



ENGLISH

HINDI

OWNER'S MANUAL

MICROWAVE

OVEN

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

MJ2887BFUM
MJ2887BWUM



MFL70580208
Rev.01_13042022

www.lg.com

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Contents / विषय-वस्तु

How the Microwave Function Works /

माइक्रोवेव प्रणाली किस तरह कार्य करती है

Microwaves are a form of energy similar to radio, television waves, and ordinary daylight. Normally, microwaves spread outwards as they travel through the atmosphere and disappear without effect.

This oven, however, has a magnetron that is designed to make use of the energy in microwaves. Electricity, supplied to the magnetron tube, is used to create microwave energy.

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

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

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

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

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

A very safe appliance / अति-सुरक्षित उपकरण

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

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

Disclaimer:

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

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IMPORTANT SAFETY INSTRUCTIONS/READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

महत्वपूर्ण सुरक्षा निर्देश ध्यान से पढ़ें और भविष्य के संदर्भ के लिए रखें।

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

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

! WARNING / चेतावनी

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

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

! WARNING / चेतावनी

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

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

! CAUTION / सावधानी

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

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

! WARNING / चेतावनी

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

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

- Unlike other appliances, the microwave oven is a high-voltage and a high electrical-current piece of equipment. Improper use or repair could result in harmful exposure to excessive microwave energy or in electric shock.

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

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

- It can be the cause of serious damage to safety such as a fire, a burn or a sudden death due to an electric shock.

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

! WARNING / चेतावनी

- 3 This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not operate or play with the appliance./यह उपकरण कम शारीरिक, संवेदी या मानसिक क्षमताओं, या अनुभव और ज्ञान की कमी के साथ व्यक्तियों(बच्चों सहित) के उपयोग के लिए अप्रैप्रेत हैं, जब तक कि उन्हें उनकी सुरक्षा के लिए जिम्मेदार व्यक्ति द्वारा उपकरण के उपयोग के सम्बन्ध में पर्यवेक्षण या निर्देश नहीं दिया गया हो। यह सुनिश्चित करने के लिए बच्चों की निगरानी की जानी चाहिए कि वे उपकरण के साथ काम नहीं करते हैं या खेल नहीं रहे हैं।

Important Safety Instructions / महत्वपूर्ण सुरक्षा निर्देश

- Improper use may cause damage such as a fire, electric shock or burn.
- अनुचित उपयोग से क्षति हो सकती है, जैसेकि आग लगना, बिजली का झटका लगना या जलना।
- 4 Accessible parts may become hot during use. Young children should be kept away.
इसके इस्तेमाल के दौरान स्पर्श में आने लायक इसके सभी हिस्से गर्म हो सकते हैं। छोटे बच्चों को दूर रखना आवश्यक है।
- They may get a burn.
इससे जलने को खतरा है।

! WARNING / चेतावनी

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

! WARNING / चेतावनी

- 6 Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
ओवन यदि क्षतिग्रस्त है तो इसको न चलाएं। यह विशेष रूप से महत्वपूर्ण है कि ओवन के द्वार ठीक से बंद हों और इनमें से कोई (1) द्वार (मुड़ें), (2) कब्जे और चिटकनी (टूटी या ढीली), (3) द्वार सील और सीलिंग तल क्षतिग्रस्त न हो।
- It could result in harmful exposure to excessive microwave energy.
अधिक समय तक भोजन अन्दर रहने पर उसमें आग भी लग सकती है और ओवन को भी नुकसान पहुंच सकता है।
- 7 Do not use improper accessories. Only use appropriate accessories on each operation mode, refer to the guide on page 14 अनुचित उपकरण का उपयोग न करें। केवल प्रत्येक ऑपरेशन मोड पर उपयुक्त सहायक उपकरण का उपयोग करें, पृष्ठ 14 पर मार्गदर्शिका देखें।
- Improper use could result in damage to your oven and accessories, or could make spark and a fire.
इसके गलत तरीके से इस्तेमाल से ओवन और आपके उपकरणों का नुकसान या विद्युत स्पर्क या आग लगने का खतरा हो सकता है।
- 8 Do not hang heavy objects and do not allow children to hang with the door & door handle. Children should not be allowed to play with accessories./ भारी वस्तुओं को न लटकाएँ और बच्चों को दरवाजे के हैंडल से लटकने न दें। बच्चों को सामान के साथ खेलने की अनुमति नहीं दी जानी चाहिए।
- They may get hurt.
उन्हें चोट लगने का खतरा है।
- 9 Do not carry out any service or repair operation by your own that involves the removal of a cover which gives protection against the exposure to microwave energy. It is hazardous for anyone other than a competent person अपने आप से किसी भी सेवा या मरम्मत कार्य को अंजाम न दें, जिसमें एक कवर को हटाना शामिल है जो माइक्रोवेव उर्जा के सम्पर्क में आने से बचाता है। यह सक्षम और तकनीकी विशेषज्ञ व्यक्ति के अलावा किसी के लिए भी खतरनाक है।
- 10 When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
जब ओवन का कॉम्बिनेशन मोड में इस्तेमाल हो रहा हो तो बच्चे सिर्फ बड़ों के निर्देशन के ही इसका इस्तेमाल करें क्योंकि इस समय अत्यधिक ताप उत्पन्न होता है जो उनके लिए घातक सिद्ध हो सकता है।
- 11 You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. It is important not to tamper with the safety interlocks.
इसके दरवाजों पर लगे सेफ्टी इंटरलॉक्स के कारण आप इसके द्वार खोल कर इसको नहीं चला सकते। ये बहुत जरूरी है कि सेफ्टी इंटरलॉक्स के साथ किसी तरह की छेड़छाड़ न की जाए।
- It could result in harmful exposure to excessive microwave energy. (Safety interlocks automatically switch off any cooking activity when the door is opened).
इसमें पैदा होने वाली अत्यधिक माइक्रोवेव ऊर्जा के कारण ये खतरे की वजह भी बन सकते हैं। (जब ओवन के द्वार खुले होते हैं तो सेफ्टी इंटरलॉक्स अपने आप निष्क्रिय हो कर खाना बनाने या गरम करने का कार्य बंद कर देते हैं।)
- 12 Do not place any object (such as kitchen towels, napkins, etc.) between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.
ओवन के द्वार और प्रवेश द्वार के सामने कोई सामान (जैसे किचन टॉवल या नैपकिन इत्यादि) न रखें न ही किसी तरह के खाने या सफाई करने वाले सामान के अवशेष यहां रहने दें।
- It could result in harmful exposure to excessive microwave energy.
ऐसा करना अत्यधिक ऊर्जा के प्रवाह से खतरा पैदा कर सकता है।

Important Safety Instructions / महत्वपूर्ण सुरक्षा निर्देश

- 13 Do not heat food in disposable containers made of plastic, paper or other combustible materials. They may not be safe for heating food. Use microwave safe utensils only. Do not leave microwave oven unattended while cooking. प्लास्टिक, कागज या अन्य दहनशील सामग्री से बने डिस्पोजेबल कंटेनरों में भोजन को गर्म न करें। वे भोजन को गर्म करने के लिए सुरक्षित नहीं हो सकते हैं। माइक्रोवेव सेफ बर्तनों का ही इस्तेमाल करें खाना बनाते समय माइक्रोवेव ओवन को नजरअंदाज न करें।
- Your food may be poured due to the possibility of container deterioration, which also can cause a fire. आपका खाना भी गिर कर फेल सकता है इसके भंगोने के टूट जाने से और इससे भी आग लग सकती है।
- 14 The current rating of power socket outlet should be equivalent or higher than the plug current rating. The cross-sectional area of wire used by customer for fixed wiring shall be equivalent or higher than the power cord's cross-sectional area used in microwave oven. / पावर सॉकेट आउटलेट की वर्तमान रेटिंग प्लग वर्तमान रेटिंग के बराबर या उससे अधिक होनी चाहिए। तय वायरिंग के लिए ग्राहक द्वारा उपयोग किये जाने वाले तार का अनुप्रस्थ काट क्षेत्र माइक्रोवेव ओवन में उपयोग किये जाने वाले पावर कॉर्ड के अनुप्रस्थ काट क्षेत्र के बराबर या अधिक होगा।
- Using improper plug or switch can cause an electric shock or a fire. गलत प्लग या स्विच लगाने से विद्युत का झटका या आग लग सकती है।
- 15 If the supply cord is damaged, it must be replaced by the manufacturer or by LG authorized service agent only. यदि पावर कॉर्ड खराब है, तो इसे निर्माता द्वारा या केवल LG अधिकृत सर्विस एजेंट द्वारा प्रतिस्थापित किया जाना चाहिए।
- It can cause serious damage such as a fire or electric shock. यह आग या बिजली के झटके जैसे गंभीर नुकसान का कारण बन सकता है।
- 16 The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption in order to avoid burns. इसमें रखने से पहले बच्चे के दूध की बोतलें और खाने का जार के अन्दर के सामान को हिला अवश्य लें और इसे खिलाने से पहले इसका तापमान अवश्य देख लें ताकि बच्चे का मुंह न जले।




CAUTION / सावधानी

- 1 Please ensure cooking times are correctly set, small amounts of food require shorter cooking or heating time. कुकिंग टाइम को निश्चित समय के लिए सही सेट करें। कम मात्रा वाले भोजन को पकाने के लिए कम समय लगता है।
- Over cooking may result in the food catching on fire and subsequent damage to your oven. आवश्यकता से अधिक समय तक कुकिंग से आग लग सकती है और आपके ओवन को क्षति पहुंच सकती है।
- 2 When heating liquids, e.g. soups, sauces and beverages in your microwave oven,
- * Avoid using straight sided containers with narrow necks.
 - * Do not overheat.
 - * Stir the liquid before placing the container in the oven and again halfway through the heating time.
 - * After heating, let it stand in the oven for a short time; stir or shake it again carefully and check the temperature of it before consuming to avoid burns (especially, contents of feeding bottles and baby food jars).
- सूप, सॉसेज और पेय पदार्थों को जब माइक्रोवेव ओवन में गर्म करने के लिए रखें,
- * छोटी गर्दन वाले सीधे खड़े पात्र इसमें रखने से बचें।
 - * आवश्यकता से अधिक समय तक हीटिंग न करें।
 - * तरल पदार्थ के भंगोने को इसमें रखने से पहले हिलाएं और हीटिंग के दौरान आधे समय के बाद फिर से बाहर निकाल कर हिला लें, फिर अन्दर रखें।
 - * हीटिंग के बाद कुछ समय आप उसे अन्दर ही रहने दें फिर इस भोजन को ग्रहण करने से पहले इसे सावधानीपूर्वक हिला लें, या चमचे से चला लें ताकि आप इसकी उष्णता का अनुमान कर इसे खाने/पी सकें और आपका मुंह जलने से बच सके (विशेष तौर पर बच्चे को खाना खिलाने वाला पात्र या दूध पिलाने वाली बोतल)।
- Be careful when handling the container. Microwave heating of beverages can result in delayed eruptive boiling without evidence of bubbling. This could result in hot liquids suddenly boiling over. भंगोने को इससे निकालते समय पकड़ने में सावधानी रखें। माइक्रोवेव में जलीय पदार्थों को गर्म होने पर कई बार वे देर से और बिना बुलबुले दिए अचानक उबल जाते हैं। इससे जलने का खतरा पैदा हो सकता है।
- 3 An exhaust outlet is located on the top, bottom, side and back of the oven. Don't block the outlet. इसकी ऊपरी सहाह पर, बगल में या ओवन के पीछे एक एग्जॉस्ट द्वार होता है। इस द्वार को सदा खुला रखें।
- It could result in damage to your oven and poor cooking results. इससे आपके ओवन को क्षति पहुंच सकती है और खाना भी ठीक से नहीं पकेगा।
- 4 Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started. ओवन खाली होने की दशा में चालू न करें। ये बेहतर होगा कि जब ओवन का इस्तेमाल न हो रहा हो तो एक ग्लास पानी भरकर इसमें रखें। इससे जब भी कभी गलती से ओवन चालू हो जाए तो ये पानी इसकी सारी गर्मी को अपने अन्दर अवशोषित कर लेगा और दुर्घटना का खतरा नहीं रहेगा।
- Improper use could result in damage to your oven. गलत तरीके से ओवन का इस्तेमाल करने से ओवन को नुकसान पहुंच सकता है।
- 5 Do not cook food wrapped in paper towels, unless Recipes provided by LG contains instructions for the food you are cooking. and do not use newspaper in place of paper towels for cooking. Do not use aluminium foil in micro mode and avoid using aluminium foil in Convection/Grill mode for long duration at high temperature. /पेपर टॉवल से लिपटा कर खाना न बनाएं न गरम करें जब तक कि LG द्वारा प्रदान की गई रेसिपी में कुछ इस तरह का विशेष निर्देश न दिया गया हो। और इस दशा में भी पेपर टॉवल की जगह धरेलू अखबार इस्तेमाल न करें। माइक्रो मोड में एल्यूमिनियम पन्नी का उपयोग न करें और उच्च तापमान पर लंबी अवधि के लिए कन्वेक्शन/ ग्रिल मोड में एल्यूमिनियम पन्नी के उपयोग से बचें।

Important Safety Instructions / महत्वपूर्ण सुरक्षा निर्देश

- **Improper use can cause an explosion or a fire.**
गलत तरीके से ओवन का इस्तेमाल करने से आग लग सकती है।
- 6 **Do not use wooden containers and ceramic containers that have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Check that the utensils are suitable for use in microwave ovens before use.**
सिरेमिक और लकड़ी के बने बर्तनों जिनमें अंदरूनी सतह धातु की बनी हो, इसमें न रखें। ये पहले देख लें कि आपके बर्तन इसमें इस्तेमाल हो सकते हैं या नहीं।
- **They may heat-up and char. Metal objects in particular may arc in the oven, which can cause serious damage.**
वे गरम हो सकते हैं और जल भी सकते हैं। खासतौर पर धातु के पदार्थों में चिंगारियां आ सकती हैं जिससे गंभीर क्षति हो सकती है।
- 7 **Do not use recycled paper products.**
रीसायकल पेपर के बने हुए उत्पाद प्रयोग में न लाएं।
- **They may contain impurities which may cause sparks and/or fires when used in cooking.**
उनमें अशुद्ध तत्व हो सकते हैं जो कि खाना बनाते समय चिंगारियों या आग लगने की वजह बन सकते हैं।
- 8 **Do not rinse the tray or place it in water/cold surface just after cooking. This may cause breakage or damage.**
खाना बनाने के तुरंत बाद इसे पानी या ठण्डा सतह पर न रखें। क्योंकि इससे प्लेट के टूटने या क्षतिग्रस्त होने का खतरा हो सकता है।
- **Improper use could result in damage to your oven.**
गलत तरीके से ओवन का इस्तेमाल करने से ओवन को नुकसान पहुंच सकता है।
- 9 **Be certain to place the oven so the front of the door is 8 cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance.**
सुनिश्चित करें कि आप ओवन को हमेशा इस तरह रखेंगे कि इसका सामने का द्वार सतह के किनारों से आठ सेंटीमीटर या अधिक पीछे रहे।
- **Improper use could result in bodily injury and oven damage.**
गलत तरीके से इस्तेमाल करने से शारीरिक दुर्घटना और ओवन की टूट-फूट का भी खतरा हो सकता है।
- 10 **Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetables.**
पकाने से पहले आलू या सेब या इस तरह के अन्य छालदार फल या सब्जियों में छेद कर लें।
- **They could burst.**
वे अन्दर विस्फोट कर सकते हैं।
- 11 **Do not cook eggs in their shell. Eggs in their shell and whole hardboiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.**
अंडे को छिलके के साथ इसके भीतर न पकाएं। छिलके सहित अंडा और उबला हुआ पूरा अंडा माइक्रोवेव में गर्म नहीं किया जाना चाहिए, तब भी नहीं जबकि माइक्रोवेव की हीटिंग समाप्त हो गई हो।
- **Pressure will build up inside the egg which will burst.**
अंडे के अन्दर दबाव बनेगा और फिर बढ़ते-बढ़ते वो फट जाएगा।
- 12 **Do not attempt deep fat frying in your oven.**
ओवन के अन्दर अधिक तेल में खाद्य पदार्थ तलने की कोशिश कभी न करें।
- **This could result in a sudden boil over of the hot liquid.**
ऐसा करने से अन्दर गर्म हुआ तरल पदार्थ उबल कर बाहर फेल सकता है।
- 13 **If smoke is observed, switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.**
अगर धुआं महसूस हो तो स्विच ऑफ करें या पॉवर सप्लाई बंद कर दें और ओवन के दरवाजे कुछ देर बंद ही रहने दें ताकि लपटें अन्दर ही शांत हो सकें।
- **It can cause serious damage such as a fire or electric shock.**
यह आग लगने या विद्युत के झटके जैसे गंभीर नुकसान पहुंचा सकता है।
- 14 **The temperature of accessible surfaces may be high when the appliance is operating. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, before cleaning make sure they are not hot.**
पास की सतह का ताप बहुत अधिक हो सकता है जब बर्तन अन्दर हो। ग्रिल मोड, कन्वैक्शन मोड या कुकिंग के समय इस्तेमाल हो रहे ओवन का द्वार या बाहरी सतह, पिछली दीवार ओवन कैविटी या इसके उपकरण को न छुएं। इसके बाद अन्दर के बर्तनों को बाहर लाते समय ध्यान रखें कि वे गर्म न हों।
- **As they will become hot, there is the danger of a burn unless wearing oven gloves.**
क्योंकि वे गर्म हो जाएंगे, जब तक आप ओवन दस्ताने नहीं पहनते हैं, तब तक जलने का खतरा हो सकता है।
- 15 **The oven should be cleaned regularly and any food deposits should be removed.**
ओवन को नियमित रूप से साफ करना चाहिए और उनके अन्दर किसी भी तरह के भोजन के अंश न छूटें, इसका ध्यान रखना चाहिए।
- **Failure to maintain the oven in a clean condition could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.**
ओवन की सफाई का ध्यान न रखने से इसकी सतह खराब हो सकती है। इससे इस पर रखे जाने वाले बर्तन भी खराब हो सकते हैं और यह खतरनाक भी हो सकता है।
- 16 **If there are heating elements, the appliance becomes hot during use. Care should be taken to avoid touching the heating elements inside the oven.**
अगर ओवन में हीटिंग पदार्थ हों तो गरम करते समय उपकरण भी गर्म हो जाता है। ओवन के अन्दर रखे इस तरह के हीटिंग पदार्थों को छूने से बचना चाहिए।
- **There is danger of a burn.**
इसमें जलने का खतरा हो सकता है।

Important Safety Instructions / महत्वपूर्ण सुरक्षा निर्देश

- 17 Follow exact directions given by each manufacturer for their popcorn product. Do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested times, discontinue cooking. Never use a brown paper bag for popping corn. Never attempt to pop leftover kernels.
पॉपकॉर्न के प्रोडक्ट्स के लिए गए सटीक निर्देशों का पालन करना चाहिए। जब इसके अन्दर पॉपकॉर्न बनाए जा रहे हों तो इसकी अनदेखी न करें। अगर तय समय के भीतर भी कॉर्नस न फूल सकें तो हीटिंग बंद कर इन्हें बाहर निकाल लेना चाहिए। ओवन में कॉर्नस को फुलाने के लिए कभी भी भूरा कागज का बैग इस्तेमाल में ना लाएं। ओवन में बचे हुए कॉर्नस के टुकड़ों को दुबारा उसमें गर्म न करें।
- Overcooking could result in the corn catching a fire.
अधिक पकाने से कॉर्नस में आग लग सकती है।
- 18 Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass.
ओवन के दरवाजे के गिलास को साफ करने के लिए कठोर घर्षण क्लीनर या तेज धातु का उपयोग करें।
- They can scratch the surface, which may result in the glass shattering.
इससे सतह पर खरोंच लग सकती है, व काँच भी टूट सकता है।
- 19 This oven should not be used for commercial catering purposes.
यह ओवन व्यावसायिक कैटरिंग के प्रयोग में नहीं लाया जाना चाहिए।
- Improper use could result in damage to your oven.
इसके गलत इस्तेमाल से इसमें खराबी आ सकती है।
- 20 The appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
यह उपकरण 8 वर्ष और उससे ऊपर के बच्चे तथा वे समी लोग जो कम शारीरिक, संवेदन या मानसिक क्षमता के हों, या जिनका अनुभव या ज्ञान कम हो, इस्तेमाल कर सकते हैं यदि ऐसे सभी लोगों को उपकरण के सुरक्षित तरीके से उपयोग के सम्बन्ध में निरीक्षण या निर्देश दिया जाये और होने वाले खतरों को समझाया जाये। उपकरण की सफाई और रख-रखाव बच्चों के द्वारा नहीं की जा सकती जब तक कि वे 8 वर्ष या उससे अधिक के न हो जाएं और देखभाल न की जाये।
- 21 Children should be supervised to ensure that they do not play with the appliance.
ओवन के समीप बच्चों के साथ हमेशा कोई बड़ा व्यक्ति हो जो उन्हें इसके साथ खेलने या छेड़छाड़ करने से मना करे।
- 22  Caution, hot surface.
सावधान, गर्म सतह है।
When the symbol is used, it means that the surfaces are liable to get hot during use.
प्रतीक का उपयोग किया जाता है, तो इसका मतलब है कि उपयोग के दौरान सतह गर्म होने के लिए उत्तरदायी है।

Safety Precaution / सुरक्षा सावधानियां

- ✦ Microwave oven must not be placed inside a cabinet. The microwave oven shall be used freestanding.
माइक्रोवेव ओवन को केबिनेट के अन्दर बिल्कुल नहीं रखा जाना चाहिए। माइक्रोवेव ओवन को अलग रख कर इस्तेमाल में लाया जाना चाहिए।
- ✦ Oven with Lamp, Power rating is 35W/25W . / Oven with LED, Power rating of LED is 2.6 W .
लैम्प के साथ ओवन की पावर रेटिंग 25/35W है।/एलईडी के साथ ओवन की पावर रेटिंग 2.6 वॉट है।
- ✦ The appliance is not intended to be operate by means of an external timer or separate remote-control system.
उपकरण को किसी भी बाहरी टाइमर व अलग रिमोट कंट्रोल सिस्टम से आपरेट करने के लिए नहीं बनाया गया है।
- ✦ Use exclusive 230V socket with earth.
अर्थिंग के साथ 230 वोल्ट सॉकेट का इस्तेमाल करें।
- ✦ Do not bend power cord forcefully or break.
पावर कार्ड को ताकत के साथ न झुकाएं वरना वह टूट सकती है।
- ✦ Do not pull out power cord.
पावर कार्ड को न खींचें।
- ✦ Do not modify Power Cord as supplied by the manufacturer along with the product. Power Cord is to be used only at power socket outlets and not be used with any extension board or multiple socket. Also, Do not share the same power socket outlet with other appliance.
उत्पाद के साथ निर्माता द्वारा आपूर्ति के रूप में पावर कॉर्ड को संशोधित न करें। पावर कॉर्ड का उपयोग केवल पावर सॉकेट आउटलेट पर किया जाता है और इसका उपयोग किसी भी एक्सटेंशन बोर्ड या मल्टीपल सॉकेट के साथ नहीं किया जाता है। इसके अलावा, अन्य उपकरणों के साथ पावर सॉकेट आउटलेट को साझा न करें।
- ✦ Do not plug in or pull out power cord with wet hand.
गीले हाथों से पावर कॉर्ड को न तो लगाएं न ही हटाएं।
- ✦ Do not spray water inside and outside of microwave oven.
माइक्रोवेव ओवन के भीतर और बाहर पानी के छींटें न मारें।
- ✦ Plug out power cord during cleaning or maintenance of set.
मरम्मत और सफाई के समय पावर कार्ड निकालना न भूलें।

- ✦ Do not heat up the food more than necessary.
खाने को ज़रूरत से ज्यादा गरम न करें।
- ✦ Do not use microwave oven other than cooking or sterilization such as cloth drying etc.
खाना बनाने या गरम करने के सिवा ओवन का कोई और इस्तेमाल न करें जैसे कपड़े सुखाना, आदि।
- ✦ Do not insert pin or steel wire etc. into inside/out side of case.
इसके भीतर/बाहर कहीं भी कोई पिन या लोहे का तार आदि न घुसाएं।
- ✦ Please be careful during taking the food since high temp. water or soup may overflow to cause burn.
खाने को बाहर निकालते समय कृपया सावधानी बरतें क्योंकि गरम पानी अथवा सूप आदि तरल पदार्थ उबल कर या छलक कर आपको जला सकते हैं।
- ✦ Do not plug in power cord when socket hole is loose or plug is damaged.
जब प्लग खराब हो या पावर सॉकेट ढीला हो तो इसे ठीक करने से पहले इसमें पावर कार्ड न लगाएं।
- ✦ Do not use oven while some foreign material is attached on the door.
जब भी ओवन के दरवाजे पर कोई चीज़ अड़ी या रखी हो, ओवन को चालू न करें।
- ✦ Do not place the water container on the set.
इस पर पानी का भगौना कभी न रखें।
- ✦ Do not place anything on the set & do not cover the set with cloth while using.
माइक्रोवेव ओवन के ऊपर कुछ भी न रखें और उपयोग करते समय इसे कपड़े से कवर न करें।
- ✦ Do not install the set in the damp space or water spluttering area.
गीले या पानी के बहाव वाले क्षेत्र में ओवन को कभी न रखें।
- ✦ Do not let children hang onto oven door.
बच्चों को ओवन के दरवाजों पर लटकने से रोकें।
- ✦ Do not heat the unpeeled fruit or bottle with lid.
ढक्कन वाली बोतल और बिना छिला फल कभी इसके अन्दर रख कर गर्म न करें।
- ✦ Do not hold food or accessories as soon as cooking is over.
गर्म हो जाने या खाना बन जाने के तुरंत बाद ओवन से खाना या बर्तन बाहर न निकालें।
- ✦ Plug out oven if it is not used for long duration.
अगर ओवन को अधिक देर तक इस्तेमाल में न लाना हो तो खाली समय में इसकी पावर कार्ड स्विच से निकाल कर रखें।
- ✦ Install microwave oven in the well ventilated, flat, level surface.
माइक्रोवेव ओवन को अच्छी तरह हवादार, सपाट, समतल सतह में स्थापित करें।
- There is danger of blast if covered bottle, sealed food, egg, and chestnut etc. are cooked inside oven.
ओवन के भीतर ढक्कन लगी बोतल, अंडा, सील्ड खाद्य पदार्थ या चेस्टनट रख कर उसे गलाने से विस्फोट हो सकता है।
- ✦ Microwave Oven is heavier from right side. Handle with care.
माइक्रोवेव ओवन दाईं ओर से ज्यादा भारी है। ध्यान से संभालें।
- ✦ After using grill/convection mode, let the microwave oven cool down before switching it off.
ग्रिल/कंवेक्शन मोड का उपयोग करने के बाद, माइक्रोवेव ओवन को बंद करने से पहले ठंडा होने दें।
- ✦ Keep all packaging material (such as plastic bags and Styrofoam) away from children. The packaging material can cause suffocation.
सभी पैकेजिंग सामग्री(जैसे- प्लास्टिक बैग और स्टायरोफोम) बच्चों से दूर रखें। पैकेजिंग सामग्री घुटन का कारण बन सकती है।

Before Use / इस्तेमाल के पहले

Unpacking & Installing / खोलना और लगाना

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

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

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

अपने ओवन की अन-पैकिंग के बाद इसे समतल सतह पर रखें।

Cooking Accessories / कुकिंग एक्सेसरीज़



Glass tray / ग्लास ट्रे



Rotating ring / रोटेटिंग रिंग



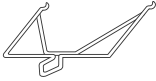
High rack / हाई रैक



Low rack / लो रैक



Rotisserie Bar / रोटेसरी बार



Rotisserie Bar Handle / रोटेसरी बार हैंडल

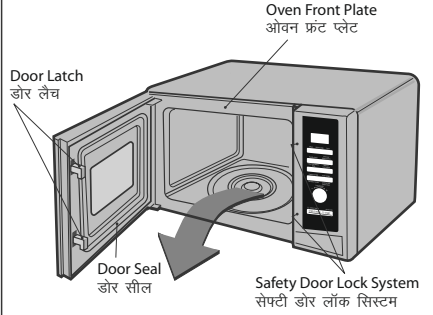


Multicook Tawa / मल्टीकुक तवा



Milk Pasteurization Kit
मिल्क पाश्चराइजेशन किट
(For usage refer Pg. 94)

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



2. Place the oven on the level location of your choice with more than 85 cm height but make sure there is at least 30 cm of space on the top and 10 cm at the rear for proper ventilation.

The front of the oven should be at least 8 cm from the edge of the surface to prevent tipping.

An exhaust outlet is located on bottom or side of the oven. Blocking the outlet can damage the oven.

अपनी पसंद की समतल जगह पर ओवन को रखें जहां ऊंचाई कम से कम 85 सेंटीमीटर होनी चाहिए और साथ ही इसके ऊपर 30 सेंटीमीटर से अधिक का स्थान हो और पीछे 10 सेंटीमीटर से अधिक स्थान हो ताकि ढंग से हवा आ सके।

इसके सामने कम से कम 8 सेंटीमीटर से अधिक का स्थान होना चाहिए ताकि इसमें सामने से धक्का न लग सके।

इसके तले पर या बगल में एक एग्जॉस्ट द्वार होता है इसका रास्ता रोकने से ओवन खराब हो सकता है।

! NOTE / ध्यान रहे

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

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

अपने ओवन को एक अच्छे सॉकेट के साथ प्लग करें और इस बात को सुनिश्चित करें कि इस सॉकेट में और कोई विद्युत उपकरण का तार न जोड़ा गया हो। यदि आपका ओवन ढंग से काम न कर रहा हो तो इसे सॉकेट से निकालकर दुबारा लगाएं।

4. Open your oven door by pulling the door handle. Place the rotating ring inside the oven and place the glass tray on top.

ओवन के डोर हैंडल को पकड़कर ही इसका द्वार खोलें और रोटेटिंग रिंग अन्दर बीच में लगाएं और इसके ऊपर कांच की ट्रे रखें।

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

If you have any doubts about what type of container to use, please refer to Page 14.
माइक्रोवेव सेफ कंटेनर को 300 मिली लीटर पानी से भरें
ओवन के भीतर कांच की प्लेट पर उसे रखें और दरवाजा बंद कर दें।
अगर आपको इस बात पर कोई शंका हो कि आपको किस तरह का कंटेनर रखना है तो पृष्ठ 14 के निर्देशों को देखकर समझ लें।



6. Press the STOP/CLEAR button, and press the START/+30 seconds button one time to set 30 seconds of cooking time.

STOP/CLEAR बटन को दबाएं और START/+30 seconds को फिर एक बार दबाएं और 30 सेकंड का समय सैट करें।

7. The DISPLAY will count down from 30 seconds.

When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water.

If your oven is operating the water should be warm.

Be careful when removing the container it may be hot.

डिस्प्ले 30 सेकंड तक गिनेगा और 0 पर पहुँचकर बीप की आवाज़ करेगा तब आप इसका द्वार खोल दें और पानी का तापमान चैक करें।

अगर आपका ओवन ठीक से काम कर रहा है तो आपको पानी गर्म मिलेगा।

बर्तन को बाहर निकालते समय ध्यान रखें यह गर्म हो सकता है।

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



8. The contents of feeding bottles and baby food jars shall bestirred or shaken and the temperature checked before consumption in order to avoid burns.

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

9. Microwave oven allows you to save energy by display off when not cooking in oven. After 5 minutes of door open or close display, lamp/LED will turn off automatically. When you press any key-lamp/LED and display will turn ON again.








जब आप खाना नहीं पका रहे हों तब डिस्प्ले ऑफ होने पर माइक्रोवेव ओवन ऊर्जा बचाता है। दरवाजा खुलने या डिस्प्ले बंद होने के पाँच मिनट बाद लैम्प/एलईडी स्वतः बंद हो जायेगा। जब आप कोई बटन दबायेंगे तो लैम्प/एलईडी और डिस्प्ले फिर से चालू हो जायेगा।

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

यदि ओवन ज्यादा गरम हो जाता है, तो ओवन और उसका डिस्प्ले सुरक्षा उद्देश्य के लिए बंद हो जाता है, इसे ठंडा करने के लिए कुछ समय दें और फिर काम करें।

Before Use / इस्तेमाल के पहले

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

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

Caution : Do not operate Multicook tawa + Rack empty and Rotisserie bar (without food) in combi mode.

Use accessories in accordance with cooking guides !

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

* To be used in 'Pasteurize Milk' function only. Do not use in manual cook.

* केवल 'Pasteurize Milk' फंक्शन में इस्तेमाल करें। मैनुअल कुकिंग में इस्तेमाल न करें।

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

Note :

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

ऑटो कुक/मैनुअल कुक के परिणाम सामग्री, व्यापक तापमान, ग्राहक की सूझ-बूझ और प्रमुख बिजली की आपूर्ति के अनुसार भिन्न हो सकते हैं।

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

बेहतर परिणाम प्राप्त करने के लिए सिफारिश के अनुसार ऑटो कुक मेन्यू को प्राथमिकता दें।

- ✓ Acceptable
- ✗ Not Acceptable
- ✓ स्वीकार्य
- ✗ अस्वीकार्य

Microwave-Safe Utensils / माइक्रोवेव सुरक्षित बर्तन

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

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

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

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

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

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

Dinner plates / डिनर प्लेट

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

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

Glassware / कांच के बर्तन

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

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

Plastic storage containers / स्टोर करने के लिए प्लास्टिक के भगोने

These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

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

Paper / कागज

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

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

Plastic cook bags / प्लास्टिक के कुकिंग बैग

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

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

Plastic microwave cookware / प्लास्टिक के बने माइक्रोवेव-पात्र

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

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

Before Use / इस्तेमाल के पहले

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

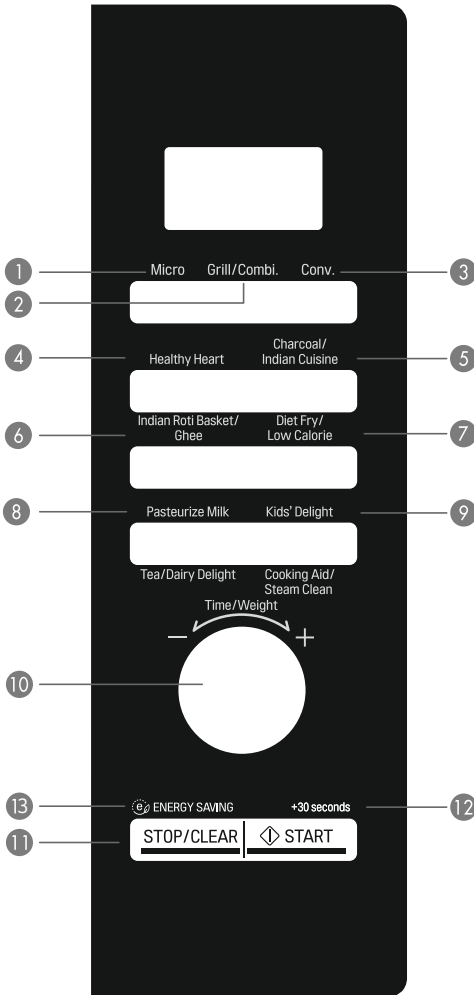
Containers made of these materials are usually fine for use in using microwave function, but they should be tested to be sure. इस तरह के बर्तन आमतौर पर माइक्रोवेव में इस्तेमाल के लिए अच्छे होते हैं। फिर भी सुनिश्चित करने के लिए इनका परीक्षण कर लेना चाहिए।



CAUTION / सावधानी

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

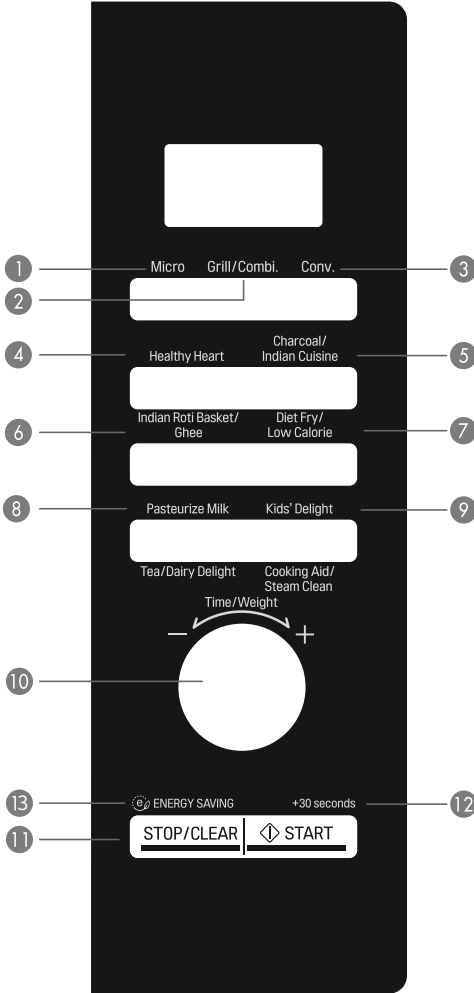
Control Panel



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

Part	
1 Micro	Use to select the power level for microwave cooking
2 Grill/Combi.	Use to select Grill or Combination cooking
3 Conv.	Use to select Convection cooking
4 Healthy Heart	Check the recipe manual
5 Charcoal/Indian Cuisine	Check the recipe manual
6 Indian Roti Basket/Ghee	Check the recipe manual
7 Diet Fry/Low Calorie	Check the recipe manual
8 Pasteurize Milk/Tea/Dairy Delight	Check the recipe manual
9 Kids' Delight/Cooking Aid/Steam Clean	Check the recipe manual
10 Dial	Use to select particular auto cook menu after pressing auto cook key. Set cooking time, weight and temperature. While cooking with auto and manual function, you can increase or decrease the cooking time at any point by turning the Dial.
11 STOP/CLEAR	Used to stop oven and clear all entries
12 START/+30 seconds.	To quickly set the cooking time directly. The +30 seconds feature allow you to set 30 seconds intervals of HIGH power cooking with a single touch
13 ENERGY SAVING	This feature allows to save energy.

कन्ट्रोल पैनल



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

पार्ट	
1	माइक्रो माइक्रोवेव कुकिंग के पावर लेवल को स्लेक्ट करने के लिए
2	ग्रिल/काम्बी ग्रिल या कॉम्बीनेशन कुकिंग को स्लेक्ट करने के लिए
3	कन्वैक्शन कन्वैक्शन को स्लेक्ट करने के लिए
4	हैल्दी हर्ट व्यंजन-विधि की निर्देशिका देखें
5	चारकोल/इंडियन कुजीन व्यंजन-विधि की मेनुअल देखें
6	इंडियन रोटी बासकेट/घी व्यंजन-विधि की मेनुअल देखें
7	डाइट फ्राई/लो कैलोरी व्यंजन-विधि की मेनुअल देखें
8	पाश्चुराईज मिल्क/टी/डेरी डिलाइट व्यंजन-विधि की मेनुअल देखें
9	किड्स डिलाइट/कुकिंग एड/स्टीम क्लीन व्यंजन-विधि की मेनुअल देखें
10	डायल <ul style="list-style-type: none"> खाना बनाने के चुने गए वर्ग का निर्धारण करें। खाना बनाने वाले व्यंजन, तापमान और पावर लेवल को सेट करें। ऑटो और मेन्युअल मोड पर खाना बनाते समय आप खाना पकाने के समय को डायल चला करके कम-ज्यादा कर सकते हैं।
11	स्टॉप/क्लीयर ओवन को राकने और सभी एन्टीरीज को हटाने के लिए
12	स्टार्ट/+30 सेकेंड्स <ul style="list-style-type: none"> कुकिंग को शुरू करने के लिए दबाए जाने वाले अपने बटन को आप एक ही बार दबाएं। +30 seconds वाले फीचर को इस्तेमाल करके आप फटाफट तीस सेकेंड्स की हाई पावर कुकिंग कर सकते हैं।
13	एनर्जी सेविंग यह फीचर ऊर्जा बचत के लिए है।

Child Lock / चाइल्ड लॉक

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

निम्नलिखित उदाहरण में आप देखेंगे कि चाइल्ड लॉक कैसे लगाएं।

1. Press and hold STOP/CLEAR

STOP/CLEAR को दबाएं।



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

STOP/CLEAR बटन को तब तक दबाकर रखें जब तक डिस्प्ले पैन्ल पर "L" न आ जाये और बीप न सुनाई दे



3. To cancel CHILD LOCK press and hold STOP/CLEAR until "L" disappears.

CHILD LOCK हटाने के लिए "L" लुप्त होने तक STOP/CLEAR दबाकर रखें



NOTE / नोट

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

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

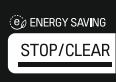
+30 seconds / +30 सेकेंड्स

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

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

Press and hold STOP/CLEAR

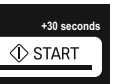
1. STOP/CLEAR को दबाएं।



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

Your oven will start before you have finished the fourth press. चार बार START/+30 seconds दबाकर 900 वाट पावर पर 2 मिनट का टाइम सेट करें।

आपके द्वारा चौथी बार बटन दबाने से पहले ही ओवन चलना शुरू हो जाएगा।



3. During START/+30 seconds cooking, you can extend the cooking time up to 99 minutes 59 seconds by turning the Dial. START/+30 seconds की कुकिंग के समय यदि आप चाहें तो टाइम सेटिंग को बढाकर अधिकतम 99 मिनट 59 सेकेंड्स कर सकते हैं पर इसके लिए आपको डायल घुमाना पड़ेगा।



NOTE / नोट

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

START/+30 seconds कुकिंग की व्यवस्था द्वारा आप 30 सेकेंड्स की हाई पावर कुकिंग कर सकते हैं जिसके लिए आपको START/+30 seconds बटन दबाना होगा।

HOW TO USE

किस तरह इस्तेमाल करें

Micro Power cooking माइक्रो पावर कुकिंग

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

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

1. Press and hold STOP/CLEAR

STOP/CLEAR को दबाएं।



2. Press Micro until display shows "720"

Micro दबाएं जब तक कि '720' का चिन्ह दिखाई न देने लगे।



3. Turn Dial until display shows "5:00"

डायल को घुमाइये जब तक कि '5:00' का चिन्ह दिखाई न देने लगे।



4. Press START/+30 seconds

START/+30 seconds को दबाएं।



NOTE / नोट

* Your oven has 5 microwave power setting. High power is automatically selected and different power level are selected by pressing micro button.

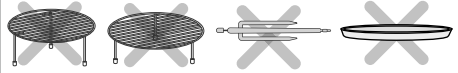
* Food to be cooked should be placed in a microwave-safe utensils.

* Please do not use the following accessories in MICRO MODE.

* आपके ओवन में 5 माइक्रोवेव पावर सेटिंग्स हैं। हाई पावर का चयन अपने आप हो जाता है माइक्रो बटन को बार बार दबा कर दूसरी पावर लेवल सेट होती है।

* जिस भोजन को कुक करना हो उसे माइक्रोवेव सेफ बर्तनों में ही रखकर ओवन का इस्तेमाल करें।

* निम्न लिखित एक्सेसरीज का उपयोग माइक्रो मोड में कृप्या न करें।



High rack
हाई रैक

Low rack
लो रैक

Rotisserie Bar
रोटिसरी बार

Multi cook Tawa
मल्टी कुक तवा

How To Use / किस तरह इस्तेमाल करें

Micro Power Level / माइक्रो पावर लेवल

This oven is equipped with 5 power levels to give you maximum flexibility and control over cooking.

The table below shows some examples of food and their recommended cooking power levels for use with this oven.

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

POWER LEVEL	OUTPUT	USE	ACCESSORY
HIGH	900 W	<ul style="list-style-type: none"> Boil water Brown minced beef Cook poultry pieces, fish, vegetables Cook tender cuts meat 	Microwave Safe Plate/ Microwave Safe Bowl/ Microwave Safe Glass Bowl
MEDIUM HIGH	720 W	<ul style="list-style-type: none"> All reheating Roast meat and poultry Cook mushrooms and shellfish Cook foods containing cheese and eggs 	
MEDIUM	540 W	<ul style="list-style-type: none"> Bake cakes and scones Prepare eggs Cook custard Prepare rice, soup 	
MEDIUM LOW	360 W	<ul style="list-style-type: none"> All thawing Melt butter and chocolate Cook less tender cuts of meat 	
LOW	180 W	<ul style="list-style-type: none"> Soften butter & cheese Soften ice cream Raise yeast-based dough 	

पावर लेवल	आउटपुट	इस्तेमाल	एक्सेसरीज
उच्च	900 वाट	<ul style="list-style-type: none"> पानी उबालना ब्राउन वीफ का कीमा मुर्गे, मछली और सब्जियों के टुकड़ों को पकाना कटा हुआ कोमल मांस 	माइक्रोवेव सुरक्षित प्लेट/ माइक्रोवेव सुरक्षित बर्तन/ माइक्रोवेव सुरक्षित कांच का बर्तन
मध्यम उच्च	720 वाट	<ul style="list-style-type: none"> पूर्णतया दुबारा गर्म करना भुना हुआ मांस और मुर्गे मशरूम और शेलफिश पकाना पनीर और अंडे-युक्त भोजनों का निर्माण 	
मध्यम	540 वाट	<ul style="list-style-type: none"> बेक हुए केक और स्कोन्स अंडों को तैयार करना कस्टर्ड बनाना चावल और सूप बनाना 	
कम मध्यम	360 वाट	<ul style="list-style-type: none"> पूर्ण सभी प्रकार के खाद्य पदार्थ को सामान्य तापमान पर रखना चॉकलेट व मक्खन पकाना कुछ कम कोमल मांस को पकाना 	
एकदम कम	180 वाट	<ul style="list-style-type: none"> मक्खन और चीज़ को नरम करना आइसक्रीम को नरम करना आटे में खमीर उठाना 	

Grill Cooking/ ग्रिल कुकिंग


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


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

1. Press and hold **STOP/CLEAR** **STOP/CLEAR** को दबाएं।



2. Press **Grill/Combi**, one time

The following indication is displayed: 

Grill/Combi. एक बार दबाएं। निम्नलिखित सन्देश प्रदर्शित होगा। 

Grill/Combi.

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

डायल को घुमाइये जब तक कि **"12:00"** का चिन्ह दिखाई न देने लगे।



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

START/+30 seconds को दबाएं।



CAUTION / सावधानी

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

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

NOTE / नोट

- This feature will allow you to brown and crispy food quickly.
- For the best result use the following accessory.
- इस व्यवस्था के द्वारा आप भूरा और कुरकुरा भोजन तुरंत तैयार कर सकेंगे।
- सुविधाओं का सर्वोत्तम लाभ लेने हेतु कृपया निम्न एक्सेसरी का उपयोग करें।



High rack
हाई रैक

Grill Combi Cooking

ग्रिल-कॉम्बी कुकिंग

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


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


1. Press and hold **STOP/CLEAR**

STOP/CLEAR को दबाएं।



2. Press **Grill/Combi**, three time

The following indication is displayed: 

Grill/Combi, तीन बार दबाएं। निम्नलिखित सन्देश प्रदर्शित होगा। 

Grill/Combi.

3. Press Micro until display shows **"360"**

Micro का बार बार दबाएं जब तक कि **"360"** का चिन्ह दिखाई न देने लगे।



4. Turn Dial until display shows **"25:00"**

डायल को घुमाइये जब तक कि **"25:00"** का चिन्ह दिखाई न देने लगे।



5. Press **START/+30 seconds**

START/+30 seconds को दबाएं।



NOTE / नोट

- Your oven has combination cooking feature which allow you to cook food with **Heater and Microwave**. This generally means it takes less time to cook your food.
- You can set three kinds of micro power level (180 W, 270 W, and 360 W) in grill combi mode.
- This feature will allow you to brown and crispy food quickly.
- For the best result use the following accessories.
- आपके ओवन कॉम्बिनेशन कुकिंग की सुविधा उपलब्ध है जिससे कि आप हीटर और माइक्रोवेव के माध्यम से भोजन तैयार कर सकें। इसका आमतौर पर यह अर्थ होता है कि आप कम समय में अपना भोजन पका सकते हैं।
- आप ग्रिल कॉम्बी मोड में तीन (180 वाट, 270 वाट और 360 वाट)।
- इस व्यवस्था के द्वारा आप भूरा और कुरकुरा भोजन तुरंत तैयार कर सकेंगे।
- सुविधाओं का सर्वोत्तम लाभ लेने हेतु कृपया निम्न एक्सेसरी का उपयोग करें।



High rack
हाई रैक

How To Use / किस तरह इस्तेमाल करें

Convection Preheat

कन्वेक्शन प्रीहीट

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

नीचे दिए उदाहरण में आपको दिखाया जाएगा कि किस तरह से 200 °C तापमान पर अपने ओवन को प्रीहीट करें।

1. Press and hold **STOP/CLEAR** **STOP/CLEAR** को दबाएं।



2. Press **Conv.** **Conv.** को दबाएं।



3. Turn Dial until display shows **"200 °C"**
Press **START/+30 seconds** for temperature confirmation.
डायल को **200 °C** आने तक घुमाएं।
START/+30 seconds दबाएं और तापमान को सुनिश्चित कीजिए।



4. Press **START/+30 seconds** again.
Preheating will be started with displaying **"Pr-H"**.
START/+30 seconds दबाएं
प्रीहीट शुरू हो जाएगा और आपको डिस्प्ले पर **"Pr-H"** दिखेगा।



NOTE / नोट

- The convection oven has a temperature range of 40 °C and 100-230 °C.
- The oven has a ferment function at the oven temperature of 40 °C. You may wait until the oven is cool because you cannot use a ferment function if the oven temperature is over 40 °C.
- Your oven will take a few minutes to reach the selected temperature.
- Once it has reached correct temperature, your oven will BEEP to let you know that it has reached the correct temperature.
- Then place your food in your oven and to start cooking.
- कन्वेक्शन ओवन में तापमान का क्षेत्र 40 °C से 100-230 °C लेकर तक होता है।
- ओवन में 40 °C पर फर्मन्टेशन की सुविधा भी होती है। आपको ओवन को ठंडा होने का इंतजार करना चाहिए क्योंकि यदि ओवन का तापमान 40 °C से अधिक है तो आप फर्मन्टेशन की इस सुविधा का लाभ नहीं ले सकते।
- आपको ओवन चुने गए तापमान पर आने में कुछ मिनट का समय लेना।
- सही तापमान पर आकर आपको इसकी जानकारी के लिए बीप की आवाज सुनाई देगी।
- तब आप भोजन ओवन के अन्दर रखकर अपनी कुकिंग शुरू कर सकते हैं।

Convection Cooking

कन्वेक्शन कुकिंग

The multicook tawa & low rack must be used during convection cooking.

In the following examples, show you how to cook some food at a temperature of 230 °C for 50 minutes.

कन्वेक्शन कुकिंग के दौरान मल्टीकुक तवा और लो रैक का उपयोग करना चाहिए।

निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि 50 मिनट में 230 °C तापमान पर भोजन कैसे तैयार करें।

1. Press and hold **STOP/CLEAR** **STOP/CLEAR** को दबाएं।



2. Press **Conv.** **Conv.** को दबाएं।



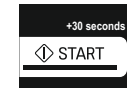
3. Turn Dial until display shows **"230 °C"**
Press **START/+30 seconds** for temperature confirmation.
डायल को **230 °C** आने की प्रतीक्षा करें।
START/+30 seconds दबाएं और तापमान को सुनिश्चित कीजिए।



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



5. Press **START/+30 seconds** **START/+30 seconds** को दबाएं।



CAUTION / सावधानी

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

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

NOTE / नोट

- If you do not set a temperature your oven will automatically select 180°C, the cooking temperature can be changed by Dial.
- For the best result please use the following accessories.
- अगर आप तापमान नहीं चुनते तो आपका ओवन अपने आप ही 180°C पर चला जाएगा। डायल के माध्यम से कुकिंग का तापमान परिवर्तित किया जा सकता है।
- सर्वोत्तम परिणाम हेतु कृपया निम्न एक्सेसरीज का उपयोग करें।



Convection Combi Cooking

कन्वेक्शन कॉम्बी कुकिंग

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


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

1. Press and hold **STOP/CLEAR**


STOP/CLEAR को दबाएं।




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

The following indications are displayed: 


Grill/Combi. दो बार दबाएं।

निम्नलिखित संदेश प्रदर्शित होगा। 

Grill/Combi.

3. Press **Conv.** The following indications are displayed: 

Conv. को दबाएं।

आपको निम्नलिखित चिन्ह दिखाई देगा 



4. Turn Dial until display shows "200 °C"

डायल को घुमाएं जब तक कि डिस्प्ले में "200 °C" न आ जाए।



5. Press **Micro** until display shows "270".

Micro को दबाएं जबतक कि डिस्प्ले में "270" न आ जाए।



6. Turn Dial until display shows "25:00"

डायल को घुमाएं जब तक कि डिस्प्ले में "25:00" न आ जाए।



7. Press **START/+30 seconds**

START/+30 seconds को दबाएं।



! CAUTION / सावधानी

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

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

! NOTE / नोट

- You can set three kinds of micro power level (180 W, 270 W and 360 W).
- आप तीन तरह के माइक्रो पावर लेवल सेट कर सकते हैं (180 वाट, 270 वाट और 360 वाट)

How To Use / किस तरह इस्तेमाल करें

More or Less Cooking

ज्यादा या कम कुकिंग

In the following examples, show you how to change the preset COOK programs for a longer or shorter cooking time. निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि छोटी और बड़ी कुकिंग्स के लिए प्रीसेट 'कुक' प्रोग्राम को किस तरह सेट बदलें।

1. Press and hold **STOP/CLEAR** **STOP/CLEAR** को दबाएं।



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

आवश्यकतानुसार प्रीसेट **कुक** प्रोग्राम को सेट कर दीजिए। खाने का वजन तय कीजिए।



3. Press **START/+30 seconds**.

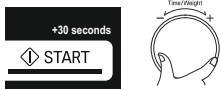
Turn Dial

The cooking time will increase or decrease.

START/+30 seconds को दबाएं।

डायल को घुमाएं

कुकिंग का टाइम कम या ज्यादा हो जायेगा।



NOTE / नोट

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

Energy Saving

ऊर्जा की बचत

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

जब आप खाना नहीं पका रहे हों तब इससे ऑफ होने पर माइक्रोवेव ओवन ऊर्जा बचाता है।

1. When Door Open Condition (Lamp/LED on & Display on):
डोर खुली अवस्था (लैम्प/एलईडी और इससे खुली है)

Press and hold **STOP/CLEAR** **STOP/CLEAR** को दबाएं।



Lamp/LED off & display off (Both together)

लैम्प/एलईडी और इससे बन्द हो जाएंगे (दोनों एक साथ)

Press any button on Keypad, display shows that button related display & Lamp/LED is turned on.

कोई भी बटन दबाएँ, उस बटन से संबंधित इससे दिखाई देगा और लैम्प/एलईडी चालू हो जाएगा।

2. when door close condition (Lamp/LED off & display on):
डोर बन्द अवस्था (लैम्प/एलईडी बन्द और इससे खुला है)

Press **STOP/CLEAR** one time **STOP/CLEAR** को एक बार दबाएं।



Lamp/LED Off & Display Off (Both together)

लैम्प/एलईडी और इससे बन्द हो जाएंगे (दोनों एक साथ)

Press any button on Keypad, display shows that button related display & Lamp/LED is turned off.

कोई भी बटन दबाएँ, उस बटन से संबंधित इससे दिखाई देगा और लैम्प/एलईडी बन्द हो जाएगा।

3. When Door is open (Lamp/LED & Display on)

डोर खुला होने पर (लैम्प/एलईडी और इससे चालू रहते हैं)

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

डोर खुलने के पाँच मिनट बाद लैम्प/एलईडी और इससे स्वतः बन्द हो जायेगा।

- a) When any button is pressed, lamp/LED and display are turned on.

जब आप कोई भी बटन दबायेंगे तो लैम्प/एलईडी और इससे फिर से चालू हो जायेगा।

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

अगर डोर बन्द है तो 5 मिनट के बाद इससे बन्द हो जायेगा।

Various Cook Functions / विभिन्न कुक कार्यप्रणालियाँ

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

Cook Functions	Healthy Heart	Charcoal/ Indian Cuisine	Indian Roti Basket/ Ghee	Diet Fry/ Low Calorie	Pasteurize Milk/Tea/ Dairy Delight	Kids' Delight/ Cooking Aid/ Steam Clean
STEP-1	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR
STEP-2	Press Healthy Heart	Press Charcoal & twice for Indian Cuisine	Press Indian Roti Basket & twice for Ghee	Press Diet Fry & twice for Low Calorie	Press Pasteurize Milk & twice for Tea/Dairy Delight	Press Kids' Delight & twice for Cooking Aid/Steam Clean
STEP-3	Turn Dial to select the Menu (HH1-HH30)	Turn Dial to select the Menu (CH1-CH25 IC1-IC26 SC1-SC15 rd1-rd15 CC1-CC10)	Turn Dial to select the Menu (br1-br25 Gh1)	Turn Dial to select the Menu (dF1-dF25 HP1-HP25 So1-So18 Co1-Co24)	Turn Dial to select the Menu (PS1 dd1-dd5) PA1 CU1-CU2)	Turn Dial to select the Menu (CF1-CF25 bA1-bA15 UC1-UC12) SL1)
STEP-4	Press START/ +30 seconds	Press START/ +30 seconds	Press START/ +30 seconds	Press START/ +30 seconds	Press START/ +30 seconds	Press START/ +30 seconds
STEP-5	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight
STEP-6	Press START/ +30 seconds	Press START/ +30 seconds	Press START/ +30 seconds	Press START/ +30 seconds	Press START/ +30 seconds	Press START/ +30 seconds

Disclaimer:

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

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

*Images given here are only for representation purposes.

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

डिस्क्लेमर:

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

*व्यंजन सर्वोत्तम प्रयासों पर आधारित हैं, लेकिन परिणाम तापमान, गुणवत्ता, सामग्री, वजन के अनुसार भिन्न हो सकते हैं।

*यदि दी गयी छवियाँ केवल प्रतिनिधित्व उद्देश्यों के लिए हैं।

Mantras for Heart Friendly Recipes by Heart Care Foundation of India

1. Dry fruits such as almonds, cashew nuts have zero cholesterol. Foods of plant in origin have zero cholesterol.
2. Artificial ghee is Vanaspati ghee, which is made by hydrogenation of oil and is bad for the heart. It increases levels of the "bad" LDL cholesterol and reduces levels of the "good" HDL cholesterol.
3. Limit the intake of trans fats in diet.
4. Clarified butter (desi ghee) increases the LDL "bad" cholesterol but does not reduce the HDL "good" cholesterol and is better than trans fats.
5. White meat and sea foods are better than red meat.
6. Whole wheat is better than simple wheat; simple wheat is better than broken wheat and broken wheat is better than refined flour (maida).
7. Eat seasonal and locally grown vegetables and fruits.
8. Include all seven colors and six tastes in diet
9. Eat a variety of fruits and vegetables, in moderation.
10. Do not consume more than 5 g of common salt (sodium chloride) in a day.
11. Soak pulses (dal) overnight or slow boil them to reduce bloating in the abdomen and retain folic acid.
12. Potatoes/Carrot/Radish (vegetables grown underground): Soak them in water before use for few hours or slow boil them to reduce adverse effects like bloating.
13. Asafoetida (hing) is added to any recipe to reduce flatulence.
14. Brown rice is better than white rice.
15. Methi leaves are added to any sweet vegetable (such as potato). It has anti-insulin resistance action.
16. Wheat sensitive people should switch to millets such as pearl millet (bajra), sorghum (jowar) and finger millet (ragi). They are gluten-free.
17. Fruit-based flours such as buckwheat (kuttu), water chestnut (singhara), jungle rice/barnyard millet (samak chawal), amaranth (rajgira) are gluten-free.
18. Besan is gluten-free.
19. Thinner you cut the vegetables, more will be the surface area and more will be the oil absorbed. Boil vegetables separately and cook the masala separately.
20. All bitter and green vegetables (except sweet peas) reduce insulin resistance.
21. Drink low-fat milk or soya, almond or cashew nut milk.
22. Wheat and gluten sensitive people may also not tolerate oats, corn and dairy products.
23. Broccoli and zucchini have anti-cancer properties.
24. Patients with celiac disease cannot take wheat, barley, rye as they contain gluten.
25. Barley beer has gluten. Whiskey is often gluten-free.
26. Onion and garlic are heart and diabetes friendly. They reduce cholesterol levels in the blood.
27. Tofu (prepared from soya milk) lowers cholesterol and helps to restore hormonal imbalance in women.
28. Til or sesame seeds are high in calcium and can be added to any food.
29. Patients with wheat sensitivity should avoid corn flour.
30. Cinnamon (dalchini) and curry leaves (kadi patta) reduce insulin resistance.
31. Consume a variety of oils in your diet.
32. Coffee in moderation is good for health.
33. People who cannot tolerate milk can often tolerate curd.
34. One g of carbohydrate and protein produces 4 calories and 1g of fat generates 9 calories.
35. Jaggery is better than brown sugar and brown sugar is better than white sugar.
36. Stevia is a plant-based sweetener and can be consumed.
37. Take 30 mL of liquid per kg body weight per day.
38. One egg a day is not unhealthy.
39. Not more than 500 g of butter, oil and ghee in a month should be consumed per person.
40. Black tea and black coffee are better than tea or coffee with added milk or sugar.

Healthy Heart

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

1. Press STOP/CLEAR.



2. Press Healthy Heart.



3. Display will show "HH1".

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



5. *Turn DIAL until display show "8 PC"



6. Press START / Select / +30 seconds.



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



! NOTE

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

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

Category	Weight Limit	Utensil	Instructions																						
HH1	WHEAT RAVA IDLI 4pc, 8pc (40-50 g each)	Microwave safe (MWS) Idli stand* & Microwave safe (MWS) bowl	<table border="1"> <tr><td>Wheat rava</td><td>100 g</td></tr> <tr><td>Urad</td><td>½ tsp</td></tr> <tr><td>Chana dal</td><td>4 tbsps</td></tr> <tr><td>Water</td><td>As required</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> <tr><td>Olive oil</td><td>2 tsp</td></tr> <tr><td>Curry leaves</td><td>A few sprigs</td></tr> <tr><td>Mustard seeds</td><td>½ tsp</td></tr> <tr><td>Red chilli powder</td><td>As per taste</td></tr> <tr><td>Curd</td><td>1½ cup</td></tr> <tr><td>Fruit Salt (ENO)</td><td>1 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Wash & soak urad dal, chana dal, pepper and jeera. 2. Grind, mix & ferment for 8-10 hours. Grind the mixture to paste consistency (You can use the same batter for making 4, 8 idlis). Now mix the rava and curd. 3. Grease the MWS idli stand with little oil and put idli batter in it. Add ½ cup water in MWS bowl. Keep the Idli stand in MWS bowl & cover. Select & number and press start. 4. After the beep, give standing time of 5 minutes and then remove. 	Wheat rava	100 g	Urad	½ tsp	Chana dal	4 tbsps	Water	As required	Salt	As per taste	Olive oil	2 tsp	Curry leaves	A few sprigs	Mustard seeds	½ tsp	Red chilli powder	As per taste	Curd	1½ cup	Fruit Salt (ENO)	1 tsp
Wheat rava	100 g																								
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Curd	1½ cup																								
Fruit Salt (ENO)	1 tsp																								
HH2	CHANA DAL PANCAKE 1 Pc	Multicook tawa & High rack*	<table border="1"> <tr><td>Chana dal</td><td>100 g</td></tr> <tr><td>Fenugreek leaves, chopped</td><td>½ cup</td></tr> <tr><td>Spinach, chopped</td><td>½ cup</td></tr> <tr><td>Carrot, grated</td><td>½ cup</td></tr> <tr><td>Coconut, grated</td><td>1 tsp</td></tr> <tr><td>Coriander leaves, chopped</td><td>1 tsp</td></tr> <tr><td>Ginger, grated</td><td>1 tsp</td></tr> <tr><td>Chopped green chillies</td><td>½ tsp</td></tr> <tr><td>Olive oil</td><td>1 tbsps</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Grind soaked chana dal into a coarse paste adding a little water if required. 2. Add fenugreek leaves, spinach, carrot, curry leaves, ginger, green chillies and salt. Mix well. 3. Select menu and press start (preheat process). 4. Take a spoonful of batter and spread on the tawa and make a pancake of approximately, 130 mm diameter (125 mm). 5. After beep, put tawa on high rack and press start. 6. When beeps, turn the pancake by greasing with oil. 	Chana dal	100 g	Fenugreek leaves, chopped	½ cup	Spinach, chopped	½ cup	Carrot, grated	½ cup	Coconut, grated	1 tsp	Coriander leaves, chopped	1 tsp	Ginger, grated	1 tsp	Chopped green chillies	½ tsp	Olive oil	1 tbsps	Salt	As per taste		
Chana dal	100 g																								
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Ginger, grated	1 tsp																								
Chopped green chillies	½ tsp																								
Olive oil	1 tbsps																								
Salt	As per taste																								
HH3	MOONG DAL CHEELA 1 Pc	Multicook tawa & High rack*	<table border="1"> <tr><td>Moong dal</td><td>200 g</td></tr> <tr><td>Crushed tofu mixed with chaat masala</td><td>1 tsp</td></tr> <tr><td>Capsicum (Green) and cabbage, chopped</td><td>1 tsp</td></tr> <tr><td>Onion, chopped</td><td>½ tsp</td></tr> <tr><td>Cashew nuts (chopped)</td><td>1 tsp</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> <tr><td>Ghee</td><td>1 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Soak the moong dal overnight and grind it with some salt into a consistent flowing batter and press start. 2. Keep tawa on high rack and press start (preheat). After preheating is over, spread some batter in a circular motion over tawa and press start again. 3. After the beep, turn the cheela by greasing with ghee and press start. 4. Add cashew nuts and chopped vegetables and onions. 5. Serve with mint chutney. 	Moong dal	200 g	Crushed tofu mixed with chaat masala	1 tsp	Capsicum (Green) and cabbage, chopped	1 tsp	Onion, chopped	½ tsp	Cashew nuts (chopped)	1 tsp	Salt	As per taste	Ghee	1 tsp								
Moong dal	200 g																								
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Onion, chopped	½ tsp																								
Cashew nuts (chopped)	1 tsp																								
Salt	As per taste																								
Ghee	1 tsp																								
HH4	SPINACH AND TOFU TOAST 2 Pc	High rack	<table border="1"> <tr><td>Brown bread slices</td><td>4 nos</td></tr> <tr><td colspan="2">To be mixed into a Spinach and Tofu Spread</td></tr> <tr><td>Spinach chopped (blanched)</td><td>¼ cup</td></tr> <tr><td>Tofu</td><td>¼ cup</td></tr> <tr><td>Hung curd</td><td>2 tbsps</td></tr> <tr><td>Green chillies finely chopped</td><td>1½ tsp</td></tr> <tr><td>Salt and black pepper</td><td>As per taste</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Mix spinach and tofu into paste by adding all the ingredients. 2. Now keep the bread slices on high rack and press start. After the beep, turn the slices and again press start. 3. Spread a portion of mixture on each bread slices and cut them diagonally. 4. Serve with coffee or tea. 	Brown bread slices	4 nos	To be mixed into a Spinach and Tofu Spread		Spinach chopped (blanched)	¼ cup	Tofu	¼ cup	Hung curd	2 tbsps	Green chillies finely chopped	1½ tsp	Salt and black pepper	As per taste								
Brown bread slices	4 nos																								
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Hung curd	2 tbsps																								
Green chillies finely chopped	1½ tsp																								
Salt and black pepper	As per taste																								

*Refer page 107, fig 2

*Not provided with LG standard accessories

Category	Weight Limit	Utensil	Instructions																								
HH5	QUINOA VEG UPMA 0.3 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>Quinoa</td><td>1 cup</td></tr> <tr><td>Olive oil</td><td>2 tsp</td></tr> <tr><td>Mustard seeds</td><td>1 tsp</td></tr> <tr><td>Asafoetida (hing)</td><td>a pinch</td></tr> <tr><td>Curry leaves</td><td>2-3 nos.</td></tr> <tr><td>Green chillies, finely chopped</td><td>2 tsp</td></tr> <tr><td>Onions, finely chopped</td><td>¼ cup</td></tr> <tr><td>Carrots, grated</td><td>½ cup</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> <tr><td>Red chilli powder</td><td>As per taste</td></tr> <tr><td>Coriander finely chopped</td><td>¼ cup</td></tr> <tr><td>Water</td><td>4 cup</td></tr> </table> <p>Method : 1. In MWS bowl, add oil, mustard seeds, asafoetida, curry leaves, green chillies, onion, carrots and press start. 2. After beep, add quinoa and salt, mix well and press start again. 3. When beeps, add water and coriander leaves and press start again. 4. After beep is over, mix well and cover and keep aside for 2-3 minutes. 5. Serve hot.</p>	Quinoa	1 cup	Olive oil	2 tsp	Mustard seeds	1 tsp	Asafoetida (hing)	a pinch	Curry leaves	2-3 nos.	Green chillies, finely chopped	2 tsp	Onions, finely chopped	¼ cup	Carrots, grated	½ cup	Salt	As per taste	Red chilli powder	As per taste	Coriander finely chopped	¼ cup	Water	4 cup
Quinoa	1 cup																										
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Coriander finely chopped	¼ cup																										
Water	4 cup																										
HH6	RICE AND MOONG DAL IDLI 4pc, 8pc (40-50 g each)	Microwave safe (MWS) Idli Stand & Microwave safe (MWS) bowl	<table border="1"> <tr><td>Brown rice</td><td>1 cup</td></tr> <tr><td>Green moong dal (split)</td><td>½ cup</td></tr> <tr><td>Fenugreek (methi) seeds</td><td>¼ tsp</td></tr> <tr><td>Carrot grated</td><td>½ cup</td></tr> <tr><td>Spring onions finely chopped</td><td>½ cup</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> <tr><td>Fruit Salt (ENO)</td><td>1 tsp</td></tr> </table> <p>Method : 1. Soak the rice, moong dal and fenugreek seeds in a deep bowl with enough water for 5-6 hours. 2. Drain and blend in a mixer to a smooth paste using little water. 3. Transfer the mixture into a bowl; add the carrots, spring onion whites and greens and salt and mix well. 4. Just before steaming, add fruit salt to the batter and pour 2 tsp of water over it. 5. When the bubbles form, mix gently. 6. Put a little batter into each greased idli mould and select category and menu and press start. (You can use the same batter for making 4, 8 idlis) 7. Serve with sambhar or chutney.</p>	Brown rice	1 cup	Green moong dal (split)	½ cup	Fenugreek (methi) seeds	¼ tsp	Carrot grated	½ cup	Spring onions finely chopped	½ cup	Salt	As per taste	Fruit Salt (ENO)	1 tsp										
Brown rice	1 cup																										
Green moong dal (split)	½ cup																										
Fenugreek (methi) seeds	¼ tsp																										
Carrot grated	½ cup																										
Spring onions finely chopped	½ cup																										
Salt	As per taste																										
Fruit Salt (ENO)	1 tsp																										
HH7	BUCKWHEAT PORRIDGE 0.3 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish	<table border="1"> <tr><td>Buckwheat (kuttu)</td><td>½ cup</td></tr> <tr><td>Almond milk</td><td>½ cup</td></tr> <tr><td>Maple syrup or honey</td><td>2 tsp</td></tr> <tr><td>Chopped green apple</td><td>½ cup</td></tr> </table> <p>Method : 1. Take ¾ cup of water in a MWS glass dish. Select category and menu. Press start. 2. When beeps, add buckwheat and salt. Mix well and press start. 3. When beeps, transfer the cooked buckwheat into a deep bowl. Add the almond milk and whisk well. 4. Add honey and mix well. 5. Top it evenly with the chopped apples. Press start again.</p>	Buckwheat (kuttu)	½ cup	Almond milk	½ cup	Maple syrup or honey	2 tsp	Chopped green apple	½ cup																
Buckwheat (kuttu)	½ cup																										
Almond milk	½ cup																										
Maple syrup or honey	2 tsp																										
Chopped green apple	½ cup																										

* Not provided with LG Standard Accessories.

Category		Weight Limit	Utensil	Instructions					
HH8	METHI MISSI ROTI	2 Pc	Multicook tawa & Low rack*	g flour (besan)	1 cup				
				Plain flour	¼ cup				
				Whole wheat flour	¾ cup				
				Finely chopped onions	½ cup				
				Shredded fenugreek (methi) leaves	½ cup				
				Finely chopped green chillies	1 tsp				
				Carom seeds (ajwain)	½ tsp				
				Salt	As per taste				
				Oil for kneading	1/8 tsp				
				Whole wheat flour	For dusting				
				Method :					
				<ol style="list-style-type: none"> Combine all the ingredients together in a bowl and knead into a firm dough using enough warm water. Keep aside for 30 minutes under a wet muslin cloth. Knead again using ghee till smooth and divide into two equal portions. Roll out each portion into a thin circle of 125 mm in diameter using a little flour for rolling. Select category and press start (preheat). Keep tawa on low rack inside microwave. When beeps, keep roti on tawa and press start again. After beep, turn the roti, apply ghee and press start again. Serve hot. 					
				HH9	GRILLED VEGGIE ZUCCHINI	0.3 kg	Microwave safe (MWS) glass bowl & High rack	Zucchini, sliced	1 cup
Carrots, raw, chopped	1 cup								
Mushrooms	1 cup								
Capsicum (yellow, red, green)	1 cup								
Olive oil	2 tbsp								
Pepper (black)	1 tbsp								
Italian herb seasoning mix	2 tsp								
Salt	1 tsp								
Method :									
<ol style="list-style-type: none"> Cut all the vegetables in slices. Put olive oil in a glass bowl and add all vegetables. Mix and press start. After beep, mix it again and sprinkle salt and seasoning mix and press start again, transferring the vegetables on high rack and tawa. Sprinkle more herbs as per your taste. 									
HH10	SOYA BHURJI	0.3 kg	Microwave safe (MWS) glass bowl					Soya granules	¾ cup
								Olive oil	2 tsp
								Cumin seeds (jeera)	1 tsp
				Finely chopped garlic (lehsun)	1 tsp				
				Finely chopped green chillies	1 tsp				
				Finely chopped ginger (adrak)	½ tsp				
				Finely chopped onions	¼ cup				
				Finely chopped capsicum (green/yellow)	½ cup				
				Chopped tomatoes	¼ cup				
				Turmeric powder (haldi)	½ tsp				
				Chilli powder	¼ tsp				
				Garam masala	½ tsp				
				Salt	As per taste				
				Finely chopped coriander (dhania)	2 tbsp				
				Method :					
				<ol style="list-style-type: none"> To soak the soya granules, combine the soya granules, salt and 1½ cup of warm water together in a bowl and keep aside for 5-7 minutes. Squeeze the soya granules thoroughly, retain them and discard the drained water. After soaking, the granules are approximately 1½ cup. In a MWS bowl, add the cumin seeds, finely chopped garlic, green chillies and ginger and keep inside microwave oven (MWO). Select category, menu, weight and press start. When the MWO beeps, add finely chopped onions and capsicum. Then add tomatoes, turmeric powder, chilli powder, garam masala, salt and ¼ cup of water and press start again. When beeps, add the soaked soya granules, mix well and press start. Serve hot. 					

* Refer page 107, fig 1

Category	Weight Limit	Utensil	Instructions																														
HH11	BROWN RICE RISOTTO 0.3 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>Brown rice</td><td>2 cups</td></tr> <tr><td>Water</td><td>5 cups</td></tr> <tr><td>Finely chopped onions</td><td>¼ cup</td></tr> <tr><td>Finely chopped garlic (lehsun)</td><td>2 tsp</td></tr> <tr><td>Finely chopped Bell peppers (red, green and yellow)</td><td>½ cup</td></tr> <tr><td>Corn flour</td><td>2 tsp</td></tr> <tr><td>Low-fat milk</td><td>1 cup</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> <tr><td>Dry red chilli flakes</td><td>1½ tsp</td></tr> <tr><td>Dried oregano</td><td>2 tsp</td></tr> <tr><td>Grated mozzarella cheese</td><td>2 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> Dissolve the corn flour in one tablespoon of warm milk and keep aside. In a MWS bowl, add onions and garlic, bell peppers. Select menu and press start. When the microwave beeps, put brown rice in another MWS bowl with water and press start again. After beep is over, add milk, corn flour mixture, salt, oregano, chilli flakes and cheese and press start again. Serve hot. 	Brown rice	2 cups	Water	5 cups	Finely chopped onions	¼ cup	Finely chopped garlic (lehsun)	2 tsp	Finely chopped Bell peppers (red, green and yellow)	½ cup	Corn flour	2 tsp	Low-fat milk	1 cup	Salt	As per taste	Dry red chilli flakes	1½ tsp	Dried oregano	2 tsp	Grated mozzarella cheese	2 tsp								
Brown rice	2 cups																																
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Salt	As per taste																																
Dry red chilli flakes	1½ tsp																																
Dried oregano	2 tsp																																
Grated mozzarella cheese	2 tsp																																
HH12	KADHAI TOFU 0.3 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr><td>Olive oil</td><td>2 tsp</td></tr> <tr><td>Ginger-garlic (adrak-lehsun) paste</td><td>2 tsp</td></tr> <tr><td>Finely chopped onions</td><td>½ cup</td></tr> <tr><td>Turmeric powder (haldi)</td><td>¼ tsp</td></tr> <tr><td>Coriander-cumin (dhania-jeera) powder</td><td>1 tsp</td></tr> <tr><td>Chilli powder</td><td>1 tsp</td></tr> <tr><td>Garam masala</td><td>1 tsp</td></tr> <tr><td>Dried fenugreek leaves (kasuri methi)</td><td>1 tsp</td></tr> <tr><td>Fresh tomato puree</td><td>½ cup</td></tr> <tr><td>Sliced capsicum</td><td>¼ cup</td></tr> <tr><td>Tofu, cut into thick strips</td><td>300 g</td></tr> <tr><td>Sugar</td><td>½ tsp</td></tr> <tr><td>Low-fat cream</td><td>2 tbsp</td></tr> <tr><td>Salt</td><td>As per taste</td></tr> <tr><td>Chopped coriander for garnishing</td><td>2 tbsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> In a MWS bowl, add oil, ginger-garlic paste and onions, turmeric powder, coriander-cumin seeds powder, chilli powder, garam masala and dried fenugreek leaves. Select menu and press start. After the beep, add the tomato puree and ¼ cup of water and press start again. When the microwave beeps, add the capsicum, tofu, sugar, cream, salt and ¼ cup of water. Mix lightly and press start again. Garnish with coriander and serve hot. 	Olive oil	2 tsp	Ginger-garlic (adrak-lehsun) paste	2 tsp	Finely chopped onions	½ cup	Turmeric powder (haldi)	¼ tsp	Coriander-cumin (dhania-jeera) powder	1 tsp	Chilli powder	1 tsp	Garam masala	1 tsp	Dried fenugreek leaves (kasuri methi)	1 tsp	Fresh tomato puree	½ cup	Sliced capsicum	¼ cup	Tofu, cut into thick strips	300 g	Sugar	½ tsp	Low-fat cream	2 tbsp	Salt	As per taste	Chopped coriander for garnishing	2 tbsp
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Low-fat cream	2 tbsp																																
Salt	As per taste																																
Chopped coriander for garnishing	2 tbsp																																

Category	Weight Limit	Utensil	Instructions																																										
HH13	DHANSAK DAL VEG	0.3 kg	Microwave safe (MWS) glass bowl																																										
			<table border="1"> <tr> <td>Toovar (arhar) dal, washed and drained</td> <td>½ cup</td> </tr> <tr> <td>Split yellow g (peeli moong dal), washed and drained</td> <td>2 tsp</td> </tr> <tr> <td>Split red lentil (masoor dal), washed and drained</td> <td>2 tsp</td> </tr> <tr> <td>Split black lentils (urad dal), washed and drained</td> <td>2 tsp</td> </tr> <tr> <td>Chopped brinjals (baingan)</td> <td>¼ cup</td> </tr> <tr> <td>Chopped bottle gourd (lauki)</td> <td>¼ cup</td> </tr> <tr> <td>Chopped red pumpkin (kaddu)</td> <td>¼ cup</td> </tr> <tr> <td>Finely chopped spring onions (whites and greens)</td> <td>¼ cup</td> </tr> <tr> <td>Chopped tomatoes</td> <td>½ cup</td> </tr> <tr> <td>Salt</td> <td>As per taste</td> </tr> <tr> <td>Tamarind pulp (imli)</td> <td>2 tbsp</td> </tr> <tr> <td colspan="2">To be ground into a smooth paste (using 2 tbsp water)</td> </tr> <tr> <td>Garlic (lehsun) cloves</td> <td>4 pcs</td> </tr> <tr> <td>Whole kashmiri dry red chillies</td> <td>3 pcs</td> </tr> <tr> <td>Coriander (dhania) seeds</td> <td>1 tsp</td> </tr> <tr> <td>Cumin seeds (jeera)</td> <td>½ tsp</td> </tr> <tr> <td>Green chilli</td> <td>1 pc</td> </tr> <tr> <td>Pepper corns (kali mirch)</td> <td>4 pcs</td> </tr> <tr> <td>Cloves (laung)</td> <td>4 pcs</td> </tr> <tr> <td>Cardamom (elaichi)</td> <td>1 pcs</td> </tr> <tr> <td>Chopped coriander (dhania)</td> <td>1 tbsp</td> </tr> </table> <p>Method :</p> <ol style="list-style-type: none"> Combine the toovar dal, yellow moong dal, masoor dal, urad dal, 2 cups of water, potatoes, brinjal, bottle gourd, red pumpkin, tomatoes, spring onions (whites and greens) and salt in a MWS bowl and cover. Press start. After beeps, let it cool. Blend in a mixer to smoothen the dal-vegetable mixture. Keep aside after cooling. When the microwave beeps, add the prepared paste in another MWS bowl and press start again. Now add the dal-vegetable mixture, ½ cup water, mix well and add tamarind pulp. Press start again, stirring once in between. Serve hot. 	Toovar (arhar) dal, washed and drained	½ cup	Split yellow g (peeli moong dal), washed and drained	2 tsp	Split red lentil (masoor dal), washed and drained	2 tsp	Split black lentils (urad dal), washed and drained	2 tsp	Chopped brinjals (baingan)	¼ cup	Chopped bottle gourd (lauki)	¼ cup	Chopped red pumpkin (kaddu)	¼ cup	Finely chopped spring onions (whites and greens)	¼ cup	Chopped tomatoes	½ cup	Salt	As per taste	Tamarind pulp (imli)	2 tbsp	To be ground into a smooth paste (using 2 tbsp water)		Garlic (lehsun) cloves	4 pcs	Whole kashmiri dry red chillies	3 pcs	Coriander (dhania) seeds	1 tsp	Cumin seeds (jeera)	½ tsp	Green chilli	1 pc	Pepper corns (kali mirch)	4 pcs	Cloves (laung)	4 pcs	Cardamom (elaichi)	1 pcs	Chopped coriander (dhania)	1 tbsp
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Cardamom (elaichi)	1 pcs																																												
Chopped coriander (dhania)	1 tbsp																																												
HH14	TOMATO METHI RICE	0.3 kg	Microwave safe (MWS) glass bowl																																										
			<table border="1"> <tr> <td>Rice</td> <td>300 g</td> </tr> <tr> <td>Water</td> <td>500 mL</td> </tr> <tr> <td>Onion, thinly sliced</td> <td>1 pc</td> </tr> <tr> <td>Ginger</td> <td>1 inch</td> </tr> <tr> <td>Garlic cloves</td> <td>4 pc</td> </tr> <tr> <td>Tomato, finely chopped</td> <td>3 pc</td> </tr> <tr> <td>Fenugreek (Methi) leaves, roughly chopped</td> <td>2 cups</td> </tr> <tr> <td>Red chilli powder</td> <td>1 tsp</td> </tr> <tr> <td>Coriander (dhania) powder</td> <td>2 tsp</td> </tr> <tr> <td>Garam masala powder</td> <td>1 tsp</td> </tr> <tr> <td>Cinnamon (dalchini) stick</td> <td>1 pc</td> </tr> <tr> <td>Cloves (laung)</td> <td>2 pc</td> </tr> <tr> <td>Cardamom (elaichi) pods/seeds</td> <td>1 pc</td> </tr> <tr> <td>Ghee</td> <td>2 tbsp</td> </tr> <tr> <td>Salt</td> <td>As per taste</td> </tr> </table> <p>Method :</p> <ol style="list-style-type: none"> In a MWS bowl, add rice and water. Cover. Select category and menu. Press start. When beeps, in another MWS bowl, add ghee, onion, ginger, garlic, cinnamon sticks, cloves, cardamom, tomatoes, red chillies, coriander, garam masala powder, chopped methi and press start again. When beeps, mix well, then add rice and cooked masala and again mix well. Press start again (add more water if dry). Serve hot. 	Rice	300 g	Water	500 mL	Onion, thinly sliced	1 pc	Ginger	1 inch	Garlic cloves	4 pc	Tomato, finely chopped	3 pc	Fenugreek (Methi) leaves, roughly chopped	2 cups	Red chilli powder	1 tsp	Coriander (dhania) powder	2 tsp	Garam masala powder	1 tsp	Cinnamon (dalchini) stick	1 pc	Cloves (laung)	2 pc	Cardamom (elaichi) pods/seeds	1 pc	Ghee	2 tbsp	Salt	As per taste												
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Salt	As per taste																																												

Category	Weight Limit	Utensil	Instructions																														
HH15 HEALTHY RAGI PIZZA	0.2 kg	Multicook tawa & Low rack* & High rack*	<table border="1"> <tr> <td>Cheese (mozzarella + processed) grated</td> <td>6 tbsp</td> </tr> <tr> <td>Millet (ragi) flour</td> <td>½ cup</td> </tr> <tr> <td>Refined flour (maida)</td> <td>½ cup + for dusting</td> </tr> <tr> <td>Oil</td> <td>For greasing</td> </tr> <tr> <td>Salt</td> <td>½ tsp + to taste</td> </tr> <tr> <td>Fresh yeast</td> <td>7 g</td> </tr> <tr> <td>Sugar</td> <td>½ tsp</td> </tr> <tr> <td>Green capsicum</td> <td>1 small pc</td> </tr> <tr> <td>Red capsicum</td> <td>1 small pc</td> </tr> <tr> <td>Yellow capsicum</td> <td>1 small pc</td> </tr> <tr> <td>Pizza sauce</td> <td>2-3 tbsp</td> </tr> <tr> <td>Yellow zucchini sliced</td> <td>½ small</td> </tr> <tr> <td>Green zucchini sliced</td> <td>½ small</td> </tr> <tr> <td>Corn kernels</td> <td>2 tbsp</td> </tr> <tr> <td>Black olive slices</td> <td>As required</td> </tr> </table> <p>Method</p> <ol style="list-style-type: none"> Sift together refined flour, millet flour and ½ tsp salt into a bowl. Take yeast in another bowl. Add some warm water and sugar, mix well and set aside till it activates. Make a well in the flour mixture and pour the activated yeast in it. Mix and knead into a soft dough using water as required. Place in a bowl, cover with a damp muslin cloth and set aside in a warm place to prove. Cut the capsicum into small pieces (juliennes). Dust the worktop with some refined flour, place the proved dough on it and knock it back. Roll out into a medium thick square, dusting with flour. Place the square on the greased baking tray. Spread pizza sauce on it and top with 3 tbsps mixed cheese, zucchini slices (reserve some), capsicum and corn kernels. Sprinkle some salt and top with remaining mixed cheese. Prepare a funny face using the reserved zucchini slices, capsicum juliennes and olive slices (eyes). Now select category and weight & press start (preheat). When the microwave beeps, keep the pizza on tawa and low rack and press start. After the beep, keep the tawa on high rack and press start again. 	Cheese (mozzarella + processed) grated	6 tbsp	Millet (ragi) flour	½ cup	Refined flour (maida)	½ cup + for dusting	Oil	For greasing	Salt	½ tsp + to taste	Fresh yeast	7 g	Sugar	½ tsp	Green capsicum	1 small pc	Red capsicum	1 small pc	Yellow capsicum	1 small pc	Pizza sauce	2-3 tbsp	Yellow zucchini sliced	½ small	Green zucchini sliced	½ small	Corn kernels	2 tbsp	Black olive slices	As required
Cheese (mozzarella + processed) grated	6 tbsp																																
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Green zucchini sliced	½ small																																
Corn kernels	2 tbsp																																
Black olive slices	As required																																
HH16 SAFFRON POTATOES	0.3 kg	Multicook tawa & High rack*	<table border="1"> <tr> <td>Potatoes (cut into wedges)</td> <td>4 large pcs</td> </tr> <tr> <td>Olive oil</td> <td>1 tbsp</td> </tr> <tr> <td>Saffron strands (crushed properly)</td> <td>1 pinch</td> </tr> <tr> <td>Salt</td> <td>As per taste</td> </tr> <tr> <td>Chilli flakes</td> <td>1 tsp</td> </tr> </table> <p>Method :</p> <ol style="list-style-type: none"> Cut the potatoes in wedges. Add the salt, pepper, saffron, seasoning to coat the potatoes. Now keep in MWO on tawa on low rack. Select category and press start. After beep is over, turn the wedges and press start again. Serve with ketchup. 	Potatoes (cut into wedges)	4 large pcs	Olive oil	1 tbsp	Saffron strands (crushed properly)	1 pinch	Salt	As per taste	Chilli flakes	1 tsp																				
Potatoes (cut into wedges)	4 large pcs																																
Olive oil	1 tbsp																																
Saffron strands (crushed properly)	1 pinch																																
Salt	As per taste																																
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HH17 BROCCOLI TIKKI	0.3 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr> <td>Broccoli</td> <td>500 g</td> </tr> <tr> <td>Potatoes, washed with skin on</td> <td>4 medium</td> </tr> <tr> <td>Oil</td> <td>1 tbsp</td> </tr> <tr> <td>Cumin powder</td> <td>2 tsp</td> </tr> <tr> <td>Coriander seeds</td> <td>1 tsp</td> </tr> <tr> <td>Salt</td> <td>1 tsp</td> </tr> <tr> <td>Green chillies, finely chopped</td> <td>2 pcs</td> </tr> <tr> <td>Turmeric</td> <td>½ tsp</td> </tr> <tr> <td>Chaat masala</td> <td>1 tsp</td> </tr> <tr> <td>Spring onions</td> <td>3 pcs</td> </tr> <tr> <td>Fresh coriander</td> <td>Handful</td> </tr> </table> <p>Method :</p> <ol style="list-style-type: none"> Add shredded broccoli and mashed potatoes. Sprinkle in salt, red chilli powder, chaat masala, cumin powder. Now make tikkis out of it. Keep the tikkis on high rack on tawa. Select category and press start. When the microwave beeps, turn tikkis, oil brush them and press start again. When beeps, turn again and press start. 	Broccoli	500 g	Potatoes, washed with skin on	4 medium	Oil	1 tbsp	Cumin powder	2 tsp	Coriander seeds	1 tsp	Salt	1 tsp	Green chillies, finely chopped	2 pcs	Turmeric	½ tsp	Chaat masala	1 tsp	Spring onions	3 pcs	Fresh coriander	Handful								
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Turmeric	½ tsp																																
Chaat masala	1 tsp																																
Spring onions	3 pcs																																
Fresh coriander	Handful																																

* Refer page 107, fig 1

* Refer page 107, fig 2

Category	Weight Limit	Utensil	Instructions																														
HH18	FLAVORED SOYA MILK 500 ml	Microwave safe (MWS) glass bowl	<table border="1"> <tr> <td>Soya beans</td> <td>1 cup</td> </tr> <tr> <td>Water</td> <td>3 cup</td> </tr> <tr> <td>Vanilla essence</td> <td>1 drop</td> </tr> </table> <p>Method</p> <ol style="list-style-type: none"> 1. Wash and soak the soya beans in water for at least 3 hours. 2. Drain out all the water. 3. Blend in a mixer with 3 cups of water to a fine puree. 4. Strain through a fine strainer to extract the milk. 5. Now add vanilla essence. Select category and press start. 6. Drink it hot. 	Soya beans	1 cup	Water	3 cup	Vanilla essence	1 drop																								
Soya beans	1 cup																																
Water	3 cup																																
Vanilla essence	1 drop																																
HH19	CARROT & MOONG DAL SOUP 0.3 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr> <td>Chopped carrots</td> <td>1 cup</td> </tr> <tr> <td>Split green g (hara moong dal) washed and drained</td> <td>½ cup</td> </tr> <tr> <td>Olive oil</td> <td>1 tsp</td> </tr> <tr> <td>Black peppercorns (kali mirch)</td> <td>4-5 pcs</td> </tr> <tr> <td>Sliced onions</td> <td>½ cup</td> </tr> <tr> <td>Finely chopped garlic (lehsun)</td> <td>2 tsp</td> </tr> <tr> <td>Chopped tomatoes</td> <td>¼ cup</td> </tr> <tr> <td>Low-fat milk (99.7% fat-free)</td> <td>¼ cup</td> </tr> <tr> <td>Salt</td> <td>As per taste</td> </tr> <tr> <td>Freshly ground black pepper</td> <td>1 tsp</td> </tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Add the cumin seeds, onions, garlic paste and turmeric powder in a MWS bowl and keep in MW. Select category and press start. 2. Add the carrots, green moong dal, salt and ½ cup of water and mix well. Press start again. After the beep, grind the paste. 3. Add the coriander-cumin seeds powder and chilli powder and mix well. Add milk, cover and press start again. 4. Serve hot. 	Chopped carrots	1 cup	Split green g (hara moong dal) washed and drained	½ cup	Olive oil	1 tsp	Black peppercorns (kali mirch)	4-5 pcs	Sliced onions	½ cup	Finely chopped garlic (lehsun)	2 tsp	Chopped tomatoes	¼ cup	Low-fat milk (99.7% fat-free)	¼ cup	Salt	As per taste	Freshly ground black pepper	1 tsp										
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Low-fat milk (99.7% fat-free)	¼ cup																																
Salt	As per taste																																
Freshly ground black pepper	1 tsp																																
HH20	GLUTEN-FREE PASTA 0.3 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr> <td>For the Sauce</td> <td>4 large pcs</td> </tr> <tr> <td>Fresh tomato puree</td> <td>½ cup</td> </tr> <tr> <td>Olive oil</td> <td>2 tsp</td> </tr> <tr> <td>Finely chopped onions</td> <td>1 cup</td> </tr> <tr> <td>Finely chopped garlic (lehsun)</td> <td>1 tbsp</td> </tr> <tr> <td>Chilli powder</td> <td>½ tsp</td> </tr> <tr> <td>Sugar</td> <td>1 tsp</td> </tr> <tr> <td>Salt</td> <td>As per taste</td> </tr> <tr> <td>Other Ingredients</td> <td>1 tbsp</td> </tr> <tr> <td>Olive oil</td> <td>1 tsp</td> </tr> <tr> <td>Finely chopped garlic (lehsun)</td> <td>2 tsp</td> </tr> <tr> <td>Finely chopped capsicum (green, yellow, red)</td> <td>¼ cup</td> </tr> <tr> <td>Dry red chilli flakes (paprika)</td> <td>¼ tsp</td> </tr> <tr> <td>Gluten-free pasta (readily available)</td> <td>3 cups</td> </tr> <tr> <td>Mushroom, zucchini</td> <td>¼ cup</td> </tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Take gluten-free pasta in a MWS bowl, add oil and salt. Select category and press start. 2. After the beep, strain the pasta. 3. Now add onion, garlic, oil, capsicum, mushroom, zucchini and press start again. 4. When beeps, mix pasta, cooked vegetables and add tomato puree and press start. 5. Serve hot. 	For the Sauce	4 large pcs	Fresh tomato puree	½ cup	Olive oil	2 tsp	Finely chopped onions	1 cup	Finely chopped garlic (lehsun)	1 tbsp	Chilli powder	½ tsp	Sugar	1 tsp	Salt	As per taste	Other Ingredients	1 tbsp	Olive oil	1 tsp	Finely chopped garlic (lehsun)	2 tsp	Finely chopped capsicum (green, yellow, red)	¼ cup	Dry red chilli flakes (paprika)	¼ tsp	Gluten-free pasta (readily available)	3 cups	Mushroom, zucchini	¼ cup
For the Sauce	4 large pcs																																
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Gluten-free pasta (readily available)	3 cups																																
Mushroom, zucchini	¼ cup																																
HH21	GARLIC CELERY TOAST 4 Pcs	Multicook tawa & High rack*	<table border="1"> <tr> <td>Whole wheat bread slices</td> <td>4 pcs</td> </tr> <tr> <td>For the Celery Garlic Spread</td> <td></td> </tr> <tr> <td>Chopped celery (ajmoda)</td> <td>¼ cup</td> </tr> <tr> <td>Rough chopped garlic (lehsun)</td> <td>2 tsp</td> </tr> <tr> <td>Low-fat butter</td> <td>1 tsp</td> </tr> <tr> <td>Salt</td> <td>As per taste</td> </tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. For the celery garlic spread, combine all the ingredients and blend in a mixer to a coarse paste without using water. Divide it into 4 equal portions and keep aside. 2. Place the bread slices on a clean, dry surface and apply 1 portion of celery garlic spread evenly on each bread slice. 3. Now select category and weight and press start (preheat). 4. When beeps, keep the bread slices on tawa + high rack and press start again. 5. Have them with coffee or tea (low sugar). 	Whole wheat bread slices	4 pcs	For the Celery Garlic Spread		Chopped celery (ajmoda)	¼ cup	Rough chopped garlic (lehsun)	2 tsp	Low-fat butter	1 tsp	Salt	As per taste																		
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Low-fat butter	1 tsp																																
Salt	As per taste																																

* Refer Page 107, Fig. 2

Category	Weight Limit	Utensil	Instructions																										
HH22	MASOOR PULAO	0.3 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr> <td colspan="2">For the Rice</td> </tr> <tr> <td>Brown rice, soaked for 15 minutes and drained</td> <td>1 cup</td> </tr> <tr> <td>Bay leaves (tej patta)</td> <td>2 pcs</td> </tr> <tr> <td>Cinnamon stick</td> <td>2 pcs</td> </tr> <tr> <td>Cloves (laung)</td> <td>4 pcs</td> </tr> <tr> <td>Cardamoms</td> <td>2 pcs</td> </tr> <tr> <td>Brown rice</td> <td>½ cup</td> </tr> <tr> <td>Masoor dal</td> <td>¾ cup</td> </tr> <tr> <td>Water</td> <td>5 cup</td> </tr> <tr> <td>Low-fat milk</td> <td>½ cup</td> </tr> <tr> <td colspan="2">For the Garnish</td> </tr> <tr> <td>Finely chopped coriander (dhania)</td> <td>1 tsp</td> </tr> </table> <p>Method :</p> <ol style="list-style-type: none"> In a MWS bowl, add rice, masoor dal and water. Select category and press start. When the microwave beeps, add onion, tomatoes, cumin seeds, coriander, cloves, cinnamon, cardamom, ginger-garlic paste in a MWS bowl and press start again. After the beep, add low-fat milk, rice-dal mixture and cooked paste in a bowl and mix well. Press start again (add water if required). Serve with curd or raita. 	For the Rice		Brown rice, soaked for 15 minutes and drained	1 cup	Bay leaves (tej patta)	2 pcs	Cinnamon stick	2 pcs	Cloves (laung)	4 pcs	Cardamoms	2 pcs	Brown rice	½ cup	Masoor dal	¾ cup	Water	5 cup	Low-fat milk	½ cup	For the Garnish		Finely chopped coriander (dhania)	1 tsp		
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Brown rice, soaked for 15 minutes and drained	1 cup																												
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Masoor dal	¾ cup																												
Water	5 cup																												
Low-fat milk	½ cup																												
For the Garnish																													
Finely chopped coriander (dhania)	1 tsp																												
HH23	KALE & CHICKPEA CURRY	0.3 kg	<p>Microwave safe (MWS) glass bowl</p> <table border="1"> <tr> <td>Olive oil</td> <td>1-2 tbsp</td> </tr> <tr> <td>Mustard seeds</td> <td>½ tsp</td> </tr> <tr> <td>Onion, diced</td> <td>1 large pc</td> </tr> <tr> <td>Garlic cloves, crushed</td> <td>4 pcs</td> </tr> <tr> <td>Tomatoes, diced</td> <td>4 plum</td> </tr> <tr> <td>Chickpeas (Kabuli chana) drained and rinsed</td> <td>200 g</td> </tr> <tr> <td>Salt</td> <td>As per taste</td> </tr> <tr> <td>Coriander seeds, crushed</td> <td>1 heaped tsp</td> </tr> <tr> <td>Green chilli, chopped</td> <td>1 pc</td> </tr> <tr> <td>Red chilli powder</td> <td>1 tsp</td> </tr> <tr> <td>Turmeric</td> <td>1 tsp</td> </tr> <tr> <td>Kale, chopped</td> <td>200 g</td> </tr> <tr> <td>Green chilli, sliced for garnish</td> <td>1 pc</td> </tr> </table> <p>Method :</p> <ol style="list-style-type: none"> In a MWS bowl, add chickpeas (soaked overnight). Select category and press start (You can use boiled chickpeas too). After the microwave beeps, add oil, mustard seeds, cumin seeds, onion, garlic, tomatoes, kale, green chilli in another bowl and press start again (Add some water if required). When the microwave beeps, mix the chickpeas and cooked mixture. Cover and press start again (Give standing time of 10 minutes). Curry is ready to be served. 	Olive oil	1-2 tbsp	Mustard seeds	½ tsp	Onion, diced	1 large pc	Garlic cloves, crushed	4 pcs	Tomatoes, diced	4 plum	Chickpeas (Kabuli chana) drained and rinsed	200 g	Salt	As per taste	Coriander seeds, crushed	1 heaped tsp	Green chilli, chopped	1 pc	Red chilli powder	1 tsp	Turmeric	1 tsp	Kale, chopped	200 g	Green chilli, sliced for garnish	1 pc
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HH24	STUFFED KARELA	4 Pcs	<p>Microwave safe (MWS) glass bowl & High rack & Multicook Tawa*</p> <table border="1"> <tr> <td>Bitter gourd (karela)</td> <td>4 pcs</td> </tr> <tr> <td>Cumin seeds, crushed</td> <td>1 tsp</td> </tr> <tr> <td>Onion, finely chopped</td> <td>1 large pc</td> </tr> <tr> <td>Mustard oil</td> <td>3 tbsp</td> </tr> <tr> <td>Cloves garlic, finely chopped</td> <td>4 pcs</td> </tr> <tr> <td>Ginger, finely chopped</td> <td>3 cm piece</td> </tr> <tr> <td>Salt</td> <td>1 tsp</td> </tr> <tr> <td>Chillies, chopped</td> <td>2 pcs</td> </tr> <tr> <td>Turmeric</td> <td>1 tsp</td> </tr> <tr> <td>Amchoor</td> <td>1 tsp</td> </tr> <tr> <td>Coriander seeds, crushed</td> <td>1 tsp</td> </tr> <tr> <td>Fennel seeds, crushed</td> <td>1 tsp</td> </tr> <tr> <td>Besan</td> <td>1 tbsp</td> </tr> </table> <p>Method :</p> <ol style="list-style-type: none"> Prepare the karela by washing and drying them; use a peeler to peel off the bumpy green skin and keep in a bowl. Slice open the tummy of each karela without going all the way through and scrape out the insides including the seeds using a teaspoon into the same bowl. This will make the stuffing. In a MWS bowl add oil, cumin seeds, ginger, garlic and onions, amchoor, fennel, coriander, chilli, salt and turmeric. Select category and press start. Once cooled, use a spoon or your hands and stuff the skins with equal amounts of the mixture. Hands are better as you will also cover the outside with the juices and oils from the stuffing as well. Press the stuffing into the skins. You can use a little cotton thread to wrap around each to hold in the stuffing. Now keep the stuffed the karelas on the greased multicook tawa & high rack and press start again. When beeps, brush it with oil and turn the karelas & press start again. After beep, remove the tawa and serve hot. 	Bitter gourd (karela)	4 pcs	Cumin seeds, crushed	1 tsp	Onion, finely chopped	1 large pc	Mustard oil	3 tbsp	Cloves garlic, finely chopped	4 pcs	Ginger, finely chopped	3 cm piece	Salt	1 tsp	Chillies, chopped	2 pcs	Turmeric	1 tsp	Amchoor	1 tsp	Coriander seeds, crushed	1 tsp	Fennel seeds, crushed	1 tsp	Besan	1 tbsp
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Coriander seeds, crushed	1 tsp																												
Fennel seeds, crushed	1 tsp																												
Besan	1 tbsp																												

* Refer Page 107, Fig. 2

Category	Weight Limit	Utensil	Instructions																																			
HH25	GWARFALI SABZI	0.2 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr> <td>Cluster beans (gawarfali), cut into 25 mm (25 mm pieces)</td> <td>2 cups</td> </tr> <tr> <td>Oil</td> <td>2 tsp</td> </tr> <tr> <td>Cumin seeds (jeera)</td> <td>½ tsp</td> </tr> <tr> <td>Chopped onions</td> <td>½ cup</td> </tr> <tr> <td>Garlic (lehsun) paste</td> <td>1 tsp</td> </tr> <tr> <td>Turmeric powder (haldi)</td> <td>¼ tsp</td> </tr> <tr> <td>Salt</td> <td>As per taste</td> </tr> <tr> <td>Coriander-cumin seeds (dhania- jeera) powder</td> <td>2 tsp</td> </tr> <tr> <td>Chilli powder</td> <td>1 tsp</td> </tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Add the cumin seeds, onions, garlic paste and turmeric powder in a MWS bowl and keep in MWO. Select category and weight and press start. 2. When the microwave beeps, add the cluster beans, salt and cup of water and mix well. Add the coriander-cumin powder and chilli powder and mix well. Cover and press start again. 3. When beeps, remove and mix. Cover and press start again. 4. Serve hot. 	Cluster beans (gawarfali), cut into 25 mm (25 mm pieces)	2 cups	Oil	2 tsp	Cumin seeds (jeera)	½ tsp	Chopped onions	½ cup	Garlic (lehsun) paste	1 tsp	Turmeric powder (haldi)	¼ tsp	Salt	As per taste	Coriander-cumin seeds (dhania- jeera) powder	2 tsp	Chilli powder	1 tsp																
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Salt	As per taste																																					
Coriander-cumin seeds (dhania- jeera) powder	2 tsp																																					
Chilli powder	1 tsp																																					
HH26	FLAXSEED UTTAPAM	1 Pc	Multicook tawa & High rack*	<table border="1"> <tr> <td>Semolina (sooji) flour</td> <td>½ cup</td> </tr> <tr> <td>Flax seed flour</td> <td>½ cup</td> </tr> <tr> <td>Bengal g flour (besan)</td> <td>2 tbsp</td> </tr> <tr> <td>Lemon juice</td> <td>1 tsp</td> </tr> <tr> <td>Baking powder</td> <td>1 pinch</td> </tr> <tr> <td>Salt</td> <td>As per taste</td> </tr> <tr> <td>Oil (for greasing and cooking)</td> <td>¼ tsp</td> </tr> <tr> <td colspan="2">To be mixed into a Topping</td> </tr> <tr> <td>Chopped onions</td> <td>¼ cup</td> </tr> <tr> <td>Chopped tomatoes</td> <td>¼ cup</td> </tr> <tr> <td>Chopped capsicum</td> <td>¼ cup</td> </tr> <tr> <td>Finely chopped green chillies</td> <td>1 tsp</td> </tr> <tr> <td>Finely chopped coriander (dhania)</td> <td>2 tbsp</td> </tr> <tr> <td>Salt</td> <td>As per taste</td> </tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. Combine the semolina flour, flax seed flour, besan and ¼ cup of water in a deep bowl. Mix well using a whisk. Cover it with a lid and keep aside for 15 minutes. 2. Add the lemon juice, baking soda, 5 tbsp of water and salt and mix well. 3. Pour a ladleful of the batter on the tawa, spread in a circular motion to make a 125 mm thick uttapam. 4. Now select category and press start (preheat). 5. After preheat is over, keep tawa on high rack with batter on it and press start. 6. After beep, turn the uttapam by greasing or brushing with little oil/ghee and press start again. 7. Now add the topping on the uttapam according to your taste. 	Semolina (sooji) flour	½ cup	Flax seed flour	½ cup	Bengal g flour (besan)	2 tbsp	Lemon juice	1 tsp	Baking powder	1 pinch	Salt	As per taste	Oil (for greasing and cooking)	¼ tsp	To be mixed into a Topping		Chopped onions	¼ cup	Chopped tomatoes	¼ cup	Chopped capsicum	¼ cup	Finely chopped green chillies	1 tsp	Finely chopped coriander (dhania)	2 tbsp	Salt	As per taste						
Semolina (sooji) flour	½ cup																																					
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Chopped capsicum	¼ cup																																					
Finely chopped green chillies	1 tsp																																					
Finely chopped coriander (dhania)	2 tbsp																																					
Salt	As per taste																																					
HH27	WHOLE WHEAT VEGETABLE KHICHDI	0.3 kg	Microwave safe (MWS) glass bowl	<table border="1"> <tr> <td>Whole wheat, soaked for 6 hours (drained and ground into a paste)</td> <td>½ cup</td> </tr> <tr> <td>Moong dal (soaked for 15-20 minutes and drained)</td> <td>½ cup</td> </tr> <tr> <td>Oil</td> <td>1 tsp</td> </tr> <tr> <td>Peppercorns (kali mirch)</td> <td>2 pcs</td> </tr> <tr> <td>Cloves (laung)</td> <td>2 pcs</td> </tr> <tr> <td>Cinnamon (dalchini) stick</td> <td>1 inch</td> </tr> <tr> <td>Cumin seeds (jeera)</td> <td>1 tsp</td> </tr> <tr> <td>Asafoetida (hing)</td> <td>1 pinch</td> </tr> <tr> <td>Thinly sliced onions</td> <td>¼ cup</td> </tr> <tr> <td>Mixed vegetables (french beans, carrots and green peas)</td> <td>1 cup</td> </tr> <tr> <td>Salt</td> <td>As per taste</td> </tr> <tr> <td>Turmeric powder (haldi)</td> <td>½ tsp</td> </tr> <tr> <td>Chilli powder</td> <td>1½ tsp</td> </tr> <tr> <td>Coriander and cumin</td> <td>1½ tsp</td> </tr> <tr> <td>Water</td> <td>¾ cup</td> </tr> <tr> <td colspan="2">For the Garnish</td> </tr> <tr> <td>Finely chopped coriander</td> <td>1 tbsp</td> </tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 1. In a MWS bowl, add oil, peppercorns, cloves, cumin seeds, cinnamon, asafoetida and onions. Select category and press start. 2. When the microwave beeps, add turmeric powder, coriander-cumin seeds, chilli powder, mixed vegetables and press start again. 3. When the microwave beeps, add ground wheat + moong dal paste followed by salt and adding water. Cover and press start again. 	Whole wheat, soaked for 6 hours (drained and ground into a paste)	½ cup	Moong dal (soaked for 15-20 minutes and drained)	½ cup	Oil	1 tsp	Peppercorns (kali mirch)	2 pcs	Cloves (laung)	2 pcs	Cinnamon (dalchini) stick	1 inch	Cumin seeds (jeera)	1 tsp	Asafoetida (hing)	1 pinch	Thinly sliced onions	¼ cup	Mixed vegetables (french beans, carrots and green peas)	1 cup	Salt	As per taste	Turmeric powder (haldi)	½ tsp	Chilli powder	1½ tsp	Coriander and cumin	1½ tsp	Water	¾ cup	For the Garnish		Finely chopped coriander	1 tbsp
Whole wheat, soaked for 6 hours (drained and ground into a paste)	½ cup																																					
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Turmeric powder (haldi)	½ tsp																																					
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Coriander and cumin	1½ tsp																																					
Water	¾ cup																																					
For the Garnish																																						
Finely chopped coriander	1 tbsp																																					

* Refer Page 107, Fig. 2

Category		Weight Limit	Utensil	Instructions	
HH28	BROWN RICE DALIYA	0.3 kg	Microwave safe (MWS) glass bowl	Brown basmati rice soaked for 15 minutes, then drained	½ cups
				Water	3 cups
				Pure ghee	1 tbsp
				Almond milk	2.5-3 cups
				Raw cashews	3-4 tbsp
				Stevia	3 drops
				Chopped raw nuts like cashews, pistachios	2-3 tbsp
				Currants or raisins	2-3 tbsp
Method : 1. In a MWS bowl, take brown rice and water. Select category and press start. 2. When beeps, add ghee & almond milk in another MWS bowl and press start again. 3. After the beep, add nuts, cashews, stevia, raisins. Cover and press start again. (More water or milk may be added if required). 4. Serve warm or chilled. Garnish with almond/pistachio slivers.					

Category		Weight Limit	Utensil	Instructions	
HH29	ROASTED GARLIC	0.2 kg	Multicook tawa & High rack*	Raw garlic	200 g
				Olive oil	For brushing
				Salt and pepper	As per taste
Method : 1. Cut the top off each head of garlic, exposing the cloves within. 2. Place the garlic heads on tawa and drizzle with olive oil. Sprinkle lightly with salt and pepper. 3. Pour in about 1½ tbsp water for each head of garlic. 4. Keep the tawa on high rack and press start. 5. When beeps, remove the tawa. 6. It can be consumed directly or as side dish.					
HH30	ROASTED FLAX SEEDS	0.2 kg	Multicook tawa & High rack*	Flax seed	200 g
				Olive oil	For brushing
Method : 1. Take flax seeds and spread over metal tray. 2. Apply oil brushing over the seeds. 3. Now select category and press start (preheat). 4. When beeps keep the tawa and rack inside MWO. 5. After the beep, remove the tawa and let them cool. 6. Roasted flax seeds can be consumed directly or can be crushed into powder.					

* Refer Page 107, Fig. 2

Charcoal/Indian Cuisine

In the following example, show you how to cook
0.4 kg of Tandoori Aloo.

1. Press STOP/CLEAR.



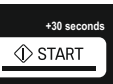
2. Press Charcoal/Indian Cuisine.



3. Turn DIAL until display show "CH9".



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



5. *Turn DIAL until display show "0.4 kg"



6. Press START/+30 seconds.



! NOTE

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

* Note: If the recipe has single weight e.g.
"CH2" Murg Tandoori, do not follow step 4, 5. Directly go to step 6.

Menu	CH1	Paneer Tikka	Weight Limit	0.3 kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> Mix all the ingredients of the marinade in a bowl. Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour. Now keep tawa and rack inside Microwave. Select category & press start. (Preheat process) When beeps, keep paneer pieces on the tawa and pour some oil & press start. After beep, turn over pieces, apply oil and again press start. 	
Paneer cubes (cut into 1½" cubes), Capsicum (cut into cubes), onion (cut into cube), tomato (cut into cubes, pulp removed)		300 g		
For marinade				
Hung curd		2 tbsp		
Ginger garlic paste		1 tbsp		
Salt, Garam masala, Red Chilli powder		As per taste		
Tandoori masala		1 tsp		
Tandoori Color		A pinch		
Oil		1 tsp		

Menu	CH2	Murg Tandoori	Weight Limit	1 kg
Utensil: Rotisserie**				
Instructions			Method:	
Whole Chicken		1 kg	<ol style="list-style-type: none"> Mix all the ingredient of marinade in a bowl Wash the Chicken properly & make cuts on the chicken all over. Marinate the Chicken properly coating all the places. Keep marinated for 3-4 hours in refrigerator. Keep paper towel (Kitchen towel) on glass tray. Assemble the rotisserie & insert the Chicken & tie up with thread. Install the rotisserie in the microwave select category & press start. Serve with grilled onion slices, lemon wedges & onion chutney. Note : For Rotisserie installation refer Pg. 107. 	
For Marinade				
Hung Curd		1 Cup		
Garlic Paste		3 tbsp		
Ginger Paste		1 tbsp		
Salt		As per taste		
Tandoori Masala		3 tsp		
Cumin Powder		As per taste		
Tandoori Color		A pinch		
Red Chilli Powder		As per taste		

Menu	CH3	Chana Kababs	Weight Limit	0.2 ~ 0.5 kg	
Utensil: Multicook tawa & High rack*					
Instructions			Method:		
For	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces, whole red chilli, to a paste. Now shape the paste in the form of kababs & roll out each kababs in bread crumbs for complete coating. Keep tawa and high rack inside MWO. Press start. (Pre-heat process) When beeps, keep kababs on tawa & press start.
Boiled Kabuli Chana (Chhole)	200 g	300 g	400 g	500 g	
Cloves	1 no.	2 nos.	2 nos.	2 nos.	
Pepper powder	As per taste				
Cinnamon powder	¼ tsp	¼ tsp	½ tsp	½ tsp	
Garlic Cloves	2 nos.	3 nos.	3 nos.	3 nos.	
Salt	As per taste				
Ginger Chopped	1 tsp.	2 tsp.	3 tsp	3 tsp	
Bread pieces	1 no.	2 nos.	2 nos.	2 nos.	
Whole red chilly	1 no	2 nos.	3 nos.	3 nos.	
Bread crumbs	For coating				

Menu	CH4	Bharwan Baigan	Weight Limit	0.2 ~ 0.4 kg	
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*					
Instructions			Method:		
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> Pre-prepare the stuffing - In a MWS glass bowl add oil, onions, tomatoes & all spices & microwave at 100% for 3 minutes. Keep aside slit the baigans cross ways with stems intact. In a MWS glass bowl add slit baigans & sprinkle some water & cover. Select category & weight & press start. When beeps, Remove the bowl from microwave oven & Add the stuffing to the baigans. Keep the baigans on tawa drizzle some drops of oil & keep tawa on high rack. Press start. When beeps, turn over again. Press start. 	
Baigan (Medium)	200 g	300 g	400 g		
For Stuffing					
Tomato (grated)	1 no.	1½ no.	2 nos.		
Onion (chopped)	¼ cup	½ cup	1 cup.		
Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder	As per taste				
Oil	1 tsp	1 tsp	1 tsp		

* Refer Page 107, fig 1

* Refer Page 107, fig 2

**Refer page 107

Menu	CH5	Fish Tandoori	Weight Limit	0.5 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		0.5 kg	<ol style="list-style-type: none"> 1. Rub the fish well with besan (3tbsp), 2 tbsp lemon juice to remove fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Prick the fish all over with a fork or give shallow cuts with a knife. 2. Mix all ingredients given under marinade. Rub the marinade well all over the fish pieces & let it marinate for 2-3 hours. 3. Select the category & press start. (Pre-heat) 4. When beeps, keep the marinated fish pieces on tawa & press start. 5. When beeps, turn over again & press start. Sprinkle chaat masala & serve with Pudina chutney & onion rings. 	
Pomfret		3 small sized		
For Marinade				
Degi Mirch		2½ tsp		
Jeera		½ tsp		
Ginger paste		1 tsp		
Garlic paste		1 tsp		
Tandoori Masala		½ tsp		
Garam Masala		1½ tsp		
Amchoor		1 tsp		
Dhania Powder		1 tsp		
Lemon juice		2 tbsp		
Chaat Masala		¼ tsp		
Salt		As per taste		

Menu	CH6	Shaami Kababs	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl & High rack & Multicook tawa*				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> 1. In a MWS glass bowl add minced mutton. Select menu and press start. 2. Grind the cooked mutton, bengal gram, cumin seeds, coriander powder, salt and chilli powder, chaat masala, chopped coriander and onion. Make long flat kababs of the paste. 3. Place the kababs on greased multicook tawa and high rack. Press start. 4. Turn over the kababs and again press start. Note : For binding roll the kababs in maida. 	
Minced mutton		300 g		
Soaked bengal gram		50 g		
Roasted cumin seeds		As per taste		
Salt, Red chilli powder Chaat masala, Coriander powder		As per taste		
Chopped onion		2 nos.		
Chopped coriander leaves		A few sprigs		

Menu	CH7	Corn Kababs	Weight Limit	0.2 ~ 0.4 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> 1. Mash the boiled potatoes & corns. Mix well. 2. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice. 3. Make long kababs out of this mixture. 4. Keep the kababs on tawa & tawa on high rack. Select category & weight and press start. (Pre-heat) 5. When beeps, keep kababs on the tawa & press start. 6. When beeps, turn over & press start. Serve with chutney or sauce.
Boiled potatoes	2 medium	3 medium	4 medium	
Boiled sweet corns	¼ cup	½ cup	1 cup	
Onions (Chopped)	¼ cup	½ cup	1 cup	
Green chillies (Chopped)	1 no.	1 no.	2 no.	
Fresh coriander (finely chopped)	1 tbsp.	2 tbsp.	3 tbsp	
Pudina (finely chopped)	½ tbsp.	1 tbsp	1½ tbsp	
Melted butter	¼ tbsp.	½ tbsp	1 tbsp	
Garam Masala, pepper powder, salt	As per taste			
Lemon juice	2 tsp	3 tsp	3 tsp	
Bread crumbs	1 tbsp	2 tbsp	3 tbsp	

Menu	CH8	Bharwan Tamatar	Weight Limit	0.3 ~ 0.5 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> 1. Precook the paneer stuffing- In a MWS bowl add oil, Onions & microwave 100 % for 3 minutes. Add paneer & all the spices & coriander leaves & microwave 100% for 2 minutes 2. Stuff the hollowed tomatoes with paneer. 3. Grease the tomatoes with few drops of oil. 4. Keep the Tomatoes on tawa & tawa on high rack. Select Category & weight and press start. (Pre-heat) 5. After beep, keep greased tomatoes on the tawa & press start. Put oil. 6. Turn over the side again & press start. Garnish with fresh coriander leaves & serve.
Tomato (Hollowed)	300 g	400 g	500 g	
For Stuffing				
Paneer (mashed)	200 g	250 g	300 g	
Salt, Red Chilli Powder, Garam Masala, Cumin Powder	As per taste			
Onion Chopped	¼ cup	¼ cup	½ cup	
Coriander leaves Chopped	A few sprigs			
	¼ tsp	½ tsp	1 tsp	

Menu	CH9	Tandoori Aloo			Weight Limit	0.3 ~ 0.5 kg
Utensil: Multicook Tawa & High rack*						
Instructions					Method:	
For	0.3 kg	0.4 kg	0.5 kg			
Aloo (Cut into quarters)	300 g	400 g	500 g			
For marinade						
Hung Curd	2 tbsp	3 tbsp	4 tbsp			
Garlic Paste	1 tbsp	1½ tbsp	2 tbsp			
Cumin Powder	As per taste					
Red Chilli powder	As per taste					
Salt	As per taste					
Tandoori Masala	1 tsp	2 tsp	3 tsp			
Tandoori Color	A pinch					

Menu	CH10	Chicken Saute			Weight Limit	0.2 ~ 0.4 kg
Utensil: Multicook Tawa & High rack*						
Instructions					Method:	
For	0.2 kg	0.3 kg	0.4 kg			
Supreme chicken peices	200 g	300 g	400 g			
For Marination						
Ginger garlic paste	2 tbsp	3 tbsp	4 tbsp			
Olive oil	1 tsp	1 tsp	1 tsp			
Black pepper	1 tsp	1½ tsp	2 tsp			
Thyme/Basil leaves	½ tsp	1 tsp	1½ tsp			
Salt	As per taste					

Menu	CH11	Tandoori Mushrooms			Weight Limit	0.2 ~ 0.5 kg
Utensil: Multicook Tawa & High rack*						
Instructions					Method:	
For	0.2 kg	0.3 kg	0.4 kg	0.5 kg		
Mushroom Buttons (stalk removed)	200 g	300 g	400 g	500 g		
For Marinade						
Hung Curd	1 tbsp	2 tbsp	3 tbsp	4 tbsp		
Ginger Garlic Paste	½ tsp	1 tsp	2 tsp	2½ tsp		
Salt, Coriander powder, cumin powder, amchoor	As per taste					
Cornflour	¼ tsp	½ tsp	1 tsp	1½ tsp		
Tandoori Color	A pinch					

Menu	CH12	Mahi Tikka			Weight Limit	0.3 ~ 0.5 kg
Utensil: Multicook Tawa & High rack*						
Instructions					Method:	
For	0.3 kg	0.4 kg	0.5 kg			
Fish fillets (Cut into 2" cubes)	300 g	400 g	500 g			
For marinade						
Hung Curd	2 tbsp	3 tbsp	4 tbsp			
Thick cream	¼ cup	¼ cup	½ cup			
Ginger garlic paste	1 tsp	2 tsp	2½ tsp			
Ajwain	¼ tsp	½ tsp	½ tsp			
Garam masala	As per taste					
Salt pepper	As per taste					
Lemon juice	1 tbsp	2 tbsp	2½ tsp			
Red chilli powder, salt	As per taste					

Menu	CH13	Arbi Tandoori			Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*						
Instructions					Method:	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> Pre- preparation –In a MWS glass bowl arbi slices with some water. Cover & micro at 100% for 5 minutes. Mix all the ingredients of marinade in a bowl. Add the arbi slices & keep for ½ an hour. In a MWS glass bowl add oil, onion rings, shredded ginger & green chillies, garam masala, amchoor & salt. Mix well. Select Category & weight & press start When beeps, remove the bowl from microwave oven, Transfer the marinated arbi on tawa & keep the tawa on high rack. Press start. When beeps, drizzle few drops of oil. Add onion rings mixture & turn over the slices Press start. 		
Arbi (Cut into slices)	300 g	400 g	500 g			
Oil	1 tsp	1 tsp	1 tsp			
Onion rings	1 cup	1½ cup	2 cups			
Garam Masala, Amchoor, Salt	As per taste					
Green Chillies (Chopped)	2 nos.	3 nos.	4 nos.			
Ginger (shredded)	1 tsp	1½ tsp	2 tsp			
Coriander Seeds	½ tsp	1½ tsp	1 tsp			
For Marinade						
Hung curd	2 tbsp	3 tbsp	4 tbsp			
Tandoori Masala	½ tbsp	1 tbsp	1½ tbsp			
Ginger Paste	½ tsp	½ tsp	1 tsp			
Pepper corns (crushed)	4 nos.	5 nos.	6 nos.			
Ajwain	½ tsp	½ tsp	1 tsp.			
Haldi	A pinch					
Salt	As per taste					
Oil	½ tsp	½ tsp	1 tsp			
Besan	½ tsp	½ tsp	1 tsp			

Menu	CH14	Veg Kababs			Weight Limit	0.3 kg
Utensil: Multicook Tawa & High rack*						
Instructions					Method:	
For	0.3 kg			<ol style="list-style-type: none"> Mix all the ingredients in a bowl. Mix well & shape them into rolls. Select category & press start. (Pre-heat process) When beeps, keep the kababs on greased tawa & press start. When beeps, turn over the kababs & press start again. 		
Boiled potatoes	200 g					
Grated paneer	100 g					
Chopped green chillies	2 nos.					
Chopped coriander	A few sprigs					
Roughly ground anardana seeds	1 tsp					
Salt, red chilli powder	As per taste					

Menu	CH15	Spicy Chicken Kababs			Weight Limit	0.2 ~ 0.4 kg
Utensil: Multicook tawa & High rack*						
Instructions					Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> Clean & wash chicken pieces & cut into 1½" cubes. Prick them with fork. In a bowl take chicken pieces & add all the ingredients of marinade & mix well. Keep covered for at least 30-45 minutes in refrigerator. Place tawa on high rack. Keep in the microwave. Select category & weight and press start. (Pre-heat process) When beeps, keep chicken pieces on tawa & press start. When beeps, turn over & remove excess water & again press start. Serve spicy chicken kababs hot with mint chutney or onion rings. 		
Boneless chicken (cut into 1½" pieces)	200 g	300 g	400 g			
For Marinade						
Barbeque sauce	1 tbsp	1½ tbsp	2 tbsp			
Olive oil	½ tsp	1 tsp	1 tsp			
Garlic powder / Ginger paste	1 tsp	1½ tsp	2 tsp			
Red chilli flakes	1 tsp	1 tsp	1 tsp			
Black pepper (freshly crushed)	½ tsp	½ tsp	1 tsp			
Onion paste	1 tbsp	1½ tbsp	2 tbsp			
Oregano	½ tsp	1 tsp	1 tsp			
Thyme	½ tsp	½ tsp	1 tsp			
Cumin powder	1 tsp	1½ tsp	1½ tsp			
Salt	As per taste					

Menu	CH16	Kastoori Kababs			Weight Limit	0.2 ~ 0.4 kg
Utensil: Multicook tawa & High rack*						
Instructions					Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> Wash the chicken mince in a strainer. Press well to squeeze out the water well. Marinate the mince with all the ingredients mentioned under marinade. Make flat Kababs of the mixture. Select category & press start. (Pre-heat process) When beeps, keep the kababs on tawa & place tawa + high rack inside MWO and press start. When beeps, turn over the kababs & press start. Sprinkle chaat masala & serve. 		
Boneless Chicken mince (Keema)	200 g	300 g	400 g			
For marinade						
Ginger garlic paste	¼ tbsp	½ tbsp	1 tbsp			
Lemon juice	¼ tbsp	½ tbsp	1 tbsp			
Roasted besan	2 tbsp	3 tbsp	4 tbsp			
Bread crumbs	2 tbsp	3 tbsp	4 tbsp			
Pepper powder, Salt, Red chilli powder	As per taste					
Ginger finely chopped	½ tsp	½ tsp	1 tsp			
Chopped Coriander leaves	2 tbsp	3 tbsp	4 tbsp			
Oil	1 tsp	1 tsp	1 tsp			
Choti elaichi powder	½ tsp	½ tsp	1 tsp			
Jeera	1 tsp	1 tsp	1 tsp			
Kesar (Soaked in ½ cup in milk)	½ tsp	½ tsp	1 tsp			

* Refer Page 107, fig 2

Menu	CH17	Chilka Kababs	Weight Limit	0.4 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*				
Instructions			Method:	
For		0.4 kg		
Chana dal (soaked overnight)		200 g		
Snake gourd peels (roughly chopped)		½ cup		
Pumpkin peels (roughly chopped)		½ cup		
Whole black pepper		¼ tsp		
Dried red chilli		1 no.		
Laung		3-4 nos.		
Black cardamom		1 no.		
Cinnamon		1* piece		
Water		½ cup		
Oil		½ tsp		
Javitri		1 no.		
Fresh coriander leaves		2 tbsp		
Salt		As per taste		
			<ol style="list-style-type: none"> In a MWS glass bowl take soaked chana dal, pumpkin peels, snake gourd peels & all the whole spices except salt & coriander leaves. Sprinkle ½ cup water & cover. Select category & press start. When beeps, take out the bowl, remove javitri & black cardamom and allow to cool the mixture. Grind the cooked mixture to a coarse paste in a mixer, adding ¼ cup water & salt to taste. Take out in a bowl and add freshly chopped coriander leaves. Mix well with hands & make kababs of equal size & shape. Grease the tawa with ¼ tsp oil & put the kababs on it. Keep the tawa on high rack. Keep high rack & tawa with kababs inside the microwave and press start. When beeps, sprinkle ¼ tsp oil on all kababs and turnover the kababs and press start. Serve the kababs hot with the chutney of your choice. 	

Menu	CH18	Kaju Kababs	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	
Potato (cut into pieces)	½ no.	1 no.	1½ no.	
Onion (chopped)	½ no.	1 no.	1 no.	
Peas (shelled)	3 tbsp	4 tbsp	4 tbsp	
Cauliflower (florets)	½ cup	½ cup	¾ cup	
Ginger-garlic paste	½ tsp	1 tsp	1 tsp	
Kaju powder	2 tbsp	4 tbsp	5 tbsp	
Fresh bread crumbs (sides removed)	3 slices	4 slices	4 slices	
Green chilli (chopped)	1 no.	2 nos.	2 nos.	
Tomato ketchup	½ tsp	1 tsp	1 tsp	
Salt, red chilli powder, garam masala	As per taste			
Coriander leaves (chopped)	1 tbsp	1½ tbsp	2 tbsp	
			<ol style="list-style-type: none"> In a MWS glass bowl take cut potatoes, chopped onion, peas & cauliflower. Put ½ cup water & cover. Select category & weight and press start. When beeps, remove the bowl, strain the vegetables. Remove all the moisture & mash well when cool. To the mashed vegetables add all the spices, chopped green chilli, coriander leaves, kaju powder, ginger-garlic paste, tomato ketchup, fresh bread crumbs. Mix all the ingredients very well. Make equal sized kababs out of the mixture. Keep the kababs on tawa & tawa on high rack. Keep inside the microwave and press start. When beeps turn the kababs & press start. Serve them hot with mint chutney. 	

Menu	CH19	Mutton & Tomato Kababs	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*				
Instructions			Method:	
For		0.3 kg		
Minced mutton		300 g		
Badi Elaichi		1 no.		
Dalchini		2* piece		
Laung		3-4 nos.		
Whole black pepper		8 to 10 nos.		
Dried red chilli		2 nos.		
Bread crumbs		¼ cup		
Green chilli (chopped)		2 nos.		
Coriander (chopped)		2 tbsp		
Lemon juice (optional)		1 tsp		
Salt, red chilli powder, garam masala		As per taste		
Tomatoes (cut into big pieces)		2 nos.		
			<ol style="list-style-type: none"> In a MWS glass bowl take minced mutton, laung, badi elaichi, cinnamon, dried red chilli, whole black peppers. Mix well & cover. Select category and press start. When beeps, take out the bowl, remove cover & remove all the whole spices & discard the water. Allow the mutton to get cooled & grind the mutton coarsely. Take the ground mutton in a bowl, add all the spices, chopped green chilli, coriander leaves, bread crumbs & lemon juice (optional) & mix very well. Make equal sized round kababs from the mixture & keep on greased tawa. Keep the tawa on high rack. Keep inside the microwave & press start. When beeps, turnover the kababs & keep tomato pieces (seeds removed) and press start. Serve them hot with mint chutney. 	

Menu	CH20	Bharwan Bhindi			Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*						
Instructions					Method:	
For	0.2 kg	0.3 kg	0.4 kg			
Bhindi	200 g	300 g	400 g		1. Cut stalk of each bhindi & make lengthwise slit.	
Oil	¼ tsp	½ tsp	1 tsp		2. Combine stuffing ingredients & mix well stuff each bhindi with this mixture.	
Jeera	¼ tsp	½ tsp	1 tsp		3. In MWS glass bowl add oil, jeera, onion, green chilli, ginger, tomato & hing. Select category & weight & press start.	
Onion (chopped)	½ no.	1 no.	1no.		4. When beeps, remove the bowl from microwave oven & keep the stuffed bhindi on tawa, drizzle few drops of oil on bhandis. Keep tawa on high rack.	
Green Chillies	1 no.	2 no.	2 no.		5. Press start.	
Ginger	¼"	¼"	½"		6. When beeps, turn over bhandis & add the onion mixture & mix well.	
Hing		A pinch			7. Press start.	
Tomato	½ no.	1 no.	1 no.			
For Stuffing						
Coriander Powder	1 tsp	2 tsp	3 tsp			
Turmeric Powder	1 tsp	1½ tsp	2 tsp			
Saunf Powder	1 tsp	1½ tsp	2 tsp			
Amchoor	1 tsp	1½ tsp	2 tsp			
Red Chilli Powder, Salt	As per taste					

Menu	CH21	Tandoori Jhinga			Weight Limit	0.2 ~ 0.5 kg
Utensil: Multicook tawa & High rack*						
Instructions					Method:	
For	0.2 kg	0.3 kg	0.4 kg	0.5 kg		
King Size Prawns	200 g	300 g	400 g	500 g	1. Devein & wash prawns. Marinate the prawns with 1st marinade for ½ hours.	
1st Marinade						
Lemon juice	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	2. Mix all the ingredients of 2nd marinade in a bowl. Pick up the prawns, discarding the lemon juice & add to the 2nd marinade & keep in refrigerator for 2-3 hours or more.	
Salt, Red chilli powder	As per taste				3. Select category & press start. Keep tawa + rack inside MWO. (Preheat process)	
Oil	½ tsp	1 tsp	1 tsp	1 tsp	4. When beeps, transfer the marinated prawns on tawa & keep the tawa on high rack and press start.	
2nd Marinade						
Thick cream	2 tbsp	3 tbsp	4 tbsp	4 tbsp	5. When beeps, drizzle few drops of oil & turn over the side. Press start. Serve in pudina chutney.	
Mozarella cheese (grated)	1 tsp	2 tsp	3 tsp	4 tsp	Note: In case the prawns get watery drain excess water & then cook.	
Oil	½ tsp	1 tsp	1 tsp	1 tsp		
Red Chilli Powder	As per taste					
Tandoori Masala	1 tsp	2 tsp	3 tsp	3½ tsp		
Cornflour	2 tsp	3 tsp	4 tsp	5 tsp		
Garam Masala	As per taste					
Ginger Paste	2 tsp	2½ tsp	3 tsp	3½ tsp		
Tandoori Colour/Haldi	A pinch (for colour)					
Hung Curd	1 tbsp	2 tbsp	3 tbsp	4 tbsp		

Menu	CH22	Malai Tikka			Weight Limit	0.3 kg
Utensil: Rotisserie**						
Instructions					Method:	
For		0.3 kg				
Boneless Chicken (1½" pieces)		300 g			1. Mix all the ingredients of the marinade in a bowl. Marinate Chicken & keep in refrigerator for 1 hour.	
Oil		1 tsp			2. Grease the rotisserie skewers with some oil. Put the chicken pieces on skewers. Assemble the rotisserie. Install the rotisserie in the microwave, spread the tissue paper on the glass tray.	
For Marinade						
Thick cream		¼ cup			3. Select category & press start.	
Green cardamom powder		¼ tsp			4. When beeps, add 1tsp oil & again press start. Sprinkle the chaat masala & serve.	
Pepper powder		As per taste			Note: For rotisserie installation refer Pg. 107.	
Garlic paste		½ tsp				
Ginger paste		1 tsp				
Melted butter		¼ tsp				
Garam masala, amchoor, jeera powder, salt		As per taste				
Green chillies		1 no.				

* Refer Page 107, fig 2

**Refer page 107

Menu	CH23	Tikka Achaari	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl & Rotisserie**				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> 1. Wash & pat dry the mutton pieces. Prick them with a fork. 2. Mix all the ingredients of marinade in a bowl. Add the mutton pieces & keep for 3-4 hours in refrigerator. 3. Remove from fridge & let them come to room temperature. 4. In a MWS glass bowl add the marinated pieces. Select category & press start. 5. When beeps, remove the bowl from microwave oven, spread the tissue paper on glass tray & insert the mutton pieces in rotisserie skewers. Assemble the rotisseries & install in the microwave. 6. Press start. 7. When beeps, pour 1 tsp oil on the mutton pieces. 8. Press start. <p>Note : For rotisserie installation refer Pg. 107.</p>	
Boneless mutton (Cut into 1½" pieces)		300 g		
For marinade				
Hung curd		2 tbsp		
Raw papaya Paste (Green papaya, peeled, deseed & grind in a mixer)		½ tbsp		
Onion (Sliced)		¼ cup		
Salt, Red chilli powder, Amchoor powder		As per taste		
Saunf		2 tsp		
Jeera		½ tsp		
Mustard seeds		½ tsp		
Ginger garlic paste		½ tbsp		
Tandoori Color		A pinch		
Methidana		A pinch		

Menu	CH24	Faldari Kababs	Weight Limit	0.4 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		0.4 kg	<ol style="list-style-type: none"> 1. In a bowl take chopped almonds, cashewnuts & raisins for stuffing. Mix well & keep aside for later use. 2. In another bowl take boiled & mashed banana, shakarkandi, grated apple, chopped coriander & mint leaves, chopped ginger & green chillies & all the spices. Mix well. When the mixture cools down, add bread crumbs & mix well to make a dough for kababs. 3. Divide the dough into 10 equal portions. Make round balls. Flatten each ball & fill stuffing (as required) in the center & again re-shape into round kababs. 4. Keep tawa on high rack. Put both inside the microwave. Select category & press start. (Pre-heat process) 5. When beeps, put kababs on tawa & press start. 6. When beeps, again turnover the kababs & press start. Serve kababs hot with chutney of your choice. 	
Boiled & mashed raw bananas		2 nos.		
Boiled & mashed shakarkandi		2 nos.		
Peeled & grated apple		½ cup		
Fresh coriander (chopped)		2 tbsp		
Fresh mint leaves (chopped)		2 tbsp		
Green chillies (chopped)		2 nos.		
Ginger (chopped)		2 tsp		
Bread crumbs		½ cup		
Salt, red chilli powder, jeera powder		As per taste		
For stuffing				
Chopped almonds		2 tbsp		
Chopped cashewnuts		2 tbsp		
Chopped raisins		2 tbsp		

Menu	CH25	Dahi Kababs	Weight Limit	0.2 ~ 0.4 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> 1. In a bowl mix all the ingredients except oil & cornflour. Mix well while mashing the potatoes & peas. Make flat kababs & roll each kabab in cornflour. 2. Keep the tawa & high rack in MWO. Select category & weight and press start. (Pre-heat process) 3. When beeps, keep kababs on the tawa, pour the oil & press start. 4. When beeps, turn over again & press start. Serve with coriander chutney.
Boiled potatoes	100 g	200 g	250 g	
Boiled peas	50 g	75 g	100 g	
Chopped & boiled spinach	2 tbsp	3 tbsp	4 tbsp	
Hung curd	2 tbsp	3 tbsp	4 tbsp	
Grated ginger	1 tsp	1½ tsp	2 tsp	
Chopped green chillies	½ tbsp	1 tbsp	1½ tbsp	
Chopped almonds	½ tbsp	1 tbsp	1½ tbsp	
Chopped raisins	½ tbsp	1 tbsp	1½ tbsp	
Besan	1 tbsp	2 tbsp	3 tbsp	
Chopped coriander leaves	1 tbsp	2 tbsp	3 tbsp	
Salt, garam masala, red chilli powder	As per taste			
Oil	1 tsp	1 tsp	1 tsp	
Cornflour	For coating			

* Refer Page 107, fig 2

**Refer page 107

Menu	IC1	Mix Veg	Weight Limit
Utensil: Microwave safe (MWS) bowl			
Instructions			Method:
For	0.1 kg	0.2 kg	0.3 kg
Mix Veg. (Carrot, Cauliflower, peas, beans, potato)	100 g (Total)	200 g (Total)	300 g (Total)
Oil	¼ tbsp	½ tbsp	1 tbsp
Onion (chopped)	½ cup	1 cup	1½ cup
Tomato (chopped)	¼ cup	1 cup	1½ cup
Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder	As per taste		
			0.4 kg 400 g (Total) 0.5 kg 500 g (Total) 2 tbsp 2 cup 2 cup
1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select category & weight and press start. 2. When beeps, remove & mix well. Add vegetable & some water. Cover & press start. 3. When beeps, mix well. Cover & press start. Garnish with coriander leaves.			

Menu	IC2	Kadhai Paneer	Weight Limit
Utensil: Microwave safe (MWS) bowl			
Instructions			Method:
Paneer	0.1 kg	0.2 kg	0.3 kg
Capsicum & Onion (sliced)	½ cup	1 cup	1½ cup
Onion Paste	3 tbsp	4 tbsp	5 tbsp
Tomato Puree	2 tbsp	3 tbsp	4 tbsp
Ginger-Garlic Paste, Salt & Sugar	To taste		
Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala	To taste		
Butter	1½ tbsp	2 tbsp	3 tbsp
Fresh Cream	1 tbsp	2 tbsp	3 tbsp
			0.4 kg 2 cup 0.5 kg 2½ cup 6½ tbsp 5 tbsp 4½ tbsp 5 tbsp
1. In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum & onion. Mix well, cover. Select category & weight and press start. 2. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt, sugar and paneer cubes, mix well and press start. Stand for 5 minutes. Garnish with hara dhania and serve hot.			

Menu	IC3	Dal Tadka	Weight Limit
Utensil: Microwave safe (MWS) bowl			
Instructions			Method:
For	0.2 kg		
Dal (soaked for 2 hours)	200 g		
Water	400 ml		
Oil	2 tbsp		
Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch	To taste		
Salt, dhania powder	To taste		
			0.2 kg 200 g 400 ml 2 tbsp To taste To taste
1. Take dal in Microwave Safe bowl, add Water, Haldi & Hing. 2. Select category & weight and press start to cook. 3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves, salt, dhania jeera powder, hara dhania, kasuri methi (optional). Press start. 4. When beeps, add dal, water (if required), mix well & again press start.			

Menu	IC4	Sambhar	Weight Limit
Utensil: Microwave safe (MWS) bowl			
Instructions			Method:
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	As per your taste		
			200 g 2 tbsp 1 medium 1 medium 1 cup 400 ml As per your taste
1. Soak dal for 2 hours, In Microwave Safe Bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select category and press start. 2. When beeps, in another Microwave Safe Bowl take oil, add rai, hing, curry leaves, dhania, red chilli. Press start. 3. When beeps, mash dal very well and add to tadka. Add imli pulp sambhar masala, gud and some water (if required). Press start. Stand for 5 minutes. Garnish with coconut and hara dhania and serve with Idli.			

Menu	IC5	Dum Aloo	Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Boiled Aloo (small)	100 g	200 g	300 g	400 g
Oil	2 tbsp	3 tbsp	3 tbsp	3½ tbsp
Jeera, pepper seeds, cloves, hing	As required			
Onion paste	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Ginger & garlic paste	1 tsp	1½ tsp	1½ tsp	2 tsp
Tomato puree	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Curd	½ cup	1 cup	1 cup	1½ cup
Turmeric powder, red chilli powder, degchi mirch, salt, garam masala, saunf powder	As per taste			
<ol style="list-style-type: none"> In a MWS bowl add oil, jeera, pepper seeds, cloves, hing, onion paste, ginger garlic paste. Mix well. Select category & weight and press start. When beeps, mix well & add tomato puree & boiled potatoes. Mix well & cover. Press start. When beeps, mix well & add curd. Cover & press start. Allow to stand for 3 minutes. 				

Menu	IC6	Baigan Ka Bharta	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
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 tbsp	
Chopped onions	1 cup	1½ cup	2 cup	
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			
<ol style="list-style-type: none"> In a MWS bowl add peeled & chopped baigan. Sprinkle some water. Cover. Select category & weight and press start. When beeps, remove & mash the baigan well. 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. When beeps, mix well. Add the mashed baigan & mix well. Press start. Allow to stand for 3 minutes. Garnish with coriander leaves. 				

Menu	IC7	Kadhi	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	
Besan	25 g	50 g	75 g	
Curd / matha	1/2 cup	1 cup	1½ cup	
Oil	1 tbsp	1½ tbsp	2 tbsp	
Rai, curmin seeds	As per taste			
Chopped onions	1 cup	1½ cup	1½ cup	
Salt, red chilli powder, haldi, coriander powder, amchur	As per taste			
Water	2 cups	3 cups	4 cups	
<ol style="list-style-type: none"> In a MWS bowl add oil, rai, jeera, chopped onion. Select category & weight and press start. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (½ the amount mentioned per weight). Mix & press start. When beeps, mix & add remaining water & press start. Pour tempering & serve. 				

Menu	IC8	Baati	Weight Limit	0.4 kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For	0.4 kg			
Wheat flour	200 g			
Suji	50 g			
Melted ghee	75 ml (5 tbsp)			
Jeera	½ tsp			
Ajwain	¼ tsp			
Baking powder	¼ tsp			
Salt	As per taste			
Haldi	As required			
<ol style="list-style-type: none"> In a bowl mix all the ingredients, but ghee only 3 tbsp. Knead the dough with little warm water to make it like poori dough. Cover and keep for half an hour. Make medium sized balls of the dough. Keep them on tawa & keep the tawa on low rack. Keep aside. Select category & press start. (Pre-heat process). When beeps, keep baati on tawa & press start. When beeps, turn over. Press start. Dip the baati in melted ghee & serve with dal. 				

* Refer Page 107, fig 1

Menu	IC9	Dalma	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select category & press start. When beeps, in another MWS bowl add oil, bay leaves, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start. 	
Moong dal (soaked for 2 hours)		300 g		
Water		600 ml		
Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato)		2 cups		
For tadka				
Oil		2 tbsp		
Bay leaves, jeera, dry chillies, salt, haldi		As per taste		
Grated coconut		4 tbsp		
Chopped onion		1 no.		

Menu	IC10	Gujarati Tuvar Dal	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select category & press start. When beeps, remove the dal. 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. When beeps, remove the bowl & add these ingredients to the dal. Add tomato, jaggery & mix well. Press start. Squeeze lemon juice & serve. 	
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		

Menu	IC11	Butter Chicken	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select category & weight & press start. When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well & cover. Press start. When beeps, mix well, add kaju paste, cream & butter. Mix well & cover. Press start. Garnish with slit chillies.
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.	

Menu	IC12	Beans Porial	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, mustard seeds, urad dal, green chillies & salt. Select category & weight and press start. When beeps, add beans, sprinkle little water. Cover & press start. Add grated coconut, cover & stand for 3 minutes.
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 dhal	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			

Menu	IC13	Kashmiri Kaju Paneer					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, onion slices, chopped ginger & garlic. Select category & weight and press start. When beeps, mix well, add khus khus paste, kaju paste, tomato puree, chilli powder, garam masala & salt and press start. When beeps, mix well, add paneer pieces and milk. Press start. Stand for 3 minutes. 		
Paneer pieces	100 g	200 g	300 g	400 g	500 g			
Kaju paste	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp			
Sliced onions	½ no.	1 nos.	1½ nos.	1½ nos.	2 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 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp			
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							

Menu	IC14	Veg Handva®			Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & Low rack & High rack**						
Instructions					Method:	
For				0.3 kg	<ol style="list-style-type: none"> Clean, wash & soak the rice & dal together in enough water for at least 4 to 5 hours. Drain & keep aside. Blend in a mixer till smooth, add the curds & mix well. Cover & keep aside to ferment overnight. After fermentation, add salt, chilli powder, turmeric powder, Baking Soda, ginger & green chilli paste. Mix well. In a MWS bowl, add oil, mustard seeds & curry leaves & microwave for 2 minutes and keep aside. Add the boiled vegetables to the fermented batter, add the tadka prepared & lemon juice & hing. Mix well all the ingredients. Pour the batter in MWS flat glass dish. Keep aside. Select category & press start. (Pre-heat process). When beeps, keep the MWS flat glass dish on low rack & press start. When beeps, transfer the MWS flat glass dish to high rack & press start. 	
Rice				200 g (1 cup)		
Urad Dal (Dehusked)				2 tbsp		
Sour curd				½ cup		
Boiled vegetables (Potato, Carrots, Peas, Palak)				2 cups		
Oil				1 tsp		
Lemon Juice				2 tsp		
Baking Soda				A pinch		
Chilli powder, turmeric powder, salt				As per taste		
Ginger & chilli paste				1 tsp		
Mustard seeds				1 tsp		
Curry leaves				A few sprigs		
Hing				¼ tsp		

Menu	IC15	Gatte Ki Subzi			Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a bowl mix besan, red chilli powder, haldi, dhania powder, salt. Add water, little oil and make it like a chapati dough. After making the dough break the dough into different pieces and make the rolls out of those pieces. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover. Select category & weight and press start. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhaniya powder, haldi, salt. Cover & press start. When beeps, add beaten curd, gattas & haldi. Mix well & press start. 		
For making gattas						
Besan	100 g	125 g	150 g			
Red chilli powder, haldi, dhania powder, salt	As per taste					
Water	As required					
For Subzi						
Oil	1 tbsp	1½ tbsp	2 tbsp			
Rai, jeera	2 tsp	2 tsp	3 tsp			
Curry leaves	A few					
Sour curd	1 cup	1 cup	1½ cup			
Red chilli powder, haldi, dhaniya powder, salt	As per taste					
Tomato puree	¼ cup	½ cup	1 cup			

Menu	IC16	Aloo Gobhi			Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, jeera, chopped onion, green chillies, mix well. Select Category & weight & press start. 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. When beeps, mix well & add coriander leaves and cover. Press start. Allow to stand for 15 minutes with cover inside the microwave. Garnish with coriander leaves & serve. 		
Potatoes (chopped)	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					

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

** Refer Page 107, fig 5

Menu	IC17	Matar Paneer			Weight Limit	0.2 ~ 0.4 kg	
Utensil: Microwave safe (MWS) bowl							
Instructions					Method:		
For	0.2 kg	0.3 kg	0.4 kg		<ol style="list-style-type: none"> In a MWS bowl add oil, chopped ginger, garlic, onion. Mix well select category & weight & press start. When beeps, mix well, add paneer cubes, peas, tomato puree, jeera, powder, salt, haldi, red chilli powder, garam masala. Mix well cover. Press Start. When beeps, mix well, add water, coriander leaves & cover. Press start. Stand for 5 minutes. 		
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				

Menu	IC18	Kadhai Chicken					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In Microwave Safe Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select category & weight and press start. When beeps, mix well & add tomato puree, hara dhana, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes. Add cream. Mix well. Serve hot. 		
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							

Menu	IC19	Kofta Curry			Weight Limit	0.1 ~ 0.3 kg	
Utensil: Microwavesafe (MWS) flat glass dish & Microwave safe (MWS) bowl							
Instructions					Method:		
For	0.1 kg	0.2 kg	0.3 kg		<ol style="list-style-type: none"> In a bowl mix grated lauki, besan, salt & haldi together. Mix well & prepare balls of medium size out of the mixture. Grease a MWS flat glass dish & keep the koftas on it select category & weight & press start. When beeps, remove in a MWS bowl add oil, jeera, onion, garlic & ginger & press start. When beeps, stir & add tomato puree, coriander power, garam masala, red chilli powder, salt, water & add koftas & press start. Stand for 5 minutes. Squeeze lemon juice & serve. 		
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	1½ cup				
Lemon juice	As per taste						

Menu	IC20	Egg Curry			Weight Limit	0.1 ~ 0.3 kg	
Utensil: Microwave safe (MWS) bowl							
Instructions					Method:		
For	0.1 kg	0.2 kg	0.3 kg		<ol style="list-style-type: none"> Put chopped onions, green chilli, garlic, ginger in a spice blender & make paste adding 1 tbsp water. In a MWS bowl take oil & add the paste. Mix well. Select category & weight and press start. When beeps, stir & add tomato puree, peas, water & all the spices. Mix well & press start. 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. 		
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						

Menu	IC21	Jhinga Matar Curry	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> Grind all together onions, green chilli, ginger, coriander powder & turmeric powder without adding any water & make a paste. In a MWS bowl take oil & paste. Mix well. Select category & weight and press start. When beeps, mix & add shelled peas, prawns, all other spices & water. Mix well & cover and press start. When beeps, remove lid & stir well. Press start. Serve hot with steamed rice.
Prawns (deviened & cleaned)	50 g	100 g	150 g	
Peas (shelled)	½ cup	1 cup	1 cup	
Water	¼ cup	½ cup	1 cup	
Salt, red chilli power, garam masala	As per taste			
Oil	1 tbsp	1½ tbsp	2 tbsp	
For Paste				
Onions	1 no.	2 nos.	2½ nos.	
Green chilli	1 no.	2 nos.	2 nos.	
Coriander powder, turmeric powder	As per taste			
Ginger (chopped)	1 tsp	1½ tsp	2 tsp	

Menu	IC22	Dum Tangri	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl & High rack				
Instructions			Method:	
For		0.6 kg		<ol style="list-style-type: none"> Take chicken legs, wash, clean & pat dry them with kitchen towel. Make cuts on legs with a sharp knife & keep aside. 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. After marination is done, keep the marinated chicken legs on high rack. Place tissue paper on the glass tray to absorb all drippings. Keep high rack with chicken legs in the microwave. Select category & press start. When beeps, turn the chicken legs & press start. When beeps, remove chicken legs & high rack from microwave & keep aside. In a MWS glass bowl take all the ingredients given for gravy. Mix well & press start. Take chicken legs & roll in the gravy. Mix well & serve hot with butter naan or lachcha parantha.
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, black pepper powder		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, dhaniya powder		As per taste		

Menu	IC23	Makki Korma	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS glass bowl put corns, peas, water (for boiling) & stir. Select category & weight and press start. 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. 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.
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	

Menu	IC24	Litti	Weight Limit	6 Pc
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl mix all the ingredients of dough except water & mix well with hands. Now add water & knead a soft dough. Cover & keep aside for 10-15 minutes. In another bowl take all the ingredients of stuffing & mix very well. If the stuffing is too dry, then add 1 or 2 cup water (just enough to mix all the ingredients) & mix well. The stuffing should not be wet. Divide the dough into 6 equal medium sized balls (approx. 45 g each). Now fill the stuffing (1-2 tbsp) & make round shape balls. Keep multicook tawa on low rack & keep tawa and rack inside the microwave. Select category and press start. (Pre-heat process) When beeps, keep the prepared balls on tawa & keep tawa on low rack & press start. When beeps, change over the side. Press start. Dip the hot Litti in melted ghee & serve hot with chokha. 	
Whole wheat flour		1 cup		
Curd		¼ cup		
Desi ghee		2 tbsp		
Ajwain		1 tsp		
Salt		As per taste		
Baking soda		A pinch		
Water (to knead the dough)		¼ cup		
For Stuffing				
Sattu		½ cup		
Chopped onion		½ cup		
Chopped coriander		½ cup		
Chopped green chilli		1 tbsp		
Chopped ginger		1 tsp		
Mustard oil		1 tbsp		
Red chilli pickle masala		1 tbsp		
Lemon juice		1 tsp		
Salt, red chilli powder, garam masala		As per taste		

Menu	IC25	Chokha	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> In a MWS glass bowl take peeled & chopped brinjal pieces. Sprinkle some water. Select category & press start. When beeps, remove MWS glass bowl from the microwave. Mash the cooked brinjal with the back of the spoon/fadle & keep aside. Take tomatoes pieces & keep on tawa. Keep tawa & high rack inside the microwave & press start. When cooking ends, add grilled tomatoes to the mashed brinjal. Add all the spices, mustard oil, chopped onions & green chilli, coriander leaves & mix very well & mash a little. Serve chokha with freshly made Litti. 	
Brinjal (peeled & chopped)		300 g		
Onion (chopped)		1 no.		
Tomato (de-seeded & cut into pieces)		3 nos.		
Green chilli (chopped)		2 nos.		
Coriander leaves (chopped)		2 tbsp		
Ginger (chopped)		1 tsp		
Mustard oil		½ tbsp		
Salt, red chilli powder		As per taste		

Menu	IC26	Methi Aloo	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start. When beeps, mix & add cut potatoes. Sprinkle little water on top. Cover & press start. 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.
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			

Menu	SC1	Suji Halwa	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Suji	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In MWS glass bowl take suji, add ghee mix it together, select menu and press start. When beeps, mix well. Allow to cool. Add water (½ of mentioned amount) and sugar. Press start. When beeps, mix well and add remaining water, cashewnuts, kishmish, kesar and elaichi powder. Press start. Stand for 5 minutes. Serve hot.
Ghee (melted)	2 tbsp	3 tbsp	4 tbsp	
Water	300 ml	600 ml	900 ml	
Sugar	100 g	200 g	300 g	
Cashewnuts, Kishmish, Kesar Elaichi Powder	As per your taste			

* Refer Page 107, fig 2

* Refer Page 107, fig 1

Menu	SC2	Besan Ladoo	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
Besan	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In Microwave safe flat glass dish take besan and ghee. Select category & weight and press start. 2. When beeps, stir it & press start. 3. When beeps, stir it & press start. 4. Allow to cool. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size. Note : For binding the ladoo use ghee.
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	

Menu	SC3	Shahi Tukda	Weight Limit	0.1 ~ 0.4 kg	
Utensil: Microwave safe (MWS) flat glass dish & High Rack**					
Instructions			Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> 1. Arrange bread slices on high rack. Select category & weight & press start. 2. When beeps, turn slices press start. 3. When beeps, mix Condensed Milk (Milkmaid), milk, sugar, dry fruits and kesar elaichi powder in Microwave Safe Flat Glass Dish. Pour the mixture on slices and press start. Serve hot.
Bread Slices	1 slice	2 slices	3 slices	4 slices	
Condensed Milk (Milkmaid)	50 ml	100 ml	150 ml	175 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	4 tbsp	
Kesar-Elaichi Powder	As per your taste				

Menu	SC4	Kheer	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.5 kg			<ol style="list-style-type: none"> 1. In Microwave Safe Glass Bowl add milk, Condensed Milk (Milkmaid) & mix well. Select category and weight & press start. 2. When beeps, add Badam Pista pieces, Kesar Elaichi Powder & Seviyaan. Mix well and press start. 3. When beeps, mix it well. Add more milk (if required) & press start. Stand for 5 minutes. Serve hot or chilled. Note : The bowl should be filled at 1/4 level of the total volume.
Milk	500 ml			
Condensed Milk (Milkmaid)	500 ml			
Seviyaan (roasted)	60 g			
Badam, Pista Pieces	5 tbsp			
Kesar & Elaichi Powder	As per taste			

Menu	SC5	Mysore Pak	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In a MWS flat glass dish add besan. Select Category & press start. 2. When beeps, mix well & add melted ghee, powdered sugar. Mix very well while adding. Press start. 3. When beeps, mix well & add milk. Press start. Allow to cool & cut into pieces & serve.
Besan	50 g	100 g	150 g	
Melted ghee	50 ml	100 ml	150 ml	
Powdered Sugar	50 g	100 g	150 g	
Milk	¼ cup	¼ cup	½ cup	

Menu	SC6	Nariyal Burfi	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add ghee & fresh grated coconut. Mix well. 2. Select category & weight and press start. 3. When beeps, add Condensed Milk (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.
Grated coconut	100 g	200 g	300 g	
Condensed Milk (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	

Menu	SC7	Sandesh	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add grated paneer, khoa, rose water & Condensed Milk (Milkmaid) Mix well. 2. Select menu & weight and press start. 3. When beeps, stir well & press start. 4. Allow to cool. Hang in Muslin cloth for 20 minutes if it is too wet. Make balls out of the mixture & roll them in elaichi powder & chopped pista. Refrigerate till set.
Paneer (grated)	200 g	300 g	400 g	
Condensed Milk (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	

Menu	SC8	Shahi Rabdi			Weight Limit	0.3 kg		
Utensil: Microwave safe (MWS) bowl								
Instructions					Method:			
For		0.3 kg			<ol style="list-style-type: none"> 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 category & press start. 4. Serve chilled garnished with chopped pistachios. 			
Milk		1 cup						
Grated paneer		1 cup						
Condensed milk		½ cup						
Deshi 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						
Menu	SC9	Payasam			Weight Limit	0.1 ~ 0.3 kg		
Utensil: Microwave safe (MWS) bowl								
Instructions					Method:			
For	0.1 kg	0.2 kg	0.3 kg		<ol style="list-style-type: none"> 1. In a MWS bowl take ghee, soaked rice, milk, sugar & water & cover it. 2. Select category & weight and press start. 3. When beeps, add more milk, dry fruits, kesar, elaichi powder. Mix well & press start. Stand for 5 minutes. Sprinkle kewada jal on it. Serve hot or chilled. 			
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					
Menu	SC10	Kaddu Kheer					Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) glass bowl								
Instructions							Method:	
For		0.5 kg					<ol style="list-style-type: none"> 1. In a MWS glass bowl add milk & Condensed Milk (Milkmaid), grated kaddu. Select category & press start. 2. When beeps, mix well. Press start. 3. When beeps, mix well & add dry fruits. Press start. Serve it chilled or hot. 	
Milk		300 ml						
Grated kaddu		200 g						
Condensed Milk (Milkmaid)		150 g						
Dry fruits (Kaju, kishmish, pista)	As required							
Menu	SC11	Seviyan Zarda			Weight Limit	0.2 kg		
Utensil: Microwave safe (MWS) glass bowl								
Instructions					Method:			
Roasted Seviyan		200 g			<ol style="list-style-type: none"> 1. In a MWS glass bowl add sugar & water. Select category & press start. 2. When beeps, add rose essence, cardamom powder, seviyan to the bowl. Press start. Give standing time of 3 minutes. Garnish with almonds & pista & serve. 			
Sugar		5 tbsp						
Water		3 cups						
Rose essence		A few drops						
Almonds		A few						
Chopped pista		A few						
Elaichi powder		½ tsp						
Ghee		1 ½ tbsp						
Menu	SC12	Burfi			Weight Limit	0.3 kg		
Utensil: Microwave safe (MWS) flat glass dish								
Instructions					Method:			
For		0.3 kg			<ol style="list-style-type: none"> 1. In a bowl mix milk powder, corn flour, Condensed Milk (Milkmaid) & cream. Beat well till smooth. 2. Pour the mixture in a MWS flat glass dish. Select category & 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. 			
Milk powder		100 g						
Condensed Milk (Milkmaid)		100 ml						
Cream		100 ml						
Corn flour		4 tbsp						
Chopped almonds & pistas	As required							
Menu	SC13	Kalakand					Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl								
Instructions					Method:			
Grated Paneer	0.1 kg	0.2 kg	0.3 kg		<ol style="list-style-type: none"> 1. In Microwave Safe Bowl take grated paneer, Condensed Milk (Milkmaid), milk powder, cornflour, Elaichi powder. Mix well, select category & weight and press start. 2. When beeps, mix it again and press start. 3. When set cut into pieces. Garnish with dry fruits. 			
Condensed Milk (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					

Menu	SC14	Kaju Burfi	Weight Limit	0.4 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.4 kg	<ol style="list-style-type: none"> 1. Take kaju in a spice-grinder & make a fine powder and keep aside. 2. In a MWS glass bowl take powdered sugar & water. Stir very well. Select category & press start. 3. When beeps, stir very well & dissolve all the sugar. Add kaju powder & stir till all the lumps are removed. Keep stirring till the paste becomes like a dough (ball formation stage). 4. Grease the kitchen-slab (marble top) a little with ghee. Take the dough & roll out to 1" thickness carefully. Cut the kaju burfi in desired square or diamond shape & decorate with vark and serve. 	
Kaju		2 cups		
Powdered sugar		1½ cup		
Water		½ cup		

Menu	SC15	Badam Halwa	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. Remove the skin from badam & grind them to a fine paste adding milk. Take out this paste in a MWS glass bowl. 2. Add desi ghee to the paste & mix well. Select category & weight and press start. 3. When beeps, stir very well & again press start. 4. When beeps, stir very well. Add sugar & milk (for cooking). Again mix well & press start. Give standing time of 5-6 minutes & mix well. Garnish with slivered almonds & serve badam halwa hot.
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		

Charcoal/Indian Cuisine

Rice Delight

Menu	rd1	Chicken Biryani	Weight Limit	0.1 ~ 0.5 kg		
Utensil: Microwave safe (MWS) bowl						
Instructions			Method:			
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> 1. Marinade the chicken & keep it in refrigerator for 1 hour. 2. In a MWS bowl add oil, chopped onions & marinated chicken & cover. Select category & weight and press start. 3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover & press start. Stand for 5 minutes. Serve hot.
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g	
Boneless chicken	100 g	200 g	300 g	400 g	500 g	
For Marinade						
Hung curd	½ cup	1 cup	1½ cup	2 cup	2½ cup	
Tomato puree	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp	
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp	
Salt, garam masala, coriander powder, red chilli powder, turmeric powder	As per taste					
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp	
Onion	½ cup	1 cup	1 cup	1½ cup	1½ cup	
Salt	If required					
Coriander leaves	A few springs					
Water	200 ml	400 ml	600 ml	650 ml	750 ml	

Menu	rd2	Gosht Dum Biryani	Weight Limit	0.1 ~ 0.5 kg		
Utensil: Microwave safe (MWS) bowl						
Instructions			Method:			
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton & cover. Select category & weight and press start. 2. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala & cover. Press start. Stand for 5 minutes. Serve hot.
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	

Menu	rd3	Malabar Biryani					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> 1. Marinate the chicken & refrigerate it for 1 hour. 2. In a MWS bowl add oil, onion, chopped coriander & mint leaves, biryani masala & salt. Mix, select category & weight & press start. 3. When beeps, remove the bowl & in another MWS bowl add soaked rice, water, tomato, curd, mix & cover. Press start. 4. When beeps, add the marinated chicken to the first bowl. Cover & press start. Stand for 5 minutes. Serve hot. 		
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g			
Boneless chicken	100 g	200 g	300 g	400 g	500 g			
For Marinade								
Salt, red chilli powder, turmeric powder	As per taste							
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Salt, biryani masala	As per taste							
Curd	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Sliced tomato	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.			
Sliced onion	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.			
Water	200 ml	400 ml	600 ml	650 ml	750 ml			

Menu	rd4	Pineapple Fried Rice					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add oil, mix vegetables, red chilli powder, soy sauce, chilli sauce. Mix & select category & weight & press start. 2. When beeps, remove, in another MWS bowl add rice & water & press start. 3. When beeps, add the boiled rice to the vegetables, add pineapple pieces. Mix & press start. Stand for 5 minutes. 		
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			
Red chilli powder, chilli sauce, soya sauce	As per taste							
Water	200 ml	400 ml	600 ml	650 ml	750 ml			

Menu	rd5	Veg Pulao					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables. 2. Select category & weight and press start. 3. When beeps, mix well & add rice, water, salt, garam masala, red chilli powder. Press start. Mix well. Stand for 5 minutes. 		
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g			
Water	200 ml	400 ml	600 ml	650 ml	750 ml			
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Jeera, laung, tej patta, salt, garam masala, red chilli powder	As per taste							
Mix veg - Gobhi, matar, gajar, french beans etc.	½ cup	1 cup	1½ cup	2 cup	2½ cup			

Menu	rd6	Veg Tahiri					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables. 2. Select category & weight and press start. 3. When beeps, mix well & add rice, water, salt, garam masala, haldi, red chilli powder. Press start. Mix well. Stand for 5 minutes. Serve hot. 		
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g			
Water	200 ml	400 ml	600 ml	650 ml	750 ml			
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Jeera, laung, tej patta, salt, garam masala, haldi, red chilli powder	As per taste							
Mix veg - Gobhi, matar, gajar, tomato, potato etc.	½ cup	1 cup	1½ cup	2 cup	2½ cup			

Menu	rd7	Pepper Rice			Weight Limit	0.1 ~ 0.3 kg	
Utensil: Microwave safe (MWS) bowl							
Instructions					Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	1. In a MWS bowl add oil, dry red chilli, green chilli, chopped garlic, mustard seeds, black gram dal, Bengal gram dal, curry leaves. Select category & weight and press start.		
Soaked Rice (2 hours)	100 g	200 g	300 g	400 g	2. When beeps, add soaked rice, water, ghee, salt, black pepper powder. Mix well & press start. Stand for 5 minutes. Add grated coconut & serve hot.		
Water	200 ml	400 ml	600 ml	800 ml			
Dry coconut	2 tbsp	3 tbsp	4 tbsp	5 tbsp			
Green chilli (Chopped)	2 nos.	3 nos.	4 nos.	5 nos.			
Garlic (Chopped)	2 cloves	3 cloves	4 cloves	5 cloves			
Ghee	1 tbsp	2 tbsp	3 tbsp	4 tbsp			
Salt	As per taste						
Black pepper powder	As per taste						
Seasoning							
Mustard seeds	½ tsp	1 tsp	1½ tsp	2 tsp			
Black gram dal	½ tsp	1 tsp	1½ tsp	2 tsp			
Bengal gram dal	½ tsp	1 tsp	1½ tsp	2 tsp			
Curry leaves	A few leaves						
Dry Red Chilli	1 no.	2 nos.	3 nos.	4 nos.			
Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp			

Menu	rd8	Zafrani Pulao					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	1. In a MWS bowl add ghee & rice. Mix well. select category & weight and press start.		
Basmati rice	100 g	200 g	300 g	400 g	500 g	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.		
Melted ghee	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp			
Nutmeg powder, cardamom 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							

Menu	rd9	Bengali Biryani					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	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.		
Basmati Rice (Cooked)	100 g	200 g	300 g	400 g	500 g	2. In a MWS bowl take soaked rice, water, select category & weight & press start.		
Fish (Hilsa)	250 g	350 g	450 g	550 g	650 g	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.		
Desi Ghee	1 tbsp	2 tbsp	2 tbsp	3 tbsp	3 tbsp	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.		
Onion (sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.	5. Serve hot with curd or gravy of your choice.		
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			

Menu	rd10	Khumb Pulao					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	1. In a MWS bowl add oil, chopped garlic & spring onions. Select category & weight and press start.		
Basmati Rice (Soaked)	100 g	200 g	300 g	400 g	500 g	2. When beeps, mix well & add mushrooms. Press start.		
Sliced mushrooms	50 g	100 g	150 g	200 g	250 g	3. When beeps, mix well & add rice, milk, water, salt & pepper. Press start. Stand for 3 minutes.		
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							

Menu	rd11	Tiranga Pulao			Weight Limit	0.2 ~ 0.4kg			
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) glass bowl									
Instructions					Method:				
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> 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. In a MWS bowl take soaked rice & water. Add ¼ salt. Select category & weight and press start. When beeps, remove the MWS bowl & drain excess water from the rice. Divide the cooked rice into 3 equal parts. Cover them. In another MWS bowl add oil/ghee, grated beet root, sliced onion, laung, elaichi & salt. Mix well. Press start. When beeps, remove the MWS bowl and in a MWS glass bowl add oil/ghee & cashewnuts. Press start. 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 cashewnuts. Take square / rectangular dish & arrange the red coloured layer first, white layer in the centre & green layer in the end. Serve them hot. 					
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									
Beet 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, dalcini, chhoti elaichi	As requisite								
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	1 cup	1 cup						
Coriander leaves	½ cup	1 cup	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								

Menu	rd12	Egg Biryani			Weight Limit	0.1 ~ 0.3kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS bowl take soaked rice, water. Select category & weight and press start. 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. When beeps, add boiled eggs (cut into 2) & boiled rice to the sliced onions. Mix well without breaking the eggs. Press start. Serve egg biryani hot with plain curd or raita. 		
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.			

Menu	rd13	Achari Chana Pulao			Weight Limit	0.1 ~ 0.3kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS bowl take soaked rice & water. Select category & weight and press start. 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. When beeps, add onion-mixture to the cooked rice, also add mango pickle paste & all the spices. Mix very well & press start. Serve achari chana pulao hot with fresh curd. 		
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.			

Menu	rd14	Methi Rice			Weight Limit	0.1 ~ 0.3kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS bowl take soaked rice & water. Select category & weight and press start. 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. When beeps, add methi leaves to cooked rice, add all the spices. Mix very well. Press start. Serve rice hot with curd or raita. 		
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			

Menu	rd15	Coconut Rice			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS bowl take soaked rice coconut milk & water. Select category & weight and press start. 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. 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. 		
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			

Charcoal/Indian Cuisine

Chatpat Corner

Menu	CC1	Apple Tomato Chutney	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Apple pieces		150 g	<ol style="list-style-type: none"> In a MWS glass bowl put apple, tomato, green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start. When beeps, add ground mixture and press start. Garnish with chopped coriander. 	
Tomato pieces		150 g		
Green chillies, Salt, Sugar		As per your taste		
Oil		2 tbsp		
For Tempering : Rai, Jeera, Hing etc.				

Menu	CC2	Lemon Pickle	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Lemon pieces		150 g	<ol style="list-style-type: none"> Cut lemon and remove seeds. In MWS glass bowl add lemon pieces, sugar, salt and chilli powder. Select category and press start. Store it in a bottle after it cools. 	
Sugar		150 g		
Chilli powder, Salt		As per your taste		
For Tempering : Rai, Jeera, Hing etc.				

Menu	CC3	Mix Veg. Pickle	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> In a MWS glass bowl put vegetables cut in long strips. Cover and keep it in Microwave. Select category and press start to cook. When it gives a beep, remove. In another 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. 	
Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)		300 g		
Lemon juice		2 tbsp		
Salt, Chilli powder, Sugar, Pickle Masala		As per your taste		
Oil		2 tbsp		
For tempering : Rai, Jeera, Hing etc.		As required		

Menu	CC4	Pizza Sauce	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Tomato		200 g	<ol style="list-style-type: none"> In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select category & press start to cook. 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. When cooking ends, the sauce is ready. 	
Onion		1 No.		
Salt, Sugar, Ajwain, Oregano, Basil leaves		As per your taste		
Garlic pods		7-8 nos.		
Oil		2 tbsp		

Menu	CC5	Tomato Sauce	Weight Limit	0.5 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Tomato		500 g	<ol style="list-style-type: none"> In a MWS glass bowl put tomato pieces, cover and keep it in a Microwave. Select category & press start to cook. When beeps, remove, allow to cool and grind it in a mixer. Strain it. Add salt, sugar, garam masala. Mix well. Press start. 	
Onion		1 No.		
Chilli powder, Salt, Sugar		As per your taste		
Chopped ginger and garlic		2 tbsp		
Garam masala		1 tsp		
Menu	CC6	Masala Chutney	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Chana Daal, Urad Daal		100 g each	<ol style="list-style-type: none"> In a MWS bowl put daals and keep it in Microwave. Select category & press start to cook. When beeps, remove. Add the rest of the ingredients and keep it in microwave and press start. Remove, cool it and grind it in a mixer adding required amount of water. This chutney can be served with Idly, Parantha or Rice. 	
Grated dry coconut		100 g		
Sesame, Salt, Sugar, Turmeric, Dhaniya powder, Jeera powder, Curry leaves, Methi seeds		As per your taste		
Oil		1 tsp		
Menu	CC7	Lehsun ki Chutney	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
Chopped tomatoes		2 nos.	<ol style="list-style-type: none"> In a MWS bowl mix all the ingredients. Select category & press start. Remove when cooking ends. Allow to cool. Grind it & serve as an accompaniment. 	
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		
Menu	CC8	Manchurian Sauce	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> In a MWS bowl add all the ingredients. Select category & press start. 	
Water		1½ cups (300 ml)		
Vinegar sauce		1 tbsp		
Soya sauce		1 tsp		
Tomato sauce		½ cup		
Cornflour		2 tbsp + ½ cup water		
Menu	CC9	Aam Ki Chutney	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> In a MWS bowl mix all the ingredients. Cover. Select category & press start. 	
Aam (peeled & chopped)		300 g		
Kishmish (seedless & chopped)		25 g		
Chopped ginger & garlic		2 tsp		
Tamarind pulp		1 tbsp		
Salt & sugar		As per taste		
Menu	CC10	Coconut Chutney	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> Grind grated coconut, chopped green chillies, ginger, roasted split gram dhal, salt together in a blender. In a MWS glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select category & press start. Pour the tempering over the chutney & serve. 	
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		

Indian Roti Basket/Ghee

In the following example, show you how to cook 2 pcs of Naan.

1. Press STOP/CLEAR.

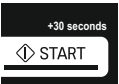


2. Press Indian Roti Basket/Ghee.



3. The display will show "br1".

4. Press START/+30 seconds.



! NOTE

- Indian Roti Basket/Ghee menus are programmed.
- Indian Roti Basket/Ghee cook allows you to cook most of your favorite food by selecting the food type and the weight of the food.

Menu	br1	Naan	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & baking soda & add to the dough. Mix it well & knead a soft dough adding the milk & water (if required). After making the dough add melted butter & knead the dough again. Keep the dough covered in a warm place for about 1-2 hours to ferment properly. Keep the tawa on low rack & keep inside the microwave. select category & press start. Divide the dough into 10 equal portions/balls. (approx. of 40 g each). Roll out each portion in an oblong shape. Brush with melted butter & sprinkle onion seeds on the top. When beeps, keep 2 rolled out naan on the tawa & press start. Serve hot with gravy curry for your choice. <p>Note: Grease the surface with little oil to prevent the naan from sticking while rolling.</p>	
Refined flour (Maida)		225 g		
Curd		4 tbsp		
Milk		100 ml		
Butter		1 tbsp		
Salt		1/8 tsp		
Castor Sugar		1 tsp		
Baking powder		½ tsp		
Butter (Melted)		1 tsp		
Baking Soda		¼ tsp		
Onion seeds		1 tsp		

Menu	br2	Lachha Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & then water & knead a soft dough. Keep tawa on low rack, keep inside the microwave. select category & press start. Divide the dough into 11-12 equal portion (approx of 45-46 g). Roll out each portion to a diameter of 6" spread ½ tsp ghee/oil all over & dust some dry flour. Fold to half & again repeat the same procedure. So that you get a long strip (like a fan). Apply few drops of ghee on the strip. again roll the strip to form a ball. Roll out the ball to 5" diameter for lachha parantha. When beeps, keep 2 rolled out lachha parantha on tawa & press start. When beeps, turn the paranthas & again press start. Make all lachha paranthas following the same procedure. Apply some ghee on top (optional) & crush the parantha slightly to open up the layers. Serve hot with gravy/curry of your choice. Wrap in foil & store. 	
Whole wheat flour		2 cups		
Salt		½ tsp		
Ghee		2 Tbsp		
Milk		½ cup		
Water		½ cup		

Menu	br3	Appam	Weight Limit	1 Pc
Utensil: Multicook Tawa & High Rack*				
Instructions			Method:	
For		Batter	<ol style="list-style-type: none"> Grind together soaked rice, cooked rice & coconut shaving till get a fine thick paste. Do not add too much water. Instead use coconut water for grinding & diluting. Batter should have a consistency similar to dosa batter or slightly thickened. Add the yeast (diluted in 2 tbsp coconut water) & salt & sugar to taste. Allow the batter to ferment at room temperature for atleast 6-8 hours. Keep the tawa on high rack, keep inside the microwave. Select category & press start. When beeps, pour ½ cup batter (approx 100 ml) on tawa & spread evenly to a circle keep on the rack & press start. When beeps, turn the appam carefully without breaking. Press start. Serve hot with coconut chutney or veg stew. <p>Note: While pouring the appam batter, try to make a thin size appam. It should not be very thick.</p>	
Rice (soaked for 5-6 hours)		1 cup		
Cooked rice (Boiled)		½ cup		
Fresh coconut shavings		2 cups		
Yeast		¼ tsp		
Coconut water		To dissolve yeast & for diluting the batter		
Salt & Sugar		As per taste		

Menu	br4	Masala Roti	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl combine whole wheat flour, besan, chopped onion, chopped green chillies, coriander leaves & all the spices. Rub in ghee & curds. Mix well & knead soft dough adding the water. Knead the dough again after adding oil. Keep the dough covered for 5-10 minutes. Keep the tawa on low rack. Keep inside the microwave Select category & press start. Divide the dough into 7 equal portions (approx of 60g each). Roll out each portion into a diameter of 5 inches. use little dry flour while rolling the roti to prevent it from sticking to surface. When beeps keep 2 rolled out roties on tawa & press start. When beeps, turn & again press start. Make all the roties following the same procedure. Serve hot with pickle or curd. Wrap in foil & store. 	
Whole wheat flour		1 cup		
Besan		¾ cup		
Finely copped onion		1 no. (medium)		
Finely chopped green chilli		2 no.		
Black pepper powder		1 tsp		
Red chilli powder		1 tsp		
Garam Masala		½ tsp		
Ghee		1 tbsp		
Salt		As per taste		
Fresh Curd		¼ cup		
Water (to knead dough)		¼ cup		
Oil		½ tsp		
Coriander leaves (Chopped)		2 tbsp		

* Refer Page 107, fig 1

* Refer Page 107, fig 2

Menu	br5	Missi Roti	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack [*]				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl add all the ingredients of the dough & knead it by rubbing in the oil in the flour & slowly adding water to make a soft dough. Divide the dough into, 11 equal portions (each approx 50g) grease the surface on which roti will be rolled with little oil. Take the dough & roll out the roti to 5 diameter. Keep the tawa on low rack & put few drops of oil & spread. Select category & keep the tawa & low rack inside the microwave & press start. When beeps, keep the rolled out missi roties on the tawa & press start. When beeps, add ½ tsp oil on the roties & turn over. Press start. Wrap in foil & store. 	
Wheat flour		1½ cups		
Besan		1½ cups		
Oil		4 Tbsp		
Kasuri methi, Red Chilli powder, Salt		As per taste		
Water (for dough kneading)		50 ml		
Curd		½ cup		

Menu	br6	Stuffed Naan	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack [*]				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl add all the ingredients mentioned for filling & mix well & prepare the stuffing for naan. In another bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & Baking Soda & add to the dough. Mix well & knead & soft dough adding the milk & water (if required). Add melted butter & again knead the dough. Keep the dough covered in a warm place of about 1-2 hours to ferment properly. Keep the tawa on low rack. Keep inside the microwave. Select category & press start. Divide the dough into 10-11 equal portions (approx 40 gg each) Roll out a portion & put 2 tbsp stuffing & fold from all sides & again make a ball. Roll out again to an oblong shape. Brush the top with melted butter & sprinkle onion seeds. When beeps, keep 2 rolled out naans on tawa & press start. Make all other naans following the same procedure. Serve hot with the gravy/curry of your choice. Note: Grease the surface with little oil to prevent the naan from sticking to the surface while rolling. 	
Refined flour (maida)		225 g		
Curd		4 tbsp		
Milk		100 ml		
Butter		1 tbsp		
Salt		1/8 tsp		
Castor Sugar		1 tsp		
Baking powder		½ tsp		
Butter (melted)		1 tsp		
Baking Soda		¼ tsp		
Onion seeds		1 tsp		
For filling				
Grated Paneer		150 g		
Chopped onions		1 no (medium)		
Chopped green chilli		2 nos.		
Coriander leaves (Chopped)		A few sprigs		
Red Chilli powder, salt, garam masala, anardana powder		As per taste		

Menu	br7	Khasta Paratha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack [*]				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> Mix whole wheat flour, melted butter, salt in a bowl. Gradually add buttermilk to form a firm dough. Add more buttermilk (if required). After kneading lightly on a floured surface, form into a smooth ball. Allow the dough to rest for 20 minutes covered. Divide whole dough into 8 equal portion (45g). On a lightly floured surface, roll out each portion into 5" diameter rounds. Keep the tawa on low rack & select category & keep the tawa inside the microwave & press start. When beeps, put 2 parathas on tawa & press start. When beeps, smear with ½ tsp oil & turn over & press start. Wrap in foil & store. 	
Whole wheat flour		1½ cup		
Melted butter		1/3 cup		
Salt		As per taste		
Buttermilk		½ cup		

Menu	br8	Pudina Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & High Rack [*]				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> Wash & put dry & chop mint leaves finely. In a bowl combine wheat flour, mint leaves, salt, butter, chaat masala, gradually add water & knead a soft dough. Keep the dough covered for 5-7 minutes. Keep the tawa on high rack. Keep inside the microwave Select category & press start. Divide the dough into 5-6 equal sized portions. Roll out each dough into a diameter of 6". Spread ½ tsp oil/ghee all over & dust with some dry pudina powder, fold the rolled out chapati like a fan & again make a ball & again roll out the ball to a measure of 5" diameter. When beeps keep 2 rolled out paranthas on tawa & press start. When beeps apply ¼ tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the similar procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour		1 cup		
Mint leaves		½ cup		
Salt		As per taste		
Butter		2 tbsp		
Chaat Masala		2 tsp		
Oil/ghee		2 tsp		
Dry pudina powder		1 tbsp		
Water		As required to make the dough		

^{*} Refer Page 107, fig 1
^{*} Refer Page 107, fig 2

Menu	br9	Rajma Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & High rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl combine wheat flour boiled & mashed rajma, soyabean flour, tomato puree, chopped green chilli, coriander leaves, freshly crushed mint leaves, Anardana, oil, red chilli powder, salt. Mix & gradually add water & knead a soft dough. Keep the tawa on high rack. Keep inside the microwave. Select category & press start. Divide the dough into 6-7 equal sized portions (approx of 45g). Roll out each dough into 5" diameter circle. When beeps keep 2 rolled out paranthas on tawa & press start. When beeps, turn the paranthas. Press start. Make all the paranthas with the similar procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Boiled Rajma		1/3 cup		
Whole Wheat flour (atta)		1 cup		
Soyabean flour		2 Tbsp		
Chopped green chillies		3-4 nos.		
Fresh mint leaves		8-10 nos.		
Anardana (Crushed)		1 tsp		
Red Chilli Powder		1 tsp		
Tomato Puree		2 tbsp.		
Salt		As per taste		
Oil		2 tsp		
Coriander leaves (Chopped)		2 tbsp		
Water		To knead to dough		

Menu	br10	Paneer Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands, gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multicook tawa with ¼ tsp ghee & keep on low rack. Keep the high rack & tawa inside the microwave. Select category and press start. Take 35g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tsp stuffing & seal it carefully & roll it again slightly to 5" diameter. When beeps, keep 2 rolled out paranthas on preheated tawa & high rack & keep inside the microwave and press start. When beeps, apply ¼ tsp ghee on top of paranthas & turn and press start. Serve the paneer paranthas hot with fresh curd. 	
Whole wheat flour (atta)		2 cups		
Desi ghee		1 tbsp + 1 tsp		
Salt		A pinch		
Water (to knead dough)		1 cup (200 ml)		
For stuffing				
Grated paneer		2 cups		
Chopped green chilli (deseeded)		3 nos.		
Chopped coriander leaves		2 tbsp		
Salt, red chilli powder, garam masala		As per taste		
Anardana powder		1 tsp		

Menu	br11	Kulche	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a cup/bowl take 50 ml lukewarm water & add sugar. Stir well. Add dry yeast & stir again to dissolve. Keep aside for at least 5-7 minutes. In a bowl take maida, salt & fresh cream. Mix well with hands. Add the yeast water & knead a firm dough. Pour ½ tsp oil & knead again. Divide the dough into 4 equal portions (approx. 60 g each). Make balls & apply butter on top & sprinkle kalonji (onion seeds) & fresh coriander leaves on top. Press with fingers & dust with maida & roll out each ball into a diameter of 5". Keep the rolled dough on dusted multi cook tawa. Keep them covered in dark & warm place for at least 30 minutes. Select category & press start. When beeps, keep tawa with rolled doughs & press start. Apply butter on top of kulchas or roast them a little & serve them hot with chhole. 	
Maida		1 cup		
Salt		A pinch		
Fresh cream		2 tbsp		
Lukewarm water		50 ml		
Sugar		1 tbsp		
Dry yeast		1 tsp		
Oil		½ tsp		
Kalonji (onion seeds)		As required		
Coriander leaves		As required		

Menu	br12	Daal Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, combine wheat flour, daal, chopped green chilli, coriander leaves, anardana powder, oil, red chilli powder, salt. Mix and gradually, add water and knead a dough. Keep tawa on low rack. Keep inside microwave. Select menu & press start. Divide dough into 6 to 7 equal size portions (approximate 35 to 40 gram). Rollout each dough into ovalar shape of length 15cm length. When beeps keep to rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Boiled Daal/Left over daal		1/3rd cup		
Whole wheat flour(aata)		1 cup		
Chopped green chillies		3 to 4 no.		
Anardana powder		1 tsp		
Red chilli powder		1 tsp		
Salt		As per taste		
Oil		2 tsp		
Coriander leaves		Chopped		
Water		To knead dough		

* Refer Page 107, fig 1
* Refer Page 107, fig 2

Menu	br13	Aloo Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack ^a				
Instructions			Method:	
For Dough				
Whole wheat flour(aata)		2 cups	<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Desi ghee		1 tbsp + 1 tsp		
Salt		A pinch		
Water (to knead dough)		1 cup (200 ml)		
For Stuffing				
Boiled & mashed potato		2 cups		
Chopped green chilli (deseeded)		3 nos.		
Chopped coriander leaves		2 tbsp		
Salt, Red chilli powder, Garam masala		As per taste		
Anardana powder		1 tsp		
Water		To knead dough		

Menu	br14	Palak Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack ^a				
Instructions			Method:	
For Dough				
Whole wheat flour(aata)		2 cups	<ol style="list-style-type: none"> Take boiled spinach leaves & puree the spinach in a blender. In a bowl combine wheat flour, salt, hing, ajwain, spinach puree, red chilli powder & garam masala and knead a soft dough. Keep the dough covered for 5 to 7 minutes. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Palak (boiled)		250 g		
Green chilli chopped		2 nos.		
Ajwain		1/4 tsp		
Hing		A pinch		
Salt, Red chilli powder, Garam masala		As per taste		
Oil/Ghee		2 tsp		
Water		To knead dough		

Menu	br15	Gobhi Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack ^a				
Instructions			Method:	
For Dough				
Whole wheat flour(aata)		2 cups	<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Desi ghee		1 tbsp + 1 tsp		
Salt		A pinch		
Water (to knead dough)		1 cup (200 ml)		
For Stuffing				
Grated Gobhi		2 cups		
Chopped green chilli (deseeded)		3 nos.		
Chopped coriander leaves		2 tbsp		
Salt, Red chilli powder, Garam masala		As per taste		
Anardana powder		1 tsp		
Water		To knead dough		

Menu	br16	Ajwain Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack ^a				
Instructions			Method:	
For Dough				
Whole wheat flour(aata)		2 cups	<ol style="list-style-type: none"> In a bowl combine wheat flour, salt, 1 tsp oil, water to knead a soft dough. Keep the tawa on low rack, keep inside microwave. Select menu & press start. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over & dust with some ajwain and salt, fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm(oval shape). When beeps keep 2 rolled out paranthas on tawa & press start. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Ajwain		2 tsp		
Salt, Red chilli powder, Garam masala		As per taste		
Water		To knead dough		

^a Refer Page 107, fig 1

Menu	br17	Pyaz Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low rack ^a				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Desi ghee	1 tbsp + 1 tsp			
Salt	A pinch			
Water (to knead dough)	1 cup (200 ml)			
For Stuffing				
Grated Pyaaz	2 cups			
Chopped green chilli (deseeded)	3 nos.			
Chopped coriander leaves	2 tbsp			
Salt, Red chilli powder, Garam masala	As per taste			
Anardana powder	1 tsp			

Menu	br18	Chatpata Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low rack ^a				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl combine wheat flour, salt, amchoor, 1 tsp oil, water to knead a soft dough. Keep the tawa on low rack, keep inside microwave. Select menu & press start. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over & dust with some chaat masala fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm(oval shape). When beeps keep 2 rolled out paranthas on tawa & press start. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Amchoor	1/2 tsp			
Chaat Masala	1 tsp			
Salt, Red chilli powder, Garam masala	As per taste			
Water	To knead dough			

Menu	br19	Aloo Gobhi Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low rack ^a				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly into 15cm oval length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn parantha. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Desi ghee	1 tbsp + 1 tsp			
Salt	A pinch			
Water (to knead dough)	1 cup (200 ml)			
For Stuffing				
Boiled & mashed potato	1 cup			
Boiled & grated gobhi	1 cup			
Chopped green chilli (deseeded)	3 nos.			
Chopped coriander leaves	2 tbsp			
Salt, Red chilli powder, Garam masala	As per taste			
Anardana powder	1 tsp			

Menu	br20	Methi Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low rack ^a				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Desi ghee	1 tbsp + 1 tsp			
Salt	A pinch			
Water (to knead dough)	1 cup (200 ml)			
For Stuffing				
Chopped Methi	2 cups			
Chopped green chilli (deseeded)	3 nos.			
Salt, Red chilli powder, Garam masala	As per taste			
Water	To knead dough			

^a Refer Page 107, fig 1

Menu	br21	Cabbage Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack ⁶				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Desi ghee	1 tbsp + 1 tsp			
Salt	A pinch			
Water (to knead dough)	1 cup (200 ml)			
For Stuffing				
Grated Cabbage	2 cups			
Chopped green chilli (deseeded)	3 nos.			
Chopped coriander leaves	2 tbsp			
Salt, Red chilli powder, Garam masala	As per taste			
Anardana powder	1 tsp			
Water	To knead dough			

Menu	br22	Corn Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack ⁶				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Desi ghee	1 tbsp + 1 tsp			
Salt	A pinch			
Water (to knead dough)	1 cup (200 ml)			
For Stuffing				
Boiled & mashed corns	2 cups			
Chopped green chilli (deseeded)	3 nos.			
Chopped coriander leaves	2 tbsp			
Salt, Red chilli powder, Garam masala	As per taste			
Anardana powder	1 tsp			
Water	To knead dough			

Menu	br23	Carrot Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack ⁶				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Desi ghee	1 tbsp + 1 tsp			
Salt	A pinch			
Water (to knead dough)	1 cup (200 ml)			
For Stuffing				
Grated Carrot	2 cups			
Chopped green chilli (deseeded)	3 nos.			
Chopped coriander leaves	2 tbsp			
Salt, Red chilli powder, Garam masala	As per taste			
Anardana powder	1 tsp			
Water	To knead dough			

Menu	br24	Pea Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack ⁶				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Desi ghee	1 tbsp + 1 tsp			
Salt	A pinch			
Water (to knead dough)	1 cup (200 ml)			
For Stuffing				
Boiled & mashed pea	2 cups			
Chopped green chilli (deseeded)	3 nos.			
Chopped coriander leaves	2 tbsp			
Salt, Red chilli powder, Garam masala	As per taste			
Anardana powder	1 tsp			
Water	To knead dough			

⁶ Refer Page 107, fig 1

Menu	br25	Mushroom Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low rack*				
Instructions			Method:	
For Dough				
Whole wheat flour(aata)		2 cups	<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Desi ghee		1 tbsp + 1 tsp		
Salt		A pinch		
Water (to knead dough)		1 cup (200 ml)		
For Stuffing				
Boiled & mashed Mushrooms		2 cups		
Chopped green chilli (deseeded)		3 nos.		
Chopped coriander leaves		2 tbsp		
Salt, Red chilli powder, Garam masala		As per taste		
Anardana powder		1 tsp		
Water		To knead dough		

Ghee

Indian Roti Basket/Ghee

Menu	Gh1	Ghee	Weight Limit	500 g
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Malai/Cream (Fresh or collected over a week)		500g	<ol style="list-style-type: none"> In a big vessel put all the malai & blend with a hand mixer till it solidifies into butter & separates from residual liquid. Wash this white butter in cold water as couple of times, so as to remove any remaining smell of milk. Now collect all the butter in a MWS glass bowl & keep in the microwave. Select menu & press start. When beeps, stir it properly with the spoon (not plastic) & again press start. After beeps, allow it to stand for 5 minutes & then strain it through stainless steel strainer into a glass jar & then store it. 	
Cold water		As required		

* Refer Page 107, fig 1

Diet Fry/Low Calorie

In the following example, show you how to cook
0.4 kg of Chicken 65.

1. Press STOP/CLEAR.



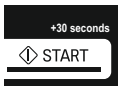
2. Press Diet Fry/Low Calorie.



3. Turn DIAL until display show "dF8".



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



5. *Turn DIAL until display show "0.4 kg"



6. Press START/+30 seconds.



For Low Calorie

7. If you want to select Low Calorie, Press the button twice, the display will show "HP1"
8. Turn the dial to select HP1 to Co24.
9. Again follow step 4 to 6.

! NOTE

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

* Note: If the recipe has single weight e.g.
"dF4" Samosa-8pc, do not follow step 4, 5. Directly go to step 6.

Menu	dF1	Chicken Nuggets	Weight Limit	0.1-0.3 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	
Boneless Chicken	100 g	150 g	200 g	
Bread slice	1 no.	2 nos.	2 nos.	
Pepper corns	4-5	5-6	6-7	
Cloves	2-3	3-4	4-5	
Garlic paste	½ tsp	1 tsp	1½ tsp	
Olive oil	1 tsp	1½ tsp	2 tsp	
Salt	As per taste			
Chopped garlic	2 cloves	3 cloves	4 cloves	
			<ol style="list-style-type: none"> In a MWS glass bowl put boneless chicken, pepper corns, clones, olive oil, chopped garlic. Mix well & cover. Select Category & weight, press start. When beeps, remove the bowl from microwave oven, allow to cool & grind everything in a mixer. Take out in the bowl add salt, crumbled bread slices. Mix well. Make small round shaped nuggets from the mixture. Keep on tawa. Place the tawa on high rack. Press start. When beeps, turn the nuggets Press start. Serve them hot with tomato Ketchup & shredded salad. <p>Note: If the mixture of nuggets is too dry, then sprinkle few drops of water to it.</p>	

Menu	dF2	Aloo Chips	Weight Limit	0.2 kg
Utensil: Microwave glass tray				
Instructions			Method:	
For	0.2 kg			
Potato (very thinly sliced)	200 g			
Oil	A few drops			
Salt, Chaat masala (optional)	As per taste			
			<ol style="list-style-type: none"> In a bowl mix very thinly sliced potatoes, salt, chaat masala. Put few drop of oil on the glass tray of the microwave oven & smear it properly throughout. Spread the potato slices throughout the glass tray, select category & press start. Allow the glass tray to cool down. Remove the chips & serve. 	

Menu	dF3	Gujia	Weight Limit	10 Pcs
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For dough				
Maida	100 g			
Desi ghee	1 tbsp & 1 tsp			
Water	To knead the dough			
For stuffing				
Grated Khoya	50 g			
Dessicated coconut	50 g			
Powdered Sugar	50 g			
Elaichi powder	1 tsp			
Kishmish, Chopped, Almonds, Cashew nuts	As required			
			<ol style="list-style-type: none"> In a bowl put all the ingredients of stuffing & mix well. In another bowl put maida, 1 tbsp ghee, gradually add water & knead a soft dough for gujias. Put 1tsp ghee in dough & knead again & keep the dough covered for 15-20 minutes. Divide the dough in small balls of equal size & roll out each ball into a thin circle. *Place the rolled out circle in a *gujia mould & fill the centre with stuffing (as required). Close the gujia mould carefully & press firmly at edges to seal them properly, remove the excess part of the dough bulging out of the mould. Remove the gujia from the mould. Prepare all the gujias in the similar way. Brush the gujias with 2tsp oil. Grease the tawa with ½ tsp oil. Keep on low rack, keep in the microwave. Select category & press start. (Pre-heat) When beeps, place the gujias on tawa & keep on low rack. Press start. <p>*Note: Grease the surface with 1-2 drops of oil before rolling the circle for gujias. *Not provided with LG standard accessories.</p>	

Menu	dF4	Samosa	Weight Limit	8 Pcs
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For Dough				
Wheat flour (Refined)	1 cup			
Melted ghee	½ tbsp			
Oil	for kneading			
Salt	½ tsp			
For stuffing				
Boiled potatoes	2 cup			
Boiled peas	½ cup			
Ginger-green chilli paste	1 tsp			
Amchoor	1½ tsp			
Red chilli powder	1 tsp			
Finely chopped Coriander leaves	2 tbsp			
Jeera	1 tsp			
Oil	2¼ tsp			
			<ol style="list-style-type: none"> Preparation for stuffing - In a MWS glass bowl add oil, jeera, microwave 100% of 3 minutes. Add boiled & mashed potatoes, green chilli & ginger paste, salt, amchoor, red chilli powder, green peas & coriander leaves. Mix well & microwave 100% for 3 minutes. Allow cool. For dough - Combine all the ingredients together in a bowl & knead into a firm dough using enough water. Keep aside covered for 15 minutes Knead again using oil until smooth. Prepare medium size 8 chapatties out of the dough Divide each chapati into 2 halves, make a cone from each half. Stuff each cone with the portion of stuffing, seal the edges carefully using little water. Keep aside. Brush the samosas with 2tsp oil. Grease the tawa with ¼ tsp oil. Keep on low rack & keep the it inside the microwave. Select category & press start. When beeps, keep the samosas on the tawa & press start. Serve with chutney. 	

*Refer Page 107, fig 2

*Refer Page 107, fig 1

Menu	dF5	Bread Pakora	Weight Limit	4 Pc
Utensil: Multicook tawa & High Rack*				
Instructions			Method:	
For		Batter	<ol style="list-style-type: none"> In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well. In another bowl put besan & all spices & gradually add water & make a smooth batter for bread pakoras without any lumps. Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure. Grease the tawa with 2-3 drops oil. Keep the tawa on high rack. Select category the press start. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start. When beeps, turn the bread pakoras. Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup. 	
Besan		1 cup (130 g)		
Water		200 ml		
Salt, haldi, garam masala, red chilli powder,		As per taste		
For filling				
Boiled potatoes		2 nos. (medium)		
Chopped green chillies		2 nos.		
Chopped Coriander		1 tbsp		
Chopped ginger		1 tsp		
Salt, garam masala, red chilli powder		As per taste		
Bread slices		4 nos.		
Oil		2 tsp		

Menu	dF6	Paneer Pakora	Weight Limit	0.4 kg
Utensil: Multicook tawa & High Rack*				
Instructions			Method:	
Paneer (Cut into 1.5" cubes)		400 g	<ol style="list-style-type: none"> In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil. Keep the tawa on high rack. keep inside microwave. Select category & press start. When beeps, place all paneer pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start. When beeps, turn the pakoras & pour 2tsp oil on all pakoras & again press start. Serve hot with Chutney or Sauce. 	
For Batter				
Besan		1 cup (130 g)		
Water		200 ml		
Salt, red chilli powder, haldi, garam masala		As per taste		
Oil		2 tsp		

Menu	dF7	Masala Vada	Weight Limit	5 Pc
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
Soaked chana dal		1 cup	<ol style="list-style-type: none"> Soak the chanas for 3-4 hours. Keep 1 tbsp of soaked chanas aside. In a blender grind soaked chanas, green chillies, cumin seeds, ginger & salt into a coarse paste. (Don't make it into smooth paste). Mix chopped onions, chopped garlic, chopped coriander leaves, soaked chana dal, red chilli powder with the coarse paste. Grease the tawa with 1 tsp of oil. Keep the tawa on low rack. Keep both inside the microwave oven. Select category & press start. When beeps, pour 1 tbsp of paste & spread a little. Same way prepare all the 5 vadas. Press start. When beeps, pour 1 tsp oil on vadas & keep the tawa on high rack. Press start. Serve with sambhar or coconut chutney. 	
Chopped onions, chopped green chillies		½ cup		
Grated ginger		1 tsp		
Cumin seeds		1 tbsp		
Chopped garlic		1 tbsp		
Chopped coriander leaves		3 tbsp		
Salt		As per taste		
Red chillies		As per taste		
Oil		2 tsp		

Menu	dF8	Chicken 65	Weight Limit	0.2 ~ 0.4 kg
Utensil: Multicook tawa & High rack* & Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> Add all the ingredients of marinade in a bowl & mix well. Add boneless chicken pieces & mix and cover. Keep in refrigerator for atleast 30 minutes. Take marinated chicken pieces & place on tawa. Keep tawa & high rack inside the microwave. Select category & weight and press start. When beeps, remove high rack & tawa from microwave. Keep aside. In a MWS glass bowl take oil, mustard seeds, curry leaves, split green chillies & press start. When beeps, add roasted chicken pieces & tomato ketchup to the MWS glass bowl. Mix well & press start. Squeeze lime juice on top & serve immediately.
Chicken boneless (cut in 1½" pieces)	200 g	300 g	400 g	
Oil	1 tbsp	1½ tbsp	2 tbsp	
Curry leaves		As required		
Split green chilli	3 nos.	4 nos.	5 nos.	
Mustard seeds	1 tsp	1½ tsp	2 tsp	
Tomato ketchup	3 tbsp	4 tbsp	5 tbsp	
Lime juice (optional)	1 tsp	2 tsp	3 tsp	
For Marinade				
Hung curd	1 tbsp	1½ tbsp	2 tbsp	
Maida	1 tbsp	1½ tbsp	2 tbsp	
Cornflour	1 tsp	1½ tsp	2 tsp	
Egg (beaten)	½ no.	1 no.	1 no.	
Red food colour		A pinch		
Ginger-garlic paste		As required		
Salt, turmeric powder		As per taste		
Red chilli powder	1 tsp	1½ tsp	1½ tsp	

Menu	dF9	Stuffed Aloo Patties	Weight Limit	3 Pc
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For Patties				
Boiled & mashed potatoes		2 cups	<ol style="list-style-type: none"> 1. Pre-Preparation for Stuffing : In a MWS glass bowl take oil & cumin seeds & microwave 100% for 3 minutes. Add boiled green pea, ginger & green chilli paste, chopped coriander leaves & all spices. Mix well & microwave 100% for 2 minutes. Squeeze fresh lemon juice & mix well. 2. In a bowl take boiled & mashed potatoes, chopped green chilli, cornflour, salt & mix very well and make a dough for patties. 3. Divide the dough into 6 equal parts & make round balls. 4. Stuff each potato ball with the stuffing in the centre & seal. Give the shape of round patties. 5. Place all the patties on tawa & place tawa on high rack. Put both tawa & high rack inside the microwave. Select category & press start. 6. When beeps, turn over the patties & again press start. Serve stuffed aloo patties hot with mint chutney or tomato ketchup. 	
Cornflour		1 tbsp		
Finely chopped green chilli		2 nos.		
Salt		As per taste		
Oil		1 tsp		
For Stuffing				
Oil		2 tsp		
Boiled green pea		½ cup		
Ginger & green chilli paste		2 tsp		
Chopped coriander leaves		2 tbsp		
Cumin seeds		1 tsp		
Salt, red chilli powder, garam masala		As per taste		
Lemon juice (optional)		2 tbsp		

Menu	dF10	Mushroom Rolls	Weight Limit	8 Pc
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For Stuffing				
Mushroom (finely chopped)		1½ cup	<ol style="list-style-type: none"> 1. Pre-Preparation for Stuffing : In a MWS glass bowl take butter, chopped cumin, green chilli & mushrooms. Mix & microwave 100% for 6 minutes. Add boiled peas, chopped coriander, garlic paste, fresh cream, lemon, salt & black pepper powder. Mix very well & microwave 100% for 3 minutes. Cover & keep aside. 2. Trim the sides of the bread slices with a knife. Flatten the bread slices with a rolling pin. Fill one portion of stuffing in the centre of flatten bread slice & roll tightly, covering the mixture. Keep aside for 5-7 minutes. 3. Grease the tawa with ½ tsp oil & keep the low rack & tawa inside the microwave. Select category & press start. 4. When beeps, cut the bread rolls from centre (into 2). Put them carefully on the tawa. Press start. Serve them hot with the chutney of your choice. 	
Onions (chopped)		4 tbsp		
Green chilli (chopped)		2 nos.		
Butter (melted)		2 tbsp		
Fresh cream		4 tbsp		
Maida		1 tbsp		
Boiled peas		½ cup		
Lemon juice		1 tsp		
Coriander leaves (chopped)		3 tbsp		
Garlic paste		½ tsp		
Salt, black pepper powder		As per taste	For Rolls	
Bread slices (white)		8 nos.		
Butter / oil		For basting		
Oil (for greasing)		½ tsp		

Menu	dF11	Sabudana vada	Weight Limit	0.1 ~ 0.3 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In a bowl take all the ingredients & mix well. Make mixture for sabudana vada. Divide the dough in equal parts & make round & flat vadas. 2. Take the multicook tawa & keep the vadas on tawa. Keep tawa on high rack & keep inside the microwave. Select category & weight and press start. 3. When beeps, turn the vadas & press start. 4. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice.
Boiled potato	1 no.	2 nos.	3 nos.	
Sabudana (soaked for at least 1 hour)	½ cup	¾ cup	1 cup	
Roasted & crushed peanuts	1 tbsp	2 tbsp	3 tbsp	
Chopped green chilli	1 no.	2 nos.	3 nos.	
Finely chopped ginger	¼ tsp	½ tsp	1 tsp	
Fresh curry leaves		As required		
Coriander leaves (chopped)	½ tbsp	1 tbsp	1½ tbsp	
Salt		As per taste		

* Refer Page 107, fig 1

* Refer Page 107, fig 2

Menu	dF12	Fish Amritsari	Weight Limit	0.3 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> Sprinkle salt & lemon juice on fish pieces. Rub well & keep aside for 5 minutes & wash well. Remove excess moisture with an absorbent kitchen towel. In a bowl, mix together besan, hung curd, ginger garlic paste, ajwain, all the spices, beaten egg & lemon juice. Mix well & make a thick batter for marinade. Rub this marinade well on the fish pieces & keep covered in refrigerator for atleast half an hour. In a flat dish / plate take bread crumbs & coat the fish pieces one-by-one & keep on tawa. Keep tawa & high rack inside the microwave. Select category & press start. When beeps, turnover fish pieces & sprinkle 1 tsp oil on all pieces & press start. Sprinkle chaat masala on fish pieces & serve them hot with lemon wedges & lachha onions. 	
Boneless fish (cut into 2" pieces)		250 g		
Lemon juice		1 tsp		
Salt		¼ tsp		
For Batter				
Egg (beaten)		1 no.		
Besan		2 tbsp		
Hung curd		2 tbsp		
Ajwain		1 tsp		
Ginger-garlic paste		½ tsp		
Lemon juice		1 no.		
Salt, red chilli powder, garam masala, chaat masala, turmeric powder		As per taste		
Bread crumbs (for coating)		1 cup		
Oil (for basting)		1 tbsp		

Menu	dF13	Batata Vada	Weight Limit	0.1 ~ 0.3 kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> Mix all the ingredients together. Make big vadas of the mixture. Grease the multicook tawa with some oil. Arrange the vada on the tawa. Keep the tawa on low rack. Select category & weight and press start. When beeps, turn over the vadas & press start.
Boiled potatoes	100 g	200 g	300 g	
Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp	
Chopped green chillies	2 nos.	2 nos.	3 nos.	
Chopped onion	1 no.	1½ no.	2 nos.	
Salt, red chilli powder, garam masala, chaat masala		As per taste		
Roasted jeera	1 tsp	1½ tsp	2 tsp	

Menu	dF14	Pyaaz Pakora	Weight Limit	0.1 kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For		0.1 kg	<ol style="list-style-type: none"> In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil. Keep the tawa on low rack. Keep inside microwave. Select menu & press start.(Preheat process) When beeps, place all Pyaaz rings evenly coated with the batter on the tawa. Keep tawa on low rack. Press start. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start. Serve hot with Chutney or Sauce. (Cut into 1.5" cubes) 	
Pyaaz (Cut into rings)		100 g		
For Batter				
Besan		1 cup (130 g)		
Water		200 mL		
Salt, Red chilli powder, haldi, garam masala		As per taste		
Oil		2 tsp		

Menu	dF15	Mirchi Vada	Weight Limit	0.2 kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well. In another bowl put besan & all spices & gradually add water & make a smooth batter without any lumps. Take Mirchi pieces & slit them from between add boiled mash potato in it and cover chillies with potato mixture and keep it in batter 10-15 minutes Grease the tawa with 2-3 drops oil. Keep the tawa on low rack. Select menu the press start.(Preheat process) When beeps, keep the Mirchi Vada coated with the batter evenly on all sides on tawa & press start. When beeps, turn the Mirchi Vada Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup. 	
Mirchi (blanched)		200 g		
For filling				
Boiled potatoes		2 nos. (medium)		
Chopped green chillies		2 nos.		
Chopped coriander		1 tbsp		
Chopped ginger		1 tsp		
Salt, garam masala, red chilli powder		As per taste		
For Batter				
Besan		1 cup (130 g)		
Water		200 mL		
Salt, red chilli powder, haldi, garam masala		As per taste		
Oil		2 tsp		

* Refer Page 107, fig 1
 * Refer Page 107, fig 2

Menu	dF16	Aloo Bhaji	Weight Limit	0.1 kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For		0.1 kg	<ol style="list-style-type: none"> In a bowl, add besan, haldi red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil. Keep the tawa on low rack. Keep inside microwave. Select menu & press start.(Preheat process) When beeps, place all Potato pieces evenly coated with the batter on the tawa. Keep tawa on low rack. Press start. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start. Serve hot with Chutney or Sauce. 	
Potato (cube)		100 g		
For batter				
Besan		1 cup (130 g)		
Water		200 mL		
Salt, red chilli powder, haldi, garam masala		As per taste		
Oil		2 tsp		

Menu	dF17	Soyabean Tikki	Weight Limit	5 pc.
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		5 pc.	<ol style="list-style-type: none"> In a bowl take all the ingredients & mix well. Make mixture for Tikki. Divide the dough in equal parts & make round & flat Soyabean Tikki. Take the multicook tawa & keep the Tikkis on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start. When beeps, turn the Tikkis & press start. When beeps, again turn the Tikkis & press start. Serve them hot with the chutney of your choice. 	
Boiled potato		1 no.		
Soyabean (soaked for at least 1 hour)		½ cup		
Roasted & crushed penuts		1 tbsp		
Chopped green chilli		1 no.		
Finely chopped ginger		¼ tsp		
Fresh curry leaves		As required		
Coriander leaves (chopped)		½ tbsp		
Salt		As per taste		

Menu	dF18	Oats Cutlet	Weight Limit	5 pc.
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		5 pc	<ol style="list-style-type: none"> In a bowl take all the ingredients & mix well. Make mixture for Oats Tikki. Divide the dough in equal parts & make round & flat Oats Tikki. Take the multicook tawa & keep the Tikkis on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start. When beeps, turn the Tikkis & press start. When beeps, again turn the Tikkis & press start. Serve them hot with the chutney of your choice. 	
Boiled potato		1 no.		
Oats (roasted)		½ cup		
Grated carrot		½ cup		
Chopped green chilli		1 no.		
Finely chopped ginger		¼ tsp		
Fresh curry leaves		As required		
Coriander leaves (chopped)		½ tbsp		
Salt		As per taste		

Menu	dF19	Methi Masala Vada	Weight Limit	5 pc.
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		5 pc	<ol style="list-style-type: none"> In a bowl take all the ingredients & mix well. Make mixture for Methi Masala. Divide the dough in equal parts & make round & flat Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start. (Pre-heat process) When beeps, place the vadas on the tawa & press start. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice. 	
Boiled potato		1 no.		
Methi chopped		½ cup		
Chana dal soaked for 1 hr.		1 cup		
Chopped green chilli		1 no.		
Finely chopped ginger		¼ tsp		
Fresh curry leaves		As required		
Coriander leaves (chopped)		½ tbsp		
Salt		As per taste		

Menu	dF20	Poha Patties	Weight Limit	5 pc.
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		5 pc	<ol style="list-style-type: none"> In a bowl take all the ingredients & mix well. Make mixture for Divide the dough in equal parts & make round & flat Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start. (Pre-heat process) When beeps, keep the Poha Patties on tawa & press start. When beeps, again turn the Poha Patties & press start. Serve them hot with the chutney of your choice. 	
Boiled potato		1 no.		
Poha soaked		1 cup		
Yoghurt		2 tbsp		
Chopped green chilli		1 no.		
Finely chopped ginger		¼ tsp		
Fresh curry leaves		As required		
Coriander leaves (chopped)		½ tbsp		
Salt		As per taste		

* Refer Page 107, fig 1

* Refer Page 107, fig 2

Menu	dF21	French Toast	Weight Limit	2 pc.
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		2 pc	<ol style="list-style-type: none"> In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well. In another bowl mix Egg & all spices Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure. Grease the tawa with 2-3 drops oil. Keep the tawa on high rack. Select menu the press start.(Preheat process) When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start. When beeps, turn the bread Toast Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup. 	
Egg		4 nos.		
Salt, haldi, garam masala, red chilli powder		As per taste		
For filling				
Boiled potatoes		2 nos. (medium)		
Chopped green chillies		2 nos		
Chopped coriander leaves		1 tbsp		
Chopped ginger		1 tsp		
Salt, garam masala, red chilli powder		As per taste		
Bread slices		4 nos.		
Oil		2 tsp		

Menu	dF22	Buff Vada	Weight Limit	5 pc.
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		5 pc	<ol style="list-style-type: none"> In a bowl take all the ingredients & mix well. Make mixture for vada Divide the dough in equal parts & make round & flat vada Take the multicook tawa & keep the vada on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start. When beeps, turn the vada & press start. When beeps, again turn the vada & press start. Serve them hot with the chutney of your choice. 	
Boiled potato		2 no.		
Coconut (grated)		1 cup		
Roasted crushed peanuts		1 tbsp		
Chopped green chilli		1 no.		
Finely chopped ginger		¼ tsp		
Fresh curry leaves		As required		
Coriander leaves (chopped)		½ tsp		
Salt		As per taste		

Menu	dF23	Palak Tikki	Weight Limit	5 pc.
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		5 pc	<ol style="list-style-type: none"> In a bowl take all the ingredients & mix well. Make mixture for palak tikki. Divide the dough in equal parts & make round & flat. Keep tawa on rack, select menu and weight and press start. (Pre-heat process) When beeps, place the tikkies on tawa, brush with oil and press start. When beeps, again turn the tikki & press start. Serve them hot with the chutney of your choice. 	
Boiled potato		1 no.		
Palak (chopped)		½ cup		
Corn flour		½ cup		
Chopped green chilli		1 no.		
Finely chopped ginger		¼ tsp		
Fresh curry leaves		As required		
Coriander leaves (chopped)		½ tsp		
Salt		As per taste		

Menu	dF24	Corn Aloo Tikki	Weight Limit	5 pc.
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		5 pc	<ol style="list-style-type: none"> In a bowl take all the ingredients & mix well. Make mixture for aloo tikki. Divide the dough in equal parts & make round & flat. Take the multicook tawa & high rack & put tikkies on tawa and keep inside the microwave. Select menu & weight and press start. When beeps, turn the Tikki & press start. When beeps, again turn the Tikki & press start. Serve them hot with the chutney of your choice. 	
Boiled potato		1 no.		
Corn (boiled & crushed)		1 cup		
Corn flour		½ cup		
Chopped green chilli		1 no.		
Finely chopped ginger		¼ tsp		
Fresh curry leaves		As required		
Coriander leaves (chopped)		½ tsp		
Salt		As per taste		

Menu	dF25	Mix Veg Bhajia	Weight Limit	0.2 kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For	0.2 kg			<ol style="list-style-type: none"> In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil. Keep the tawa on high rack, keep inside microwave. Select menu & press start. (Preheat process) When beeps, place all mix veg. pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start. Serve hot with Chutney or Sauce.
Potatoe (rings)	1 no.			
Cauliflower (floreets)	25 g			
Onion (rings)	25 g			
For batter				
Besan	1 cup (130 g)			
Water	200 mL			
Salt, red chilli powder, haldi, garam masala	As per taste			
Oil	2 tsp			

Menu	HP1	Kala Chana	Weight Limit	0.1 ~ 0.5 kg		
Utensil: Microwave safe (MWS) bowl						
Instructions			Method:			
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> Soak chana overnight, in MWS bowl, put soaked chanas and cover. Select category and weight and press start. 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. When beeps, add chanas to the MWS bowl along with little water and press start. Mix well. Serve hot.
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					

Menu	HP2	Karela Subzi	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl & High rack & Multicook tawa*				
Instructions			Method:	
Chopped Karela	0.3 kg			<ol style="list-style-type: none"> In a Microwave safe glass bowl take Oil add Rai, Jeera, Hing, Haldi & Chopped Onion. Select category & weight and press start. When beeps, add Chopped Karela, some water, salt, sugar, masala, dhania-jeera powder & cover. Press start. When beeps, remove the bowl from microwave oven, transfer subzi to a multicook tawa, stir well. Place on High Rack Press start. Note: Before cooking, scrap & rub the karela with salt & keep aside for 2-3 hours.
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			

Menu	HP3	Lemon Chicken	Weight Limit	0.1 ~ 0.5 kg		
Utensil: Microwave safe (MWS) bowl						
Instructions			Method:			
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> Mix boneless chicken, soya sauce, salt & pepper, garlic paste & lemon juice in a bowl. Refrigerate for ½ hour. In a MWS bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select category & weight & press start. When beeps, mix well. Cover & press start. Allow to stand for 3 minutes.
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	

Menu	HP4	Machi Kali Mirch	Weight Limit	0.1 ~ 0.5 kg		
Utensil: Microwave safe (MWS) bowl						
Instructions			Method:			
Pomfret (fish category)	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> 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. In Microwave Safe bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select category & weight and press start. When beeps, open door and add marinated fish, salt to taste and some water. Cover & press start. Give standing time for 5 minutes.
Salt, Lemon Juice & Kali Mirch Powder	To marinate as per your taste					
Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic	As required					

* Refer Page 107, fig 1

* Refer Page 107, fig 2

Menu	HP5	Soya Idli	Weight Limit	4 pc, 8 pc(40-50g each)
Utensil: Microwave safe (MWS) Idli stand* & Microwave safe (MWS) bowl				
Instructions			Method:	
Rice		100 g	<ol style="list-style-type: none"> 1. Wash & soak rice, urad daal & soyabeans granules for 4 hours. 2. Grind, mix & ferment for 8 to 10 hours. Grind the mixture to paste consistency. (You use the same batter for making 4, 5, 6, 7, 8 idlies). 3. Grease idli in MWS bowl with little oil. Put idli batter in it. Add ½ cup water in MWS bowl. Keep the idli stand in MWS bowl & cover. Select category & number and press start. 	
Urad		4 tbsp		
Soyabean granules		4 tbsp		
Water		As required		
Salt		As per taste		

Menu	HP6	Nutrinuggets	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 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.
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		

Menu	HP7	Curd Brinjal	Weight Limit	0.1 ~ 0.4 kg	
Utensil: Microwave safe (MWS) bowl					
Instructions			Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> 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.
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	

Menu	HP8	Bathua Raita	Weight Limit	0.1 ~ 0.4 kg	
Utensil: Microwave safe (MWS) bowl					
Instructions			Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> 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.
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			

Menu	HP9	Soyabean Curry	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> 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. 	
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		

* Not provided with LG standard accessories.

Menu	HP10	Spinach Dal			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS bowl put soaked dal (lentils), water, salt, turmeric powder. Select category & weight and press start. When beeps, in another MWS bowl put oil, chopped onions, cumin seeds, chopped ginger & green chillies, chopped spinach. Mix well and press start. When beeps, mix well & add boiled lentils, add some water (if required). Mix again & press start. Garnish with coriander leaves & serve hot. 		
Dehusked soaked lentils (at least for 2 hours)	100 g	200 g	300 g			
Onions chopped	½ cup	1 cup	1 cup			
Spinach chopped	1 cup	1½ cup	2 cup			
Oil	1 tbsp	2 tbsp	2 tbsp			
Cumin seeds	1 tsp	1 tsp	1½ tsp			
Ginger & green chillies (chopped)	1 tbsp	2 tbsp	3 tbsp			
Water	300 ml	500 ml	700 ml			
Turmeric, salt	As per taste					
Lemon juice	1 tsp	2 tsp	3 tsp			
Coriander leaves	2 tbsp	3 tbsp	4 tbsp			

Menu	HP11	Moong Dal		Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
Moong Dal soaked in water (for 1 hour)	0.2 kg		<ol style="list-style-type: none"> Take 200 g dal in Microwave Safe bowl, add Water, Haldi & Hing. Select category press start to cook. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves & press start. When beeps, add dal, salt, dhania jeera powder, hara dhania, kasuri methi (optional), water (if required) & lemon juice and press start to cook. 		
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				

Menu	HP12	Leaf Rolls			Weight Limit	0.2 ~ 0.4kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat Glass dish						
Instructions					Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> In a bowl mix boiled vegetables, chopped onions, salt, chaat masala & lemon juice. In MWS bowl, add ½ cup water, Keep the leaves in MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select category & weight and press start. When beeps, remove the leaves from the bowl. Spread the filling on leaves & roll them. Make all the rolls in same way. 		
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	As per your taste					

Menu	HP13	Fish Bharta					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5kg	<ol style="list-style-type: none"> In a MWS bowl add ½ cup water. Place the fish pieces on the MWS flat glass dish. Cover. Keep the dish in MWS bowl. Select category and press start. 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. 		
Fish (Fillet)	100 g	200 g	300 g	400 g	500 g			
Mustard oil	1 tbsp	1 tbsp	1 tbsp	2 tbsp	2 tbsp			
Mustard seeds	1 tsp	1 tsp	1 tsp	2 tsp	2 tsp			
Chopped onion	1 cup	1 cup	1 cup	1 cup	1 cup			
Red chilli powder, haldi, garam masala, salt	As per taste							

Menu	HP14	Healthy Khichdi			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 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. When beeps, mix, add water & salt. Mix again & press start. When beeps, stir & mash well. Add pepper powder & ½ cup water. Mix & cover and press start. Serve hot with fresh curds. 		
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			

Menu	HP15	Oats Idli	Weight Limit	4 pc, 8 pc(40-50g each)
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand* & Microwave safe (MWS) glass bowl				
Instructions			Method:	
For Idli batter				
Roasted & powdered oats		1 cup	1. Mix all the ingredients of batter in a bowl. Allow to stand for 10 minutes.	
Semolina		½ cup	2. Grease MWS idli stand & pour the batter (depending on the number you want to cook).	
Curd		½ cup	a3. Add ½ cup water to MWS bowl. Keep the idli stand inside the bowl. Cover.	
Water		¾ cup	4. Select the category & number and press start.	
Salt		As per taste	5. When beeps, remove the idli from the stand.	
Baling Soda		¼ tsp	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)	
Grated carrot		¼ cup		
Chopped green chillies		2 nos.		
Oil		For greasing		
For Tempering				
Mustard seeds		½ tsp		
Curry leaves		A few		
Dry red chillies		A few		
Oil		½ tbsp		

Menu	HP16	Daliya Khichdi	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	
Soaked dalia	¼ cup	½ cup	¾ cup	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.
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	

Menu	HP17	Fish Cutlet	Weight Limit	0.4 kg
Utensil: Microwave safe (MWS) glass bowl & High rack & Multicook tawa*				
Instructions			Method:	
For		0.4 kg		
Fish fillet		350 g	1. In a MWS glass bowl take fish fillet add 1 cup water. Select category & press start. Mash the fish.	
Boiled potato		2 Nos.	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 them on tawa, put some oil around the cutlets. Keep this on high rack	
Bread crumbs		1 cup	3. Press start.	
Oil		2 tbsp	4. When beeps, turn them over.	
Chilli powder, turmeric, ginger garlic paste, salt		As per taste	5. Press start.	
Garam masala powder		1 tsp	6. Remove and serve with lemon wedges & mint chutney.	
Coriander leaves		A few sprigs		

Menu	HP18	Fish Masala	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.2 kg		
Pomphret pieces		200 g	1. In MWS bowl take oil and chopped onion. Select category and press start.	
Onions		2 Nos.	2. When beeps, remove and add pomphret pieces and tomato. Press start.	
Tomato		1 No.	3. When beeps, add all the other ingredients and 1 cup water and mix well. Press start. When beeps, remove and garnish with coriander leaves.	
Oil		2 tbsp		
Chilli powder, turmeric, ginger garlic paste, salt, saunf powder		As per taste		
Garam masala powder		1 tsp		
Dhaniya and jeera powder		2 tsp		
Coriander leaves		2 tbsp		

* Refer Page 107, fig 2

* Not provided with LG standard accessories.

Menu	HP19	Fish Pulusu	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.3 kg			<ol style="list-style-type: none"> In a MWS glass bowl add oil, ginger garlic paste, methi seeds, fish pieces, lemon juice & cover. Select category & weight & press start. When beeps, mix well & add chopped onions & fish masala. Cover & press start. When beeps, mix well & add tamarind pulp and press start. Allow to stand for 3 minutes.
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			

Menu	HP20	Coconut Prawns	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
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.	
<ol style="list-style-type: none"> Marinate the prawn with rai paste, mustard oil, turmeric powder, green chilli paste, sugar & salt for 1 hour. Take the coconut kernel & scoop out the creamy pulp with a spoon. Divide the coconut lengthwise into 2 halves. 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. 				

Menu	HP21	Crab Curry	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.3 kg			<ol style="list-style-type: none"> In a MWS glass bowl add oil, onion, ginger garlic paste. Select category and press start. When beeps, remove, mix well add crab pieces and 1 cup water and press start. When beeps, add coconut milk, salt, garam masala, dhania jeera powder, chilli powder, turmeric powder and press start. Mix well & serve hot with rice.
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			

Menu	HP22	Mase Kalavan	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
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	
<ol style="list-style-type: none"> 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. In a MWS bowl take oil, hing, chopped garlic, coriander & green chilli & mix. Select category & weight and press start. When beeps, add the marinated fish to the MWS bowl. Mix well, sprinkle water on top & cover and press start. When beeps, mix & add coconut milk to the fish. Mix well again and press start. Serve more kalavan hot with steamed rice. 				

Menu	HP23	Sabudana Khichdi	Weight Limit	0.1 ~ 0.5 kg	
Utensil: Microwave safe (MWS) bowl					
Instructions			Method:		
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	2½ tbsp
Rai, salt, lemon juice, chopped green chillies	As per taste				
Potatoes (boiled & chopped)	1 No.	2 Nos.	3 Nos.	3 Nos.	3 Nos.
Coriander leaves	A few sprigs				
<ol style="list-style-type: none"> In a MWS bowl add oil, rai, green chillies & coriander leaves. Mix. Select category & weight and press start. When beeps, mix, add boiled potatoes, soaked sabudana. Mix & press start. Squeeze lemon juice & serve. 					

Menu	HP24	Home Made Cereal	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	
Rice	50 g	100 g	150 g	
Moong daal	50 g	100 g	150 g	
Salt, jeera powder, almonds (optional)	As per taste			
Ghee	1 tsp	2 tsp	3 tsp	
Groundnuts	1 tbsp	2 tbsp	3 tbsp	
Poha	1 tbsp	2 tbsp	3 tbsp	
Daliya	1 tbsp	2 tbsp	3 tbsp	

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 tsp of this powder, add water, salt, jeera powder and mix. Put this in microwave and press start.
3. When beeps, remove it.

Menu	HP25	Khichdi	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	
Soaked rice	50 g	75 g	100 g	
Moong daal	25 g	50 g	75 g	
Salt, jeera powder (optional)	As per taste			
Ghee	1 tsp	2 tsp	3 tsp	
Water	200ml	400 ml	600 ml	

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.

Diet Fry/Low Calorie

Soup

Menu	So1	Sweet Corn Soup	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.3 kg			
Sweet Corn	200 g			
Water	600 ml (3 cups)			
Oil	1 tsp			
Cornflour	2 tsp & ½ cup water			
Salt, Sugar and Kali Mirch and Green Chilli	As per your taste			

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

Menu	So2	Mushroom Soup	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.3 kg			
Mushroom	120 g			
Potato	1 No.			
Cabbage	50 g			
Onion	1 small			
Water	600 ml (3 cups)			
Salt, Black Pepper	As per your taste			
Oil	1 tsp			
Grated cheese	As per requirement			

1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select category & press start.
2. When beeps, add salt, pepper, water & palak (in pieces). Mix well & put in microwave & press start.
3. In a MWS glass bowl, add oil, chopped mushrooms, salt & pepper and then add the stock & press start. Garnish with grated cheese & serve.

Menu	So3	Wonton Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
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 powder	As per taste			
Water	600 ml (3 cup)			
Ready wonton	6-7 pieces			

1. In MWS glass bowl add oil and vegetables, ginger-garlic paste. Select category & press start.
2. When beeps, add salt, pepper, water & palak (in pieces). Mix well & put in microwave & press start.
3. When beeps, mix well & press start. Add wonton & serve.
How to make Wonton : Maida -1 cup, Salt - 1 pinch, Oil - 1 tsp
Method : Mix all the ingredients in the bowl and make dough with too warm water. After that cover the bowl and leave the mixture for 10-15 minutes.
For Stuffing : Cabbage, carrot, capsicum which is cut in long pieces
Method : Mix all the ingredients for stuffing. Make a small puree of wonton and put the small quantity of stuffing in between them and then cover the puree and press it.

Menu	So4	Chicken Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS bowl add chicken pieces, chopped garlic and water. Select category and press start. When beeps, remove & strain stock. In another MWS glass bowl add oil, cumin seeds and maida and press start. When beeps, add the chicken stock, salt, pepper and press start. Garnish with fresh cream and serve hot. 	
Boneless chicken		300 g		
Oil		½ tbsp		
Chopped garlic		2 tsp		
Salt & pepper powder		As per taste		
Maida		3 tbsp		
Water		600 ml (3 cups)		
Fresh cream		For garnishing		

Menu	So5	Tamatar Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add tomatoes cut into quarters with water, select category and press start. When beeps, grind and strain the whole stock. In another MWS glass bowl add oil, ginger garlic paste, jeera, bay leaf, garam masala and press start. Mix well. When beeps, add the strained stock, season with salt, garam masala and press start. Add sugar if very sour. Garnish with coriander leaves 	
Chopped tomato		300 g		
Oil		1 tbsp		
Ginger garlic paste		2 tbsp		
Jeera, bay leaf, salt, garam masala, sugar		As per taste		
Water		600 ml (3 cups)		
Coriander leaves		For garnishing		

Menu	So6	Rasam	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add chopped tomato & water. Select category & press start. When beeps, remove & cool. Grind & strain it. In a MWS glass bowl add oil, coriander seeds, cumin seeds, cinnamon, hing, chopped garlic, green chillies, salt & jaggery & strained tomato stock. Press start. When beeps, strain it again & add more water (if required), tamarind pulp. Press start. Garnish with coriander & curry leaves & serve. 	
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		

Menu	So7	Mulligtawny Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In MWS glass bowl add butter, carrot, onion & apples. Mix well, sugar, salt, pepper powder. Select category & press start. When, beep, mix well, add cooked rice, lentils & water and press start. When, beep, mix well, allow to cool. Blend & strain. In the same MWS glass bowl add the strained stock, salt, pepper, curry powder & lemon 	
Cooked rice		50 g		
Dehusked lentil		30 g		
Apples (peeled & sliced)		½ no.		
Carrot		50 g		
Onion		50 g		
Veg stock/water		600 ml (3 cups)		
Salt & pepper		To taste		
Butter		1 tsp		
Curry powder		1 tsp		
Lemon juice		1 tsp		

Menu	So8	Hot & Sour Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add water, chili sauce, soya sauce, vinegar, sugar, salt, pepper powder. Select category & press start. When beeps, stir well & add all the chopped vegetables, except paneer. Press start. When beeps, stir well & add corn flour, tomato sauce, paneer pieces & press start. 	
Water		600 ml (3 cups)		
Chilli sauce		1 tbsp		
Soya sauce		2 tbsp		
Vinegar		As per taste		
Chopped vegetables (capsicum, spring onions, carrots, cabbage)		100 g		
Tomato sauce		2 tbsp		
Cornflour		2 tbsp & ½ cup water		
Salt, pepper, sugar		As per taste		
Paneer		50 g		

Menu	So9	Tomato Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along water. Keep in Microwave. Select category & weight and press start. When beeps, grind and strain it. In another bowl add oil/butter and stock and then put the bowl in Microwave and press start. When beep, add sugar, salt, black pepper as per your taste and cornflour paste which is made up by mixing the half cup of cold water. Stir well & press start. Garnish with bread croutons, coriander (green dhania) and fresh cream and serve hot. 	
Chopped Tomato		100 g		
Chopped Carrot		25 g		
Chopped Onion		1 small		
Chopped Ginger, Garlic		1 tsp		
Salt, Sugar, Pepper		As per your taste		
Cornflour & Oil / Butter		2 tbsp / 1 tsp		
Water		600 ml (3 cups)		

Menu	So10	Palak Makai Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add chopped palak & little water. Select category & press start. When beeps, grind the palak, In another MWS glass bowl add butter, jeera, chopped onions. Press start. When beeps, remove & add palak & water, milk, corn niblets & Maggie tastemaker. Press start. 	
Palak (chopped)		200 g		
Water		600 ml (3 cups)		
Maggie tastemaker		1 cube		
Corn Niblets		½ cup		
Chopped onion		½ cup		
Jeera		1 tsp		
Butter		1 tbsp		
Milk		¼ cup		

Menu	So11	Chicken Soup	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> In Microwave safe glass bowl put water & add chicken pieces. Select category & press start. When beeps, remove. In another microwave safe glass bowl add oil, ginger-garlic paste, chicken stock, salt, pepper, cornflour paste, green chillies & 1 cup water. Press start. 	
Boneless Chicken		300 g		
Ginger Paste		1 tsp		
Salt & Pepper Powder		As per your taste		
Cornflour Paste		2 tbsp + 1/2 cup of water		
Oil		1 tsp		
Water		600 ml (3 cups)		

Menu	So12	Tom Yum Kung	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 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 category & press start. When beeps, strain the stock. Add cleaned prawns, fish sauce, pepper, thai red curry paste. Stir well & press start. Add lemon juice & adjust the seasoning. Serve piping hot. 	
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		

Menu	So13	Dal Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add oil, green chillies, ginger paste, garlic p a s t e . Mix well. Select category & press start. When beeps, mix well & add onion & add all spices. Press start. When beeps, mix well & add dal & water. Press start. Strain the stock. 	
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 cup)		

Menu	So14	Shahi Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 1. In a MWS glass bowl take butter & chopped onion. Mix well. Select category & press start. 2. When beeps, stir well. Add whole wheat flour, mint paste, coarsely chopped walnuts & mix well. Press start. 3. When beeps, mix and add water. Mix well so that no lumps are formed. Add seasoning. Press start. Serve hot. 	
Onions (finely chopped)		2 nos.		
Walnuts (coarsely chopped)		¼ cup		
Mint paste		1 tbsp		
Whole wheat flour		2 tbsp		
Butter		2 tbsp		
Salt, black pepper powder, garam masala		As per taste		

Menu	So15	Bombay Curry Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 1. In a MWS glass bowl add soaked masoor dal, tomato & water. Select category & press start. 2. When beeps, remove & allow the dal to cool. Grind it in a mixer & strain. 3. In another MWS glass bowl, add oil, crushed garlic, chopped onion. Press start. 4. When beeps, mix & add strained dal stock, salt, chilli powder, curry powder & add 150 ml of water. Mix well & press start. Garnish with coriander leaves & serve hot. 	
Water		500 ml (2½ cups)		
Soaked masoor dal (dehusked)		200 g		
Chopped tomato		2 nos.		
Chopped onions		1 no.		
Crushed garlic		3-4 cloves		
Oil		1 tbsp		
Curry powder		As per taste		
Salt, red chilli powder		As per taste		
Coriander leaves		For garnishing		

Menu	So16	Badam Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 1. Grind soaked & blanched badam & basil leaves to a fine paste, adding ½ cup water. Take out in a MWS glass bowl. Add 3 cups water & stir well. Add cinnamon, elaichi & cloves. 2. Select category & press start. 3. When beeps, stir & strain the soup & sieve. Take the strained soup in a MWS glass bowl. Add salt & peppers & cornflour (mixed with ½ cup water) & press start. Serve hot. 	
Badam (soaked & blanched)		50 g		
Fresh basil leaves (Tulasi)		8-10 nos.		
Water		3 cups (600 ml)		
Cinnamon		1" stick		
Elaichi (green)		2-3 nos.		
Cloves		2-3 nos.		
Sugar		½ tsp		
Cornflour		½ tbsp		
Salt & pepper powder		As per taste		

Menu	So17	Limbu Dhania Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 1. In a MWS glass bowl add oil, cabbage, carrot, celery, spring onions, ginger, garlic, bayleaves, cloves, peppercorns. Mix well. Select category & press start. 2. When beeps, mix well & add water & press start. When beeps, add besan paste, lemon juice, coriander leaves, salt. Mix well & press start. Garnish with coriander leaves & serve hot. 	
Water		600 ml		
Oil		½ tbsp		
Shredded cabbage		1 cup		
Chopped carrot		½ cup		
Celery		½ cup		
Spring onions		½ cup		
Ginger (grated)		1 tsp		
Chopped garlic		3 nos.		
Bayleaf		2 nos.		
Cloves		2 nos.		
Pepper corns		3 nos.		
Besan		2 tbsp (dissolved in ¼ cup water)		
Lemon juice		2 tbsp		
Coriander leaves (chopped)		½ cup		
Salt		As per taste		

Diet Fry/Low Calorie

Soup

Menu	So18	Mutton Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add oil, onion, garlic mutton & chilli flakes, salt. Mix well & cover. Select category & press start. When beeps, mix well & add water, tomato, cinnamon, cardamom, cumin seeds, salt, saffron & dry mint leaves. Mix well & press start. When beeps, remove the bowl & allow to cool. Grind it & add curd. Press start. 	
Boneless mutton		300 g		
Water		600 ml (3 cup)		
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		

Diet Fry/Low Calorie

Continental

Menu	Co1	Pasta	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack*				
Instructions			Method:	
Penne Pasta	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In MWS glass bowl take pasta with water & oil drops. Select category & weight press start. When beeps, remove the bowl from microwave oven, drain water from pasta. In MWS flat glass dish add butter, onion, garlic & Palak, mix well. Press start. When beeps, add cream, nutmeg powder, oregano, salt & pepper and boiled pasta, mix well & sprinkle grated cheese on the top & keep the vessel on high rack. Press start.
Butter	1 tbsp	2 tbsp	3 tbsp	
Onion Chopped	2 tbsp	3 tbsp	4 tbsp	
Garlic Chopped	1 tsp	2 tsp	3 tsp	
Chopped Palak leaves	50 g	75 g	100 g	
Water	400 ml	800 ml	1200 ml	
Cream	½ cup	1 cup	1½ cup	
Grated Cheese	4 tbsp	5 tbsp	6 tbsp	
Nutmeg Powder		1 pinch		
Oregano	¼ tsp	½ tsp	¾ tsp	
Salt & Pepper		As per your taste		

Menu	Co2	Veg Au Gratin	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) flat glass dish & High rack*				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> In a MWS flat glass dish take butter, milk, vegetables & maida. Mix well. Select category & weight and press start. When beeps, mix well & add salt & pepper. Mix well. Spread grated cheese on it & keep the MWS flat glass dish on high rack. Press start. 	
Mix Vegetables - Carrot, Cauliflower, French Beans (cut into small pieces), Sweet Corns, Green peas etc.		200 g		
Maida		2 tbsp		
Butter		2 tbsp		
Milk		1 cup		
Grated Cheese		4 tbsp		
Salt, & Pepper		As per your taste		

Menu	Co3	Baked Mushrooms	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & High Rack*				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In MWS flat glass dish put all the ingredients except cheese, mix well. Select category & weight, press start. When beeps, spread grated cheese on the top of the mixture. Place the MWS flat glass dish on high rack. Press Start.
Mushrooms	100 g	200 g	300 g	
White Sauce	50 ml	100 ml	150 ml	
Cheese (grated), Salt, Kali Mirch	As per requirement			
Butter	1 tbsp	1½ tbsp	2 tbsp	

Menu	Co4	Lasaneya	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & High Rack*				
Instructions			Method:	
Lasaneya Sheets (cooked)		150 g	<ol style="list-style-type: none"> 1. Except Lasaneya sheets and cheese mix all the ingredients in MWS flat glass dish. Select category & press start. 2. When beeps, remove the MWS flat glass dish from microwave oven. In MWS flat glass dish arrange lasaneya sheet in the bottom. Then spread vegetable mixture on it again keep another lasaneya sheet on it and make layers of sheets and vegetable mixture. 3. Press start. 4. When beeps, spread grated cheese on the top & place the glass dish on high rack. Press start. 5. Serve hot. 	
White Sauce		1 cup		
Pizza Sauce		½ cup		
Mix Vegetables (boiled) - Egg plant, Zucchini, Broccoli, Mushrooms, Sweet Corns etc.		2 cups		
Oil		2 tbsp		
Oregano, Salt & Black Pepper		As per your taste		
Grated Cheese		5 tbsp		

Menu	Co5	Macaroni	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
Macaroni	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In a MWS flat glass dish take butter, milk, vegetables & maida. Mix well. Select category & weight and press start. 2. When beeps, mix well & add salt & pepper. Mix well. 3. Spread grated cheese on it & keep the MWS flat glass dish on high rack. 4. Press start.
Water	400 ml	800 ml	1200 ml	
Butter	1 tbsp	2 tbsp	3 tbsp	
Spring Onion Chopped	2 tbsp	3 tbsp	4 tbsp	
Garlic Chopped	1 tsp	2 tsp	3 tsp	
Mushrooms Chopped	3 Nos.	4 Nos.	5 Nos.	
Tomato Sauce	2 tbsp	3 tbsp	4 tbsp	
Chilli Sauce	1 tsp	2 tsp	3 tsp	
Salt, Sugar, Pepper & Oregano	As per your taste			

Menu	Co6	Thai Chicken	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
Boneless chicken		500 g	<ol style="list-style-type: none"> 1. In a MWS bowl put oil, garlic, sugar, soya sauce, red curry paste, broccoli, chicken pieces, mix well. Select category and press start. 2. When beeps, remove. Add red chilli paste crushed peanuts, sauce of milk, maida, butter, mix well press start. 	
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 cup		
Salt & pepper		To taste		

Menu	Co7	Mediterranean Crostini®	Weight Limit	0.3 kg
Utensil: Low rack				
Instructions			Method:	
French bread		6 slices	<ol style="list-style-type: none"> 1. In a bowl, put all the ingredients of marinade & mix well. Keep it for 15-20 minutes. 2. Butter the bread slices. Top each slice with 2-3 slices of marinated tomatoes. Put chopped olives & sprinkle grated cheese on top. 3. Select the category & press start. (Pre-heat process.) 4. When beeps, keep the bread slices on low rack. Keep the rack in microwave & press start. 	
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		

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

* Refer Page 107, fig 5

Menu	Co8	Chilli Veg			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg		<ol style="list-style-type: none"> In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover. Select category & weight press start. When beeps, mix well & add paneer pieces, soya sauce, chilli sauce, cornflour (mixed with ½ cup water), water, salt, pepper and press start. Mix well & serve. 	
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 your taste					
Water	½ cup	1 cup	1 cup			

Menu	Co9	Potato dumpling			Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish						
Instructions					Method:	
For	0.3 kg			<ol style="list-style-type: none"> Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough. In the MWS bowl, add ½ cup water. Place the dumplings on the flat glass dish and cover. Select category and press start. When beeps, take out the dumplings. Allow them to cool. In a microwave safe flat glass dish add butter and 		
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					

Menu	Co10	Sweet & Sour Veg			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg		<ol style="list-style-type: none"> In a microwave safe bowl add oil, chopped spring onions & garlic, red chilli paste. Select category & weight and press start. When beeps, mix well & cut vegetables, tomato ketchup, vinegar, salt, sugar, soya sauce, pineapple juice, water & cornflour. Mix well, press start. Stand for 5 minutes. 	
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	½ tsp	½ tsp			
Tomato Ketchup	¼ cup	½ cup	½ cup			
Vinegar	As per taste					
Sugar	½ tsp	1 tsp	1 tsp			
Salt	As per taste					
Soya sauce	1 tsp	1 tsp	1 tsp			
Pineapple juice	¼ cup	½ cup	½ cup			
Water	1 cup	1 cup	1 cup			
Cornflour	2 tbsp mixed with ½ cup water					

Menu	Co11	Risotto Rice				Weight Limit	0.1 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl							
Instructions						Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg		<ol style="list-style-type: none"> In a MWS bowl add olive oil, garlic, mushrooms, peas, carrots & tomato puree. Mix well. Select category & weight and press start. When beeps, mix well & add rice. Mix well and press start. When beeps, mix well & add water & salt. Press start. Mix well & stand for 5 minutes. Add spinach, tomato puree, cream, grated cheese & chopped coriander/parseley & serve. 	
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	¼ cup	½ cup	1 cup	1 cup			
Fresh cream	3 tbsp	4 tbsp	5 tbsp	6 tbsp			
Olive oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp			
Grated cheese	As required						
Salt	As per taste						

Menu	Co12	Spaghetti with tomato sauce			Weight Limit	0.1 ~ 0.3 kg.
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg			
Spaghetti noodles	100 g	200 g	300 g	1. In a MWS bowl add spaghetti noodles, water & few drops of oil. Select category & weight and press start.		
Water	400 ml	800 ml	1200 ml	2. When beeps, remove & drain the water. Wash the noodles under running water to separate.		
Olive oil	1 tbsp	1½ tbsp	2 tbsp	3. In another MWS bowl add olive oil, garlic, olives, onions, mushrooms, chopped tomatoes, salt, peppers, oregano & chilli flakes. Press start.		
Chopped garlic	1 tbsp	1½ tbsp	2 tbsp	4. When beeps, mix well & add the spaghetti. Mix well & press start. Rip all the basil over it & spread grated parmesan cheese & serve.		
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				

Menu	Co13	Cottage Cheese Tortellini			Weight Limit	8 Pc
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For		Dough				
Maida		1 cup			Pre-Preparation for Stuffing :	
Egg		1 no.			1. In a MWS glass bowl take olive oil & minced garlic, mix and microwave 100% for 2 minutes. Add mashed paneer & blanched & chopped spinach, salt & pepper. Mix well & microwave 100 % for 2 minutes.	
Olive oil		1 tbsp			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.	
Salt		As per taste			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.	
Water (to knead the dough)		As required			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.	
For Stuffing						
Blanched spinach		½ cup			5. Take 500 ml water in a MWS bowl & keep inside the microwave. Select category & press start.	
Paneer (roughly mashed)		100 g			6. When beeps, put the tortellinis in the boiling water. Cover & press start.	
Olive oil		1 tbsp			7. When beeps, remove & strain the tortellinis & place in a serving dish & keep aside covered.	
Garlic (minced)		1 tbsp			8. Blend together blanched tomatoes, garlic pods, coriander leaves with a blender. Take this puree in a MWS bowl, add olive oil, salt, pepper oregano & chilli flakes. Mix well & press start.	
Salt & pepper		As per taste			9. When cooking ends, pour this sauce over the cooked tortellini & serve hot.	
For Sauce						
Blanched tomatoes (skin removed)		5 nos.				
Garlic pods		8-10 nos.				
Coriander leaves (fresh)		1 tbsp				
Olive oil		1 tbsp				
Chilli flakes		1 tsp				
Oregano		½ tsp				
Salt, pepper		As per taste				

Menu	Co14	Mexican Corn Rice			Weight Limit	0.1 ~ 0.4 kg
Utensil: Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & Low rack						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg		
Rice	100 g	200 g	300 g	400 g	1. In a MWS glass bowl add rice, cloves, water. Select category & weight and press start.	
Cloves	2 nos.	3 nos.	4 nos.	5 nos.	2. When beeps, remove the bowl & keep aside after mixing.	
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	3. In another MWS glass bowl add butter & sweet corns & press start.	
Water	200 ml	400 ml	600 ml	650 ml	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.	
Butter	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	*Note : For Hot Sauce - In a MWS glass bowl take 8 blanched & 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.	
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.		

Menu	Co15	Broccoli in Butter Sauce			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) glass dish						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg			
Broccoli	100 g	200 g	300 g	1. In a MWS bowl take broccoli florets. Sprinkle some water & cover. Select category & weight and press start.		
Milk	½ cup	1 cup	1½ cup	2. When beeps, remove broccoli & keep aside. In a MWS flat glass dish take butter, chopper garlic, chopped onions. Mix well & press start.		
Fresh cream	¼ cup	½ cup	¾ cup	3. When beeps, stir & add milk, fresh cream, mustard powder, coriander, salt & pepper powder & broccoli. Mix & press start.		
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			

Menu	Co16	Shrimps In Garlic Butter			Weight Limit	0.4 Kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
Shrimps (Small)	400 g			1. Remove heads and shells of shrimps & clean and drain thoroughly.		
Butter	4 tbsp			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.		
Parsley (chopped)	A few sprigs			3. When beeps. Remove and serve hot.		
Garlic paste	3 tbsp					
Mustard paste	1 tbsp					
Lemon juice	1 tbsp					
Pepper corns (Roughly crushed)	8-10 nos.					
Salt	To taste					

Menu	Co17	Chilli Chicken				Weight Limit	0.1 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl							
Instructions						Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg			
Boneless chicken	100 g	200 g	300 g	400 g	1. In a MWS bowl add oil, chopped ginger, garlic, boneless chicken, soya sauce, chilli sauce and cover. Select category & weight & press start.		
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	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.		
Chopped ginger garlic	½ tsp	1 tsp	1½ tsp	2 tsp			
Chopped onions	½ No.	1 No.	1 No.	2 No.			
Chopped green chillies	½ tsp	1 tsp	2 tsp	2½ tsp			
Capsicum	½ no.	1 no.	2 nos.	2 nos.			
Soya sauce	½ tsp	½ tsp	1 tsp	1½ tsp			
Chilli sauce	½ tsp	½ tsp	1 tsp	1½ tsp			
Vinegar	½ tsp	½ tsp	1 tsp	1½ tsp			
Salt, sugar & pepper	As per taste						
Cornflour (mixed with ½ cup water)	1 tbsp	1 tbsp	1 tbsp	1½ tbsp			

Menu	Co18	Hakka Noodles			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg			
Hakka noodles	100 g	200 g	300 g	1. In a MWS bowl add hakka noodles, water & few drops of oil. Select category & weight & press start.		
Water	400 ml	800 ml	1200 ml	2. When beeps, remove drain water & wash & separate the noodles under running water.		
Oil	1 tbsp	1½ tbsp	2 tbsp	3. In another MWS bowl add oil, mix vegetables, salt, red chilli powder, green chilli sauce. Mix well & press start.		
Chopped veg - carrot, peas, french beans, capsicum	1 cup	1½ cup	2 cup	4. When beeps, add noodles to the bowl. Mix & press start.		
Salt, red chilli powder, green chilli sauce	As per taste					

Menu	Co19	Veg in hot garlic sauce			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg			
Mix veg - Cauliflower florets, capsicum, baby corns, beans	100 g	200 g	300 g	1. Cut the capsicum & cauliflower into medium sized pieces, baby corns & french beans into small sized pieces.		
Oil	1 tbsp	1½ tbsp	1½ tbsp	2. In a MWS bowl add oil, chopped onion, ginger, green chillies. Select category & weight and press start.		
Chopped garlic, ginger, green chillies	1 tbsp	2 tbsp	2 tbsp	3. When beeps, mix & add vegetables, pepper, salt, sugar, cornflour mixed with water. Press start. Stand for 5 minutes. Serve.		
Corn flour	1 tbsp	1½ tbsp	2 tbsp			
Pepper, salt, sugar	As per taste					
Oregano (optional)	As per taste					
Water	2 cups	3 cups	3 cups			

Menu	Co20	Schezwan Chicken	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.5 kg	<ol style="list-style-type: none"> In a MWS bowl mix together oil, garlic paste, dry red chillies, chicken pieces, tomato ketchup, vinegar, red chilli paste, sugar. Mix well. Select category & press start. When beeps, mix well and add spring onions, cornflour, salt. Mix well & press start. 	
Boneless chicken		500 g		
Dry red chillies		8 nos.		
Garlic paste		4 tsp		
Tomato ketchup		5 tbsp		
Vinegar		2 tsp		
Red chilli sauce		2 tbsp		
Sugar & salt		As per taste		
Spring onions (with greens)		1 cup		
Cornflour (mixed with ¼ cup water)		2 tsp		
Oil		3 tbsp		

Menu	Co21	Veg Manchurian	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl				
Instructions			Method:	
For Manchurian Balls		0.6 kg	<ol style="list-style-type: none"> Mix all the ingredients of Manchurian balls in a bowl. Make balls of medium size from the mixture. In a MWS flat glass dish keep the manchurian balls. When beeps, remove & allow to cool. In a MWS bowl oil, ginger, green chilli, onion, soya sauce, tomato sauce, vinegar, pepper, salt, mix well & press start. 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. 	
Grated Cabbage		1 cup		
Grated carrots		¾ cup		
Grated cauliflower		½ cup		
Cornflour		3 tbsp		
Maida		1 tbsp		
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		

Menu	Co22	Chilli Soy Nuggets	Weight Limit	0.4 kg
Utensil: Multicook tawa & High rack* & Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.4 kg	<ol style="list-style-type: none"> Pre-Preparation of Sauce : Puree tomatoes & garlic pods in a blender. In a MWS glass bowl take 2 tbsp oil & all the vegetables. Mix well & microwave 100% for 2 minutes. Add tomato puree, soya sauce, chilli sauce, vinegar, cornflour (mixed with ½ cup water) & all the spices. Mix well & microwave 100% for 3 minutes. Sauce is ready. Take soaked & squeezed soyabean nuggets in a bowl & pour ½ tbsp oil & mix well. Put all soya nuggets on tawa. Keep tawa & high rack inside the microwave. Select category & press start. When beeps, turnover the soya nuggets & again press start. When beeps, transfer roasted soya nuggets in the sauce & stir well. Press start. Serve them hot with steamed rice. 	
Soyabean nuggets (soaked in hot water for 1 hour & squeezed)		150 g		
Oil		2½ tbsp		
Capsicum (cut in long strips)		¼ cup		
Spring onions (cut into pieces)		¼ cup		
Blanched tomatoes		3 nos.		
Garlic pods		7-8 nos.		
Soya sauce		2 tsp		
Vinegar		1 tsp		
Cornflour (mixed with ½ water)		1½ tsp		
Chilli sauce		1 tbsp		
Salt, red chilli powder, black pepper powder		As per taste		

Menu	Co23	Steamed Egg with Tofu	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a bowl take sesame oil, soya sauce, black pepper powder, salt & egg. Beat well with blender. Mix tofu chunks into it & mix. 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. Keep the MWS flat glass dish in the microwave. Select category & weight and press start. Give standing time of 5 minutes & serve hot.
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		

Menu	Co24	Almond & Vegetables Stir Fry			Weight Limit	0.1 ~ 0.3 kg		
Utensil: Microwave safe (MWS) glass bowl								
Instructions				Method:				
For		0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS glass bowl take canola oil, chopped ginger- garlic, sliced onions. Select category & weight and press start. In a small bowl, take sugar, cornflour. Add water, soya sauce, sesame oil & mix well. Make a smooth paste. When beeps, add broccoli, red capsicum, slivered almonds. Mix well & press start. When beeps, add the sauce & stir well. Press start. Serve stir fried vegetables hot. 			
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						

Pasteurize Milk/Tea/Dairy Delight

In the following example, show you how to pasteurize 2.0 L of Milk at 25°C.

1. Press STOP/CLEAR.



2. Press Pasteurize Milk/Tea/Dairy Delight the display will show "PS1".



3. Turn Dial until display shows "2.0 L"



4. *Press START/+30 seconds for weight confirmation.



5. *Turn Dial until display show "25 °C".



6. Press START/+30 seconds
(Do not increase/decrease cook time during Pasteurize Milk)



For Tea/Dairy Delight

7. If you want to select Tea/Dairy Delight, Press the button twice, the display will show "dd1"
8. Turn the dial to select dd1 to CU2.
9. Press START/+30 seconds for category confirmation.
10. Turn dial to select weight.
11. Press START/+30 seconds

When cooking you can increase or decrease cooking time by turning Dial. (Dairy delight only)

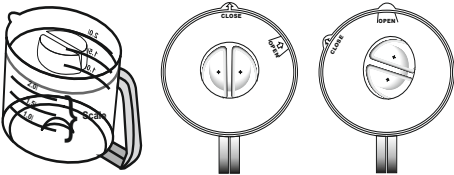
NOTE

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

*Note: If the recipe has single weight e.g "PA1", do not follow step 9, 10, directly go to step 11.

Pasteurize Milk/Tea/Dairy Delight

Pasteurize Milk

Menu	PS1	Pasteurize Milk	Weight Limit	1 ~ 2 L
Utensil: Milk Pasteurization Kit				
Instructions			Method:	
Milk (Cow, buffalo, Packet etc)	1.0 L	1.5 L	2.0L	
 <p>Fig.1 Fig.2 Fig.3</p>			Method : 1. Pour milk to the scale shown in the Milk Pasteurization kit. (Fig.1) 2. Cover with lid & close as per the directions on the kit. (Fig.2) 3. Place the kit in microwave oven. 4. Select the category, weight & temperature. (refrigerated - select 4°C, room temp - select 25°C) 5. Press start. When pasteurization is over, use the milk for drinking, making tea or coffee etc. For opening the lid refer (Fig.3)	
			Tips : 1. Milk Pasteurization kit is only for milk. Do not use for other purpose. 2. Use fresh loose or packet milk. Do not repeat pasteurization. 3. For storage, let the milk stand to cool down after pasteurization, and then keep it in a refrigerator with covered. Do not move to another container. 4. The pasteurized milk can be consumed up to 2-3 days.	

Pasteurize Milk/Tea/Dairy Delight

Tea

Menu	dd1	Tea	Weight Limit	1 ~ 4 cups
Utensil: Microwave safe glass bowl				
Instructions			Method:	
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			
			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	

Menu	dd2	Coffee	Weight Limit	1 ~ 4 cups
Utensil: Microwave safe glass bowl				
Instructions			Method:	
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)			
			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.	

Menu	dd3	Masala Tea	Weight Limit	1 ~ 4 cups
Utensil: Microwave safe glass bowl				
Instructions			Method:	
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			
			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	

Menu	dd4	Ginger Tea	Weight Limit	1 ~ 4 cups
Utensil: Microwave safe glass bowl				
Instructions			Method:	
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			
			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	

Menu	dd5	Tulsi Tea	Weight Limit	1 ~ 4 cups
Utensil: Microwave safe glass bowl				
Instructions			Method:	
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			
<ol style="list-style-type: none"> 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 				

Menu	PA1	Paneer	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Milk	500ml		<ol style="list-style-type: none"> 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. 	
Lemon juice/Vinager	4 tbsp			

Menu	CU1	Curd	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Milk	500ml		<ol style="list-style-type: none"> 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 	
Starter curd	2 tbsp			

Menu	CU2	Flavoured Yoghurt®	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl & Low rack**				
Instructions			Method:	
For	0.6 kg		<ol style="list-style-type: none"> 1. In a MWS glass bowl mix all the ingredients. Beat well till smooth. 2. Select menu & press start. (Pre-heat process) 3. When beeps, keep the MWS glass bowl on low rack & keep it in microwave. Press start. 4. When cooking ends, take out & allow to come to room temperature. Keep in freezer 1 hour. Note: In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple yoghurt, add pineapple slices t the times serving. 	
Curd	200 ml			
Condensed Milk (Milkmaid)	100 ml			
Fresh cream	200 ml			
Flavours (Vanilla, Strawberry, Pineapple essence)	500 ml			

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

** Refer Page 107, fig 3

Kids' Delight/Cooking Aid/Steam Clean

In the following example, show you how to cook 0.2 kg of Corn Chaat.

1. Press STOP/CLEAR.



2. Press Kids' Delight/Cooking Aid/Steam Clean



3. Turn DIAL until display show "CF2".



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



5. *Turn DIAL until display show "0.2 kg"



6. Press START/+30 seconds.



For Cooking Aid/Steam Clean

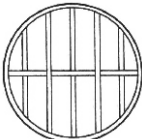
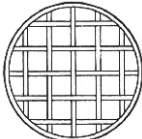
7. If you want to select for Cooking Aid/Steam Clean, Press the button twice, the display will show "UC1"
8. Turn the dial to select UC1 to SL1.
9. Again follow step 4 to 6.

NOTE

- Kids' Delight/Cooking Aid/Steam Clean menus are programmed.
- Kids' Delight/Cooking Aid/Steam Clean cook allows you to cook most of your favorite food by selecting the food type and the weight of the food.

* Note: If the recipe has single weight e.g. "UC1" Keep warm, do not follow step 4, 5. Directly go to step 6.

Menu	CF1	Omelette	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> 1. Beat the eggs well & add salt, pepper & coriander leaves. 2. Add oil, tomato & onion to MWS flat glass dish. Select category & weight and press start. 3. When beeps, add the egg mixture. Cover & press start. Allow to stand for 3 minutes.
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			
Menu	CF2	Corn Chaat	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add some water & sweet corns. Select category & weight and press start. 2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.
Sweet corn	100 g	200 g	300 g	
Mix fruits (Pomegranate, cucumber, apple)	½ cup	1 cup	1½ cup	
Salt, red chilli powder, chaat masala, lemon juice	As per taste			
Menu	CF3	Vermicelli Khichdi	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix. Select category & weight and press start. 2. When beeps, mix & add tomato. Press start. 3. When beeps, mix & add vermicelli, water, salt, red chilli powder, haldi, garam masala. Press start. Stand for 3 minutes. 4. Squeeze lemon, mix & serve.
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			
Menu	CF4	Pizza	Weight Limit	0.3 kg
Utensil: Low rack & High rack				
Instructions			Method:	
Pizza base	1 medium pizza base			<ol style="list-style-type: none"> 1. Select category & press start to preheat. 2. Spread pizza topping on pizza base, spread chopped vegetables on it. Sprinkle grated cheese. 3. When beeps, place the pizza on low rack & press start. 4. When beeps, transfer the pizza on high rack & press start.
Topping	3 tbsp			
Mix Vegetables - Tomato, Capsicum, Onion	1 cup			
Grated Cheese	1/2 cup			
Oregano & Chilli flakes (Optional)	As per your taste			
Menu	CF5	Garlic Bread	Weight Limit	0.3 kg
Utensil: Low rack & High rack				
Instructions			Method:	
Bread slices (French Bread)	4 pcs			<ol style="list-style-type: none"> 1. Mix butter, garlic paste, grated cheese, salt, kali mirchi powder and oregano together. Apply this mixture to both sides of bread slices. 2. Select category & press start. (Pre-heat process). 3. When beeps, keep the bread slices on low rack & press start. Note : Use French bread to make garlic bread.
Butter	5 tbsp			
Garlic paste	2 tbsp			
Grated cheese	4 tbsp			
Salt, kali mirchi powder, Oregano, chilli flakes	As per your taste			
Menu	CF6	Choco Bars	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish				
Instructions			Method:	
Chocolate chips	½ cup			<ol style="list-style-type: none"> 1. In a microwave safe glass bowl put oats, half amount of butter (4 tbsp), honey and brown sugar, mix well. Select category and press start. 2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter. 3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmly with spoon. 4. In MWS glass bowl add rest of the butter, chocolate chips. Mix & press start. 5. When beeps, pour this mixture on oats & sprinkle chopped nuts. 6. Cut into rectangle bars when set & serve chilled.
Oats (crushed)	1 cup			
Honey	3 tbsp			
Brown sugar	4 tbsp			
Butter (softened)	8 tbsp			
Chopped nuts (almonds, pistachio, walnut)	As required			

Menu	CC7	Apple Pie®	Weight Limit	0.6 kg
Utensil: Metal cake tin & Low rack**				
Instructions			Method:	
For	0.6 kg		<ol style="list-style-type: none"> 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. 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, 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. 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. 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. Seal the edges & wet them with water. Cover the edges with foil paper to avoid over burning. Select the category & press start. (Pre-heat 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 becomes soft while making pie, keep the rolled dough in freezer. 	
Apple Filling				
Apples (peeled, 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 cup (300 g)			
Salt	¼ tsp			
Sugar (granulated)	2 tbsp			
Unsalted butter (chilled & cut into 1 inch pieces)	1 cup (225 g)			
Ice water	¼ - ½ cup (60-120 ml)			
			 	

Menu	CC8	Bread Pudding	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	
Bread slices	2 Nos.	3 Nos.	4 Nos.	
Milk (for dipping the bread)	½ cup	1 cup	1½ cup	
Egg	1 Nos.	2 Nos.	2 Nos.	
Vanilla Essence	½ tsp	¾ tsp	1 tsp	
Sugar	3 tbsp	4 tbsp	5 tbsp	
Dry fruits	As per your taste			
			<ol style="list-style-type: none"> Make small pieces of Bread slices. Beat the egg very well . Mix all the ingredient very well. Pour this mixture into MWS flat glass dish. Select category and weight. Press start. 	

Menu	CC9	Cheesy Nachos	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.3 kg		<ol style="list-style-type: none"> In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select category & press start. 	
Nachos	300 g			
Grated cheese	1 cup			
Pizza sauce	6 tbsp			
Chopped onion, tomato	2 cups			

Menu	CC10	Chocolate Balls	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Condensed Milk (Milkmaid)	1 cup		<ol style="list-style-type: none"> In a MWS safe glass bowl add Condensed Milk (Milkmaid), Marie biscuit powder, milk powder, Malted Chocolate powder(Bournvita). Mix well. Select category & press start. Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut. Keep in refrigerator for half an hour. 	
Marie biscuit powder	1 cup			
Milk powder	½ cup			
Malted Chocolate powder (Bournvita)	½ cup			
Grated coconut	½ cup			

Menu	CC11	Strawberry Custard	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.5 kg		<ol style="list-style-type: none"> In a MWS bowl add milk, strawberry custard powder, sugar. Mix well. Select category & press start. When beeps, stir well. Press start. When beeps, stir well. Press start. Allow to set in refrigerator. 	
Milk	1 cup			
Strawberry custard powder	3 tbsp			
Sugar	50 g			
Strawberry pieces	As required			

** Refer Page 107, fig 4

* Do not put anything in the oven during preheat mode.

Menu	CF12	Veg Burger	Weight Limit	0.1 ~ 0.3 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	
Burger buns	1 no.	2 nos.	3 nos.	
For Tikkis				
Potatoes (boiled)	100 g	200 g	300 g	
Boiled peas	¼ cup	½ cup	1 cup	
Chopped ginger	1 tsp	2 tsp	3 tsp	
Green chillies	1 no.	2 nos.	3 nos.	
Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp	
Salt, red chilli powder, garam masala, chaat masala	As per taste			
Cornflour	For binding			
Tomato slices	1 no.	2 nos.	3 nos.	
Onion slices	2 no.	4 nos.	6 nos.	
Cheese slices	1 no.	2 nos.	3 nos.	
Butter	1 tsp	2 tsp	3 tsp	
Tomato sauce	1 tbsp	2 tbsp	3 tbsp	

Menu	CF13	Mushroom & Pepper Pizza®	Weight Limit	0.3 kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For	0.3 kg			
Pizza base				
Dry active yeast	3 g			
Water	2 tbsp			
Sugar	¼ tsp			
Maida	60 g			
Salt	¼ tsp			
Oil	1 tsp			
Topping				
Pizza sauce	2 tbsp			
Vegetables (sliced mushroom, chopped yellow & red bell pepper)	1 cup			
Grated cheese	1 cup			
Oregano & chilli flakes	As per taste			

Menu	CF14	Noodle Rosti	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*				
Instructions			Method:	
For Rosti				
Boiled whole wheat noodles	¾ cup			
Grated paneer	¼ cup			
Grated mozzarella cheese	¼ cup			
Oil	2 tsp			
Salt & pepper	As per taste			
Coriander (chopped)	2 tbsp			
For Topping				
Mixed shredded vegetables (carrot, cabbage, capsicum)	½ cup			
Boiled bean sprouts	¼ cup			
Oil	1 tbsp			
Salt & pepper	As per taste			
Tomato ketchup	4 tbsp			

Menu	CF15	Bread Rolls	Weight Limit	10 Pc
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
Bread slices	10 pcs			
For filling				
Boiled totatoes	200 g			
Chopped green chillies	2 nos			
Chat masala, garam masala, salt, red chilli powder, pepper	As per taste			
Oil	For brushing			

* Do not put anything in the oven during preheat mode.

* Refer Page 107, fig 2

* Refer Page 107, fig 1

Menu	CF16	Apple Custard			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	1. Mix all the ingredients in a MWS glass bowl. Select category & weight and press start. 2. When beeps, mix well & press start.		
Apple	100 g	200 g	300 g			
Sugar	1 tbsp	2 tbsp	3 tbsp			

Menu	CF17	Dhokla			Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & Microwavesafe (MWS) bowl						
Instructions					Method:	
For		0.3 kg	1. Mix besan, curd, sugar, salt, water, green chilli-ginger paste, yellow color, fruit salt together. Mix well. Keep for 5-10 minutes. 2. Pour the mixture in MWS safe flat glass dish. Add ½ cup water to the MWS bowl, keep the flat glass dish, cover. Select category & weight and press start. 3. Add the tempering to the dhokla & cover. Stand for 5 minutes. Garnish with grated coconut & serve. Note : For tempering in a MWS glass bowl add oil, rai & curry leaves. Microwave at 100% for 2 minutes. Add some water & dissolve sugar.			
Besan		100 g				
Warm water		100 ml				
Curd		4 tbsp				
Green chilli & ginger paste		2 tsp				
Salt & sugar		As per taste				
Fruit salt / Mitha Soda		¼ tsp				
Oil, rai, curry leaves, water		For tempering				
Grated coconut		For garnishing				
Yellow colour / Haldi		As required				

Menu	CF18	Poha			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	1. In a MWS glass bowl add oil, rai, jeera, curry leaves. Select category & weight and press start. 2. When beeps, add onion, green chillies, hing, haldi. Mix & press start. 3. When beeps, add washed poha, salt, red chilli powder, garam masala & sugar. Mix & press start. Squeeze lemon juice. Garnish with grated coconut & hara dhania & serve.		
Poha (washed)	100 g	200 g	300 g			
Oil	1 tbsp	1½ tbsp	2 tbsp			
Rai, jeera, hing, haldi, curry leaves		As per taste				
Chopped onion	1/2 cup	1 cup	1 cup			
Green chillies	1 No.	2 Nos.	3 Nos.			
Salt, red chilli powder, garam masala, sugar		As per taste				
Grated coconut & hara dhania		For garnishing				

Menu	CF19	Upma			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	1. In a MWS glass bowl add oil, rai, jeera, urad dal, green chilli, suji. Mix well. 2. Select category & weight and press start. 3. When beeps, add onions, stir well & press start. 4. When beeps, add water, sugar, salt, lemon juice. Mix well & press start. Stand for 5 minutes.		
Suji	100 g	200 g	300 g			
Oil	1 tbsp	2 tbsp	3 tbsp			
Water	200 ml	400 ml	600 ml			
Salt & sugar		As per taste				
Onion	1 No.	2 Nos.	2 Nos.			
Green chilli	2 No.	3 Nos.	3 Nos.			
Rai, jeera, hing, curry leavces, urad dal		As per taste				
Lemon juice		As per taste				

Menu	CF20	Besan Cheela			Weight Limit	1 Pc
Utensil: Multicook Tawa & High Rack*						
Instructions					Method:	
Besan		1 cup (120 g)	1. In a bowl take besan, salt, red chilli powder, Garam masala, haldi, chopped coriander & green chillies. Mix & gradually add water in small amounts to make a batter for cheela without any lumps. 2. Grease the tawa with 2-3 drops of oil, keep on high rack. Select category & press start. 3. When beeps, pour ½ cup (approx 100 ml) batter on the tawa & spread evenly, make a circle. Keep on rack & press start. 4. When beeps, smear ¼ tsp oil on cheela, spread oil evenly & turn & press start. 5. Serve cheela hot with tomato Ketchup or mint Chutney.			
Water		200 ml				
Chopped green chillies		2 nos.				
Chopped coriander leaves		2 tbsp				
Salt, Red chilli powder, garam masala, haldi		As per taste				

* Refer Page 107, fig 2

Menu	CF21	Veg Sandwich			Weight Limit	0.1 ~ 0.3 kg
Utensil: High rack						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 Kg			
Bread slices	100 g (2 slices)	200 g (4 slices)	300 g (6 slices)	1. On a bread slice apply butter, layer with sauce, spread chopped vegetables, sprinkle grated cheese. Cover it with the other bread slice.		
Butter	1 tbsp	2 tbsp	4 tbsp	2. Keep the sandwich on high rack. Select category & weight and press start.		
Sauce / spread	1½ tbsp	3 tbsp	4 tbsp	3. When beeps, change the side of the sandwich & again press start.		
Chopped vegetables (onion, tomato, capsicum)	2 tbsp	4 tbsp	6 tbsp			
Grated cheese	2 tbsp	4 tbsp	6 tbsp			
Salt & pepper	As per taste					

Menu	CF22	Paneer Sandwich			Weight Limit	0.1 ~ 0.3 kg
Utensil: High rack						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg			
Bread slices	2 nos.	4 nos.	6 nos.	1. In a bowl mix grated paneer, chopped onion, cheese spread, minced ginger salt, pepper & mustard together.		
Grated paneer	100 g	150 g	200 g	2. Spread the mixture on one bread slice & cover it with the other slice. Keep the sandwich on high rack.		
Chopped onion	2 tbsp	3 tbsp	4 tbsp	3. Select category & weight & press start.		
Cheese spread	2 tbsp	3 tbsp	4 tbsp	4. When beeps, change the side & press start.		
Salt, pepper & mustard powder	As per taste					
Minced ginger	As per taste					

Menu	CF23	Masala Cheese Toast			Weight Limit	0.1 ~ 0.3 kg
Utensil: High rack						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg			
Bread slices	2 nos.	4 nos.	6 nos.	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.		
Butter	For applying on bread slices			2. Apply butter on one side of all bread slices.		
For Filling				3. Put the filling & grated cheese on one slice & cover with other slice. Prepare all the toasts in same way.		
Chopped boiled vegetables - cabbage, cauliflower, green peas, french beans, capsicum	1 cup	1½ cup	2 cups	4. Keep the toasts on high rack. Select category & weight and press start.		
Chopped onions	1 no.	2 nos.	2 nos.	5. When beeps, turn over the side & press start.		
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			

Menu	CF24	Khandvi			Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.3 kg					
Besan	100 g			1. In a MWS bowl mix besan, water, curd, salt & green chilli & ginger paste together. Mix well. Cover.		
Water	1 cup			2. Select category & press start.		
Curd	1 cup			3. When beeps, stir well & press start.		
Salt	As per taste			4. When beeps, stir well & press start.		
Green chilli & ginger paste	As per taste			5. Spread the batter on a greased smooth flat kitchen slab. Allow to cool, cut into lengthwise strips.		
Chopped coriander leaves	A few sprigs			6. Roll the strips, garnish with spluttered rai, coriander leaves & grated coconut & serve.		
Rai seeds (spluttered)	½ tsp					
Grated coconut	As required					

Menu	CF25	Cottage Honey Toast			Weight Limit	0.1 ~ 0.3 kg
Utensil: High rack						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg			
Bread slices	2 nos.	4 nos.	6 nos.	1. Spread cottage cheese & cinnamon powder on the bread slices. Keep on high rack. Select category & weight & press start.		
Grated cottage cheese	As required			2. When beeps, turn over the slices & press start.		
Cinnamon powder	As required			3. Drizzle honey on slices & serve.		

Menu	bA1	Brownie®	Weight Limit	0.3 kg
Utensil: Low rack & Metal cake tin**				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> Sieve maida and baking powder. In a bowl add Condensed Milk (Milkmaid) and butter and beat well. Add maida, coco powder, essence and mix. For spoon dropping consistency add milk or water. Pour the batter in metal cake tin lined with butter paper. Select category & press start. (Pre-heat process) When beeps, put the tin with batter on low rack. Press start to bake. Remove when it gives a beep. 	
Maida		125 g		
Condensed milk		150 g		
Butter		100 g		
Almonds, Walnuts		As per taste		
Baking powder		¼ tsp		
Chocolate Essence		1 tsp		
Coco powder		2 tbsps		

Menu	bA2	Muffins®	Weight Limit	0.3 kg
Utensil: Low rack & Metal muffin tray**				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> 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. Select category & press start. (Pre-heat process) When beeps, put the tray on low rack. Press start to bake. Remove when it gives a beep. 	
Maida		200 g		
Powdered sugar		100 g		
Butter		75 g		
Almonds, Walnuts		As per taste		
Egg		1 No.		
Baking powder		1/2 tsp		
Almond essence		1/2 tsp		

Menu	bA3	Swiss Roll®	Weight Limit	0.2 kg
Utensil: Multicook tawa & Low Rack*				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> Sieve maida & soda. In a bowl add Condensed Milk (Milkmaid) & butter. Beat well. Add the maida mixture, vanilla essence & mix well. For spoon dropping consistency add milk or water. Place the butter paper at the bottom of the tray. Pour the batter. select category & press start. (Pre-heat process) When beeps, put the tawa on low rack & keep inside microwave. Press start. Select category & press start. When beeps, keep tawa with dough balls on low rack & keep both inside the microwave & press start. When beeps, turn over the buns & again press start. Immediately remove the buns from tray & use when cool. 	
Maida		80 g		
Condensed Milk (Milkmaid)		100 ml		
Butter		75 g		
Baking Soda		¼ tsp		
Vanilla essence		¼ tsp		
Mix fruit jam		2 tbsps		

Menu	bA4	Carrot Cake®	Weight Limit	0.3 kg
Utensil: Metal Cake Tin & Low Rack**				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. Sieve maida, baking powder & add grated carrot to it. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well. Grease a metal cake tin or line with butter paper. Add the cake batter. Select category & press start. (Pre-heat process) When beeps, put the cake tin on low rack & keep in microwave & press start. 	
Maida		110 g		
Baking powder		¼ tsp		
Grated carrot		½ cup		
Curd		70 ml		
Powdered sugar		170 g		
Egg		1 no.		
Vanilla essence		¼ tsp		

Menu	bA5	Chocolate Cake®	Weight Limit	0.4Kg
Utensil: Metal Cake Tin & Low rack**				
Instructions			Method:	
For		0.4Kg	<ol style="list-style-type: none"> Grease a metal cake tin. Dust light with flour. Sift flour, baking powder & cocoa powder together. Separate eggs yolk from whites. Beat egg whites in clean & dry bowl till fluffy. Add sugar gradually, beating till thick & retains shape. Beat yolks & essence till thick & fluffy again. Add oil gradually beating till thick again. Fold in flour gently with wooden spoon, by sprinkling evenly in 2-3 batches. Pour the cake batter in cake tin. Meanwhile during batter making, select category & press start. (Pre-heat process). When beeps, keep the cake tin on low rack. Press start 	
Refined Wheat flour		110g		
Powdered Sugar		120g		
Oil		¼ cup		
Cocoa powder		¼ cup		
Baking powder		1 tsp		
Vanilla essence		1 tsp		
Eggs		4 no.		

* Do not put anything in the oven during preheat mode.

** Refer Page 107, fig 1

** Refer Page 107, fig 4

Menu	bA6	Jeera Biscuits®	Weight Limit	0.2 kg
Utensil: Low rack & Multi cook tawa [†]				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> Sieve maida, baking powder and soda. In a bowl add powdered sugar and butter and beat well. Add maida, jeera powder, ajwain and make a soft dough with little water. Roll a thick roti and cut cookies with the cutter. Prick with a fork. Arrange on tawa. Select category & press start. (Pre-heat process). When beeps, keep the tawa on low rack. Keep both inside the microwave & press start to bake. Remove when it gives a beep. Allow them to cool. 	
Maida		120 g		
Powdered suger		50 g		
Butter		50 g		
Jeera / Ajwain		As per taste		
Baking Soda		1 pinch		
Baking powder		1.4 tsp		
Water		As required		

Menu	bA7	Nan Khatai®	Weight Limit	0.4 kg
Utensil: Multicook tawa & Low rack [†]				
Instructions			Method:	
For		0.4 kg	<ol style="list-style-type: none"> 1. Cream the butter & sugar together till it turns fluffy. 2. Add vanilla essence followed by maida & suji. 3. Make a dough out of this mixture. 4. Make medium sized balls & put cashewnut on the top of each piece. Arrange them on tawa & keep aside. 5. Select category & press start. (Pre-heat process). When beeps, keep the tawa on low rack & press start. 	
Maida		150 g		
Suji		50 g		
Powdered sugar		85 g		
Vanilla essence		1 tsp		
Butter		100 g		
Almonds & cashewnuts		A few		

Menu	bA8	Masala Biscuits®	Weight Limit	0.2 kg
Utensil: Low rack & Multicook tawa [†]				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> 1. Sieve maida & baking powder together. Cream butter & sugar together. 2. Add maida to the butter & cream mixture. Add salt, chilli powder & coriander powder. Mix them well adding little water (if required) to form a soft dough. 3. Roll out the dough & shape into biscuits with the help of a biscuit cutter. 4. Select category & press start. (Pre-heat process) 5. When beeps, keep the biscuits on the multi cook tawa & place the tawa on low rack & press start. 	
Maida		100 g		
Butter		50 g		
Sugar		50 g		
Baking powder		1 tsp		
Salt, chilli powder, coriander powder		As per taste		

Menu	bA9	Lamington Cake	Weight Limit	0.4 kg
Utensil: Low rack & Metal cake tin ^{**} & Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.4 kg	<ol style="list-style-type: none"> 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. Pour the mixture in a greased cake tin. 2. Select category, press start. (Pre-heat process). When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep. 3. In MWS glass bowl add water and coco powder and put in the microwave. Press start. When it gives a beep remove and cool. Cut the cake in to squares and dip the pieces in the coco solution on all sides. Roll these in the desiccated coconut and serve. 	
Maida		100 g		
Powdered sugar		75 g		
Butter		75 g		
Eggs		1 No.		
Baking powder		1 tsp		
Vanilla essence		1 tsp		
Milk		75ml		
For Lamington solution - Coco powder		2 tbsp		
Powdered Sugar		1tbsp		
Water		1 cup		
Desiccated coconut		As required		

Menu	bA10	Doughnuts	Weight Limit	0.2 kg
Utensil: Multicook tawa & Low rack [†]				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> 1. Dissolve yeast in milk & set aside for 5 minutes to prepare yeast mixture. 2. Add sugar & butter to milk & dissolve. Add to yeast mixture. 3. Now add maida, egg, vanilla essence & nutmeg powder & make a soft dough. Keep it covered for 1hour. Roll out the dough to ½ inch thickness. Cut it with a doughnut cutter. 4. Select category & press start. (Pre-heat process). When beeps arrange the doughnuts on tawa & keep tawa on low rack & press start. Note : If the dough is too dry add milk & if too soft then add maida. 	
Maida		200 g		
Yeast		½ tbsp		
Luke warm milk		100 ml		
Powdered sugar		50 g		
Nutmeg powder		A pinch		
Egg		½ (beaten)		
Vanilla essence		¼ tsp		
Butter		1 tbsp		

[†] Do not put anything in the oven during preheat mode.

^{*} Refer Page 107, fig 1

^{**} Refer Page 107, fig 4

Menu	bA11	Whole Wheat Cookies	Weight Limit	0.3 kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> In a bowl cream brown sugar, butter, granulated sugar together and beat till fluffy. Add egg, vanilla essence, baking powder. Finally add flour and make a soft dough. Roll out the dough and cut with a cookie cutter. Select category, press start. (Pre-heat process). When beeps, put the cookies on tawa & tawa on low rack. Press start to bake. Remove when it gives a beep. 	
Whole wheat flour		200 g		
Brown sugar		100 g		
Granulated sugar		50 g		
Butter		100 g		
Egg		1 No.		
Vanilla essence		½ tsp		
Baking powder		½ tsp		

Menu	bA12	Apple Cup Cakes	Weight Limit	0.4 kg
Utensil: Metal muffin tray & Low rack*				
Instructions			Method:	
For		0.4 kg	<ol style="list-style-type: none"> In a dry & clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt & mix with a fork & keep aside. In another bowl take softened butter, powdered sugar, brown sugar & beat with a electric beater till light & fluffy. Add one egg at a time & heat. Add apple puree & again mix well. Select category & press start. (Pre-heat process). Softly mix all the dry mixture to the beaten butter & sugar mixture with a wooden spoon. Do not over mix. 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. 	
Maida		1 cup		
Apple (peeled & pureed)		½ cup		
Powdered sugar		½ cup		
Brown sugar		¼ cup		
Butter (softened)		50 g		
Cinnamon powder, clove powder, nutmeg powder		A pinch (each)		
Eggs		2 nos.		
Chopped almonds		2 tbsp		
Baking powder		½ tsp		

Menu	bA13	Cheese Straw®	Weight Limit	0.2 kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> Sieve maida, baking powder, chilli powder and pepper powder. In a bowl add maida and butter and cheese and rub it with fingertips till it resembles breadcrumbs. Add little cold water to make a soft dough. Roll it in to ½ cm thick roti and cut thin strips. Twist them and put in the metal cake tin. Select category & press start. (Pre-heat process) When beeps, put the tawa on low rack. Press start to bake. Remove when it gives a beep. 	
Maida		100 g		
Grated cheese		25 g		
Butter		50 g		
Cold water		As required		
Pepper powder		1/4 tsp		
Baking powder		1/8 tsp		
Chilli powder		1/2 tsp		
Salt		1/4 tsp		

Menu	bA14	Vanilla Cake®	Weight Limit	0.4 kg
Utensil: Metal Cake Tin & Low Rack**				
Instructions			Method:	
For		0.4 kg	<ol style="list-style-type: none"> 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. Select category & press start. (Pre-heat process). When beeps, keep the cake tin on low rack & press start. 	
Maida		100 g		
Powdered Sugar		75 g		
Butter		75 g		
Eggs		1 no.		
Baking Powder		1 tsp		
Vanilla essence		1 tsp		

Menu	bA15	Chocolate Cookies®	Weight Limit	0.3 kg
Utensil: Multicook tawa & Low Rack*				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> Sieve maida, cocoa powder & baking powder together. In a bowl cream butter & sugar together. Add maida to the creamed butter & sugar. Add vanilla essence. Mix well to make a ssoft dough. Roll out the dough on rolling board & cut with a cookies cutter. Select the menu & press start. (Pre-heat process) When beeps, place the cookies on tawa & place the tawa on low rack. Press start. 	
Maida		200 g		
Powdered Sugar		100 g		
Butter		75 g		
Baking powder		1 pinch		
Cocoa Powder		2-3 tbsp		
Vanilla essence		¼ tsp		

* Do not put anything in the oven during preheat mode.

** Refer Page 107, fig 1

** Refer Page 107, fig 4

Menu	UC1	Keep warm	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	1. Any cooked food with cover (Rice, Dal, Subzi, Halwa, Upma etc.) Select category & press start. 2. When beeps, mix well & press start. When beeps, mix well & press start.	

Menu	UC2	Defrost Veg	Weight Limit	0.2 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.2 ~ 0.5 kg	Veg - (Paneer, Green Peas, Corn etc.) 1. Take in Microwave Safe Bowl, select category & weight and press start. 2. When beeps, turn the food. Press start.	

Menu	UC3	Defrost Non-Veg	Weight Limit	0.5 ~ 1.0 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.5 ~ 1.0 kg	Non-Veg - (Chicken, Mutton etc.) 1. In Microwave Safe Bowl, select category & weight and press start. 2. When beeps, turn the food. Press start.	

Menu	UC4	Dehumidification	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	Namkin, Biscuits, Bhujia, Papad and Wafers etc. 1. In MWS bowl add the food to be dehumidified. Select category and press start.	

Menu	UC5	Disinfect Aid	Weight Limit	
Utensil: Microwave safe (MWS) glass utensil & Empty cavity				
Instructions			Method:	
			1. Aid in disinfecting Microwave safe glass utensils Keep the empty utensil & select category & press start. 2. Aid in cleaning the cavity- Keep the cavity empty. Select category & press start. When time ends (beeps), clean the cavity with damp cloth. Note: The oven has a function Disinfect Aid which helps in disinfecting the MWS glass utensil thereby giving clean utensils/cavity.	

Menu	UC6	Pizza base®	Weight Limit	0.2 kg
Utensil: Low rack & Multicook tawa*				
Instructions			Method:	
For		0.2 kg	1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Roll out the dough to 6" to 7" & keep on dusted tawa. Prick with a fork. Keep for half to 1 hour in a dark place. 2. Select category & press start. (Pre-heat process). 3. When beeps, keep the tawa on low rack. Press start.	
Maida		200 g		
Yeast		1 tbsp		
Salt		1/2 tsp		
Sugar		1 tsp		
Water		As required		

Menu	UC7	Yeast dough	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.3 kg	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.	
Maida		300 g		
Yeast		1 tbsp		
Salt		½ tsp		
Sugar		1 tsp		
Water		As required		

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

* Refer Page 107, fig 1

Kids' Delight/Cooking Aid/Steam Clean

Cooking Aid

Menu	UC8	Boil Potatoes	Weight Limit	0.3 kg
Utensil: Glass tray				
Instructions			Method:	
For		0.3 kg	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.	
Potato		300 g		

Menu	UC9	Lemon Squeeze	Weight Limit	5 Pcs
Utensil: Glass tray				
Instructions			Method:	
Lemon		5 pcs	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.	

Menu	UC10	Garlic peel	Weight Limit	10 Cloves
Utensil: Glass tray				
Instructions			Method:	
Garlic Cloves		10 nos	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.	

Menu	UC11	Tear free onions	Weight Limit	5 Pcs
Utensil: Glass tray				
Instructions			Method:	
Onions		05 nos	1. Take 5 onions & pierce it with knife & keep in MWS glass tray of microwave oven. 2. Select menu & press start. 3. When beeps, take out onions & peel it off & chop easily with almost no tears in eyes.	

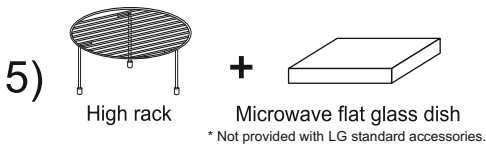
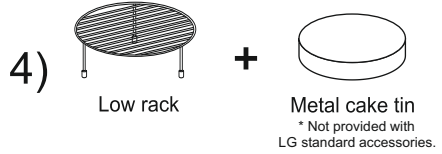
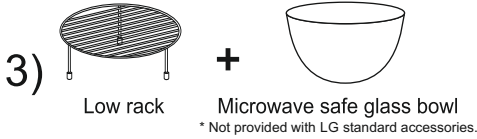
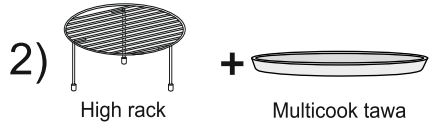
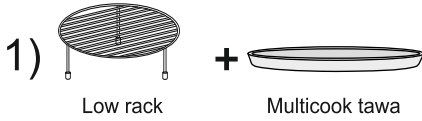
Menu	UC12	Crispy nuts	Weight Limit	0.1 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For		0.1 kg	1. In a microwave safe flat glass dish add drops of oil, nuts. Mix well. 2. Select category & weight & press start. 3. Serve plain or with chaat masala.	
Nuts		100 g		
Oil		As required		

Kids' Delight/Cooking Aid/Steam Clean

Steam Clean

Menu	SL1	Steam Clean	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	1. Take 300ml water in MWS bowl, add 1tbsp vinegar or lemon juice. Select category & press start. 2. When beeps, wipe out with clean napkin. Press start. 3. Again wipe out. Take out the plug. Note: Use this feature to aid in cavity cleaning.	

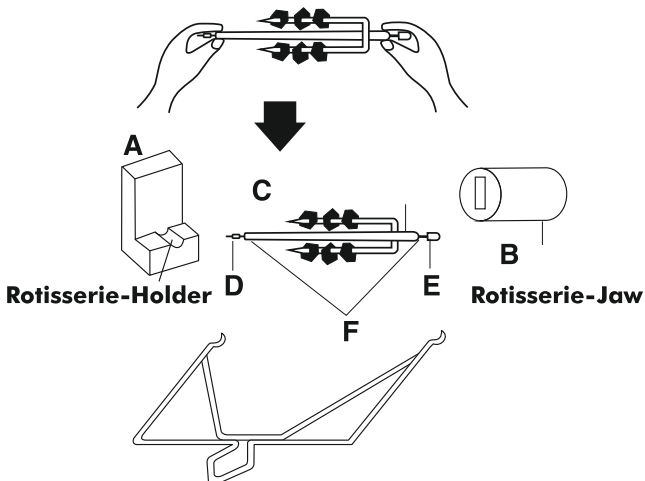
Usage of Accessories/Utensils



Rotisserie Installation

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

1. Position the food on the spit, ensuring that the rotisserie bar runs centrally through the food. And tie the food with thread to the bar if necessary.
2. Insert the end of the rotisserie bar (E) into the rotisserie jaw (B) on the right hand of the oven wall. Push it to the right, rotating the rotisserie bar slightly until the rotisserie-bar fits into the rotisserie jaw (B).
3. Support the other end of the rotisserie bar (D) on the hollow of the rotisserie holder (A).



List of Ingredients

Spices

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

Vegetables

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

Fruits

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

Vegetables

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

Cereals

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

Pulses

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

Dry Fruits

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

Miscellaneous

English Name	Hindi Name
Bread crumbs	Bread crumbs
Corn?our	Corn?our
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

Fats & Oils

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

To Clean Your Oven

आपके ओवन की सफाई

1. Keep the inside of the oven clean

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

ओवन के भीतरी हिस्से को साफ रखें

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

2. Keep the outside of the oven clean

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

ओवन का बाहरी हिस्सा साफ रखें।

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

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

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

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

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

5. Do not use steam cleaners.

स्टीम क्लीनर्स का प्रयोग न करें।

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

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

Questions & Answers / प्रश्न और उत्तर

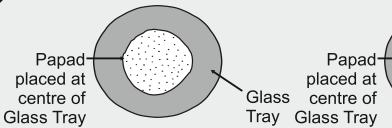
FAQ	Answer
What's wrong when the oven light will not glow?	There may be several reasons why the oven light will not glow. Either the light bulb has blown or the electric circuit has failed.
Does microwave energy pass through the viewing screen in the door?	NO. The holes, or ports, are made to allow light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

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

Two Recipes for Beginners / नवसिखियों के लिए दो व्यंजन विधियाँ

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

1



1. ROASTED PAPAD*
Procedure :

Papad:

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

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

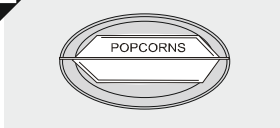
Crispy Papad :

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

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

- As per the composition of the papad material.
- As per the Quantity of papad used.

2



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

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

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

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

1. मुने हुए पापड*
विधि
पापड :

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

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

क्रिस्पी पापड :

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

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

- पापड की सामग्री की बनावट के अनुसार।
- इस्तेमाल किये गए पापड की मात्रा के अनुसार।

Disposal of your old appliance / अपने पुराने उपकरण का निपटान

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



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

- 1. Do's :**
- The product is required to be handed over only to the authorized recycler for disposal.
 - Keep the product in isolated area, after it becomes non-functional/un-repairable so as to prevent its accidental breakage.

Don't :

- The product should not be opened by the user himself/herself, but only by authorized service personnel.
 - The product is not meant for re-sale to any unauthorized agencies/scrap dealer/kabariwalah.
 - The product is not meant for mixing into household waste stream.
 - Do not keep any replaced spare part(s) from the product in exposed area.
- Any disposal through unauthorized agencies/person is not prescribed by the Environment (Protection) Act 1986.
 - "This product is complied with the requirement of Hazardous Substances as specified under Rule 13 (1) & (2) of the E-Waste (Management & Handling) Rules, 2011".
 - To locate a nearest collection centre or call for pick-up (limited area only) for disposal of this appliance, please contact Toll Free No. **1800-315-9999 / 1800-180-9999** for details. All collection centre and pick up facilities are done by third parties with **LG Electronics India Pvt. Ltd.** Merely as a facilitator.

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

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

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

1. करें :

- उपकरण को किसी अधिकृत पुनः नवीनीकरणकर्ता को ही निपटारण करने हेतु हस्तान्तरित करें।
- ख- जब उपकरण कार्यरत न हो इसे अलग क्षेत्र में रखें ताकि उपकरण से होने वाली दुर्घटनाओं से बचा जा सके।

ना करें :

- इस उपकरण को स्वयं/खुद नहीं खोलना चाहिए, उपकरण को केवल अधिकृत अधिकारी के द्वारा ही खोला जाना चाहिए।
 - इस उपकरण को पुनः बिक्री के लिए किसी भी कबाड़ीवाला/भंगार वाला/अनाधिकृत संस्था को न दें।
 - ग- इस उपकरण को किसी घरेलू अपशिष्ट सामान के साथ मिलाकर न रखें।
 - घ- उपकरण के बदले हुए या आंतरिक पुर्जों को खुले क्षेत्र में न रखें।
- अनाधिकृत विभाग/व्यक्ति के माध्यम से कोई भी निपटान पर्यावरण(संरक्षण) अधिनियम 1986 द्वारा निर्धारित नहीं है।
 - यह उत्पाद ई-अपशिष्ट (प्रबंधन और स्थान) नियम 2011 के अन्तर्गत 13(1) एवं (2) के तहत निर्दिष्ट खतरनाक पदार्थों की आवश्यकता का पालन करता है।
 - उपरोक्त पदार्थों के निपटारण के लिए नजदीकी निपटारण संस्थान (संकीर्ण क्षेत्र) में कॉल करें। अधिक जानकारी के लिए हमारे टोल फ्री नम्बर **1800-315-9999 / 1800-180-9999** पर कॉल करें। सभी संग्रहण केन्द्र व पिक-अप की सुविधाएं किसी थर्ड-पार्टी जो **LG Electronics India Pvt. Ltd.** को अपनी सेवाएं प्रदान कर रही हैं, से करावें।
- अधिक जानकारी के लिए देखें वेबसाइट : <http://www.lg.com/in>

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LG 24 x 7 CUSTOMER CARE

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