



ENGLISH

HINDI

# OWNER'S MANUAL MICROWAVE OVEN

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

MC2846BD  
MC2846BV  
MC2846SL  
MC2846BG  
MC2846BR



MFL70580202  
Rev.06\_27052022

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**How the Microwave Function Works /**

माइक्रोवेव प्रणाली किस तरह कार्य करती है

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

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

रेडियो, 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। इस ओवन में 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 लाई जाती 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 यह अपने आसपास की वस्तुएं जैसे ग्लास, पोरसलीन और कागज सहित सुरक्षा को ध्यान में रख कर बनाये गए अन्य पदार्थ 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 बरतनों को गर्म नहीं करती बल्कि ये बरतन गर्म हुए भोजन की गरमाहट से गर्म हो 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.**

माइक्रोवेव ओवन 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 ऊष्मा में परिवर्तित हो जाती हैं और कोई ऊर्जा शेष नहीं रह जाती है जिससे इस भोजन को जब आप ग्रहण करते हैं तो आपके स्वास्थ्य पर कोई भी हानिकारक प्रभाव नहीं पड़ता।

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(as per e-waste Rules)

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<b>Low Calorie</b>		
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<b>Tandoor Se</b>		
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<b>Steam Cook</b>		
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<b>Indian Cuisine</b>		
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<b>Tea/Dairy Delight</b>		
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<b>Paneer/Curd</b>		
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<b>Steam Clean</b>		
<b>Code No.</b>	<b>Recipe Name</b>	
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**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।

## IMPORTANT SAFETY INSTRUCTIONS/READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

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

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

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

#### **WARNING / चेतावनी**

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

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

#### **WARNING / चेतावनी**

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

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

#### **CAUTION / सावधानी**

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

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

#### **WARNING / चेतावनी**

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

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

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

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

- 2 Only use Oven for the purpose of dehumidification of Namkin, Biscuits, Bhujia, papad , wafers, etc. Do not operate with wet newspaper, toys, Electric devices, pet or child, etc.

केवल नमकीन, बिस्कुट, भुजिया, पापड़, वेफर्स आदि के 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 अभिप्रेत नहीं है, जब तक कि उन्हें उनकी सुरक्षा के लिए जिम्मेदार व्यक्ति द्वारा उपकरण के उपयोग के सम्बन्ध में पर्यवेक्षण या निर्देश नहीं दिया गया हो। यह सुनिश्चित करने के लिए बच्चों की निगरानी की जानी चाहिए कि वे उपकरण के साथ काम नहीं करते हैं या खेल नहीं रहे हैं।

- Improper use may cause damage such as a fire, electric shock or burn.

अनुचित उपयोग से क्षति हो सकती है, 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 का 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 (मुड़े), (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 17. / अनुचित उपकरण का उपयोग न करें। केवल प्रत्येक ऑपरेशन मोड पर उपयुक्त सहायक उपकरण का उपयोग करें, पृष्ठ 17 पर मार्गदर्शिका देखें।

- Improper use could result in damage to your oven and accessories, or could make spark and a fire.

इसके गलत तरीके से इस्तेमाल से ओवन और आपके उपकरणों का नुकसान या विद्युत स्पार्क या आग लगने का खतरा हो सकता है।



- 8 Do not hang heavy objects and do not allow children to hang with the door & door handle. Children should not be allowed to play with accessories./ भारी वस्तुओं को न लटकाएँ और बच्चों को दरवाजे के 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।

### ⚠ WARNING / चेतावनी

- 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 ऊर्जा 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।
- 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।
- 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।
- 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 भगोने को इसमें रखने से पहले हिलाएं और हीटिंग के दौरान आधे समय के बाद फिर से बाहर निकाल कर हिला लें, फिर अन्दर रखें।
  - \* हीटिंग के बाद कुछ समय आप उसे अन्दर ही रहने दें फिर इस भोजन को ग्रहण करने से पहले इसे सावधानीपूर्वक हिला लें, या चमचे से चला लें ताकि आप इसकी उष्णता का अनुमान कर इसे खा/पी सकें और आपका मुंह जलने से बच सकें (विशेष तौर पर बच्चे को खाना खिलाने वाला पात्र या दूध पिलाने वाली बोतल)।
- Be careful when handling the container. Microwave heating of beverages can result in delayed eruptive boiling without evidence of bubbling. This could result in hot liquids suddenly boiling over.  
भगोने को इससे निकालते समय पकड़ने में सावधानी रखें। माइक्रोवेव में जलीय पदार्थों को गर्म होने पर कई बार वे देर से और बिना बुलबुले दिए अचानक उबल जाते हैं। इससे जलने का खतरा पैदा हो सकता है।
- 3 An exhaust outlet is located on the top, bottom or side and back of the oven. Don't block the outlet.  
इसकी ऊपरी सतह पर, बगल में या ओवन के पीछे नीचे 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 in use.  
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 घरेलू अखबार इस्तेमाल न करें। माइक्रो मोड में एल्यूमिनियम पन्नी का उपयोग न करें और उच्च तापमान पर लंबी अवधि के लिए कन्वेक्शन/ ग्रिल मोड में एल्यूमिनियम पन्नी का उपयोग करने से बचे।
- Improper use can cause an explosion or a fire.  
गलत तरीके से ओवन का इस्तेमाल करने से आग लग सकती है।
- 6 Do not use wooden containers and ceramic containers that have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Check that the utensils are suitable for use in microwave ovens before use.  
सिरेमिक और लकड़ी के बने भगोने 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 ओवन की ट्रे को धोने के लिए पानी/ठंडी 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 छाल दार फल या सब्जियों में छेद कर लें।
- They could burst.  
वे अन्दर विस्फोट कर सकते हैं।
- 11 Do not cook eggs in their shell. Eggs in their shell and whole hardboiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.  
अंडे को छिलके के साथ इसके भीतर न पकाएं। छिलके सहित अंडा और उबला हुआ पूरा अंडा माइक्रोवेव में गर्म नहीं किया जाना चाहिए, तब भी नहीं जबकि माइक्रोवेव की हीटिंग समाप्त हो गई हो।
- Pressure will build up inside the egg which will burst.  
अंडे के अन्दर दबाव बनेगा और फिर बढ़ते-बढ़ते वो फट जाएगा।
- 12 Do not attempt deep fat frying in your oven.  
ओवन के अन्दर अधिक तेल में खाद्य पदार्थ तलने की कोशिश कभी न करें।
- This could result in a sudden boil over of the hot liquid.  
ऐसा करने से अन्दर गर्म हुआ तरल पदार्थ उबल कर बाहर फैल सकता है।
- 13 If smoke is observed, switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.  
अगर धुंआ महसूस हो तो स्विच ऑफ करें या पॉवर सप्लाई बंद कर दें और ओवन के 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।
  - Your food may be poured due to the possibility of container deterioration, which also can cause a fire.  
आपका खाना भी गिर कर फैल सकता है इसके भगोने के टूट जाने से और इससे भी आग लग सकती है।
- 14 The temperature of accessible surfaces may be high when the appliance is operating. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, before cleaning make sure they are not hot.  
पास की सतह का ताप बहुत अधिक हो सकता है जब बर्तन अन्दर हो। ग्रिल मोड, कन्वेक्शन मोड या कुकिंग के समय इस्तेमाल हो रहे ओवन का द्वार या बाहरी सतह, पिछली दीवार ओवन कैविटी या इसके उपकरण को न छुएं। इसके बाद अन्दर के बर्तनों को बाहर लाते समय ध्यान रखें कि वे गर्म न हों।
- As they will become hot, there is the danger of a burn unless wearing oven gloves.  
क्योंकि वे गर्म होने के बाद जलने का खतरा पैदा कर सकते हैं और इसके लिए किचन के मोटे दस्ताने पहनना चाहिए।

- 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।
- 17 Follow exact directions given by each manufacturer for their popcorn product. Do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested times, discontinue cooking. Never use a brown paper bag for popping corn. Never attempt to pop leftover kernels.  
पॉपकॉर्न के प्रोडक्ट्स के दिए गए सटीक निर्देशों का पालन करना चाहिए। जब इसके अन्दर 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 फूलाने 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 न 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 appliance is intended to be used in household and similar application (Like staff kitchen area in shops, offices, by clients in hotels/motels and residential environments)  
इस उपकरण का उपयोग घरेलू और इसी तरह के अनुप्रयोगों में किया जाता है, (जैसे दुकानों में स्टाफ, रसोई क्षेत्र एवं कार्यालय, होटल, और आवासीय वातावरण में ग्रहकों द्वारा )
- Improper use could result in damage to your oven. / इसके गलत इस्तेमाल से इसमें खराबी आ सकती है।
  - 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।
- 20 The appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.  
Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.  
यह उपकरण 8 वर्ष और उससे ऊपर के बच्चे तथा वे सभी लोग जो कम शारीरिक, संवेदन या मानसिक क्षमता के हों, या जिनका अनुभव या ज्ञान कम हो, इस्तेमाल कर सकते हैं यदि ऐसे सभी लोगों को उपकरण के सुरक्षित तरीके से उपयोग के सम्बन्ध में निरीक्षण या निर्देश दिया जाये और होने वाले खतरों को समझाया जाये। उपकरण की सफाई और रख-रखाव बच्चों के द्वारा नहीं की जा सकती जब तक कि वे 8 वर्ष या उससे अधिक के न हो जाएं और देखभाल न की जाये।
- 21 Children should be supervised to ensure that they do not play with the appliance.  
ओवन के समीप बच्चों के साथ हमेशा कोई बड़ा व्यक्ति हो जो उन्हें इसके साथ खेलने या छेड़छाड़ करने से मना करे।
- 22  Caution, hot surface. / सावधान, गर्म सतह है।  
When the symbol is used, it means that the surfaces are liable to get hot during use.  
प्रतीक का उपयोग किया जाता है, तो इसका मतलब है कि उपयोग के दौरान सतह गर्म होने के लिए उत्तरदायी है।

## SAFETY PRECAUTIONS / सुरक्षा सावधानियाँ

- ★ 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।
- ★ For Oven with Lamp, Power rating of Lamp is 35W/25W / लैम्प की साथ ओवन के लिए, लैम्प की पावर रेटिंग 35W/25W है।  
For Oven with LED, Power rating of LED is 2.6 W / एलईडी की साथ ओवन के लिए, एलईडी की पावर रेटिंग 2.6W है।

- ✦ The appliance is not intended to be operate by means of an external timer or separate remote-control system./उपकरण को किसी भी बाहरी 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 manufacture along with the product. Power Cord is to be used only at power socket outlets and not be used with any extension board or multiple socket. Also, Do not share the same power socket outlet with other appliance.  
उत्पाद के साथ निर्माता द्वारा आपूर्ति के रूप में पावर कॉर्ड को संशोधित न करें। पावर कॉर्ड का उपयोग केवल पावर सॉकेट आउटलेट पर किया जाता है और इसका उपयोग किसी भी एक्सटेंशन बोर्ड या मल्टीपल सॉकेट के साथ नहीं किया जाता है। इसके अलावा, अन्य उपकरणों के साथ पावर सॉकेट आउटलेट को साझा न करें।
- ✦ Do not plug in or pull out power cord with wet hand.  
गीले हाथों से पावर कार्ड को न तो लगाएं न ही हटाएं।
- ✦ Do not spray water inside and outside of microwave oven.  
माइक्रोवेव ओवन के भीतर और बाहर पानी के छींटें न मारें।
- ✦ Plug out power cord during cleaning or maintenance of set.  
मरम्मत और सफाई के समय पावर कार्ड निकालना न भूलें।
- ✦ Do not heat up the food more than necessary.  
खाने को 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 sputtering area.  
गीले या पानी के बहाव वाले क्षेत्र में ओवन को कभी न रखें।
- ✦ Do not let children hang onto oven door.  
बच्चों को ओवन के दरवाजों पर लटकने से रोकें।
- ✦ Do not heat the unpeeled fruit or bottle with lid.  
ढक्कन वाली बोटल और बिना छिला फल कभी इसके अन्दर रख कर गर्म न करें।
- ✦ Do not hold food or accessories as soon as cooking is over.  
गर्म हो जाने या खाना बन जाने के तुरंत बाद ओवन से खाना या बर्तन बाहर न निकालें।

- ✦ **Plug out oven if it is not used for long duration.**  
अगर ओवन को अधिक देर तक इस्तेमाल में न लाना हो तो खाली समय में इसकी पावर कार्ड स्विच से निकाल कर रखें।
- ✦ **Install microwave oven in the well ventilated, flat, level surface.**  
माइक्रोवेव ओवन को अच्छी तरह हवादार, सपाट, समतल सतह में स्थापित करें।  
**There is danger of blast if covered bottle, sealed food, egg, and chestnut etc. are cooked inside oven.**  
ओवन के भीतर ढक्कन लगी बोतल, अंडा, सील्ड खाद्य पदार्थ या चेस्टनट रख कर उसे चलाने से विस्फोट हो सकता है।
- **Dial knob to be rotated for selecting Auto cook menu and Time setting.**  
ऑटो कुक मेन्यू और टाइम सेटिंग का चयन करने के लिए डायल नॉब को घुमायें।
- **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।

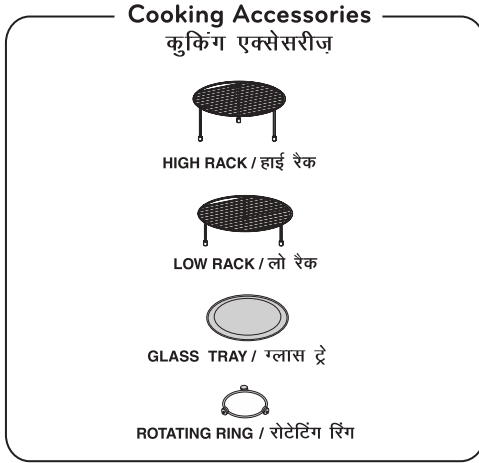
## Unpacking & Installing / खोलना और लगाना

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

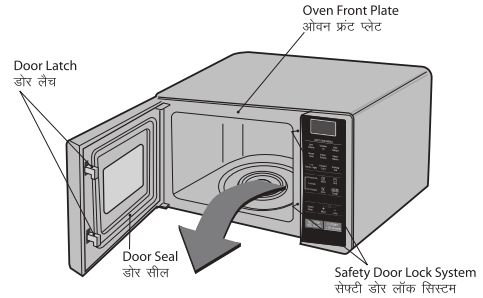
इन दो पृष्ठों पर दिए गए बुनियादी तरीकों का कदम दर कदम इस्तेमाल करके बहुत शीघ्र आपको पता चल जाएगा कि आपका ओवन कितना अच्छा चल रहा है। कृपया "ओवन को कहाँ रखें" इसके निर्देशों पर विशेष ध्यान दें। लगाने से पहले इसकी पैकिंग खोलते समय इस बात का ध्यान रखें कि आप इसके पैकिंग वाले सारे बंधन और इसकी एक्सेसरीज को 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।



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

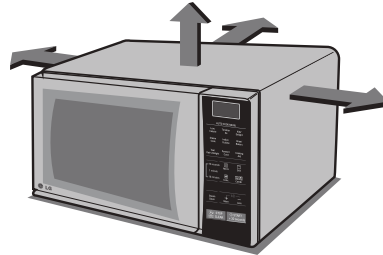


### 2 Place the oven on the level location of your choice with more than 85 cm height but make sure there is at least 30 cm of space on the top and 10 cm at the rear for proper ventilation.

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 कि समतल जगह पर ओवन को रखें जहाँ 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 कैटरिंग के उद्देश्य से इन कार्यों हेतु इस ओवन का इस्तेमाल न करें।

## BEFORE USE/इस्तेमाल के पहले

- 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 निकाल कर दुबारा लगाएं।

- 4 Open your oven door by pulling the door pocket. Place the rotating ring inside the oven and place the glass tray on it.

ओवन के डोर पॉकेट को पकड़कर ही इसका द्वार खोलें और रोटेटिंग रिंग अन्दर बीच में लगाएं और इसके ऊपर ग्लास 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 17.

**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 17 के निर्देशों को देख कर समझ लें।



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



**STOP/CLEAR** या **STOP/Cancel** बटन को दबाएं और **START/+30 seconds** या **START/Select/+30 seconds** बटन को फिर एक बार दबाएं और तीस सेकंड का समय सेट करें।

और तीस सेकंड का समय सेट 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 पहुँच कर बीप की आवाज़ करेगा तब आप इसका द्वार खोल दें और पानी का तापमान चेक 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 इंस्टाल हो चुका है।**

- 8 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 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 display, lamp/LED 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 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।



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

	Microwave	Grill	Convection	Grill combi	Conv combi
 High rack	✗	✓	✓	✓	✓
 Low rack	✗	✓	✓	✓	✓
 Glass tray	✓	✓	✓	✓	✓

Caution : Do not operate rack empty (without food) in combi mode.

Caution: Use accessories in accordance with cooking guides!

✓ Acceptable  
✗ Not Acceptable

सावधानी: रैक को (बिना खाने की सामग्री के) कोम्बी-मोड में इस्तेमाल न करें।

सावधानी: साथ वाले सभी उपकरणों को कुकिंग-गाइड के अनुसार ही ओपरेट करें।

✓ स्वीकार्य  
✗ अस्वीकार्य

**Note:**

- In case of Auto Cook/Manual cook results may vary according to ingredients, ambient temp., Customer know-how and 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।

## Microwave-Safe Utensils / माइक्रोवेव सुरक्षित बर्तन

**Never use metal or metal trimmed utensils in using microwave function / धातु या धातु के छँट 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.

माइक्रोवेव धातु के भीतर नहीं जा पातीं। वे उसके भीतर रखे किसी भी धातु की वस्तु से टकरा कर चिंगारियां पैदा कर सकती हैं और यह स्थिति बिजली कड़कने जैसी एक चेतावनी का दृश्य उपस्थित कर सकती है। ज्यादातर उष्णता-सह्य अधात्विक बर्तन ही ओवन में इस्तेमाल करना सुरक्षित 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 रख कर 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 लिए सुरक्षित है। लेकिन यदि उल्टा हो यानी पानी ठंडा रहे और बर्तन गर्म हो जाए तो यह बर्तन ओवन के लायक नहीं है। हो सकता है ऐसी कई चीजें आपकी रसोई में हों जो कि खाना बनाने के काम में ओवन के भीतर रखे जाने को बिलकुल तैयार ही हों, ऐसी हालत में सुरक्षा को दृष्टि में रख कर इस चेकलिस्ट को पढ़ें:

### Dinner plates/ डिनर प्लेट

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

कई तरह के खाना खाने के बर्तन माइक्रोवेव-सुरक्षित होते हैं। अगर किसी बर्तन को लेकर आपके मन में कोई संदेह हो तो या तो निर्माता की गाइड चेक 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 कांच के बर्तन गर्मी सहने वाले होते हैं, माइक्रोवेव में सुरक्षित होते हैं। इसमें सभी तरह के ओवन के योग्य कांच के खाना बनाने वाले बर्तन हो सकते हैं। फिर भी कांच के नाजूक 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. Papers towels are also very useful for wrapping foods and for lining backing trays in which greasy foods such as bacon are cooked. In general, avoid coloured paper may run. Some recycled paper may contain impurities which could cause arcing or fires when used in the microwave.

कागज के बने 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 के और बेकन जैसे चिकने भोजन को रखने वाली बै किंग ट्रे को जमाने के लिए पेपर टोवेल्स बहतु उपयोगी होती हैं। सामान्य तारे पर रंगीन कागज की बनी वस्तुएं न रखें क्योंकि रंग निकल सकता है। कई रिसाइकिल हुए रंगीन कागज के बने पात्रों में अशुद्ध होता सकती है जो ओवन की भीतर चिंगारियां या आग पैदा कर सकते हैं।

#### Plastic cooking 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 आप के पास उपलब्ध बर्तनों को ही आप इस्तेमाल करें बजाय इसके कि आप नए बर्तनों में खर्चा करें।

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

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

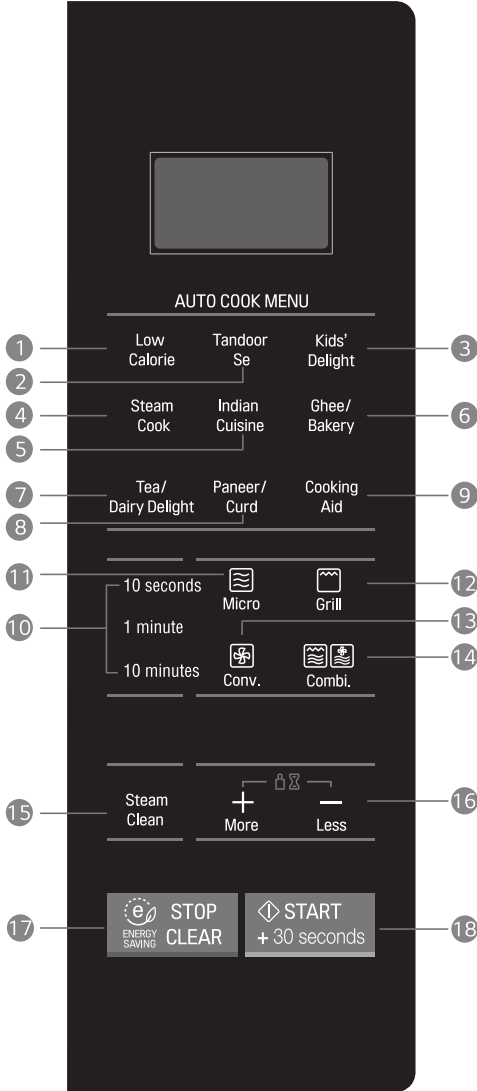
इस तरह के बर्तन आम तौर पर माइक्रोवेव में इस्तेमाल के लिए अच्छे होते हैं फिर भी सुनिश्चित करने के लिए इनका परिक्षण कर लेना चाहिए।



#### 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 परिक्षण कर लें।

## Control Panel/ कंट्रोल पैनल



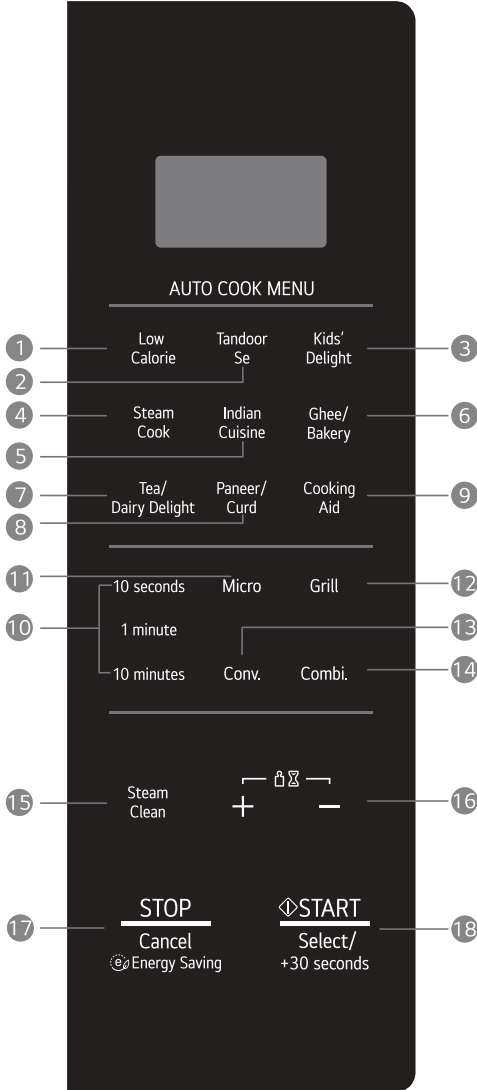
Disclaimer: The control panel printing may differ from model to model & from actual product.

**अस्वीकरण :** कंट्रोल पैनल की प्रिंटिंग मॉडल से मॉडल और वास्तविक उत्पाद से भिन्न हो सकती है।

## Part/ पार्ट

- 1 Low Calorie Cook your favorite recipe using this function.  
**लो कैलोरी** इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 2 Tandoor Se Cook your favorite recipe using this function.  
**तन्दूर से** इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 3 Kids' Delight Cook your favorite recipe using this function.  
**किड्स डिलाइट** इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 4 Steam Cook Cook your favorite recipe using this function.  
**स्टीम कुक** इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 5 Indian Cuisine Cook your favorite recipe using this function.  
**इण्डियन क्युज़ीन** इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 6 Ghee/ Bakery Cook your favorite recipe using this function.  
**घी/ बेकरी** इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 7 Tea/ Dairy Delight Cook your favorite recipe using this function.  
**टी/ डेयरी डिलाइट** इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 8 Paneer/ Curd Cook your favorite recipe using this function.  
**पनीर/ कर्ड** इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 9 Cooking Aid Cook your favorite recipe using this function.  
**कुकिंग एड** इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 10 For Selecting the cooking time  
खाना पकाने का समय निर्धारित करने के लिए
- 11 Micro Use to select the power level for microwave cooking  
**माइक्रो** माइक्रोवेव कुकिंग के पावर लेवल को स्लेक्ट करने के लिए
- 12 Grill Use to select Grill cooking  
**ग्रिल** ग्रिल कुकिंग को स्लेक्ट करने लिए
- 13 Conv. Use to select Combination cooking  
**कन्वैक्शन** कन्वैक्शन कुकिंग को स्लेक्ट करने लिए
- 14 Combi. Use to select Combination cooking  
**कॉम्बी** कॉम्बीनेशन कुकिंग को स्लेक्ट करने लिए
- 15 Steam Clean Use this feature to aid in cavity cleaning  
**स्टीम क्लीन** कैविटी सफाई में सहायता के लिए इस सुविधा का उपयोग करें।
- 16 +More/ -Less - For decreasing/increasing the cooking time & selecting auto cook weight limit.  
**+अधिक/- कम** खाना पकाने के समय को घटाने/ बढ़ाने के लिए और ऑटो कुक के वजन को चुनने के लिए
- 17 STOP/CLEAR (ENERGY SAVING) Used to stop oven and clear all entries  
**स्टॉप/ क्लियर (ऊर्जा बचत)** ओवन को रोकने और सभी एन्रीज को हटाने के लिए
- 18 **START/+30 seconds**
  - In order to start cooking which is selected, press **START/+30 seconds** button one time.
  - The START/+30 seconds feature allows you to set 30 seconds intervals of HIGH power cooking with a press of the +30 seconds button

## Control Panel/ कंट्रोल पैनल



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

**अस्वीकरण :** कंट्रोल पैनल की प्रिंटिंग मॉडल से मॉडल और वास्तविक उत्पाद से भिन्न हो सकती है।

## Part/ पार्ट

1	Low Calorie Cook your favorite recipe using this function. <b>लो कैलोरी</b> इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
2	Tandoor Se Cook your favorite recipe using this function. <b>तन्दूर से</b> इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
3	Kids' Delight Cook your favorite recipe using this function. <b>किड्स डिलाइट</b> इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
4	Steam Cook Cook your favorite recipe using this function. <b>स्टीम कुक</b> इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
5	Indian Cuisine Cook your favorite recipe using this function. <b>इण्डियन क्युज़ीन</b> इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
6	Ghee/ Bakery Cook your favorite recipe using this function. <b>घी/ बेकरी</b> इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
7	Tea/Dairy Delight Cook your favorite recipe using this function. <b>टी/ डेयरी डिलाइट</b> इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
8	Paneer/Curd Cook your favorite recipe using this function. <b>पनीर/ कर्ड</b> इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
9	Cooking Aid Cook your favorite recipe using this function. <b>कुकिंग एड</b> इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
10	For Selecting the cooking time खाना पकाने का समय निर्धारित करने के लिए
11	Micro Use to select the power level for microwave cooking <b>माइक्रो</b> माइक्रोवेव कुकिंग के पावर लेवल को स्लेक्ट करने के लिए
12	Grill Use to select Grill cooking <b>ग्रिल</b> ग्रिल कुकिंग को स्लेक्ट करने लिए
13	Conv. Use to select Combination cooking <b>कन्वेक्शन</b> कन्वेक्शन कुकिंग को स्लेक्ट करने लिए
14	Combi. Use to select Combination cooking <b>कॉम्बी.</b> कॉम्बिनेशन कुकिंग को स्लेक्ट करने लिए
15	Steam Clean Use this feature to aid in cavity cleaning <b>स्टीम क्लीन</b> कैविटी सफाई में सहायता के लिए इस सुविधा का उपयोग करें।
16	+ / - For decreasing/increasing the cooking time & selecting auto cook weight limit. + / - खाना पकाने के समय को घटाने/ बढ़ाने के लिए और ऑटो कुक के वज़न को चुनने के लिए
17	STOP/Cancel (Energy Saving) Used to stop oven and clear all entries <b>स्टॉप/कैसल (ऊर्जा बचत)</b> ओवन को रोकने और सभी एन्रीज़ को हटाने के लिए
18	<b>START/Select/+30 seconds</b> • In order to start cooking which is selected, press <b>START/Select/+30 seconds</b> button one time. • The START/Select /+30 seconds feature allows you to set 30 seconds intervals of HIGH power cooking with a press of the +30 seconds button <b>स्टार्ट/सेलेक्ट/+ 30 सेकेंड्स</b> • कुकिंग को शुरू करने के लिए दबाए जाने वाले <b>स्टार्ट/सेलेक्ट/+ 30 सेकेंड्स</b> बटन को आप एक ही बार दबाएं। • + 30 सेकेंड्स इस्तेमाल करके आप फ़टाफ़ट तीस सेकेंड्स की हाई पावर कुकिंग कर सकते हैं।

## Child Lock / चाइल्ड लॉक

In the following example, show you how to set the child lock. निम्नलिखित उदाहरण में आप देखेंगे कि चाइल्ड लॉक कैसे लगाएं।

- 1 Press STOP.  
STOP को दबाएं।



- 2 Press and hold STOP until "L" appears on the display and BEEP sounds  
STOP बटन को तब तक दबा कर रखें जब तक 'डिस्प्ले पैनल' पर "L" न आ जाये और बीप न सुनाई दे।



- 3 To cancel CHILD LOCK press and hold STOP until "L" disappears  
चाइल्ड लॉक को स्थगित करने लिए STOP बटन को दबाए जब तक "L" बीप के साथ गायब न हो जाये।



### ! NOTE / नोट

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

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

## + 30 seconds / + 30 सेकंड्स

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 पॉवर का इस्तेमाल कर सकते हैं।

- 1 Press STOP.  
STOP को दबाएं।



- 2 Press START four times to select 2 minutes on 900 W power.

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

चार बार START दबा कर 900 वाट पॉवर पर 2 मिनट का टाइम सेट करें।  
आपके द्वारा चौथी बार बटन दबाने से पहले ही ओवन चलना शुरू हो जाएगा।



- 3 During START cooking, you can extend the cooking by repeatedly pressing the START button.

START कुकिंग के समय यदि आप चाहें तो टाइम सेटिंग को START बटन को बार बार दबा कर बढ़ा सकते हैं।



### ! NOTE / नोट

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

START कुकिंग की व्यवस्था द्वारा आप 30 सेकंड्स की हाई पावर कुकिंग कर सकते हैं जिसके लिए आपको START बटन दबाना होगा।

## HOW TO USE / किस तरह इस्तेमाल करें

### Micro Power Cooking / माइक्रो पावर कुकिंग

In the following example, show you how to cook some food on 720W Power for 5 minutes 30 seconds

निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि 720 वाट पावर का प्रयोग करके आप किस तरह 5 मिनट 30 सेकेंड्स में कोई भोजन तैयार कर सकते हैं।

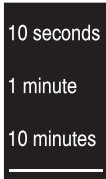
- 1 Press **STOP**.  
**STOP** को दबाएँ।



- 2 Press Micro twice the display shows "720".  
Micro दो बार दबाएँ जब तक कि '720' डिस्प्ले पर दिखाई न देने लगे।



- 3 Press **1 minute** five time, press **10 seconds** three times  
**1 minute** पाँच बार दबाएँ, **10 seconds** तीन बार दबाएँ।



- 4 Press **START**.  
**START** दबाएँ।



### ! 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 ही हो जाता है और और माइक्रो बटन को 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 एक्सेसरीज का उपयोग **माइक्रो मोड** में कृपया न करें।



High rack  
हाई रैक



Low rack  
लो रैक

## Micro Power Level / माइक्रो पावर स्तर

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

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

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



## Grill Cooking / ग्रिल कुकिंग

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

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

1 Press **STOP**.

**STOP** को दबाएं।



2 Press **Grill** one time.

The following indication is displayed: 

**Grill** एक बार दबाएं। निम्नलिखित सन्देश प्रदर्शित होगा 

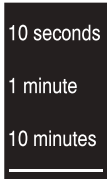


3 Press "10 minutes" one time.

Press "1 minute" two time.

"10 minutes" एक बार दबाएं।

"1 minute" दो बार दबाएं।



4 Press **START**.

**START** दबाएं।



### CAUTION / सावधानी

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

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

### NOTE / नोट

• This feature will allow you to brown and crispy food quickly.

• For the best result use the following accessories.

• इस व्यवस्था के द्वारा आप भूरा और कुरकुरा भोजन तुरंत तैयार कर सकेंगे।

• सुविधाओं का सर्वोत्तम लाभ लेने हेतु कृपया निम्न एक्सेसरीज 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 अपने ओवन को किस तरह से प्रोग्राम करें ताकि 360 माइक्रो पावर वाट और ग्रिल का इस्तेमाल करके 25 मिनट्स में भोजन निर्माण करें।

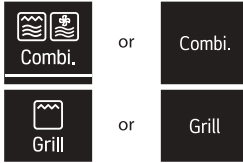
1 Press STOP.

STOP को दबाएँ।



2 First press Combi & then Grill one time each.

पहले **Combi** और फिर **Grill** बटन एक-एक बार दबाएँ

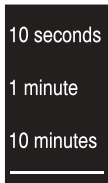


3 Press Micro button until display shows "360"

**Micro** बटन को तब तक दबाएँ जब तक आपको "360" दिखाई न देने लगे।



4 Press "10 minutes" 2 time and Press "1 minute" 5 times  
"10 minutes" 2 बार दबाएँ और "1 minute" 5 बार दबाएँ।



5 Press START.

START दबाएँ।



### ! NOTE / नोट

- Your oven has a combination cooking feature which allows you to cook food with **Heater** and **Microwave**.  
This generally means it takes less time to cook your food.
- You can set three kinds of micro power level (180 W, 360 W, 540 W) in grill combi mode.
- **This feature will allow you to brown and crispy food quickly.**
- आपके ओवन में कॉम्बिनेशन कुकिंग की सुविधा उपलब्ध है जिससे कि आप **हीटर** और **माइक्रोवेव** के माध्यम से भोजन तैयार कर सकें। इसका आमतौर पर यह अर्थ होता है कि आप कम समय में अपना भोजन पका सकते हैं।
- आप ग्रिल कॉम्बी मोड में तीन तरह के माइक्रो पावर लेवल सेट कर सकते हैं (180 वाट, 360 वाट, 540 वाट)।
- इस सुविधा द्वारा आप भूरा और कुरकुरा खाना तुरंत तैयार कर सकते हैं।

### ! 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।

## Convection Preheat / कन्वेक्शन प्रीहीट

In the following example, show you how to preheat the oven to a temperature of 190 °C

नीचे दिए उदाहरण में आपको दिखाया जाएगा कि किस तरह से 190 सेंटीग्रेड तापमान पर अपने ओवन को प्रीहीट करें।

- 1 Press STOP.  
STOP को दबाएँ।



or



- 2 Press Conv. one time  
Conv. एक बार दबाएँ।



or



- 3 Press "+" one time  
"+" एक बार दबाएँ।



or



- 4 Press START  
Preheating will be started with displaying "Pr-H"  
START दबाएँ।  
प्रीहीट चालू हो जाएगा और आपको डिस्प्ले पर दिखेगा "Pr-H"



or



### ! NOTE / नोट

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

## Convection Cooking / कन्वेक्शन कुकिंग

In the following example, show you how to cook some food at a temperature of 190 °C for 50 minutes.

During convection cooking use multi cook tawa and low rack

निम्न उदाहरण में दर्शाया गया है कि 50 मिनट के लिए 190 °C तापमान पर कुछ खाना कैसे पकाएं।

कन्वेक्शन कुकिंग के दौरान मल्टी कुक तवा और लो रैक का उपयोग करें।

- 1 Press STOP.  
STOP को दबाएँ।



- 2 Press Conv. one time  
Conv. एक बार दबाएँ।



or

Conv.

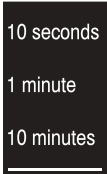
- 3 Press "+" one times till '190 °C' is displayed.  
'190 °C' दर्शाने तक "+" एक बार दबाएँ।



or



- 4 Press "10 minutes" five times.  
"10 minutes" पाँच बार दबाएँ।



- 5 Press START.  
START दबाएँ।



or



### ! CAUTION / सावधानी

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

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

### ! NOTE / नोट

If you do not set a temperature your oven will automatically select 180 °C, the cooking temperature can be changed by + More / - Less button.

For the best result please use the following accessory.

अगर आप तापमान नहीं चुनेगे आपका ओवन अपने आप ही '180 °C' पर चला जाएगा।

+ More / - Less बटन के माध्यम से कुकिंग का तापमान परिवर्तित किया जा सकता है।

सर्वोत्तम परिणाम हेतु निम्न एक्सेसरी को उपयोग में लाएं।



Low rack  
लो रैक

## Convection Combi Cooking / कन्वेक्शन कॉम्बी कुकिंग

In the following example, show you how to program your oven with micro power 540 W and at a convection temperature 200 °C for a cooking time of 25 minutes.

नीचे दिए उदाहरण में आपको बताया जाएगा कि किस तरह आप अपने ओवन को 540 वाट क्षमता पर 25 मिनट्स के समय में कन्वेक्शन तापमान 200 °C पर कैसे प्रोग्राम कर सकते हैं।

- 1 Press STOP.  
STOP को दबाएँ।



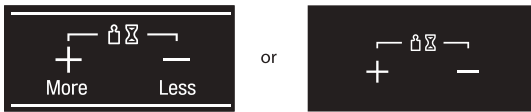
- 2 Press **Combi.** one time.  
**Combi.** एक बार दबाएँ।



- 3 Press **Conv.** one time  
**Conv.** एक बार दबाएँ।



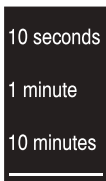
- 4 Press "+" two times.  
"+" दो बार दबाएँ।



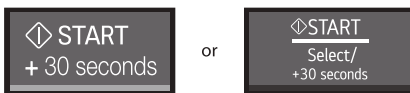
- 5 Press Micro three time  
**Micro** तीन बार दबाएँ



- 6 Press "10 minutes" 2 times and Press "1 minute" 5 times  
"10 minutes" 2 बार दबाएँ और "1 minute" 5 बार दबाएँ।



- 7 Press START.  
START दबाएँ।



### ! CAUTION / सावधानी

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

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

### ! NOTE / नोट

You can set three kinds of micro power level 180 W, 360 W and 540 W)

आप तीन तरह के माइक्रो पावर लेवल सेट कर सकते हैं (180 वाट, 360 वाट और 540 वाट)।

## More Or Less Cooking / ज्यादा या कम कुकिंग

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

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

1 Press STOP.

STOP को दबाएँ।



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

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

Low Calorie	Tandoor Se	Kids' Delight
Steam Cook	Indian Cuisine	Ghee/ Bakery
Tea/ Dairy Delight	Paneer/ Curd	Cooking Aid

3 Press START.

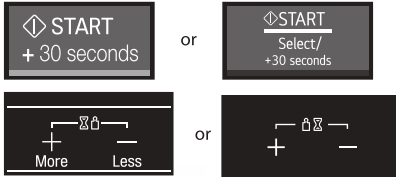
Press + More / - Less.

The cooking time will increase or decrease.

START दबाएँ।

+ More / - Less दबाएँ।

कुकिंग का टाइम कम या ज्यादा हो जाएगा।



### NOTE / नोट

- If you find that your food is over or undercooked when using the preset COOK program, you can increase or decrease cooking time by pressing + More / - Less button.
- You can lengthen or shorten the cooking time at any point by pressing + More / - Less button. 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 + More / - Less बटन दबा कर समय को कम या अधिक कर सकते हैं।
- किसी भी समय + More / - Less बटन 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 करे। इससे डिफ्रॉस्ट मोड की परफॉर्मेंस पर असर पड़ सकता है।

## Energy Saving/ ऊर्जा की बचत

The microwave oven allows you to save energy by switching off lamp/LED and display when not cooking in oven.

जब आप खाना नहीं पका रहे हों तब लैम्प/ एलईडी और डिस्प्ले बन्द करके माइक्रोवेव ओवन ऊर्जा बचाता है।

### Door open condition (Lamp/LED & Display on):

डोर खुली अवस्था (लैम्प/एलईडी और डिस्प्ले चालू है)

Press STOP key one time  
STOP की एक बार दबाएँ।

Lamp / LED & Display is turned off (Both together)  
लैम्प/ एलईडी और डिस्प्ले बन्द हो जाएगा (दोनों एक साथ)  
Press any key on keypad, display shows that key related display & Lamp/LED is turned on.

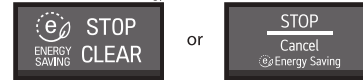
कोई भी की दबाएँ उस की से संबंधित डिस्प्ले दिखाई देगा और लैम्प/एलईडी चालू हो जायेगा।

If door remains open for 5 minutes, lamp/LED & display are auto cut off

डोर खुलने के 5 मिनट बाद लैम्प/एलईडी और डिस्प्ले स्वतः बन्द हो जायेगा।

Press any key on keypad, display shows that key related display & lamp/LED is turned on.

कोई भी की दबाएँ उस की से संबंधित डिस्प्ले दिखाई देगा और लैम्प/एलईडी चालू हो जायेगा।



### Door close condition (Lamp/LED off & Display on):

डोर बन्द अवस्था (लैम्प/एलईडी बन्द है और डिस्प्ले चालू है)

Press STOP key one time  
STOP की एक बार दबाएँ।

Display is turned off (Lamp/LED remains turned off)  
डिस्प्ले बन्द हो जाएगा (लैम्प/एलईडी बन्द ही है)

Press any key on keypad, display shows that key related display (Lamp/LED remains turned off)

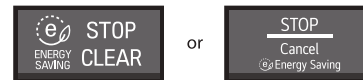
कोई भी की दबाएँ उस की से संबंधित डिस्प्ले दिखाई देगा (लैम्प/एलईडी बन्द ही है)।

If door remains closed for 5 minutes, display is auto cut off. (Lamp/LED remains turned off)

अगर डोर बन्द है तो 5 मिनट के बाद डिस्प्ले बन्द हो जायेगा। (लैम्प/एलईडी बन्द ही है)

Press any key on keypad, display shows that key related display (Lamp/LED remains turned off).

कोई भी की दबाएँ उस की से संबंधित डिस्प्ले दिखाई देगा (लैम्प/एलईडी बन्द ही है)।



## Various Cook Functions

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

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

\* Note : If display is blank, press STOP  
If display shows "0", do not press STOP go directly to step 2.

\*\*Note : If recipe has single weight e.g br1 do not follow step 4 for directly go to step 5

**Disclaimer:**

\* All brands mentioned herein 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.

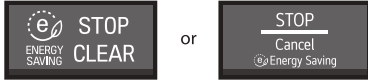
\* Images given here are only for representation purposes.

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

## Low Calorie

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

1. Press **STOP**.



2. Press **Low Calorie**



3. Display will show "HP 1"

4. \*Press **START** for menu confirmation, display will show 0.1 kg.



5. Keep Pressing **+More** until display show <sup>a</sup> 0.3kg<sup>a</sup>



6. Press **START**.



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



### ! NOTE

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



Menu	HP1	Kala Chana					Weight Limit	0.1 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>1. Soak chana overnight, in MWS bowl, put soaked chanas and cover. Select category and weight and press start.</li> <li>2. When beeps, remove &amp; 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.</li> <li>3. When beeps, add chanas to the MWS bowl along with little water and press start. Mix well. Serve hot.</li> </ol>		
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
<b>Utensil:</b> Microwave safe (MWS) glass bowl & High rack* & MWS flat glass dish								
<b>Instructions</b>						<b>Method:</b>		
Chopped Karela	0.3 kg					<ol style="list-style-type: none"> <li>1. In a Microwave safe glass bowl take Oil add Rai, Jeera, Hing, Haldi &amp; Chopped Onion. Select category &amp; weight and press start.</li> <li>2. When beeps, add Chopped Karela, some water, salt, sugar, masala, dhania-jeera powder &amp; cover. Press start.</li> <li>3. When beeps, remove the bowl from microwave oven, transfer subzi to a flat glass dish, stir well. Place on High Rack</li> <li>4. Press start. Note: Before cooking, scrap &amp; rub the karela with salt &amp; keep aside for 2-3 hours.</li> </ol>		
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
<b>Utensil:</b> Microwave safe (MWS) bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>1. Mix boneless chicken, soya sauce, salt &amp; pepper, garlic paste &amp; lemon juice in a bowl. Refrigerate for ½ hour.</li> <li>2. In a MWS bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select category &amp; weight &amp; press start.</li> <li>3. When beeps, mix well. Cover &amp; press start. Allow to stand for 3 minutes.</li> </ol>		
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
<b>Utensil:</b> Microwave safe (MWS) bowl								
<b>Instructions</b>						<b>Method:</b>		
Pomfret (fish category)	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>1. Take Pomfret Slices as per weight (0.1 kg/ 0.2 kg/ 0.3 kg/ 0.4 kg/ 0.5 kg) and marinate with salt, lemon juice, and kali mirch powder (as per taste) for one hour.</li> <li>2. In Microwave Safe bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select category &amp; weight and press start.</li> <li>3. When beeps, open door and add marinated fish, salt to taste and some water. Cover &amp; press start.</li> <li>4. Give standing time for 5 minutes.</li> </ol>		
Salt, Lemon Juice & Kali Mirch Powder	To marinate as per your taste							
Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic	As required							

Menu	HP5	Soya Idli					Weight Limit	4 pc, 8 pc (40g-50g) each
<b>Utensil:</b> Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand								
<b>Instructions</b>						<b>Method:</b>		
Rice	100 g					<ol style="list-style-type: none"> <li>1. Wash &amp; soak rice, urad dal &amp; soyabeans granules for 4 hours.</li> <li>2. Grind, mix and ferment for 8 to 10 hours. Grind the mixture to paste consistency.</li> <li>3. Grease MWS Idli Stand with Oil. Put idli batter in it. Add ½ cup water in the MWS bowl. Keep the idli stand &amp; cover. Select menu &amp; number and press start to cook. Allow to stand for 3 minutes. <b>Note :</b> After preparing the batter, you can use it for making menu 4 or 8 idlies as per requirement. 4,8 indicates the number of idli that can be prepared.</li> </ol>		
Urad	4 tbsp							
Soyabean	4 tbsp							
Water	As required							
Salt	As per taste							

Menu	HP6	Nutrinuggets					Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg			<ol style="list-style-type: none"> <li>1. In a MWS bowl add oil, jeera, onion. Select category and weight and press start. Mix well.</li> <li>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.</li> <li>3. When beeps, add the remaining amount of water and press start. Mix well. Allow to stand for 3 minutes. Garnish with coriander leaves &amp; serve hot with roti.</li> </ol>		
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							

\*Refer Page 93, Fig. 3

## Low Calorie

## Health Plus

Menu	HP7	Curd Brinjal				Weight Limit	0.1-0.4 kg
Utensil: Microwave safe (MWS) bowl							
<b>Instructions</b>					<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add oil &amp; brinjal. Cover. Select category &amp; weight and press start.</li> <li>When beeps, remove &amp; in another MWS bowl add oil, mustard &amp; cumin seeds, curry leaves &amp; chopped ginger. Press start.</li> <li>When beeps, add brinjal, curd &amp; salt. Mix well &amp; press start.</li> </ol>		
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							
<b>Instructions</b>					<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add chopped bathua leaves. Sprinkle some water &amp; cover. Select category &amp; weight and press start.</li> <li>When beeps, remove.</li> <li>In a bowl add water, beaten curd, bathua leaves &amp; mix well. Add salt &amp; roasted cumin seed powder.</li> <li>Mix well &amp; refrigerate it for some time &amp; serve.</li> </ol>		
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							
<b>Instructions</b>					<b>Method:</b>		
For	0.2 kg				<ol style="list-style-type: none"> <li>In a MWS bowl add oil, chopped onions. Select category and press start. Mix well.</li> <li>When beeps, in the same bowl add tomato puree and haldi and press start. Mix well.</li> <li>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.</li> </ol>		
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						

Menu	HP10	Spinach Dal				Weight Limit	0.1~0.3 kg
Utensil: Microwave safe (MWS) bowl							
<b>Instructions</b>					<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg		<ol style="list-style-type: none"> <li>In a MWS bowl put soaked dal (lentils), water, turmeric powder &amp; salt. Select menu &amp; weight and press start.</li> <li>When beeps, in another MWS bowl put oil, chopped onions, cumin seeds, chopped ginger &amp; green chillies, chopped spinach. Mix well and press start.</li> <li>When beeps, mix well &amp; add boiled lentils. Mix again &amp; press start.</li> <li>Garnish with coriander leaves &amp; serve hot.</li> </ol>		
Dehusked soaked lentils (at least for 2 hours)	100 g	200 g	300 g				
Onions chopped	½ cup	1 cup	1 cup				
Spinach chopped	1 cup	1½ cup	2 cup				
Oil	1 tbsp	2 tbsp	2 tbsp				
Cumin seeds	1 tsp	1 tsp	1½ tsp				
Ginger & Green chillies (chopped)	1 tbsp	2 tbsp	3 tbsp				
Water	300 ml	500 ml	600 ml				
Turmeric, Salt	As per taste						
Lemon juice	1 tsp	2 tsp	3 tsp				
Coriander leaves	2 tbsp	3 tbsp	4 tbsp				

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

Menu	HP12	Leaf Rolls			Weight Limit	0.2-0.4 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat Glass dish						
<b>Instructions</b>				<b>Method:</b>		
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> <li>In a bowl mix boiled vegetables, chopped onions, salt, chaat masala &amp; lemon juice.</li> <li>In MWS bowl, add ½ cup water. Keep the leaves in MWS flat glass dish. Keep the dish in MWS bowl. Cover.</li> <li>Select category &amp; weight and press start.</li> <li>When beeps, remove the leaves from the bowl. Spread the filling on leaves &amp; roll them. Make all the rolls in same way.</li> </ol>		
Palak leaves	100 g	150 g	150 g			
Cabbage leaves	100 g	150 g	150 g			
<b>For filling</b>						
Boiled Veg (Potato, Capsicum, Carrot, French beans, sprouts)	1 cup	1½ cup	1½ cup			
Chopped onion	½ no.	1 no.	1 no.			
Salt, Chat masala, Lemon juice	As per taste					

Menu	HP13	Fish Bharta					Weight Limit	0.1-0.5 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat Glass dish								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add ½ cup water. Place the fish pieces on the MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select menu and press start.</li> <li>When beeps, remove &amp; mash the fish. In a MWS bowl, add oil, chopped onions, mashed fish, red chilli powder, garam masala, haldi, salt. Cover and press start.</li> </ol>		
Fish (Fillet)	100 g	200 g	300 g	400 g	500 g			
Mustard oil	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp			
Mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp			
Chopped onion	½ cup	½ cup	1 cup	1 cup	1 cup			
Red chilli powder, Haldi, Garam masala, Salt	As per taste							

Menu	HP14	Healthy Khichdi			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
<b>Instructions</b>				<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS bowl take soaked dal, rice &amp; ghee. Also add grated carrot, soaked &amp; drained soya granules &amp; peas. Mix well. Select category &amp; weight and press start.</li> <li>When beeps, mix, add water &amp; salt. Mix again &amp; press start.</li> <li>When beeps, stir &amp; mash well. Add pepper powder &amp; ½ cup water. Mix &amp; cover and press start.</li> <li>Serve hot with fresh curds.</li> </ol>		
Rice (soaked)	75 g	150 g	225 g			
Moong dal, washed (soaked)	25 g	50 g	75 g			
Desi ghee	½ tsp	1 tsp	1½ tsp			
Carrot (grated finely)	1 no.	2 nos.	2 nos.			
Soya granules (soaked)	2 tsp	3 tsp	4 tsp			
Salt & pepper	As per taste					
Water	300 ml	500 ml	750 ml			

Menu	HP15	Oats Idli			Weight Limit	4 pc, 8 pc (40g-50g) each
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand & Microwavesafe (MWS) glass bowl						
<b>Instructions</b>				<b>Method:</b>		
<b>For Idli batter</b>						
Roasted & powdered oats	1 cup			<ol style="list-style-type: none"> <li>Mix all the ingredients of batter in a bowl. Allow to stand for 10 minutes.</li> <li>Grease MWS idli stand &amp; pour the batter (depending on the number you want to cook).</li> <li>Add ½ cup water to MWS bowl. Keep the idli stand inside the bowl. Cover.</li> <li>Select the category &amp; number and press start.</li> <li>When beeps, remove the idli from the stand.</li> <li>Take a MWS glass bowl, add oil, mustard seeds, curry leaves &amp; dry red chillies. Press start. Mix with idli &amp; serve. Add lemon juice (optional)</li> </ol>		
Semolina	½ cup					
Curd	½ cup					
Water	¾ cup					
Salt	As per taste					
Soda bi carb	½ tsp					
Grated carrot	¼ cup					
Chopped green chillies	2 nos.					
Oil	For greasing					
<b>For Tempering</b>						
Mustard seeds	½ tsp					
Curry leaves	A few					
Dry red chillies	A few					
Oil	½ tsp					

Menu	HP16	Daliya Khichdi			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
<b>Instructions</b>				<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS bowl take soaked dalia, soaked moong dal, desi ghee, grated potato &amp; grated carrot. Mix very well. Select category &amp; weight and press start.</li> <li>When beeps, add water, chopped spinach, turmeric powder, salt. Mix well &amp; cover. Press start.</li> <li>When beeps, mix well. Add ½ cup water (or more). Press start. Serve with fresh curds.</li> </ol>		
Soaked dalia	¼ cup	½ cup	¾ cup			
Soaked moong dal	¼ cup	½ cup	¾ cup			
Grated carrot	1 no.	2 nos.	3 nos.			
Grated potato	½ no.	1 no.	1 no.			
Spinach (chopped)	½ cup	1 cup	1½ cup			
Desi ghee	1 tsp	1½ tsp	2 tsp			
Turmeric powder, salt	As per taste					
Water	300 ml	500 ml	750 ml			

## Low Calorie

## Health Plus

Menu	HP17	Fish Cutlet	Weight Limit	0.4 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl & High rack				
<b>Instructions</b>			<b>Method:</b>	
For	0.4 kg		<ol style="list-style-type: none"> <li>In a MWS glass bowl take fish fillet add 1 cup water. Select category &amp; press start. Mash the fish.</li> <li>Remove the bowl from microwave oven &amp; add all the other ingredients except oil and mix well with boiled and mashed fish. Make cutlets and roll them in bread crumbs. Put some oil around the cutlets. Keep this on high rack</li> <li>Press start.</li> <li>When beeps, turn them over.</li> <li>Press start.</li> <li>Remove and serve with lemon wedges &amp; mint chutney.</li> </ol>	
Fish fillet	350 g			
Boiled potato	2 Nos.			
Bread crumbs	1 cup			
Oil	2 tbsp			
Chilli powder, turmeric, ginger garlic paste, salt	As per taste			
Garam masala powder	1 tsp			
Coriander leaves	A few sprigs			

Menu	HP18	Fish Masala	Weight Limit	0.2 ~0.5 kg	
<b>Utensil:</b> Microwave safe (MWS) bowl					
<b>Instructions</b>			<b>Method:</b>		
For	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>In MWS bowl take oil and chopped onion. Select menu and weight &amp; press start.</li> <li>When beeps, remove and add pomphret pieces and tomato. Press start.</li> <li>When beeps, add all the other ingredients and water and mix well. Press start. Garnish with coriander leaves.</li> </ol>
Pomphret pieces	200 g	300 g	400 g	500 g	
Onions	1 No.	2 Nos.	2 Nos.	3 Nos.	
Tomato	1 No.	2 Nos.	2 Nos.	3 Nos.	
Oil	1 tbsp	2 tbsp	2 tbsp	3 tbsp	
Chilli powder, Turmeric, Ginger garlic paste, Salt, Saunf powder	As per taste				
Garam masala powder	As per taste				
Dhania powder and jeera powder	As per taste				
Coriander leaves	As per requirement				

Menu	HP19	Fish Pulusu	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.3 kg		<ol style="list-style-type: none"> <li>In a MWS glass bowl add oil, ginger garlic paste, methi seeds, fish pieces, lemon juice &amp; cover. Select category &amp; weight &amp; press start.</li> <li>When beeps, mix well &amp; add chopped onions &amp; fish masala. Cover &amp; press start.</li> <li>When beeps, mix well &amp; add tamarind pulp and press start. Allow to stand for 3 minutes.</li> </ol>	
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
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
<b>Instructions</b>			<b>Method:</b>	
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"> <li>Marinate the prawn with rai paste, mustard oil, turmeric powder, green chilli paste, sugar &amp; salt for 1 hour.</li> <li>Take the coconut kernel &amp; scoop out the creamy pulp with a spoon. Divide the coconut lengthwise into 2 halves.</li> <li>Put the marinated prawns inside the kernel &amp; cover with the other half kernel. Keep this in a MWS glass bowl. Select category &amp; weight &amp; press start.</li> </ol>				

Menu	HP21	Crab Curry	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.3 kg		<ol style="list-style-type: none"> <li>In a MWS glass bowl add oil, onion, ginger garlic paste. Select category and press start.</li> <li>When beeps, remove, mix well add crab pieces and 1 cup water and press start.</li> <li>When beeps, add coconut milk, salt, garam masala, dhania jeera powder, chilli powder, turmeric powder and press start. Mix well &amp; serve hot with rice.</li> </ol>	
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
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.2 kg	0.3 kg	0.4 kg	
Fish pieces	200 g	300 g	400 g	
Oil	½ tsp	1 tbsp	1 tbsp	
Ginger-garlic paste	1 tsp	2 tsp	3 tsp	
Tamarind paste	1 tbsp	1½ tsp	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"> <li>1. Wash, clean &amp; 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 &amp; rub this marinade on fish pieces &amp; keep aside for atleast 15 minutes.</li> <li>2. In a MWS bowl take oil, hing, chopped garlic, coriander &amp; green chilli &amp; mix. Select category &amp; weight and press start.</li> <li>3. When beeps, add the marinated fish to the MWS bowl. Mix well, sprinkle water on top &amp; cover and press start.</li> <li>4. When beeps, mix &amp; add coconut milk to the fish. Mix well again and press start. Serve more kalavan hot with steamed rice.</li> </ol>				

Menu	HP23	Veg. Dalia Khichdi	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	
Soaked dalia	¼ cup	½ cup	¾ cup	
Soaked moong dal	¼ cup	½ cup	¾ cup	
Grated carrot	1 no.	2 nos.	3 nos.	
Grated potato	½ no.	1 no.	1 no.	
Spinach (chopped)	½ cup	1 cup	1½ cup	
Desi ghee	1 tbsp	1½ tbsp	2 tbsp	
Turmeric powder, salt	As per taste			
Water	300 ml	500 ml	750 ml	
<ol style="list-style-type: none"> <li>1. In a MWS bowl take soaked dalia, soaked moong dal, desi ghee, grated potato &amp; grated carrot. Mix very well. Select category &amp; weight and press start.</li> <li>2. When beeps, add water, chopped spinach, turmeric powder, salt. Mix well &amp; cover. Press start.</li> <li>3. When beeps, mix well. Add ½ cup water (or more). Press start. Serve with fresh curds.</li> </ol>				

Menu	HP24	Sabudana Khichdi	Weight Limit	0.1 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Sabudana (soaked for 2 hours)	100 g	200 g	300 g	400 g
Oil	½ tsp	1½ tsp	2 tsp	2½ tsp
Rai, salt, lemon juice, chopped green chillies	As per taste			
Potatoes (boiled & chopped)	1 No.	2 Nos.	3 Nos.	4 Nos.
Coriander leaves	A few springs			
<ol style="list-style-type: none"> <li>1. In a MWS bowl add oil, rai, green chillies &amp; coriander leaves. Mix. Select category &amp; weight and press start.</li> <li>2. When beeps, mix, add boiled potatoes, soaked sabudana. Mix &amp; press start. Squeeze lemon juice &amp; serve.</li> </ol>				

Menu	HP25	Home Made Cereal	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
<b>Instructions</b>			<b>Method:</b>	
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	
<ol style="list-style-type: none"> <li>1. Soak rice for 1 hour. In a MWS glass bowl put all the ingredients. Keep it in microwave. Select category &amp; weight and press start.</li> <li>2. When beeps, remove and grind it in a mixer to a powder. You can store this mixture in a fridge. Take 2 tbsp of this powder, add water, salt, jeera powder and mix. Put this in microwave and press start.</li> <li>3. When beeps, remove it.</li> </ol>				

Menu	HP26	Khichdi	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
<b>Instructions</b>			<b>Method:</b>	
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	
<ol style="list-style-type: none"> <li>1. Soak rice for 1 hour. In a MWS glass bowl put ghee, rice, daal and water. Keep it in microwave. Select category &amp; weight &amp; press start.</li> <li>2. When beeps, remove and add salt, jeera powder and cover. Put this in microwave and press start.</li> <li>3. When beeps, remove and add some water if required. Mix well and put this in microwave and press start.</li> </ol>				

## Low Calorie

## Soup

Menu	So1	Sweet Corn Soup	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
		<b>Instructions</b>	<b>Method:</b>	
For		0.3 kg	<ol style="list-style-type: none"> <li>1. Grind sweet corn with water and put in MWS glass bowl. Select menu &amp; press start.</li> <li>2. When beeps, remove, in another bowl put oil, green chilli &amp; press start.</li> <li>3. When beeps, add corn mixture in it. Mix cornflour with ½ cup water and mix with it. Add salt, sugar, pepper and press start.</li> </ol>	
Sweet Corn		200 g		
Water		300 ml (1½ cup)		
Oil		1 tsp		
Cornflour		2 tbsp + ½ cup water		
Salt, Sugar, Pepper, Green chilli		As per taste		

Menu	So2	Mushroom Soup	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
		<b>Instructions</b>	<b>Method:</b>	
For		0.3 kg	<ol style="list-style-type: none"> <li>1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion &amp; mushrooms with water. Select menu &amp; press start.</li> <li>2. When beeps, remove the bowl. Allow to cool &amp; separate the mushrooms &amp; grind the remaining stock &amp; strain it.</li> <li>3. In a MWS glass bowl, add oil, mushrooms, salt &amp; pepper. Mix &amp; press start. When beeps, add the stock &amp; press start. Garnish with grated cheese &amp; serve.</li> </ol>	
Mushroom		120 g		
Potato		1 No.		
Cabbage		50 g		
Onion		1 small		
Water		300 ml (1½ cup)		
Salt, Pepper		As per taste		
Oil		1 tsp		
Grated cheese		As per requirement		

Menu	So3	Wonton Soup	Weight Limit	0.6 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
		<b>Instructions</b>	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>1. In MWS glass bowl add oil and vegetables, ginger-garlic paste. Select menu &amp; press start.</li> <li>2. When beeps, add salt, pepper, water &amp; palak (in pieces). Mix well &amp; put in microwave &amp; press start.</li> <li>3. When beeps, mix well &amp; press start. Add wonton &amp; serve.</li> </ol> <p><b>How to make Wonton :</b> Maida - 1 cup, Salt - 1 pinch, Oil - 1 tsp <b>Method :</b> Mix all the ingredients in the bowl and make dough with hot water. After that cover the bowl and leave the mixture for 10-15 minutes.</p> <p><b>For Stuffing :</b> Cabbage, carrot, capsicum which is cut in long pieces <b>Method :</b> 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.</p>	
Chopped Cabbage, Carrot, Capsicum, French beans		200 g (Total)		
Ginger paste		2 tsp		
Garlic paste		2 tsp		
Spinach in pieces		10 leaves		
Oil		1 tsp		
Salt, Pepper		As per taste		
Water		600ml (3 cups)		
Ready wonton		6-7 pieces		

Menu	So4	Chicken Shorba	Weight Limit	0.6 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
		<b>Instructions</b>	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl add chicken pieces, chopped garlic and water. Select menu and press start.</li> <li>2. When beeps, remove &amp; strain stock. In another MWS glass bowl add oil, cumin seeds and maida and press start.</li> <li>3. When beeps, add the chicken stock, salt, pepper and press start. Garnish with fresh cream and serve hot.</li> </ol>	
Boneless chicken		300 g		
Oil		½ tbsp		
Chopped garlic		2 tsp		
Salt & Pepper powder		As per taste		
Maida		3 tbsp		
Water		600ml (3 cups)		
Fresh cream		For garnishing		

Menu	So5	Tamator Shorba	Weight Limit	0.6 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
		<b>Instructions</b>	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl add tomatoes cut into quarters with water, select menu and press start.</li> <li>2. When beeps, grind and strain the whole stock.</li> <li>3. In another MWS glass bowl add oil, ginger garlic paste, jeera, bay leaf and press start. Mix well.</li> <li>4. When beeps, add the strained stock, season with salt, garam masala and press start. Add sugar if very sour. Garnish with coriander leaves and serve hot.</li> </ol>	
Chopped tomato		300 g		
Oil		1 tbsp		
Ginger garlic paste		2 tsp		
Jeera, Bay leaf, Salt, Garam masala, Sugar		As per taste		
Water		600ml (3 cups)		
Coriander leaves		For garnishing		

# Soup

# Low Calorie

Menu	So6	Corn Basil & Fusilli Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
		Instructions	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl add oil, chopped onion, garlic. Select menu &amp; press start.</li> <li>2. When beeps, mix well &amp; add water, cream style corns, basil leaves, fusilli pasta and tomato puree. Press start.</li> <li>3. Garnish with grated cheese &amp; basil leaves.</li> </ol>	
Cream style corns		100 g		
Basil		10 leaves		
Fusilli pasta (boiled)		10		
Tomato puree		2 tbsp		
Chopped onion		½ cup		
Chopped garlic		1 tbsp		
Olive oil		1 tbsp		
Water		600ml (3 cups)		

Menu	So7	Rasam	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) bowl				
		Instructions	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>1. In a MWS bowl add chopped tomato &amp; water. Select menu &amp; press start.</li> <li>2. When beeps, remove &amp; cool. Grind &amp; strain it.</li> <li>3. In a MWS bowl add oil, coriander seeds, cumin seeds, cinnamon, hing, chopped garlic, green chillies, salt &amp; jaggery &amp; strained tomato stock. Press start.</li> <li>4. When beeps, strain it again &amp; add more water (if required), tamarind pulp. Press start.</li> <li>5. Garnish with coriander &amp; curry leaves &amp; serve.</li> </ol>	
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		600ml (3 cups)		
Oil		1 tbsp		

Menu	So8	Mulligatawny Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
		Instructions	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>1. In MWS glass bowl add butter, carrot, onion &amp; apples. Mix well. Select menu &amp; weight and press start.</li> <li>2. When beep, mix well, add cooked rice, lentils &amp; water and press start.</li> <li>3. When beep, mix well, allow to cool. Blend &amp; strain. In the same MWS glass bowl add the strained stock, salt, pepper, curry powder &amp; lemon juice. Press start.</li> </ol>	
Cooked rice		50 g		
Dehusked lentil		30 g		
Apples (pealed & sliced)		½ no.		
Carrot		50 g		
Onion		50 g		
Veg stock/water		600ml (3 cups)		
Salt & pepper		to taste		
Butter		1 tsp		
Curry powder		1 tsp		
Lemon juice		1 tsp		

Menu	So9	Hot & Sour Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
		Instructions	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl add water, chili sauce, soya sauce, vinegar, salt, pepper powder. Select menu &amp; press start.</li> <li>2. When beeps, stir well &amp; add all the chopped vegetables, except paneer. Press start.</li> <li>3. When beeps, stir well &amp; add corn flour, tomato sauce, paneer pieces &amp; press start.</li> </ol>	
Water		600ml (3 cups)		
Chilli sauce		1 tbsp		
Soya sauce		2 tbsp		
Vinegar		2 cups		
Chopped vegetables (Capsicum, Spring onions, Carrots, Cabbage)		100 g		
Tomato sauce		2 tbsp		
Cornflour		2 tbsp + ½ cup water		
Salt, pepper		As per taste		
Paneer		50 g		

Menu	So10	Tomato Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
		Instructions	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along with water. Keep in Microwave. Select menu and press start.</li> <li>2. When beeps, grind and strain it.</li> <li>3. In another MWS glass bowl add oil/butter and stock and then put the bowl in microwave and press start. When beep, add sugar, salt, black pepper as per taste and cornflour paste which is made up by mixing the half cup of cold water. Stir well &amp; press start.</li> <li>4. Garnish with bread croutons, coriander (green dhania) and fresh cream and serve hot.</li> </ol>	
Chopped Tomato		100 g		
Chopped Carrot		25 g		
Chopped Onion		1 small		
Chopped Ginger, Garlic		1 tsp		
Salt, Sugar, Pepper		As per taste		
Cornflour & Oil / Butter		2 tbsp / 1 tsp		
Water		600ml (3 cups)		

## Low Calorie

## Soup

Menu	So11	Palak Makai Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
		Instructions	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>In a MWS glass bowl add chopped palak &amp; little water. Select menu &amp; press start.</li> <li>When beeps, grind the palak,</li> <li>In another MWS glass bowl add butter, jeera, chopped onions. Press start.</li> <li>When beeps, remove &amp; add palak &amp; water, milk, corn niblets &amp; maggie tastemaker. Press start.</li> </ol>	
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		½ cup		

Menu	So12	Chicken Soup	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
		Instructions	<b>Method:</b>	
For		0.3 kg	<ol style="list-style-type: none"> <li>In MWS glass bowl put water &amp; add chicken pieces. Select category &amp; press start.</li> <li>When beeps remove the bowl.</li> <li>In another MWS glass bowl add oil, ginger-garlic paste, chicken stock, salt pepper, cornflour paste, green chillies, Press start</li> </ol>	
Boneless chicken		300 g		
Ginger paste		1 tbsp		
Garlic paste		1 tbsp		
Salt & Pepper powder		As per taste		
Cornflour paste		2 tbsp (mixed with ½ cup water)		
Oil		1 tbsp		
Water		600ml / 3 cups		

Menu	So13	Tom Yum Kung	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
		Instructions	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>In a MWS glass bowl put head &amp; shells of prawns, green/red chillies (cut into 2), salt, roughly crushed lemon grass, lime leaves &amp; stock. Mix well. Select menu &amp; press start.</li> <li>When beeps, strain the stock. Add cleaned prawns, fish sauce, pepper, thai red curry paste. Stir well &amp; press start.</li> <li>Add lemon juice &amp; adjust the seasoning. Serve piping hot.</li> </ol>	
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		600ml (3 cups)		
Green/red chillies		3 nos.		
Salt, Pepper		To taste		

Menu	So14	Dal Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
		Instructions	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>In a MWS glass bowl add oil, green chillies, ginger paste, garlic paste. Mix well.</li> <li>Select menu &amp; press start.</li> <li>When beeps, mix well &amp; add onion &amp; add all spices. Press start.</li> <li>When beeps, mix well &amp; add dal &amp; water. Press start. Strain the stock.</li> <li>Add 100 mL hot water &amp; spices as per taste &amp; serve</li> </ol>	
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		600ml (3 cups)		

Menu	So15	Rajma Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
		Instructions	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>Grind the boiled rajma. Add water &amp; strain it.</li> <li>In a MWS glass bowl add oil, garlic, onion, tomato. Mix well. Select menu &amp; press start.</li> <li>When beeps, mix well &amp; add salt, pepper, red chilli powder &amp; rajma stock. Mix well &amp; press start.</li> <li>Add lemon juice &amp; garnish with coriander leaves &amp; serve hot.</li> </ol>	
Water		600ml (3 cups)		
Rajma (boiled)		1 cup (170 g)		
Oil		½ tbsp		
Garlic cloves (chopped)		2 nos.		
Onion (chopped)		½ cup		
Tomato (chopped)		½ cup		
Coriander (chopped)		½ cup		
Salt, Pepper, Red chilli powder		As per taste		
Lemon juice		1 tbsp		



# Soup

# Low Calorie

Menu	So16	Shahi Shorba	Weight Limit	0.6 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
		<b>Instructions</b>	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>In a MWS glass bowl take butter &amp; chopped onion. Mix well. Select menu &amp; press start.</li> <li>When beeps, stir well. Add whole wheat flour, mint paste, coarsely chopped walnuts &amp; mix well. Press start.</li> <li>When beeps, mix and add water. Mix well so that no lumps are formed. Add seasoning. Press start. Serve hot.</li> </ol>	
Onions (finely chopped)		2 nos.		
Walnuts (coarsely chopped)		¼ cup		
Mint paste		1 tbsp		
Whole wheat flour		2 tbsp		
Butter		2 tbsp		
Water		600 ml (3 cups)		
Salt, Pepper, Garam masala		As per taste		

Menu	So17	Bombay Curry Soup	Weight Limit	0.6 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
		<b>Instructions</b>	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>In a MWS glass bowl add soaked masoor dal, tomato &amp; water. Select menu &amp; press start.</li> <li>When beeps, remove &amp; allow the dal to cool. Grind it in a mixer &amp; strain.</li> <li>In another MWS glass bowl, add oil, crushed garlic, chopped onion. Press start.</li> <li>When beeps, mix &amp; add strained dal stock, salt, chilli powder, curry powder &amp; add 150 mL of water. Mix well &amp; press start. Garnish with coriander leaves &amp; serve hot.</li> </ol>	
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	So18	Badam Soup	Weight Limit	0.6 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
		<b>Instructions</b>	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>Grind soaked &amp; blanched badam &amp; basil leaves to a fine paste, adding ½ cup water. Take out in a MWS glass bowl. Add 3 cups water &amp; stir well. Add cinnamon, elaichi &amp; cloves.</li> <li>Select menu &amp; press start.</li> <li>When beeps, stir &amp; strain the soup &amp; sieve. Take the strained soup in a MWS glass bowl. Add salt &amp; peppers &amp; cornflour (mixed with ½ cup water) &amp; press start. Serve hot.</li> </ol>	
Badam (soaked & blanched)		50 g		
Fresh basil leaves (Tulsi)		8-10 nos.		
Water		600 ml (3 cups)		
Cinnamon		25 mm stick		
Elaichi (green)		2-3 nos.		
Cloves		2-3 nos.		
Sugar		½ tsp		
Cornflour		½ tsp		
Salt & pepper		As per taste		

Menu	So19	Limbu Dhania Shorba	Weight Limit	0.6 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
		<b>Instructions</b>	<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>In a MWS glass bowl add oil, cabbage, carrot, celery, spring onions, ginger, garlic, bayleaves, cloves, peppercorns. Mix well. Select menu &amp; press start.</li> <li>When beeps, mix well &amp; add water &amp; press start. When beeps, add besan paste, lemon juice, coriander leaves, salt. Mix well &amp; press start. Garnish with coriander leaves &amp; serve hot.</li> </ol>	
Water		600 ml (3 cups)		
Oil		½ tbsp		
Shredded cabbage		1 cup		
Chopped carrot		½ cup		
Celery		½ cup		
Spring onions		½ cup		
Ginger (grated)		1 tsp		
Chopped garlic		3 nos.		
Bayleaf		2 nos.		
Cloves		2 nos.		
Pepper corns		3 nos.		
Besan		2 tbsp (dissolved in ¼ cup water)		
Lemon juice		2 tbsp		
Coriander leaves (chopped)		½ cup		
Salt		As per taste		

## Low Calorie

## Soup

Menu	So20	Mutton Shorba	Weight Limit	0.6 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
<b>Instructions</b>			<b>Method:</b>	
For		0.6 kg	<ol style="list-style-type: none"> <li>In a MWS glass bowl add oil, onion, garlic, mutton &amp; chilli flakes, salt. Mix well &amp; cover.</li> <li>Select menu &amp; press start.</li> <li>When beeps, mix well &amp; add water, tomato, cinnamon, cardamom, cumin seeds, salt, saffron &amp; dry mint leaves. Mix well &amp; press start.</li> <li>When beeps, remove the bowl &amp; allow to cool. Grind it &amp; add curd. Press start.</li> </ol>	
Boneless mutton		300 g		
Water		600 ml (3 cups)		
Oil		1 tbsp		
Chopped onion		1 nos.		
Chopped garlic		3 cloves		
Chilli flakes salt		As per taste		
Chopped & skinned tomato		2 nos.		
Cinnamon		12 mm Stick		
Cardamom		1 nos.		
Cumin seeds		1 tsp		
Saffron		A few		
Dry mint leaves		½ cup		
Beaten curd		½ cup		

## Low Calorie

## Continental

Menu	Co1	Pasta	Weight Limit	0.1~0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass dish & Microwave safe (MWS) flat glass dish & High rack*				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS glass bowl take pasta, add water (sufficient to boil the pasta) &amp; few drops of oil. Select menu and weight and press start.</li> <li>When beeps, drain water from the pasta, wash &amp; separate under running water. In a MWS flat glass dish add butter, onion, garlic and palak. Mix well and press start.</li> <li>When beeps, add cream, nutmeg powder, oregano, salt, pepper, boiled pasta. Mix well and sprinkle grated cheese. Keep the dish on high rack and press start.</li> </ol>
Penne pasta	100 g	200 g	300 g	
Butter	1 tbsp	2 tbsp	3 tbsp	
Chopped onion	1/2 cup	1 cup	1½ cup	
Chopped garlic	1 tbsp	1½ tbsp	2 tbsp	
Chopped palak leaves	50 g	75 g	100 g	
Water	400 ml	800 ml	1200 ml	
Cream	¼ cup	1 cup	1½ cups	
Grated cheese	2 tbsp	3 tbsp	4 tbsp	
Nutmeg powder, oregano, salt & pepper	As per taste			

Menu	Co2	Veg Au Gratin	Weight Limit	0.2 kg
<b>Utensil:</b> Microwave safe (MWS) glass dish & Microwave safe (MWS) flat glass dish & High rack*				
<b>Instructions</b>			<b>Method:</b>	
For		0.2 kg	<ol style="list-style-type: none"> <li>In a MWS glass bowl take vegetables &amp; add 400mL water. Select menu &amp; press start.</li> <li>When beeps, remove MWS glass bowl &amp; transfer boiled Vegetables to MWS flat glass dish add milk, maida, salt &amp; pepper. Mix well. Cover &amp; press start.</li> <li>When beeps, mix well and spread grated cheese on it, place the dish on high rack &amp; press start.</li> </ol>	
Mix vegetables (cut gajar, gobhi, french beans, sweet corns, peas etc.)		200 g		
Maida		2 tbsp		
Butter		2 tsp		
Milk		½ cup		
Grated cheese		5 tbsp		
Salt, pepper		As per taste		

Menu	Co3	Baked Mushrooms	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass dish & High rack*				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In MWS flat glass dish put all the ingredients except cheese, mix well.</li> <li>Select menu &amp; weight and press start</li> <li>When beeps, keep on high rack. Spread grated cheese on the top of the mixture and press start.</li> </ol>
Mushrooms	50 g	100 g	150 g	
White sauce	50 g	100 g	150 g	
Cheese (grated), salt, pepper	As per taste			

Menu	Co4	Lasaneya	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass dish & High rack*				
<b>Instructions</b>			<b>Method:</b>	
For		0.3 kg	<ol style="list-style-type: none"> <li>Except lasagne and cheese add all the ingredients in MWS flat glass dish. Select menu and press start.</li> <li>When beeps, remove the ingredients and in same dish arrange lasagne sheets in the bottom. Then spread vegetable mixture on it and make layers of sheets and vegetable mixture. Press start.</li> <li>When beeps, spread the grated cheese &amp; keep the glass dish on high rack and press start.</li> </ol>	
Lasagne sheets (cooked)		150 g		
White sauce		1 cup		
Pizza sauce		1/2 cup		
Mix veg (boiled) - Egg plant, Zucchini, Broccoli, Mushrooms, Sweet corns		2 cups		
Oil		2 tbsp		
Oregano, Salt & pepper		As per taste		
Grated cheese		5 tbsp		

\*Refer Page 93, Fig. 3

Menu	Co5	Macaroni	Weight Limit	0.1~0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	1. In MWS bowl take Macaroni with water. Select menu & weight & press start. 2. When beeps, drain water from it. In MWS bowl add all the ingredients with boiled Macaroni, mix well and press start.
Macaroni	100 g	200 g	300 g	
Hot water	400 ml	800 ml	1200 ml	
Butter	1 tbsp	2 tbsp	3 tbsp	
Spring onion chopped	1 tbsp	2 tbsp	3 tbsp	
Garlic chopped	1 tsp	2 tsp	3 tsp	
Mushroom chopped	3 nos.	4 nos.	5 nos.	
Tomato sauce	1 tbsp	2 tbsp	3 tbsp	
Chilli sauce	1 tsp	2 tsp	3 tsp	
Salt, Pepper & Oregano	As per taste			

Menu	Co6	Thai Chicken	Weight Limit	0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For		0.5 kg		1. In a MWS bowl put oil, garlic, sugar, soya sauce, red curry paste, broccoli, chicken pieces, mix well. Select menu and press start. 2. When beeps, remove. Add red chilli paste, crushed peanuts. Add sauce of milk, maida, butter, salt & pepper. Mix well press start.
Boneless chicken		500 g		
Red curry paste		2 tbsp		
Sugar		1 tsp		
Soya sauce		2 tbsp		
Salt		to taste		
Chopped garlic		1 tsp		
Blanched Broccoli (florets)		1 cup		
Peanuts (Roasted & crushed)		¼ cup		
Oil		2 tbsp		
Red chilli paste		1 tsp		
For Sauce				
Butter		2 tbsp		
Maida		2 tbsp		
Milk		1 tbsp		
Salt & pepper		to taste		

Menu	Co7	Mediterranean Crostini®	Weight Limit	0.5 kg
<b>Utensil:</b> Low Rack				
<b>Instructions</b>			<b>Method:</b>	
For		0.3 kg		1. In a bowl, put all the ingredients of marinade & mix well. Keep it for 15-20 minutes. 2. Butter the bread slices. Top each slice with 2-3 slices of marinated tomatoes. Put chopped olives & sprinkle grated cheese on top. 3. Select the menu & press start. (Preheat process) 4. When beeps, keep the bread slices on low rack. Keep the rack in microwave & press start.
French bread		3 slices		
Black olives (sliced)		¼ cup		
Cheese (grated)		½ cup		
Butter		2 tbsp		
<b>To be mixed together for the marinated tomatoes :</b>				
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		

Menu	Co8	Chilli Veg	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	1. In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover. 2. Select menu & weight press start. 3. When beeps, mix well & add paneer pieces, soya sauce, chilli sauce, cornflour (mixed with ½ cup water), water, salt, pepper & ajinomoto and press start. 4. Mix well & serve.
Paneer pieces	100 g	200 g	300 g	
Chopped Capsicum & onion	½ cup	1 cup	1½ cup	
Chopped green chillies	1 no.	2 nos.	3 nos.	
Ginger garlic paste	½ tbsp	1 tbsp	1½ tbsp	
Oil	½ tsp	1 tsp	1½ tsp	
Soya sauce	1 tsp	1½ tsp	2 tsp	
Cornflour	1 tbsp	1½ tbsp	2 tbsp	
Green chilli sauce	1 tbsp	2 tbsp	3 tbsp	
Salt & Pepper	As per taste			
Water	½ cup	1 cup	1 cup	
Ajinomoto(optional)	A pinch			

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

## Low Calorie

## Continental

Menu	Co9	Potato Dumpling	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough.</li> <li>In the MWS bowl, add ½ cup water. Place the dumplings on the MWS flat glass dish and cover. Select menu and press start.</li> <li>When beeps, take out the dumplings.</li> <li>Allow them to cool. In a MWS flat glass dish add butter and put the dumplings in it and press start.</li> </ol>
Maida	100 g	200 g	300 g	
Boiled & grated potato	100 g	200 g	300 g	
Grated paneer	75 g	150 g	225 g	
Salt, Pepper, Nutmeg powder	As per taste			
Finely chopped spinach	1 cup	2 cup	3 cup	
Butter & finely chopped garlic	1 tsp each	2 tsp each	3 tsp each	
Pizza sauce	4 tbsp	8 tbsp	12 tbsp	

Menu	Co10	Sweet & Sour Veg	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add oil, chopped spring onions &amp; garlic, red chilli paste. Select menu &amp; weight and press start.</li> <li>When beeps, mix well &amp; cut vegetables, tomato ketchup, vinegar, salt, sugar, soya sauce, pineapple juice, water &amp; cornflour. Mix well, press start. Stand for 5 minutes.</li> </ol>
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	¾ tsp	
Tomato Ketchup	¼ cup	½ cup	¾ cup	
Vinegar	As per taste			
Sugar	½ tsp	1 tsp	1½ tsp	
Salt	As per taste			
Soya sauce	1 tsp	2 tsp	3 tsp	
Pineapple juice	¼ cup	½ cup	¾ cup	
Water	1 cup	2 cup	3 cup	
Cornflour	2 tbsp mixed with ½ cup water			

Menu	Co11	Risotto Rice	Weight Limit	0.1 ~ 0.4 kg	
<b>Utensil:</b> Microwave safe (MWS) bowl					
<b>Instructions</b>			<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<b>Method :</b> <ol style="list-style-type: none"> <li>In a MWS bowl add olive oil, garlic, mushrooms, peas, carrots &amp; tomato puree. Mix well. Select category &amp; weight and press start.</li> <li>When beeps, mix well &amp; add rice. Mix well and press start.</li> <li>When beeps, mix well &amp; add water &amp; salt. Press start.</li> <li>Mix well &amp; stand for 5 minutes.</li> <li>Add spinach, tomato puree, cream, grated cheese &amp; chopped coriander/parseley &amp; serve.</li> </ol>
Arborio rice (soaked)	100 g	200 g	300 g	400 g	
Water	200 ml	400 ml	600 ml	800 ml	
Chopped carrots	¼ cup	½ cup	¾ cup	1 cup	
Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	
Peas	¼ cup	½ cup	¾ cup	1 cup	
Sliced mushroom	¼ cup	½ cup	¾ cup	1 cup	
Chopped coriander leaves/parseley	As required				
Spinach (blended & pureed)	¼ cup	½ cup	¾ cup	1 cup	
Tomato puree	1/3 cup	½ cup	¾ 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
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add spaghetti noodles, water &amp; few drops of oil. Select category &amp; weight and press start.</li> <li>When beeps, remove &amp; drain the water. Wash the noodles under running water to separate.</li> <li>In another MWS bowl add olive oil, garlic, olives, onions, mushrooms, chopped tomatoes, salt, peppers, oregano &amp; chilli flakes. Press start.</li> <li>When beeps, mix well &amp; add the spaghetti. Mix well &amp; press start. Rip all the basil over it &amp; spread grated parmesan cheese &amp; serve.</li> </ol>
Spaghetti noodles	100 g	200 g	300 g	
Water	400 ml	800 ml	1200 ml	
Olive oil	1 tsp	2 tsp	3 tsp	
Chopped garlic	1 tsp	2 tsp	3 tsp	
Chopped tomatoes	1 cup	2 cup	3 cup	
Chopped mushrooms	¼ cup	½ cup	¾ 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 (40-50 g each)
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For Dough		8 Pc	<b>Pre-Preparation for Stuffing :</b> 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. 2. In another bowl take maida, salt, beaten egg & olive oil. Mix well & knead a firm dough adding enough water. Cover & keep aside for 10-15 minutes. 3. Divide the dough into 5-6 equal sized balls & roll out each ball into a long & rectangular strip (approx.65 mm broad) & cut into squares. 4. Fill each square shape with spinach & cottage cheese stuffing (1 tsp). Wet the edges with little water & cover with another square & seal it by pressing tightly. There should be no air-bubble left within. Make all tortellinis following same procedure. 5. Take 500 ml water in a MWS bowl & keep inside the microwave. Select category & press start. 6. When beeps, put the tortellinis in the boiling water. Cover & press start. 7. When beeps, remove & strain the tortellinis & place in a serving dish & keep aside covered. 8. Blend together 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. 9. When cooking ends, pour this sauce over the cooked tortellini & serve hot.	
Maida		1 cup		
Egg		1 no.		
Olive oil		1 tbsp		
Salt		As per taste		
Water (to knead the dough)		As required		
For Stuffing				
Blanched spinach		½ cup		
Paneer (roughly mashed)		100 g		
Olive oil		1 tbsp		
Garlic (minced)		1 tbsp		
Salt & pepper		As per taste		
For Sauce				
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.
<b>Utensil:</b> Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & Low rack*				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Rice	100 g	200 g	300 g	400 g
Cloves	2 nos.	3 nos.	4 nos.	5 nos.
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Water	200 ml	400 ml	600 ml	650 ml
Butter	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Sweet corns	¼ cup	½ cup	1 cup	1½ cup
Hot sauce*	¼ cup	½ cup	1 cup	1½ cup
Cheese cubes	1 no.	2 nos.	3 nos.	4 nos.
Salt (if required)	As per taste			
Red chilli powder (if required)	As per taste			
Tomato (chopped)	2 nos.	3 nos.	4 nos.	5 nos.
			1. In a MWS glass bowl add rice, cloves, water. Select category & weight and press start. 2. When beeps, remove the bowl & keep aside after mixing. 3. In another MWS glass bowl add butter & sweet corns & press start. 4. When beeps, add hot sauce, cooked rice, cheese cubes, salt & red chilli powder (if required). Mix well. Now take a MWS flat glass dish & spread chopped tomatoes at the bottom, now layer with cooked rice & press it down properly. Cover with aluminium foil. Keep the MWS flat glass dish on low rack & press start. *Note : For Hot Sauce - In a MWS glass bowl take 8 blanded & pureed tomatoes, 4 tbsp butter, 1 cup chopped onions, salt, red chilli powder, oregano, sugar, chilli sauce (as per taste), 1 tbsp garlic paste, 2 tbsp tomato sauce, a pinch ajwain. Mix well & microwave at 100% for 5 minutes.	

Menu	Co15	Broccoli in Butter Sauce	Weight Limit	0.1 ~ 0.3 kg.
<b>Utensil:</b> Microwave safe (MWS) bowl & Microwave safe (MWS) glass dish				
<b>Instructions</b>			<b>Method:</b>	
For	0,1 kg	0,2 kg	0,3kg	
Broccoli	100 g	200 g	300 g	
Milk	½ cup	1 cup	1½ cup	
Fresh cream	¼ cup	½ cup	¾ cup	
Onion (chopped)	1 no.	2 nos.	3 nos.	
Garlic (chopped)	½ tsp	1 tsp	1 tsp	
Mustard powder	½ tsp	1 tsp	1 tsp	
Butter (melted)	1 tbsp	1½ tbsp	2 tbsp	
Salt & pepper powder	As per taste			
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp	
			1. In a MWS bowl take broccoli florets. Sprinkle some water & cover. Select category & weight and press start. 2. When beeps, remove broccoli & keep aside. In a MWS flat glass dish take butter, chopper garlic, chopped onions. Mix well & press start. 3. When beeps, stir & add milk, fresh cream, mustard powder, coriander, salt & pepper powder & broccoli. Mix & press start.	

Menu	Co16	Shrimps In Garlic Butter	Weight Limit	0.4 Kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
Shrimps (Small)		400 g	1. Remove heads and shells of shrimps & clean and drain thoroughly. 2. In a MWS bowl place shrimps, garlic paste, mustard paste, butter, parsley, lemon juice, pepper corns (Crush) & salt mix well Select Category & press start. 3. When beeps, Remove and serve hot.	
Butter		4 tbsp		
Parsley (chopped)		A few sprigs		
Garlic paste		3 tbsp		
Mustard paste		1 tbsp		
Lemon juice		1 tbsp		
Pepper corns (Roughly crushed)		8-10 nos.		
Salt		To taste		

\* Refer Page 93, Fig. 4

## Low Calorie

## Continental

Menu	Co17	Chilli Chicken			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg			
Boneless chicken	100 g	200 g	300 g			
Oil	1 tbsp	1½ tbsp	2 tbsp			
Chopped ginger garlic	½ tbsp	1 tbsp	1½ tbsp			
Chopped onions	½ No.	1 No.	1 No.			
Chopped green chillies	½ tbsp	1 tbsp	2 tbsp			
Capsicum	½ no.	1 no.	2 nos.			
Soya sauce	½ tbsp	½ tbsp	1 tbsp			
Chilli sauce	½ tbsp	½ tbsp	1 tbsp			
Vinegar	½ tbsp	½ tbsp	1 tbsp			
Salt, sugar & pepper	As per taste					
Cornflour (mixed with ½ cup water)	1 tbsp	1 tbsp	1 tbsp			

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

Menu	Co18	Hakka Noodles			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg			
Hakka noodles	100 g	200 g	300 g			
Water	400 ml	800 ml	1200 ml			
Oil	1 tbsp	1½ tbsp	2 tbsp			
Chopped veg - carrot, peas, french beans, capsicum	1 cup	1½ cup	2 cup			
Salt, red chilli powder, green chilli sauce	As per taste					

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

Menu	Co19	Veg In Hot Garlic Sauce			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg			
Mix veg - Cauliflower florets, capsicum, baby corns, beans	100 g	200 g	300 g			
Oil	1 tbsp	1½ tbsp	1½ tbsp			
Chopped garlic, ginger, green chillies	1 tbsp	2 tbsp	2 tbsp			
Corn flour	1 tbsp	1½ tbsp	2 tbsp			
Pepper, salt, sugar	As per taste					
Oregano (optional)	As per taste					
Water	2 cups	3 cups	3 cups			

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

Menu	Co20	Schezwan Chicken					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg			
Boneless chicken	100 g	200 g	300 g	400 g	500 g			
Dry red chillies	2 nos.	3 nos.	4 nos.	6 nos.	8 nos.			
Garlic paste	1 tsp	1 tsp	2 tsp	3 tsp	4 tsp			
Tomato ketchup	1 tbsp	2 tbsp	3tbsp	4 tbsp	5 tbsp			
Vinegar	1 tsp	1 tsp	1 tsp	2 tsp	2 tsp			
Red chilli sauce	1 tbsp	1 tbsp	1 tbsp	2 tbsp	2 tbsp			
Sugar & salt	As per taste							
Spring onions (with greens)	½ cup	½ cup	½ cup	1 cup	1 cup			
Cornflour (mixed with ¼ cup water)	1 tsp	1 tsp	1 tsp	2 tsp	2 tsp			
Oil	1 tbsp	1 tbsp	1 tbsp	3 tbsp	3 tbsp			

1. 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.
2. When beeps, mix well and add spring onions, cornflour, salt. Mix well & press start.

Menu	Co21	Veg Manchurian	Weight Limit	0.6 kg		
<b>Utensil:</b> Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl						
<b>Instructions</b>			<b>Method:</b>			
For Manchurian Balls						
Grated Cabbage		1 cup	<ol style="list-style-type: none"> <li>1. Mix all the ingredients of Manchurian balls in a bowl. Make balls of medium size from the mixture.</li> <li>2. In a MWS flat glass dish keep the manchurian balls.</li> <li>3. When beeps, remove &amp; allow to cool.</li> <li>4. In a MWS bowl oil, ginger, green chilli, onion, soya sauce, tomato sauce, vinegar, pepper, salt, mix well &amp; press start.</li> <li>5. When beeps mix well add cornflour mixed with 1½ cups water. Press start. Add Manchurian ball. Stand for 3 minutes &amp; serve hot with steamed rice or fried rice.</li> </ol>			
Grated carrots		¾ cup				
Grated cauliflower		½ cup				
Cornflour		3 tbsp				
Maida		1 tbsp				
Salt & pepper		As per taste				
<b>For Manchurian Sauce</b>						
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	Steamed Egg With Tofu	Weight Limit	0.1~0.3 kg
<b>Utensil:</b> Microwave safe (MWS) flat glass dish				
<b>Instructions</b>			<b>Method:</b>	
For				
	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>1. In a bowl take sesame oil, soya sauce, black pepper powder, salt &amp; egg. Beat well with blender. Mix tofu chunks into it &amp; mix.</li> <li>2. Put this mixture in a MWS flat glass dish. Sprinkle chopped spring onions &amp; chopped red chilli on top. Now put boiled egg yolk (cut in pieces) on top. Cover the flat dish with plastic film.</li> <li>3. Keep the MWS flat glass dish in the microwave. Select category &amp; weight and press start.</li> <li>4. Give standing time of 5 minutes &amp; serve hot.</li> </ol>
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	Co23	Almond & Vegetables Stir Fry	Weight Limit	0.1 ~ 0.3 kg	
<b>Utensil:</b> Microwave safe (MWS) bowl					
<b>Instructions</b>			<b>Method:</b>		
For					
	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl take canola oil, chopped ginger- garlic, sliced onions. Select category &amp; weight and press start.</li> <li>2. In a small bowl, take sugar, cornflour. Add water, soya sauce, sesame oil &amp; mix well. Make a smooth paste.</li> <li>3. When beeps, add broccoli, red capsicum, slivered almonds. Mix well &amp; press start.</li> <li>4. When beeps, add the sauce &amp; stir well. Press start. Serve stir fried vegetables hot.</li> </ol>	
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		
<b>For Sauce</b>					
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			

Menu	Co24	Kappa Ayala	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For				
		0.3 kg	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl add oil &amp; chopped onion. Select menu &amp; press start.</li> <li>2. When beeps, remove &amp; add chopped kappa &amp; fish pieces. Press start.</li> <li>3. When beeps, add all the other ingredients &amp; press start. Garnish with coriander leaves &amp; serve.</li> </ol>	
Surmany fish		300 g		
Kappa pieces		1 no.		
Coconut milk		1 cup		
Coconut oil		2 tbsp		
Chilli powder, Turmeric, Ginger garlic paste, Salt, Pepper powder		As per taste		
Onion		1 no.		
Dhaniya & Jeera powder		As per taste		
Coriander leaves		A few		

# Low Calorie

# Salad

Menu	SA1	Rice Salad	Weight Limit	0.2 kg
<b>Utensil:</b> Microwave Safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For		0.2 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add rice &amp; water. Select category &amp; press start.</li> <li>When beeps, remove &amp; in another MWS bowl add peas, Cauliflower florets &amp; ½ cup water. Cover. Press start.</li> <li>In cooled rice add apple, green peas, cauliflower florets, salt &amp; pepper.</li> <li>Now add lemon juice &amp; toss well &amp; transfer to serving dish lined with lettuce leaves. Garnish with shredded cabbage &amp; coriander leaves.</li> </ol>	
Basmati Rice		200 g		
Water		400 ml		
Apples (diced)		1 no.		
Green peas		½ cup		
Cauliflower florets		1 cup		
Lemon Juice, salt, pepper		As per taste		
Lettuce leaves		2-3 leaves		
Shredded Cabbage leaves		For garnishing		
Coriander leaves				

Menu	SA2	Spring Basket Salad	Weight Limit	0.1-0.3 Kg	
<b>Utensil:</b> Microwave safe (MWS) Bowl & Microwave safe (MWS) flat glass dish					
<b>Instructions</b>			<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>Keep red cabbage leaves in MWS flat glass dish. Keep in MWS bowl &amp; cover. Keep in microwave. Select category &amp; weight and press start.</li> <li>When beeps, remove steamed cabbage leaves. Do not throw the water from the MWS bowl. Keep baby corns cut into halves &amp; sprouts in MWS flat glass dish. Cover &amp; keep in microwave. Press start.</li> <li>Remove from microwave. Allow to cool.</li> <li>In a bottle or container with lid put all the ingredients of dressing &amp; shake for 1-2 minutes till all ingredients blend well.</li> <li>In a bowl add baby corns, grapes cut into halves, sprouts, boiled macroni &amp; pour dressing, cover it. Mix well &amp; fill the steamed cabbage leaves with it.</li> <li>Serve the Salad basket chilled.</li> </ol>	
Red cabbage leaves	20 g	40 g	60 g		
Baby corns	30 g	60 g	90 g		
Sprouts	20 g	40 g	50 g		
Black/green grapes	30 g	40 g	50 g		
Macroni (Boiled)	20 g	40 g	50 g		
<b>For Dressing</b>					
Olive Oil	1 tbsp	1 tbsp	1½ tbsp		
Vinegar/Lemon juice	½ tsp	1 tsp	1½ tsp		
Oregano	1 tsp	1 tsp	1½ tsp		
Finely Chopped Onions	2 tbsp	3 tbsp	4 tbsp		
Salt & pepper	As per taste				
Sugar	½ tsp	1 tsp	1 tsp		

Menu	SA3	Tiranga Salad	Weight Limit	0.3 Kg
<b>Utensil:</b> Microwave Safe (MWS) flat glass dish				
<b>Instructions</b>			<b>Method:</b>	
For		0.3 kg	<ol style="list-style-type: none"> <li>In a MWS flat glass dish arrange grated carrot first in form of a band, then grated raddish &amp; then broccoli florets, sprinkle water, cover with cling film select category &amp; press start.</li> <li>Add salt &amp; lemon juice. Mix each layer separately.</li> <li>Take olive &amp; cut into thin slices. Now make a flower at the centre of the raddish layer with olive slices chill &amp; serve.</li> </ol>	
Grated carrot		100 g		
Grated raddish		100 g		
Broccoli florets		100 g		
Olive		1-2		
Salt, lemon juice		As per taste		

Menu	SA4	Babycorn and Bean Salad	Weight Limit	0.1 ~ 0.3 Kg
<b>Utensil:</b> Microwave Safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add babycom &amp; beans together. Add some water cover.</li> <li>Select category &amp; weight &amp; press start.</li> <li>Add salt, lemon juice, pepper powder. Mix well &amp; serve.</li> </ol>
Babycorn	50 g	100 g	150 g	
Bean	50 g	100 g	150 g	
Salt, lemon juice, pepper powder (Optional)	As per taste			

Menu	SA5	Beetroot Salad	Weight Limit	0.1 ~ 0.3 Kg
<b>Utensil:</b> Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In MWS bowl add ½ cup water. Keep the sliced beetroot on MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select category &amp; weight and press start.</li> <li>In a bowl take the steamed beetroot add saunf, coriander powder, pepper powder, salt &amp; lemon juice. Toss well. Chill &amp; serve.</li> </ol>
Beetroot (sliced)	100 g	200 g	300 g	
Saunf	½ tsp	1 tsp	1 tsp	
Coriander powder, pepper powder, salt, lemon juice	As per taste			

Menu	SA6	Cous Cous Salad	Weight Limit	0.1 ~ 0.3 Kg	
<b>Utensil:</b> Microwave Safe (MWS) bowl					
<b>Instructions</b>			<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS bowl take daliya (Cous cous), add water &amp; salt &amp; few drops of oil. Select category &amp; weight and press start.</li> <li>When beeps, remove &amp; allow the daliya to cool for sometime so that the grains separate.</li> <li>Now add the vegetables &amp; press start.</li> <li>Mix all the ingredients of dressing in a bowl.</li> <li>When cooking ends, add the cous cous to the dressing bowl. Toss all the ingredients together.</li> <li>Spread the lettuce leaves on a plate. And transfer the cous cous salad to the plate. Chill &amp; serve.</li> </ol>	
Daliya	100 g	200 g	300 g		
Water	300 ml	600 ml	900 ml		
Salt	As per taste				
Oil	Few drops				
Vegetables (Cucumber cubes, chopped tomatoes, broccoli florets, sliced mushrooms)	2 cups	2½ cups	3 cups		
Lettuce leaves	2-3 leaves				
<b>For dressing</b>					
Pudina leaves (finely chopped)	¼ cup	½ cup	1 cup		
Lemon juice, pepper powder	As per taste				



# Salad

# Low Calorie

Menu	SA7	Pasta Salad	Weight Limit	0.2 kg
<b>Utensil:</b> Microwave Safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add pasta, water &amp; few drops of oil. Select category &amp; press start.</li> <li>Wash the boiled paste under cold water to separate them.</li> <li>In a bowl take boiled pasta, add vegetable, salt, pepper powder, vinegar, curd, olive oil. Toss them together. Chill &amp; serve.</li> </ol>	
Penne pasta	200 g	200 g		
Water	400 ml	400 ml		
Vegetable (Grated carrot, capsicum, sliced olives, chopped spring onion)	1½ cup	1½ cup		
Salt, pepper powder	As per taste			
Olive oil	2 tsp			
Vinegar	1 tsp			
Oregano (optional)	As per taste			
Curd	2 tbsp			

Menu	SA8	Whole Wheat & Mint Salad	Weight Limit	0.1 ~ 0.3 Kg
<b>Utensil:</b> Microwave Safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a microwave safe bowl put soaked whole wheat &amp; salty water. Select category &amp; weight. Press start.</li> <li>When beeps, remove &amp; drain the whole wheat &amp; allow to cool.</li> <li>In MWS bowl add sprouted chana and water (double the amount of chana), cover. Press start. When beeps, remove &amp; allow to cool.</li> <li>In a mixer, put clean mint leaves, ginger, green chillies, lemon juice &amp; make a smooth paste.</li> <li>In a bowl put whole wheat, sprouted chana, mint paste, salt, pepper &amp; lemon-juice. Mix well. Serve chilled.</li> </ol>
Whole wheat (Soaked in hot water for 2 hours)	100 g	200 g	300 g	
Mint leaves	1 cup	1½ cups	2 cups	
Sprouted Chana	100 g	200 g	300 g	
Green Chilli	1 no.	2 nos.	3 nos.	
Ginger	As per taste			
Salt & pepper	As per taste			
Lemon Juice	1 tsp	1½ tsp	2 tsp	
Water (with salt)	200 ml	400 ml	600 ml	

Menu	SA9	Bread Salad	Weight Limit	0.1 ~ 0.3 Kg
<b>Utensil:</b> High rack				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>Take bread slices (0.1kg/0.2kg/0.3kg) &amp; keep on high rack. Select Category &amp; weight. Press start.</li> <li>When beeps, turn bread slices. Again press start. Remove from microwave allow to cool. Cut the slices into croutons.</li> <li>Put all the ingredients of salad dressing in a bowl cover the bowl &amp; shake well to make the dressing for salad.</li> <li>In a bowl put cut tomatoes, cucumber, french beans, basil leaves &amp; bread croutons. Pour dressing over the ingredients. Mix well &amp; serve immediately (before the bread croutons gets soggy)</li> </ol>
Whole wheat bread slices	2 nos.	3 nos.	4 nos.	
Tomatoes (seedless & cut in pieces)	¼ cup	½ cup	1 cup	
Cucumber (Cut in pieces)	¼ cup	½ cup	1 cup	
Steamed french beans	¼ cup	½ cup	1 cup	
Fresh basil leaves	A few sprigs			
For Salad Dressing				
Olive Oil	1 tbsp	1½ tbsp	2 tbsp	
Vinegar	½ tsp	1 tsp	1½ tsp	
Salt, pepper & Sugar	As per taste			

Menu	SA10	Papaya Lachcha Salad	Weight Limit	0.1 ~ 0.3 Kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add papaya slices, sugar, some wter, cardamom essence. Select category and weight &amp; press start.</li> </ol>
Papaya (thinly sliced)	100 g	200 g	300 g	
Water	As required			
Sugar	10 g	20 g	30 g	
Cardamom essence	1 no.	Few drops	3 nos.	

Menu	SA11	Spring Basket Salad	Weight Limit	0.1 ~ 0.3 Kg
<b>Utensil:</b> Microwave safe (MWS) Bowl & Microwave safe (MWS) flat glass dish				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>Keep red cabbage leaves in MWS flat glass dish. Keep in MWS bowl &amp; cover. Keep in microwave. Select category &amp; weight and press start.</li> <li>When beeps, remove steamed cabbage leaves. Do not throw the water from the MWS bowl. Keep baby corns cut into halves &amp; sprouts in MWS flat glass dish. Cover &amp; keep in microwave. Press start.</li> <li>Remove from microwave. Allow to cool.</li> <li>In a bottle or container with lid put all the ingredients of dressing &amp; shake for 1-2 minutes till all ingredients blend well.</li> <li>In a bowl add baby corns, grapes cut into halves, sprouts, boiled macroni &amp; pour dressing, cover it. Mix well &amp; fill the steamed cabbage leaves with it.</li> <li>Serve the Salad basket chilled.</li> </ol>
Red cabbage leaves	20 g	40 g	60 g	
Baby corns	30 g	60 g	90 g	
Sprouts	20 g	40 g	50 g	
Black/green grapes	30 g	40 g	50 g	
Macroni (Boiled)	20 g	40 g	50 g	
For Dressing				
Olive Oil	1 tbsp	1 tbsp	1½ tbsp	
Vinegar/lemon juice	½ tbsp	1 tbsp	1½ tbsp	
Oregano	1 tsp	1 tsp	1½ tsp	
Finely Chopped Onions	2 tbsp	3 tbsp	4 tbsp	
Salt & pepper	As per taste			
Sugar	½ tsp	1 tsp	1 tsp	

## Low Calorie

## Salad

Menu	SA12	Peanut Salad	Weight Limit	0.5 kg
<b>Utensil:</b> Microwave Safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For		500 g	<ol style="list-style-type: none"> <li>1. In a MWS safe bowl add peanut &amp; add some oil.</li> <li>2. Select menu &amp; press start.</li> <li>3. When beeps, add lemon juice, salt, pepper and chat masala to the peanut &amp; press start.</li> </ol>	
Peanut		500 g		
Olive oil		2 tbsp		
Lemon Juice		2 tbsp		
Salt, Pepper		As per taste		
Chat masala		As per taste		

Menu	SA13	Broccoli Salad	Weight Limit	0.5 kg
<b>Utensil:</b> Microwave Safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For		500 g	<ol style="list-style-type: none"> <li>1. In a MWS safe bowl add broccoli florets &amp; add some water and cover it.</li> <li>2. Select menu &amp; press start.</li> <li>3. When beeps, add olive oil, lemon juice, salt, pepper &amp; sugar to the broccoli florets &amp; press start.</li> <li>4. Now garnish with lettuce leaves and serve.</li> </ol>	
Broccoli florets		500 g		
Olive oil		2 tbsp		
Lemon Juice		2 tbsp		
Salt, Pepper		As per taste		
Sugar		1 tbsp		
Lettuce leaves		For garnishing		

## Tandoor Se

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

1. \*Press STOP.



2. Press Tandoor Se



The Display will show tS1

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



4. Press START for menu confirmation.



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



### NOTE

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

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

Menu	tS1	Grill Chicken	Weight Limit	0.3 kg
Utensil: High rack				
		Instructions	<b>Method:</b>	
For		0.3 kg	<ol style="list-style-type: none"> <li>1. Mash brown sugar, garlic paste, sat and pepper together in a paste mortar to form apaste.</li> <li>2. Add chicken drumsticks and coat with the paste and refrigerate for 6-8 hours.</li> <li>3. Place marinated chicken places on High Rack in Microwave, Select menu and weight and press start.</li> <li>4. When beeps, turn and press start.</li> <li>5. Now when beeps, again turn and press start.</li> <li>6. Serve hot with mint chutney or ketchup.</li> </ol>	
Chicken drumsticks		300 g		
<b>For Marinade</b>				
Barbeque sauce		1 tbsp		
Olive oil		½ tbsp		
Ginger garlic paste, Cumin powder, Black pepper, Onion Paste		1 tbsp		
Salt		As per taste		
Brown sugar		2 tbsp		

Menu	tS2	Chicken Lollipops	Weight Limit	0.2 kg
Utensil: High rack				
		Instructions	<b>Method:</b>	
For		0.2 kg	<ol style="list-style-type: none"> <li>1. Mix the chicken keema with boiled potatoes, ginger garlic paste, red chilli powder, garam masala, amchur powder, salt.</li> <li>2. Coat the lollipops with breadcrumbs.</li> <li>3. Arrange the lollipops on high rack. Select category and press start.</li> <li>4. When beeps, turn the lollipops &amp; press start. Serve with chutney or sauce.</li> </ol>	
Chicken keema		200 g		
Boiled potato		2 nos.		
Ginger garlic paste		1½ tbsp		
Red chilli powder, Garam masala, Amchur powder, Salt		As per taste		
Bread crumbs		For coating the lollipops		

Menu	tS3	Chicken Tikka	Weight Limit	0.3 kg
Utensil: High rack				
		Instructions	<b>Method:</b>	
For		0.3 kg	<ol style="list-style-type: none"> <li>1. Mix all the ingredients of marinade in a bowl.</li> <li>2. Mix boneless chicken with marinade &amp; keep in refrigerator for 2-3 hours.</li> <li>3. Now place the marinated chicken on high rack.</li> <li>4. Select category &amp; press start.</li> <li>5. When beeps, turn over &amp; baste with some oil. Press start.</li> <li>6. When beeps, again turn over. Press start.</li> </ol>	
Boneless chicken		300 g		
Oil		For basting		
<b>For Marinade</b>				
Hung curd		2 tbsp		
Ginger garlic paste		2 tbsp		
Salt, Garam masala, Chaat masala, Red chilli powder, Tandoori masala, Tandoori color		As per taste		

Menu	tS4	Veg Kababs	Weight Limit	0.3 kg
Utensil: High rack				
		Instructions	<b>Method:</b>	
For		0.3 kg	<ol style="list-style-type: none"> <li>1. Mix all the ingredients in a bowl. Mix well &amp; shape them into flat kebabs.</li> <li>2. Keep the kebabs on high rack and keep in microwave. Select category &amp; press start.</li> <li>3. When beeps, turn over the kebabs &amp; press start again.</li> </ol>	
Boiled potatoes		200 g		
Grated paneer		100 g		
Chopped green chillies		2 nos.		
Chopped coriander		A few sprigs		
Roughly ground anardana seeds		1 tbsp		
Salt, red chilli powder		As per taste		

## Kids' Delight

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

1. \*Press STOP.



2. Press Kids' Delight



The Display will show CF1

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



4. Press START seconds for menu confirmation.



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



### ! NOTE

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

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

## Kids' Delight

## Child's Favourite

Menu	CF1	Omelette	Weight Limit	0.2 ~ 0.4 kg
<b>Utensil:</b> Microwave safe (MWS) flat glass dish				
<b>Instructions</b>			<b>Method:</b>	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> <li>1. Beat the eggs well &amp; add salt, pepper &amp; coriander leaves.</li> <li>2. Add oil, tomato &amp; onion to MWS flat glass dish. Select menu &amp; weight and press start.</li> <li>3. When beeps, add the egg mixture. Cover &amp; press start. Allow to stand for 3 minutes.</li> </ol>
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
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>1. In a MWS bowl add some water &amp; sweet corns. Select menu &amp; weight &amp; press start.</li> <li>2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well &amp; serve.</li> </ol>
Sweet corn	100 g	200 g	300 g	
Mix fruits (Pomegranate, Cucumber, Apple)	½ cup	1 cup	2 cups	
Salt, Red chilli powder, Chaat masala, Lemon juice	As per taste			



Menu	CF3	Vermicelli Khichdi	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix &amp; select menu &amp; weight and press start.</li> <li>2. When beeps, mix &amp; add tomato. Press start.</li> <li>3. When beeps, mix &amp; add vermicelli, water, salt, red chilli powder, haldi, garam masala. Press start. Stand for 3 minutes.</li> <li>4. Squeeze lemon, mix &amp; serve.</li> </ol>
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
<b>Utensil:</b> Glass tray				
<b>Instructions</b>			<b>Method:</b>	
For	0.3 kg			<ol style="list-style-type: none"> <li>1. Select menu &amp; press start to preheat.</li> <li>2. Spread pizza topping on pizza base, spread chopped vegetables on it. Sprinkle grated cheese.</li> <li>3. When beeps, place the pizza on Glas tray &amp; press start.</li> <li>4. When beeps, do not open the door , continue cooking.</li> </ol>
Pizza base	1 Big Pizza base			
Topping	3 tbsp			
Mix Vegetables - Tomato, Capsicum, Onion	1 cup			
Grated Cheese	1/2 cup			
Oregano & Chilli flakes (Optional)	As per taste			

Menu	CF5	Garlic Bread®	Weight Limit	0.3 kg
<b>Utensil:</b> Low rack				
<b>Instructions</b>			<b>Method:</b>	
For	0.3 kg			<ol style="list-style-type: none"> <li>1. Mix butter, garlic paste, salt, pepper and oregano together. Apply this mixture to both sides of bread slices.</li> <li>2. Select menu &amp; press start. (Preheat process)</li> <li>3. When beeps, keep the bread slices on low rack &amp; press start.</li> </ol> <p><b>Note :</b> Use French bread to make garlic bread.</p>
Bread slices (French Bread)	3 slices			
Butter	5 tbsp			
Garlic paste	2 tbsp			
Grated cheese	4 tbsp			
Salt, Pepper, Oregano, Chilli flakes	As per taste			

Menu	CF6	Choco Bars	Weight Limit	0.2 kg
<b>Utensil:</b> Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish				
<b>Instructions</b>			<b>Method:</b>	
For	0.2 kg			<ol style="list-style-type: none"> <li>1. In a MWS glass bowl put oats, half amount of butter (4 tbsp), honey and brown sugar, mix well. Select menu and press start.</li> <li>2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter paper.</li> <li>3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmly with spoon.</li> <li>4. In MWS glass bowl add rest of the butter, chocolate chips. Mix &amp; press start.</li> <li>5. When beeps, pour this mixture on oats &amp; sprinkle chopped nuts.</li> <li>6. Cut into rectangle bars when set &amp; serve chilled.</li> </ol>
Chocolate chips	½ cup			
Oats (crushed)	1 cup			
Honey	3 tbsp			
Brown sugar	4 tbsp			
Butter (softened)	8 tbsp			
Chopped nuts (almonds, pistachio walnut)	As required			

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

Menu	CF7	Apple Pie®	Weight Limit	0.6 kg
<b>Utensil:</b> Metal cake tin & Low rack*				
<b>Instructions</b>			<b>Method:</b>	
For	0.6 kg		<ol style="list-style-type: none"> <li>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 &amp; well granulated.</li> <li>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 &amp; keep refrigerated at least for 30 minutes.</li> <li>When chilled, roll out one disc into big shape &amp; place in a greased cake tin, covering it from the edges. Again keep in refrigerator for 1 hour.</li> <li>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.</li> <li>Roll out the second chilled disc &amp; cut out long strips of ½ inch width. Cover the pie dish with these strips, arranging crossways as shown in figure 1 &amp; figure 2.</li> <li>Seal the edges &amp; wet them with water. Cover the edges with foil paper to avoid over burning.</li> <li>Select the menu &amp; press start. (Preheat process) When beeps, place the cake tin on low rack &amp; press start. When beeps, give a standing time of 5-10 minutes. Cool &amp; serve in pieces.</li> </ol> <p><b>Note:</b> If the butter became soft while making pie, keep the rolled dough in freezer.</p>	
Apple Filling	4 large sized			
Apples (peeled, cleaned & sliced thinly)	¼ cup			
White sugar	¼ cup			
Brown sugar	1 tsp			
Lemon juice	1 tsp			
Cinnamon powder	¼ tsp			
Nutmeg powder	¼ tsp			
Salt	2 tbsp			
Softened butter	2 tbsp			
Cornflour	2 tbsp			
Short Crust Pastry	2½ cups (300 g)			
Maida	½ tsp			
Salt	2 tsp			
Sugar (granulated)	1 cup (225 g)			
Unsalted butter (chilled & cut into 1 inch pieces)	¼ - ½ cup (60-120 ml)			
Ice water				
			  <p>Fig -1                      Fig -2</p>	

Menu	CF8	Bread Pudding	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) flat glass dish				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>Make small pieces of bread slices. Beat the egg very well . Mix all the ingredient very well.</li> <li>Pour this mixture into MWS flat glass dish. Select menu and weight. Press start.</li> </ol>
Bread slices	2 Nos.	3 Nos.	4 Nos.	
Milk (for dipping the bread)	½ cup	1 cup	1½ cup	
Egg	1 Nos.	2 Nos.	2 Nos.	
Vanilla Essence	½ tsp	¾ tsp	1 tsp	
Sugar	3 tbsp	4 tbsp	5 tbsp	
Dry fruits	As per taste			

Menu	CF9	Cheesy Nachos	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) flat glass dish				
<b>Instructions</b>			<b>Method:</b>	
For	0.3 kg		<ol style="list-style-type: none"> <li>In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce &amp; grated cheese. Select menu &amp; press start.</li> </ol>	
Nachos	300 g			
Grated cheese	1 cup			
Pizza sauce	6 tbsp			
Chopped onion, tomato	2 cups			

Menu	CF10	Chocolate Balls	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass dish				
<b>Instructions</b>			<b>Method:</b>	
For	0.3kg		<ol style="list-style-type: none"> <li>In a MWS glass bowl add condensed milk (Milkmaid) marie biscuit powder, milk powder, malted chocolate powder (Bournvita). Mix well. Select menu &amp; press start.</li> <li>Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut.</li> <li>Keep in refrigerator for half an hour.</li> </ol>	
Condensed Milk (Milkmaid)	1 cup			
Marie biscuit powder	1 cup			
Milk powder	½ cup			
Malted Chocolate powder (Bournvita)	½ cup			
Grated coconut	½ cup			

Menu	CF11	Strawberry Custard	Weight Limit	0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.5 kg		<ol style="list-style-type: none"> <li>In a MWS bowl add milk, strawberry custard powder, sugar. Mix well.</li> <li>Select menu &amp; press start.</li> <li>When beeps, stir well. Press start.</li> <li>When beeps, stir well. Press start. Allow to set in refrigerator.</li> </ol>	
Milk	1 cup			
Strawberry custard powder	3 tbsp			
Sugar	50 g			
Strawberry pieces	As required			

\* Do not put anything in the oven during Preheat mode.

\* Refer Page 93, Fig. 2

## Kids' Delight

## Child's Favourite

Menu	CF12	Noodles	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave Safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	
Noodles	100 g	200 g	300 g	
Water	400 ml	800 ml	1200 ml	
Oil	1 tsp	2 tsp	3 tsp	
Vinegar	½ tsp	1 tsp	1 tsp	
Soya sauce	½ tsp	1 tsp	1 tsp	
Chilli sauce	½ tsp	1 tsp	1 tsp	
Mix Vegetable- Cabbage, capsicum, carrot, French beans etc.	½cup	0.3 kg	1 cup	
Salt, sugar, Pepper, MSG.	As per taste			
<ol style="list-style-type: none"> <li>In Microwave Safe Bowl take noodles, water, oil. Select category &amp; weight and press start.</li> <li>When beeps, Strain noodles &amp; pour cold water over it. In Microwave Safe Bowl put some oil and finely chopped vegetables, and vinegar, soya sauce, chilli sauce, MSG, salt &amp; pepper press start.</li> <li>When beep, add noodles and mix well press start. Serve hot.</li> </ol>				

Menu	CF13	Creamy mushroom buns	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl & High Rack				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	
Buns (cut into half horizontally)	1 no.	2 no.	3 no.	
Butter	1 tbsp	2 tbsp	3 tbsp	
Garlic (Chopped)	1 tsp	2 tsp	3 tsp	
Green Chillies (chopped)	1 no.	2 no.	3 no.	
Coriander (chopped)	A few sprigs			
Onions (chopped)	½ cup	½ cup	1 cup	
Mushroom (sliced)	¼ cup	½ cup	1 cup	
Spinach (chopped)	¼ cup	½ cup	1 cup	
Salt & pepper	As per taste			
Oregano	1 tsp	1½ tsp	2 tsp	
Cheese (grated)	¼ cup	¼ cup	½ cup	
Milk	¼ cup	½ cup	1 cup	
<ol style="list-style-type: none"> <li>Take the horizontally cut buns, hollow them to make a cavity in the buns for the filling. Soak the removed bun crumbs in milk &amp; keep aside.</li> <li>In a MWS glass bowl put butter, onions, garlic, green chilli, mushrooms &amp; mix well. Select category &amp; weight &amp; press start.</li> <li>When beeps, remove and add chopped spinach, grated cheese, salt, pepper &amp; oregano. Mix and press start.</li> <li>When beeps, mix again. Fill this mixture into the buns. Place the filled buns on high rack. Sprinkle grated cheese (as required) &amp; press start.</li> <li>Remove &amp; serve hot with tomato ketchup.</li> </ol>				

Menu	CF14	Pav Bhaji	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl & High Rack				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	
Boiled mix veg (Potato, Cauliflower, Capsicum, Green peas)	100 g	200 g	300 g	
Oil	1 tbsp	2 tbsp	2 tbsp	
Chopped onion	1 No.	2 Nos.	2 Nos.	
Chopped tomato	1 No.	2 No.	3 Nos.	
Water	As required			
Pav bhaji masala	1 tsp	1½ tsp	2 tsp	
Garlic paste	1 tsp	1½ tsp	2 tsp	
Red chilli powder, Salt, Lemon juice, Butter	As per taste			
Hara dhania	For garnishing			
<ol style="list-style-type: none"> <li>In a MWS glass bowl take oil, garlic paste, chopped onion, chopped tomato. Mix well.</li> <li>Select menu &amp; weight press start.</li> <li>When beeps, add vegetables, water, red chilli powder, pav bhaji masala, salt. Mix well.</li> <li>Press start.</li> <li>When beeps, remove mash it well, add butter &amp; lemon juice. Garnish with coriander leaves.</li> <li>Keep this aside.</li> <li>For grilling pav-bhaji buns: Cut each bun in centre, apply butter, arrange on high rack.</li> <li>Press start. Serve with bhaji.</li> </ol>				

Menu	CF15	Dhokla	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	
Besan	50 g	75 g	100 g	
Warm water	50 ml	75 ml	100 ml	
Curd	2 tbsp	3 tbsp	4 tbsp	
Green chilli & Ginger paste	1 tsp	1½ tsp	2 tsp	
Salt & Sugar	As per taste			
Fruit salt / Mitha soda	1/8 tsp	¼ tsp	¼ tsp	
Oil, Rai, Curry leaves, Water	For tempering			
Grated coconut	For garnishing			
Yellow colour / Haldi	As required			
<ol style="list-style-type: none"> <li>Mix besan, curd, sugar, salt, water, green chilli-ginger paste, yellow color, fruit salt together. Mix well. Keep for 5-10 minutes.</li> <li>Pour the mixture in MWS flat glass dish. Add ½ cup water to the MWS bowl, keep the flat glass dish, cover. Select menu &amp; weight &amp; press start.</li> <li>When beep, in another MWS bowl add oil, rai &amp; curry leaves &amp; press start. Add some water to the tempering.</li> <li>Add this tempering to the dhokla &amp; cover. Stand for 5 minutes. Garnish with grated coconut &amp; serve. <b>Note:</b> Mix 2 tsp sugar to water &amp; dissolve before adding to the tempering.</li> </ol>				

Menu	CF16	Peanuts	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) flat glass dish				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	
Peanuts	100 g	200 g	300 g	
Oil	As required			
<ol style="list-style-type: none"> <li>In a MWS flat glass dish add drops of oil, peanuts. Mix well.</li> <li>Select menu &amp; weight &amp; press start.</li> <li>When beeps, stir it &amp; press start.</li> <li>Serve plain or with chaat masala.</li> </ol>				



Menu	CF17	Murmura	Weight Limit	0.1 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
<b>Instructions</b>			<b>Method:</b>	
For		0.1 kg	<ol style="list-style-type: none"> <li>In a MWS glass bowl add oil, jeera, haldi. Select menu &amp; press start.</li> <li>When beeps, add murmura. Mix &amp; press start.</li> <li>When beeps, add roasted peanuts, salt, chaat masala &amp; serve.</li> </ol>	
Murmura		100 g		
Roasted peanuts		As required		
Oil		1 tbsp		
Jeera		1 tsp		
Salt, Chaat masala		As per taste		
Haldi		¼ cup		

Menu	CF18	Papdi®	Weight Limit	12
<b>Utensil:</b> Metal cake tray & Low rack*				
<b>Instructions</b>			<b>Method:</b>	
Wheat flour		¼ cup	<ol style="list-style-type: none"> <li>Combine all the ingredients in a bowl. Make a soft dough adding required amount of water.</li> <li>Select menu &amp; press start. (Preheat process)</li> <li>Take small amount of dough (equal proportion for all papdis) &amp; roll out papdis prick with a fork &amp; keep on cake tray. Keep the tray on low rack &amp; press start.</li> <li>Give a standing time of 5 minutes. Remove &amp; store in an air tight container.</li> </ol> Note : 12 Indicates the number of papdi that can be prepared	
Cumin seeds		½ tsp		
Salt		¼ tsp		
Oil		1 tsp		
Water		As required		

Menu	CF19	Paneer Bhurji	Weight Limit	0.1 ~ 0.4 kg	
<b>Utensil:</b> Microwave safe (MWS) bowl					
<b>Instructions</b>			<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add oil, onion &amp; capsicum. Select menu &amp; weight &amp; press start.</li> <li>When beeps, mix well &amp; add paneer, coriander leaves, coriander powder, jeera powder, red chilli powder &amp; salt. Mix well &amp; press start.</li> <li>Serve with toast or wrapped in roti.</li> </ol>
Paneer (mashed)	100 g	200 g	300 g	400 g	
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	
Chopped capsicum	1 no.	2 nos.	3 nos.	4 nos.	
Chopped onion	½ cup	1 cup	1 cup	1½ cup	
Coriander leaves	A few sprig				
Coriander powder, Jeera powder, Red chilli powder, Salt	As per taste				

Menu	CF20	Steamed Triangles	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>Put suji in a MWS glass bowl. Select menu weight and press start.</li> <li>When beeps, mix well. Add curd, salt, sugar, oregano, water, eno salt. Mix well to make batter of dropping consistency.</li> <li>Transfer half the batter to a MWS flat glass dish. Sprinkle half of the vegetables over the batter. Sprinkle half of mint chutney over vegetables. Repeat the same procedure with left over ingredients</li> <li>Cover the MWS flat glass dish with plastic wrap/film. Prick with a fork/knife at 2-3 places. Keep in microwave. Press start.</li> <li>Give standing time of 5 minutes. Remove the plastic wrap/film. Cut into triangles &amp; serve hot.</li> </ol>
Suji	100 g	200 g	300 g	
Sour curd	½ cup	1 cup	1½ cup	
Grated carrot	½ cup	1 cup	1½ cup	
Capsicum (finely chopped)	3 tbsp	4 tbsp	5 tbsp	
Water (to make batter)	As required			
Mint chutney	4 tbsp	5 tbsp	6 tbsp	
Oil	1 tsp	1½ tsp	2 tsp	
Salt & sugar	As per taste			
Eno fruit salt	1 tsp	1½ tsp	2 tsp	
Oregano	1 tsp	1½ tsp	2 tsp	

Menu	CF21	Khandvi	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For		0.3 kg	<ol style="list-style-type: none"> <li>In a MWS bowl mix besan, water, curd, salt &amp; green chilli &amp; ginger paste together. Mix well. Cover.</li> <li>Select menu &amp; press start.</li> <li>When beeps, stir well &amp; press start.</li> <li>When beeps, stir well &amp; press start.</li> <li>Spread the batter on a greased smooth flat kitchen slab. Allow to cool, cut into lengthwise strips.</li> <li>Roll the strips, garnish with spluttered rai, coriander leaves &amp; grated coconut &amp; serve.</li> </ol>	
Besan		100 g		
Water		1 cup		
Curd		1 cup		
Salt		As per taste		
Green chilli & Ginger paste		As per taste		
Chopped coriander leaves		A few sprigs		
Rai seeds (spluttered)		½ tsp		
Grated coconut		As required		

Menu	CF22	Namakparas®	Weight Limit	15 No.
<b>Utensil:</b> Metal Baking tray & Low rack*				
<b>Instructions</b>			<b>Method:</b>	
For		15	<ol style="list-style-type: none"> <li>In a bowl put all the ingredients of namak pare &amp; make a soft dough adding required amount of water. Keep for 15-30 minutes, covered with cloth.</li> <li>Select menu &amp; weight and press start. (Preheat process)</li> <li>Roll out the dough &amp; make a 12 mm thick circle &amp; cut them into small thin rectangular strips. Keep them on metal baking tray.</li> <li>When beeps, keep metal baking tray on low rack &amp; press start. Give a standing time of 5 minutes.</li> <li>Let them cool completely before storing them in air-tight container.</li> </ol> Note: 15 indicate the number of namak paras that can be prepared.	
Maida		100 g		
Oil		100 g		
Ajwain		2 tbsp		
Salt		2 nos.		
Water		1 no.		

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

\* Refer Page 93, Fig. 2

# Kids' Delight

# Child's Favourite

Menu	CF23	Cottage Honey Toast	Weight Limit	0.1~0.3 kg
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Utensil: High rack				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	
Bread slices	2 nos.	4 nos.	6 nos.	
Grated cottage cheese	As required		1. Spread cottage cheese & cinnamon powder on the bread slices. Keep on high rack. Select menu & weight & press start.	
Cinnamon powder	As required		2. When beeps, turn over the slices & press start.	
			3. Drizzle honey on slices & serve.	

Menu	CF24	Baked Potatoes®	Weight Limit	0.5 kg
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Utensil: Low rack				
<b>Instructions</b>			<b>Method:</b>	
For	0.5 kg			
Half boiled potatoes	500 g			
Boiled kabuli chana	½ cup			
Hung curd	¾ cup			
Olive oil	1 tbsp			
Softened butter	2 tbsp			
Salt & Pepper	As per taste			
Oregano	2 tsp			
Chopped garlic	1 tsp			
Tabasco	½ tsp			
<b>Topping (mix together)</b>				
Cornflakes (crushed)	4 tbsp			
Wheat flour	1 tsp			
Olive oil	1 tbsp			
Chopped coriander	2 tbsp			
			1. Cut the half boiled potatoes lengthwise & scoop out the potatoes leaving 12 mm thick wall. Keep the scooped out potatoes aside.	
			2. Mix in a bowl scooped out & mashed potatoes, boiled & mashed kabuli chana, chopped garlic, green chilli, hung curd, olive oil, butter, salt & pepper, oregano, tabasco cornflakes. Mix well & make a paste/mixture.	
			3. Fill in the hollowed-out potatoes with this mixture/paste with a spoon.	
			4. In a bowl mix all the ingredients of cornflakes topping & cover all filled potatoes with the same mix.	
			5. Select the menu & press start. (Preheat process)	
			6. When beeps, keep the greased potatoes on low rack & press start. Serve with tomato ketchup or any other sauce of your choice.	

Menu	CF25	Tokri Chaat	Weight Limit	0.1 ~ 0.3 kg
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Utensil: Metal muffin case & High rack				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	
Bread slices	2 nos.	4 nos.	6 nos.	
<b>For filling</b>				
Moong sprouts, pomegranate, cucumber, onion, boiled potato, chopped mango	1 cup	1½ cup	2 cups	
Salt, chaat masala, imLi chutney, lemon juice	As per taste			
			1. In a bowl mix all the ingredients for filling & keep aside.	
			2. On a rolling board keep the bread slice and with the help of a rolling pin roll out the bread thinly. Take muffin cases & arrange the bread slices in them.	
			3. Place the muffin case on high rack. Select menu & weight and press start.	
			4. When beeps, take out the bread slices & turn over & keep on high rack & press start.	
			5. Remove, allow to cool. Put the ingredients for filling inside the tokri & serve.	

Menu	CF26	Spicy Baby Corn	Weight Limit	0.1 ~ 0.3 kg
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Utensil: Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	
Baby corn (cut lengthwise)	100 g	200 g	300 g	
Lemon juice	As per taste			
Sugar, salt	As per taste			
Oil	1 tsp	1½ tsp	2 tsp	
<b>For paste</b>				
Chopped coriander leaves	1 cup	1½ cup	2 cups	
Chopped ginger	½ tsp	1 tsp	1½ tsp	
Garlic cloves	1 no.	2 nos.	3 nos.	
Chopped green chillies	1 no.	2 nos.	3 nos.	
Chopped onion	½ cup	1 cup	1 cup	
Cumin seeds	As required			
			1. Grind chopped coriander leaves, ginger, garlic cloves, green chillies, onion & cumin seeds together to prepare the paste.	
			2. In a MWS bowl add oil, baby corns, sugar, salt & paste. Mix well. Cover. Select menu & weight & press start.	
			3. Allow to stand for 3 minutes.	

Menu	CF27	Veg Sandwich	Weight Limit	0.1 ~ 0.3 kg
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Utensil: High rack				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	
Bread slices	100 g (2 slices)	200 g (4 slices)	300 g (6 slices)	
Butter	1 tbsp	2 tbsp	4 tbsp	
Sauce / spread	1½ tbsp	3 tbsp	4 tbsp	
Chopped vegetables (onion, tomato, capsicum)	2 tbsp	4 tbsp	6 tbsp	
Grated cheese	2 tbsp	4 tbsp	6 tbsp	
Salt & pepper	As per taste			
			1. On a bread slice apply butter, layer with sauce, spread chopped vegetables, sprinkle grated cheese. Cover it with the other bread slice.	
			2. Keep the sandwich on high rack. Select category & weight and press start.	
			3. When beeps, change the side of the sandwich & again press start.	

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

Menu	CF28	Paneer Sandwich			Weight Limit	0.1~0.3 kg
Utensil: High rack						
<b>Instructions</b>				<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a bowl mix grated paneer, chopped onion, cheese spread, minced ginger salt, pepper &amp; mustard together.</li> <li>Spread the mixture on one bread slice &amp; cover it with the other slice. Keep the sandwich on high rack.</li> <li>Select category &amp; weight &amp; press start.</li> <li>When beeps, change the side &amp; press start.</li> </ol>		
Bread slices	2 nos.	4 nos.	6 nos.			
Grated paneer	100 g	150 g	200 g			
Chopped onion	2 tbsp	3 tbsp	4 tbsp			
Cheese spread	2 tbsp	3 tbsp	4 tbsp			
Salt, pepper & mustard powder	As per taste					
Minced ginger	As per taste					

Menu	CF29	Masala Cheese Toast			Weight Limit	0.1~0.3 kg
Utensil: High rack						
<b>Instructions</b>				<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a bowl add mashed boiled potatoes, boiled vegetables. Mash them well. Add chopped onion, green chillies &amp; chopped coriander leaves. Mix well. Now add salt, red chilli powder, garam masala. Mix well.</li> <li>Apply butter on one side of all bread slices.</li> <li>Put the filling &amp; grated cheese on one slice &amp; cover with other slice. Prepare all the toasts in same way.</li> <li>Keep the toasts on high rack. Select category &amp; weight and press start.</li> <li>When beeps, turn over the side &amp; press start.</li> </ol>		
Bread slices	2 nos.	4 nos.	6 nos.			
Butter	For applying on bread slices					
<b>For Filling</b>						
Chopped boiled vegetables - cabbage, cauliflower, green peas, french beans, capsicum	1 cup	1½ cup	2 cups			
Chopped onions	1 no.	2 nos.	2 nos.			
Mashed boiled potatoes	2 nos.	3 nos.	4 nos.			
Chopped green chillies	1 no.	2 nos.	3 nos.			
Salt, red chilli powder, garam masala	As per taste					
Chopped coriander leaves	1 tsp	2 tsp	3 tsp			
Grated cheese	2 tsp	4 tsp	6 tsp			

Menu	CF30	Bread Dahi Vada			Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) flat glass dish						
<b>Instructions</b>				<b>Method:</b>		
For	0.3 kg			<ol style="list-style-type: none"> <li>Take one slice of bread, dip in water &amp; press between the palms to drain extra water. Place the slice on a slightly greased MWS flat glass dish.</li> <li>Now sprinkle chopped green chillies, grated ginger, chopped coriander leaves &amp; pudina powder. Now place the other bread slices dipped in water over the first one and seal the edges properly. Give them round shape. Make 4 vadas in same manner.</li> <li>Keep the MWS flat glass dish in the oven. Select menu and press start.</li> <li>Take out &amp; allow to cool.</li> <li>Now add beaten curd, imLi saunth, salt, red chilli powder, cumin seed powder. Place a pepper corn at the centre of each vada. Keep in refrigerator for cooling. Serve.</li> </ol>		
Bread slices (cut the edges)	8 nos.					
Beaten curd	As required					
Imli ki saunth	As required					
Green chillies (chopped)	3 nos.					
Grated ginger	10 g					
Chopped coriander leaves	A few sprigs					
Kishmish	5 g					
Salt, Cumin seed powder, Red chilli powder, Pudina powder	As per taste					
Pepper corns	4-5 pieces					

## Steam Cook

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

1. \*Press STOP.



2. Press Steam Cook



The Display will show St1

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



4. Press START for menu confirmation.



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



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

### ! NOTE

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

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

## Steam Cook

## Steam Cook

Menu	St1	Keema Balls			Weight Limit	0.1~0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	1. Mix all the ingredients together, Make balls from it, Place the balls in greased MWS flat glass dish. Add ½ cup water to the MWS bowl. Place the MWS glass dish inside the bowl, Cover, Select category & weight and press start.		
Chicken Kheema	75 gms	125 gms	175 gms			
Boiled & Mashed Potato	1 No.	2 No.	3 No.			
Ginger, Garlic Paste, Salt, Garam Masala, Hara Dhania Lemon Juice	As per taste					
Besan	1 tsp	2 tsp	3 tsp			

Menu	St2	Gajar Ka Halwa			Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl & Microwave safe (MWS) bowl						
<b>Instructions</b>					<b>Method:</b>	
For	0.3 kg			1. In a MWS glass bowl take all the ingredients & mix well. 2. Add ½ cup water to the MWS bowl. 3. Keep the MWS glass bowl in the bowl. Cover. Select category & press start.		
Grated Gajar	300 gms					
Ghee	2 tbsp					
Milk Powder	4 tbsp					
Khoya	5 tbsp					
Sugar	4 tbsp					
Elaichi Powder and Dry Fruits	As per taste					

Menu	St3	Shakar-Kandi			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish						
<b>Instructions</b>					<b>Method:</b>	
Shakarkandi	0.1 kg	0.2 kg	0.3 kg	1. In MWS bowl add ½ water. Keep the peeled off shakarkandi in MWS flat glass dish & put in the bowl. Cover, Select category & weight & press start. 2. After steaming sprinkle some salt & chaat masala & serve		
Salt & Chat Masala	As per taste					

Menu	St4	Methi Muthiya			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	1. Mix all the ingredients. Add some water and make a soft dough. Make small rolls from this mixture. Place rolls on MWS flat glass dish. 2. Add ½ cup water to the bowl. Keep the MWS flat glass dish in MWS bowl. Cover. Select category & weight and Press start.		
Methi Leaves	1/2 cup	3/4 cup	1 cup			
Atta	1/4 cup	1/2 cup	3/4 cup			
Besan	2 tbsp	3 tbsp	4 tbsp			
Suji	1 tbsp	1½ tbsp	3/4 tbsp			
Baking Soda	1/4 tsp	1/2 tsp	3/4 tsp			
Ginger garlic chilli paste, Dhania Powder, Haldi, Salt, Sugar	As per taste					

Menu	St5	Kothimbir Vadi			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	1. Mix all the ingredients together & make vadis out of it. 2. In MWS bowl, add ½ cup water, Place the vadis on MWS flat glass dish. Keep in the bowl & cover. Select category & weight and press start. 3. Allow to stand for 3 minutes.		
Kothimbir (Hara Dhaniya)	100 g	200 g	300 g			
Besan	½ cup	1 cup	1½ cup			
Suji	2 tbsp	3 tbsp	4 tbsp			
Red chilli powder, salt, garam masala	As per taste					
Baking powder	½ tsp	½ tsp	1 tsp			

Menu	St6	Sprouts			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	1. In a MWS bowl, add ½ cup water, put moong sprouts In MWS flat glass dish, Keep in the MWS bowl and cover. 2. Select category and weight and press start. Stand for 3 minutes. Add chopped onion, tomato, salt, chaat masala and lemon juice and serve.		
Moong sprouts	100 g	200 g	300 g			
Chopped onion, Chopped tomato	1 cup	2 cups	2 cups			
Salt, Chaat masala, Lemon juice	As per taste					

Menu	St7	Steamed Veg			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	1. In the MWS bowl, add ½ cup water. Put the chopped vegetables in the MWS flat glass dish, Keep in the bowl & cover. 2. Select category and weight and press start. Sprinkle salt and pepper as per taste and serve.		
Chopped vegetables ( Capsicum, carrots, peas, beans)	100 g	200 g	300 g			

## Steam Cook

## Steam Cook

Menu	St8	Rasia Muthiya			Weight Limit	0.1~0.3 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg		<ol style="list-style-type: none"> <li>In a MWS bowl add rice &amp; water. Select category &amp; weight and press start.</li> <li>When beeps, take out the cooked rice. Add ginger garlic paste, hing, besan, Mash well with rice, Make balls out of the rice mixture.</li> <li>In the MWS bowl, add ½ water to the bowl. Keep the muthiyas on the MWS flat glass dish, Keep in the bowl, Cover &amp; press start.</li> <li>When beeps, remove the muthiyas &amp; add to the kadhi &amp; serve.</li> </ol>	
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g			
Water	200 ml	400 ml	600 ml			
Ginger-garlic paste	½ tbsp	1 tbsp	1½ tbsp			
Hing	A pinch					
Besan	1 tbsp	2 tbsp	3 tbsp			
Kadhi	As required					

Menu	St9	Steamed Cauli- Flower			Weight Limit	0.1~0.3 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg		<ol style="list-style-type: none"> <li>Mix all the ingredients together except cauliflower. Add cauliflower &amp; marinate for 1 hour.</li> <li>In MWS bowl, add ½ cup water.</li> <li>Now keep the marinated cauliflower on the MWS flat glass dish. Keep in the MWS bowl &amp; cover. Select category &amp; weight and press start.</li> <li>Allow to stand for 5 minutes.</li> </ol>	
Cauliflower florets	100 g	200 g	300 g			
Onion paste	1 tbsp	2 tbsp	3 tbsp			
Ginger garlic paste,	½ tbsp	1 tbsp	1½ tbsp			
Red chilli, dhania, coriander, turmeric (powdered), garam masala, salt, sugar	As per taste					
Tomato puree	2 tbsp	3 tbsp	4 tbsp			
Curd	100 ml	150 ml	200 ml			

Menu	St10	Sarson Ka Saag			Weight Limit	0.1~0.4 kg
Utensil: Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> <li>In the MWS bowl, add ½ water. Place sarson and palak in the MWS flat glass dish. Keep the MWS flat glass dish in MWS bowl &amp; cover. Select category and weight and press start.</li> <li>When beeps, remove the MWS bowl, grind the steamed sarson &amp; Palak with water</li> <li>In a MWS bowl add oil, onion garlic paste, tomato, salt and red chilli powder and press start, Mix well.</li> <li>When beeps, add grind sarson and palak, water (as required) to the MWS bowl. Mix well and press start. Serve it with makki ki roti.</li> </ol>	
Sarson (washed & separated leaves)	75 g	150 g	200 g	250 g		
Palak (washed & separated leaves)	20 g	50 g	100 g	150 g		
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp		
Onion garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp		
Tomato (chopped)	1/2 cup	1 cup	1½ cup	2 cups		
Salt, Red chilli powder	As per taste					
Water	As required					

Menu	St11	Bhafouri			Weight Limit	0.1 ~ 0.2 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg			0.2 kg	<ol style="list-style-type: none"> <li>Mix all the ingredients together &amp; make balls out of the mixture.</li> <li>In MWS bowl, add ½ cup water. Keep the balls in MWS idli stand and keep it inside the bowl. Cover. Select category &amp; weight and press start. Allow to stand for 3 minutes.</li> </ol>	
Mix dal paste (Moong dal, Urad dal)	100 g			200 g		
Ginger- garlic paste	½ tbsp			1 tbsp		
Hing	A pinch					
Mitha soda	1/8 tsp			¼ tsp		
Salt	As per taste					

Menu	St12	Steamed Peas			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg		<ol style="list-style-type: none"> <li>In MWS bowl, add ½ cup water to the MWS bowl, place put the peas in MWS flat glass dish. Keep in MWS bowl &amp; cover. Select category &amp; weight &amp; press start.</li> <li>Remove &amp; add butter, salt &amp; chaat masala &amp; serve.</li> </ol>	
Shelled peas	100 g	200 g	300 g			
Salt & Chaat masala	As per taste					
Butter	½ tbsp	1 tbsp	1½ tbsp			

Menu	St13	Matar Mushroom			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave Safe (MWS) Flat glass dish & Microwave safe(MWS) bowl						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg		<ol style="list-style-type: none"> <li>Add ½ cup water to MWS bowl, bowl, place the matar and chopped mushroom on the MWS flat glass dish, keep in MWS bowl and cover. Select category and weight and press start.</li> <li>When beeps, remove.</li> <li>In a MWS bowl add oil, onion, tomato puree, salt, red chilli powder, garam masala and press start. Mix well.</li> <li>When beeps, add steamed matar and mushroom to the MWS bowl and add little water, press start. Mix well and add chopped coriander leaves and serve with roti.</li> </ol>	
Matar	50 g	100 g	150 g			
Mushroom (chopped)	50 g	100 g	150 g			
Oil	1 tbsp	1½ tbsp	2 tbsp			
Onion (chopped)	1/2 cup	1 cup	2 cup			
Tomato puree	2 tbsp	2½ tbsp	3 tbsp			
Salt, Red chilli powder, Garam masala	As per taste					

## Steam Cook

## Steam Cook

Menu	St14	Avial	Weight Limit	0.1~0.3 kg
<b>Utensil:</b> Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>1. Add ½ cup water to MWS bowl, place the vegetables in MWS flat glass dish &amp; keep in MWS bowl and cover. Press start.</li> <li>2. Select category and weight and press start.</li> <li>3. When beeps, remove the all from microwave oven.</li> <li>4. When beeps, in a MWS bowl add 1tbsp oil, mustard seeds, curry leaves, haldi, salt. Add coconut milk and curd.</li> <li>5. When beeps, add the steamed vegetables to the coconut milk and press start. Garnish with grated coconut and serve.</li> </ol>
Cut vegetables (long pieces), Carrot, potato, drumstick, French beans, bottlegourd	100 g	200 g	300 g	
Oil	1 tbsp	1 tbsp	1½ tbsp	
Mustard seeds, Curry leaves, Salt, Haldi	As per taste			
Coconut milk	1/2 cup	1 cup	1½ cup	
Curd (beaten)	1/2 cup	1 cup	1½ cup	

Menu	St15	Shorshe Ilish	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.3 kg			<ol style="list-style-type: none"> <li>1. Add ½ cup water to MWS bowl, place the hilsa pieces in MWS flat glass dish &amp; keep in MWS bowl and cover. Select category and press start. Stand for 3 minutes.</li> <li>2. When beeps, remove all from microwave oven., In a MWS bowl add mustard oil, onion, mustard and chilli paste, salt, red chilli powder and press start.</li> <li>3. When beeps, add the steamed hilsa in MWS bowl, mix well and cover. Press start. Serve with rice.</li> </ol>
Hilsa pieces	300 g			
Mustard oil	1 tbsp			
Onion	2 nos.			
Mustard seeds and chilli paste	1½ tbsp			
Salt, Red chilli powder	As per taste			

## Indian Cuisine

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

### 1. Press STOP.



### 2. Press Indian Cuisine



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

### 4. Press START for menu confirmation.



### 5. Keep Pressing +More until display show 0.2kg



### 6. Press START.



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



### NOTE

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

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



## Indian Cuisine

## Indian Cuisine

Menu	IC1	Mix Veg	Weight Limit	0.1 ~ 0.5 kg	
<b>Utensil:</b> Microwave safe (MWS) bowl					
<b>Instructions</b>			<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Mix Veg. (Carrot, Cauliflower, peas, beans, tomato)	100 g (Total)	200 g (Total)	300 g (Total)	400 g (Total)	500 g (Total)
Oil	½ tsp	½ tsp	1 tsp	1½ tsp	2 tsp
Onion (chopped)	½ cup	1 cup	1½ cup	2 cup	2 cup
Tomato (chopped)	½ tsp	1 cup	1½ cups	1½ cups	1½ cups
Salt, Cumin powder, Garam masala, Red chilli powder, Coriander	As per taste				
<ol style="list-style-type: none"> <li>In a MWS bowl add oil, onion, tomato &amp; all spices. Mix well, select menu &amp; weight and press start.</li> <li>When beeps, remove &amp; mix well. Add vegetable &amp; some water. Cover &amp; press start.</li> <li>When beeps, mix well. Cover &amp; press start. Garnish with coriander leaves.</li> </ol>					

Menu	IC2	Kadhai Paneer	Weight Limit	0.1 ~ 0.5 kg	
<b>Utensil:</b> Microwave safe (MWS) bowl					
<b>Instructions</b>			<b>Method:</b>		
Paneer	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Capsicum & Onion (sliced)	½ cup	1 cup	1½ cup	2 cup	2½ cup
Sliced tomato	½ no.	1 no.	1½ no.	2 no.	2½ no.
Onion Paste	3 tsp	4 tsp	5 tsp	6 tsp	6½ tsp
Tomato Puree	2 tsp	3 tsp	4 tsp	4½ tsp	5 tsp
Ginger-Garlic Paste, Salt	As per taste				
Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala	As per taste				
Butter	1½ tsp	2 tsp	3 tsp	3½ tsp	4 tsp
Fresh Cream	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
Oil	½ tsp	1 tsp	2 tsp	2½ tsp	3 tsp
<ol style="list-style-type: none"> <li>In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum, tomato &amp; onion. Mix well, cover. Select menu &amp; weight and press start.</li> <li>When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt and paneer cubes, mix well and press start, garnish with hara dhania and serve hot.</li> </ol>					

Menu	IC3	Dal Tadka	Weight Limit	0.2 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.2 kg			
Dal (soaked for 2 hours)	200 g			
Water	400 ml			
Oil	2 tsp			
Rai, Roasted jeera, Kasuri, Dhania powder, Hara dhania, Hing, Haldi, Green chilli	As per taste			
Salt	As per taste			
<ol style="list-style-type: none"> <li>Take dal in MWS bowl, add water, haldi and hing.</li> <li>Select menu press start to cook.</li> <li>When beeps, take another bowl add oil, roasted jeera, green chilli, curry leaves, add dal, salt, dhania powder, hara dhania, kasuri methi (optional), water (if required). Press start.</li> <li>When beeps, mix well &amp; again press start.</li> </ol>				

Menu	IC4	Sambhar	Weight Limit	0.2 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.2 kg			
Arhar Dal (Soaked for 2 hrs)	200 g			
Oil	2 tsp			
Onion chopped	1 medium			
Tomato chopped	1 medium			
Mixed Vegetables chopped - Drumsticks, Ghiya, Brinjals, Red pumpkin	1 cup			
Boiled water	400 ml			
Imli pulp, Green chilli, Sambhar masala, Salt, Gud, Curry leaves, Dhania, Red chilli powder, Rai, Hing	As per taste			
<ol style="list-style-type: none"> <li>Soak dal for 2 hours, In MWS Bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select menu and press start.</li> <li>When beeps, in another MWS Bowl take oil, add rai, hing, curry leaves, dhania, red chilli powder. Press start.</li> <li>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.</li> </ol>				

Menu	IC5	Dum Aloo	Weight Limit	0.1 ~ 0.5 kg	
<b>Utensil:</b> Microwave safe (MWS) bowl					
<b>Instructions</b>			<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Boiled aloo (small)	100 g	200 g	300 g	400 g	500 g
Oil	2 tsp	3 tsp	3 tsp	3½ tsp	3½ tsp
Jeera, Pepper seeds, Cloves, Hing	As required				
Onion paste	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp
Ginger & garlic paste	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
Tomato puree	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
Curd	½ cup	1 cup	1 cup	1½ cups	1½ cups
Turmeric powder, Red Chilli powder, Deghi mirch, Salt, Garam masala, Saunf powder	As per taste				
<ol style="list-style-type: none"> <li>In a MWS bowl add oil, jeera, pepper corns, cloves, hing, onion paste, ginger garlic paste. Mix well.</li> <li>Select menu &amp; weight and press start.</li> <li>When beeps, mix well &amp; add tomato puree &amp; boiled potatoes. Mix well &amp; cover. Press start.</li> <li>When beeps, mix well &amp; add curd &amp; all spices. Cover &amp; press start.</li> <li>Allow to stand for 3 minutes.</li> </ol>					

## Indian Cuisine

## Indian Cuisine

Menu	IC6	Baigan Ka Barta	Weight Limit	0.3 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.3 kg	0.4 kg	0.5 kg	
Baigan (Chopped in big pieces)	300 g	400 g	500 g	
Oil	1 tbsp	1½ tbsp	2 cup	
Chopped onions	1 cup	1½ cup	500 g	
Chopped green chillies	3 nos.	4 nos.	5 nos.	
Chopped ginger	1 tbsp	1½ tbsp	2 tbsp	
Chopped tomato	2 nos.	3 nos.	4 nos.	
Tomato puree	4 tbsp	5 tbsp	6 tbsp	
Salt, dhania powder, garam masala, red chilli powder, haldi	As per taste			
Chopped coriander leaves	A few sprigs			
<ol style="list-style-type: none"> <li>In a MWS bowl add peeled &amp; chopped baigan. Sprinkle some water. Cover. Select menu and weight and press start.</li> <li>When beeps, remove &amp; mash the baigan well.</li> <li>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 &amp; press start.</li> <li>When beeps, mix well. Add the mashed baigan &amp; mix well. Press start. Allow to stand for 3 minutes. Garnish with coriander leaves.</li> </ol>				

Menu	IC7	Kadhi	Weight Limit	0.3 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
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 cups	
Oil	1 tbsp	1½ tbsp	2 tbsp	
Rai, Cumin seeds	As per taste			
Chopped onions	1 cup	1½ cups	1½ cups	
Salt, Red chilli powder, Haldi	As per taste			
Coriander powder, Amchur	As per taste			
Water	2 cups	3 cups	4 cups	
<ol style="list-style-type: none"> <li>In a MWS bowl add oil, rai, jeera, chopped onion. Select menu &amp; weight &amp; press start.</li> <li>When beeps, mix &amp; add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (1/2 the amount mentioned per weight). Mix &amp; press start.</li> <li>When beeps, mix &amp; add remaining water &amp; press start. Pour tempering &amp; serve.</li> </ol>				

Menu	IC8	Pithla	Weight Limit	0.6 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish				
<b>Instructions</b>			<b>Method:</b>	
For	0.6 kg			
Besan	½ cup			
Oil	1½ tbsp			
Ginger, Garlic, Green chillies (Chopped)	1 tsp each			
Onion, Tomato (chopped)	1 no. each			
Coriander chopped	A few sprigs			
Water	2 cups (400 ml)			
Salt, Turmeric powder, Garam masala, Red chilli powder	As per taste			
<ol style="list-style-type: none"> <li>In a MWS flat glass dish put besan. Select menu &amp; press start.</li> <li>When beeps, remove &amp; in another MWS glass bowl put oil, chopped ginger, garlic, green chilli, chopped onion &amp; tomato, turmeric powder, garam masala, red chilli powder. Mix well &amp; press start.</li> <li>When beeps, mix besan with masala &amp; add water &amp; salt. Mix well. Keep MWS glass bowl in microwave &amp; press start.</li> <li>Stir well. Garnish with fresh coriander &amp; serve.</li> </ol>				

Menu	IC9	Dalma	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.3 kg			
Dhuli moong dal (soaked for 2 hours)	300 g			
Water	600 ml			
Chopped vegetables (Drumsticks, Potato, Raw banana, Pumpkin, Brinjal, Tomato)	2 cups			
For tadka	2 tbsp			
Oil	As per taste			
Bay leaf, Jeera, Dry chillies, Salt, Haldi	4 tbsp			
Grated coconut	1 no.			
Chopped onion	As per taste			
<ol style="list-style-type: none"> <li>In a MWS bowl add soaked moong dal, chopped vegetables &amp; water. Mix well. Select menu &amp; press start.</li> <li>When beeps, in another MWS bowl add oil, bay leaves, jeera, dry chillies, salt, haldi, grated coconut &amp; chopped onion. Mix well &amp; press start.</li> <li>When beeps, mix well add the tadka ingredients to the dal. Mix well &amp; press start.</li> </ol>				

Menu	IC10	Panchmel Ki Sabzi	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	
Chopped vegetables (Gavar ki fali, Chawli, Shimla mirch, Kheera, Gajar)	100 g	200 g	300 g	
Oil	½ tbsp	1 tbsp	2 tbsp	
Jeera	½ tsp	1 tsp	1 tsp	
Onion	½ cup	½ cup	1 cup	
Ginger & Green chilli paste	1 tsp	1½ tsp	2 tsp	
Coriander powder, Amchur, Haldi & Salt	As per taste			
<ol style="list-style-type: none"> <li>In a MWS bowl add oil, jeera, onion, ginger &amp; green chilli paste. Mix well.</li> <li>Select menu &amp; weight and press start.</li> <li>When beeps, mix well &amp; add the chopped vegetables &amp; little water. Cover and press start.</li> <li>When beeps, mix well &amp; add coriander powder, amchur, haldi &amp; salt. Press start. Allow to stand for 5 minutes.</li> </ol>				

## Indian Cuisine

## Indian Cuisine

Menu	IC11	Gujarati Tuvar Dal	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select menu &amp; press start.</li> <li>When beeps, remove the dal.</li> <li>In another MWS bowl add oil, mustard seeds, jeera, finely chopped ginger, slit green chillies, curry leaves, chopped onions, red chilli powder. Mix well &amp; press start.</li> <li>When beeps, remove the bowl &amp; add these ingredients to the dal. Add tomato, jaggery &amp; mix well. Press start. Squeeze lemon juice &amp; serve.</li> </ol>
Tuvar dal / Arhar dal (soaked for 2 hours)	300 g	400 g	500g	
Water	600 ml	150 g	200 g	
Oil	1 tbsp	2 tsp	3 tsp	
Mustard seeds	½ tsp	1 tsp	1½ tsp	
Jeera	½ tsp	1 tsp	1½ tsp	
Finely chopped ginger	1 tbsp	2 tsp	3 tsp	
Slit green chillies	3 nos.	4 nos.	5 nos.	
Curry leaves	A few	A few	A few	
Chopped tomato	2 nos.	3 nos.	4 nos.	
Chopped onion	1 no.	2 nos.	3 nos.	
Hing	A pinch	A pinch	A pinch	
Salt, Turmeric powder, Red chilli powder	As per taste	As per taste	As per taste	
Jaggery (Gud)	As per taste	As per taste	As per taste	

Menu	IC12	Butter Chicken	Weight Limit	0.3 ~0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select menu &amp; weight &amp; press start.</li> <li>When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well &amp; cover. Press start.</li> <li>When beeps, mix well, add kaju paste, cream &amp; butter. Mix well &amp; cover. Press start.</li> <li>Garnish with slit chillies.</li> </ol>
Chicken (boneless)	300 g	400 g	500g	
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	IC13	Beans Porial	Weight Limit	0.1 ~0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add oil, mustard seeds &amp; urad dal. Select menu and weight and press start.</li> <li>When beeps, add beans, sprinkle little water &amp; cover. Press start.</li> <li>When beeps, mix well &amp; add grated coconut, green chillies &amp; salt. Cover &amp; press start. Allow to stand for 3 minutes.</li> </ol>
French beans (cut evenly)	100 g	200 g	300 g	
Oil	1 tsp	1 tsp	2 tsp	
Mustard seeds	¼ tsp	½ tsp	½ tsp	
Urad dal	¼ tsp	½ tsp	½ tsp	
Grated coconut	2 tbsp	3 tbsp	4 tbsp	
Green chillies	1 no.	2 nos.	3 nos.	
Salt	As per taste			

Menu	IC14	Goan Potato Curry	Weight Limit	0.3 ~0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add oil, mustard seeds &amp; chopped onion. Select menu &amp; weight &amp; press start.</li> <li>When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder &amp; press start.</li> <li>When beeps, mix well &amp; add boiled potato &amp; mix vegetables &amp; fresh cream. Press start. Give standing time of 3 minutes.</li> <li>Garnish with chopped coriander leaves &amp; serve.</li> </ol>
Boiled potato	300 g	400 g	500 g	
Boiled mix veg (Capsicum, Cauliflower, Carrot, Peas)	100 g	150 g	200 g	
Chopped onion	1 no.	2 nos.	3 nos.	
Oil	1½ tbsp	2 tbsp	2 tbsp	
Mustard seeds	1 tsp	1½ tsp	2 tsp	
Grated coconut	2 tbsp	2½ tbsp	3 tbsp	
Coconut milk	1 cup	1½ cup	1½ cup	
Tomato puree	½ cup	1 cup	1 cup	
Kaju powder	1 tbsp	2 tbsp	3 tbsp	
Salt, Red chilli powder	As per taste			
Fresh cream	2 tbsp	3 tbsp	4 tbsp	
Coriander	A few sprigs			

## Indian Cuisine

## Indian Cuisine

Menu	IC15	Kashmiri Kaju Paneer				Weight Limit	0.1 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl							
<b>Instructions</b>					<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg		
Paneer pieces	100 g	200 g	300 g	400 g	500 g		
Kaju	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp		
Sliced onions	½ no.	1 nos.	1½ nos.	1½ nos.	1½ nos.		
Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp		
Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp		
Chilli powder	As per taste						
Khus Khus paste	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp		
Tomato puree	½ cup	1 cup	1½ cup	2 cup	2 cup		
Milk	¼ cup	½ cup	1 cup	1½ cup	1½ cup		
Garam masala & Salt	As per taste						

1. In a MWS bowl add oil, onion slices, chopped ginger & garlic. Select menu & weight and press start.
2. When beeps, mix well, add khus khus paste, kaju paste, tomato puree, chilli powder, garam masala & salt and press start.
3. When beeps, mix well, add paneer pieces and milk. Press start. Stand for 3 minutes.

Menu	IC16	Veg Handva®				Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) flat glass dish & Low rack* & High rack*							
<b>Instructions</b>					<b>Method:</b>		
For	0.3 kg						
Rice	200 g (1 cup)						
Urads Dal (Dehusked)	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 & Green chilli paste	1 tsp						
Mustard seeds	1 tsp						
Curry leaves	A few sprigs						
Hing	¼ tsp						

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

Menu	IC17	Gatte Ki Sabzi				Weight Limit	0.3 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl							
<b>Instructions</b>					<b>Method:</b>		
For	0.3 kg	0.4 kg	0.5 kg				
For making gattas							
Besan	100 g	125 g	150 g				
Red chilli powder, Haldi, Dhania powder, Salt	As per taste						
Water	As required						
For Sabzi							
Oil	1 tbsp	1½ tbsp	2 tbsp				
Rai, Jeera	2 tsp	2 tsp	3 tsp				
Curry leaves	A few						
Sour curd	1 cup	1 cup	1½ cups				
Red chilli powder, Haldi, Dhaniya powder, Salt	As per taste						
Tomato puree	¼ cup	½ cup	1 cup				

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

Menu	IC18	Aloo Gobhi				Weight Limit	0.3 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl							
<b>Instructions</b>					<b>Method:</b>		
For	0.3 kg	0.4 kg	0.5 kg				
Potatoes (cut into pieces)	150 g	200 g	250 g				
Cauliflower florets	150 g	200 g	250 g				
Oil	1 tbsp	2 tbsp	3 tbsp				
Jeera	1 tbsp	1 tbsp	1 tbsp				
Chopped onion	½ cup	½ cup	1 cup				
Chopped green chillies	1 no.	2 nos.	3 nos.				
Coriander powder, red chilli powder, haldi, salt, garam masala	As per taste						
Coriander leaves	A few sprigs						

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

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

\*Refer Page 93, Fig.3

\*Refer Page 93, Fig. 2

Menu	IC19	Matar Paneer			Weight Limit	0.2-0.4 kg
<b>Utensil:</b> Microwave safe (MWS) bowl						
<b>Instructions</b>				<b>Method:</b>		
For	0.2 Kg	0.3 Kg	0.4 Kg			
Matar	100 g	150 g	200 g	1. In a MWS bowl add oil, chopped ginger, garlic, onion. Mix well select category & weight & press start.		
Paneer Cubes	100 g	150 g	200 g	2. When beeps, mix well, add paneer cubes, peas, tomato puree, jeera, powder, salt, haldi, red chili powder, garam masala. Mix well cover. Press Start.		
Oil	1 tbsp	1½tbsp	2 tbsp	3. When beeps, mix well, add water, coriander leaves & cover. Press start. Stand for 5 minutes.		
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	IC20	Kadhai Chicken				Weight Limit	0.1 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl							
<b>Instructions</b>					<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg		
Boneless chicken	100 g	200 g	300 g	400 g	500 g	1. In MWS Bowl add oil, methidana, onion slices, garlic, dhania powder, red chili powder, chicken & salt. Cover. Select menu & weight and press start.	
Oil	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp	2. When beeps, mix well & add tomato puree, hara dhania, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes.	
Methidana	¼ tsp	¼ tsp	1 tsp	1 tsp	1 tsp	3. Add cream. Mix well. Serve hot.	
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	IC21	Kofta Curry			Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl						
<b>Instructions</b>				<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg			
Grated Lauki	100 g	200 g	300 g	1. In a bowl mix grated lauki, besan, salt & haldi together. Mix well & prepare balls of medium size out of the mixture.		
Besan	1 tbsp	2 tbsp	3 tbsp	2. Grease a MWS flat glass dish & keep the koftas on it select category & weight & press start.		
Chopped Onion	½ cup	1 cup	1 cup	3. When beeps, remove in a MWS bowl add oil, jeera, onion, garlic & ginger & press start.		
Tomato puree	¼ cup	½ cup	1 cup	4. When beeps, mix well, add tomato puree, coriander power, garam masala, red chilli powder, salt, water. Add koftas & press start, Stand for 5 minutes. Squeeze lemon juice & serve.		
Chopped garlic	1 tsp	1½ tsp	2 tsp			
Chopped Ginger	1 tsp	1½ tsp	2 tsp			
Coriander power, haldi, garam masala, red chilli powder, jeera, salt	As per taste					
Oil	½ tbsp	1 tbsp	1½ tbsp			
Water	½ cup	1 cup	1 cup			
Lemon juice	As per taste					

Menu	IC22	Egg Curry			Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl						
<b>Instructions</b>				<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg			
Boiled eggs	2 nos.	4 nos.	6 nos.	1. Put chopped onions, green chilli, garlic, ginger in a spice blender & make paste adding 1 tbsp water.		
Onions (chopped)	2 nos.	3 nos.	4 nos.	2. In a MWS bowl take oil & add the paste. Mix well. Select menu & weight and press start.		
Green chilli	1 no.	2 nos.	3 nos.	3. When beeps, stir & add tomato puree, peas, water & all the spices. Mix well & press start.		
Garlic (pods)	6-7 nos.	8-10 nos.	10-12 nos.	4. When beeps, stir & add boiled eggs (each cut into 2), add some water if required. Mix well & press start. Garnish with fresh coriander leaves & serve hot.		
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					

## Indian Cuisine

## Indian Cuisine

Menu	IC23	Jhinga Matar Curry	Weight Limit	0.2-0.4 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.2 kg	0.3 kg	0.4 kg	
Prawns (deveined & cleaned)	50 g	100 g	150 g	
Peas (shelled)	½ cup	1 cup	1 cup	
Water	¼ cup	½ cup	1 cup	
Salt, Red chilli powder, Garam masala	As per taste			
Oil	1 tbsp	1½ tbsp	2 tbsp	
<b>For Paste</b>				
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	
<ol style="list-style-type: none"> <li>Grind all together onions, green chilli, ginger, coriander powder &amp; turmeric powder without adding any water &amp; make a paste.</li> <li>In a MWS bowl take oil &amp; paste. Mix well. Select menu &amp; weight and press start.</li> <li>When beeps, mix &amp; add shelled peas, prawns, all other spices &amp; water. Mix well &amp; cover and press start.</li> <li>When beeps, remove lid &amp; stir well. Press start. Serve hot with steamed rice.</li> </ol>				

Menu	IC24	Dum Tangri	Weight Limit	0.6 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl & High rack				
<b>Instructions</b>			<b>Method:</b>	
For				0.6 kg
Chicken legs				5 nos.
<b>For Marinade</b>				
Hung curd				4 tbsp
Fresh cream				1 tbsp
Ginger-garlic paste				1 tsp
Oil				½ tsp
Tandoori chicken masala				1 tbsp
Kasoori methi				As required
Salt, Red chilli powder, Garam masala, pepper	As per taste			
<b>For Gravy</b>				
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 powder, Garam masala, Dhania powder	As per taste			
<ol style="list-style-type: none"> <li>Pre-prepare the gravy : Add all ingredient of gravy in MWS glass bowl and microwave at 100% for 5 minutes, Keep aside.</li> <li>Take chicken legs, wash, clean &amp; pat dry them with kitchen towel. Make cuts on legs with a sharp knife &amp; keep aside.</li> <li>In a bowl take all the ingredients of marinade &amp; mix to a thick paste. Apply the marinade on chicken legs all over &amp; inside the cuts as well. Keep covered inside the refrigerator for at least half an hour.</li> <li>After marination is done, keep the marinated chicken legs on high rack. Keep high rack with chicken legs in the microwave. Select menu &amp; press start.</li> <li>When beeps, turn the chicken legs &amp; press start.</li> <li>When beeps, remove chicken legs from high rack and add chicken legs to prepared gravy and cover with cling film and press start. Stand for 5 minutes.</li> <li>Mix well &amp; serve hot with butter naan or laccha parantha.</li> </ol>				

Menu	IC25	Makki Korma	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	
Corns	100 g	200 g	300 g	
Peas	¼ cup	½ cup	½ cup	
Onion (chopped)	1 no.	2 nos.	2 nos.	
Tomato (chopped)	1 no.	2 nos.	2 nos.	
Green chilli (chopped)	1 no.	2 nos.	3 nos.	
Beaten curd	4 tbsp	6 tbsp	8 tbsp	
Water (for boiling)	½ cup	1 cup	1 cup	
Water (for cooking)	¼ cup	½ cup	1 cup	
Salt, Red chilli powder, Turmeric powder, Garam masala	As per taste			
Oil	½ tbsp	1 tbsp	1½ tbsp	
<ol style="list-style-type: none"> <li>In a MWS glass bowl put corns, peas, water (for boiling) &amp; stir. Select menu &amp; weight and press start.</li> <li>When beeps, remove &amp; strain the corns &amp; peas in a strainer &amp; keep aside. In the same glass bowl add put oil, chopped onion, tomato &amp; green chilli. Mix well &amp; press start.</li> <li>When beeps, add corns &amp; peas, water (for cooking), add all spices, beaten curd &amp; mix well. Press start. Give standing time of 5-10 minutes &amp; serve hot.</li> </ol>				

Menu	IC26	Methi Aloo	Weight Limit	0.2 ~ 0.4 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.2 kg	0.3 kg	0.4 kg	
Methi leaves (chopped)	2 cups	3 cups	4 cups	
Big size potato (cut in pieces)	1 no.	2 nos.	3 nos.	
Tomato (chopped)	1 no.	2 nos.	3 nos.	
Oil	1 tbsp	1½ tbsp	2 tbsp	
Green chilli (chopped)	1 no.	2 nos.	2 nos.	
Salt, Red chilli powder, Haldi, Garam masala	As per taste			
<ol style="list-style-type: none"> <li>In a MWS bowl take oil, chopped green chilli &amp; chopped tomato. Mix well. Select menu &amp; weight and press start.</li> <li>When beeps, mix &amp; add cut potatoes. Sprinkle little water on top. Cover &amp; press start.</li> <li>When beeps, remove cover. Add chopped methi leaves &amp; all the spices. Mix well &amp; cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.</li> </ol>				

## Indian Cuisine

## Indian Cuisine

Menu	IC27	Kaddu Ki Sabzi				Weight Limit	0.2-0.5 kg
Utensil: Microwave safe (MWS) bowl							
<b>Instructions</b>					<b>Method:</b>		
For	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>In a MWS bowl take kaddu pieces, sprinkle some water &amp; cover. Select menu &amp; weight and press start.</li> <li>When beeps, remove kaddu &amp; keep aside. In another MWS bowl put oil, chopped ginger, green chilli, coriander leaves &amp; chopped tomatoes. Mix well &amp; press start.</li> <li>When beeps, remove &amp; mix well. Add cooked kaddu &amp; all the spices. Mash with the back of laddle / spoon. Press start. Serve hot.</li> </ol>		
Kaddu (cut into pieces)	200 g	300 g	400 g	500 g			
Chopped tomato	1 no.	2 nos.	3 nos.	4 nos.			
Chopped green chilli	1 no.	2 nos.	3 nos.	4 nos.			
Finely chopped ginger	½ tsp	½ tsp	1 tsp	1 tsp			
Chopped coriander leaves	1 tbsp	2 tbsp	3 tbsp	4 tbsp			
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp			
Salt, Red chilli power, Garam masala, Amchoor, Turmeric powder	As per taste						

## Sweet Corner

## Indian Cuisine

Menu	SC1	Suji Halwa			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In MWS glass bowl take suji, add ghee, mix it together. Select menu &amp; weight press start.</li> <li>When beeps, stir it. Allow to cool. Add sugar &amp; ½ qty. of water (For 0.1 kg add 150 mL). Mix well &amp; press start.</li> <li>When beeps, add remaining ½ water, sugar, cashewnuts, kishmish, kesar, elaichi powder, mix it well and press start. Serve hot.</li> </ol>		
Suji	100 g	200 g	300 g			
Ghee (melted)	2 tbsp	3 tbsp	4 tbsp			
Water	300 ml	600 ml	900 ml			
Sugar	100 g	200 g	300 g			
Cashewnuts, Kishmish, Kesar, Elaichi powder	As per taste					

Menu	SC2	Besan Ladoo			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In MWS flat glass dish take besan and ghee. Select menu and weight and press start.</li> <li>When beeps, stir it &amp; press start.</li> <li>When beeps, stir it &amp; press start.</li> <li>Allow to cool. Sieve the mixture. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size. <b>Note :</b> For binding the ladoo use ghee.</li> </ol>		
Besan	100 g	200 g	300 g			
Ghee (melted)	3 tbsp	5 tbsp	7 tbsp			
Powder sugar	50 g	100 g	150 g			
Elaichi powder	1/2 tsp	1 tsp	1 tsp			

Menu	SC3	Shahi Tukda				Weight Limit	0.1 ~ 0.4 kg
Utensil: Microwave safe (MWS) flat glass dish & Low rack*							
<b>Instructions</b>					<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> <li>Arrange bread slices on low rack. Select menu &amp; weight &amp; press start.</li> <li>When beeps, turn slices press start.</li> <li>When beeps, mix milkmaid, milk, sugar, dry fruits and kesar elaichi powder in MWS Flat Glass Dish, Pour the mixture on slices and press start. Serve hot.</li> </ol>		
Bread Slices	1 slice	2 slices	3 slices	4 slices			
Condensed Milk (Milkmaid)	50 ml	100 ml	150 ml	200 ml			
Milk	50 ml	100 ml	125 ml	150 ml			
Sugar	1 tbsp	2 tbsp	3 tbsp	4 tbsp			
Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp	5 tbsp			
Kesar-Elaichi Powder	As per taste						

Menu	SC4	Kheer		Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) bowl					
<b>Instructions</b>				<b>Method:</b>	
For	0.5 kg		<ol style="list-style-type: none"> <li>In MWS Glass Bowl add milk, condensed milk (Milkmaid) &amp; mix well. Select menu press start.</li> <li>When beeps, add badam, pista pieces, kesar elaichi powder &amp; seviyan. Mix well and press start.</li> <li>When beeps, mix it well. Add more milk (if required) &amp; press start. Stand for 5 minutes. Serve hot or chilled. <b>Note :</b> The bowl should be filled at 1/4 level of the total volume.</li> </ol>		
Milk	500 ml				
Condensed Milk (Milkmaid)	400 ml				
Seviyan (roasted)	80 g				
Badam, Pista Pieces	5 tbsp				
Kesar & Elaichi Powder	As required				

Menu	SC5	Mysore Pak			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & Microwave safe (MWS) glass bowl						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS flat glass dish add besan. Select menu &amp; weight &amp; press start.</li> <li>When beeps, remove &amp; in another MWS glass bowl add water &amp; sugar. Press start.</li> <li>When beeps, add sugar to the besan stirring continuously. After this add melted ghee, stirring continuously. Pour the mixture in a MWS flat glass dish. Press start.</li> <li>Allow to cool. Cut it into square shape pieces &amp; serve. <b>Note:</b> For stirring take the help of one more person.</li> </ol>		
Besan	100 g	200 g	300 g			
Sugar	100 g	200 g	300 g			
Ghee	1/2 cup	1 cup	1 cup			
Water	100 ml	200 ml	250 ml			
Cardamom powder	1 tsp	1 tsp	1½ tsp			

\* Refer Page 93, Fig.4

## Indian Cuisine

## Sweet Corner

Menu	SC6	Nariyal Burfi	Weight Limit	0.1 ~ 0.3 kg
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<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add ghee &amp; fresh grated coconut. Mix well.</li> <li>Select menu &amp; weight &amp; press start.</li> <li>When beeps, add condensed milk (Milkmaid), milk powder, elaichi powder &amp; press start.</li> <li>When beeps, remove &amp; spread the mixture onto a greased thali &amp; allow to set for 1 hour. Cut into rectangles &amp; store in a air tight container</li> </ol>
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
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<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add grated paneer, khoa &amp; condensed milk (Milkmaid). Mix well.</li> <li>Select menu &amp; weight &amp; press start.</li> <li>When beeps, stir well &amp; press start.</li> <li>Allow to cool. Hang in Muslin cloth for 20 minutes if it too wet. Make balls out of the mixture &amp; roll them in elaichi powder &amp; chopped pista. Refrigerate till set.</li> </ol>
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
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<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For		0.3 kg		<ol style="list-style-type: none"> <li>Dissolve strands of saffron in 2 tbsp lukewarm milk.</li> <li>In a MWS bowl, put all the ingredients of rabdi except chopped pistachios. Mix well.</li> <li>Keep the bowl in Microwave. Select menu &amp; press start.</li> <li>Serve chilled garnished with chopped pistachios.</li> </ol>
Milk		1 cup		
Grated paneer		1 cup		
Condensed milk		½ cup		
Desi ghee		1 tbsp		
Elaichi powder		¼ tsp		
Saffron		A few strands		
Rose essence		A few drops		
Chopped pistachios		1 tbsp		
Chopped almonds (skin removed)		2 tbsp		

Menu	SC9	Payasam	Weight Limit	0.1 ~ 0.3 kg
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<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS bowl take ghee, soaked rice, milk &amp; water &amp; cover it.</li> <li>Select menu &amp; weight &amp; press start.</li> <li>When beeps, add more milk, dry fruits, kesar, elaichi powder. Mix well &amp; press start. Stand for 5 minutes. Sprinkle kewada jal on it. Serve hot or chilled.</li> </ol>
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
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<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For		0.5 kg		<ol style="list-style-type: none"> <li>In a MWS glass bowl add milk &amp; condensed milk (Milkmaid) grated kaddu. Select menu &amp; press start.</li> <li>When beeps, mix well &amp; add sugar. Press start.</li> <li>When beeps, mix well &amp; add dry fruits. Press start. Serve it chilled or hot.</li> </ol>
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
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<b>Utensil:</b> Microwave safe (MWS) glass bowl				
<b>Instructions</b>			<b>Method:</b>	
For		0.2 kg		<ol style="list-style-type: none"> <li>In a MWS glass bowl add sugar &amp; water. Select menu &amp; press start.</li> <li>When beeps, add rose essence, cardamom powder, seviyan to the bowl. Press start. Give standing time of 3 minutes. Garnish with almonds &amp; pista &amp; serve.</li> </ol>
Roasted Seviyan		200 g		
Sugar		5 tbsp		
Water		2 cups		
Rose essence		A few drops		
Almonds		A few		
Chopped pista		A few		
Elaichi powder		¼ tsp		
Ghee		1 ½ tsp		



Menu	SC12	Phirni	Weight Limit	0.3 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
<b>Instructions</b>			<b>Method:</b>	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>1. Grind the soaked rice to a paste with little water.</li> <li>2. In a MWS glass bowl add milk. Select menu and weight and press start.</li> <li>3. When beeps, add rice paste &amp; sugar to it. Press start.</li> <li>4. When beeps, add cream &amp; press start.</li> <li>5. Mix well, add cardamom powder &amp; dry fruits &amp; keep in the refrigerator to chill. Garnish with kesar &amp; serve.</li> </ol>
Milk	350 ml	500 ml	650 ml	
Rice (Soaked)	50 g	75 g	100 g	
Sugar	100 g	150 g	200 g	
Elaichi powder	1 tsp	1 tsp	1½ tsp	
Cream (whipped)	2 tbsp	3 tbsp	4 tbsp	
Dry fruits ( almonds, cashewnuts, raisins)	As required			
Kesar	A few			

Menu	SC13	Burfi	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) flat glass dish				
<b>Instructions</b>			<b>Method:</b>	
For	0.3 kg			<ol style="list-style-type: none"> <li>1. In a bowl mix milk powder, condensed milk (Milkmaid) &amp; cream. Beat well till smooth.</li> <li>2. Pour the mixture in a MWS flat glass dish. Select menu &amp; press start.</li> <li>3. When beeps, mix well (remove lumps if formed). Press start.</li> <li>4. When beeps, mix well &amp; press start.</li> <li>5. Remove, allow to cool &amp; refrigerate till set. After setting cut into pieces &amp; sprinkle chopped almonds &amp; pistas &amp; serve.</li> </ol>
Milk powder	100 g			
Condensed Milk (Milkmaid)	150 g			
Cream	100 ml			
Chopped almonds & pistas	As required			

Menu	SC14	Kalakand	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) flat glass dish				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>1. In MWS Bowl take grated paneer, condensed milk (Milkmaid), milk powder, cornflour, elaichi powder. Mix well, select menu and weight and press start.</li> <li>2. When beeps, mix it again and press start.</li> <li>3. When set cut into pieces. Garnish with dry fruits.</li> </ol>
Grated Paneer	100 g	200 g	300 g	
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	SC15	Rava Ladoo	Weight Limit	0.5 kg
<b>Utensil:</b> Microwave safe (MWS) flat glass				
<b>Instructions</b>			<b>Method:</b>	
For	0.5 kg			<ol style="list-style-type: none"> <li>1. In a MWS glass bowl take sugar &amp; milk. Mix &amp; select menu and press start.</li> <li>2. When beeps, add roasted rava/sooji, kishmish &amp; chopped almonds. Sprinkle elaichi powder &amp; mix very well. Press start.</li> <li>3. When beeps, mix well &amp; add grated khoa. Mix well &amp; again press start.</li> <li>4. Make equal sized ladoos from the mixture, when it is still warm.</li> </ol>
Roasted rava/sooji	1 cup			
Grated khoa	1½ cup			
Sugar	½ cup			
Milk	½ cup			
Kishmish	2 tbsp			
Chopped almonds	2 tbsp			
Desi ghee	1 tbsp			
Elaichi powder (optional)	½ tsp			

Menu	SC16	Kaju Burfi	Weight Limit	0.4 kg
<b>Utensil:</b> Microwave safe (MWS) glass glass				
<b>Instructions</b>			<b>Method:</b>	
For	0.4 kg			<ol style="list-style-type: none"> <li>1. Take kaju in a spice-grinder &amp; make a fine powder and keep aside.</li> <li>2. In a MWS glass bowl take powdered sugar &amp; water. Stir very well. Select menu &amp; press start.</li> <li>3. When beeps, stir very well &amp; dissolve all the sugar. Add kaju powder &amp; stir till all the lumps are removed. Keep stirring till the paste becomes like a dough (ball formation stage).</li> <li>4. Grease the kitchen-slab (marble top) a little with ghee. Take the dough &amp; roll out to 1" thickness carefully. Cut the kaju burfi in desired square or diamond shape &amp; decorate with vark and serve.</li> </ol>
Kaju	2 cups			
Powdered sugar	1¼ cup			
Water	½ cup			

Menu	SC17	Badam Halwa	Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass glass				
<b>Instructions</b>			<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>1. Remove the skin from badam &amp; grind them to a fine paste adding milk. Take out this paste in a MWS glass bowl.</li> <li>2. Add desi ghee to the paste &amp; mix well. Select menu &amp; weight and press start.</li> <li>3. When beeps, stir very well &amp; again press start.</li> <li>4. When beeps, stir very well. Add sugar &amp; milk (for cooking). Again mix well &amp; press start. Give standing time of 5-6 minutes &amp; mix well. Garnish with slivered almonds &amp; serve badam halwa hot.</li> </ol>
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			

## Indian Cuisine

## Rice Delight

Menu	rd1	Chicken Biryani					Weight Limit	0.1 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>1. Marinate the chicken &amp; keep it in refrigerator for 1 hour.</li> <li>2. In a MWS bowl add oil, chopped onions &amp; marinated chicken &amp; cover. Select menu &amp; weight &amp; press start.</li> <li>3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover &amp; press start. Stand for 5 minutes. Serve hot.</li> </ol>		
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	As per taste							
Hung curd	1/2 cup	1 cup	1½ cup	2 cup	2½ cup			
Tomato puree	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp			
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp			
Salt, garam masala, coriander powder, red chilli powder, turmeric powder	As per taste							
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Onion	1/2 cup	1 cup	1 cup	1½ cup	1½ cup			
Salt	If required							
Coriander leaves	A few springs							
Water	200 ml	400 ml	500 ml	550 ml	650 ml			

Menu	rd2	Gosht Dum Biryani					Weight Limit	0.1 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>1. In a MWS bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton &amp; cover. Select menu &amp; weight and press start.</li> <li>2. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala &amp; cover. Press start. Stand for 5 minutes. Serve hot.</li> </ol>		
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
<b>Utensil:</b> Microwave safe (MWS) bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>1. Marinate the chicken &amp; refrigerate it for 1 hour.</li> <li>2. In a MWS bowl add oil, onion, chopped coriander &amp; mint leaves, biryani masala &amp; salt. Mix, select menu &amp; weight &amp; press start.</li> <li>3. When beeps, remove the bowl &amp; in another MWS bowl add soaked rice, water, tomato, curd, mix &amp; cover. Press start.</li> <li>4. When beeps, add the marinated chicken to the first bowl. Cover &amp; press start. Stand for 5 minutes. Serve hot.</li> </ol>		
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	As per taste							
Salt, Red chilli powder, Turmeric powder	As per taste							
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Biryani masala	As per taste							
Curd	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Sliced tomato	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.			
Sliced onion	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.			
Water	200 ml	400 ml	600 ml	650 ml	750 ml			

Menu	rd4	Pineapple Fried Rice					Weight Limit	0.1 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>1. In a MWS bowl add oil, mix vegetables, ajinomoto, red chilli powder, soy sauce, chilli sauce. Mix &amp; select menu &amp; weight &amp; press start.</li> <li>2. When beeps, remove, in another MWS bowl add rice &amp; water &amp; press start.</li> <li>3. When beeps, add the boiled rice to the vegetables, add pineapple pieces. Mix &amp; press start. Stand for 5 minutes.</li> </ol>		
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, soy 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
<b>Utensil:</b> Microwave safe (MWS) bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>1. In a MWS bowl add oil, jeera, laung, tej patta &amp; mix vegetables.</li> <li>2. Select menu &amp; weight and press start.</li> <li>3. When beeps, mix well &amp; add rice, water, salt, garam masala, red chilli powder. Press start. Mix well. Stand for 5 minutes.</li> </ol>		
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g			
Water	200 ml	400 ml	600 ml	650 ml	750 ml			
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Jeera, Laung, Tej patta, Salt, Garam masala, Red chilli powder	As per taste							
Mix veg - Gobhi, Matar, Gajar, French beans etc.	½ cup	1 cup	1½ cups	2 cups	2½ cup			

# Rice Delight

# Indian Cuisine

Menu	rd6	Veg Tahiri					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add oil, jeera, laung, tej patta &amp; mix vegetables.</li> <li>Select menu &amp; weight &amp; press start.</li> <li>When beeps, mix well &amp; add rice, water, salt, garam masala, haldi, red chilli powder. Press start. Mix well. Stand for 5 minutes. Serve hot.</li> </ol>		
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g			
Water	200 ml	400 ml	500 ml	550 ml	650 ml			
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Jeera, Laung, Tej patta, Salt, Garam masala, Haldi, Red chilli powder	As per taste							
Mix veg - Gobhi, Matar, Gajar, Tomato, Potato etc.	1/2 cup	1 cup	1½ cups	2 cups	2½ cups			

Menu	rd7	Pepper Rice			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
<b>Instructions</b>					<b>Method:</b>	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS glass bowl take soaked rice &amp; water. Select menu &amp; weight &amp; press start.</li> <li>When beeps, in another MWS glass bowl add oil, dry red chilli, green chilli, chopped garlic, mustard seeds, black gram dal, Bengal gram dal, curry leaves.</li> <li>Press start.</li> <li>When beeps, add cooked rice, ghee, salt, black pepper powder. Mix well &amp; press start. Stand for 5 minutes. Add grated coconut &amp; serve hot.</li> </ol>		
Soaked Rice (2 hours)	100 g	200 g	300 g			
Water	200 ml	400 ml	600 ml			
Dry coconut	2 tbsp	3 tbsp	4 tbsp			
Green chilli (Chopped)	2 nos.	3 nos.	4 nos.			
Garlic (Chopped)	2 cloves	3 cloves	4 cloves			
Ghee	1 tbsp	2 tbsp	2½ tbsp			
Salt	As per taste					
Black pepper powder	As per taste					
<b>Seasoning</b>						
Mustard seeds	½ tsp	1 tsp	1½ tsp			
Black gram dal	½ tsp	1 tsp	1½ tsp			
Bengal gram dal	½ tsp	1 tsp	1½ tsp			
Curry leaves	A few leaves					
Dry Red Chilli	1 no.	2 nos.	3 nos.			
Oil	1 tbsp	2 tbsp	3 tbsp			

Menu	rd8	Zafrani Pulao					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add ghee &amp; rice. Mix well. select menu &amp; weight and press start.</li> <li>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 &amp; kaju and serve.</li> </ol>		
Basmati rice	100 g	200 g	300 g	400 g	500 g			
Melted ghee	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp			
Nutmeg powder, 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								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>In a bowl take hung curd, ginger-garlic paste, oil, all the spices, mix well &amp; make a paste for marinade. Apply this marinade on fish pieces evenly keep the marinated fish in refrigerator for atleast 1-1½ hours.</li> <li>In a MWS bowl take soaked rice, water, select menu &amp; weight &amp; press start.</li> <li>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.</li> <li>When beeps, add the cooked onions to rice, add marinated fish pieces, salt. Mix well, cover &amp; press start. Allow to stand for 5-10 minutes.</li> <li>Serve hot with curd or gravy of your choice.</li> </ol>		
Basmati Rice (Cooked)	100 g	200 g	300 g	400 g	500 g			
Fish (Hilsa)	250 g	350 g	450 g	550 g	650 g			
Desi Ghee	1 tbsp	2 tbsp	2 tbsp	3 tbsp	3 tbsp			
Onion (sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.			
Ginger-garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp			
Red chilli powder, Salt, Turmeric powder, Cumin powder, Garam masala	As per taste							
Black pepper corns, Cloves, Cinnamon, Bayleaf, Cardamom (green)	As per requirement							
Hung curd	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	4 tbsp			
Oil	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp			
Water	200 ml	400 ml	600 ml	650 ml	750 ml			

Menu	rd10	Khumb Pulao					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>In a MWS bowl add oil, chopped garlic &amp; spring onions. Select menu &amp; weight and press start.</li> <li>When beeps, mix well &amp; add mushrooms. Press start.</li> <li>When beeps, mix well &amp; add rice, milk, water, salt and pepper. Press start. Stand for 3 minutes.</li> </ol>		
Basmati Rice (Soaked)	100 g	200 g	300 g	400 g	500 g			
Sliced mushrooms	50 g	100 g	150 g	200 g	250 g			
Water	100 ml	200 ml	300 ml	325 ml	375 ml			
Milk	100 ml	200 ml	300 ml	325 ml	375 ml			
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp			
Chopped spring onions	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.			
Chopped garlic	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp			
Salt, Pepper	As per taste							

## Indian Cuisine

## Rice Delight

Menu	rd11	Tiranga Pulao			Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) glass bowl						
<b>Instructions</b>				<b>Method:</b>		
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> <li>In a spice grinder take mint leaves, coriander leaves, onion (cut into pieces), green chilli &amp; salt. Grind them &amp; make green chutney. Keep aside for later use.</li> <li>In a MWS bowl take soaked rice &amp; water. Add salt. Select menu &amp; weight and press start.</li> <li>When beeps, remove the MWS bowl &amp; drain excess water from the rice. Divide the cooked rice into 3 equal parts. Cover them.</li> <li>In another MWS bowl add oil/ghee, grated beet root, sliced onion, laung, elaichi &amp; salt. Mix well. Press start.</li> <li>When beeps, remove the MWS bowl and in a MWS glass bowl add oil/ghee &amp; cashewnuts. Press start.</li> <li>Mix one portion of rice to the red mixture with a fork. Do not break the rice. Mix second portion with green chutney &amp; third portion of rice with cashewnuts.</li> <li>Take square / rectangular dish &amp; arrange the red coloured layer first, white layer in the centre &amp; green layer in the end. Serve them hot.</li> </ol>		
Rice (soaked for 1 hour)	200 g	300 g	400 g			
Water	350 ml	500 ml	650 ml			
Salt	As per taste					
<b>For Red Mixture</b>						
Beat root (grated)	½ cup	1 cup	1 cup			
Onion (sliced)	½ nos.	1 no.	1 no.			
Oil / ghee	½ tbsp	1 tbsp	1 tbsp			
Salt	As per taste					
<b>For White Mixture</b>						
Cashewnuts (broken into pieces)	1 tbsp	2 tbsp	3 tbsp			
Oil / ghee	½ tbsp	1 tbsp	1½ tbsp			
<b>For Green Mixture</b>						
Mint leaves	½ cup	1cup	1 cup			
Coriander leaves	½ cup	1cup	1 cup			
Onion	1 no.	2 nos.	3 nos.			
Green chilli	1 no.	2 nos.	3 nos.			
Garlic paste	½ tsp	1 tsp	1 tsp			
Salt	As per taste					

Menu	rd12	Egg Biryani			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
<b>Instructions</b>				<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS bowl take soaked rice, water. Select menu &amp; weight and press start.</li> <li>When beeps, take out the cooked rice &amp; keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies &amp; all the spices. Mix very well &amp; press start.</li> <li>When beeps, add boiled eggs (cut into 2) &amp; boiled rice to the sliced onions. Mix well without breaking the eggs. Press start.</li> <li>Serve egg biryani hot with plain curd or raita.</li> </ol>		
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 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
<b>Instructions</b>				<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS bowl take soaked rice &amp; water. Select menu &amp; weight and press start.</li> <li>When beeps, remove the rice &amp; keep aside. In another MWS bowl take desi ghee, jeera, saunf, laung, chhoti elaichi, badi elaichi, ginger-garlic paste, sliced onions &amp; slit green chillies. Mix very well &amp; press start.</li> <li>When beeps, add onion-mixture to the cooked rice, also add mango pickle paste &amp; all the spices. Mix very well &amp; press start.</li> <li>Serve achari chana pulao hot with fresh curd.</li> </ol>		
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 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
<b>Instructions</b>				<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> <li>In a MWS bowl take soaked rice &amp; water. Select menu &amp; weight and press start.</li> <li>When beeps, remove the rice &amp; keep aside. In another MWS bowl take oil / ghee, chopped methi leaves, sliced onions, ginger-garlic paste. Mix well &amp; press start.</li> <li>When beeps, add methi leaves to cooked rice, add all the spices. Mix very well. Press start. Serve rice hot with curd or raita.</li> </ol>		
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			

# Rice Delight

# Indian Cuisine

Menu	rd15	Coconut Rice			Weight Limit	0.1 ~ 0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl						
<b>Instructions</b>				<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg			
Rice (soaked for 1 hour)	100 g	200 g	1 cup	1. In a MWS bowl take soaked rice coconut milk & water. Select menu & weight and press start.		
Coconut (grated)	¼ cup	½ cup	0.3 kg	2. When beeps, remove the rice & separate rice grains using a fork & keep aside. In another MWS bowl take oil, mustard seeds, chopped cashewnuts, curry leaves, chopped ginger, chopped green chilli. Mix well & press start.		
Coconut milk	100 ml	200 ml	300 ml	3. When beeps, add cooked rice to the tadka. Add beaten curd, grated coconut, salt & pepper. Mix very well & press start. Serve coconut rice hot with sambhar.		
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			

Menu	rd16	Curd Rice					Weight Limit	0.1 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg			
Basmati rice (soaked)	100 g	200 g	300 g	400 g	500 g	1. In a MWS glass bowl add oil, mustard seeds, urad dal, chana dal. Select menu & weight and press start.		
Water	200 ml	400 ml	600 ml	650 ml	750 ml	2. When beeps, mix well & add curry leaves, green chillies, grated ginger. Mix well & press start.		
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp	3. When beeps, remove the bowl.		
Mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	4. Now in another MWS glass bowl, add rice & water. Press start. Stand for 5 minutes.		
Urad dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp	5. Add cooked rice, curd, milk, chopped coriander leaves to the first MWS glass bowl. Mix well & serve.		
Chana dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp			
Curry leaves	A few leaves							
Green chillies (chopped)	2 nos.	2 nos.	3 nos.	3 nos.	3 nos.			
Grated ginger	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp			
Curd	½ cup	½ cup	1 cup	1 cup	1½ cup			
Milk	¼ cup	¼ cup	½ cup	½ cup	1 cup			
Coriander leaves (chopped)	A few sprigs							

Menu	rd17	Keema Pulao			Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl						
<b>Instructions</b>				<b>Method:</b>		
For	0.3kg					
Basmati rice (soaked for 1 hour)	200 g			1. In a MWS bowl add oil, ginger garlic paste & spring onions. Select category & weight and press start.		
Minced Keema	100 g			2. When beeps, add keema & biryani masala, tomato, black cardamom. Press start.		
Black cardamom	4 No.			3. When beeps, mix well & add rice, water, salt & pepper. Press start. Stand for 3 minutes.		
Salt, red chilli powder, turmeric powder	As per taste					
Oil	1 tbsp					
Salt, biryani masala	As per taste					
Ginger garlic paste	1 tbsp					
Sliced tomato	1 No.					
Sliced onion	1 No.					
Water	200 ml					

Menu	rd18	Tomato Pulao			Weight Limit	0.1 ~ 0.3Kg
<b>Utensil:</b> Microwave safe (MWS) bowl						
<b>Instructions</b>				<b>Method:</b>		
For	0.1 Kg	0.2 Kg	0.3 Kg			
Chopped tomato	2 nos.	3 nos.	4 nos.	1. In a MWS bowl take soaked rice, water. Select category & weight and press start.		
Rice (soaked for 1 hour)	100 g	200 g	300 g	2. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies, chopped tomatoes & all the spices. Mix very well & press start.		
Water	200 ml	350 ml	500 ml	3. When beeps, add boiled rice to the sliced onions. Mix well. Press start.		
Onions (Big sized sliced)	1 no.	2 nos.	2 nos.	4. Serve tomato pulao hot with plain curd or raita.		
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.			

## Indian Cuisine

## Rice Delight

Menu	rd19	Paneer Fried Rice					Weight Limit	0.1 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.1 Kg	0.2 Kg	0.3 Kg	0.4 Kg	0.5 Kg	<ol style="list-style-type: none"> <li>In a MWS bowl take soaked rice, water, Select category &amp; weight and press start.</li> <li>When beeps, take out the cooked rice &amp; keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies, paneer cubes &amp; all the spices. Mix very well &amp; press start.</li> <li>When beeps, add boiled rice to the sliced onions. Mix well. Press start.</li> <li>Serve paneer fried rice hot with plain curd or raita.</li> </ol>		
Paneer (cubes)	½ cup	1 cup	1½ cup	1½ cup	2cup			
Rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g			
Water	200 ml	350 ml	500 ml	650 ml	800 ml			
Onions (Big sized sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.			
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4 tbsp			
Ginger-garlic paste	½ tsp	1 tsp	1 tsp	2 tsp	2 tsp			
Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste							
Biryani masala	½ tsp	1 tsp	1 tsp	2 tsp	2 tsp			
Slit green chillies	1 no.	2 nos.	2 nos.	3 nos.	3 nos.			

Menu	rd20	Chilli Garlic Rice					Weight Limit	0.2 ~ 0.5 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl								
<b>Instructions</b>						<b>Method:</b>		
For	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> <li>In a MWS glass bowl add soaked rice &amp; water. Select category &amp; weight and press start.</li> <li>When beeps, remove &amp; in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, coriander leaves, garlic paste. Mix well &amp; press start.</li> <li>When beeps, add cooked rice, chilli sauce, salt. Mix well &amp; press start.</li> </ol>			
Rice (soaked)	200 g	300 g	400 g	500 g				
Water	400 ml	600 ml	650 ml	750 ml				
Oil	2 tsp	2½ tsp	3 tsp	3½ tsp				
Ghee	2 tsp	2½ tsp	3 tsp	3½ tsp				
Jeera	1 tsp	1½ tsp	2 tsp	2½ tsp				
Chopped garlic	1 tsp	1½ tsp	2 tsp	2½ tsp				
Garlic paste	½ tsp	1 tsp	1½ tsp	2 tsp				
Chopped green chillies	3 nos.	4 nos.	5 nos.	6 nos.				
Chopped coriander leaves	½ cup	1 cup	1½ cup	2 cup				
Chilli sauce	2 tbsp	3 tbsp	4 tbsp	5 tbsp				
Salt	As per taste							

## Indian Cuisine

## Chatpat Corner

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

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

Menu	CC3	Mix veg Pickle			Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl						
<b>Instructions</b>					<b>Method:</b>	
For	0.3 kg			<ol style="list-style-type: none"> <li>In a MWS glass bowl put vegetables cut in long strips. Cover and keep it in microwave. Select menu and press start to cook.</li> <li>When it gives a beep, remove.</li> <li>In another MWS glass bowl add oil and tempering and press start. When it gives a beep add masala, sugar, salt &amp; lemon juice. Add vegetables to this when it cools. Mix well and store it in a fridge.</li> </ol>		
Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)	300 g					
Lemon juice	2 tbsp					
Salt, Chilli powder, Sugar, Pickle Masala	As per taste					
Oil	2 tbsp					
For tempering : Rai, Jeera, Hing etc.	As required					

Menu	CC4	Pizza Sauce			Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl						
<b>Instructions</b>					<b>Method:</b>	
For	0.3 kg			<ol style="list-style-type: none"> <li>In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select menu &amp; press start to cook.</li> <li>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.</li> <li>When cooking ends, the sauce is ready.</li> </ol>		
Tomato	200 g					
Onion	100 g					
Salt, Sugar, Ajwain, Oregano, Basil leaves	As per 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	<b>Method:</b>	
For		0.5 kg	1. In a MWS glass bowl put tomato pieces, cover and keep it in a microwave. Select menu & press start to cook. 2. When beeps, remove, allow to cool and grind it in a mixer. Strain it. Add salt, sugar, garam masala. Mix well. Press start.	
Tomato		500 g		
Onion		1 No.		
Chilli powder, Salt, Sugar		As per 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	<b>Method:</b>	
For		0.3 kg	1. In a MWS bowl put dals and keep it in microwave. Select menu & press start to cook. 2. When beeps, remove. Add the rest of the ingredients and keep it in microwave and press start. 3. Remove, cool it and grind it in a mixer adding required amount of water. This chutney can be served with idli, parantha or rice.	
Chana dal, Urad dal		100 g each		
Grated dry coconut		100 g		
Sesame, Salt, Sugar, Turmeric, Dhania powder, Jeera powder, Curry leaves, Methi seeds		As per taste		
Oil		1 tsp		

Menu	CC7	Lehsun ki Chutney	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl				
		Instructions	<b>Method:</b>	
For		0.2 kg	1. In a MWS bowl mix all the ingredients. Select menu & press start. 2. Remove when cooking ends. Allow to cool. Grind it & serve as an accompaniment.	
Chopped tomatoes		180 g		
Chopped garlic		20 g		
Chopped green chillies		2 nos.		
Chopped onion		½ cup		
Oil		2 tsp		
Jeera		1 tsp		
Haldi, Red chilli powder, Salt		As per taste		
Water		¼ cup		

Menu	CC8	Manchurian Sauce	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
		Instructions	<b>Method:</b>	
For		0.3 kg	1. In a MWS bowl add all the ingredients. Select menu & 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	<b>Method:</b>	
For		0.3 kg	1. In a MWS bowl mix all the ingredients. Cover. Select menu & 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) bowl				
		Instructions	<b>Method:</b>	
For		0.3 kg	1. Grind grated coconut, chopped green chillies, ginger, roasted split gram dhal, salt together in a blender. 2. In a MWS glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select menu & press start. 3. Pour the tempering over the chutney & serve.	
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		
<b>For tempering</b>				
Oil		1 tbsp		
Mustard seeds		½ tsp		
Broken dry red chillies		1 no.		
Curry leaves		A few		

Menu	CC11	Til ki Chutney	Weight Limit	0.2 kg	
<b>Utensil:</b> Microwave safe (MWS) glass bowl					
<b>Instructions</b>			<b>Method:</b>		
For	0.2 kg			<ol style="list-style-type: none"> <li>1. Grind together roasted til, tamarind paste, green chilli, coriander leaves, mint leaves, garlic pods, salt &amp; water in spice grinder. Make a rough paste.</li> <li>2. In a MWS glass bowl take oil, cumin seeds, curry leaves &amp; dried red chilli. Mix well. Select menu &amp; press start.</li> <li>3. When beeps, add the grounded paste to the tempering &amp; mix well.</li> </ol>	
Roasted til	½ cup				
Tamarind paste	2 tbsp				
Green chilli	4-5 nos.				
Coriander leaves	2 tbsp				
Mint leaves	1 tbsp				
Water	½ cup				
Garlic pods	2-3 nos.				
Salt	As per taste				
<b>For Tempering</b>					
Oil	1 tbsp				
Cumin seeds	1 tsp				
Curry leaves	6-7 nos.				
Red chilli (dry)	2 nos.				

Menu	CC12	Chana Chaat	Weight Limit	0.1~ 0.4 kg	
<b>Utensil:</b> Microwave safe (MWS) bowl					
<b>Instructions</b>			<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> <li>1. In a MWS bowl add soaked chana, water &amp; cover. Select category &amp; weight and press start.</li> <li>2. When beeps, remove &amp; drain water from the chanas. In a MWS bowl add oil, jeera, hing &amp; chopped onion and press start.</li> <li>3. Add boiled chanas, salt, red chilli powder, chaat masala, lemon juice, imli chutney, boiled potato. Mix well &amp; serve.</li> </ol>
Kala chana (soaked overnight)	100 g	200 g	300 g	400 g	
Water	250 ml	500 ml	750 ml	1000 ml	
Oil	1 tsp	2 tsp	3 tsp	4 tsp	
Jeera, hing	1 tsp	1½ tsp	2 tsp	2 tsp	
Chopped onion	½ cup	1 cup	1 cup	1½ cup	
Boiled potato	1 no.	2 nos.	3 nos.	3 nos.	
Salt, red chilli powder, chaat masala, lemon juice, imli chatni	As per taste				

Menu	CC13	Aloo Kand Chaat	Weight Limit	0.1~ 0.3 kg	
<b>Utensil:</b> Microwave safe (MWS) bowl					
<b>Instructions</b>			<b>Method:</b>		
For	0.1 kg	0.2 kg	0.3 kg		<ol style="list-style-type: none"> <li>1. In a MWS bowl add aloo, jimikand &amp; add little water Cover. Select category &amp; weight &amp; press start.</li> <li>2. When beeps, stir well. Cover &amp; press start.</li> <li>3. Add sugar, salt, red chilli powder, chaat masala. Allow to stand for 3 minutes.</li> </ol>
Aloo (cut in medium pieces)	50 g	100 g	150 g		
Jimikand (cut in medium pieces)	50 g	100 g	150 g		
Sugar, salt, red chilli powder, chaat masala	As per taste				

Menu	CC14	Amla Chutney	Weight Limit	0.5 kg	
<b>Utensil:</b> Microwave safe (MWS) glass bowl					
<b>Instructions</b>			<b>Method:</b>		
Amla	500 g				<ol style="list-style-type: none"> <li>1. In a MWS glass bowl put amla, water &amp; press start.</li> <li>2. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start.</li> <li>3. When beeps, add ground mixture and green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook.</li> </ol>
Water for boiling	As per requirement				
Green chillies, Salt, Sugar	As per taste				
Oil	2 tbsp				
For Tempering : Rai, Jeera, Hing etc.	As required				

Menu	CC15	Baingan Chutney	Weight Limit	0.5 kg	
<b>Utensil:</b> Microwave safe (MWS) glass bowl					
<b>Instructions</b>			<b>Method:</b>		
Baingan (Whole)	500 g				<ol style="list-style-type: none"> <li>1. In a MWS glass bowl keep baingan &amp; press start.</li> <li>2. When beeps, allow to cool and peel off the skin. In another MWS glass bowl add oil and tempering and press start.</li> <li>3. When beeps, add mashed baingan and green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook.</li> </ol>
Amchoor powder	As per requirement				
Green chillies, Salt, Sugar	As per taste				
Oil	2 tbsp				
For Tempering: Rai, Jeera, Hing etc.	As required				



## Ghee/Bakery

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

1. Press STOP.



2. Press Ghee / Bakery two time.



3. The display will show bA1

4. \*Press START for menu confirmation.



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



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

### ! NOTE

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

## Ghee/Bakery

Ghee

Menu	Gh1	Ghee	Weight Limit	300 g
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
<b>Instructions</b>			<b>Method:</b>	
Malai/Cream (Fresh or collected over a week)		300g	<ol style="list-style-type: none"> <li>In a big vessel put all the malai &amp; blend with a hand mixer till it solidifies into butter &amp; separates from residual liquid.</li> <li>Wash this white butter in cold water as couple of times, so as to remove any remaining smell of milk.</li> <li>Now collect all the butter in a MWS glass bowl &amp; keep in the microwave. Select menu &amp; press start.</li> <li>When beeps, stir it properly with the spoon (not plastic) &amp; again press start.</li> <li>After beeps, allow it to stand for 5 minutes &amp; then strain it through stainless steel strainer into a glass jar &amp; then store it.</li> </ol>	
Cold water		As required		

## Ghee/Bakery

Bakery

Menu	bA1	Brownie®	Weight Limit	0.3 kg
<b>Utensil:</b> Low rack & metal cake tin**				
<b>Instructions</b>			<b>Method:</b>	
For		0.3 kg	<ol style="list-style-type: none"> <li>Sieve maida and baking powder. In a bowl add milkmaid and butter and beat well. Add maida, coco powder, essence and mix. For spoon dropping consistency add milk or water. Pour the batter in metal cake tin lined with butter paper.</li> <li>Select menu &amp; press start. (Preheat process)</li> <li>When beeps, put the tin with batter on low rack. Press start to bake.</li> </ol>	
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 tbsp		

Menu	bA2	Muffins®	Weight Limit	0.3 kg
<b>Utensil:</b> Low rack & metal muffins tray				
<b>Instructions</b>			<b>Method:</b>	
For		0.3 kg	<ol style="list-style-type: none"> <li>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.</li> <li>Select menu &amp; press start. (Preheat process)</li> <li>When beeps, put the tray on low rack. Press start to bake.</li> </ol>	
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	Walnut cake®	Weight Limit	0.3 kg
<b>Utensil:</b> Metal Cake Tin & Low Rack**				
<b>Instructions</b>			<b>Method:</b>	
For		0.3 kg	<ol style="list-style-type: none"> <li>In a bowl beat curd &amp; sugar well till light &amp; fluffy. In another bowl beat eggs with vanilla essence well.</li> <li>Sieve maida, baking powder &amp; add walnuts to it.</li> <li>Now add the maida mixture to the beaten curd mixture &amp; add beaten egg mixture as well. Combine all three mixtures &amp; beat well.</li> <li>Grease a metal cake tin or line with a butter paper. Add the cake batter.</li> <li>Select menu &amp; press start. (Preheat process)</li> <li>When beeps, put the cake tin on low rack &amp; keep in microwave &amp; press start.</li> </ol>	
Maida		110 g		
Baking powder		¼ tsp		
Walnuts		½ cup		
Curd		70 mL		
Powdered sugar		170 g		
Egg		1 no.		
Vanilla essence		¼ tsp		

Menu	bA4	Carrot cake®	Weight Limit	0.3 kg
<b>Utensil:</b> Metal Cake Tin & Low Rack**				
<b>Instructions</b>			<b>Method:</b>	
For		0.3 kg	<ol style="list-style-type: none"> <li>In a bowl beat curd &amp; sugar well till light &amp; fluffy. In another bowl beat eggs with vanilla essence well.</li> <li>Sieve maida, baking powder &amp; add grated carrot to it.</li> <li>Now add the maida mixture to the beaten curd mixture &amp; add beaten egg mixture as well. Combine all three mixtures &amp; beat well.</li> <li>Grease a metal cake tin or line with butter paper. Add the cake batter.</li> <li>Select menu &amp; press start. (Preheat process)</li> <li>When beeps, put the cake tin on low rack &amp; keep in microwave &amp; press start.</li> </ol>	
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		

\*\*Do not put anything in the oven during the Preheat mode

\*\*Refer Page 93, Fig.2

Menu	bA5	Chocolate Cake®	Weight Limit	0.3 kg
<b>Utensil:</b> Metal Cake Tin & Low Rack**				
<b>Instructions</b>			<b>Method:</b>	
For		0.3 kg	<ol style="list-style-type: none"> <li>In a bowl beat curd &amp; sugar well till light &amp; fluffy. In another bowl beat eggs with vanilla essence well.</li> <li>Sieve maida, baking powder &amp; cocoa powder together.</li> <li>Now add the maida mixture to the beaten curd mixture &amp; add beaten egg mixture as well. Combine all beat well.</li> <li>Grease a metal cake tin or line with butter paper. Add the cake batter.</li> <li>Select menu &amp; press start. (Preheat process)</li> <li>When beeps, put the cake tin on low rack &amp; keep in microwave &amp; press start.</li> </ol>	
Maida		110 g		
Baking powder		¼ tsp		
Cocoa powder		50 g		
Curd		70 mL		
Powder sugar		170 g		
Egg		1 no.		
Vanilla essence		¼ tsp		
Menu	bA6	Chena Poda®	Weight Limit	0.2 kg
<b>Utensil:</b> Low Rack & Microwave safe flat (MWS) glass dish**				
<b>Instructions</b>			<b>Method:</b>	
For		0.2 kg	<ol style="list-style-type: none"> <li>Mix chena, sugar &amp; suji together adding little water.</li> <li>Transfer this mixture to MWS flat glass dish.</li> <li>Select menu &amp; press start. (Preheat process)</li> <li>When beeps, place the MWS flat glass dish on low rack. Press start.</li> </ol>	
Chena		200 g		
Sugar		100 g		
Suji		20 g		
Menu	bA7	Lamington Cake®	Weight Limit	0.4 kg
<b>Utensil:</b> Low Rack & Metal Cake Tin** & Microwave safe (MWS) glass bowl				
<b>Instructions</b>			<b>Method:</b>	
For		0.4 kg	<ol style="list-style-type: none"> <li>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.</li> <li>Select menu, press start. (Preheat process).</li> <li>When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.</li> <li>In MWS glass bowl add water, coco powder and cornflour, put in the microwave. Press start. When it gives a beep remove and cool. Cut the cake in to squares and dip the pieces in the coco solution on all sides. Roll these in the desiccated coconut and serve.</li> </ol>	
Maida		100 g		
Powdered sugar		75 g		
Butter		75 g		
Eggs		1 No.		
Baking powder		1 tsp		
Vanilla essence		1 tsp		
For Lamington solution - Coco powder		2 tbsp		
Water		1 cup		
Desiccated coconut		As required		
Cornflour		1 tsp		
Menu	bA8	Apple cup cakes®	Weight Limit	0.4 kg
<b>Utensil:</b> Metal muffin tray & Low rack				
<b>Instructions</b>			<b>Method:</b>	
For		0.4 kg	<ol style="list-style-type: none"> <li>In a dry &amp; clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt &amp; mix with a fork &amp; keep aside.</li> <li>In another bowl take softened butter, powdered sugar, brown sugar &amp; beat with a electric beater till light &amp; fluffy. Add one egg at a time &amp; beat. Add apple puree &amp; again mix well.</li> <li>Select menu &amp; press start.</li> <li>Softly mix all the dry mixture to the beaten butter &amp; sugar mixture with a wooden spoon. Do not over mix.</li> <li>Pour 2 tbsp batter (for each muffin) in the greased muffin tray. When beeps, keep the low rack &amp; metal tray and press start. Give standing time of 5 minutes.</li> </ol>	
Maida		1 cup		
Apple (peeled & pureed)		½ cup		
Powdered sugar		½ cup		
Brown sugar		¼ cup		
Butter (softened)		50 g		
Cinnamon powder, Clove powder		A pinch (each)		
Nutmeg powder				
Eggs		2 nos.		
Chopped almonds		2 tbsp		
Baking powder		½ tsp		
Menu	bA9	Eggless Chocolate Cake®	Weight Limit	0.5 kg
<b>Utensil:</b> Metal cake tin & Low rack**				
<b>Instructions</b>			<b>Method:</b>	
For		0.5 kg	<ol style="list-style-type: none"> <li>Select menu &amp; press start for pre-heating.</li> <li>Meanwhile, prepare the cake batter - sieve the maida, coco powder, baking powder, baking soda together.</li> <li>In another bowl add condensed milk (Milkmaid) water &amp; melted butter. Beat well. Mix all the ingredients together and beat the cake batter well. Pour the batter in cake tin lined with greased butter paper.</li> <li>When beeps (pre-heat over), keep the cake tin on low rack &amp; keep in microwave oven. Press start. Allow the cake to cool properly &amp; then serve.</li> </ol>	
Maida		125 g		
Coco powder		2 tbsp		
Baking powder		1 tsp		
Baking soda		½ tsp		
Condensed Milk (Milkmaid)		200 mL		
Water		100 mL		
Butter (melted)		60 mL		
Menu	bA10	Vanilla Cake®	Weight Limit	0.4 kg
<b>Utensil:</b> Metal cake tin & Low rack**				
<b>Instructions</b>			<b>Method:</b>	
For		0.4 kg	<ol style="list-style-type: none"> <li>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.</li> <li>Select menu &amp; press start. (Preheat process)</li> <li>When beeps, keep the cake tin on low rack &amp; press start.</li> </ol>	
Maida		100 g		
Powdered Sugar		75 g		
Butter		75 g		
Eggs		1 no.		
Baking Powder		1 tsp		
Vanilla essence		1 tsp		

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

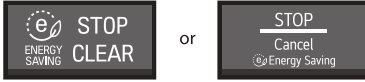
\*\*Refer Page 93, Fig. 4

\*\*Refer Page 93, Fig. 2

## Tea/Dairy Delight

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

### 1. Press STOP.



### 2. Press Tea/Dairy Delight button.



Display will show dd1.

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



### 4. Press START for menu confirmation.



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



### ! NOTE

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

## Tea/Dairy Delight

## Tea/Dairy Delight

Menu	dd1	Tea				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
<b>Instructions</b>					<b>Method:</b>		
For	1cup	2cups	3cups	4cups	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. <b>1 cup tea = 150ml approx</b>		
Water	120ml	240ml	360ml	480ml			
Tea leaves	1tsp	2tsp	3tsp	4tsp			
Milk	120ml	150ml	225ml	300ml			
Sugar	As per taste						

Menu	dd2	Coffee				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
<b>Instructions</b>					<b>Method:</b>		
For	1cup	2cups	3cups	4cups	1. In a MWS glass bowl add water. Select category & weight & press start. 2. Meanwhile in each cup add 1/2 tsp 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. <b>1 cup coffee = 150ml approx</b>		
Water	120ml	240ml	360ml	480ml			
Coffee	½ tsp (Each cup)						
Milk	120ml	150ml	225ml	300ml			
Sugar	As per taste						

Menu	dd3	Masala Tea				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
<b>Instructions</b>					<b>Method:</b>		
For	1cup	2cups	3cups	4cups	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. <b>1 cup tea = 150ml approx</b>		
Water	120ml	240ml	360ml	480ml			
Tea leaves	1tsp	2tsp	3tsp	4tsp			
Milk	120ml	150ml	225ml	300ml			
Sugar	As per taste						

Menu	dd4	Ginger Tea				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
<b>Instructions</b>					<b>Method:</b>		
For	1cup	2cups	3cups	4cups	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. <b>1 cup tea = 150ml approx</b>		
Water	120ml	240ml	360ml	480ml			
Tea leaves	1tsp	2tsp	3tsp	4tsp			
Milk	120ml	150ml	225ml	300ml			
Sugar	As per taste						

Menu	dd5	Tulsi Tea				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
<b>Instructions</b>					<b>Method:</b>		
For	1cup	2cups	3cups	4cups	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. <b>1 cup tea = 150ml approx</b>		
Water	120ml	240ml	360ml	480ml			
Tea leaves	1tsp	2tsp	3tsp	4tsp			
Milk	120ml	150ml	225ml	300ml			
Sugar	As per taste						

Menu	dd6	Lemon Tea				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
<b>Instructions</b>					<b>Method:</b>		
For	1cup	2cups	3cups	4cups	1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. 2. When beeps, add lemon & sugar. Press start. Serve hot. <b>1 cup tea = 150ml approx</b>		
Water	120ml	240ml	360ml	480ml			
Tea leaves	1tsp	2tsp	3tsp	4tsp			
Lemon	½ No.	1 No.	1 No.	1½ No.			
Sugar	As per taste						

Menu	dd7	Black Tea				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
<b>Instructions</b>					<b>Method:</b>		
For	1cup	2cups	3cups	4cups	1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. 2. When beeps, add sugar. Press start. Serve hot. <b>1 cup tea = 150ml approx</b>		
Water	120ml	240ml	360ml	480ml			
Tea leaves	1tsp	2tsp	3tsp	4tsp			
Sugar	As per taste						

Menu	dd8	Green Tea				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
<b>Instructions</b>					<b>Method:</b>		
For	1cup	2cups	3cups	4cups	1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start. 2. When beeps, add sugar. Press start. And allow it to for 5 minutes Serve hot. <b>1 cup tea = 150ml approx</b>		
Water	120ml	240ml	360ml	480ml			
Green Tea leaves	1tsp	2tsp	3tsp	4tsp			
Sugar	As per taste						

# Tea/Dairy Delight

# Tea/Dairy Delight

Menu	dd9	Spiced Cider Tea				Weight Limit	1-4 cups
<b>Utensil:</b> Microwave safe glass bowl							
<b>Instructions</b>					<b>Method:</b>		
For	1cup	2cups	3cups	4cups	1. In a MWS glass bowl add water, cinnamon, cloves, peppercorn & tea leaves. Select category & weight. Press start. 2. When beeps, add sugar & cider. Press start. And allow it to for 5 minutes Serve hot. <b>1 cup tea = 150ml approx</b>		
Water	120ml	240ml	360ml	480ml			
Tea leaves	1tsp	2tsp	3tsp	4tsp			
Cinnamon	1tsp	2tsp	3tsp	4tsp			
Cloves, peppercorns	1tsp	2tsp	3tsp	4tsp			
Cider	1tsp	2tsp	3tsp	4tsp			
Sugar	As per taste						

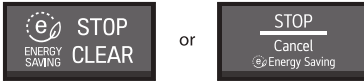
Menu	dd10	Peppermint Tea				Weight Limit	1-4 cups	
<b>Utensil:</b> Microwave safe glass bowl								
<b>Instructions</b>					<b>Method:</b>			
For	1cup	2cups	3cups	4cups	1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start. 2. When beeps, add sugar & mint leaves. Press start. And allow it to for 5 minutes Serve hot. <b>1 cup tea = 150ml approx</b>			
Water	120ml	240ml	360ml	480ml				
Green Tea leaves	1tsp	2tsp	3tsp	4tsp				
Mint leaves	1tsp	2tsp	3tsp	4tsp				
Sugar	As per taste							

Menu	dd11	Lemon Honey Tea				Weight Limit	1-4 cups	
<b>Utensil:</b> Microwave safe glass bowl								
<b>Instructions</b>					<b>Method:</b>			
For	1cup	2cups	3cups	4cups	1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. 2. When beeps, add lemon & Honey. Press start. Serve hot. <b>1 cup tea = 150ml approx</b>			
Water	120ml	240ml	360ml	480ml				
Tea leaves	1tsp	2tsp	3tsp	4tsp				
Lemon	½ No.	1 No.	1 No.	1½ No.				
Honey	As per taste							

## Paneer/Curd

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

1. Press STOP.



2. Press Paneer/Curd one time.



3. The display will show PA1

4. \*Press START for menu confirmation.



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

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

### ! NOTE

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

## Paneer /Curd

## Paneer /Curd

Menu	PA1	Paneer	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Milk		500ml	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl add milk and lemon juice/vinegar. Select menu &amp; press start.</li> <li>2. When it gives beeps, stir it &amp; again press start.</li> <li>3. When beeps, remove the bowl &amp; strain in a muslin cloth &amp; press it.</li> </ol>	
Lemon juice/Vinegar		4 tbsp		

Menu	PA2	Masala Paneer	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.5kg	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl add milk. Select menu &amp; press start.</li> <li>2. When it gives beep, remove and add curd, coriander and jeera powder. Press start. When beeps, remove and strain and press in a muslin cloth.</li> </ol>	
Milk		500 ml		
Curd		2 tbsp		
Coriander powder		1 tbsp		
Jeera powder		1 tsp		

Menu	CU1	Curd	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Milk		500 ml	<ol style="list-style-type: none"> <li>1. In a MWS glass bowl add milk and select menu &amp; press start.</li> <li>2. When beeps add starter culture of curd for inoculation &amp; stir it. Again press start.</li> <li>3. Now take out the bowl &amp; keep it in a casserole &amp; store in warm place for proceeding appropriate setting temperature &amp; time for 5-6 hours</li> </ol>	
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"> <li>1. In a MWS glass bowl mix all the ingredients. Beat well till smooth.</li> <li>2. Select menu &amp; press start. (Preheat process)</li> <li>3. When beeps, keep the MWS glass bowl on low rack &amp; keep it in microwave. Press start.</li> <li>4. When cooking ends, take out &amp; allow to come to room temperature. Keep in refrigerator for 1 hour. <b>Note :</b> In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple yoghurt, add pineapple slices at the time of serving.</li> </ol>	
Curd		200 ml		
Condensed Milk (Milkmaid)		100 ml		
Fresh cream		200 ml		
Flavours (Vanilla, Strawberry, Pineapple essence)		As per choice (½ tsp)		

\*Do not put any thing in the oven during the Preheat mode

\*Refer Page 93, Fig. 1



## Cooking Aid

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

1. Press STOP.



2. Press Cooking Aid.



The display will show "UC1"

3. Keep Pressing +More until display show UC6



4. \*Press START for menu confirmation.



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



### NOTE

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

## Cooking Aid

## Cooking Aid

Menu	UC1	Keep Warm	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
		<b>Instructions</b>	<b>Method:</b>	
For		0.3 kg	1. Any cooked food with cover (Rice, Dal, Subzi, Halwa, Upma etc.) Select menu & press start. When beeps, mix & press start. When beeps, mix & press start.	
Menu	UC2	Defrost Veg	Weight Limit	0.2 ~0.5 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
		<b>Instructions</b>	<b>Method:</b>	
For		0.2 ~0.5 kg	Veg - (Paneer, Green Peas, Corn etc.) 1. Take in MWS Bowl, select menu & weight and press start. 2. When beeps, turn the food. Press start.	
Menu	UC3	Defrost Non-Veg	Weight Limit	0.5 ~1.0 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
		<b>Instructions</b>	<b>Method:</b>	
For		0.5 ~1.0 kg	Non-Veg - (Chicken, Mutton etc.) 1. Take in MWS Bowl, select menu & weight and press start. 2. When beeps, turn the food. Press start.	
Menu	UC4	De-humidification	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) bowl				
		<b>Instructions</b>	<b>Method:</b>	
For		0.3 kg	Namkin, Biscuits, Bhujia, Papad and Wafers etc. 1. In MWS bowl add the food to be dehumidified. Select menu and press start.	
Menu	UC5	Disinfect Aid	Weight Limit	
<b>Utensil:</b> Microwave safe (MWS) glass utensil & Empty cavity				
			<b>Method:</b>	
			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.  <b>Note:</b> The oven has a function Disinfect Aid which helps in disinfecting the MWS glass utensil thereby giving clean utensils/cavity	
Menu	UC6	Body Massage Oil	Weight Limit	0.2 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
		<b>Instructions</b>	<b>Method:</b>	
For		0.2 kg	1. In MWS glass bowl put all the ingredients. Select menu and press start. Remove when it gives a beep. Keep it for 2 hours. Strain and store in a glass jar.	
Garlic		10 pods		
Ajwain		1/2 tsp		
Cloves		2-3 Nos.		
Almonds		3-4 Nos.		
Mustard oil		1 cup		
Menu	UC7	Yeast Dough	Weight Limit	0.3 kg
<b>Utensil:</b> Microwave safe (MWS) glass bowl				
		<b>Instructions</b>	<b>Method:</b>	
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		

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		10 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		
Menu	UC13	Smooth Honey	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass Utensils				
Instructions			Method:	
For		0.3 kg	1. Keep Crystallize honey in a microwave safe glass utensil or jar in microwave & press start. 2. Smooth and free flowing honey ready to use.	
Crystallized Honey		300 g		

## Steam Clean

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

1. Press STOP.



2. Press Steam Clean one time.



3. The display will show SL1

4. Press START for menu confirmation.



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



### ! NOTE

- Steam Clean menu is programmed.






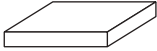

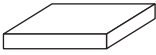
## Steam Clean

## Steam Clean

Menu	SL1	Steam Clean	Weight Limit
Utensil: Microwave safe (MWS) glass bowl			0.3 kg
For	0.3 kg		<b>Method:</b>
			1. Take 300 ml water in MWS bowl, add 1 tbsp 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

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- 1)  +   
Low rack      Microwave safe glass bowl  
(\*Not provided with LG  
standard accessories)
- 2)  +   
Low rack      Metal cake tin  
(\*Not provided with LG  
standard accessories)
- 3)  +   
High rack      Microwave flat glass dish  
(\*Not provided with LG  
standard accessories)
- 4)  +   
Low rack      Microwave flat glass dish  
(\*Not provided with LG  
standard accessories)

## List of Ingredients

### Spices

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

### Vegetables

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

### Vegetables

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

## List of Ingredients

### Fruits

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

### Cereal s

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

### Pulses

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

### Dry Fruits

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

### Fats & oils

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

### Miscellaneous

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

## To Clean Your Oven / अपने ओवन को साफ करना

### 1 Keep the inside of the oven clean

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

#### 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 खांचों के बीच गिरे हुए इन खाने के टुकड़ों को गीले कपड़े से साफ करें। टाईट 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 उसे धो कर सुखा लें। कठोर डिटरजेंट का इस्तेमाल न करें। धातु की ट्रे (मॉडल विशेष) को हाथों से या डिशवाशर में धोया जा सकता है।

### 2 Keep the outside of the oven clean

Clean the outside of your 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 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 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 humid conditions and in no way indicates a malfunction of the unit.

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

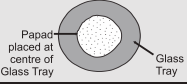
आमतौर पर पूछे जाने वाले सवाल	जवाब
तब क्या करें जब ओवन की बत्ती न जले?	ओवन की बत्ती के न जलने के कई कारण हो सकते हैं—जैसे कि या तो लैम्प/एलईडी खराब हो गया है या कनेक्शन में कोई गड़बड़ी आ गई है।
क्या दरवाजे के पारदर्शी स्क्रीन से माइक्रोवेव ऊर्जा बाहर आ सकती है?	नहीं। उनसे प्रकाश तो बाहर आ सकता है माइक्रोवेव 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 की सेटिंग सही चल रही है।
अगर गलती से ओवन को खाली ही चला दिया जाए तो क्या इसमें गड़बड़ी आ सकती है?	हाँ, इसलिए इसे कभी भी खाली नहीं चलाइये।
कभी कभी अंडे क्यों तड़क कर फट जाते हैं?	जब भी अंडे को भूना, तला या पकाया (पोच) जाता है तब अन्दर भाप बनने से इसका योक फट सकता है। इससे बचने के लिए इसको बनाने से पहले इसके योक में एक छेद कर देना चाहिए। माइक्रोवेव के भीतर कभी भी अंडों को शेल 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 भूल तो नहीं हुई? और इस तरह देखें कि और क्या कारण हो सकते हैं जिससे आपको अधिक समय लग गया। इसमें लिखे गए समय की सीमा का उद्देश्य आपके खाने को अधिक पक जाने से बचाना है। खाने के रूप रंग और आकार में विविधता से इसके निर्माण में भी उसी अनुसार समय कम या अधिक लगता है। आप अपनी समझ के मुताबिक पकने वाले समय का सही अनुमान करें जैसा कि आप अपने पारंपरिक प्रेशर कुकर के साथ करती हैं।

## Two Recipes For Beginners

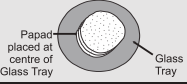
### नवसिखियों के लिए दो व्यंजन विधियां

NOTE : The time variation during cooking of recipe depends upon the ingredients, method adopted & type of food menu

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।



Papad placed at centre of Glass Tray



Papad placed at centre of Glass Tray

**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
- After Papad cooking give standing time of 30-45 seconds.

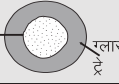
**To Cook Multiple Papads :**  
Place Multiple papads over one another, as shown in the picture above.

**Crispy Papad :**


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

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

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



ग्लास ट्रे के बीच-बीच पापड़ रख दें।



ग्लास ट्रे के बीच-बीच पापड़ रख दें।

**1. भुने हुए पापड़\***

**निर्माण करने की विधि:**

**पापड़:**

- ऊपर दिखाए गए चित्र के अनुसार ग्लास ट्रे के बीच में कच्चा पापड़ रख दें।
- 100 प्रतिशत पावर लिमिट और कुकिंग का टाइम सेट करें।  
**START** दबाएँ।
- पापड़ को पकने के बाद 30-45 सेकेंड तक ओवन में ही रखा रहने दें।  
एक से ज्यादा पापड़ों का निर्माण करने के लिए:

ऊपर चित्र में दिखाए अनुसार इनको एक के ऊपर एक इस तरह से जमायें।


**कुरकुरे पापड़:**

- बिना पापड़ के **START** एक बार दबाएँ।
- पापड़ पर थोड़े पानी या तेल के छींटे मारें।
- बीप के बाद पापड़ अन्दर बीच में रख कर **START** दबाएँ।

**\*ध्यान रहे:** पापड़ के भूने का समय बदल भी सकता है:

- पापड़ के निर्माण में लगने वाले तत्वों के संयोजन पर यह निर्भर करेगा।
- पापड़ की मात्रा पर भी लगने वाला समय निर्भर करता है।


**2**



**2. POP CORN :** Place the pop corn bag to the glass tray properly as instructed on packing. Use START button, set ~4 minutes or set time as instructed on the packed. 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 it may cause fire.

**2**



**2. पॉपकॉर्नस :** ग्लास ट्रे पर पॉपकॉर्नस का बैग सही तरह से रख दें. पैकेट के निर्देश अनुसार | START दबा कर तीन से चार मिनट का टाइम सेटकर दें या फिर पैकेट के निर्देश अनुसार | बीप की आवाज के बंद हो जाने पर आप पॉपकॉर्नस का बैग बाहर निकाल लें | ध्यान रखें कि बैग के कोने दीवारों से न टकराएँ |

**नोट:** पॉप होने की प्रक्रिया पर नज़र रखें | ओवरहीट न होने दें क्योंकि इसके परिणाम स्वरूप आग लग सकती है |

## 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.

**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/kabariwala.
  - 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 चिह्नित 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 स्केप किया जाना आवश्यक है |

**1. करें :**

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

**ना करें :**

- इस उपकरण को स्वयं/खुद नही 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 |
  - इस उपकरण को किसी घरेलू अपशिष्ट सामान के साथ मिलाकर न रखें |
  - 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 हथालन) 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 सुविधाएँ किसी थर्ड-पार्टी जो **LG Electronics India Pvt, Ltd.** को अपनी सेवाएँ प्रदान कर रही हों, से करवाएँ |

अधिक जानकारी के लिए देखें वेबसाइट : <http://www.lg.com/in>

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