LG
Life's Good

ENGLISH

RECIPE MANUAL

MICROWAVE OVEN

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

MC2846BG

MFL67281878
Rev.00_080118

www.lg.com

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How the Microwave Function Works

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

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

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

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A very safe appliance

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

Various Cook Functions

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

Cook Functions	Low Calorie	Tandoor Se	Kids' Delight	Steam Cook	Indian Cuisine	Ghee/ Bakery	Tea /Dairy Delight	Paneer/ Curd	Cooking Aid
STEP-1	*Press STOP /CLEAR	*Press STOP /CLEAR	*Press STOP /CLEAR	*Press STOP /CLEAR	*Press STOP /CLEAR	*Press STOP /CLEAR	*Press STOP /CLEAR	*Press STOP /CLEAR	*Press STOP /CLEAR
STEP-2	Press Low Calorie	Press Tandoor Se	Press Kids' Delight	Press Steam Cook	Press Indian Cuisine	Press Ghee/ Bakery	Press Tea /Dairy Delight	Press Paneer/ Curd	Press Cooking Aid
STEP-3	Press to select the menu (HP1-HP26) (So1-So20) (Co1-Co24) (SA1-SA13)	Press to select the menu (tS1-tS4)	Press to select the menu (CF1-CF30)	Press to select the menu (St1-St15)	Press to select the menu (IC1-IC27) (SC1-SC17) (rd1-rd20) (CC1-CC15)	Press to select the menu (Gh1) (bA1-bA10)	Press to select the menu (dd1-dd11)	Press to select the menu (PA1-PA2) (CU1-CU2)	Press to select the menu (UC1-UC13)
STEP-4	Press **+More/- Less** to set the weight	Press **+More/-Less** to set the weight	Press **+More/- Less** to set the weight	Press **+More/- Less** to set the weight	Press **+More/- Less** to set the weight	Press **+More/- Less** to set the weight	Press **+More/- Less** to set the weight	Press **+More/- Less** to set the weight	Press **+More/- Less** to set the weight
STEP-5	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs	Press START/ Add 30 secs

251 Recipes List

Low Calorie
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Low Calorie

Code No.	Recipe Name
HP1	Kala Chana
HP2	Karela sabzi
HP3	Lemon chicken
HP4	Machi Kali Mirch
HP5	Soya Idli
HP6	Nutrinuggets
HP7	Curd Brinjal
HP8	Bathua raita
HP9	Soyabean curry
HP10	Spinach dal
HP11	Moong Dal
HP12	Leaf Rolls
HP13	Fish Bharta
HP14	Healthy Khichdi
HP15	Oats Idli
HP16	Daliya Khichdi
HP17	Fish Cutlet
HP18	Fish Masala
HP19	Fish Pulusu
HP20	Coconut Prawns
HP21	Crab Curry
HP22	Mase Kalavan
HP23	Veg daliya Khichdi
HP24	Sabudana Khichdi
HP25	Home Made Cereal
HP26	Khichdi

Soup

Code No.	Recipe Name
So1	Sweet corn soup
So2	Mushroom soup
So3	Wonton Soup
So4	Chicken shorba
So5	Tamatar shorba
So6	Corn Basil & fusili soup
So7	Rasam
So8	Mulligtawny soup
So9	Hot & Sour Soup
So10	Tomato Soup
So11	Palak Makai Shorba
So12	Chicken Soup
So13	Tom Yum Kung

Health Plus

Code No.	Recipe Name
So14	Dal Shorba
So15	Rajma Soup
So16	Shahi Shorba
So17	Bombay Curry Soup
So18	Badam Soup
So19	Limbu Dhania Shorba
So20	Mutton Shorba

Continental

Code No.	Recipe Name
Co1	Pasta
Co2	Veg au Gratin
Co3	Baked mushrooms
Co4	Lasaneya
Co5	Macaroni
Co6	Thai Chicken
Co7	Mediterrnean Crostini
Co8	Chilli Veg
Co9	Potato dumpling
Co10	Sweet & Sour Veg
Co11	Risotto Rice
Co12	Spaghetti with Tomato Sauce
Co13	Cottage Cheese Tortellini
Co14	Mexican Corn Rice
Co15	Broccoli In Butter Sauce
Co16	Shrimps in Garlic Butter
Co17	Chilli Chicken
Co18	Hakka Noodles
Co19	Veg. in hot garlic sauce
Co20	Schezwan Chicken
Co21	Veg Manchurian
Co22	Steamed egg with Tofu
Co23	Almond & Vegetables Stir Fry
Co24	Kappa ayala

Salads

Code No.	Recipe Name
SA1	Rice Salad
SA2	Spring Basket salad
SA3	Tiranga Salad
SA4	Babycorn and Bean Salad
SA5	Beetroot Salad
SA6	Cous Cous Salad
SA7	Pasta Salad

Salads

Code No.	Recipe Name
SA8	Whole Wheat & Mint salad
SA9	Bread Salad
SA10	Papaya Lachcha Salad
SA11	Spring Basket Salad
SA12	Peanut salad
SA13	Broccoli salad

Tandoor Se

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Tandoor Se

Code No.	Recipe Name
tS1	Grill chicken
tS2	Chicken Lollipops
tS3	Chicken Tikka
tS4	Veg Kababs

Kids' Delight

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Kids' Delight

Code No.	Recipe Name
CF1	Omelette
CF2	Corn Chaat
CF3	Vermicelli khichdi
CF4	Pizza
CF5	Garlic Bread
CF6	Choco Bars
CF7	Apple pie
CF8	Bread Pudding
CF9	Cheesy Nachos
CF10	Chocolate Balls
CF11	Strawberry Custard
CF12	Noodles
CF13	Creamy Mushroom Buns
CF14	Pav Bhaji
CF15	Dhokla
CF16	Peanuts
CF17	Murmura
CF18	Papdi
CF19	Paneer Bhurji
CF20	Steamed triangles

Kids' Delight

Code No.	Recipe Name
CF21	Khandvi
CF22	Namakparas
CF23	Cottage Honey Toast
CF24	Baked Potatoes
CF25	Tokri Chaat
CF26	Spicy Baby Corn
CF27	Veg Sandwich
CF28	Paneer Sandwich
CF29	Masala Cheese Toast
CF30	Bread Dahi Vada

Steam Cook

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Steam Cook

Code No.	Recipe Name
St1	Keema Balls
St2	Gajar ka Halwa
St3	Shakarkandi
St4	Methi Muthiya
St5	Kothimbir Vadi
St6	Sprouts
St7	Steamed Veg
St8	Rasiya Muthiya
St9	Steamed Cauliflower
St10	Sarson Ka Saag
St11	Bhafouri
St12	Steamed Peas
St13	Matar Mushroom
St14	Avial
St15	Shorshe Ilish

Indian Cuisine

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Indian Cuisine

Code No.	Recipe Name
IC1	Mix Veg
IC2	Kadhai Paneer
IC3	Dal Tadka
IC4	Sambhar
IC5	Dum Aloo
IC6	Baigan Ka Barta
IC7	Kadhi

251 Recipes List

Indian Cuisine

Code No.	Recipe Name
IC8	Pithla
IC9	Dalma
IC10	Panchmel ki sabzi
IC11	Gujrati tuvar dal
IC12	Butter Chiicken
IC13	Beans Porial
IC14	Goan potato curry
IC15	Kashmiri Kaju Paneer
IC16	Veg Handva
IC17	Gatte ki sabzi
IC18	Aloo Gobhi
IC19	Matar Paneer
IC20	Kadhai Chicken
IC21	Kofta Curry
IC22	Egg Curry
IC23	Jhinga Matar Curry
IC24	Dum Tangri
IC25	Makki Korma
IC26	Methi Aloo
IC27	Kaddu Ki Sabzi

Sweet Corner

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

Rice Delight

Code No.	Recipe Name
rd1	Chicken Biryani
rd2	Gosht Dum Biryani
rd3	Malabar Biryani

Rice Delight

Code No.	Recipe Name
rd4	Pineapple Fried Rice
rd5	Veg Pulao
rd6	Veg Tahiri
rd7	Pepper Rice
rd8	Zafrani Pulao
rd9	Bengali Biryani
rd10	Khumb Pulao
rd11	Tiranga Pulao
rd12	Egg Biryani
rd13	Achari Chana Pulao
rd14	Methi Rice
rd15	Coconut Rice
rd16	Curd Rice
rd17	Keema pulao
rd18	Tomato Pulao
rd19	Paneer Fried Rice
rd20	Chilli Garlic Rice

Chatpat Corner

Code No.	Recipe Name
CC1	Apple Tomato Chutney
CC2	Lemon Pickle
CC3	Mix veg Pickle
CC4	Pizza Sauce
CC5	Tomato Sauce
CC6	Masala Chutney
CC7	Lehsun ki chutney
CC8	Manchurian Sauce
CC9	Aam ki chutney
CC10	Coconut Chutney
CC11	Til ki Chutney
CC12	Chana Chaat
CC13	Aloo Kand Chaat
CC14	Amla chutney
CC15	Baingan Chutney

Ghee/Bakery
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Ghee

Code No.	Recipe Name
Gh1	Ghee

Bakery

Code No.	Recipe Name
bA1	Brownie
bA2	Muffins
bA3	Walnut cake
bA4	Carrot Cake
bA5	Chocolate Cake
bA6	Chena Poda
bA7	Lamington Cake
bA8	Apple cup cakes
bA9	Eggless Chocolate Cake
bA10	Vanilla Cake

Tea/Dairy Delight
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Tea/Dairy Delight

Code No.	Recipe Name
dd1	Tea
dd2	Coffee
dd3	Masala tea
dd4	Ginger tea
dd5	Tulsi tea
dd6	Lemon tea
dd7	Black tea
dd8	Green tea
dd9	Spiced cider tea
dd10	Peppermint tea
dd11	Lemon honey tea

Paneer/Curd
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Paneer/Curd

Code No.	Recipe Name
PA1	Paneer
PA2	Masala Paneer
CU1	Curd
CU2	Flavoured Yoghurt

Cooking Aid
(page 94-96)

Cooking Aid

Code No.	Recipe Name
UC1	Keep Warm
UC2	Defrost Veg.
UC3	Defrost Nonveg
UC4	De-humidification
UC5	Light Disinfect
UC6	Body Massage oil
UC7	Yeast Dough
UC8	Boil potatoes
UC9	Lemon Squeeze
UC10	Garlic peel
UC11	Tear free onions
UC12	Crispy nuts
UC13	Smooth Honey

Steam Clean
(page 97-98)

Steam Clean

Code No.	Recipe Name
SL1	Steam Clean

Low Calorie

In the following example, show you how to cook 0.3 kg Kala chana.

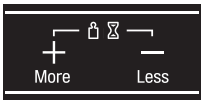
1. Press STOP/CLEAR.

2. Press Low Calorie

3. Display will show “HP 1”

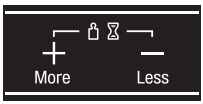
4. *Press START/Add 30 secs for menu confirmation, display will show 0.1 kg.

5. Keep Pressing +More until display show “ 0.3kg“



6. Press START/Add 30 secs.

When cooking you can increase or decrease cooking time by pressing **+More/-Less** button.



NOTE

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

Menu		Weight Limit	Utensil	Instructions
HP1	Kala Chana	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 Kala Chana	100 g	200 g	300 g	400 g	500 g
Water	200 ml	400 ml	600 ml	800 ml	1000 ml
Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp
Onion chopped	½ cup	1 cup	1½ cup	2 cups	2½ cups
Salt, Chaat masala, Red chilli powder, hara dhania	As per taste				

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.

HP2	Karela Subzi	0.3 kg	Microwave safe (MWS) glass bowl & High rack* & MWS flat glass dish	

Chopped Karela	0.3 kg
Oil	2 tbsp
Chopped Onion	1 cup
Water	1 cup
Rai, Jeera, Hing & Haldi	For tempering
Salt, Sugar, Garam Masala, Dhania, Jeera Powder	As per your taste
Grated Coconut & Hara Dhania	For garnishing

Method :
1. In a 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 flat glass dish, stir well. Place on High Rack
4. Press start.
   Note: Before cooking, scrap & rub the karela with salt & keep aside for 2-3 hours.

HP3	Lemon Chicken	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Boneless Chicken	100 g	200 g	300 g	400 g	500 g
Soya sauce	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Corn flour	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Water	½ cup	½ cup	½ cup	1 cup	1 cup
Salt, pepper & sugar	As per taste				
Garlic paste	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Lemon juice	2 tsp	3 tsp	4 tsp	4 tsp	5 tsp
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp

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

HP4	Machi Kali Mirch	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

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

Method :
1. Take Pomfret Slices as per weight (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.

*Refer Page 99,Fig. 3

Low Calorie

Menu		Weight Limit	Utensil	Instructions
HP5	Soya Idli	4,8 Pc	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand*	

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

Method :

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

HP6	Nutri-Nuggets	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Soaked and boiled nutrinuggets	50 g	100 g	150 g
Potato	50 g	100 g	150 g
Oil	1 tbsp	1½ tbsp	2 tbsp
Jeera	As per taste		
Chopped onion	1/2 cup	1 cup	1½ cup
Tomato puree	2 tbsp	3 tbsp	4 tbsp
Salt, garam masala, red chilli powder, haldi, dhania powder	As per taste		
Water	1½ cup	2 cup	2½ cup
Chopped coriander leaves	For garnishing		

Method :

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

HP7	Curd Brinjal	0.1-0.4 Kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg
Brinjal (cut into pieces)	100 g	200 g	300 g	400 g
Curd	100 g	200 g	300 g	400 g
Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Curry leaves	A few sprigs			
Mustard & cumin seeds	1 tsp	2 tsp	3 tsp	4 tsp
Salt	As per taste			
Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp

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.

* Provided with LG kit.

Menu		Weight Limit	Utensil	Instructions
HP8	Bathua Raita	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Chopped bathua	25 g	50 g	75 g	100 g
Water	50 ml	75 ml	100 ml	125 ml
Beaten curd	3 tbsp	4 tbsp	5 tbsp	6 tbsp
Salt, roasted cumin seed powder	As per taste			

Method :
1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select category & weight 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.

HP9	Soyabean Curry	0.2 kg	Microwave safe (MWS) bowl	

For	0.2 kg
Soyabean (soaked overnight)	200 g
Oil	1½ tbsp
Chopped onions	1 cup
Tomato puree	½ cup
Chopped green chillies	1 tbsp
Red chilli powder, garam masala, coriander powder, salt	As per taste
Water	200 ml
Coriander leaves	For garnishing

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.

HP10	Spinach Dal	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Dehusked soaked lentils (at least for 2 hours)	100 g	200 g	300 g
Onions chopped	½ cup	1 cup	1 cup
Spinach chopped	1 cup	1½ cup	2 cup
Oil	1 tbsp	2 tbsp	2 tbsp
Cumin seeds	1 tsp	1 tsp	1½ tsp
Ginger & Green chillies (chopped)	1 tbsp	2 tbsp	3 tbsp
Water	300 mL	500 mL	600 mL
Turmeric, Salt	As per taste		
Lemon juice	1 tsp	2 tsp	3 tsp
Coriander leaves	2 tbsp	3 tbsp	4 tbsp

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

HP11	Moong Dal	0.2 kg	Microwave safe (MWS) bowl	

Moong Dal soaked in water (for 1 hour)	0.2 kg
Water	400 ml
Oil	2 tbsp
Jeera	1 tsp
Hari Mirch	2-3 nos.
Curry Leaves	5-6 nos.
Salt, Dhania-Jeera Powder, Haldi, Hing, Kasuri Methi, Lemon Juice, Hara Dhania	As per your taste

Method :
1. Take 200 gms dal in Microwave Safe bowl, add Water, Haldi & Hing.
2. Select category press start to cook.
3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves & 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.

Low Calorie

Menu		Weight Limit	Utensil	Instructions
HP12	Leaf Rolls	0.2-0.4Kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat Glass dish	

For	0.2 Kg	0.3 Kg	0.4 Kg
Palak leaves	100 g	150 g	150 g
Cabbage leaves	100 g	150 g	150 g
For filling			
Boiled Veg (Potato, Capsicum, Carrot, French beans, sprouts)	1 cup	1½ cup	1½ cup
Chopped onion	½ no.	1 no.	1 no.
Salt, Chat masala, Lemon juice	As per your taste		

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.

HP13	Fish Bharta	0.1-0.5 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Fish (Fillet)	100 g	200 g	300 g	400 g	500 g
Mustard oil	½ tbsp	½ tbsp	1 tbsp	1 tbsp	1 tbsp
Mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
Chopped onion	½ cup	½ cup	1 cup	1 cup	1 cup
Red chilli powder, Haldi, Garam masala, Salt	As per taste				

Method :
1. In a MWS bowl add ½ cup water. Place the fish pieces on the MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select menu and press start.
2. When beeps, remove & mash the fish. In a MWS bowl, add oil, chopped onions, mashed fish, red chilli powder, garam masala, haldi, salt. Cover and press start.

HP14	Healthy Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

For	0.1 Kg	0.2 Kg	0.3 Kg
Rice (soaked)	75 g	150 g	225 g
Moong dal, washed (soaked)	25 g	50 g	75 g
Desi ghee	½ tbsp	1 tbsp	1½ tbsp
Carrot (grated finely)	1 no.	2 nos.	2 nos.
Soya granules (soaked)	2 tbsp	3 tbsp	4 tbsp
Salt & pepper	As per taste		
Water	300 ml	500 ml	750 ml

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

Menu		Weight Limit	Utensil	Instructions
HP15	Oats Idli	4, 8Pc	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand* & Microwave safe (MWS) glass bowl	

For Idli batter	
Roasted & powdered oats	1 cup
Semolina	½ cup
Curd	½ cup
Water	¾ cup
Salt	As per taste
Soda bi carb	¼ tsp
Grated carrot	¼ cup
Chopped green chilies	2 nos.
Oil	For greasing
For Tempering	
Mustard seeds	½ tsp
Curry leaves	A few
Dry red chillies	A few
Oil	½ tbsp

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

HP16	Daliya Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Soaked dalia	¼ cup	½ cup	¾ cup
Soaked moong dal	¼ cup	½ cup	¾ cup
Grated carrot	1 no.	2 nos.	3 nos.
Grated potato	½ no.	1 no.	1 no.
Spinach (chopped)	½ cup	1 cup	1½ cup
Desi ghee	1 tbsp	1½ tbsp	2 tbsp
Turmeric powder, salt	As per taste		
Water	300 ml	500 ml	750 ml

Method :
1. In a MWS bowl take soaked dalia, soaked moong dal, desi ghee, grated potato & grated carrot. Mix very well. Select category & weight and press start.
2. When beeps, add water, chopped spinach, turmeric powder, salt. Mix well & cover. Press start.
3. When beeps, mix well. Add ½ cup water (or more). Press start. Serve with fresh curds.

HP17	Fish Cutlet	0.4 kg	Microwave safe (MWS) glass bowl & High rack	

For	0.4 kg
Fish fillet	350 g
Boiled potato	2 Nos.
Bread crumbs	1 cup
Oil	2 tbsp
Chilli powder, turmeric, ginger garlic paste, salt	As per taste
Garam masala powder	1 tsp
Coriander leaves	A few sprigs

Method :
1. In a MWS glass bowl take fish fillet add 1 cup water. Select category & press start. Mash the fish.
2. Remove the bowl from microwave oven & add all the other ingredients except oil and mix well with boiled and mashed fish. Make cutlets and roll them in bread crumbs. Put some oil around the cutlets. Keep this on high rack
3. Press start.
4. When beeps, turn them over.
5. Press start.
6. Remove and serve with lemon wedges & mint chutney.

* Provided with LG kit.

Low Calorie

Menu		Weight Limit	Utensil	Instructions
HP18	Fish Masala	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Pomphret pieces	200 g	300 g	400 g	500 g
Onions	1 No.	2 Nos.	2 Nos.	3 Nos.
Tomato	1 No.	2 Nos.	2 Nos.	3 Nos.
Oil	1 tbsp	2 tbsp	2 tbsp	3 tbsp
Chilli powder, Turmeric, Ginger garlic paste, Salt, Saunf powder	As per taste			
Garam masala powder	As per taste			
Dhania powder and jeera powder	As per taste			
Coriander leaves	As per requirement			

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

HP19	Fish Pulusu	0.3 kg	Microwave safe (MWS) glass bowl

For	0.3 kg
Koramatta fish pieces	300 g
Oil	1½ tbsp
Ginger garlic paste	2 tbsp
Methi seeds	1 tsp
Chopped onion	1 no.
Fish masala	1 tbsp
Tamarind pulp	50 g
Red chilli powder, dhaniya powder, haldi & salt	As per taste
Lemon juice	As per taste

Method :
1. In a MWS glass bowl add oil, ginger garlic paste, methi seeds, fish pieces, lemon juice & cover. Select category & weight & press start.
2. When beeps, mix well & add chopped onions & fish masala. Cover & press start.
3. When beeps, mix well & add tamarind pulp and press start. Allow to stand for 3 minutes.

HP20	Coconut Prawns	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl

For	0.1 kg	0.2 kg	0.3 kg
Prawns	100 g	200 g	300 g
Mustard oil	½ tbsp	1 tbsp	1½ tbsp
Rai paste	½ tbsp	1 tbsp	1½ tbsp
Green chilli paste	1 tsp	2 tsp	3 tsp
Turmeric powder, sugar & salt	As per taste		
Pulpy green coconut (remove the coconut water)	1 no.	1 no.	1 no.

Method :
1. Marinate the prawn with rai paste, mustard oil, turmeric powder, green chilli paste, sugar & salt for 1 hour.
2. Take the coconut kernel & scoop out the creamy pulp with a spoon. Divide the coconut lengthwise into 2 halves.
3. Put the marinated prawns inside the kernel & cover with the other half kernel. Keep this in a MWS glass bowl. Select category & weight & press start.

HP21	Crab Curry	0.3 kg	Microwave safe (MWS) glass bowl

For	0.3 kg
Crab pieces	250 g
Ginger garlic paste	2 tbsp
Water	1 cup
Salt, dhania-jeera powder, garam masala, chilli powder, turmeric	As per taste
Oil	2 tbsp
Chopped onion	½ no.
Coconut milk	2 tbsp

Method :
1. In a MWS glass bowl add oil, onion, ginger garlic paste. Select category and press start.
2. When beeps, remove, mix well add crab pieces and 1 cup water and press start.
3. When beeps, add coconut milk, salt, garam masala, dhania jeera powder, chilli powder, turmeric powder and press start. Mix well & serve hot with rice.

Menu		Weight Limit	Utensil	Instructions
HP22	Mase Kalavan	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	

For	0.2 kg	0.3 kg	0.4 kg
Fish pieces	200 g	300 g	400 g
Oil	½ tbsp	1 tbsp	1 tbsp
Ginger-garlic paste	1 tsp	2 tsp	3 tsp
Tamarind paste	1 tbsp	1½ tbsp	2 tbsp
Salt, red chilli powder, turmeric powder, coriander powder	As per taste		
Hing	A pinch		
Green chilli (chopped)	1 no.	1 no.	2 nos.
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp
Garlic (chopped)	1 tsp	1½ tsp	2 tsp
Coconut milk	½ cup	1 cup	1½ cup

Method :

1. Wash, clean & pat dry fish with kitchen towel. In a bowl mix together ginger-garlic paste, tamarind paste, salt, red chilli powder, coriander powder, turmeric powder. Mix & rub this marinade on fish pieces & keep aside for atleast 15 minutes.
2. In a MWS bowl take oil, hing, chopped garlic, coriander & green chilli & mix. Select category & weight and press start.
3. When beeps, add the marinated fish to the MWS bowl. Mix well, sprinkle water on top & cover and press start.
4. When beeps, mix & add coconut milk to the fish. Mix well again and press start. Serve more kalavan hot with steamed rice.

HP23	Veg. Daliya Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Soaked dalia	¼ cup	½ cup	¾ cup
Soaked moong dal	¼ cup	½ cup	¾ cup
Grated carrot	1 no.	2 nos.	3 nos.
Grated potato	½ no.	1 no.	1 no.
Spinach (chopped)	½ cup	1 cup	1½ cup
Desi ghee	1 tbsp	1½ tbsp	2 tbsp
Turmeric powder, salt	As per taste		
Water	300 ml	500 ml	750 ml

Method :

1. In a MWS bowl take soaked dalia, soaked moong dal, desi ghee, grated potato & grated carrot. Mix very well. Select category & weight and press start.
2. When beeps, add water, chopped spinach, turmeric powder, salt. Mix well & cover. Press start.
3. When beeps, mix well. Add ½ cup water (or more). Press start. Serve with fresh curds.

HP24	Sabudana Khichdi	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
Sabudana (soaked for 2 hours)	100 g	200 g	300 g	400 g	500 g
Oil	½ tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Rai, salt, lemon juice, chopped green chillies	As per taste				
Potatoes (boiled & chopped)	1 No.	2 Nos.	3 Nos.	3 Nos.	4 Nos.
Coriander leaves	A few springs				

Method :

1. In a MWS bowl add oil, rai, green chillies & coriander leaves. Mix. Select category & weight and press start.
2. When beeps, mix, add boiled potatoes, soaked sabudana. Mix & press start. Squeeze lemon juice & serve.

Low Calorie

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>HP25</td><td>Home Made Cereal</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</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Moong daal</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Salt, jeera powder, almonds (optional)</td><td colspan="3">As per taste</td></tr>
<tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Groundnuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Poha</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Daliya</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
</table>
Method :
1. Soak rice for 1 hour. In a MWS glass bowl put all the ingredients. Keep it in microwave. Select category & weight and press start.
2. When beeps, remove and grind it in a mixer to a powder. You can store this mixture in a fridge. Take 2 tbsp of this powder, add water, salt, jeera powder and mix. Put this in microwave and press start.
3. When beeps, remove it.
</td></tr>
<tr><td>HP26</td><td>Khichdi</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>Soaked rice</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Moong daal</td><td>25 g</td><td>50 g</td><td>75 g</td></tr>
<tr><td>Salt, jeera powder (optional)</td><td colspan="3">As per taste</td></tr>
<tr><td>Ghee</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Water</td><td>200ml</td><td>400 ml</td><td>600 ml</td></tr>
</table>
Method :
1. Soak rice for 1 hour. In a MWS glass bowl put ghee, rice, daal and water. Keep it in microwave. Select category & weight & press start.
2. When beeps, remove and add salt, jeera powder and cover. Put this in microwave and press start.
3. When beeps, remove and add some water if required. Mix well and put this in microwave and press start.
</td></tr>
</table>

Menu		Weight Limit	Utensil	Instructions
So1	Sweet Corn Soup	0.3 kg	Microwave safe (MWS) glass bowl	For: 0.3 kg Sweet Corn: 200 g Water: 300 mL (1½ cup) Oil: 1 tsp Cornflour: 2 tbsp + ½ cup water Salt, Sugar, Pepper, Green chilli: As per taste **Method :** 1. Grind sweet corn with water and put in MWS glass bowl. Select menu & press start. 2. When beeps, remove, in another bowl put oil, green chilli & press start. 3. When beeps, add corn mixture in it. Mix cornflour with ½ cup water and mix with it. Add salt, sugar, pepper and press start.
So2	Mushroom Soup	0.3 kg	Microwave safe (MWS) glass bowl	For: 0.3 kg Mushroom: 120 g Potato: 1 No. Cabbage: 50 g Onion: 1 small Water: 300 mL (1½ cup) Salt, Pepper: As per taste Oil: 1 tsp Grated cheese: As per requirement **Method :** 1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select menu & press start. 2. When beeps, remove the bowl. Allow to cool & separate the mushrooms & grind the remaining stock & strain it. 3. In a MWS glass bowl, add oil, mushrooms, salt & pepper. Mix & press start. When beeps, add the stock & press start. Garnish with grated cheese & serve.
So3	Wonton Soup	0.6 kg	Microwave safe (MWS) glass bowl	For: 0.6 kg Chopped Cabbage, Carrot, Capsicum, French beans: 200 g (Total) Ginger paste: 2 tsp Garlic paste: 2 tsp Spinach in pieces: 10 leaves Oil: 1 tsp Salt, Pepper: As per taste Water: 600 mL (3 cups) Ready wonton: 6-7 pieces **Method :** 1. In MWS glass bowl add oil and vegetables, ginger-garlic paste. Select menu & 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 hot 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.

Soup

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So4</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>
<u>Method :</u>
1. In a MWS glass bowl add chicken pieces, chopped garlic and water. Select menu 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>
<tr><td>So5</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>
<u>Method :</u>
1. In a MWS glass bowl add tomatoes cut into quarters with water, select menu 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>So6</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</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 cups)</td></tr>
</table>
<u>Method :</u>
1. In a MWS glass bowl add oil, chopped onion, garlic. Select menu & press start.
2. When beeps, mix well & add water, cream style corns, basil leaves, fusili pasta and tomato puree. Press start.
3. Garnish with grated cheese & basil leaves.
</td></tr>
</table>

Menu		Weight Limit	Utensil	Instructions
So7	Rasam	0.6 kg	Microwave safe (MWS) bowl	

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

Method :

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

So8	Mulligatawny Soup	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Cooked rice	50 g
Dehusked lentil	30 g
Apples (pealed & sliced)	½ no.
Carrot	50 g
Onion	50 g
Veg stock/water	600 mL (3 cups)
Salt & pepper	to taste
Butter	1 tsp
Curry powder	1 tsp
Lemon juice	1 tsp

Method :

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

So9	Hot & Sour Soup	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Water	600 mL (3 cups)
Chilli sauce	1 tbsp
Soya sauce	2 tbsp
Vinegar	2 cups
Chopped vegetables (Capsicum, Spring onions, Carrots, Cabbage)	100 g
Tomato sauce	2 tbsp
Cornflour	2 tbsp + ½ cup water
Salt, pepper	As per taste
Ajinomoto (optional)	1 pinch
Paneer	50 g

Method :

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

Soup

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So10</td><td>Tomato 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>Chopped Tomato</td><td>100 g</td></tr>
<tr><td>Chopped Carrot</td><td>25 g</td></tr>
<tr><td>Chopped Onion</td><td>1 small</td></tr>
<tr><td>Chopped Ginger, Garlic</td><td>1 tsp</td></tr>
<tr><td>Salt, Sugar, Pepper</td><td>As per taste</td></tr>
<tr><td>Cornflour & Oil / Butter</td><td>2 tbsp / 1 tsp</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
</table>
<u>Method :</u>
1. In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along with water. Keep in Microwave. Select menu and press start.
2. When beeps, grind and strain it.
3. In another MWS glass bowl add oil/butter and stock and then put the bowl in microwave and press start. When beep, add sugar, salt, black pepper as per taste and cornflour paste which is made up by mixing the half cup of cold water. Stir well & press start.
4. Garnish with bread croutons, coriander (green dhania) and fresh cream and serve hot.
</td></tr>
<tr><td>So11</td><td>Palak Makai 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>Palak (chopped)</td><td>200 g</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Maggie tastemaker</td><td>1 cube</td></tr>
<tr><td>Corn niblets</td><td>½ cup</td></tr>
<tr><td>Chopped onion</td><td>½ cup</td></tr>
<tr><td>Jeera</td><td>1 tsp</td></tr>
<tr><td>Butter</td><td>1 tbsp</td></tr>
<tr><td>Milk</td><td>¼ cup</td></tr>
</table>
Method :
1. In a MWS glass bowl add chopped palak & little water. Select menu & press start.
2. When beeps, grind the palak,
3. In another MWS glass bowl add butter, jeera, chopped onions. Press start.
4. When beeps, remove & add palak & water, milk, corn niblets & maggie tastemaker. Press start.
</td></tr>
<tr><td>So12</td><td>Chicken Soup</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>Boneless chicken</td><td>300 g</td></tr>
<tr><td>Ginger paste</td><td>1 tbsp</td></tr>
<tr><td>Garlic paste</td><td>1 tbsp</td></tr>
<tr><td>Salt & Pepper powder</td><td>As per taste</td></tr>
<tr><td>Cornflour paste</td><td>2 tbsp (mixed with ½ cup water)</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Water</td><td>600ml / 3 cups</td></tr>
</table>
Method :
1. In MWS glass bowl put water & add chicken pieces. Select category & press start.
2. When beeps remove the bowl.
3. In another MWS glass bowl add oil. ginger-garlic paste, chicken stock, salt pepper, cornflour paste, green chilles. Press start
</td></tr>
</table>

Menu		Weight Limit	Utensil	Instructions
So13	Tom Yum Kung	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Small sized prawns	10-12 nos.
Mushrooms (sliced)	5-6 nos.
Lemon grass stem	4 inch stalk
Lime leaves	5-6 nos.
Coriander fresh chopped	A few sprigs
Fish sauce	2 tbsp
Thai red curry paste	2 tbsp
Lemon juice	1 tbsp
Veg stock/chicken stock	600 mL (3 cups)
Green/red chillies	3 nos.
Salt, Pepper	To taste

Method :

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

So14	Dal Shorba	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Soaked urad dal (dehusked)	½ cup
Olive oil	1 tsp
Chopped green chillies	2 no.
Ginger paste	1 tsp
Garlic paste	1 tsp
Chopped onion	1 no.
Salt, Turmeric powder, Onion powder, Sugar	As per taste
Lemon juice	As per taste
Water	600 mL (3 cups)

Method :

1. In a MWS glass bowl add oil, green chillies, ginger paste, garlic paste. Mix well.
2. Select menu & press start.
3. When beeps, mix well & add onion & add all spices. Press start.
4. When beeps, mix well & add dal & water. Press start. Strain the stock.
5. Add 100 mL hot water & spices as per taste & serve

So15	Rajma Soup	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Water	600 mL(3 cups)
Rajma (boiled)	1 cup (170 g)
Oil	½ tbsp
Garlic cloves (chopped)	2 nos.
Onion (chopped)	½ cup
Tomato (chopped)	½ cup
Coriander (chopped)	¼ cup
Salt, Pepper, Red chilli powder	As per taste
Lemon juice	1 tbsp

Method :

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

Soup

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>So16</td><td>Shahi 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>Onions (finely chopped)</td><td>2 nos.</td></tr>
<tr><td>Walnuts (coarsely chopped)</td><td>¼ cup</td></tr>
<tr><td>Mint paste</td><td>1 tbsp</td></tr>
<tr><td>Whole wheat flour</td><td>2 tbsp</td></tr>
<tr><td>Butter</td><td>2 tbsp</td></tr>
<tr><td>Water</td><td>600 mL (3 cups)</td></tr>
<tr><td>Salt, Pepper, Garam masala</td><td>As per taste</td></tr>
</table>
Method :
1. In a MWS glass bowl take butter & chopped onion. Mix well. Select menu & press start.
2. When beeps, stir well. Add whole wheat flour, mint paste, coarsely chopped walnuts & mix well. Press start.
3. When beeps, mix and add water. Mix well so that no lumps are formed. Add seasoning. Press start. Serve hot.
</td></tr>
<tr><td>So17</td><td>Bombay Curry 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>Water</td><td>500 mL (2½ cups)</td></tr>
<tr><td>Soaked masoor dal (dehusked)</td><td>200 g</td></tr>
<tr><td>Chopped tomato</td><td>2 nos.</td></tr>
<tr><td>Chopped onions</td><td>1 no.</td></tr>
<tr><td>Crushed garlic</td><td>3-4 cloves</td></tr>
<tr><td>Oil</td><td>1 tbsp</td></tr>
<tr><td>Curry powder</td><td>As per taste</td></tr>
<tr><td>Salt, Red chilli powder</td><td>As per taste</td></tr>
<tr><td>Coriander leaves</td><td>For garnishing</td></tr>
</table>
Method :
1. In a MWS glass bowl add soaked masoor dal, tomato & water. Select menu & press start.
2. When beeps, remove & allow the dal to cool. Grind it in a mixer & strain.
3. In another MWS glass bowl, add oil, crushed garlic, chopped onion. Press start.
4. When beeps, mix & add strained dal stock, salt, chilli powder, curry powder & add 150 mL of water. Mix well & press start. Garnish with coriander leaves & serve hot.
</td></tr>
</table>

Menu		Weight Limit	Utensil	Instructions
So18	Badam Soup	0.6 kg	Microwave safe (MWS) glass bowl	

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

Method :

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

So19	Limbu Dhania Shorba	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Water	600 mL (3 cups)
Oil	½ tbsp
Shredded cabbage	1 cup
Chopped carrot	½ cup
Celery	½ cup
Spring onions	½ cup
Ginger (grated)	1 tsp
Chopped garlic	3 nos.
Bayleaf	2 nos.
Cloves	2 nos.
Pepper corns	3 nos.
Besan	2 tbsp (dissolved in ¼ cup water)
Lemon juice	2 tbsp
Coriander leaves (chopped)	½ cup
Salt	As per taste

Method :

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

So20	Mutton Shorba	0.6 kg	Microwave safe (MWS) glass bowl	

For	0.6 kg
Boneless mutton	300 g
Water	600 mL (3 cups)
Oil	1 tbsp
Chopped onion	1 nos.
Chopped garlic	3 cloves
Chilli flakes salt	As per taste
Chopped & skinned tomato	2 nos.
Cinnamon	½ " Stick
Cardamom	1 nos.
Cumin seeds	1 tsp
Saffron	A few
Dry mint leaves	½ cup
Beaten curd	½ cup

Method :

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

Continental

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co1</td><td>Pasta</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) glass bowl
&
Microwave safe (MWS) flat glass dish
&
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>Penne pasta</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Butter</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chopped onion</td><td>1/2 cup</td><td>1 cup</td><td>1½ cup</td></tr>
<tr><td>Chopped garlic</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr>
<tr><td>Chopped palak leaves</td><td>50 g</td><td>75 g</td><td>100 g</td></tr>
<tr><td>Water</td><td>400 mL</td><td>800 mL</td><td>1200 mL</td></tr>
<tr><td>Cream</td><td>¼ cup</td><td>1 cup</td><td>1½ cups</td></tr>
<tr><td>Grated cheese</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Nutmeg powder, oregano, salt & pepper</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u>
1. In a MWS glass bowl take pasta, add water (sufficient to boil the pasta) & few drops of oil. Select menu and weight and press start.
2. When beeps, drain water from the pasta, wash & separate under running water. In a MWS flat glass dish add butter, onion, garlic and palak. Mix well and press start.
3. When beeps, add cream, nutmeg powder, oregano, salt, pepper, boiled pasta. Mix well and sprinkle grated cheese. Keep the dish on high rack and press start.
</td></tr>
<tr><td>Co2</td><td>Veg Au Gratin</td><td>0.2 kg</td><td>Microwave Safe (MWS) Glass bowl
&
Microwave safe (MWS) flat glass dish
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Mix vegetables (cut gajar, gobhi, french beans, sweet corns, peas etc.)</td><td>200 g</td></tr>
<tr><td>Maida</td><td>2 tbsp</td></tr>
<tr><td>Butter</td><td>2 tsp</td></tr>
<tr><td>Milk</td><td>½ cup</td></tr>
<tr><td>Grated cheese</td><td>5 tbsp</td></tr>
<tr><td>Salt, pepper</td><td>As per taste</td></tr>
</table>
<u>Method :</u>
1. In a MWS glass bowl take vegetables & add 400mL water. Select menu & press start.
2. When beeps, remove MWS glass bowl & transfer boiled Vegetables to MWS flat glass dish add milk, maida, salt & pepper. Mix well. Cover & press start.
3. When beeps, mix well and spread grated cheese on it, place the dish on high rack & press start.
</td></tr>
</table>

*Refer Page 99, Fig. 3

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>Co3</td><td>Baked Mushrooms</td><td>0.1 ~ 0.3 kg</td><td>Microwave safe (MWS) flat glass dish
&
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>Mushrooms</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>White sauce</td><td>50 g</td><td>100 g</td><td>150 g</td></tr>
<tr><td>Cheese (grated), salt, pepper</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u>
1. In MWS flat glass dish put all the ingredients except cheese, mix well.
2. Select menu & weight and press start
3. When beeps, keep on high rack. Spread grated cheese on the top of the mixture and press start.
</td></tr>
<tr><td>Co4</td><td>Lasaneya</td><td>0.3 kg</td><td>Microwave safe (MWS) flat glass dish
&
High rack*</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Lasagne sheets (cooked)</td><td>150 g</td></tr>
<tr><td>White sauce</td><td>1 cup</td></tr>
<tr><td>Pizza sauce</td><td>1/2 cup</td></tr>
<tr><td>Mix veg (boiled) - Egg plant, Zucchini, Broccoli, Mushrooms, Sweet corns</td><td>2 cups</td></tr>
<tr><td>Oil</td><td>2 tbsp</td></tr>
<tr><td>Oregano, Salt & pepper</td><td>As per taste</td></tr>
<tr><td>Grated cheese</td><td>5 tbsp</td></tr>
</table>
<u>Method :</u>
1. Except lasagne and cheese add all the ingredients in MWS flat glass dish. Select menu and press start.
2. When beeps, remove the ingredients and in same dish arrange lasagne sheets in the bottom. Then spread vegetable mixture on it and make layers of sheets and vegetable mixture. Press start.
3. When beeps, spread the grated cheese & keep the glass dish on high rack and press start.
</td></tr>
<tr><td>Co5</td><td>Macaroni</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>Macaroni</td><td>100 g</td><td>200 g</td><td>300 g</td></tr>
<tr><td>Hot water</td><td>400 mL</td><td>800 mL</td><td>1200 mL</td></tr>
<tr><td>Butter</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Spring onion chopped</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Garlic chopped</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Mushroom chopped</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr>
<tr><td>Tomato sauce</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr>
<tr><td>Chilli sauce</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr>
<tr><td>Salt, Pepper & Oregano</td><td colspan="3">As per taste</td></tr>
</table>
<u>Method :</u>
1. In MWS bowl take Macaroni with water. Select menu & weight & press start.
2. When beeps, drain water from it. In MWS bowl add all the ingredients with boiled Macaroni, mix well and press start.
</td></tr>
</table>

*Refer Page 99, Fig. 3

Continental

Menu		Weight Limit	Utensil	Instructions
Co6	Thai Chicken	0.5 kg	Microwave safe (MWS) bowl	

For	0.5 kg
Boneless chicken	500 g
Red curry paste	2 tbsp
Sugar	1 tsp
Soya sauce	2 tbsp
Salt	to taste
Chopped garlic	1 tsp
Blanched Broccoli (florets)	1 cup
Peanuts (Roasted & crushed)	¼ cup
Oil	2 tbsp
Red chilli paste	1 tsp
For Sauce	
Butter	2 tbsp
Maida	2 tbsp
Milk	1 tbsp
Salt & pepper	to taste

Method :

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

Co7	Mediterra-nean Crostini @	0.3 kg	Low rack	

For	0.3 kg
French bread	3 slices
Black olives (sliced)	¼ cup
Cheese (grated)	½ cup
Butter	2 tbsp
To be mixed together for the marinated tomatoes :	
Tomatoes (sliced)	2 nos.
Basil leaves (freshly chopped)	1 tsp
Garlic (chopped)	1 tsp
Olive oil	2 tsp
Salt & freshly crushed pepper corns	As per taste

Method :

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

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

Menu		Weight Limit	Utensil	Instructions
Co8	Chilli Veg	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Paneer pieces	100 g	200 g	300 g
Chopped Capsicum & onion	½ cup	1 cup	1½ cup
Chopped green chillies	1 no.	2 nos.	3 nos.
Ginger garlic paste	½ tbsp	1 tbsp	1½ tbsp
Oil	½ tsp	1 tsp	1½ tsp
Soya sauce	1 tsp	1½ tsp	2 tsp
Cornflour	1 tbsp	1½ tbsp	2 tbsp
Green chilli sauce	1 tbsp	2 tbsp	3 tbsp
Salt & Pepper	As per taste		
Water	½ cup	1 cup	1 cup
Ajinomoto(optional)	A pinch		

Method :

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

Co9	Potato Dumpling	0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish

For	0.3 kg
Maida	3-4 tbsp
Boiled & grated potato	100 g
Grated paneer	75 g
Salt, Pepper, Nutmeg powder	As per taste
Finely chopped spinach	1 cup
Butter & finely chopped garlic	1 tbsp each
Pizza sauce	4 tbsp

Method :

1. Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough.
2. In the MWS bowl, add ½ cup water. Place the dumplings on the MWS flat glass dish and cover. Select menu and press start.
3. When beeps, take out the dumplings.
4. Allow them to cool. In a MWS flat glass dish add butter and put the dumplings in it and press start.

Co10	Sweet & Sour Veg	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Cut vegetables (Baby corns cut lengthwise, Broccoli florets,Mushroom pieces, Pineapple slices, Capsicum)	100 g	200 g	300 g
Oil	½ tbsp	1 tbsp	1½ tbsp
Chopped spring onion & garlic	¼ cup	½ cup	1 cup
Red chilli paste	¼ tsp	¼ tsp	½ tsp
Tomato Ketchup	¼ cup	¼ cup	½ cup
Vinegar	As per taste		
Sugar	½ tsp	1 tsp	1 tsp
Salt	As per taste		
Ajinomoto(optional)	¼ tsp	¼ tsp	½ tsp
Soya sauce	1 tsp	1 tsp	1 tsp
Pineapple juice	¼ cup	¼ cup	½ cup
Water	1 cup	1 cup	1 cup
Cornflour	2 tbsp mixed with ½ cup water		

Method :

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

Continental

Menu		Weight Limit	Utensil	Instructions
Co11	Risotto Rice	0.1 ~ 0.4 kg.	Microwave safe (MWS) bowl	

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

Method :

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

Co12	Spaghetti With Tomato Sauce	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Spaghetti noodles	100 g	200 g	300 g
Water	400 ml	800 ml	1200 ml
Olive oil	1 tbsp	1½ tbsp	2 tbsp
Chopped garlic	1 tbsp	1½ tbsp	2 tbsp
Chopped tomatoes	1 cup	1½ cup	2 cup
Chopped mushrooms	¼ cup	½ cup	1 cup
Chopped onion	½ cup	1 cup	1½ cup
Sliced olives (pitted)	5 nos.	6 nos.	7 nos.
Fresh basil	As required		
Parmesan cheese	As required		
Salt, pepper, oregano & chilli flakes	As per taste		

Method :

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

Menu		Weight Limit	Utensil	Instructions
Co13	Cottage Cheese Tortellini	8 Pc	Microwave safe (MWS) bowl	

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

Method :

Pre-Preparation for Stuffing :

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

Co14	Mexican Corn Rice	0.1 ~ 0.4 kg.	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & Low rack #	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Rice	100 g	200 g	300 g	400 g
Cloves	2 nos.	3 nos.	4 nos.	5 nos.
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Water	200 ml	400 ml	600 ml	650 ml
Butter	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Sweet corns	¼ cup	½ cup	1 cup	1½ cup
Hot sauce*	¼ cup	½ cup	1 cup	1½ cup
Cheese cubes	1 no.	2 nos.	3 nos.	4 nos.
Salt (if required)	As per taste			
Red chilli powder (if required)	As per taste			
Tomato (chopped)	2 nos.	3 nos.	4 nos.	5 nos.

Method :

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

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

Refer Page 99, Fig. 4

Menu		Weight Limit	Utensil	Instructions
Co15	Broccoli in Butter Sauce	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) glass dish	

For	0.1 Kg	0.2 Kg	0.3 Kg
Broccoli	100 g	200 g	300 g
Milk	½ cup	1 cup	1½ cup
Fresh cream	¼ cup	½ cup	¾ cup
Onion (chopped)	1 no.	2 nos.	3 nos.
Garlic (chopped)	½ tsp	1 tsp	1 tsp
Mustard powder	½ tsp	1 tsp	1 tsp
Butter (melted)	1 tbsp	1½ tbsp	2 tbsp
Salt & pepper powder	As per taste		
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp

Method :
1. In a MWS bowl take broccoli florets. Sprinkle some water & cover. Select category & weight and press start.
2. When beeps, remove broccoli & keep aside. In a MWS flat glass dish take butter, chopper garlic, chopped onions. Mix well & press start.
3. When beeps, stir & add milk, fresh cream, mustard powder, coriander, salt & pepper powder & broccoli. Mix & press start.

Co16	Shrimps In Garlic Butter	0.4 Kg	Microwave safe (MWS) bowl	

Shrimps (Small)	400 g
Butter	4 tbsp
Parsley (chopped)	A few sprigs
Garlic paste	3 tbsp
Mustard paste	1 tbsp
Lemon juice	1 tbsp
Pepper corns (Roughly crushed)	8-10 nos.
Salt	To taste

Method :
1. Remove heads and shells of shrimps & clean and drain thoroughly.
2. In a MWS bowl place shrimps, garlic paste, mustard paste, butter, parsley, lemon juice, pepper corns (Crush) & salt mix well Select Category & press start.
3. When beeps. Remove and serve hot.

Co17	Chilli Chicken	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Boneless chicken	100 g	200 g	300 g
Oil	1 tbsp	1½ tbsp	2 tbsp
Chopped ginger garlic	½ tbsp	1 tbsp	1½ tbsp
Chopped onions	½ No.	1 No.	1 No.
Chopped green chillies	½ tbsp	1 tbsp	2 tbsp
Capsicum	½ no.	1 no.	2 nos.
Soya sauce	½ tbsp	½ tbsp	1 tbsp
Chilli sauce	½ tbsp	½ tbsp	1 tbsp
Vinegar	½ tbsp	½ tbsp	1 tbsp
Salt, sugar & pepper	As per taste		
Cornflour (mixed with ½ cup water)	1 tbsp	1 tbsp	1 tbsp

Method :
1. In a MWS bowl add oil, chopped ginger, garlic, boneless chicken, soya sauce, chilli sauce and cover. Select category & weight & press start.
2. When beeps add, chopped onions, capsicum, chopped green chillies, vinegar, salt, sugar, pepper, cornflour mixed with water. Cover & press start. Stand for 5 minutes. Serve.

Co18	Hakka Noodles	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Hakka noodles	100 g	200 g	300 g
Water	400 ml	800 ml	1200 ml
Oil	1 tbsp	1½ tbsp	2 tbsp
Chopped veg - carrot, peas, french beans, capsicum	1 cup	1½ cup	2 cup
Ajinomoto	A pinch		
Salt, red chilli powder, green chilli sauce	As per taste		

Method :
1. In a MWS bowl add hakka noodles, water & few drops of oil. Select category & weight & press start.
2. When beeps, remove drain water & wash & separate the noodles under running water.
3. In another MWS bowl add oil, mix vegetables, ajinomoto, salt, red chilli powder, green chilli sauce. Mix well & press start.
4. When beeps, add noodles to the bowl. Mix & press start.

Continental

Menu		Weight Limit	Utensil	Instructions
Co19	Veg In Hot Garlic Sauce	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Mix veg - Cauliflower florets, capsicum, baby corns, beans	100 g	200 g	300 g
Oil	1 tbsp	1½ tbsp	1½ tbsp
Chopped garlic, ginger, green chillies	1 tbsp	2 tbsp	2 tbsp
Corn flour	1 tbsp	1½ tbsp	2 tbsp
Pepper, salt, sugar	As per taste		
Ajinomoto	A pinch		
Oregano (optional)	As per taste		
Water	2 cups	3 cups	3 cups

Method :
1. Cut the capsicum & cauliflower into medium sized pieces, baby corns & french beans into small sized pieces.
2. In a MWS bowl add oil, chopped onion, ginger, green chillies. Select category & weight and press start.
3. When beeps, mix & add vegetables, pepper, salt, sugar, cornflour mixed with water, ajinomoto. Press start. Stand for 5 minutes. Serve.

Co20	Schezwan Chicken	0.1~0.5 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Boneless chicken	100 g	200 g	300 g	400 g	500 g
Dry red chillies	2 nos.	3 nos.	4 nos.	6 nos.	8 nos.
Garlic paste	1 tsp	1 tsp	2 tsp	3 tsp	4 tsp
Tomato ketchup	1 tbsp	2 tbsp	3tbsp	4 tbsp	5 tbsp
Vinegar	1 tsp	1 tsp	1 tsp	2 tsp	2 tsp
Red chilli sauce	1 tbsp	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Ajinomoto (optional)	¼ tsp	¼ tsp	¼ tsp	¼ tsp	¼ tsp
Sugar & salt	As per taste				
Spring onions (with greens)	½ cup	½ cup	½ cup	1 cup	1 cup
Cornflour (mixed with ¼ cup water)	1 tsp	1 tsp	1 tsp	2 tsp	2 tsp
Oil	1 tbsp	1 tbsp	1 tbsp	3 tbsp	3 tbsp

Method :
1. In a MWS bowl mix together oil, garlic paste, dry red chillies, chicken pieces, tomato ketchup, ajinomoto, vinegar, red chilli paste, sugar. Mix well. Select category & press start.
2. When beeps, mix well and add spring onions, cornflour, salt. Mix well & press start.

Co21	Veg Manchurian	0.6 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl

For Manchurian Balls	
Grated Cabbage	1 cup
Grated carrots	3/4 cup
Grated cauliflower	½ cup
Cornflour	3 tbsp
Maida	1 tbsp
Ajinomoto	¼ tsp
Salt & pepper	As per taste
For Manchurian Sauce	
Chopped ginger	1 tsp
Chopped green chilli	1 no.
Chopped Onion	½ no.
Soya sauce	1 tbsp
Tomato sauce	2 tbsp
Vinegar	2 tsp
Pepper, Salt, Cornflour	As per taste
Oil	1 tbsp

Method :
1. Mix all the ingredients of Manchurian balls in a bowl. Make balls of medium size from the mixture.
2. In a MWS flat glass dish keep the manchurian balls.
3. When beeps, remove & allow to cool.
4. In a MWS bowl oil, ginger, green chilli, onion, soya sauce, tomato sauce, vinegar, pepper, salt, mix well & press start.
5. When beeps mix well add cornflour mixed with 1½ cups water. Press start. Add Manchurian ball. Stand for 3 minutes & serve hot with steamed rice or fried rice.

Menu		Weight Limit	Utensil	Instructions
Co22	Steamed Egg With Tofu	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	

For	0.1 kg	0.2 kg	0.3 kg
Tofu (cut into chunks)	50 g	100 g	150 g
Egg	1 no.	2 nos.	3 nos.
Sesame oil	½ tsp	1 tsp	1 tsp
Light soya sauce	½ tsp	1 tsp	1 tsp
Red chilli (chopped)	1 no.	1 no.	1 no.
Spring onion (chopped)	1 tbsp	2 tbsp	3 tbsp
Boiled egg yolk (cut into pieces)	1 no.	2 nos.	2 nos.
Salt & pepper	A pinch		

Method :

1. In a bowl take sesame oil, soya sauce, black pepper powder, salt & egg. Beat well with blender. Mix toju chunks into it & mix.
2. Put this mixture in a MWS flat glass dish. Sprinkle chopped spring onions & chopped red chilli on top. Now put boiled egg yolk (cut in pieces) on top. Cover the flat dish with plastic film.
3. Keep the MWS flat glass dish in the microwave. Select category & weight and press start.
4. Give standing time of 5 minutes & serve hot.

Co23	Almond & Vegetables Stir Fry	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

For	0.1 kg	0.2 kg	0.3 kg
Broccoli (cut into florets)	50 g	100 g	150 g
Red capsicum (cut into big square pieces)	¼ cup	½ cup	¾ cup
Garlic (chopped)	½ tsp	1 tsp	1 tsp
Ginger (chopped)	½ tsp	1 tsp	1 tsp
Onions (sliced)	1 no.	1½ no.	2 nos.
Slivered almonds	2 tbsp	3 tbsp	4 tbsp
Canola oil	1 tbsp	1½ tbsp	2 tbsp
For Sauce			
Soya sauce	1 tsp	1½ tsp	2 tsp
Water	3 tbsp	6 tbsp	9 tbsp
Sesame oil	½ tsp	1 tsp	1½ tsp
Sugar	1 tsp	2 tsp	3 tsp
Cornflour	½ tsp	1 tsp	1½ tsp
Salt & black pepper powder	As per taste		

Method :

1. In a MWS glass bowl take canola oil, chopped ginger- garlic, sliced onions. Select category & weight and press start.
2. In a small bowl, take sugar, cornflour. Add water, soya sauce, sesame oil & mix well. Make a smooth paste.
3. When beeps, add broccoli, red capsicum, slivered almonds. Mix well & press start.
4. When beeps, add the sauce & stir well. Press start. Serve stir fried vegetables hot.

Co24	Kappa Ayala	0.3 kg	Microwave safe (MWS) glass bowl	

For	0.3 kg
Surmany fish	300 g
Kappa pieces	1 no.
Coconut milk	1 cup
Coconut oil	2 tbsp
Chilli powder, Turmeric, Ginger garlic paste, Salt, Pepper powder	As per taste
Onion	1 no.
Dhaniya & Jeera powder	As per taste
Coriander leaves	A few

Method :

1. In a MWS glass bowl add oil & chopped onion. Select menu & press start.
2. When beeps, remove & add chopped kappa & fish pieces. Press start.
3. When beeps, add all the other ingredients & press start. Garnish with coriander leaves & serve.

Menu		Weight Limit	Utensil	Instructions
SA1	Rice Salad	0.2 Kg	Microwave Safe (MWS) bowl	

For	0.2 Kg
Basmati Rice	200 g
Water	400 ml
Apples (diced)	1 no.
Green peas	½ cup
Cauliflower florets	1 cup
Lemon Juice, salt, pepper	As per taste
Lettuce leaves	2-3 leaves
Shredded Cabbage leaves Coriander leaves	For garnishing

Method :
1. In a MWS bowl add rice & water. Select category & press start.
2. When beeps, remove & in another MWS bowl add peas, Cauliflower florets & ½ cup water. Cover. Press start.
3. In cooled rice add apple, green peas, cauliflower florets, salt & pepper.
4. Now add lemon juice & toss well & transfer to serving dish lined with lettuce leaves. Garnish with shredded cabbage & coriander leaves.

SA2 — Spring Basket Salad — 0.1-0.3 Kg — Microwave safe (MWS) Bowl & Microwave safe (MWS) flat glass dish

For	0.1 Kg	0.2 Kg	0.3 Kg
Red cabbage leaves	20 g	40 g	60 g
Baby corns	30 g	60 g	90 g
Sprouts	20 g	40 g	50 g
Black/green grapes	30 g	40 g	50 g
Macroni (Boiled)	20 g	40 g	50 g
For Dressing			
Olive Oil	1 tbsp	1 tbsp	1½ tbsp
Vinegar/lemon juice	½ tbsp	1 tbsp	1½ tbsp
Oregano	1 tsp	1 tsp	1½ tsp
Finely Chopped Onions	2 tbsp	3 tbsp	4 tbsp
Salt & pepper	As per taste		
Sugar	½ tsp	1 tsp	1 tsp

Method :
1. Keep red cabbage leaves in MWS flat glass dish. Keep in MWS bowl & cover. Keep in microwave. Select category & weight and press start.
2. When beeps, remove steamed cabbage leaves. Do not throw the water from the MWS bowl. Keep baby corns cut into halves & sprouts in MWS flat glass dish. Cover & keep in microwave. Press start.
3. Remove from microwave. Allow to cool.
4. In a bottle or container with lid put all the ingredients of dressing & shake for 1-2 minutes till all ingredients blend well.
5. In a bowl add baby corns, grapes cut into halves, sprouts, boiled macroni & pour dressing, cover it. Mix well & fill the steamed cabbage leaves with it.
6. Serve the Salad basket chilled.

SA3 — Tiranga Salad — 0.3 Kg — Microwave Safe (MWS) flat glass dish

For	0.3 kg
Grated carrot	100 g
Grated raddish	100 g
Broccoli florets	100 g
Olive	1-2
Salt, lemon juice	As per taste

Method :
1. In a MWS flat glass dish arrange grated carrot first in form of a band, then grated raddish & then broccoli florets, sprinkle water. cover with cling film select category & press start.
2. Add salt & lemon juice. Mix each layer separately.
3. Take olive & cut into thin slices. Now make a flower at the centre of the raddish layer with olive slices chill & serve.

Salad

Menu		Weight Limit	Utensil	Instructions
SA4	Babycorn and Bean Salad	0.1 ~ 0.3 Kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Babycorn	50 g	100 g	150 g
Bean	50 g	100 g	150 g
Salt, lemon juice, pepper powder (Optional)	As per taste		

Method :
1. In a MWS bowl add babycom & beans together. Add some water cover.
2. Select category & weight & press start.
3. Add salt, lemon juice, pepper powder. Mix well & serve.

SA5	Beetroot Salad	0.1 ~ 0.3 Kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	

For	0.1 Kg	0.2 Kg	0.3 Kg
Beetroot (sliced)	100 g	200 g	300 g
Saunf	½ tsp	1 tsp	1 tsp
Coriander powder, pepper powder, salt, lemon juice	As per taste		

Method :
1. In MWS bowl add ½ cup water. Keep the sliced beetroot on MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select category & weight and press start.
2. In a bowl take the steamed beetroot add saunf, coriander powder, pepper powder, salt & lemon juice. Toss well. Chill & serve.

SA6	Cous Cous Salad	0.1 ~ 0.3 Kg	Microwave Safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Daliya	100 g	200 g	300 g
Water	300 ml	600 ml	900 ml
Salt	As per taste		
Oil	Few drops		
Vegetables (Cucumber cubes, chopped tomatoes, broccoli florets, sliced mushrooms)	2 cups	2½ cups	3 cups
Lettuce leaves	2-3 leaves		
For dressing			
Pudina leaves (finely chopped)	¼ cup	½ cup	1 cup
Lemon juice, pepper powder	As per taste		

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

SA7	Pasta Salad	0.2 Kg	Microwave Safe (MWS) bowl	

For	0.2 Kg
Penne pasta	200 g
Water	400 ml
Vegetable (Grated carrot, capsicum, sliced olives, chopped spring onion)	1½ cup
Salt, pepper powder	As per taste
Olive oil	2 tsp
Vinegar	1 tsp
Oregano (optional)	As per taste
Curd	2 tbsp

Method :
1. In a MWS bowl add pasta, water & few drops of oil. Select category & press start.
2. Wash the boiled paste under cold water to separate them.
3. In a bowl take boiled pasta, add vegetable, salt, pepper powder, vinegar, curd, olive oil. Toss them together. Chill & serve.

Menu		Weight Limit	Utensil	Instructions
SA8	Whole Wheat & Mint Salad	0.1 ~ 0.3 Kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Whole wheat (Soaked in hot water for 2 hours)	100 g	200 g	300 g
Mint leaves	1 cup	1½ cups	2 cups
Sprouted Chana	100 g	200 g	300 g
Green Chilli	1 no.	2 nos.	3 nos.
Ginger	As per taste		
Salt & pepper	As per taste		
Lemon Juice	1 tsp	1½ tsp	2 tsp
Water (with salt)	200 ml	400 ml	600 ml

Method :

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

SA9	Bread Salad	0.1 ~ 0.3 Kg	High rack	

For	0.1 Kg	0.2 Kg	0.3 Kg
Whole wheat bread slices	2 nos.	3 nos.	4 nos.
Tomatoes (seedless & cut in pieces)	¼ cup	½ cup	1 cup
Cucumber (Cut in pieces)	¼ cup	½ cup	1 cup
Steamed french beans	¼ cup	½ cup	1 cup
Fresh basil leaves	A few sprigs		
For Salad Dressing			
Olive Oil	1 tbsp	1½ tbsp	2 tbsp
Vinegar	½ tsp	1 tsp	1½ tsp
Salt, pepper & Sugar	As per taste		

Method :

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

SA10	Papaya Lachcha Salad	0.1 ~ 0.3 Kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Papaya (thinly sliced)	100 g	200 g	300 g
Water	As required		
Sugar	10 g	20 g	30 g
Cardamom essence	1 no.	Few drops	3 nos.

Method :

1. In a MWS bowl add papaya slices, sugar, some wter, cardamom essence. Select category and weight & press start.

Salad

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>SA11</td><td>Spring Basket Salad</td><td>0.1-0.3 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></tr>
<tr><td>Red cabbage leaves</td><td>20 g</td><td>40 g</td><td>60 g</td></tr>
<tr><td>Baby corns</td><td>30 g</td><td>60 g</td><td>90 g</td></tr>
<tr><td>Sprouts</td><td>20 g</td><td>40 g</td><td>50 g</td></tr>
<tr><td>Black/green grapes</td><td>30 g</td><td>40 g</td><td>50 g</td></tr>
<tr><td>Macroni (Boiled)</td><td>20 g</td><td>40 g</td><td>50 g</td></tr>
<tr><td>For Dressing</td><td></td><td></td><td></td></tr>
<tr><td>Olive Oil</td><td>1 tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Vinegar/lemon juice</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr>
<tr><td>Oregano</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td></tr>
<tr><td>Finely Chopped Onions</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr>
<tr><td>Salt & pepper</td><td colspan="3">As per taste</td></tr>
<tr><td>Sugar</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr>
</table>
Method :
1. Keep red cabbage leaves in MWS flat glass dish. Keep in MWS bowl & cover. Keep in microwave. Select category & weight and press start.
2. When beeps, remove steamed cabbage leaves. Do not throw the water from the MWS bowl. Keep baby corns cut into halves & sprouts in MWS flat glass dish. Cover & keep in microwave. Press start.
3. Remove from microwave. Allow to cool.
4. In a bottle or container with lid put all the ingredients of dressing & shake for 1-2 minutes till all ingredients blend well.
5. In a bowl add baby corns, grapes cut into halves, sprouts, boiled macroni & pour dressing, cover it. Mix well & fill the steamed cabbage leaves with it.
6. Serve the Salad basket chilled.
</td></tr>
<tr><td>SA12</td><td>Peanut Salad</td><td>0.5 Kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>500 g</td></tr>
<tr><td>Peanut</td><td>500 g</td></tr>
<tr><td>Olive oil</td><td>2 tbsp</td></tr>
<tr><td>Lemon Juice</td><td>2 tbsp</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Chat masala</td><td>As per taste</td></tr>
</table>
Method :
1. In a MWS safe bowl add peanut & add some oil.
2. Select menu & press start.
3. When beeps, add lemon juice, salt, pepper and chat masala to the peanut & press start.
</td></tr>
<tr><td>SA13</td><td>Broccoli Salad</td><td>0.5 Kg</td><td>Microwave safe (MWS) bowl</td><td>
<table>
<tr><td>For</td><td>500 g</td></tr>
<tr><td>Broccoli florets</td><td>500 g</td></tr>
<tr><td>Olive oil</td><td>2 tbsp</td></tr>
<tr><td>Lemon Juice</td><td>2 tbsp</td></tr>
<tr><td>Salt, Pepper</td><td>As per taste</td></tr>
<tr><td>Sugar</td><td>1 tbsp</td></tr>
<tr><td>Lettuce leaves</td><td>For garnishing</td></tr>
</table>
Method :
1. In a MWS safe bowl add broccoli florets & add some water and cover it.
2. Select menu & press start.
3. When beeps, add olive oil, lemon juice, salt, pepper & sugar to the broccoli florets & press start.
4. Now garnish with lettuce leaves and serve.
</td></tr>
</table>

Tandoor Se

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

1. ***Press STOP/CLEAR.**

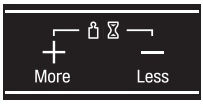
2. **Press Tandoor Se**

The Display will show tS1

3. **Press Tandoor Se three time, display will show tS3.**

4. **Press START/Add 30 secs for menu confirmation.**

When cooking you can increase or decrease cooking time by pressing +More/-Less button.



NOTE

- **Tandoor Se menus are programmed**
- **Tandoor Se menus allows you to cook most of your favourite food by selecting the food type and the weight of the food**

*** Note : If display is blank, press STOP/CLEAR, otherwise go directly to step 2.**

		Weight Limit	Utensil	Instructions
tS1	Grill Chicken	0.3 kg	High rack	

For	0.3 kg
Chicken drumsticks	300 g
For Marinade	
Barbeque sauce	1 tbsp
Olive oil	½ tbsp
Ginger garlic paste, Cumin powder, Black pepper, Onion Paste	1 tbsp
Salt	As per taste
Brown sugar	2 tbsp

Method :

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

tS2	Chicken Lollipops	0.2kg	High rack	

For	0.2 kg
Chicken keema	200 g
Boiled potato	2 nos.
Ginger garlic paste	1½ tbsp
Red chilli powder, Garam masala, Amchur powder, Salt	As per taste
Bread crumbs	For coating the lollipops

Method :

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

tS3	Chicken Tikka	0.3 kg	High rack	

For	0.3 kg
Boneless chicken	300 g
Oil	For basting
For Marinade	
Hung curd	2 tbsp
Ginger garlic paste	2 tbsp
Salt, Garam masala, Chaat masala, Red chilli powder, Tandoori masala, Tandoori color	As per taste

Method :

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

tS4	Veg Kababs	0.3 kg	High rack	

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

Method :

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

Kids' Delight

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

1. *Press STOP/CLEAR.

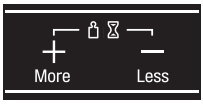
2. Press Kids' Delight

The Display will show CF1

3. Press Kids' Delight four time, display will show CF4.

4. Press START/Add 30 secs for menu confirmation.

When cooking you can increase or decrease cooking time by pressing +More/-Less button.



NOTE

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

*** Note : If display is blank, press STOP/CLEAR, otherwise go directly to step 2.**

Kids' Delight

Menu		Weight Limit	Utensil	Instructions
CF1	Omelette	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	

For	0.2 kg	0.3 kg	0.4 kg
Eggs	2 Nos.	3 Nos.	4 Nos.
Oil	½ tbsp	1 tbsp	1 tbsp
Chopped onion, Tomato, Coriander leaves	½ cup	1 cup	1 cup
Salt, Pepper	As per taste		

Method :

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

CF2	Corn Chaat	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Sweet corn	100 g	200 g	300 g
Mix fruits (Pomegranate, Cucumber, Apple)	½ cup	1 cup	2 cups
Salt, Red chilli powder, Chaat masala, Lemon juice	As per taste		

Method :

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

CF3	Vermicelli Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Roasted vermicelli	100 g	200 g	300 g
Oil	1 tbsp	1½ tbsp	2 tbsp
Rai, Urad dal, Curry leaves	As per taste		
Chopped onion	½ cup	1 cup	1 cup
Chopped tomato	1 No.	2 Nos.	3 Nos.
Salt, Red chilli powder, Haldi, Garam masala	As per taste		
Water	400 mL	800 mL	1200 mL
Lemon juice	As per taste		

Method :

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

CF4	Pizza@	0.3 kg	Glass tray	

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

Method :

1. Select menu & press start to preheat.
2. Spread pizza topping on pizza base, spread chopped vegetables on it. Sprinkle grated cheese.
3. When beeps, place the pizza on Glass tray & press start.
4. When beeps, do not open the door , continue cooking.

@Do not put any thing in the oven during the Preheat mode

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>CF5</td><td>Garlic Bread@</td><td>0.3 kg</td><td>Low Rack</td><td>
<table>
<tr><td>For</td><td>0.3 kg</td></tr>
<tr><td>Bread slices (French Bread)</td><td>3 slices</td></tr>
<tr><td>Butter</td><td>5 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, Pepper, Oregano, Chilli flakes</td><td>As per taste</td></tr>
</table>
<u>Method :</u>
1. Mix butter, garlic paste, salt, pepper and oregano together. Apply this mixture to both sides of bread slices.
2. Select menu & press start. (Preheat 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>CF6</td><td>Choco Bars</td><td>0.2 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></tr>
<tr><td>Chocolate chips</td><td>½ cup</td></tr>
<tr><td>Oats (crushed)</td><td>1 cup</td></tr>
<tr><td>Honey</td><td>3 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>
<u>Method :</u>
1. In a MWS glass bowl put oats, half amount of butter (4 tbsp), honey and brown sugar. mix well. Select menu and press start.
2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter paper.
3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmy 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>
</table>

@Do not put any thing in the oven during the Preheat mode

Kids' Delight

Menu		Weight Limit	Utensil	Instructions
CF7	Apple Pie@	0.6 kg	Metal cake tin & Low rack*	

For	0.6 kg
Apple Filling	
Apples (pealed, cleaned & sliced thinly)	4 large sized
White sugar	¼ cup
Brown sugar	¼ cup
Lemon juice	1 tsp
Cinnamon powder	1 tsp
Nutmeg powder	¼ tsp
Salt	¼ tsp
Softened butter	2 tbsp
Cornflour	2 tbsp
Short Crust Pastry	
Maida	2½ cups (300 g)
Salt	½ tsp
Sugar (granulated)	2 tsbp
Unsalted butter (chilled & cut into 1 inch pieces)	1 cup (225 g)
Ice water	¼ - ½ cup (60-120 mL)

Fig -1

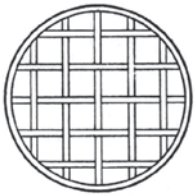


Fig -2

Method :

1. Put maida, salt, sugar in a food processor/mixer. Grind it well. Take it in a bowl. Add chilled cubes of butter. Rub with hand to make bread crumb texture or till soft & well granulated.
2. Add ¼ cup ice water to make a soft dough when pinched. Roll out the dough into 2 equal parts. Make disc shapes. Cover with plastic wrap & keep refrigerated at least for 30 minutes,
3. When chilled, roll out one disc into big shape & place in a greased cake tin, covering it from the edges. Again keep in refrigerator for 1 hour.
4. Take all the ingredients of apple filling in a mixer. Grind it to make a puree without any water. Pour this mixture in the cake tin.
5. Roll out the second chilled disc & cut out long strips of ½ inch width. Cover the pie dish with these strips, arranging crossways as shown in figure 1 & figure 2.
6. Seal the edges & wet them with water. Cover the edges with foil paper to avoid over burning.
7. Select the menu & press start. (Preheat process) When beeps, place the cake tin on low rack & press start. When beeps, give a standing time of 5-10 minutes. Cool & serve in pieces.
   Note: If the butter becomed soft while making pie, keep the rolled dough in freezer.

CF8	Bread Pudding	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish

For	0.1 kg	0.2 kg	0.3 kg
Bread slices	2 Nos.	3 Nos.	4 Nos.
Milk (for dipping the bread)	½ cup	1 cup	1½ cup
Egg	1 Nos.	2 Nos.	2 Nos.
Vanilla Essence	½ tsp	¾ tsp	1 tsp
Sugar	3 tbsp	4 tbsp	5 tbsp
Dry fruits	As per taste		

Method :

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

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

* Refer Page 99, Fig. 2

Menu		Weight Limit	Utensil	Instructions
CF9	Cheesy Nachos	0.3 kg	Microwave safe (MWS) flat glass dish	For: 0.3 kg Nachos: 300 g Grated cheese: 1 cup Pizza sauce: 6 tbsp Chopped onion, tomato: 2 cups **Method :** 1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select menu & press start.
CF10	Chocolate Balls	0.3 kg	Microwave safe (MWS) glass bowl	For: 0.3kg Milkmaid: 1 cup Marie biscuit powder: 1 cup Milk powder: ½ cup Bournvita: ½ cup Grated coconut: ½ cup **Method :** 1. In a MWS glass bowl add milkmaid, marie biscuit powder, milk powder, bournvita. Mix well. Select menu & press start. 2. Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut. 3. Keep in refrigerator for half an hour.
CF11	Strawberry Custard	0.5 kg	Microwave safe (MWS) bowl	For: 0.5 kg Milk: 1 cup Strawberry custard powder: 3 tbsp Sugar: 50 g Strawberry pieces: As required **Method :** 1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well. 2. Select menu & press start. 3. When beeps, stir well. Press start. 4. When beeps, stir well. Press start. Allow to set in refrigerator.
CF12	Noodles	0.1~0.3 kg	Microwave Safe (MWS) bowl	For: 0.1 kg / 0.2 kg / 0.3 kg Noodles: 100 g / 200 g / 300 g Water: 400 ml / 800 ml / 1200 ml Oil: 1 tsp / 2 tsp / 3 tsp Vinegar: ½ tsp / 1 tsp / 1 tsp Soya sauce: ½ tsp / 1 tsp / 1 tsp Chilli sauce: ½ tsp / 1 tsp / 1 tsp Mix Vegetable- Cabbage, capsicum, carrot, French beans etc.: ½cup / 0.3 kg / 1 cup Salt, sugar, Pepper, MSG.: As per taste **Method:** 1. In Microwave Safe Bowl take noodles, water, oil. Select category & weight and press start. 2. When beeps, Strain noodles & pour cold water over it. In Microwave Safe Bowl put some oil and finely chopped vegetables, and vinegar, soyasauce, chilli sauce, MSG, salt & pepper press start. 3. When beep, add noodles and mix well press start. Serve hot.

Kids' Delight

Menu		Weight Limit	Utensil	Instructions
CF13	Creamy mushroom buns	0.1~0.3 kg	Microwave safe (MWS) bowl & High Rack	

For	0.1 kg	0.2 kg	0.3 kg
Buns (cut into half horizontally)	1 no.	2 no.	3 no.
Butter	1 tbsp	2 tbsp	3 tbsp
Garlic (Chopped)	1 tsp	2 tsp	3 tsp
Green Chillies (chopped)	1 no.	2 no.	3 no.
Coriander (chopped)		A few sprigs	
Onions (chopped)	½ cup	½ cup	1 cup
Mushroom (sliced)	¼ cup	½ cup	1 cup
Spinach (chopped)	¼ cup	½ cup	1 cup
Salt & pepper	A s per taste		
Oregano	1 tsp	1½ tsp	2 tsp
Cheese (grated)	¼ cup	¼ cup	½ cup
Milk	¼ cup	½ cup	1 cup

Method:

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

CF14	Pav Bhaji	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & High rack	

For	0.1 kg	0.2 kg	0.3 kg
Boiled mix veg (Potato, Cauliflower, Capsicum, Green peas)	100 g	200 g	300 g
Oil	1 tbsp	2 tbsp	2 tbsp
Chopped onion	1 No.	2 Nos.	2 Nos.
Chopped tomato	1 No.	2 No.	3 Nos.
Water	As required		
Pav bhaji masala	1 tsp	1½ tsp	2 tsp
Garlic paste	1 tsp	1½ tsp	2 tsp
Red chilli powder, Salt, Lemon juice, Butter	As per taste		
Hara dhania	For garnishing		

Method :

1. In a MWS glass bowl take oil, garlic paste, chopped onion, chopped tomato. Mix well.
2. Select menu & weight press start.
3. When beeps, add vegetables, water, red chilli powder, pav bhaji masala, salt. Mix well.
4. Press start.
5. When beeps, remove mash it well, add butter & lemon juice. Garnish with coriander leaves.
6. Keep this aside.
7. For grilling pav-bhaji buns: Cut each bun in centre, apply butter, arrange on high rack.
8. Press start. Serve with bhaji.

CF15	Dhokla	0.1 - 0.3kg	Microwave safe (MWS) flat glass dish & Microwave safe(MWS) bowl	

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

Method :

1. Mix besan, curd, sugar, salt, water, green chilli-ginger paste, yellow color, fruit salt together. Mix well. Keep for 5-10 minutes.
2. Pour the mixture in MWS flat glass dish. Add ½ cup water to the MWS bowl, keep the flat glass dish, cover. Select menu & weight & press start.
3. When beep, in another MWS bowl add oil, rai & curry leaves & press start. Add some water to the tempering.
4. Add this tempering to the dhokla & cover. Stand for 5 minutes. Garnish with grated coconut & serve.

   Note : Mix 2 tsp sugar to water & dissolve before adding to the tempering.

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

Menu		Weight Limit	Utensil	Instructions
CF16	Peanuts	0.1 - 0.3kg	Microwave safe (MWS) flat glass dish	

For	0.1 kg	0.2 kg	0.3 kg
Peanuts	100 g	200 g	300 g
Oil	As required		

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

CF17 Murmura — 0.1 kg — Microwave safe (MWS) glass bowl

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

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

CF18 Papdi@ — 12 — Metal cake tray & Low rack*

Wheat flour	¼ cup
Cumin seeds	½ tsp
Salt	¼ tsp
Oil	1 tsp
Water	As required

Method :
1. Combine all the ingredients in a bowl. Make a soft dough adding required amount of water.
2. Select menu & press start. (Preheat process)
3. Take small amount of dough (equal proportion for all papdis) & roll out papdis prick with a fork & keep on cake tray. Keep the tray on low rack & press start.
4. Give a standing time of 5 minutes. Remove & store in an air tight container.

Note : 12 Indicates the number of papdi that can be prepared

CF19 Paneer Bhurji — 0.1 ~ 0.4 kg — Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Paneer (mashed)	100 g	200 g	300 g	400 g
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Chopped capsicum	1 no.	2 nos.	3 nos.	4 nos.
Chopped onion	½ cup	1 cup	1 cup	1½ cup
Coriander leaves	A few sprig			
Coriander powder, Jeera powder, Red chilli powder, Salt	As per taste			

Method :
1. In a MWS bowl add oil, onion & capsicum. Select menu & weight & 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.

CF20 Steamed Triangles — 0.1 ~ 0.3 kg — Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish

For	0.1 kg	0.2 kg	0.3 kg
Suji	100 g	200 g	300 g
Sour curd	½ cup	1 cup	1½ cup
Grated carrot	½ cup	1 cup	1½ cup
Capsicum (finely chopped)	3 tbsp	4 tbsp	5 tbsp
Water (to make batter)	As required		
Mint chutney	4 tbsp	5 tbsp	6 tbsp
Oil	1 tsp	1½ tsp	2 tsp
Salt & sugar	As per taste		
Eno fruit salt	1 tsp	1½ tsp	2 tsp
Oregano	1 tsp	1½ tsp	2 tsp

Method :
1. Put suji in a MWS glass bowl. Select menu weight and press start.
2. When beeps, mix well. Add curd, salt, sugar, oregano, water, eno salt. Mix well to make batter of dropping consistency.
3. Transfer half the batter to a MWS flat glass dish. Sprinkle half of the vegetables over the batter. Sprinkle half of mint chutney over vegetables. Repeat the same procedure with left over ingredients
4. Cover the MWS flat glass dish with plastic wrap/film. Prick with a fork/knife at 2-3 places. Keep in microwave. Press start.
5. Give standing time of 5 minutes. Remove the plastic wrap/film. Cut into triangles & serve hot.

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

* Refer Page 99, Fig. 2

Kids' Delight

Menu		Weight Limit	Utensil	Instructions
CF21	Khandvi	0.3 kg	Microwave safe (MWS) bowl	

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

Method :

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

CF22	Namakparas@	15No	Metal Baking tray** & low rack	

For	15
Maida	100 g
Oil	100 g
Ajwain	2 tbsp
Salt	2 nos.
Water	1 no.

Method :

1. In a bowl put all the ingredients of namak pare & make a soft dough adding required amount of water. Keep for 15-30 minutes, covered with cloth.
2. Select menu & weight and press start.(Preheat process)
3. Roll out the dough & make a ½" thick circle & cut them into small thin rectangular strips. Keep them on metal baking tray.
4. When beeps, keep metal baking tray on low rack & press start. Give a standing time of 5 minutes.
5. Let them cool completely before storing them in air-tight container.

Note: 15 indicate the number of namak paras that can be prepared.

CF23	Cottage Honey Toast	0.1 ~ 0.3 kg	High rack	

For	0.1 kg	0.2 kg	0.3 kg
Bread slices	2 nos.	4 nos.	6 nos.
Grated cottage cheese	As required		
Cinnamon powder	As required		

Method :

1. Spread cottage cheese & cinnamon powder on the bread slices. Keep on high rack. Select menu & weight & press start.
2. When beeps, turn over the slices & press start.
3. Drizzle honey on slices & serve.

CF24	Baked Potatoes@	0.5 kg	Low rack	

For	0.5 kg
Half boiled potatoes	500 g
Boiled kabuli chana	½ cup
Hung curd	¼ cup
Olive oil	1 tbsp
Softened butter	2 tbsp
Salt & Pepper	As per taste
Oregano	2 tsp
Chopped garlic	1 tsp
Tabasco	½ tsp
Topping (mix together)	
Cornflakes (crushed)	4 tbsp
Wheat flour	1 tsp
Olive oil	1 tbsp
Chopped coriander	2 tbsp

Method :

1. Cut the half boiled potatoes lengthwise & scoop out the potatoes leaving ½" thick wall. Keep the scooped out potatoes aside.
2. Mix in a bowl scooped out & mashed potatoes, boiled & mashed kabuli chana, chopped garlic, green chilli, hung curd, olive oil, butter, salt & pepper, oregano, tabasco cornflakes. Mix well & make a paste/mixture.
3. Fill in the hollowed-out potatoes with this mixture/paste with a spoon.
4. In a bowl mix all the ingredients of cornflakes topping & cover all filled potatoes with the same mix.
5. Select the menu & press start. (Preheat process)
6. When beeps, keep the greased potatoes on low rack & press start. Serve with tomato ketchup or any other sauce of your choice.

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

* * Refer Page 99, Fig. 2

Menu		Weight Limit	Utensil	Instructions
CF25	Tokri Chaat	0.1 ~ 0.3 kg	Metal muffin case** & High rack	

For	0.1 kg	0.2 kg	0.3 kg
Bread slices	2 nos.	4 nos.	6 nos.
For filling			
Moong sprouts, pomegranate, cucumber, onion, boiled potato, chopped mango	1 cup	1½ cup	2 cups
Salt, chaat masala, imLi chutney, lemon juice	As per taste		

Method :

1. In a bowl mix all the ingredients for filling & keep aside.
2 On a rolling board keep the bread slice and with the help of a rolling pin roll out the bread thinly. Take muffin cases & arrange the bread slices in them.
3. Place the muffin case on high rack. Select menu & weight and press start.
4. When beeps, take out the bread slices & turn over & keep on high rack & press start.
5. Remove, allow to cool. Put the ingredients for filling inside the tokri & serve.

CF26	Spicy Baby Corn	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

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

Method :

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

CF27	Veg Sandwich	0.1 ~ 0.3 kg	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.

CF28	Paneer Sandwich	0.1 ~ 0.3 kg	High rack	

For	0.1 kg	0.2 kg	0.3 kg
Bread slices	2 nos.	4 nos.	6 nos.
Grated paneer	100 g	150 g	200 g
Chopped onion	2 tbsp	3 tbsp	4 tbsp
Cheese spread	2 tbsp	3 tbsp	4 tbsp
Salt, pepper & mustard powder	As per taste		
Minced ginger	As per taste		

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.

* * Not provided with LG Kit.

Kids' Delight

Menu		Weight Limit	Utensil	Instructions
CF29	Masala Cheese Toast	0.1 ~ 0.3 kg	High rack	

For	0.1 kg	0.2 kg	0.3 kg
Bread slices	2 nos.	4 nos.	6 nos.
Butter	For applying on bread slices		
For Filling			
Chopped boiled vegetables - cabbage, cauliflower, green peas,french beans, capsicum	1 cup	1½ cup	2 cups
Chopped onions	1 no.	2 nos.	2 nos.
Mashed boiled potatoes	2 nos.	3 nos.	4 nos.
Chopped green chillies	1 no.	2 nos.	3 nos.
Salt, red chilli powder, garam masala	As per taste		
Chopped coriander leaves	1 tsp	2 tsp	3 tsp
Grated cheese	2 tsp	4 tsp	6 tsp

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.

CF30	Bread Dahi Vada	0.3 kg	Microwave safe (MWS) flat glass dish	

For	0.3 kg
Bread slices (cut the edges)	8 nos.
Beaten curd	As required
Imli ki saunth	As required
Green chillies (chopped)	3 nos.
Grated ginger	10 g
Chopped coriander leaves	A few sprigs
Kishmish	5 g
Salt, Cumin seed powder, Red chilli powder, Pudina powder	As per taste
Pepper corns	4-5 pieces

Method :

1. Take one slice of bread, dip in water & press between the palms to drain extra water. Place the slice on a slightly greased MWS flat glass dish.
2. Now sprinkle chopped green chillies, grated ginger, chopped coriander leaves & pudina powder. Now place the other bread slices dipped in water over the first one and seal the edges properly. Give them round shape. Make 4 vadas in same manner.
3. Keep the MWS flat glass dish in the oven. Select menu and press start.
4. Take out & allow to cool.
5. Now add beaten curd, imLi saunth, salt, red chilli powder, cumin seed powder. Place a pepper corn at the centre of each vada. Keep in refrigerator for cooling. Serve.

Steam Cook

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

1. *Press STOP/Clear.

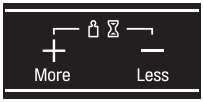
2. Press Steam Cook

The Display will show St1

3. Press Steam Cook six time, display will show St6.

4. Press START/Add 30 secs for menu confirmation.

5. Keep pressing + More key until display show 0.3kg.



When cooking you can increase or decrease cooking time by pressing +More/-Less button.

NOTE

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

*** Note : If display is blank, press STOP/CLEAR, otherwise go directly to step 2.**

Steam Cook

Category		Weight Limit	Utensil	Instructions
St1	Keema Balls	0.1 ~ 0.3 kg.	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Chicken Kheema	75 gms	125 gms	175 gms
Boiled & Mashed Potato	1 No.	2 No.	3 No.
Ginger, Garlic Paste, Salt, Garam Masala, Hara Dhania Lemon Juice	As per your taste		
Besan	1 tsp	2 tsp	3 tsp

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

St2	Gajar Ka Halwa	0.3 kg	Microwave Safe (MWS) Glass Bowl & Microwave safe (MWS) bowl	

For	0.3 kg
Grated Gajar	300 gms
Ghee	2 tbsp
Milk Powder	4 tbsp
Khoya	5 tbsp
Sugar	4 tbsp
Elaichi Powder and Dry Fruits	As per your taste

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

St3	Shakar-Kandi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	

Shakarkandi	0.1 Kg	0.2 Kg	0.3 Kg
Salt & Chat Masala	As per your taste		

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

St4	Methi Muthiya	0.1 ~ 0.3 kg	Microwave Safe (MWS) bowl & Microwave safe (MWS) flat glass dish	

For	0.1 Kg	0.2 Kg	0.3 Kg
Methi Leaves	1/2 cup	3/4 cup	1 cup
Atta	1/4 cup	1/2 cup	3/4 cup
Besan	2 tbsp	3 tbsp	4 tbsp
Suji	1 tbsp	1½ tbsp	3/4 tbsp
Soda Bicarb	1/4 tsp	1/2 tsp	3/4 tsp
Ginger garlic chilli paste, Dhaniya Powder, Haldi, Salt, Sugar	As per your taste		

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

St5	Kothimbir Vadi	0.1 ~ 0.3 kg	Microwave safe (MWS) Bowl & Microwave safe (MWS) flat glass dish	

For	0.1 Kg	0.2 Kg	0.3 Kg
Kothimbir (Hara Dhaniya)	100 g	200 g	300 g
Besan	½ cup	1 cup	1½ cup
Suji	2 tbsp	3 tbsp	4 tbsp
Red chilli powder, salt, garam masala	As per taste		
Baking powder	½ tsp	½ tsp	1 tsp

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

Category		Weight Limit	Utensil	Instructions
St6	Sprouts	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	

For	0.1 Kg	0.2 Kg	0.3 Kg
Moong sprouts	100 g	200 g	300 g
Chopped onion, Chopped tomato	1 cup	2 cups	2 cups
Salt, Chaat masala, Lemon juice	As per taste		

Method :
1. In a MWS bowl, add ½ cup water, put moong sprouts In MWS flat glass dish. Keep in the MWS bowl and cover.
2. Select category and weight and press start. Stand for 3 minutes. Add chopped onion, tomato, salt, chaat masala and lemon juice and serve.

St7	Steamed Veg	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg
Chopped vegetables (Capsicum, carrots, peas, beans)	100 g	200 g	300 g

Method :
1. In the MWS bowl, add ½ cup water. Put the chopped vegetables in the MWS flat glass dish, Keep in the bowl & cover.
2. Select category and weight and press start. Sprinkle salt and pepper as per taste and serve.

St8	Rasia Muthiya	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	

For	0.1 Kg	0.2 Kg	0.3 Kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g
Water	200 ml	400 ml	600 ml
Ginger-garlic paste	½ tbsp	1 tbsp	1½ tbsp
Hing	A pinch		
Besan	1 tbsp	2 tbsp	3 tbsp
Kadhi	As required		

Method :
1. In a MWS bowl add rice & water. Select category & weight and press start.
2. When beeps, take out the cooked rice. Add ginger garlic paste, hing, besan. Mash well with rice. Make balls out of the rice mixture.
3. In the MWS bowl, add ½ water to the bowl. Keep the muthiyas on the MWS flat glass dish. Keep in the bowl. Cover & press start.
4. When beeps, remove the muthiyas & add to the kadhi & serve.

St9	Steamed Cauli-Flower	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish.	

For	0.1 Kg	0.2 Kg	0.3 Kg
Cauliflower florets	100 g	200 g	300 g
Onion paste	1 tbsp	2 tbsp	3 tbsp
Ginger garlic paste,	½ tbsp	1 tbsp	1½ tbsp
Red chilli, dhania, coriander, turmeric (powdered), garam masala, salt, sugar	As per taste		
Tomato puree	2 tbsp	3 tbsp	4 tbsp
Curd	100 ml	150 ml	200 ml

Method :
1. Mix all the ingredients together except cauliflower. Add cauliflower & marinate for 1 hour.
2. In MWS bowl, add ½ cup water.
3. Now keep the marinated cauliflower on the MWS flat glass dish. Keep in the MWS bowl & cover. Select category & weight and press start.
4. Allow to stand for 5 minutes.

St10	Sarson Ka Saag	0.1 ~ 0.4 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	

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

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

Steam Cook

Category		Weight Limit	Utensil	Instructions
St11	Bhafouri	0.1 ~ 0.2 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand*	For: 0.1 Kg / 0.2 Kg Mix dal paste (Moong dal, Urad dal): 100 g / 200 g Ginger- garlic paste: ½ tbsp / 1 tbsp Hing: A pinch Mitha soda: 1/8 tsp / ¼ tsp Salt: As per taste **Method :** 1. Mix all the ingredients together & make balls out of the mixture. 2. In MWS bowl, add ½ cup water. Keep the balls in MWS idli stand and keep it inside the bowl. Cover. Select category & weight and press start. Allow to stand for 3 minutes.
St12	Steamed Peas	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	For: 0.1 Kg / 0.2 Kg / 0.3 Kg Shelled peas: 100 g / 200 g / 300 g Salt & Chaat masala: As per taste Butter: ½ tbsp / 1 tbsp / 1½ tbsp **Method :** 1. In MWS bowl, add ½ cup water to the MWS bowl, place put the peas in MWS flat glass dish. Keep in MWS bowl & cover. Select category & weight & press start. 2. Remove & add butter, salt & chaat masala & serve.
St13	Matar Mushroom	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	For: 0.1 Kg / 0.2 Kg / 0.3 Kg Matar: 50 g / 100 g / 150 g Mushroom (chopped): 50 g / 100 g / 150 g Oil: 1 tbsp / 1½ tbsp / 2 tbsp Onion (chopped): 1/2 cup / 1 cup / 1 cup Tomato puree: 2 tbsp / 2½ tbsp / 3 tbsp Salt, Red chilli powder, Garam masala: As per taste **Method :** 1. Add ½ cup water to MWS bowl. bowl, place the matar and chopped mushroom on the MWS flat glass dish, keep in MWS bowl and cover. Select category and weight and press start. 2. When beeps, remove. 3. In a MWS bowl add oil, onion, tomato puree, salt, red chilli powder, garam masala and press start. Mix well. 4. When beeps, add steamed matar and mushroom to the MWS bowl and add little water, press start. Mix well and add chopped coriander leaves and serve with roti.
St14	Avial	0.1 ~ 0.3 kg	Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl	For: 0.1 Kg / 0.2 Kg / 0.3 Kg Cut vegetables (long pieces), Carrot, potato, drumstick, French beans, bottlegourd: 100 g / 200 g / 300 g Oil: 1 tbsp / 1 tbsp / 1½ tbsp Mustard seeds, Curry leaves, Salt, Haldi: As per taste Coconut milk: 1/2 cup / 1 cup / 1½ cup Curd (beaten): 1/2 cup / 1 cup / 1½ cup **Method :** 1. Add ½ cup water to MWS bowl, place the vegetables in MWS flat glass dish & keep in MWS bowl and cover. Press start. 2. Select category and weight and press start. 3. When beeps, remove the all from microwave oven. 4. When beeps, in a MWS bowl add 1tbsp oil, mustard seeds, curry leaves, haldi, salt. Add coconut milk and curd. 5. When beeps, add the steamed vegetables to the coconut milk and press start. Garnish with grated coconut and serve.

* Provided with LG kit.

<table>
<tr><th colspan="2">Category</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>St15</td><td>Shorshe Ilish</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>Hilsa pieces</td><td>300 g</td></tr>
<tr><td>Mustard oil</td><td>1 tbsp</td></tr>
<tr><td>Onion</td><td>2 nos.</td></tr>
<tr><td>Mustard seeds and chilli paste</td><td>1½ tbsp</td></tr>
<tr><td>Salt, Red chilli powder</td><td>As per taste</td></tr>
</table>
Method :
1. Add ½ cup water to MWS bowl, place the hilsa pieces in MWS flat glass dish & keep in MWS bowl and cover. Select category and press start. Stand for 3 minutes.
2. When beeps, remove all from microwave oven.. In a MWS bowl add mustard oil, onion, mustard and chilli paste, salt, red chilli powder and press start.
3. When beeps, add the steamed hilsa in MWS bowl, mix well and cover. Press start. Serve with rice.
</td></tr>
</table>

Indian Cuisine

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

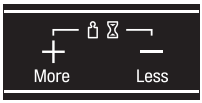
1. Press STOP/CLEAR.

2. Press Indian Cuisine

3. **The display will show "IC1"**

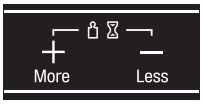
4. **Press START/Add 30 secs for menu confirmation.**

5. **Keep Pressing "+More" until display show " 0.2kg"**



6. **Press START/Add 30 secs.**

When cooking you can increase or decrease cooking time by pressing **+More/-Less** button.



NOTE

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

*** Note : If display is blank, press STOP/CLEAR, otherwise go directly to step 2.**

Menu		Weight Limit	Utensil	Instructions
IC1	Mix Veg	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Mix Veg. (Carrot, Cauliflower, peas, beans, tomato)	100 g (Total)	200 g (Total)	300 g (Total)	400 g (Total)	500 g (Total)
Oil	¼ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Onion (chopped)	½ cup	1 cup	1½ cup	2 cup	2 cup
Tomato (chopped)	¼ tbsp	1 cup	1½ cups	1½ cups	1½ cups
Salt, Cumin powder, Garam masala, Red chilli powder, Coriander	As per taste				

Method :

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

IC2	Kadhai Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl

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

Method :

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

IC3	Dal Tadka	0.2 kg	Microwave safe (MWS) bowl

For	0.2 kg
Dal (soaked for 2 hours)	200 g
Water	400 mL
Oil	2 tbsp
Rai, Roasted jeera, Kasuri methi, Dhania powder, Hara dhania, Hing, Haldi, Green chilli	As per taste
Salt	As per taste

Method :

1. Take dal in MWS bowl, add water, haldi and hing.
2. Select menu press start to cook.
3. When beeps, take another bowl add oil, roasted jeera, green chilli, curry leaves, add dal, salt, dhania powder, hara dhania, kasuri methi (optional), water (if required). Press start.
4. When beeps, mix well & again press start.

Indian Cuisine

Menu		Weight Limit	Utensil	Instructions
IC4	Sambhar	0.2 kg	Microwave safe (MWS) bowl	

For	0.2 kg
Arhar Dal (Soaked for 2 hrs)	200 g
Oil	2 tbsp
Onion chopped	1 medium
Tomato chopped	1 medium
Mixed Vegetables chopped - Drumsticks, Ghiya, Brinjals, Red pumpkin	1 cup
Boiled water	400 mL
Imli pulp, Green chilli, Sambhar masala, Salt, Gud, Curry leaves Dhania, Red chilli powder, Rai, Hing	As per taste

Method :

1. Soak dal for 2 hours, In MWS Bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select menu and press start.
2. When beeps, in another MWS Bowl take oil, add rai, hing, curry leaves, dhania, red chilli powder. 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 mins. Garnish with coconut and hara dhania and serve with Idli.

IC5	Dum Aloo	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Boiled aloo (small)	100 g	200 g	300 g	400 g	500 g
Oil	2 tbsp	3 tbsp	3 tbsp	3½ tbsp	3½ tbsp
Jeera, Pepper seeds, Cloves, Hing	As required				
Onion paste	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp
Ginger & garlic paste	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
Tomato puree	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Curd	½ cup	1 cup	1 cup	1½ cups	1½ cups
Turmeric powder, Red chilli powder, Deghi mirch, Salt, Garam masala, Saunf powder	As per taste				

Method :

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

IC6	Baigan Ka Barta	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl

For	0.3 kg	0.4 kg	0.5 kg
Baigan (Chopped in big pieces)	300 g	400 g	500 g
Oil	1 tbsp	1½ tbsp	2 cup
Chopped onions	1 cup	1½ cup	500 g
Chopped green chillies	3 nos.	4 nos.	5 nos.
Chopped ginger	1 tbsp	1½ tbsp	2 tbsp
Chopped tomato	2 nos.	3 nos.	4 nos.
Tomato puree	4 tbsp	5 tbsp	6 tbsp
Salt, dhania powder, garam masala, red chilli powder, haldi	As per taste		
Chopped coriander leaves	A few sprigs		

Method :

1. In a MWS bowl add peeled & chopped baigan. Sprinkle some water. Cover. Select menu and 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.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>IC7</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 cups</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 cups</td><td>1½ cups</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>

<u>Method :</u>
1. In a MWS bowl add oil, rai, jeera, chopped onion. Select menu & weight & press start.
2. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (1/2 the amount mentioned per weight). Mix & press start.
3. When beeps, mix & add remaining water & press start. Pour tempering & serve.
</td></tr>
<tr><td>IC8</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>
<u>Method :</u>
1. In a MWS flat glass dish put besan. Select menu & press start.
2. When beeps, remove & in another MWS glass bowl put oil, chopped ginger, garlic, green chilli, chopped onion & tomato, turmeric powder, garam masala, red chilli powder. Mix well & press start.
3. When beeps, mix besan with masala & add water & salt. Mix well. Keep MWS glass bowl in microwave & press start.
4. Stir well. Garnish with fresh coriander & serve.
</td></tr>
</table>

Indian Cuisine

Menu		Weight Limit	Utensil	Instructions
IC9	Dalma	0.3 kg	Microwave safe (MWS) bowl	

For	0.3 kg
Dhuli moong dal (soaked for 2 hours)	300 g
Water	600 mL
Chopped vegetables (Drumsticks, Potato, Raw banana, Pumpkin, Brinjal, Tomato)	2 cups
For tadka	2 tbsp
Oil	As per taste
Bay leaf, Jeera, Dry chillies, Salt, Haldi	4 tbsp
Grated coconut	1 no.
Chopped onion	

Method :

1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select menu & 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.

IC10	Panchmel Ki Sabzi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Chopped vegetables (Gavar ki fali, Chawli, Shimla mirch, Kheera, Gajar)	100 g	200 g	300 g
Oil	½ tbsp	1 tbsp	2 tbsp
Jeera	½ tsp	1 tsp	1 tsp
Onion	½ cup	½ cup	1 cup
Ginger & Green chilli paste	1 tsp	1½ tsp	2 tsp
Coriander powder, Amchur, Haldi & Salt	As per taste		

Method :

1. In a MWS bowl add oil, jeera, onion, ginger & green chilli paste. Mix well.
2. Select menu & weight and press start.
3. When beeps, mix well & add the chopped vegetables & little water. Cover and press start.
4. When beeps, mix well & add coriander powder, amchur, haldi & salt. Press start. Allow to stand for 5 minutes.

IC11	Gujarati Tuvar Dal	0.3 kg	Microwave safe (MWS) bowl

For	0.3 kg
Tuvar dal / Arhar dal (soaked for 2 hours)	300 g
Water	600 mL
Oil	1 tbsp
Mustard seeds	½ tsp
Jeera	½ tsp
Finely chopped ginger	1 tbsp
Slit green chillies	3 nos.
Curry leaves	A few
Chopped tomato	2 nos.
Chopped onion	1 no.
Hing	A pinch
Salt, Turmeric powder, Red chilli powder	As per taste
Jaggery (Gud)	As per taste

Method :

1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select menu & press start.
2. When beeps, remove the dal.
3. In another MWS bowl add oil, mustard seeds, jeera, finely chopped ginger, slit green chillies, curry leaves, chopped onions, red 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.

Menu		Weight Limit	Utensil	Instructions
IC12	Butter Chicken	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.3 kg	0.4 kg	0.5 kg
Chicken (boneless)	300 g	400 g	500 g
Ginger garlic paste	2 tbsp	2½ tbsp	3 tbsp
Tomato puree	½ cup	1 cup	1 cup
Chopped onions	1 no.	1 no.	2 nos.
Garam masala,Dhania powder, Jeera powder, Kasuri methi, Red chilli powder, Salt	As per taste		
Kaju paste	2 tbsp	2½ tbsp	3 tbsp
Fresh cream	1 cup	1½ cup	1½ cup
Butter	2 tbsp	3 tbsp	3½ tbsp
Oil	2 tbsp	2½ tbsp	2½ tbsp
Slit green chillies	3 nos.	4 nos.	5 nos.

Method :

1. In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select menu & 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.

IC13	Beans Porial	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

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

Method :

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

IC14	Goan Potato Curry	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl

For	0.3 kg	0.4 kg	0.5 kg
Boiled potato	300 g	400 g	500 g
Boiled mix veg (Capsicum Cauliflower, Carrot, Peas)	100 g	150 g	200 g
Chopped onion	1 no.	2 nos.	3 nos.
Oil	1½ tbsp	2 tbsp	2 tbsp
Mustard seeds	1 tsp	1½ tsp	2 tsp
Grated coconut	2 tbsp	2½ tbsp	3 tbsp
Coconut milk	1 cup	1½ cup	1½ cup
Tomato puree	½ cup	1 cup	1 cup
Kaju powder	1 tbsp	2 tbsp	3 tbsp
Salt, Red chilli powder	As per taste		
Fresh cream	2 tbsp	3 tbsp	4 tbsp
Coriander	A few sprigs		

Method :

1. In a MWS bowl add oil, mustard seeds & chopped onion. Select menu & weight & 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.

Indian Cuisine

Menu		Weight Limit	Utensil	Instructions
IC15	Kashmiri Kaju Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Paneer pieces	100 g	200 g	300 g	400 g	500 g
Kaju	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp
Sliced onions	½ no.	1 nos.	1½ nos.	1½ nos.	1½ nos.
Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
Chilli powder	As per taste				
Khus Khus paste	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
Tomato puree	½ cup	1 cup	1½ cup	2 cup	2 cup
Milk	¼ cup	½ cup	1 cup	1½ cup	1½ cup
Garam masala & Salt	As per taste				

Method :

1. In a MWS bowl add oil, onion slices, chopped ginger & garlic. Select menu & 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.

IC16	Veg Handva@	0.3 kg	Microwave safe (MWS) flat glass dish & Low rack# & High rack*	

For	0.3 kg
Rice	200 g (1 cup)
Urad Dal (Dehusked)	½ cup
Boiled vegetables (Potato, Carrots, Peas, Palak)	2 cups
Oil	1 tsp
Lemon juice	2 tsp
Soda bi carb	A pinch
Chilli powder, Turmeric powder, Salt	As per taste
Ginger & Green chilli paste	1 tsp
Mustard seeds	1 tsp
Curry leaves	A few sprigs
Hing	¼ tsp

Method :

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

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

#Refer Page 99, Fig.3

*Refer Page 99, Fig. 2

Menu		Weight Limit	Utensil	Instructions
IC17	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 Sabzi			
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 cups
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 menu and weight and press start.
5. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices.
6. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhaniya powder, haldi, salt. Cover & press start.
7. When beeps, add beaten curd, gattas & haldi. Mix well & press start.

IC18	Aloo Gobhi	0.3-0.5 kg	Microwave safe (MWS) bowl	

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

Method :

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

Indian Cuisine

Menu		Weight Limit	Utensil	Instructions

IC19 — Matar Paneer

Weight Limit: 0.2-0.4 kg

Utensil: Microwave safe (MWS) bowl

For	0.2 Kg	0.3 Kg	0.4 Kg
Matar	100 g	150 g	200 g
Paneer Cubes	100 g	150 g	200 g
Oil	1 tbsp	1½tbsp	2 tbsp
Tomato puree	¼ cup	½ cup	1 cup
Chopped Onion	1 tbsp	1½ tbsp	2 tbsp
Chopped Ginger	1 tsp	1½ tsp	2 tsp
Chopped garlic	1 tsp	1½ tsp	2 tsp
Jeera powder, salt, haldi, red chilli powder, garam masala	As per taste		
Coriander leaves	A few sprigs		
Water	¼ cup	½ cup	1 cup

Method :

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

IC20 — Kadhai Chicken

Weight Limit: 0.1 ~ 0.5 kg

Utensil: Microwave safe (MWS) bowl

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

Method :

1. In MWS Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select menu & 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.

IC21 — Kofta Curry

Weight Limit: 0.1-0.3 kg

Utensil: Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl

For	0.1 Kg	0.2 Kg	0.3 Kg
Grated Lauki	100 g	200 g	300 g
Besan	1 tbsp	2 tbsp	3 tbsp
Chopped Onion	½ cup	1 cup	1 cup
Tomato puree	¼ cup	½ cup	1 cup
Chopped garlic	1 tsp	1½ tsp	2 tsp
Chopped Ginger	1 tsp	1½ tsp	2 tsp
Coriander power, haldi, garam masala, red chilli powder, jeera, salt	As per taste		
Oil	½ tbsp	1 tbsp	1½ tbsp
Water	½ cup	1 cup	1 cup
Lemon juice	As per taste		

Method :

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

Menu		Weight Limit	Utensil	Instructions
IC22	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 menu & 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.

IC23	Jhinga Matar Curry	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl

For	0.2 kg	0.3 kg	0.4 kg
Prawns (deveined & cleaned)	50 g	100 g	150 g
Peas (shelled)	½ cup	1 cup	1 cup
Water	¼ cup	½ cup	1 cup
Salt, Red chilli powder, 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 menu & 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.

Indian Cuisine

Menu		Weight Limit	Utensil	Instructions
IC24	Dum Tangri	0.6 kg	Microwave safe (MWS) glass bowl & High rack	

For	0.6 kg
Chicken legs	5 nos.
For Marinade	
Hung curd	4 tbsp
Fresh cream	1 tbsp
Ginger-garlic paste	1 tsp
Oil	½ tbsp
Tandoori chicken masala	1 tbsp
Kasoori methi	As required
Salt, Red chilli powder, Garam masala, pepper	As per taste
For Gravy	
Fresh tomato paste	5 tbsp
Onion paste	5 tbsp
Tomato puree	3 tbsp
Ginger-garlic paste	1 tsp
Oil	2 tbsp
Fresh coriander leaves (chopped)	As required
Salt, Red chilli power, Garam masala, Dhania powder	As per taste

Method :

1. Pre-prepare the gravy : Add all ingredient of gravy in MWS glass bowl and microwave at 100% for 5 mins. Keep aside.
2. Take chicken legs, wash, clean & pat dry them with kitchen towel. Make cuts on legs with a sharp knife & keep aside.
3. In a bowl take all the ingredients of marinade & mix to a thick paste. Apply the marinade on chicken legs all over & inside the cuts as well. Keep covered inside the refrigerator for at least half an hour.
4. After marination is done, keep the marinated chicken legs on high rack. Keep high rack with chicken legs in the microwave. Select menu & press start.
5. When beeps, turn the chicken legs & press start.
6. When beeps, remove chicken legs from high rack and add chicken legs to prepared gravy and cover with cling film and press start. Stand for 5 minutes.
7. Mix well & serve hot with butter naan or laccha parantha.

IC25	Makki Korma	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Corns	100 g	200 g	300 g
Peas	¼ cup	½ cup	½ cup
Onion (chopped)	1 no.	2 nos.	2 nos.
Tomato (chopped)	1 no.	2 nos.	2 nos.
Green chilli (chopped)	1 no.	2 nos.	3 nos.
Beaten curd	4 tbsp	6 tbsp	8 tbsp
Water (for boiling)	½ cup	1 cup	1 cup
Water (for cooking)	¼ cup	½ cup	1 cup
Salt, Red chilli power, Turmeric powder, Garam masala	As per taste		
Oil	½ tbsp	1 tbsp	1½ tbsp

Method :

1. In a MWS glass bowl put corns, peas, water (for boiling) & stir. Select menu & weight and press start.
2. When beeps, remove & strain the corns & peas in a strainer & keep aside. In the same glass bowl add put oil, chopped onion, tomato & green chilli. Mix well & press start.
3. When beeps, add corns & peas, water (for cooking), add all spices, beaten curd & mix well. Press start. Give standing time of 5-10 minutes & serve hot.

Indian Cuisine

Menu		Weight Limit	Utensil	Instructions
IC26	Methi Aloo	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	

For	0.2 kg	0.3 kg	0.4 kg
Methi leaves (chopped)	2 cups	3 cups	4 cups
Big size potato (cut in pieces)	1 no.	2 nos.	3 nos.
Tomato (chopped)	1 no.	2 nos.	3 nos.
Oil	1 tbsp	1½ tbsp	2 tbsp
Green chilli (chopped)	1 no.	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 menu & weight and press start.
2. When beeps, mix & add cut potatoes. Sprinkle little water on top. Cover & press start.
3. When beeps, remove cover. Add chopped methi leaves & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.

IC27	Kaddu Ki Sabzi	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Kaddu (cut into pieces)	200 g	300 g	400 g	500 g
Chopped tomato	1 no.	2 nos.	3 nos.	4 nos.
Chopped green chilli	1 no.	2 nos.	3 nos.	4 nos.
Finely chopped ginger	½ tsp	½ tsp	1 tsp	1 tsp
Chopped coriander leaves	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Salt, Red chilli power, Garam masala, Amchoor, Turmeric powder	As per taste			

Method :

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

Sweet Corner

Menu		Weight Limit	Utensil	Instructions
SC1	Suji Halwa	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

For	0.1 kg	0.2 kg	0.3 kg
Suji	100 g	200 g	300 g
Ghee (melted)	2 tbsp	3 tbsp	4 tbsp
Water	300 mL	600 mL	900 mL
Sugar	100 g	200 g	300 g
Cashewnuts, Kishmish, Kesar, Elaichi powder	As per taste		

Method :

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

SC2	Besan Ladoo	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	

For	0.1 kg	0.2 kg	0.3 kg
Besan	100 g	200 g	300 g
Ghee (melted)	3 tbsp	5 tbsp	7 tbsp
Powder sugar	50 g	100 g	150 g
Elaichi powder	1/2 tsp	1 tsp	1 tsp

Method :

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

SC3	Shahi Tukda	0.1 ~ 0.4 kg	Microwave safe (MWS) flat glass dish* & Low Rack	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Bread Slices	1 slice	2 slices	3 slices	4 slices
Milkmaid	50 mL	100 mL	150 mL	200 mL
Milk	50 mL	100 mL	125 mL	150 mL
Sugar	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Kesar-Elaichi Powder	As per taste			

Method :

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

SC4	Kheer	0.5 kg	Microwave safe (MWS) glass bowl	

For	0.5 kg
Milk	500 mL
Milkmaid	400 mL
Seviyan (roasted)	80 g
Badam, Pista Pieces	5 tbsp
Kesar & Elaichi Powder	As required

Method :

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

* Refer Page 99, Fig.4

Menu		Weight Limit	Utensil	Instructions
SC5	Mysore Pak	0.1 ~ 0.3 kg	Microwave safe(MWS) flat glass dish & Microwave safe(MWS) glass bowl	

For	0.1 kg	0.2 kg	0.3 kg
Besan	100 g	200 g	300 g
Sugar	100 g	200 g	300 g
Ghee	1/2 cup	1 cup	1 cup
Water	100 mL	200 mL	250 mL
Cardamom powder	1 tsp	1 tsp	1½ tsp

Method :

1. In a MWS flat glass dish add besan. Select menu & weight & press start.
2. When beeps, remove & in another MWS glass bowl add water & sugar. Press start.
3. When beeps, add sugar to the besan stirring continuously. After this add melted ghee, stirring continuously. Pour the mixture in a MWS flat glass dish. Press start.
4. Allow to cool. Cut it into square shape pieces & serve.
   Note: For stirring take the help of one more person.

SC6	Nariyal Burfi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Grated coconut	100 g	200 g	300 g
Milkmaid	½ cup	1 cup	1½ cup
Milk powder	3 tbsp	4 tbsp	5 tbsp
Ghee	1 tsp	2 tsp	3 tsp
Elaichi powder	1 tsp	2 tsp	3 tsp

Method :

1. In a MWS bowl add ghee & fresh grated coconut. Mix well.
2. Select menu & weight & press start.
3. When beeps, add milkmaid, milk powder, elaichi powder & press start.
4. When beeps, remove & spread the mixture onto a greased thali & allow to set for 1 hour. Cut into rectangles & store in a air tight container

SC7	Sandesh	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	

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

Method :

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

SC8	Shahi Rabdi	0.3 kg	Microwave safe (MWS) bowl	

For	0.3 kg
Milk	1 cup
Grated paneer	1 cup
Condensed milk	½ cup
Desi ghee	1 tbsp
Elaichi powder	¼ tsp
Saffron	A few strands
Rose essence	A few drops
Chopped pistachios	1 tbsp
Chopped almonds (skin removed)	2 tbsp

Method :

1. Dissolve strands of saffron in 2 tbsp lukewarm milk.
2. In a MWS bowl, put all the ingredients of rabdi except chopped pistachios. Mix well.
3. Keep the bowl in Microwave. Select menu & press start.
4. Serve chilled garnished with chopped pistachios.

Sweet Corner

Menu		Weight Limit	Utensil	Instructions
SC9	Payasam	0.1 ~ 0.3 kg	Microwave safe(MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Broken Rice (soaked for 2 hour)	100 g	200 g	300 g
Milk + Water	300 mL	500 mL	700 mL
Sugar	75 g	150 g	200 g
Kesar, Elaichi powder, Dry fruits	As per taste		
Ghee	1 tbsp	1½ tbsp	2 tbsp

Method :

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

SC10	Kaddu Kheer	0.5 kg	Microwave safe (MWS) glass bowl

For	0.5 kg
Milk	300 mL
Grated kaddu	200 g
Milkmaid	150 g
Dry fruits (Kaju, kishmish, pista)	As required

Method :

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

SC11	Seviyan Zarda	0.2 kg	Microwave safe (MWS) glass bowl

For	0.2 kg
Roasted Seviyan	200 g
Sugar	5 tbsp
Water	2 cups
Rose essence	A few drops
Almonds	A few
Chopped pista	A few
Elaichi powder	½ tsp
Ghee	1 ½ tbsp

Method :

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

SC12	Phirni	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl

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

Method :

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

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

Sweet Corner

Menu		Weight Limit	Utensil	Instructions
SC17	Badam Halwa	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	

For	0.1 kg	0.2 kg	0.3 kg
Badam (soaked in hot water for 1 hour)	½ cup	1 cup	1½ cup
Milk (for making paste)	½ cup	1 cup	1 cup
Milk (for cooking)	½ cup	¾ cup	1 cup
Sugar	3 tbsp	5 tbsp	7 tbsp
Desi ghee	2 tbsp	3 tbsp	4 tbsp
Slivered almonds (for garnishing)	A few		

Method :

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

Menu		Weight Limit	Utensil	Instructions
rd1	Chicken Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

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

Method :

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

rd2	Gosht Dum Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl

For	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 menu & weight and press start.
2. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala & cover. Press start. Stand for 5 minutes. Serve hot.

rd3	Malabar Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl

For	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
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 menu & weight & press start.
3. When beeps, remove the bowl & in another MWS bowl add soaked rice, water, tomato, curd, mix & cover. Press start.
4. When beeps, add the marinated chicken to the first bowl. Cover & press start. Stand for 5 minutes. Serve hot.

Rice Delight

Menu		Weight Limit	Utensil	Instructions
rd4	Pineapple Fried Rice	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	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 menu & weight & press start.
2. When beeps, remove, in another MWS bowl add rice & water & press start.
3. When beeps, add the boiled rice to the vegetables, add pineapple pieces. Mix & press start. Stand for 5 minutes.

rd5	Veg Pulao	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	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 cups	2 cups	2½ cup

Method :

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

rd6	Veg Tahiri	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
Water	200 mL	400 mL	500 mL	550 mL	650 mL
Oil	1 tbsp	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.	1/2 cup	1 cup	1½ cups	2 cups	2½ cups

Method :

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

Menu		Weight Limit	Utensil	Instructions
rd7	Pepper Rice	0.1-0.3kg	Microwave safe (MWS) glass bowl	

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

Method :

1. In a MWS glass bowl take soaked rice & water. Select menu & weight & press start.
2. When beeps, in another MWS glass bowl add oil, dry red chilli, green chilli, chopped garlic, mustard seeds, black gram dal, Bengal gram dal, curry leaves.
3. Press start.
4. When beeps, add cooked rice, ghee, salt, black pepper powder. Mix well & press start. Stand for 5 minutes. Add grated coconut & serve hot.

Menu		Weight Limit	Utensil	Instructions
rd8	Zafrani 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	100 g	200 g	300 g	400 g	500 g
Melted ghee	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Nutmeg powder, Cardamon powder	As per taste				
Sugar	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Saffron (Kesar)	A pinch				
Warm milk	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Water	150 mL	300 mL	350 mL	650 mL	750 mL
Kishmish, Kaju	As per required				

Method :

1. In a MWS bowl add ghee & rice. Mix well. select menu & weight and press start.
2. When beeps, mix well add nutmeg powder, cardamom powder, kishmish, kaju, sugar, saffron mixed with warm milk, water. Press start. Stand for 5 minutes. Garnish with kishmish & kaju and serve.

Menu		Weight Limit	Utensil	Instructions
rd9	Bengali 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 (Cooked)	100 g	200 g	300 g	400 g	500 g
Fish (Hilsa)	250 g	350 g	450 g	550 g	650 g
Desi Ghee	1 tbsp	2 tbsp	2 tbsp	3 tbsp	3 tbsp
Onion (sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.
Ginger-garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
Red chilli powder, Salt, Turmeric powder, Cumin powder, Garam masala	As per taste				
Black pepper corns, Cloves, Cinnamon, Bayleaf,Cardamom (green)	As per requirement				
Hung curd	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	4 tbsp
Oil	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
Water	200 mL	400 mL	600 mL	650 mL	750 mL

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 menu & weight & press start.
3. When beeps, remove rice from microwave. In another MWS bowl take sliced onions, desi ghee, black pepper corns, cloves, cinnamon stick, bay leaf, cardamom, mix well. Press start.
4. When beeps, add the cooked onions to rice, add marinated fish pieces, salt. Mix well, cover & press start. Allow to stand for 5-10 minutes.
5. Serve hot with curd or gravy of your choice.

Rice Delight

Menu		Weight Limit	Utensil	Instructions
rd10	Khumb Pulao	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati Rice (Soaked)	100 g	200 g	300 g	400 g	500 g
Sliced mushrooms	50 g	100 g	150 g	200 g	250 g
Water	100 mL	200 mL	300 mL	325 mL	375 mL
Milk	100 mL	200 mL	300 mL	325 mL	375 mL
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Chopped spring onions	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.
Chopped garlic	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Salt, Pepper	As per taste				

Method :

1. In a MWS bowl add oil, chopped garlic & spring onions. Select menu & weight and press start.
2. When beeps, mix well & add mushrooms. Press start.
3. When beeps, mix well & add rice, milk, water, salt and pepper. Press start. Stand for 3 minutes.

rd11	Tiranga Pulao	0.2 ~ 0.4kg	Microwave safe (MWS) bowl & Microwave safe (MWS) glass bowl	

For	0.2 kg	0.3 kg	0.4 kg
Rice (soaked for 1 hour)	200 g	300 g	400 g
Water	350 mL	500 mL	650 mL
Salt	As per taste		
For Red Mixture			
Beat root (grated)	½ cup	1 cup	1 cup
Onion (sliced)	½ nos.	1 no.	1 no.
Oil / ghee	½ tbsp	1 tbsp	1 tbsp
Salt	As per taste		
Laung, Dalchini, Chhoti elaichi	As requite		
For White Mixture			
Cashewnuts (broken into pieces)	1 tbsp	2 tbsp	3 tbsp
Oil / ghee	½ tbsp	1 tbsp	1½ tbsp
For Green Mixture			
Mint leaves	½ cup	1cup	1 cup
Coriander leaves	½ cup	1cup	1 cup
Onion	1 no.	2 nos.	3 nos.
Green chilli	1 no.	2 nos.	3 nos.
Garlic paste	½ tsp	1 tsp	1 tsp
Salt	As per taste		

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 salt. Select menu & weight and press start.
3. When beeps, remove the MWS bowl & drain excess water from the rice. Divide the cooked rice into 3 equal parts. Cover them.
4. In another MWS bowl add oil/ghee, grated beet root, sliced onion, laung, elaichi & salt. Mix well. Press start.
5. When beeps, remove the MWS bowl and in a MWS glass bowl add oil/ghee & cashewnuts. Press start.
6. Mix one portion of rice to the red mixture with a fork. Do not break the rice. Mix second portion with green chutney & third portion of rice with chashewnuts.
7. Take square / rectangular dish & arrange the red coloured layer first, white layer in the centre & green layer in the end. Serve them hot.

Menu		Weight Limit	Utensil	Instructions
rd12	Egg Biryani	0.1 ~ 0.3kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Boiled eggs	2 nos.	3 nos.	4 nos.
Rice (soaked for 1 hour)	100 g	200 g	300 g
Water	200 mL	350 mL	500 mL
Onions (Big sized sliced)	1 no.	2 nos.	2 nos.
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp
Ginger-garlic paste	½ tsp	1 tsp	1 tsp
Salt, Red chilli powder, Garam masala, Dhania powder, Turmeric powder	As per taste		
Biryani masala	½ tsp	1 tsp	1 tsp
Slit green chillies	1 no.	2 nos.	2 nos.

Method :

1. In a MWS bowl take soaked rice, water. Select menu & 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.

rd13	Achari Chana Pulao	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Soaked rice	100 g	200 g	300 g
Soaked & boiled kabuli chana	½ cup	1 cup	1½ cup
Sliced onions	½ cup	1 cup	1½ cup
Water	200 mL	350 mL	500 mL
Ginger-garlic paste	½ tsp	1 tsp	1½ tsp
Desi ghee	1 tbsp	1½ tbsp	2 tbsp
Laung, Chhoti elaichi, Badi elaichi, Saunf, Jeera	As per requirement		
Salt, Red chilli powder, Garam masala, Haldi	As per taste		
Mango pickle paste	1 tbsp	1½ tbsp	2 tbsp
Slit green chilli	1 no.	2 nos.	2 nos.

Method :

1. In a MWS bowl take soaked rice & water. Select menu & 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.

rd14	Methi Rice	0.1 ~ 0.3kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Methi leaves (chopped)	1 cup	1½ cup	2 cup
Soaked rice	100 g	200 g	300 g
Water	200 mL	350 mL	500 mL
Onions (sliced)	1 no.	2 nos.	3 nos.
Ginger-garlic paste	½ tsp	1 tsp	1½ tsp
Salt, Red chilli powder, Garam masala	As per taste		
Oil / ghee	1½ tbsp	2 tbsp	2½ tbsp

Method :

1. In a MWS bowl take soaked rice & water. Select menu & 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.

Rice Delight

Menu		Weight Limit	Utensil	Instructions
rd15	Coconut Rice	0.1 ~ 0.3kg	Microwave safe (MWS) bowl	

For	0.1 kg	0.2 kg	0.3 kg
Rice (soaked for 1 hour)	100 g	200 g	1 cup
Coconut (grated)	¼ cup	½ cup	0.3 kg
Coconut milk	100 mL	200 mL	300 mL
Water	100 mL	150 mL	200 mL
Oil	1 tbsp	2 tbsp	2 tbsp
Chopped cashewnuts	1 tbsp	2 tbsp	3 tbsp
Mustard seeds	½ tsp	1 tsp	1 tsp
Curry leaves	10 nos.	15 nos.	20 nos.
Chopped green chilli	2 nos.	3 nos.	3 nos.
Salt, Pepper	As per taste		
Finely chopped ginger	1 tsp	1½ tsp	2 tsp
Beaten curd	1 tbsp	2 tbsp	3 tbsp

Method :

1. In a MWS bowl take soaked rice coconut milk & water. Select menu & 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.

Menu		Weight Limit	Utensil	Instructions
rd16	Curd Rice	0.1 ~ 0.5 kg	Microwave safe (MWS) glass bowl	

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked)	100 g	200 g	300 g	400 g	500 g
Water	200 mL	400 mL	600 mL	650 mL	750 mL
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
Mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
Urad dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
Chana dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
Curry leaves	A few leaves				
Green chillies (chopped)	2 nos.	2 nos.	3 nos.	3 nos.	3 nos.
Grated ginger	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
Curd	½ cup	½ cup	1cup	1 cup	1½ cup
Milk	¼ cup	¼ cup	½ cup	½ cup	1 cup
Coriander leaves (chopped)	A few sprigs				

Method :

1. In a MWS glass bowl add oil, mustard seeds, urad dal, chana dal. Select menu & 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.

Menu		Weight Limit	Utensil	Instructions
rd17	Keema Pulao	0.3 kg	Microwave safe (MWS) bowl	

For	0.3kg
Basmati rice (soaked for 1 hour)	200 g
Minced Keema	100 g
Black cardamom	4 No.
Salt, red chilli powder, turmeric powder	As per taste
Oil	1 tbsp
Salt, biryani masala	As per taste
Ginger garlic paste	1 tbsp
Sliced tomato	1 No.
Sliced onion	1 No.
Water	200 ml

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.

rd18	Tomato Pulao	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl

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

Method :

1. In a MWS bowl take soaked rice, water. Select category & weight and press start.
2. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies, 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.

Rice Delight

Category		Weight Limit	Utensil	Instructions
rd19	Paneer Fried Rice	0.1 ~ 0.5Kg	Microwave safe (MWS) bowl	

For	0.1 Kg	0.2 Kg	0.3 Kg	0.4 Kg	0.5 Kg
Paneer (cubes)	½ cup	1 cup	1½ cup	1½ cup	2cup
Rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
Water	200 ml	350 ml	500 ml	650 ml	800 ml
Onions (Big sized sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Ginger-garlic paste	½ tsp	1 tsp	1 tsp	2 tsp	2 tsp
Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste				
Biryani masala	½ tsp	1 tsp	1 tsp	2 tsp	2 tsp
Slit green chillies	1 no.	2 nos.	2 nos.	3 nos.	3 nos.

Method :

1. In a MWS bowl take soaked rice, water. Select category & weight and press start.
2. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies, 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.

rd20	Chilli Garlic Rice	0.2 ~ 0.5 kg	Microwave safe (MWS) glass bowl	

For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Rice (soaked)	200 g	300 g	400 g	500 g
Water	400 ml	600 ml	650 ml	750 ml
Oil	2 tsp	2½ tsp	3 tsp	3½ tsp
Ghee	2 tsp	2½ tsp	3 tsp	3½ tsp
Jeera	1 tsp	1½ tsp	2 tsp	2½ tsp
Chopped garlic	1 tsp	1½ tsp	2 tsp	2½ tsp
Garlic paste	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Chopped green chillies	3 nos.	4 nos.	5 nos.	6 nos.
Chopped coriander leaves	½ cup	1 cup	1½ cup	2 cup
Chilli sauce	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Salt	As per taste			

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.

Menu		Weight Limit	Utensil	Instructions
CC1	Apple Tomato Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	For: 0. 3 kg Apple pieces: 150 g Tomato pieces: 150 g Green chillies, Salt, Sugar: As per taste Oil: 2 tbsp For Tempering : Rai, Jeera, Hing etc. **Method :** 1. In a MWS glass bowl put apple, tomato, green chillies, salt and sugar and keep it in Microwave. Select menu and press start to cook. 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.
CC2	Lemon Pickle	0.3 kg	Microwave Safe (MWS) Glass Bowl	For: 0. 3 kg Lemon pieces: 150 g Sugar: 150 g Chilli powder, Salt: As per taste For Tempering : Rai, Jeera, Hing etc. **Method :** 1. Cut lemon and remove seeds. In MWS glass bowl add lemon pieces, sugar, salt and chilli powder. Select menu and press start. Store it in a bottle after it cools.
CC3	Mix veg Pickle	0.3 kg	Microwave Safe (MWS) Glass Bowl	For: 0.3 kg Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas): 300 g Lemon juice: 2 tbsp Salt, Chilli powder, Sugar, Pickle Masala: As per taste Oil: 2 tbsp For tempering : Rai, Jeera, Hing etc.: As required **Method :** 1. In a MWS glass bowl put vegetables cut in long strips. Cover and keep it in microwave. Select menu and press start to cook. 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.
CC4	Pizza Sauce	0.3 kg	Microwave Safe (MWS) Glass Bowl	For: 0. 3 kg Tomato: 200 g Onion: 100 g Salt, Sugar, Ajwain, Oregano, Basil leaves: As per taste Garlic pods: 7-8 nos. Oil: 2 tbsp **Method :** 1. In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select menu & 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.
CC5	Tomato Sauce	0.5 kg	Microwave Safe (MWS) Glass Bowl	For: 0.5 kg Tomato: 500 g Onion: 1 No. Chilli powder, Salt, Sugar: As per taste Chopped ginger and garlic: 2 tbsp Garam masala: 1 tsp **Method :** 1. In a MWS glass bowl put tomato pieces, cover and keep it in a microwave. Select menu & 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.

Menu		Weight Limit	Utensil	Instructions
CC6	Masala Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	For: 0. 3 kg Chana dal, Urad dal: 100 g each Grated dry coconut: 100 g Sesame, Salt, Sugar, Turmeric, Dhania powder, Jeera powder, Curry leaves, Methi seeds: As per taste Oil: 1 tsp **Method :** 1. In a MWS bowl put dals and keep it in microwave. Select menu & 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 idli, parantha or rice.
CC7	Lehsun ki chutney	0.2 kg	Microwave safe (MWS) bowl	For: 0.2 kg Chopped tomatoes: 180 g Chopped garlic: 20 g Chopped green chillies: 2 nos. Chopped onion: ½ cup Oil: 2 tsp Jeera: 1 tsp Haldi, Red chilli powder, Salt: As per taste Water: ¼ cup **Method :** 1. In a MWS bowl mix all the ingredients. Select menu & press start. 2. Remove when cooking ends. Allow to cool. Grind it & serve as an accompaniment.
CC8	Manchurian Sauce	0.3 kg	Microwave safe (MWS) bowl	For: 0.3 kg Water: 1½ cups (300 mL) Vinegar sauce: 1 tbsp Soya sauce: 1 tsp Tomato sauce: ½ cup Ajinomoto (Optional): A pinch Cornflour: 2 tbsp + ½ cup water **Method :** 1. In a MWS bowl add all the ingredients. Select menu & press start.
CC9	Aam ki chutney	0.3 kg	Microwave safe (MWS) bowl	For: 0.3 kg Aam (peeled & chopped): 300 g Kishmish (seedless & chopped): 25 g Chopped ginger & garlic: 2 tsp Tamarind pulp: 1 tbsp Salt, Sugar: As per taste **Method :** 1. In a MWS bowl mix all the ingredients. Cover. Select menu & press start.
CC10	Coconut Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	For: 0.3 kg Fresh grated coconut: 300 g Chopped green chillies: 2 nos. Chopped ginger: ½ tbsp Roasted split gram dal (optional): 1 tbsp Salt: As per taste **For tempering** Oil: 1 tbsp Mustard seeds: ½ tsp Broken dry red chillies: 1 no. Curry leaves: A few **Method :** 1. Grind grated coconut, chopped green chillies, ginger, roasted split gram dhal, salt together in a blender. 2. In a MWS glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select menu & press start. 3. Pour the tempering over the chutney & serve.

Menu		Weight Limit	Utensil	Instructions
CC11	Til ki Chutney	0.2 kg	Microwave Safe (MWS) Glass Bowl	

For	0.2 kg
Roasted til	½ cup
Tamarind paste	2 tbsp
Green chilli	4-5 nos.
Coriander leaves	2 tbsp
Mint leaves	1 tbsp
Water	½ cup
Garlic pods	2-3 nos.
Salt	As per taste
For Tempering	
Oil	1 tbsp
Cumin seeds	1 tsp
Curry leaves	6-7 nos.
Red chilli (dry)	2 nos.

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

CC12	Chana Chaat	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Kala chana (soaked overnight)	100 g	200 g	300 g	400 g
Water	250 ml	500 ml	750 ml	1000 ml
Oil	1 tsp	2 tsp	3 tsp	4 tsp
Jeera, hing	1 tsp	1½ tsp	2 tsp	2 tsp
Chopped onion	½ cup	1 cup	1 cup	1½ cup
Boiled potato	1 no.	2 nos.	3 nos.	3 nos.
Salt, red chilli powder, chaat masala, lemon juice, imli chatni	As per taste			

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.

CC13	Aloo Kand Chaat	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl

For	0.1 kg	0.2 kg	0.3 kg
Aloo (cut in medium pieces)	50 g	100 g	150 g
Jimikand (cut in medium pieces)	50 g	100 g	150 g
Sugar, salt, red chilli powder, chaat masala	As per taste		

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.

CC14	Amla Chutney	0.5 kg	Microwave Safe (MWS) Glass Bowl

Amla	500 g
Water for boiling	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 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.

Category		Weight Limit	Utensil	Instructions
CC15	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.

Ghee/Bakery

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

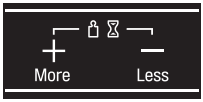
1. Press STOP/CLEAR.

2. Press Ghee / Bakery two time.

3. The display will show bA1

4. *Press START/Add 30 secs for menu confirmation.

When cooking you can increase or decrease cooking time by pressing **+More/-Less** button.



* **For Ghee**, press Ghee/Bakery menu once, display will show Gh1.

NOTE

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

Ghee

Category		Weight Limit	Utensil	Instructions
Gh1	Ghee	300 g	Microwave safe (MWS) glass bowl	Malai/Cream (Collected over 10 days): 300g 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.

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA1</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>
<u>Method :</u>
1. Sieve maida and baking powder. In a bowl add milkmaid and butter and beat well. Add maida, coco powder, essence and mix. For spoon dropping consistency add milk or water. Pour the batter in metal cake tin lined with butter paper.
2. Select menu & press start. (Preheat process)
3. When beeps, put the tin with batter on low rack. Press start to bake.
</td></tr>
<tr><td>bA2</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, Walnuts</td><td>As per taste</td></tr>
<tr><td>Egg</td><td>1 No.</td></tr>
<tr><td>Baking powder</td><td>1/2 tsp</td></tr>
<tr><td>Almond essence</td><td>1/2 tsp</td></tr>
</table>
<u>Method :</u>
1. Sieve maida, baking powder . In a bowl add powdered sugar and butter and beat well. Add maida, essence and mix. For spoon dropping consistency add milk or water. Pour in to the greased muffin tray and sprinkle chopped almonds / walnuts.
2. Select menu & press start. (Preheat process)
3. When beeps, put the tray on low rack. Press start to bake.
</td></tr>
</table>

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

*Refer Page 99, Fig.2

Menu		Weight Limit	Utensil	Instructions
bA3	Walnut@ Cake	0.3 kg	Metal Cake Tin & Low Rack##	For 0.3 kg Maida 110 g Baking powder ¼ tsp Walnuts ½ cup Curd 70 mL Powdered sugar 170 g Egg 1 no. Vanilla essence ¼ tsp **Method :** 1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. 2. Sieve maida, baking powder & add walnuts to it. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well. 4. Grease a metal cake tin or line with a butter paper. Add the cake batter. 5. Select menu & press start. (Preheat process) 6. When beeps, put the cake tin on low rack & keep in microwave & press start.
bA4	Carrot@ Cake	0.3 kg	Metal Cake Tin & Low Rack##	For 0.3 kg Maida 110 g Baking powder ¼ tsp Grated carrot ½ cup Curd 70 mL Powdered suger 170 g Egg 1 no. Vanilla essence ¼ tsp **Method :** 1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. 2. Sieve maida, baking powder & add grated carrot to it. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well. 4. Grease a metal cake tin or line with butter paper. Add the cake batter. 5. Select menu & press start. (Preheat process) 6. When beeps, put the cake tin on low rack & keep in microwave & press start.
bA5	Chocolate@ Cake	0.3 kg	Metal Cake Tin & Low Rack##	For 0.3 kg Maida 110 g Baking powder ¼ tsp Cocoa powder 50 g Curd 70 mL Powder sugar 170 g Egg 1 no. Vanilla essence ¼ tsp **Method :** 1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. 2. Sieve maida, baking powder & cocoa powder together. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all beat well. 4. Grease a metal cake tin or line with butter paper. Add the cake batter. 5. Select menu & press start. (Preheat process) 6. When beeps, put the cake tin on low rack & keep in microwave & press start.

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

##Refer Page 99, Fig. 2

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA6</td><td>Chena Poda@</td><td>0.2 kg</td><td>Low Rack
&
Microwave safe flat (MWS) glass dish##</td><td>
<table>
<tr><td>For</td><td>0.2 kg</td></tr>
<tr><td>Chena</td><td>200 g</td></tr>
<tr><td>Sugar</td><td>100 g</td></tr>
<tr><td>Suji</td><td>20 g</td></tr>
</table>
<u>Method :</u>
1. Mix chena, sugar & suji together adding little water.
2. Transfer this mixture to MWS flat glass dish.
3. Select menu & press start. (Preheat process)
4. When beeps, place the MWS flat glass dish on low rack. Press start.
</td></tr>
<tr><td>bA7</td><td>Lamington Cake@</td><td>0.4 kg</td><td>Low Rack
&
Metal Cake Tin#
&
Microwave safe (MWS) glass 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>1 cup</td></tr>
<tr><td>Desiccated coconut</td><td>As required</td></tr>
<tr><td>Cornflour</td><td>1 tbsp</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 menu, press start. (Preheat process).
3. When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.
4. In MWS glass bowl add water, coco powder and cornflour, put in the microwave. Press start. When it gives a beep remove and cool. Cut the cake in to squares and dip the pieces in the coco solution on all sides. Roll these in the desiccated coconut and serve.
</td></tr>
<tr><td>bA8</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 another 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 menu & press start.
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>
</table>

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

##Refer Page 99, Fig. 4
#Refer Page 99, Fig. 2

Bakery

<table>
<tr><th colspan="2">Menu</th><th>Weight Limit</th><th>Utensil</th><th>Instructions</th></tr>
<tr><td>bA9</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>Soda bi carb</td><td>½ tsp</td></tr>
<tr><td>Milkmaid</td><td>200 mL</td></tr>
<tr><td>Water</td><td>100 mL</td></tr>
<tr><td>Butter (melted)</td><td>60 mL</td></tr>
</table>
Method :
1. Select menu & press start for pre-heating.
2. Meanwhile, prepare the cake batter - sieve the maida, coco powder, baking powder, soda bi carb together.
3. In another bowl add milkmaid, water & melted butter. Beat well. Mix all the ingredients together and beat the cake batter well. Pour the batter in cake tin lined with greased butter paper.
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>
<tr><td>bA10</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 menu & press start.(Preheat process)
3. When beeps, keep the cake tin on low rack & press start.
</td></tr>
</table>

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

##Refer Page 99, Fig. 2

Tea/Dairy Delight

In the following example, show you how to make 2 cups of Tea.

1. Press STOP/CLEAR.

2. Press Tea/Dairy Delight button.

Display will show dd1.

3. Keep Pressing "+More" until display show " 2"

4. Press START/Add30 secs for menu confirmation.

When cooking you can increase or decrease cooking time by pressing **+More/-Less** button.

NOTE

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

Tea/Dairy Delight

Category		Weight Limit	Utensil	Instructions
dd1	Tea	1-4 cups	Microwave safe glass bowl	

For	1cup	2cups	3cups	4cups
Water	120ml	240ml	360ml	480ml
Tea leaves	1tsp	2tsp	3tsp	4tsp
Milk	120ml	150ml	225ml	300ml
Sugar	As per taste			

Method :
1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start.
2. When beeps, add milk & sugar. Press start.
   Serve hot.
   1 cup tea = 150ml approx

Category		Weight Limit	Utensil	Instructions
dd2	Coffee	1-4 cups	Microwave safe glass bowl	

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

Method :
1. In a MWS glass bowl add water. Select category & weight & press start.
2. Meanwhile in each cup add 1/2tsp coffee (with few water drops) & sugar. Beat well.
3. When beeps, add milk to boiling water. Press start.
4. Add milk to each cup & serve hot.
   1 cup coffee = 150ml approx

Category		Weight Limit	Utensil	Instructions
dd3	Masala Tea	1-4 Cups	Microwave safe glass bowl	

For	1cup	2cups	3cups	4cups
Water	120ml	240ml	360ml	480ml
Tea leaves	1tsp	2tsp	3tsp	4tsp
Milk	120ml	150ml	225ml	300ml
Sugar	As per taste			
Chai masala	As per taste			

Method :
1. In a MWS glass bowl add water, tea leaves & chai masala. Select category & weight. Press start.
2. When beeps, add milk & sugar. Press start.
3. When beeps, keep it again in microwave and press start for dragging tea.
4. Serve hot.
   1 cup tea = 150ml approx

Category		Weight Limit	Utensil	Instructions
dd4	Ginger Tea	1-4 cups	Microwave safe glass bowl	

For	1cup	2cups	3cups	4cups
Water	120ml	240ml	360ml	480ml
Tea leaves	1tsp	2tsp	3tsp	4tsp
Milk	120ml	150ml	225ml	300ml
Sugar	As per taste			
Ginger	As per taste			

Method :
1. In a MWS glass bowl add water, tea leaves & crushed ginger. Select category & weight. Press start.
2. When beeps, add milk & sugar. Press start.
3. When beeps, keep it again in microwave and press start for dragging tea.
4. Serve hot.
   1 cup tea = 150ml approx

Category		Weight Limit	Utensil	Instructions
dd5	Tulsi Tea	1-4 cups	Microwave safe glass bowl	

For	1cup	2cups	3cups	4cups
Water	120ml	240ml	360ml	480ml
Tea leaves	1tsp	2tsp	3tsp	4tsp
Milk	120ml	150ml	225ml	300ml
Sugar	As per taste			
Tulsi leaves	As per taste			

Method :
1. In a MWS glass bowl add water, tea leaves & tulsi leaves. Select category & weight. Press start.
2. When beeps, add milk & sugar. Press start.
3. When beeps, keep it again in microwave and press start for dragging tea.
4. Serve hot.
   1 cup tea = 150ml approx

Tea/Dairy Delight

Category		Weight Limit	Utensil	Instructions
dd6	Lemon Tea	1-4 cups	Microwave safe glass bowl	For: 1cup, 2cups, 3cups, 4cups Water: 120ml, 240ml, 360ml, 480ml Tea leaves: 1tsp, 2tsp, 3tsp, 4tsp Lemon: ½ No., 1 No., 1 No., 1½ No. Sugar: As per taste **Method :** 1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. 2. When beeps, add lemon & sugar. Press start. Serve hot. **1 cup tea = 150ml approx**
dd7	Black Tea	1-4 cups	Microwave safe glass bowl	For: 1cup, 2cups, 3cups, 4cups Water: 120ml, 240ml, 360ml, 480ml Tea leaves: 1tsp, 2tsp, 3tsp, 4tsp Sugar: As per taste **Method :** 1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. 2. When beeps, add sugar. Press start. Serve hot. **1 cup tea = 150ml approx**
dd8	Green Tea	1-4 cups	Microwave safe glass bowl	For: 1cup, 2cups, 3cups, 4cups Water: 120ml, 240ml, 360ml, 480ml Green Tea leaves: 1tsp, 2tsp, 3tsp, 4tsp Sugar: As per taste **Method :** 1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start. 2. When beeps, add sugar. Press start. And allow it to for 5 minutes Serve hot. **1 cup tea = 150ml approx**
dd9	Spiced Cider Tea	1-4 cups	Microwave safe glass bowl	For: 1cup, 2cups, 3cups, 4cups Water: 120ml, 240ml, 360ml, 480ml Tea leaves: 1tsp, 2tsp, 3tsp, 4tsp Cinnamon: 1tsp, 2tsp, 3tsp, 4tsp Cloves, peppercorns: 1tsp, 2tsp, 3tsp, 4tsp Cider: 1tsp, 2tsp, 3tsp, 4tsp Sugar: As per taste **Method :** 1. In a MWS glass bowl add water, cinnamon, cloves, peppercorn & tea leaves . Select category & weight. Press start. 2. When beeps, add sugar & cider. Press start. And allow it to for 5 minutes Serve hot. **1 cup tea = 150ml approx**
dd10	Peppermint Tea	1-4 cups	Microwave safe glass bowl	For: 1cup, 2cups, 3cups, 4cups Water: 120ml, 240ml, 360ml, 480ml Green Tea leaves: 1tsp, 2tsp, 3tsp, 4tsp Mint leaves: 1tsp, 2tsp, 3tsp, 4tsp Sugar: As per taste **Method :** 1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start. 2. When beeps, add sugar & mint leaves. Press start. And allow it to for 5 minutes Serve hot. **1 cup tea = 150ml approx**
dd11	Lemon Honey Tea	1-4 cups	Microwave safe glass bowl	For: 1cup, 2cups, 3cups, 4cups Water: 120ml, 240ml, 360ml, 480ml Tea leaves: 1tsp, 2tsp, 3tsp, 4tsp Lemon: ½ No., 1 No., 1 No., 1½ No. Honey: As per taste **Method :** 1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. 2. When beeps, add lemon & Honey. Press start. Serve hot. **1 cup tea = 150ml approx**

Paneer/Curd

In the following example, show you how to cook 0.5 kg of Paneer.

1. Press STOP/CLEAR.

2. Press Paneer/Curd one time.

3. The display will show "PA1"

4. *Press START/Add 30 secs for menu confirmation.

* When cooking you can increase or decrease cooking time by pressing **+More/-Less** button.

For Curd, press Paneer/Curd button twice, display will show CU1.

NOTE

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

Menu		Weight Limit	Utensil	Instructions
PA1	Paneer	0.5 kg	Microwave safe (MWS) glass bowl	Milk: 500ml Lemon juice/Vinager: 4 tbsp **Method :** 1. In a MWS glass bowl add milk and lemon juice/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.
PA2	Masala Paneer	0.5 kg	Microwave safe (MWS) glass bowl	For: 0.5kg Milk: 500 ml Curd: 2 tbsp Coriander powder: 1 tbsp Jeera powder: 1 tsp **Method :** 1. In a MWS glass bowl add milk. Select menu & press start. 2. When it gives beep, remove and add curd, coriander and jeera powder. Press start. When beeps, remove and strain and press in a muslin cloth.
CU1	Curd	0.5 kg	Microwave safe (MWS) glass bowl	Milk: 500 ml Starter curd: 2 tbsp **Method :** 1. In a MWS glass bowl add milk and select menu & press start. 2. When beeps add starter culture of curd for inoculation & stir it. Again press start. 3. Now take out the bowl & keep it in a casserole & store in warm place for proceeding appropriate setting temperature & time for 5-6 hours
CU2	Flavoured Yoghurt@	0.6 kg	Microwave safe (MWS) glass bowl & Low rack#	For: 0.6 kg Curd: 200 mL Milkmaid: 100 mL Fresh cream: 200 mL Flavours (Vanilla, Strawberry, Pineapple essence): As per choice (½ tsp) **Method :** 1. In a MWS glass bowl mix all the ingredients. Beat well till smooth. 2. Select menu & press start. (Preheat 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 refrigerator for 1 hour. **Note :** In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple yoghurt, add pineapple slices at the time of serving.

@Do not put any thing in the oven during the Preheat mode

#Refer Page 99, Fig. 1

Cooking Aid

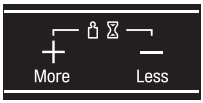
In the following example, show you how to cook 0.2 kg Body Massage Oil.

1. Press STOP/CLEAR.

2. **Press Cooking Aid.**

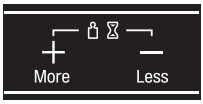
The display will show "UC1"

3. **Keep Pressing "+More" until display show "UC6"**



4. ***Press START/Add 30 secs for menu confirmation.**

When cooking you can increase or decrease cooking time by pressing **+More/-Less** button.



NOTE

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

Menu		Weight Limit	Utensil	Instructions
UC1	Keep warm	0.3 kg	Microwave safe (MWS) bowl	**Method :** 1. Any cooked food with cover (Rice, Dal, Subzi, Halwa, Upma etc.) Select menu & press start. When beeps, mix & press start. When beeps, mix & press start.
UC2	Defrost Veg	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	**Method :** Veg - (Paneer, Green Peas, Corn etc.) 1. Take in MWS Bowl, select menu & weight and press start. 2. When beeps, turn the food. Press start.
UC3	Defrost Non- Veg	0.5 ~ 1.0 kg	Microwave safe (MWS) bowl	**Method :** Non-Veg - (Chicken, Mutton etc.) 1. Take in MWS Bowl, select menu & weight and press start. 2. When beeps, turn the food. Press start.
UC4	De-humidification	0.3 kg	Microwave safe (MWS) bowl	**Method :** Namkin, Biscuits, Bhujia, Papad and Wafers etc. 1. In MWS bowl add the food to be dehumidified. Select menu and press start.
UC5	Light Disinfect		Microwave safe (MWS) glass utensil & Empty cavity	**Method :** 1. **Sterilize Microwave safe glass utensil -** Keep the empty utensil & select menu & press start. 2. **Clean the cavity -** Keep the cavity empty. Select menu & press start. When time ends (beeps), clean the cavity with a damp cloth. **Note :** The oven has a special function **Light Disinfect** which allows to sterilize the MWS glass utensil thereby giving a hygiene & clean utensils/cavity.
UC6	Body Massage Oil	0.2 kg	Microwave Safe (MWS) Glass Bowl	For: 0.2 kg Garlic: 10 pods Ajwain: 1/2 tsp Cloves: 2-3 Nos. Almonds: 3-4 Nos. Mustard oil: 1 cup **Method :** 1. In MWS glass bowl put all the ingredients. Select menu and press start. Remove when it gives a beep. Keep it for 2 hours. Strain and store in a glass jar.
UC7	Yeast Dough	0.3 kg	Microwave safe (MWS) glass bowl	For: 0.3 kg Maida: 300 g Yeast: 1 tbsp Salt: ½ tsp Sugar: 1 tsp Water: As required **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.

Cooking Aid

Category		Weight Limit	Utensil	Instructions
UC8	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.
UC9	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.
UC10	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.
UC11	Tear Free Onions	5 Pcs	Glass tray	Onions: 10 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 without getting tears in eyes.
UC12	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.
UC13	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.

Steam Clean

In the following example, show you how to Steam Clean Microwave.

1. Press STOP/CLEAR.

2. Press Steam Clean one time.

3. **The display will show "SL1"**

4. *Press START/Add 30 secs for menu confirmation.

When cooking you can increase or decrease cooking time by pressing **+More/-Less** button.

NOTE

- Steam Clean menu is programmed.

Steam Clean

Menu		Weight Limit	Utensil	Instructions
SL1	Steam clean	0.3 kg	Microwave safe (MWS) bowl	**Method :** 1. Take water in MWS bowl, add vinegar or lemon juice. Select menu & press start. 2. When beeps, wipe out with clean napkin. Press start. 3. Again wipe out. Take out the plug.

1)

Low rack + Microwave safe glass bowl (Not provided with LG Kit)

2)

Low rack + Metal cake tin (Not provided with LG Kit)

3)

High rack + Microwave flat glass dish (Not provided with LG Kit)

4)

Low rack + Microwave flat glass dish (Not provided with LG Kit)

List of Ingredients

Spices

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

Vegetables

English Name	
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

Vegetables

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

* Ajinomoto : It shall not be added to the food for infants below 12 months.

List of Ingredients

Fruits

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

Cereals

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

Dry Fruits

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

Fats & oils

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

Miscellaneous

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

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