें।

घ- उपकरण के बदले हुए या आतरिक पूर्जो को खुले क्षेत्र में न रखें।

2. अनाधिकृत विभाग/व्यक्ति के माध्यम से कोई भी निपटान पर्यावरण(संरक्षण) अधिनियम 1986 द्वारा निर्धारित नही है।
3. यह उत्पाद ई–अपशिष्ट (प्रबंधन और हथालन) नियम 2011 के अन्तर्गत 13(1) एवं (2) के तहत निर्दिष्ट खतरनाक पदार्थो की आवश्यकता का पालन करता है।
4. उपरोक्त पदार्थो के निपटारन के लिए नजदीकी निपटारन संस्थान (संकीर्ण क्षेत्र) में कॉल करें। अधिक जानकारी के लिए हमारे टोल फ्री नम्बर **1800-315-9999** / **1800-180-9999** पर कॉल करें। सभी संग्रहण केन्द्र व पिक-अप की सुविधाएं किसी थर्ड-पार्टी जो **LG Electronics India Pvt. Ltd.** को अपनी सेवाएं प्रदान कर रही हों, से करवाएं।

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