

Microwave Oven

User manual

MC28M6055C*



SAMSUNG

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Safety instructions

IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

MICROWAVE FUNCTION ONLY

WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

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

This appliance is intended to be used in household only and it is not intended to be used such as:

- staff kitchen areas in shops, offices and other working environments;
- farm houses;

- by clients in hotels, motels and other residential environments;
- bed and breakfast type environments.

Only use utensils that are suitable for use in microwave ovens. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

Metallic containers for food and beverages are not allowed during microwave cooking.

The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.

If smoke is observed (emitted), switch off or unplug the appliance and keep the door closed in order to stifle any flames.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

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.

Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.

Safety instructions

The oven should be cleaned regularly and any food deposits removed.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

The microwave oven is intended to be used on the counter top (freestanding) use only, the microwave oven shall not be placed in a cabinet.

The appliance should not be cleaned with a water jet.

The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

This oven should be positioned proper direction and height permitting easy access to cavity and control area.

Before using the your oven first time, oven should be operated with the water during 10 minute and then used.

If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center.

The microwave oven has to be positioned so that plug is accessible.

OVEN FUNCTION ONLY - OPTIONAL

WARNING: When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.

During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.

WARNING: Accessible parts may become hot during use. Young children should be kept away.

A steam cleaner is not to be used.

Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

WARNING: Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.

Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

WARNING: The appliance and its accessible parts become hot during use.

Care should be taken to avoid touching heating elements.

Children less than 8 years of age shall be kept away unless continuously supervised.

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

The door or the outer surface may get hot when the appliance is operating.

The temperature of accessible surfaces may be high when the appliance is operating.

The appliances are not intended to be operated by means of an external timer or separate remote-control system.

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.

Keep the appliance and its cord out of reach of children less than 8 years.

Safety instructions

General safety

Any modifications or repairs must be performed by qualified personnel only. Do not heat food or liquids sealed in containers for the microwave function. Do not use benzene, thinner, alcohol, or steam or high-pressure cleaners to clean the oven.

Do not install the oven: near a heater or flammable material; locations that are humid, oily, dusty or exposed to direct sunlight or water; or where gas may leak; or an uneven surface.

This oven must be properly grounded in accordance with local and national codes. Regularly use a dry cloth to remove foreign substances from the power plug terminals and contacts.

Do not pull, excessively bend, or place heavy objects on the power cord.

If there is a gas leak (propane, LP, etc) ventilate immediately. Do not touch the power cord.

Do not touch the power cord with wet hands.

While the oven is operating, do not turn it off by unplugging the power cord.

Do not insert fingers or foreign substances. If foreign substances enter the oven, unplug the power cord and contact a local Samsung service centre.

Do not apply excessive pressure or impact to the oven.

Do not place the oven over fragile objects.

Ensure the power voltage, frequency, and current matches the product specifications.

Firmly plug the power plug into the wall socket. Do not use multiple plug adapters, extension cords, or electric transformers.

Do not hook the power cord on metal objects. Make sure the cord is between objects or behind the oven.

Do not use a damaged power plug, power cord, or loose wall socket. For damaged power plugs or cords, contact a local Samsung service centre.

Do not pour or directly spray water onto the oven.

Do not place objects on the oven, inside, or on the oven door.

Do not spray volatile materials such as insecticide on the oven.

Do not store flammable materials in the oven. Because alcohol vapours can contact hot parts of the oven, use caution when heating food or drinks containing alcohol. Children may bump themselves or catch their fingers on the door. When opening/closing the door, keep children away.

Microwave warning

Microwave heating of beverages may result in delayed eruptive boiling; always use caution when handling the container. Always allow beverages to stand at least 20 seconds before handling. If necessary, stir during heating. Always stir after heating.

In the event of scalding, follow these First Aid instructions:

1. Immerse the scalded area in cold water for at least 10 minutes.
2. Cover with a clean, dry dressing.
3. Do not apply any creams, oils, or lotions.

To avoid damaging the tray or rack, do not put the tray or rack in water shortly after cooking.

Do not use the oven for deep fat frying because the oil temperature cannot be controlled. This could result in a sudden boil over of hot oils.

Microwave oven precautions

Only use microwave-safe utensils. Do not use metallic containers, gold or silver trimmed dinnerware, skewers, etc.

Remove wire twist ties. Electric arcing may occur.

Do not use the oven to dry papers or clothes.

Use shorter times for small amounts of food to prevent overheating or burning.

Keep the power cord and power plug away from water and heat sources.

To avoid the risk of explosion, do not heat eggs with shells or hard-boiled eggs.

Do not heat airtight or vacuum-sealed containers, nuts, tomatoes, etc.

Do not cover the ventilation slots with cloth or paper. This is a fire hazard. The oven may overheat and turn off automatically and will remain off until it cools sufficiently.

Always use oven mitts when removing a dish.

Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling.

Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam.

Do not operate the oven when it is empty. The oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the oven is started accidentally.

Install the oven in compliance with the clearances in this manual. (See Installing your microwave oven.)
Use caution when connecting other electrical appliances to sockets near the oven.

Microwave operation precautions

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

- Do not operate the oven with the door open. Do not tamper with the safety interlocks (door latches). Do not insert anything into the safety interlock holes.
- Do not place any object between the oven door and front face or allow food or cleaner residue to accumulate on sealing surfaces. Keep the door and door sealing surfaces clean by wiping with a damp cloth and then with a soft, dry cloth after each use.
- Do not operate the oven if it is damaged. Only operate after it has been repaired by a qualified technician.
Important: the oven door must close properly. The door must not be bent; the door hinges must not be broken or loose; the door seals and sealing surfaces must not be damaged.
- All adjustments or repairs must be done by a qualified technician.

Limited warranty

Samsung will charge a repair fee for replacing an accessory or repairing a cosmetic defect if the damage to the unit or accessory was caused by the customer. Items this stipulation covers include:

- Door, handles, out-panel, or control panel that are dented, scratched, or broken.
- A broken or missing tray, guide roller, coupler, or wire rack.

Use this oven only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your oven.

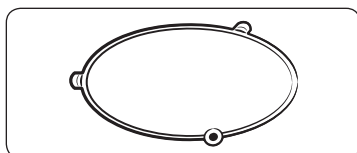
Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact a local Samsung service centre or find help and information online at www.samsung.com.

Use this oven for heating food only. It is intended for domestic use only. Do not heat any type of textiles or cushions filled with grains. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the oven. To avoid deterioration of the oven surface and hazardous situations, always keep the oven clean and well maintained.

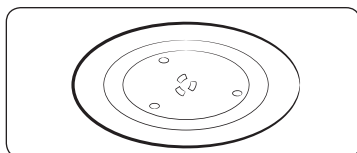
Installation

Accessories

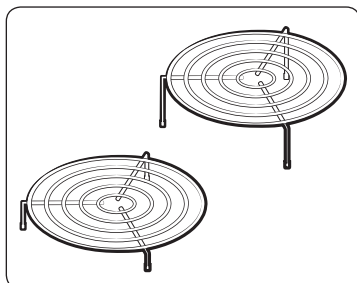
Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.



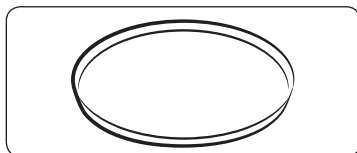
- 01 Roller ring**, to be placed in the centre of the oven.
The roller ring supports the turntable.



- 02 Turntable**, to be placed on the roller ring with the centre fitting on to the coupler.
The turntable serves as the main cooking surface; it can be easily removed for cleaning.



- 03 High rack, Low rack**, to be placed on the turntable.
The metal racks can be used to cook two dishes at the same time. A small dish may be placed on the turntable and a second dish on the rack. **The metal racks can be used in grill, hot blast and combination cooking.**

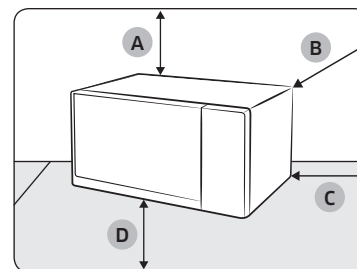


- 04 Crusty plate**, see page 127.
The crusty plate is used to brown food better in the microwave or grill combination cooking modes. It helps keep pastry and pizza dough crisp.

⚠ CAUTION

DO NOT operate the microwave oven without the roller ring and turntable.

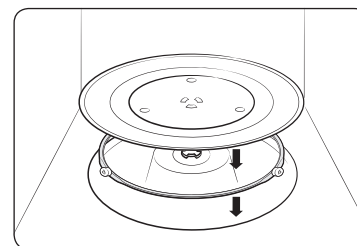
Installation site



- A.** 20 cm above
B. 10 cm behind
C. 10 cm on the side
D. 85 cm of the floor

- Select a flat, level surface approx. 85 cm above the floor. The surface must support the weight of the oven.
- Secure room for ventilation, at least 10 cm from the rear wall and both sides, and 20 cm from above.
- Do not install the oven in hot or damp surroundings, such as next to other microwave ovens or radiators.
- Conform to the power supply specifications of this oven. Use only approved extension cables if you need to use.
- Wipe the interior and the door seal with a damp cloth before using your oven for the first time.

Turntable



Remove all packing materials inside the oven. Install the roller ring and turntable. Check that the turntable rotates freely.

Maintenance

Cleaning

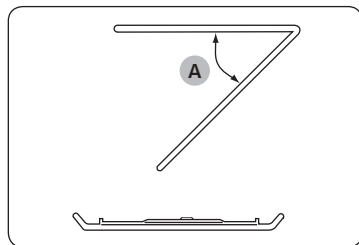
Clean the oven regularly to prevent impurities from building up on or inside the oven. Also pay special attention to the door, door sealing, and turntable and roller ring (applicable models only).

If the door won't open or close smoothly, first check if the door seals have built up impurities. Use a soft cloth in soapy water to clean both the inner and outer sides of the oven. Rinse and dry well.

To remove stubborn impurities with bad smells from inside the oven

1. With an empty oven, put a cup of diluted lemon juice on the centre of the turntable.
2. Heat the oven for 10 minutes at max power.
3. When the cycle is complete, wait until the oven cools down. Then, open the door and clean the cooking chamber.

To clean inside swing-heater models



To clean the upper area of the cooking chamber, lower the top heating element by 45° (A) as shown. This will help clean the upper area. When done, reposition the top heating element.

⚠ CAUTION

- Keep the door and door sealing clean and ensure the door opens and closes smoothly. Otherwise, the oven's lifecycle may be shortened.
- Take caution not to spill water into the oven vents.
- Do not use any abrasive or chemical substances for cleaning.
- After each use of the oven, use a mild detergent to clean the cooking chamber after waiting for the oven to cool down.

Replacement (repair)

⚠ WARNING

This oven has no user-removable parts inside. Do not try to replace or repair the oven yourself.

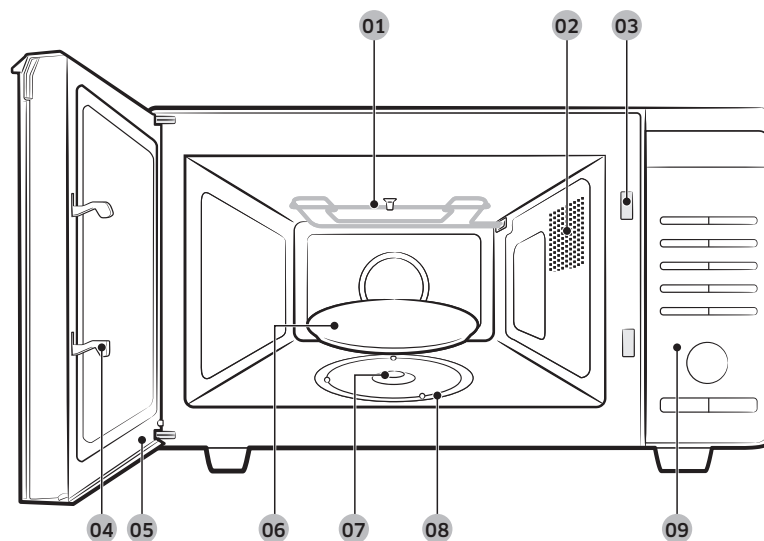
- If you encounter a problem with hinges, sealing, and/or the door, contact a qualified technician or a local Samsung service centre for technical assistance.
- If you want to replace the light bulb, contact a local Samsung service centre. Do not replace it yourself.
- If you encounter a problem with the outer housing of the oven, first unplug the power cord from the power source, and then contact a local Samsung service centre.

Care against an extended period of disuse

If you don't use the oven for an extended period of time, unplug the power cord and move the oven to a dry, dust-free location. Dust and moisture that builds up inside the oven may affect the performance of the oven.

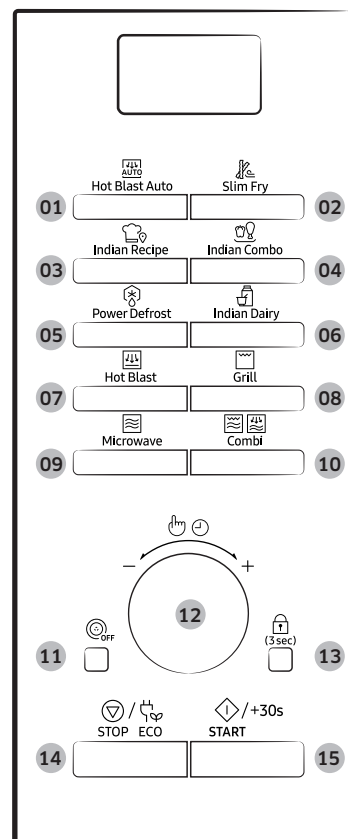
Oven features

Oven



- | | | |
|--------------------|----------------------|---------------------------|
| 01 Heating element | 02 Ventilation holes | 03 Safety interlock holes |
| 04 Door latches | 05 Door | 06 Turntable |
| 07 Coupler | 08 Roller ring | 09 Control panel |

Control panel



- 01 Hot Blast Auto
- 02 Slim Fry
- 03 Indian Recipe
- 04 Indian Combo
- 05 Power Defrost
- 06 Indian Dairy
- 07 Hot Blast
- 08 Grill
- 09 Microwave
- 10 Combi
- 11 Turntable On/Off
- 12 Multi Function Selector Dial
- 13 Child Lock
- 14 STOP/ECO
- 15 START/+30s

Oven use

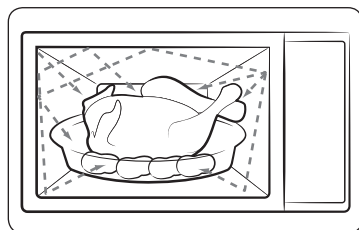
How a microwave oven works

Microwaves are high-frequency electromagnetic waves; the energy released enables food to be cooked or reheated without changing either the form or the colour.

You can use your microwave oven to:

- Defrost
- Reheat
- Cook

Cooking principle.



1. The microwaves generated by the magnetron reflected at cavity and are distributed uniformly as the food rotates on the turntable. The food is thus cooked evenly.
2. The microwaves are absorbed by the food up to a depth of about 1 inch (2.5 cm). Cooking then continues as the heat is dissipated within the food.
3. Cooking times vary according to the container used and the properties of the food:
 - Quantity and density
 - Water content
 - Initial temperature (refrigerated or not)

CAUTION

As the centre of the food is cooked by heat dissipation, cooking continues even when you have taken the food out of the oven. Standing times specified in recipes and in this booklet must therefore be respected to ensure:

- Even cooking of the food right to the centre.
- The same temperature throughout the food.

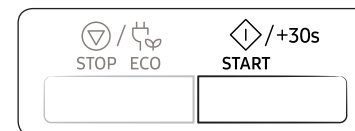
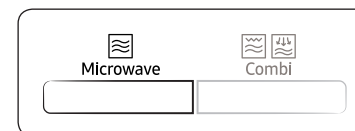
Checking that your oven is operating correctly

The following simple procedure enables you to check that your oven is working correctly at all times. If you are in doubt, refer to the section entitled “Troubleshooting” on the page 147.

NOTE

The oven must be plugged into an appropriate wall socket. The turntable must be in position in the oven. If a power level other than the maximum (100 % - 900 W) is used, the water takes longer to boil.

Open the oven door by pulling the handle on the upper side of the door. Place a glass of water on the turntable. Close the door.



Press the **Microwave** mode and set the time to 4 or 5 minutes by pressing the **START/+30s** button.

The oven heats the water for 4 or 5 minutes. The water should then be boiling.

Oven use

Setting the time

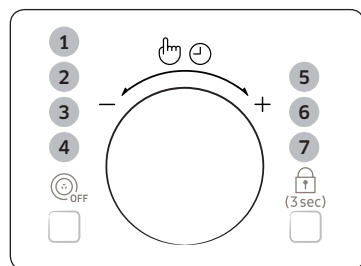
When power is supplied, “88:88” and then “12:00” is automatically displayed on the display.

Please set the current time. The time can be displayed in either the 24-hour or 12-hour notation. You must set the clock:

- When you first install your microwave oven
- After a power failure

NOTE

Do not forget to reset the clock when you switch to and from summer and winter time.



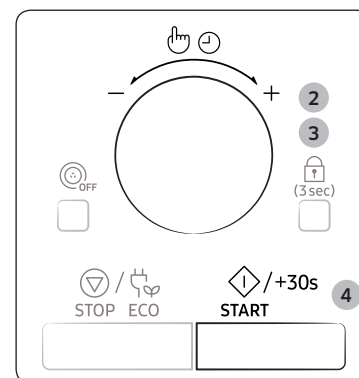
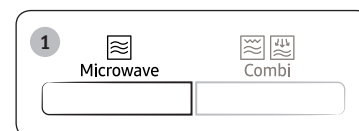
1. Press the **Multi Function Selector Dial**.
2. Turn the **Multi Function Selector Dial** to set time display type. (12H or 24H)
3. Press the **Multi Function Selector Dial** to complete the setup.
4. Turn the **Multi Function Selector Dial** to set the hour.
5. Press the **Multi Function Selector Dial**.
6. Turn the **Multi Function Selector Dial** to set the minute.
7. When the right time is displayed, press the **Multi Function Selector Dial** to start the clock.
The time is displayed whenever you are not using the microwave oven.

Cooking/Reheating

The following procedure explains how to cook or reheat food.

CAUTION

ALWAYS check your cooking settings before leaving the oven unattended. Open the door. Place the food in the centre of the turntable. Close the door. Never switch the microwave oven on when it is empty.



1. Press the **Microwave** button.
The following indications are displayed:
 (Microwave mode)
900 W (Output power)
2. Turn the **Multi Function Selector Dial** until the appropriate power level is displayed. At that time, press the **Multi Function Selector Dial** to set the power level.
 - If don't set the power level within 5 seconds, automatically changes to the cooking time setting stage.
3. Set the cooking time by turning the **Multi Function Selector Dial**.
The cooking time is displayed.
4. Press the **START/+30s** button.
The oven light comes on and the turntable starts rotating. Cooking starts. When it has finished.
 - 1) The oven beeps 4 times.
 - 2) The end reminder signal will beep 3 times (once every minute).
 - 3) The current time is displayed again.

Power levels and time variations

The power level function enables you to adapt the amount of energy dissipated and thus the time required to cook or reheat your food, according to its type and quantity. You can choose between six power levels.

Power level	Percentage	Output
HIGH	100 %	900 W
MEDIUM HIGH	67 %	600 W
MEDIUM	50 %	450 W
MEDIUM LOW	33 %	300 W
DEFROST	20 %	180 W
LOW	11 %	100 W

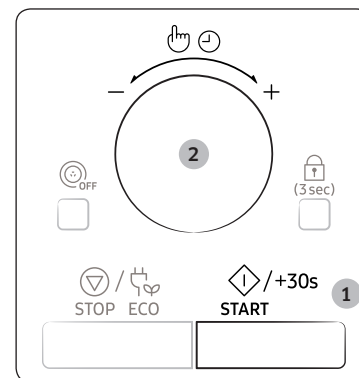
The cooking times given in recipes and in this booklet correspond to the specific power level indicated.

If you select a...	Then the cooking time must be...
Higher power level	Decreased
Lower power level	Increased

Adjusting the cooking time

You can increase the cooking time by pressing the **START/+30s** button once for each 30 seconds to be added.

- Check how cooking is progressing at any time simply by opening the door
- Increase the remaining cooking time



Method 1

To increase the cooking time of your food during cooking, press the **START/+30s** button once for each 30 seconds that you wish to add.

- **Example:** To add three minutes, press the **START/+30s** button six times.

Method 2

Just turning **Multi Function Selector Dial** to adjust cooking time.

- To increase cooking time, turn to right and to decrease cooking time, turn to left.



Oven use

Stopping the cooking

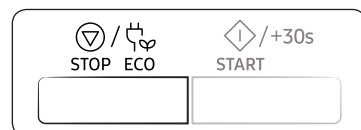
You can stop cooking at any time so that you can:

- Check the food
- Turn the food over or stir it
- Leave it to stand

To stop the cooking...	Then...
Temporarily	• Open the door or press the STOP/ECO button once. Cooking stops. • To resume cooking, close the door again and press the START/+30s button.
Completely	• Press the STOP/ECO button once. Cooking stops. • If you wish to cancel the cooking settings, press the STOP/ECO button again.

Setting the energy save mode

The oven has an energy save mode.



- Press the **STOP/ECO** button. Display off.
- To remove energy save mode, open the door or press the **STOP/ECO** button and then display shows current time. The oven is ready for use.

NOTE

Auto energy saving function

If you do not select any function when appliance is in the middle of setting or operating with temporary stop condition, function is canceled and clock will be displayed after 25 minutes.

Oven Lamp will be turned off after 5 minutes with door open condition.

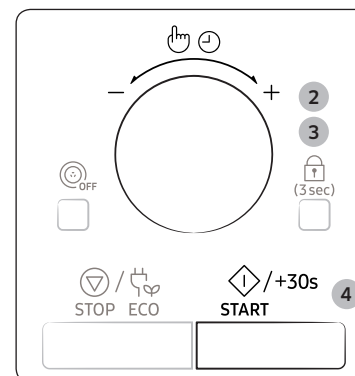
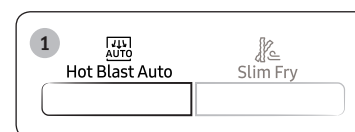
Using the hot blast auto features

The 20 **Hot Blast Auto** features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the size of the serving by turning the **Multi Function Selector Dial**.

CAUTION

Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.



1. Press the **Hot Blast Auto** button.

2. Select the cook category that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various preprogrammed settings.

3. Select the type of food by turning the **Multi Function Selector Dial**.

4. Press the **START/+30s** button. The food is cooked according to the pre-programmed setting selected. When it has finished.

- 1) The oven beeps 4 times.
- 2) The end reminder signal will beep 3 times (once every minute).
- 3) The current time is displayed again.



Hot blast auto guide

The following table presents 20 **Hot Blast Auto** programmes, quantities, standing times and appropriate recommendations. Those programmes are running with a combination of microwaves, grill and convection heater.

1. Veggie

Code	Food	Serving size	Ingredients
1	Baigan (Brinjal) Bharta	650-700 g	Bharte Ka Baigan (Brinjal) 500 g, Chopped Onion - 2 ea, Chopped tomato - 2 ea, Ginger Garlic Paste - 1 tsp., Oil - 2 tbsp., Turmeric Powder, Red Chili Powder, Cumin Powder, Coriander Powder, Salt as per your taste, Chop Coriander 2 tbsp.
		Instructions Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Brinjals on the crusty plate on the high rack and cook. When the second beeps, peel and chop the brinjal, keep aside. In microwave safe glass bowl add all ingredients and mashed brinjal. Put it in microwave oven and press a START/+30s button again. After cooking, garnish with chopped Coriander.	

Code	Food	Serving size	Ingredients
2	Gajar (carrot) ka Halwa	900-1000 g	Grated carrot - 1 kg, Milk - 100 g, Khoya - 50 g, Sugar - 100 g, Milk Powder - 50 g, Cardamom powder - 1 tsp., Almonds and resins - 2 tbsp.
		Instructions In microwave safe glass bowl add grated carrot, milk, khoya, milk powder, mix it well. Put it in microwave oven and press a START/+30s button. When the beeps, stir well and add sugar, cardamom powder, mix it well and press a START/+30s button again. After cooking, decorate it with almonds and resins. Serve hot or cold.	
3	Banarasi Kheer	600-700 g	Soaked rice - ½ cup, Milk -1.5 L, Condensed milk - 100 ml, Chopped almonds - ½ cup, and chopped pistachios - ¼ cup, Sugar - 1 tsp.
		Instructions In a microwave safe glass bowl and milk, condensed milk, rice. Put it in microwave oven and press a START/+30s button. When the beeps, add sugar, and nuts and press a START/+30s button again. After cooking, serve and garnish with silver leaf.	
4	Shakkarkandi	300-350 g	Shakkarkandi (Sweet Potato) - 200 g, Chaat Masala - as per taste, Rock salt - ½ tsp., Salt as per taste, Lemon juice - 1 tbsp.
		Instructions Put the shakkarkandi on crusty plate on high rack. Put them in microwave oven and press a START/+30s button. After cooking, serve hot.	

Oven use

Oven use

Code	Food	Serving size	Ingredients
5	Stuffed Baked Potatoes	4 shell	Boiled potato - 4 (for shell), Cottage cheese - ½ cup (grated), Mozzarella - 2 tbsp. (grated), Peas - 2 tbsp. (blanched), Sweet corns - 2 tbsp., Chili flakes - ½ tsp., Black pepper - ½ tsp., Oregano - ½ tsp., Pure olive oil - 1 tbsp., Salt to taste.
		Instructions Cut the boiled potatoes into equal portions vertically. Scoop out the potatoes to make shells. In a bowl, add all the ingredients except cheese and mix well. Fill the potatoes with mixture and grate cheese. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Put them on the crusty plate on the low rack. When the beeps, stir the food and press a START/+30s button again. After cooking, serve hot.	
6	Suji Halwa	200-250 g	Roasted Suji - 150 g, Ghee - 4 tbsp., Sugar - ¾ cup., Water - 3 cups, Dry Fruit, Cardamom Powder as per your test.
		Instructions In microwave safe glass bowl add all. Put it in microwave oven and press a START/+30s button. When the beeps, stir well and add nuts. Press a START/+30s button again. After cooking, serve hot.	

Code	Food	Serving size	Ingredients
7	Summer Time Cream Puffs	8-10 puffs	For the Puffs Butter - 5 tbsp. (cut into small pieces), Water - ¾ cup, Regular Flour - ¾ cup (sifted), Eggs - 2 ea. For Filling Black berries - ¼ cup, Fresh Cream - ½ cup, Icing sugar - ¼ cup.
		Instructions In a sauce pan pour the water, butter and heat gently until the butter melts. Bring to a rolling boil, remove the pan from the heat and add the flour all at once, beating well until the mixture leave the sides of the pan and forms a ball. Let cool slightly, and then gradually beat in the eggs to form a smooth, glossy mixture. Spoon the mixture into a piping bag fitted with a ½ inch / 1 cm plait tip. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Sprinkle the crusty plate with a little water. Make small clumps of the dough using a table spoon put them on the crusty plate, each about 5 cm/2 apart. spaced well apart and place the crusty plate on low rack. Press a START/+30s button again. After cooking, serve hot. For Filling Mash the black berries with help of a fork. Beat cream and icing sugar until stiff add crushed black berries. Slit the puffs from middle and stuff the cream. Serve.	

Code	Food	Serving size	Ingredients
8	Tandoori Aloo	400-450 g	Baby Potato - 1 cup, Cream - 1 tbsp., Dried Fenugreek leaves - ¼ tsp., Oil - 1 tbsp., Salt to taste, To be ground into a paste: Kashmiri chili - 4 ea, Garlic - 2 cloves, Ginger - 12 mm (½"), Coriander-cumin seed powder - 2 tsp.
		Instructions In a bowl add the prepared paste and all the ingredients. Place them over greased crusty plate on the low rack. Put them in microwave oven and press a START/+30s button. When the first beeps, stir well. Press a START/+30s button again. When the second beeps, stir well again. Press a START/+30s button. After cooking, serve hot.	
9	Tandoori Arbi	450-500 g	Arbi - 400 g, Curd - 1 cup, Chat Masala, Salt, Garam Masala, Ginger garlic paste, Red chili powder, Turmeric powder as per your taste, Oil and water required.
		Instructions In microwave safe glass bowl take arbi with some water. Peel the arbi and mix with all ingredients. Put Arbi with Masala on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button. When the first beeps, stir well. Press a START/+30s button again. When the second beeps, turn the food over. Press a START/+30s button. After cooking, serve hot.	

Code	Food	Serving size	Ingredients
10	Tandoori Sabzi	500-550 g	Mix vegetables - Ladies finger, Dauli flower, Brinjals, Mushroom, Potato, Paneer cubes - 0.5 kg (cut into medium size pieces), Onion paste, Ginger - Garlic Paste, Tomato Puree, Red Chilli Powder, Turmeric Powder, Garam Masala, Salt as per your taste, Oil - 3-4 tbsp., Coriander - For garnishing.
		Instructions In microwave safe glass bowl take oil, onion paste, ginger garlic paste, vegetables, red chilli powder, turmeric powder, garam masala, chat masala, salt and tomato puree, mix well. Put them in microwave oven and press a START/+30s button. When the first beeps, take out them and transfer this mixture to the crusty plate, spread evenly. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve hot with tandoori nan.	



Oven use

2. Non-Veggie

Code	Food	Serving size	Ingredients
1	Baked Keema Paratha	Makes 6	Regular flour - 250 g, Milk- ½ cup, Eno fruit salt - 1 tsp., Warm water - ½ cup, Salt to taste, Cooked mutton mince - 50 g. Instructions Add eno fruit salt to warm milk. Keep aside for 1-2 minutes till it starts to bubble. Sift maida and salt together. Add maida to the milk and mix. Knead to dough with just enough warm water to get a dough of rolling consistency. Knead once again with wet hands till very smooth and elastic. Keep covered with damp cloth in a warm place for 3-4 hours. Knead again till smooth and elastic. Make 6 to 8 balls. Cover with a damp cloth and keep aside for 15 min. Roll out the dough on a flour covered working surface give the balls a small circle shape. Stuff cooked mince, make ball again, roll out again in to paratha shape. Pull one side of the naan to give it a pointed end like naan. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. Put them on the greased crusty plate on high rack and brush with milk and butter. Put them in microwave oven and press a START/+30s button again. After cooking, serve hot.

Code	Food	Serving size	Ingredients
2	Baked Mava Paratha	Makes 6	Regular Flour - 250 g, Milk - ½ cup, Eno fruit salt - 1 tsp., Warm Water - ½ cup, Salt to taste, Almonds - 8 to 10 (skinned and cut into long thin pieces), Mava (Dried residue of milk) - 100 g. Instructions Add eno fruit salt to warm milk. Keep aside for 1-2 minutes till it starts to bubble. Sift maida and salt together. Add maida to the milk and mix. Knead to dough with just enough warm water to get a dough of rolling consistency. Knead once again with wet hands till very smooth and elastic. Keep covered with damp cloth in a warm place for 3-4 hours. Knead again till smooth and elastic. Make 6 to 8 balls. Cover with a damp cloth and keep aside for 15 min. Roll out the dough on a flour covered working surface give the balls a small circle shape. Stuff blanched almonds and Mava, make ball again, roll out again in to paratha shape. Pull one side of the naan to give it a pointed end like naan. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. Place it onto the greased crusty plate on the high rack and brush with milk and butter. Put them in microwave oven and press a START/+30s button again. After cooking, serve hot.



Code	Food	Serving size	Ingredients
3	Bombay Prawn	800-900 g	Prawns - 500 g, Ginger-garlic - each 1 tsp., Cumin seeds - 1 tsp., Red chilies whole - 12-15, Cloves - 7-8, Cinnamon - 2 inch stick, Mustard seeds - 1 tsp., Vinegar - 4 tbsp., Chopped Onions - 2 medium size, Chopped tomato - 4 medium size, Oil - ½ cup, Sugar - 2 tbsp., Salt to taste.
		Instructions In microwave safe glass bowl take oil, chopped onion, chopped tomato, cumin seeds, ginger-garlic paste, cloves, cinnamon, cumin seeds, mustard seeds, chili, prawns. Put them in microwave oven. When the beeps, add vinegar, salt, and sugar. Mix it well and press a START/+30s button. After cooking, serve hot.	
4	Chicken Pizza	200-250 g	Pizza Base - 100 g, Pizza toping - 3 tbsp., Boiled Boneless Chicken - 100 g, Grated Cheese - ½ cup, Chili Flakes as per your taste, Oregano for seasoning.
		Instructions Add pizza toping, boneless chicken, cheese on pizza base. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Put the pizza on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button again. After cooking, serve with oregano and chili flakes on top.	

Code	Food	Serving size	Ingredients
5	Roasted Prawns	600-700 g	Prawns - 500 g, Chopped onion - 2 ea, Chopped tomato - 2 ea, Oil - 2 tbsp., Red Chili powder - 1 tsp., Turmeric powder - ½ tsp., Ginger-garlic paste - each 1 tsp., Garam Masala - 1 tsp., Cumin powder - 1 tsp., Coriander powder - 1 tsp., Chopped coriander leaves - 2 tbsp.
		Instructions In microwave safe glass bowl add oil, finely chopped onion, chopped tomato, ginger-garlic paste, red chili powder, turmeric powder. Put them in microwave oven and operate the microwave mode (900 W) for 8 mins. After cooking, keep aside. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the beeps, take out the crusty plate. Put prawns, all other ingredients mix it well in other glass bowl. Spread them on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. After cooking, garnish with coriander leaves. Serve hot.	

Oven use

Code	Food	Serving size	Ingredients
6	Tandoori Chicken	700-800 g	Chicken - 650 g, Garlic paste - 1 tsp., Ginger paste - 1 tsp., Red chili powder - 1 tsp., Coriander, cumin powder - 1 tsp. each, Yogurt - 1 cup, Orange - red colour - 1 pinch, Corn flour - 2 tbsp., Salt to taste, Oil - 2 tbsp., Garnish with onion ring and lemon pieces.
			Instructions In a bowl mix all ingredients except oil. Add chicken and mix well. Let it marinate for 2-3 hrs. in refrigerator. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Place chicken on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over. Press a START/+30s button. After cooking, garnish with onion ring and lemon pieces. Serve hot.

Code	Food	Serving size	Ingredients
7	Tandoori Chicken Chaat	650-700 g	Boneless Chicken - 500 g, Red chili powder - 1 tsp., Ginger-garlic paste - 1 tsp., Yoghurt - ½ cup, Salt to taste, Lemon juice - 1 tbsp., Garam masala - 1 tsp., Oil - 2tbsp., Small green, yellow, red capsicum seeded - 1 (thin strip), Onion - 1 (medium size, sliced), Green chili - 2 (chopped), Chopped coriander - 2 tbsp., Chaat masala - 1 tsp.
			Instructions In microwave safe glass bowl take chicken with oil, ginger garlic paste yogurt, salt, lemon juice, garam masala. Mix it well and take it in refrigerator for 2 hrs. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Put them on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. After cooking, add all other ingredients, mix it well, garnish with coriander.

Code	Food	Serving size	Ingredients
8	Tandoori Mutton	800-900 g	Boneless Mutton - 700 g, Garlic paste - 1 tsp., Ginger paste -1 tsp., Red chili powder - 1 tsp., Coriander, cumin powder - 1 tsp. each, Yogurt - 1 cup, Orange-red colour - 1 pinch, Corn flour - 2 tbsp., Salt to taste, Oil - 2 tbsp., Garnish with onion ring and lemon pieces.
		Instructions In a bowl mix all ingredients except oil. Add mutton and mix well. Let it marinate for 2-3 hrs. in refrigerator. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Place chicken on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, stir well and press a START/+30s button. After cooking, garnish with onion ring and lemon pieces. Serve hot.	

Code	Food	Serving size	Ingredients
9	Tandoori Pomfret	2 nos	Pomfrets - ½ kg (approx 2 nos), Carom seeds - 2 tsp., Cream - 2 tbsp., Ginger garlic paste - 2 tbsp., Lemon juice - 2 tbsp., Chilli powder - 1 tsp., Hung curd - 2 cups, Oil - 1 tbsp., Salt to taste, Butter for greasing.
		Instructions Wash and make 3 or 4 deep incisions on the fishes. Mix the rest of the ingredients well and rub the fishes with the paste and allow it for 1 hour. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Grease the crusty plate with thick butter and place the fish. Place a thin layer of butter on fish. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, stir well and press a START/+30s button. After cooking, serve hot.	



Oven use

Code	Food	Serving size	Ingredients
10	Til Tikka	800-900 g	Boneless chicken - 500 g (cubed), Sesame seeds - ¼ cup. MARINADE: 1 Hung curd - 1 cup, Lemon juice- 1 tbsp., Black cardamom seeds - ¼ tsp. (crushed), Green cardamom seeds- ¼ tsp. (crushed), Nutmeg powder - ¼ tsp., Mace powder - ¼ tsp., Black pepper powder - ½ tsp., Oil - 2 tbsp., Salt to taste, Chilli powder - ¼ tsp. GRIND TO PASTE: Fresh coriander - ½ cup, Green chillies - 3, a pinch of salt. BATTER: Egg - 1, Maida- ¼ cup, Salt to taste, Food colour- a pinch, Butter for greasing.

Code	Food	Serving size	Ingredients
10	Til Tikka		Instructions Wash the chicken pieces and pat dry on a kitchen towel. Marinade the chicken in 1 marinade for ½ hour. Grind fresh coriander, green chillies and salt to a fine paste add sesame seeds, spread it in plate keep aside. For the batter, beat egg, maida, and salt in bowl and add food colour. Take one piece at a time and dip it in prepared batter, coating it well. Then roll the coated piece in sesame and green paste mixture. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Grease the crusty plate with thick butter and place the chicken pieces, place few flakes of butter on each piece. Place the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve hot.



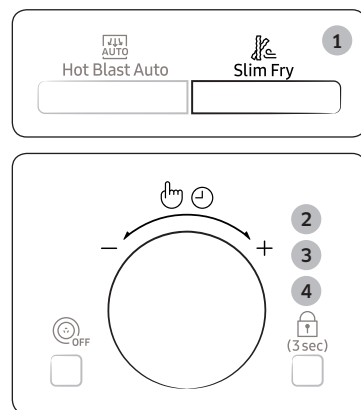
Using the slim fry features

The 43 **Slim Fry** features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the Slim Fry category by turning the **Multi Function Selector Dial**.

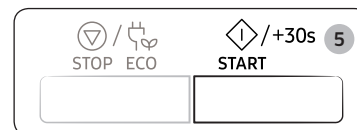
⚠ CAUTION

Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.



1. Press the **Slim Fry** button.
2. Turn the **Multi Function Selector Dial** to select cook category. At that time, press the **Multi Function Selector Dial** to select the cook category.
 - 1) Indian slim fry
 - 2) Potatoes/Vegetables
 - 3) Seafood
 - 4) Chicken
3. Select the type of food that you are cooking by turning the **Multi Fuction Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings. At that time, press the **Multi Fuction Selector Dial** to select the type of food.
4. Select the size of the serving by turning the **Multi Function Selector Dial**.



5. Press the **START/+30s** button. The food is cooked according to the pre-programmed setting selected. When it has finished.
 - 1) The oven beeps 4 times.
 - 2) The end reminder signal will beep 3 times (once every minute).
 - 3) The current time is displayed again.

Slim fry guide

The following table presents the 43 **Slim Fry** auto programmes for frying. It contains its quantities and appropriate instructions. You will use less oil compared to frying with oil fryer, while you will get tasty results. Programmes are running with a combination of convection, top heater and microwave energy.

1. Indian slim fry

Code	Food	Serving size	Ingredients
1-1	Samosa Pockets	4 pieces	Maida (all-purpose flour) - 1 cup, Oil - 2 tbsp., Large pinch ajwain (optional), Enough water to knead the maida, Salt to taste, Oil for brushing. For the filling Boiled potatoes - 2 ea, Crumble boiled peas ¼ cup, Grated ginger ¼ tsp., Red chilli powder 1 tsp. Coriander powder ½ tsp., Pinch cumin powder, Pinch kasuri methi, Dash of lemon juice, Pinch of garam masala, Chopped coriander leaves, Salt to taste.

Oven use

Code	Food	Serving size	Ingredients
1-1	Samosa Pockets		Instructions Mix the maida with salt, oil, ghee and ajwain, combine to form a crumbly mixture. Now slowly add enough water to make pliable dough, not too soft. Divide the dough and shape into balls. Keep aside covered with moist cloth for 15-20 minutes. Now prepare the filing for the samosa by mixing all the ingredients for filling. Divide the dough into 4 equal parts and make into balls. Roll each ball into 6-inch diameter circles and cut each circle in half. Spread the paste lightly all along the edge of one semicircle. Spread potato filling in centre leaving the edges fold it into triangle shape pockets or desired shape seal the edges with a little water. Continue filling the rest of the Samosa Pockets. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Put the 4 Samosa Pockets on the crusty plate and brush all sides with vegetable oil. Put the crusty plate on the high rack and press a START/+30s button again. When the second beeps, turn the side and press a START/+30s button. After cooking, serve hot.

Code	Food	Serving size	Ingredients
1-2	Veg. Cutlets	6 pieces	Potatoes - 2 ea medium (300 g), Boiled and shredded, Mixed Vegetables - 2 cups (250 g) - (peas, carrots, green beans, corn), Paneer - 3-4 oz (100 g), Onions - ¼ medium (75 g), Chopped very fine, Green Chillies to taste, Finely chopped, Cilantro (Coriander leaves) - 10 sprigs, Finely chopped, Assorted Nuts - 1 tbsp. (example: walnuts, peanuts, etc), Salt to taste, Chaat Masala - 1 tsp., Dried Mango Powder (Amchur) - 1 tsp., Red Chilli Powder - ½ tsp. or to taste, Roasted Cumin Powder - ½ tsp., Bread Crumbs - for coating, Oil - for brushing. Instructions Finely chop all the Mixed Vegetables and put them in a bowl. Do the same with the Paneer and pour into a bowl. Into the bowl, add in Potatoes, Onions, Green Chillies, Cilantro, and Mixed Nuts. Mix gently but well. Add in the dry spices: Salt, Chaat Masala, Dry Mango Powder, Roasted Cumin Powder and Red Chilli Powder. Again mix well but gently. Put the bread crumbs in a plate. Make cutlets to the size desired, roll in the crumbs and coat well with the bread crumbs. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Brush a little oil on the crusty plate. Put the 4 Veg Cutlets on the crusty plate and brush all sides with vegetable oil. Put the crusty plate on the high rack and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve hot.

Code	Food	Serving size	Ingredients
1-3	Bread Pakoras	4 pieces	Bread slices - 4, Salt to taste, Green chilli chopped 1, Coriander powder ¼ tsp., Red chilli powder ¼ tsp., Roasted cumin powder ½ tsp. For Batter Gram flour (besan) -1 cups, Salt to taste, Red chilli powder ¼ tsp., Dry mango powder (amchur) ¼ tsp., Garam masala powder ½ tsp., Oil for brushing.
			Instructions Mix gram flour, salt, soda bicarbonate, red chilli powder, amchur, garam masala powder in a bowl. Add sufficient water to make thick and smooth batter. Cut the slices into desired shape. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Brush little oil on the crusty plate. Dip the bread slices in the batter. Put the 4 pieces on the crusty plate and brush all sides with vegetables oil. Put the crusty plate on the high rack and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve hot.

Code	Food	Serving size	Ingredients
1-4	Masala French Fries	30 to 35 pieces	Potatoes - 2 ea, Chaat masala powder - ¾ tsp., Red chili flakes - ½ tsp., Black pepper powder -½ tsp., Oil to brush. Salt to taste. Instructions Wash and peel the potatoes. Slice the potato into thin, long pieces put them in salt water. In a small bowl, prepare the masala spice mix salt, chaat masala powder, red chilli flakes and black pepper powder. Now drain the salt water and dry the potatoes using a paper towel. Grease the crusty plate with a little vegetable oil, Place fries on the crusty plate and spread evenly, brush them up with oil. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button. When the beeps, stir well and press a START/+30s button again. After cooking, transfer the fries to a bowl and sprinkle spice mix evenly and serve.
1-5	Mix Veg. Pakora	12 pieces	Chickpea flour - 1 cup, Salt - 1 tsp., Turmeric - ¼ tsp., Ground cumin - ½ tsp., Green chili powder - ¼ tsp., Potato - 1 ea, Onion - 1ea, Olive oil. Instructions Mix the chickpea flour with the salt, green chillies and the spices. Stirring with a whisk, add 200 ml (1 cup) of water. Finely chop the Potatoes and onions. Add them to the water-chickpea batter. Brush a little Oil on the crusty plate. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Put one-one tbsp. of batter on the crusty plate and brush them with cooking oil. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve hot.

Oven use

Code	Food	Serving size	Ingredients
1-6	Aloo Bonda flip Overs	6 Pieces	Potatoes - 2 ea, Large Boiled, Mashed Aloo, Green Chilies - 1-2 ea chopped, Coriander leaves - 1 tbsp. (finely chopped), flour - 1 cup, Salt to taste. Red chili powder to taste, Garam masala powder - ¼ tsp., turmeric powder - ¼ tsp., Oil for brushing.
			Instructions Add salt, chili powder, garam masala, coriander, and green chilies to the mashed aloo (potatoes) and mix well. In a bowl take a cup of gram flour; add turmeric powder, little salt and chili powder to it. Add little water bit by bit and mixing with hand make a batter (neither too thick nor too loses). Make small balls of aloo (potato) mixture and flatten them to make turnovers. Brush little oil on the crusty plate. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Dip each ball in the batter and put it on the crusty plate and brush it with oil. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve aloo bonda hot with chutney.

Code	Food	Serving size	Ingredients
1-7	Flat Bread Roll	4 Pieces	White or brown bread - 5-6 slices, potatoes - 2 ea medium sized, dry pomegranate seeds or dry mango powder - ½ tsp., Crushed black pepper - ½ tsp. or black pepper powder - ¼ tsp., Red chili powder - ¼ tsp., Green chili - 1 chopped, Garam masala powder - ¼ tsp., Cumin powder - ¼ tsp., Chaat masala - ½ tsp., Coriander leaves - 2 to 3 tsp. chopped, Salt as required, Oil for brushing.
			Instructions Boil the potatoes. When they are still warm, peel and mash them and keep aside. Add the pomegranate powder, crushed black pepper, red chili powder, chopped green chilies, coriander leaves, garam masala powder, cumin powder and chaat masala powder and salt. Mix the whole filling well. Make small to medium rolls of the filling depending on the size of the bread and how many you are going to use. Take a slice of bread and dampen it with water, squeeze the water from the bread. Place the filling in the center of the bread. Roll the bread and close the edges so as to get an even outer cover and to cook them evenly gently press them to make them flat. Make all bread rolls this way and keep aside. Brush little oil on the crusty plate. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Put the 4 bread rolls on the crusty plate and brush all sides with olive oil. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve the bread rolls with tomato sauce or green chutney.

Code	Food	Serving size	Ingredients
1-8	Paneer Pakora	10 pieces	Paneer - 150 g (10 square pieces), Gram / besan flour - 1 cup, Red chilly powder - 1 tsp., Mango powder - ½ tsp., Roasted cumin powder - ½ tsp., Garam masala powder - ½ tsp., Oil to brush, Salt to taste.
		Instructions Cut paneer into thick medium sized square shaped pieces. Sprinkle salt , red chilli and cumin powder over the paneer pieces and mix well. In a bowl, mix, gram flour, red chilli powder, mango powder, roasted cumin powder, garam masala powder and salt. Add little water and beat the mixture to form a thick and smooth batter. Brush little oil on the crusty plate. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Dip the paneer pieces, into the batter and put on the crusty plate. Brush all sides of paneer pieces with olive oil. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve the Paneer pakora with tomato sauce or green chutney.	

Code	Food	Serving size	Ingredients
1-9	Mirchi Pakora	6 pieces	Beasn/chickenpea flour - 1 and ½ cup, chilli powder - ½ tsp., turmeric powder - ½ tsp., garam masala powder - ¼ tsp., a pinch of asafoetida mango (Amchoor) powder, Salt as required, Water, Green chillies - 6, Oil, Rice flour - 1 tbsp., Filling Potato - 1 ea medium size (boiled), Salt, Red chilli powder and chaat masala.
		Instructions Add all the dry ingredients to the batter. Add little water so as to form a thick batter. Give 1 vertical slits on the green chillies and deseed them. in a small bowl mash boiled potato and add dry spices. Fill the chillies with potato filling. Brush, little oil on the crusty plate. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Dip them in the batter. Evenly coat the mirch (chillies) with batter. Put the mirchi pakora on the crusty plate and brush them with oil. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve hot.	

Oven use

Code	Food	Serving size	Ingredients
1-10	Aloo Tikki	6 pieces	Potatoes - 2 ea boiled peeled and mashed, Green peas - ¼ cup, Boiled and coarsely crushed, Coriander (dhania) - ½ tbsp., Finely chopped chaat masala - ½ tsp., Chilli powder - ½ tsp., Lemon juice - ½ tsp., Salt to taste, Olive oil.
			Instructions Combine all the ingredients in a bowl (except green peas) and mix well. Divide the mixture into 6 equal portions and shape each portion into a round. Fill the crushed green peas in the potato ball and make it flat. Brush little oil on the crusty plate. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Put the tikki on the crusty plate and brush both sides with olive oil. Put crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve hot.

Code	Food	Serving size	Ingredients
1-11	Kuttu Atta Pakora	10-15 pieces	Potatoes - 3 ea medium sized, Buckwheat Flour (kuttu ka atta) - 1 cup, Coriander Leaves - ¼ cup (finely chopped), Black Pepper Powder - ½ tbsp., Salt - ½ tsp., Oil for brushing.
			Instructions Peel and slice potatoes into diagonal slices and soak them into the water for 5 minutes. Dry the potato slices using towel. Mix the Buckwheat flour, salt, pepper and coriander leaves in a bowl. Add water to the mixture and beat into a smooth batter. Cover it and keep aside for about 20 minutes. Douse pieces of potato in the batter. Put each slice of batter-coated potato. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Put the pieces on the crusty plate and brush all sides with oil. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve hot.

Code	Food	Serving size	Ingredients
1-12	Sabudana Vada	10-12 pieces	Potato - 2 ea boiled peeled and mashed, Sago (Sabudana) - ¾ cup soaked for 2 hours, Green chillies - 2 finely chopped, Salt to taste, Oil for brushing.
		Instructions Mix together potato, sago, green chillies and salt in a bowl. Divide the mixture into equal sized balls and shape them into tikkis. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Put the 9 pieces on the crusty plate and brush all sides with oil. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve hot.	
1-13	Fried Aloo chat	25-30 pieces	Potatoes - 3-4 ea medium sized, Salt to taste, Oil for brushing, Black pepper powder - ½ tsp., Green chillies - 2 chopped, Coriander leaves - 3 tbsp. chopped.
		Instructions Peel and slice potatoes into ½ inch cube size and soak them into the water for 5 minutes. Dry the potato slices using towel. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. Put the potato cubes on the crusty plate and brush all sides with vegetables oil. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. After cooking, transfer the potatoes into a big bowl. Add salt, black pepper powder, green chillies, coriander leaves.	

Code	Food	Serving size	Ingredients
1-14	Namak Paare (Matar)	20-25 pieces	Maida (all-purpose flour/plain flour) - 1 cup, Rava (suji/semolina) - 2 tbsp., Black Pepper Powder - ¼ tsp., Ghee - 2 tbsp., Oil for deep frying, Salt, Water, Fresh Basil Leaves - 7-8, Garlic Cloves - 4-5, Green Chili - 1 chopped.
		Instructions Grind basil leaves, garlic and green chilli until it becomes slightly smooth paste. Add maida, semolina, black pepper powder, ghee, prepared garlic-basil paste and salt and mix them well. Add water as needed in small quantities) and bind stiff dough. Knead it until smooth surface, about 2-minutes. Divide it into 2-equal portions and give each portion a round shape. Roll it out and cut it vertically into 1-inch wide strips. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Put them on crusty plate and brush the oil on both sides. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve hot.	

Oven use

Code	Food	Serving size	Ingredients
1-15	Fried Crisp Honey Corn	200 g	Corn Kernels (fresh, canned or frozen) - 200 g, Cornflour - ½ cup, Onion - 1 finely chopped, Spring Onion - ½ cup chopped, Green Chilli - 2 chopped, Pepper Powder - ½ tsp., White Vinegar - ½ tsp., Honey - 2 tsp., Salt according to taste, Oil for brushing.
		Instructions Drain the corn kernels and let it dry a little. Dust the corn kernels with cornflour properly; making sure every kernel is coated. Keep them aside for 30 minutes, so that the cornflour can absorb any excess moisture left in the corn. Mix well corn and add onion, spring onion and green chillies, pepper powder, salt and honey and the vinegar, toss once. Transfer the mixture to the crusty plate and apply some oil with brush. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button. When the beeps, turn the food and press a START/+30s button again. After cooking, garnish with spring onion greens and serve hot.	
1-16	Roasted Nuts	200 g	Almonds - 40 g, Cashew - 40 g, Peanuts - 40 g, Fox flower (Makhane) - 40 g, Pistachio (pista) - 40 g, Salt to taste, Oil for brushing.
		Instructions Put almonds, cashew, peanuts, foxflower and Pistachio on crusty plate and apply some oil with brush. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button. When the beeps, stir well. After cooking, transfer the nuts into serving bowl and sprinkle some salt and serve.	

Code	Food	Serving size	Ingredients
1-17	Masala Papad	4 pieces	Papads - 4 medium sized, Onion - 1 medium finely chopped or ½ cup finely chopped, Tomato - 1 medium finely chopped or ½ cup finely chopped, Coriander/dhania - 2 tbsp. chopped, Lime or lemon juice - 1 tsp., Red chili powder - ½ tsp. or green chilies - 1 or 2 finely chopped, Chaat masala - 1 tsp., Salt as required, Oil for brushing.
		Instructions Take all the ingredients for the masala toppings in a bowl - finely chopped onions, tomatoes, red chili powder, roasted cumin powder, chaat masala powder and salt. Add lime juice and mix well. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Put 3 papad on the crusty plate on the high rack and brush some oil on both the sides of papad. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, transfer the papad in the plate and spoon the masala filling on the fried papads. Sprinkle chopped coriander leaves and serve masala papad immediately.	

Code	Food	Serving size	Ingredients
1-18	Frozen Smiley	9-12 pieces	Frozen smiley, Oil for brushing.
		Instructions Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Take frozen smiley on put it on crusty plate and apply some oil. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve with tomato ketchup.	
1-19	Onion Ring Pakora	20 pieces	Onions - 4 thickly sliced, Besan - 2 cups, Cornflour/corn starch - 3 tbsp., Salt to taste, Red pepper powder - ½ tsp., Baking powder - ½ tsp., Oil for brushing.
		Instructions Separate the onion roundels into rings and keep the centre part aside. Use only the outer big rings. Sieve together besan, cornstarch, salt, red pepper powder and baking powder and add sufficient water to make a thick batter. Dip onion rings into the batter. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Put the onion ring pakora on the crusty plate and brush them with oil. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve with green chutney.	

Code	Food	Serving size	Ingredients
1-20	Aloo Paneer Pops	20 pieces	Paneer (cottage cheese) - 200 g grated, Potatoes - 2 ea large boiled and mashed, Oil for brushing, Onion - 1 ea medium chopped, Green chillies - 4 chopped, Fresh coriander leaves - 4 tbsp. chopped, Garam masala powder - 1 tsp., Salt to taste, Black peppercorns - ½ tsp. powdered, Refined flour (maida) - 4 tbsp.
		Instructions Mix together paneer, potatoes, red chillies, onion, green chillies, coriander leaves, garam masala powder and salt. Make cylindrical shaped croquettes one inch thick and two inches long. Make a thin batter of refined flour, salt, pepper powder and water. Dip the croquettes in this batter. Keep the croquettes in the refrigerator for an hour or more. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Put the croquettes on the crusty plate and apply oil on both the sides. Put the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, take the aloo paneer pops and garnish chopped coriander leaves and serve hot.	

Oven use

Code	Food	Serving size	Ingredients
1-21	Beet Root Kebab	1 person	Boiled Potatoes - 2 ea, Beet Root - $\frac{3}{4}$ cup, Paneer - $\frac{1}{2}$ cup, Garlic paste - $\frac{1}{4}$ tbsp., Amchoor powder - $\frac{1}{4}$ tbsp., Roasted and crushed anardana - $\frac{1}{2}$ tbsp., Chaat masala a pinch, Rock salt to taste.
		Instructions Put the grated beetroot, potatoes, paneer followed by garlic, amchoor, chaat masala, rock salt and anardana in the bowl. Mince with your hands and make round kebab. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate and brush the crust plate and kebab with oil. Place the kebab on the crusty plate on the high rack. Put them in the microwave oven and press a START/+30s button again. When the second beeps, turn the kebab over and press a START/+30s button. After cooking, serve hot.	

Code	Food	Serving size	Ingredients
1-22	Palak Paneer Roll	1 person	Spinach, finely chopped - $\frac{3}{4}$ cup, Homemade paneer, crumbled - $\frac{1}{4}$ cup, Whole wheat flour - $\frac{1}{4}$ cup, Gram flour (besan) - $\frac{1}{4}$ cup, Rice flour - $\frac{1}{2}$ tbsp., Salt to taste, Sugar - $\frac{1}{2}$ tsp., Turmeric powder - $\frac{1}{4}$ tsp., Red chili powder - $\frac{1}{4}$ tsp., Chaat masala powder - $\frac{1}{2}$ tsp., Yogurt - $\frac{1}{2}$ tsp., Fennel seeds (saunf) - $\frac{1}{4}$ tsp., Oil for brushing.
		Instructions In a large mixing bowl combine all the ingredients. Combine all the dry ingredients well, check a salt and spices and adjust to suit your taste. Add a little water and knead to make smooth dough. Keep the palak paneer roll mixture covered in a damp cloth for about 15 minutes. After 15 minutes, pinch small portions of the dough and roll it between your palms to make them into small cylindrical shape. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate and brush the crusty plate and rolls with oil. Place roll on the crusty plate on the high rack. Put them in the microwave oven and press a START/+30s button again. When the second beeps, turn the kebab over and press a START/+30s button again. After cooking, take out the roll and serve hot with chutney or yogurt dip.	

Code	Food	Serving size	Ingredients
1-23	Vermicelli Upma	1 person	Vermicelli - ½ cup., Water - ½ cup, Onion finely sliced - ½ ea, Tomato chopped - ½ ea, Beans, chopped - ¼ cup, Carrots chopped - ¼ cup, Capsicum - ¼ cup, Peas - ¼ cup, Curry leaves - 4 ea, Turmeric powder - ¼ tsp., Salt to taste, Roasted peanuts - 1 tbsp., Mustard seeds - ½ tsp., Cumin - ½ tsp., Oil - 1 tsp.
		Instructions Put oil, peanuts, vermicelli, mustard seeds, cumin seeds, salt, turmeric powder, chopped vegetables, water, salt, curry leaves and chili to taste in the microwave safe bowl. Mix all ingredients well and Put them in the microwave oven. When first beeps, stir the vermicelli upma. Press a START/+30s button again. After cooking, serve hot.	

Code	Food	Serving size	Ingredients
1-24	Crispy Paneer Bar	1 person	Paneer (cottage cheese) - 75 g, Coriander chutney - ¼ tsp., Imli chutney - ½ tsp. For slurry Maida/wheat flour - 1 tsp., Little water/milk, Coriander finely chopped - 1 tsp. For crust 1 urad dal papad (roasted), Olive oil, Mustard sauce - ½ tsp., Tomato sauce to drizzle on top - ½ tsp.
		Instructions Take paneer pieces and make two slits vertically maintaining the joint at the base. Apply coriander chutney inside one slit. Keep inside. Make a slurry of maida and very little water of flowing consistency and add salt and chopped coriander on it. Take urad dal papad and crush them in grinder, spread on a plate. Take paneer pieces one by one. Dip it in slurry and roll over crushed papad. Similarly prepare all pieces. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, put the paneer pieces on the crusty plate and place on the high rack in the microwave oven. Press a START/+30s button again. When the second beeps, crusty plate and turn paneer piece over. Press a START/+30s button. After cooking, take out and serve with chutney.	

Oven use

Code	Food	Serving size	Ingredients
1-25	Paneer and Peanut Finger	1 person	Cottage cheese grated - 50 g, Roasted peanuts - ½ cup, Potato roasted - ½ cup, Amchur powder - ½ tsp., Red chili powder - ½ tsp., Onion finely chopped - ½ ea, Ginger-green chili paste - ½ tbsp., Bread crumbs - ¼ cup, Fresh mint leaves finely - 1 tbsp., Salt to taste, Oil, Chaat masala to sprinkle.
			Instructions Grind peanuts. Mix together potato, paneer, amchur, red chili powder, onion, ginger-green chili paste, breadcrumbs, peanuts, mint leaves and salt in a bowl. Divide the mixture into equal portions and shape them into fingers. . Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, put the paneer and peanut fingers on the crusty plate on the high rack. Press a START/+30s button again. When the second beeps, take out crusty plate and turn fingers over. Press a start a button. After cooking, sprinkle some chaat masala and serve hot with chutney.

Code	Food	Serving size	Ingredients
1-26	Paneer Bread Balls	1 person	Cottage cheese mashed - 100 g, White bread slices edges trimmed - 2 ea, Yogurt - 3 tbsp., Baking powder - ¼ tsp., Green chilies finely chopped - 1 ea, Fresh coriander leaves finely chopped - 1 tbsp., Salt to taste, Black pepper powder - ¼ tsp., Refined flour (maida) - 1½ tbsp., Oil for greasing.
			Instructions Spread ¾ tablespoon yogurt on each side of the bread slice to dampen it. Set aside for a minute. Take paneer in a large bowl, add baking powder, green chilies and coriander leaves and mix. Mash the bread slices well and mix with the paneer mixture. Add salt and black pepper powder and crushed cashew nuts. Mix well and add refined flour. Divide the mixture into equal portions and shape into flat cylinders. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, put the paneer bread balls on the crusty plate and place it on the high rack. Press a START/+30s button again. When the second beeps, turn the paneer bread balls over. Press a START/+30s button. After cooking, serve.

Code	Food	Serving size	Ingredients
1-27	Cheesy Potatoes Bit	1 person	Potatoes boiled and peeled - 2 ea, Refined flour - 2 tsp., Cheese spread - 1½ tbsp., Garlic chopped - 1 tsp., Processed cheese grated - 1 tbsp., Salt to taste, Crushed black peppercorns to taste, Cumin powder - ¾ tsp., Fresh parsley chopped - 1½ tsp., Oil - ½ tsp., Milk - ½ tsp., Red chili flakes for garnishing - ¼ tsp.
		Instructions Grate potatoes into a bowl. Add refined flour, one tablespoon grated processed cheese, cheese spread, salt, crushed peppercorns, cumin powder and two teaspoons chopped parsley and mix well. Divide the mixture into twelve equal portions and shape them into bite - size patties. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, put the potatoes bites on the crusty plate on the high rack. Press a START/+30s button again. When the second beeps, take out the crusty plate and turn the potato bites over. Press a START/+30s button. After cooking, take out and place the potato bites on a serving platter. Top with dip, garnish with the red chili flakes and parsley and serve immediately.	

Code	Food	Serving size	Ingredients
1-28	Falafel with Chickpeas	1 person	Boiled chickpeas - 1 cup, Oil as needed, Medium onion - ½ ea, Garlic cloves - 2 ea, Chopped parsley - ¼ cup, Coriander powder - 1 tsp., Pepper powder - ¼ tsp., A pinch red chili powder, Salt as needed.
		Instructions Process together boiled chickpeas, cumin, coriander, pepper, red chilies, salt, onion, garlic, parsley and flour to a coarse mixture. Make small sized ball and flatten them like tikkies. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, put the tikkies on the crusty plate on the high rack and press a START/+30s button again. When the second beeps, take out crusty plate and turn the tikkies over and press a START/+30s button. After cooking, serve hot with chutney.	

Oven use

Code	Food	Serving size	Ingredients
1-29	Green Pea kebab	1 person	Boiled green peas shelled and boiled and mashed - ½ cup, Potatoes boiled, peeled and grated - 1 ea, Green chilies chopped - 1 ea, Ginger chopped - 1 inch, Fresh coriander leaves chopped - 1 tsp., Salt to taste, Cornflour/corn starch - 1 tbsp., Oil for greasing.
			Instructions Mix peas and potatoes. Add green chilies, ginger, coriander leaves, chaat masala and salt to taste. Add cornflour for binding. Divide the mixture into equal portions. Shape each portion into a ball and then press it between your palms to give it a flat tikki shape. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, put the tikkis on the crusty plate and place it on the high rack and press a START/+30s button again. When the second beeps, turn tikkis over. Press a button. After cooking, serve.
1-30	Soya Chunk Cutlet	1 person	Boiled soya chunks - 100 g, Milk (for cooking soya chunks) - ½ cup, Potato (boiled) - ½ ea, Breadcrumbs - 2 cups, Cornflour / corn starch - 1 tbsp., All purpose flour / Maida - 1 tbsp., Onion (chopped finely) - ½ ea, Ginger garlic paste - ½ tbsp., Chili powder - ½ tsp., Coriander powder / mallipodi - ½ tbsp., Turmeric powder / manjalpodi - ½ tsp., Cumin seeds / Jeerakam - ½ tsp., Salt to taste, Oil - ½ tbsp., Coriander leaves / cilantro chopped - 1½ tbsp.

Code	Food	Serving size	Ingredients
1-30	Soya Chunk Cutlet		Instructions Boil the soya in milk. Squeeze off the excess water with your hands and grind it and set it aside. Take boiled potatoes and put this both soya and potatoes in a mixing bowl. For making the masala, add oil, cumin seeds, ginger garlic paste, chopped onions, turmeric, chili, coriander powder and mix well with potatoes and soya. Throw in lots of coriander leaves and mix once. Add salt to the mixture and mix well. Form small portion out of it and form into round patties. Place it in a normal plate and put it in the fridge for 15 mins if you like. Mix cornflour and maida with some water and form into a thin paste. Pour this mixture to a shallow plate. Put the breadcrumbs in a plate as well. Take the cutlet and dunk it in cornflour mixture and then roll it in breadcrumbs and set aside. Finish the entire batch like this. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, put the cutlet on the crusty plate on the high rack in microwave and press a START/+30s button. When second beeps, take out the crusty plate and turn cutlets over and press a START/+30s button again. After cooking, 2 serve hot.

Code	Food	Serving size	Ingredients
1-31	Garlic Cheese Toast	1 person	Garlic bread - 2 loaf, Garlic - 10 cloves, Oil - 1 tsp., Cheese spread - 1½ tbsp., Mozzarella cheese grated - ½ cup., Black pepper powder - ½ tsp., Salt to taste.
		Instructions Cut the garlic bread loaf in ½ inch thickness. Spread the crushed garlic on each piece of bread roughly. Then apply a little oil/butter on the bread pieces. Sprinkle grated cheese on the bread pieces. Sprinkle some black pepper powder and salt. Put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, put toasts on the crusty plate on the high rack. Press a START/+30s button again. After cooking, take it out and serve with tomato sauce.	

Code	Food	Serving size	Ingredients
1-32	Garlic Paneer	1 person	Paneer - ½ cup, Large garlic clove - 3 ea, Vinegar - ½ tsp., Kashmiri red chilies - 3 ea, Sugar - ½ tsp., Salt as needed, Oil - ½ tbsp., Cumin - ¼ tsp., Chopped onion - ¼ cup, Coriander leaves for garnish.
		Instructions For sauce Blend together garlic, chilies, sugar, salt and vinegar with 1 to 2 tbsp. water. Put oil, cumin seed, chopped onion and sauce in microwave safe bowl. Put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate and put a bowl. Press a START/+30s button again. When the second beeps, take out a bowl and mix a paneer in above mixer. Put the above mixer on the crusty plate on high rack. Press a START/+30s button again. After cooking, take out it and serve.	

Oven use

2. Potatoes/Vegetables

Code	Food	Serving size	Instructions
2-1	Frozen Potato Croquettes	200-250 g 300-350 g	Distribute frozen potato croquettes evenly on the crusty plate. Set plate on low rack. Stand for 1-2 minutes.
2-2	Homemade French Fries	300-350 g 450-500 g	Use hard to medium type of potatoes and wash them. Peel potatoes and cut into sticks with a thickness of 10x10 mm. Soak in cold water (for 30 min.). Dry them with a towel, weigh them and brush with 5 g olive oil. Distribute homemade fries evenly on the crusty plate. Set plate on high rack. Stand for 1-2 minutes.
2-3	Potato Wedges	200-250 g 300-350 g 400-450 g	Wash normal sized potatoes and cut them into wedges. Brush with olive oil and spices. Put them with the cut side on the crusty plate. Set plate on high rack. Stand for 1-3 minutes.
2-4	Frozen Onion Ring	100-150 g 200-250 g	Put frozen breaded onion rings or frozen breaded squid rings evenly on the crusty plate. Set plate on low rack. Stand for 1-2 minutes.
2-5	Sliced Courgettes	200-250 g 300-350 g	Rinse and slice courgettes. Brush with 5 g olive oil and add spices. Put slices evenly on the crusty plate and set plate on high rack. Turnover after beeps sounds. Press START/+30s to continue. (The oven keeps operating if you do not turn over). Stand for 1-2 minutes.

3. Seafood

Code	Food	Serving size	Instructions
3-1	Frozen Prawns	200-250 g 300-350 g	Distribute frozen breaded prawns evenly on the crusty plate. Set plate on low rack. Stand for 1-2 minutes.
3-2	Frozen Fish Cutlets	200-250 g 300-350 g	Distribute frozen breaded fish cutlets evenly on the crusty plate. Set plate on low rack. Stand for 1-2 minutes.
3-3	Frozen Fried Squid	150-200 g 250-300 g	Distribute frozen breaded squid rings evenly on the crusty plate. Set plate on low rack. Stand for 1-2 minutes.

4. Chicken

Code	Food	Serving size	Instructions
4-1	Frozen Chicken Nuggets	200-250 g 300-350 g	Distribute frozen chicken nuggets evenly on the crusty plate. Set plate on high rack. Stand for 1-2 minutes.
4-2	Chicken Drumsticks	200-250 g 300-350 g 400-450 g	Weigh drumsticks and brush with oil and spices. Place them evenly on high rack. Turnover after beeps sounds, oven will stop process. Press START/+30s to continue. Stand for 1-3 minutes.
4-3	Chicken Wings	200-250 g 300-350 g	Weigh chicken wings and brush with oil and spices. Place them evenly on high rack. Turnover after beeps sounds, oven will stop process. Press START/+30s to continue. Stand for 1-2 minutes.

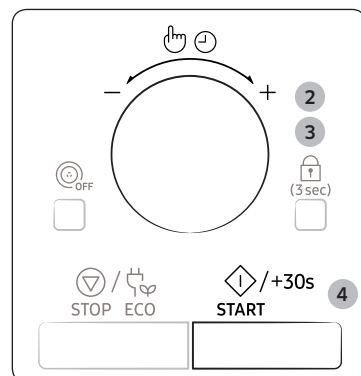
Using the indian recipe features

The 248 **Indian Recipe** features provide pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the Indian Recipe category by turning the **Multi Function Selector Dial**.

⚠ CAUTION

Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.



1. Press the **Indian Recipe** button.
2. Select the category of food by turning the **Multi Function Selector Dial** and press the **Multi Function Selector Dial**.
3. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings.
4. Press the **START/+30s** button. The food is cooked according to the pre-programmed setting selected. When it has finished.
 - 1) The oven beeps 4 times.
 - 2) The end reminder signal will beep 3 times (once every minute).
 - 3) The current time is displayed again.

Indian recipe guide

The following table presents quantities and appropriate instructions about 248 **Indian Recipe** programmes.

1. Soups/Snacks (Veggie)

Code	Food	Serving size	Ingredients
1-1	Cream of Lettuce Soup	400-500 g	Lettuce leaves - 2 cups, Onion - 2 ea (chopped), Milk - 2 cups, Plain flour - 2 tbsp., Butter - 2 tbsp., Salt, Sugar, Pepper as per your taste.
			Instructions In microwave safe glass bowl add lettuce leaves with water and cook. When the beeps, grind the stalk with some water and then put the butter, plain flour, onion, milk, salt, sugar and pepper. Mix well and press a START/+30s button. Serve hot.
1-2	Mix Vegetable Soup	400-500 g	Carrot - 1 ea (medium size, chopped), Cauliflower - 50 g (chopped), Onion - 2 tbsp. (chopped), Green peas - ¼ cup, Butter - 1 tbsp., Milk - 1 cup, Salt and pepper as per your taste, Water - 1 cup.
			Instructions In microwave safe glass bowl add 1 cup of water, carrot, cauliflower and green peas. When the beeps, grind the stalk with some water. Put the butter in a glass bowl. Add chopped onion, stalk, milk, salt and pepper. Mix well and press a START/+30s button. Serve hot.



Oven use

Code	Food	Serving size	Ingredients
1-3	Mushroom Soup	400-450 g	Potato - 1ea, Cabbage - 50 g, Onion - 1 ea (small size), Mushroom - 100 g, Tomato sauce - 2 tbsp., Oil - 2 tbsp., Water - 2 cups, Salt, Sugar, Pepper as per taste.
		Instructions Chop all vegetables. In microwave safe glass bowl put potato, cabbage, onion, 2 cups of water and cook. When the beeps, grind the stalk with some water and then add oil, chopped mushroom, salt, black pepper, sugar and tomato sauce. Mix well and press a START/+30s button. After cooking, stir well. Serve hot and garnish with grated cheese.	
1-4	Spinach Soup	400-500 g	Spinach leaves - 2 cup (chopped), Butter - 1 tbsp., Milk - ½ cup, Salt, Pepper, Nutmeg powder as per your taste.
		Instructions In microwave safe glass bowl Put spinach leaves and some water. When the beeps, blend the spinach to a smooth puree in a blender. And then add butter, the milk, salt, pepper, and nutmeg powder. Mix well and press a START/+30s button.	

Code	Food	Serving size	Ingredients
1-5	Sprouts and Vegetable Soup	700 - 800 g	Bean sprouts - 250 g (boiled), Carrot - 1 (grate), Spring onion - 2 chopped, Cabbage - 100 g (shredded), Cottage cheese - 100 g (chopped), Golden corns - 100 g, French Beans - 100 g, Corn Flour - 2½ tbsp., Vegetable stock - 3 cups, Salt and Pepper - to taste, Butter - 1 tbsp., Soy sauce - 1 tsp., Vinegar - 2 tsp.
		Instructions Mix corn flour with normal water and add to all the ingredients in a microwave safe container. Cook and serve hot.	
1-6	Sweet Corn Soup	300-350 g	Sweet corn - 200 g, Water - 1.5 cup, Oil - 1 tbsp., Corn flour - 1tbsp., Chopped onion - 2 tbsp., Green chili - 1 ea (chopped), Salt, Sugar, Pepper corns as per your taste.
		Instructions In a microwave safe bowl add crushed sweet corns with water and cook when the beeps, add all other ingredients and cook. Garnish with fresh coriander and serve hot.	



Code	Food	Serving size	Ingredients
1-7	Tom Yum Soup	300-350 g	Mushroom - 6-7 (chopped), Fresh coriander leaves a few spring, Green or fresh red chili - 3-4, Lemon grass - 4 inches stalk, Lime leaves - 4-5, Salt as per your taste, Thai red curry paste - 2 tbsp., Lemon juice - 2 tbsp., Water - 4 cups.
		Instructions In microwave safe glass bowl add 4 cups of water, lemon grass, lime leaves, 2 red or green chilli and salt. Mix well and cook. When the beeps, grind the stalk with some water and then add oil, chopped mushroom and Thai red curry paste. Serve hot with Lemon juice and red or green chili.	
1-8	Hot and Sour Soup	250-300 ml	Fresh tomato puree - 4 tbsp., Readymade tomato puree - 1 tbsp., Water - 2 cups, Seasoning cube - 1, Capsicum - 1 tbsp. (finely chopped), Cottage cheese - 1 tbsp. (finely chopped), Corn flour - 2½ tbsp., Vinegar - 1 tsp.
		Instructions Mix corn flour with normal water and add to all the ingredients except vinegar in a microwave safe glass bowl and cook. When the first beeps, stir well and cook again. When the second beeps, stir well again and cook. Serve hot with vinegar.	

Code	Food	Serving size	Ingredients
1-9	Tomato Soup	400-500 g	Tomato - 6 ea (medium size), Garlic - 7-8 Cloves, Carrot - 1 ea (small size), Celery - 1 stalk, Onion - 1 ea (medium size), Pepper corns - 5-6, Oil - 1 tbsp., Butter - 1 tbsp., Salt and sugar as per your taste, Cream - 2 tbsp. Water - 2 cups.
		Instructions Wash all vegetables. Cut tomatoes into quarters. Peel and chop garlic. Peel and cut carrots in rounds. Chop celery, slice onion and crush pepper corns. In microwave safe glass bowl put oil onion, carrot, celery and garlic. Add 2 cups of water and cook. When the beeps, let it be cool and then blend in blender. Pour them in microwave safe glass bowl and add butter, tomato puree, salt and sugar. Stir well and cook. After cook add cream and serve it hot.	
1-10	Chana Chat	200-250 g	Boiled Chana - 100 g, Boiled Potato - 1 ea, Ginger paste - 1 tbsp., Green chili paste - 1 tbsp., Oil - 1 tbsp., Salt, Red chili powder, Pepper, Garam masala, Chat Masala and Lemon juice as per taste, Muster seeds, Cumin and Asafetida for tempering.
		Instructions In microwave safe glass bowl add oil, muster seeds, cumin seeds, and asafetida and cook, When the beeps, add all other ingredients except lemon juice and cook. Mix a lemon juice and serve warm.	



Oven use

Code	Food	Serving size	Ingredients
1-11	Chili Honey Vegetables	200 g	Mix Vegetable (Carrot, Muter, Corn, Cornflower, French Beans etc : cut small pieces) - 200 g, Honey - 2 tbsp., Salt, Lemon juice, Peper powder as per your test, Water as required.
		Instructions In microwave safe bowl take vegetables and some water. When the beeps, drains water and adds honey, salt, lemon juice, pepper powder mix well and then press a START/+30s button.	
1-12	Cheese Cutlet	8 ea	Potatoes - 4 ea (boiled), Cottage cheese - 200 g, Chopped coriander - 2 tbsp., Chopped green chili - 1 tsp., Chopped onion - 1 ea, Chopped cabbage - 2 tbsp., Bread crumbs - 4 tbsp., Oil for applying, Salt as per your taste.
		Instructions Mash the potatoes very well, add all ingredients, mix it well and shape the cutlet as you wish. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Put the cutlet on the crusty plate with oil. Place it on the high rack and cook. When the second beeps, turn the pieces and press a START/+30s button.	
1-13	Potato Chaat	150-200 g	Boiled Potatoes - 2, Rock Salt - ¼ tsp., Salt - a pinch, Chaat Masala - ½ tsp., Red Chili Powder - a pinch, Lemon Juice - 1 tbsp.
		Instructions Mix all the ingredients except lemon juice and cook in crusty plate on high rack at grill mod. Serve warm with lemon juice.	

Code	Food	Serving size	Ingredients
1-14	Dhokla	200 g	Gram flour - 200 g, Warm water - 75 ml, Curd - 3 tbsp., Green chili-ginger paste - 1½ tsp., Fruit salt - 1½ tsp., Salt, Sugar as per your taste.
		Instructions Grease the microwave safe flat dish, with little oil. Mix gram flour, curd, sugar, salt, water, ginger-green chili paste, yellow color, fruit and salt together. Pour the mixture in greased dish and cook. Cut it into pieces, garnish with grated coconut and coriander and serve with sauce or chutney.	
1-15	Oat Hearts	15-16 ea	Oats - 1½ cup, Boiled Potatoes - 2, Grated Cottage Cheese - ¼ cup, Chili powder - ½ tsp., Garam Masala - ¼ tsp. Dry mango powder - 1 tsp., Salt to taste, Chopped Coriander - 2 tbsp., Grated Carrot - 2 tbs., Lemon juice - ¼ tsp.
		Instructions In a bowl add mashed potatoes and all the ingredients mix well. Make heart shaped culets and coat them with oats. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Put a mixture on greased crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, flip them and brush with oil then cook again and serve hot with ketchup.	



Code	Food	Serving size	Ingredients
1-16	Kasoori Paneer Tikka	300-350 g	Cottage cheese (paneer) - 250 grams, Green chillies - 3, Ginger, peeled - ½ inch piece, Garlic, peeled - 5 cloves, Hung yogurt - ¼ cup, Green chutney - 2 tbsp., Turmeric powder - ¼ tsp., Carom seeds (ajwain) - ½ tsp., Garam masala powder - 1 tsp., Chaat masala - 1 tsp., Kasoori methi , powder - 2 tbsp., Roasted chana dal powder - 2 tbsp., Fresh cream - ¼ cup, Salt to taste, Mustard oil - 2 tbsp., Lemon juice - 2 tbsp., Oil - 2 tbsp.
			Instructions Cut paneer into one and a half inch sized pieces. Deseed and cut green capsicums into one and a half inch sized pieces. Grind green chillies, ginger and garlic into a fine paste. Take hung yogurt in a bowl. Add green chutney, green chilli-ginger-garlic paste, turmeric powder, ajwain, garam masala powder, half of the chaat masala, kasoori methi powder, roasted chana dal powder, fresh cream, salt and mix. Add paneer cubes to the marinade and add mustard oil. Skewer the cottage cheese. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. Put a mixture on greased crusty plate and put few drops of cooking oil over the tikka. Place it on the high rack. Put them in microwave oven and press a START/+30s button again. After cooking, arrange the tikkas on a plate, sprinkle the remaining chaat masala and lemon juice and serve hot.

Code	Food	Serving size	Ingredients
1-17	Lazeez Paneer Toast	4 slices	Butter - 1½ tbsp., Brown or white bread - 4 slices, Garlic (5-6 Flakes, crushed and chopped) - 1 tsp., Leaves of Palak (Spinach + washed and shredded) - 100 g, Paneer - 150 g, Basil or Coriander -1 tbsp.(chopped), Mozzarella cheese (grated) - 5 tbsp., Salt and Pepper - each ¼ tsp., Red chili flakes as per your taste.
			Instructions Wash and shred the spinach leaves into thin ribbons. In microwave safe bowl add butter, garlic, spinach and cook with microwave 900 W for 4 min. After cooking, add grated paneer, basil, mozzarella cheese and mix well. Spread the mixer on the toast. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. Spread bread slices on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button again. After cooking, serve hot.

Oven use

Code	Food	Serving size	Ingredients
1-18	Mixed Vegetable Tikkis	5 tikkis	Boiled Mix Vegetables - 1 cup (carrots, cabbage, cauliflower, peas potatoes, cottage cheese and French beans etc), Powdered roasted peanuts - 1½ tbsp., Chopped coriander - 2 tbsp., Sugar - 1 tsp., Chilli Powder - ½ tsp., Sesame seeds - 2 tsp., Salt to taste, Bread Slices - 2
			Instructions Add all the ingredients in bowl and mash them with the help of a masher. Make 5 tikkis. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Put tikkis on the crusty plate on the high rack. Brush the remaining oil thoroughly over the tikkis. Put them in microwave oven and press a START/+30s button again. When the second beeps, flip them over and brush little oil and press a START/+30s button. After cooking, serve hot with ketchup.

Code	Food	Serving size	Ingredients
1-19	Malai Khumb	8 ea	Mushrooms - 8 pieces, Boiled Peas - 50 g, Cottage Cheese - 1 tbsp., Hung curd - 2 tbsp., Cheese spread - 1 tbsp., Ginger paste - 1 tsp., Corn Flour - 2 tbsp., Oil - 1 tbsp., Chopped coriander leaves - 2 tbsp., Garam masala - ¼ tsp., Pepper - ¼ tsp., Salt to taste.
			Instructions Hollow the mushrooms from the middle and marinate with hung curd, cheese spread, ginger paste, salt and garam masala for 15 minutes. In a bowl add cottage cheese, boiled peas, salt and black pepper. Stuff the marinated mushrooms with mixture. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. Put a mixture on greased crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. After cooking, serve hot.

Code	Food	Serving size	Ingredients
1-20	Pav Bhaji	400-500 g	Vegetables (Potato, Cauliflower, Capsicum, Green Peas, Carrot, Beans etc) - 300 g, Oil - 3 tbsp., Onion (Chopped) - 2 ea, Tomato (Chopped) - 2 ea, Pav Bhaji Masala, Ginger Garlic Paste, Red Chili Powder, Salt, Lemon juice, Butter, Hara Dhaniya, Water - As per your taste.
			Instructions In microwave safe glass bowl take all the vegetables, after that put the bowl in microwave and a start to cook. When the beeps, in another bowl add oil, ginger garlic paste, chopped onion, chopped tomato, mix well and add masala, lemon juice, smashed vegetables, salt, pav bhaji masala and water as required. Mix well and cook again. Serve hot with butter on top and warm pav.
1-21	Poha	300-350 g	Flaked Rice (Poha) -200 g, Onion-1 (chopped), Boiled Peas - ½ cup, Green chilies-2 to 3 (chopped), Curry Leaves - 5 to 6, Mustard Seeds - 1 tsp., Oil-½ tbsp., Asafetida (hing) - 1 pinch, Turmeric - ¼ tsp., Roasted Peanuts - 1 tbsp., Roasted Almonds - 1 tbsp., Pepper - 1 tsp., Salt-to taste, lemon juice as per taste.
			Instructions Wash flaked rice under running water thoroughly. Keep aside for ten minutes. In a microwave safe glass bowl add oil, mustard seeds, curry leaves and asafetida, mix well and cook, when the beeps add all other ingredients and cook. Serve hot with lemon juice and fresh coriander.

Code	Food	Serving size	Ingredients
1-22	Potato Fries	200 g	Boiled Potato fingers - 200 g, Seasoning - 1 tbsp., lemon juice - 1 tsp. (optional)
			Instructions Glaze the potato finger with oil thoroughly. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. Put the potato finger on a greased crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. After cooking, seasoned them with seasoning of your choice and serve hot with ketchup.
1-23	Veg. Shami Kebab	Serves 4	Boiled black Bengal gram - ½ cup, Boiled split Bengal gram - 1 tbsp., Chopped onion - 1 medium, Coriander powder - 1 tsp., Green chilies - 2 chopped, Chaat masala - ½ tsp., Salt to taste, Garam masala - ½ tsp., oil- 2 tbsp., Bread crumbs to coat, and Fresh coriander - 1 tbsp.
			Instructions In a bowl add boiled black bengal gram and boiled split bengal gram and mash well. then add all other ingredients, except bread crumbs. Make 4 equal sized patties and coat with bread crumbs. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Put patties on a greased crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, brush the kebabs with oil and flip them over. Press a START/+30s button. After cooking, serve hot.

Oven use

Code	Food	Serving size	Ingredients
1-24	Stuffed Dahi Kebab	Serves 4	Yogurt - 100 g, cottage cheese - 50 g, Corn flour - 2 tbsp., Salt-to taste, Green chili - 2 (chopped), Ginger - 1 tsp., Black pepper - 1 tsp., Oil - 2 tbsp., chopped raisins and almonds for stuffing.
		Instructions In a bowl add mashed cottage cheese and all other ingredients except raisins and almonds and mix well. Make medium sized balls, coat them in the remaining corn flour and give them desired shape. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Put a kebab on a greased crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, brush a little oil over the kebabs and flip. Press a START/+30s button. After cooking, serve hot.	

Code	Food	Serving size	Ingredients
1-25	Pineapple Seekh	Serves 4	Fresh pineapple - 1 (rings), Dark rum - 3 tbsp., Castor sugar - 2 tbsp., Ground ginger - 1 tsp., Unsalted butter - 4 tbsp., Salt a pinch, Oil for greasing.
		Instructions In a bowl add rum, sugar, butter, ginger and butter and mix well. Brush the mixture on both sides of pineapple rings and threads them in metal skewers. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Put a mixture on a greased crusty plate on the high rack. Put it in microwave oven and press a START/+30s button again. When the second beeps, flip over and a press a START/+30s button. After cooking, serve hot.	
1-26	Sago Hearts	Serves 4	Sabooddana (sago) - 150 g, Boiled potatoes - 3 medium, Ginger - 1 tsp. (chopped), Cumin seeds - 1 tsp., Red chilli powder - ½ tsp., Garam masala - ½ tsp., Oil - 2 tbsp., Coriander leaves - 2 tbsp., Salt to taste.
		Instructions In a bowl take, one hour soaked and strain sago and add all the ingredients and mix well. Make small balls and shape them into hearts with the help of a heart shape mould. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Put balls on a greased crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, flip and brush with oil. Press a START/+30s button. After cooking, serve hot.	

Code	Food	Serving size	Ingredients
1-27	Sesame Toast	2 ea	Bread slices - 2, Sesame seeds - 1 tbsp., Cottage cheese - ¼ cup, Basil - 1 tbsp., Salt and pepper - to taste, Butter - 1 tbsp.
		Instructions Spread the butter over the slices. Mix all the ingredients and spread over bread slices. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the beeps, take out the crusty plate. Put breads on a greased crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. After cooking, serve hot.	

Code	Food	Serving size	Ingredients
1-28	Sweet and Sour Stuffed Baskets	6 ea	Bread Slices - 6, Olive Oil - 3 tsp., Chili Flakes - ¼ tsp., Oregano - ¼ tsp., Black Pepper powder - ¼ tsp., Chaat masala - ¼ tsp., Blanched Sprouts - ¼ cup, Oil - 1 tbsp., Mustard seeds - ½ tsp., Urad Dal (split black lentils) - ½ tsp., Chana Dal (split Bengal gram) - 1 tsp., Grated Ginger - ½ tsp., Whole Kashmiri Red Chili - 2 (broken into pieces), Curry Leaves - 4 to 5, Turmeric Powder - ¼ tsp., Cooked Rice - 2½ cup, lemon juice - 1 tbsp., Salt to taste. Basket Filling Onion - ¼ cup (Fine chopped), Cucumber - ¼ cup (Fine chopped), Tamarind Sauce - 2 tbsp., Lemon Juice - ½ tsp., Salt to taste, Fresh Coriander Leaves for garnishing.
		Instructions Roll out the bread slices with a roller evenly. Make the slices thin until it gets even from all sides. Cut the bread slices in to the size of muffin moulds. In a bowl add 3 tsp. of olive oil, chili flakes, oregano, black pepper powder and chaat masala mix it well. Brush up the mixture on bread slices evenly. Place the slices in the moulds giving them the shape of basket and Place it on greased muffin tray on high rack and cook. When the beeps, turn the baskets upside down and cook again. Basket Filling In a bowl add blanched sprouts, pomegranate, onion, cucumber, lemon juice, tamarind sauce and salt to taste. Mix well, Fill the baskets with sprout and pomegranate filling and garnish with fresh coriander leaves.	



Oven use

2. Sweets/Confectionary (Veggie)

Code	Food	Serving size	Ingredients
2-1	Atta Ladoo	300-350 g	Atta - 2 cup , Ghee - 100 g , Powder Sugar - 75 g, Cardamom powder - 1 tbsp., Almonds (Chopped) - ¼ cup.
			Instructions In microwave safe glass bowl add atta, ghee, mix well and cook. When the beeps, stir well and press a START/+30s button. Stir in every 5 minutes. When cool and cardamom powder, sugar powder, mix well and make ladoo.
2-2	Besan (Bengal Gram Flour) Ladoo	300-350 g	Besan (Bengal Gram flour) - 2 cups , Ghee - 100 g, Powder Sugar - 75 g, Cardamom powder - 1 tbsp., Almonds (Chopped) - ¼ cup.
			Instructions In microwave safe glass bowl add besan and ghee, mix well and cook. When the beeps, stir well and press a START/+30s button. Stir in every 5 minutes. When cool and cardamom powder, sugar powder, mix well and make ladoo.
2-3	Kalakand	450-500 g	Grated paneer - 300 g, Condensed Milk - 200 g, Milk powder - 3 tbsp., Corn Flour - 1½ tbsp., Cardamom powder - 1 tsp., Almond pieces as per your taste.
			Instructions In microwave safe glass bowl take grated paneer, condensed milk, milk powder, corn flour, cardamom powder, mix well and cook. When the beeps, stir well and press a START/+30s button. Garnish it with almonds and when set, cut into pieces.

Code	Food	Serving size	Ingredients
2-4	Khoya Barfi	450-500 g	Grated Khoya - 300 g, Powdered sugar - 200 g, Milk powder - 2 tbsp., Saffron - ¼ tsp., Cardamom powder - 1 tsp., Almond pieces as per your taste.
			Instructions In microwave safe glass bowl take grated khoya, powdered sugar, milk powder, saffron and cardamom powder, Mix well and cook. When the beeps, stir well and press a START/+30s button. Garnish it with almonds and when set, cut into pieces.
2-5	Shahi Tukda	250-300 g	Bread slice - 4 ea, Condensed milk - 150 ml, Milk - 100 ml, Sugar - 4 tbsp., Almond - pista pieces - 4 tbsp., Saffron and cardamom powder - 1 tsp.
			Instructions Arrange bread slice on high rack and cook. When the beeps, turn slice and press a START/+30s button. After done add condensed milk, sugar, dry fruits, saffron, cardamom powder. Mix well and pour the mixture on slice. Serve hot.
2-6	Phirnee	200-250 g	Milk - 400 g, Condensed milk - 3 tbsp., Sugar powder - 150 g, Rice - ½ cup (soaked), Saffron - 5 to 6 strings, Cashew nuts - 1 tbsp., Pistachios - 1 tbsp.
			Instructions Blend the soaked rice in blender. Add everything and cook.



Code	Food	Serving size	Ingredients
2-7	Almond Payasum	300-350 g	Almonds - ½ cup, Milk - ½ lt, Sugar - ½ cup, Condensed Milk - 5 tbsp., Cardamom Powder - ¼ tsp., Nutmeg - ½ tsp., Saffron - ½ tsp.
			Instructions Soak the almonds overnight. Peel and blend them into a smooth paste. In a bowl add all the ingredients and cook.
2-8	Ras Malai	400-450 g	Milk - 400 g, Powder Sugar - 200 g, Saffron - 5 to 6 threads, White Rasgullas - 150 g, Pistachios - 2 tbsp.
			Instructions In a microwave safe bowl add milk, sugar powder, saffron and cook, when the beeps, add rasgullas and pistachios and cook. Serve cold.
2-9	Sweet Rice	400-500 g	Soaked Basamati Rice - 200 g, Water - 400 ml, Sugar - 150 g, Lemon Juice - 1 tsp., Almand - 50 g, Resins - 50 g, Cardamom Powder - 1 tsp., Yellow colour a pinch, Ghee - 2 tbsp., Saffron - ¼ tsp.
			Instructions In microwave safe glass bowl take ghee, soaked basamati rice and water. Cover and cook. When the beeps, add sugar, lemon juice, almand, resins, cardamom powder, Yellow colour, saffron and press a START/+30s button. Serve hot.

Code	Food	Serving size	Ingredients
2-10	Almond Cookies (Pistachio)	250-300 g	Refined flour - 115 g, Margarine or butter - 50 g, Powder sugar - 50 g., Cardamom powder - ¼ tsp., Nutmeg powder - ¼ tsp., Chopped almond - 1 tbsp., Chopped Pistachio - 1tbsp., Little saffron, Milk as required.
			Instructions Sieve the flour. Cream the margarine and sugar very well until light and creamy. Add the saffron, cardamom and nutmeg powder and mix very well. Add the sieved flour and make dough. Roll out the dough using a little flour. Sprinkle a few nuts and give a light final roll. Cut into desired shape. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the beeps, take out the crusty plate. Put cookies on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button again. After cooking, cool the cookies serve them.
2-11	Banana Bread	450 g	Refined flour - 225 g, Margarine - 125 g, Egg - 2 ea, Powder Sugar - 200 g, Baking Powder - ½ tsp., Soda Bicarb - 1 tsp., Riped Banana - 3 ea, Walnut - 50 g, Milk as required, Vanilla essence - 1 tsp.
			Instructions Pre-heat the oven 120 °C with the Hot-blast function. Grease and dust 10" cake tin, Sieve flour with baking powder and soda bicarb. Cream butter and sugar until light and fluffy. Beat egg separately. Add gradually to creamed mixture, beating well all the time. Add mashed banana with 1 table spoon of flour. Mix well. Fold in flour. Add chopped walnuts. Pour into a greased loaf tin. Put it into low rack. After preheating, select menu and cook.

Oven use

Code	Food	Serving size	Ingredients
2-12	Brownie	400-450 g	Refined flour - 100 g, Butter - 75 g, Egg - 2 ea, Chopped Almonds - 3 tbsp., Powder Sugar - 80 g, Baking Powder - 1 tsp., Milk - ¼ cup, Chocolate essence - 1 tsp., Cocoa powder - 2 tbsp., Water - ½ cup.
		Instructions Pre-heat the oven 140 °C with the Hot-blast function. Grease and dust 8" cake tin. Sieve flour with baking powder. Mix cocoa powder with half cup of hot water. In a bowl add powder sugar and butter and beat well. Add egg and essence and again beat well. Add almonds to Refined flour, mix well, add maida mix with butter mixture. Add cocoa solution to it and again mix well. For spoon dropping consistency add milk. Pour the mixture in a greased tin. Put it into low rack. After preheating, select menu and cook.	
2-13	Butter Sponge	450-500 g	Refined flour - 120 g, Margarine - 90 g, Egg - 2 ea, Powder Sugar - 120 g, Baking Powder - 1tsp., Milk as required, Vanilla essence - ¼ tsp.
		Instructions Pre-heat the oven 130 °C with the Hot-blast function. Grease and dust 8" cake tin. Sieve flour with baking powder thrice. Cream margarine and powdered sugar until light and fluffy. Beat egg and add to the creamed mixture little by little beating thoroughly between each addition. Fold in the shifted flour a little at a time. Adjust consistency of the batter with milk to get a dropping consistency. Put it into low rack. After preheating, select menu and cook.	

Code	Food	Serving size	Ingredients
2-14	Choco - Cashew Biscuits	250-300 g	Refined flour - 85 g, Margarine or butter - 85 g, Powder sugar - 85 g, Cashew nut powder - 85 g, Almond Essence - ¼ tsp., Cocoa - 1tbsp.
		Instructions Sieve the flour. Cream the margarine and sugar very well until light and creamy. Add the Almond essence and mix very well. Add the flour, cocoa and cashew nut mix well, chill the mixture for 10 min. Roll out and cut out with round biscuit cutter. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the beeps, take out the crusty plate. Put biscuits on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button again. After cooking, cool the biscuits. Serve them.	
2-15	Chocolate Cake	450-500 g	Refined flour - 115 g, Margarine - 55 g, Egg - 2 ea, Powder Sugar - 85 g, Baking Powder - 1 tsp., Soda Bicarb - ½ tsp., Milk as required, Cocoa powder - 2 tbsp., Chocolate essence - 1 tsp.
		Instructions Pre-heat the oven 130 °C with the Hot-blast function. Grease and dust 8" cake tin. Sieve flour with baking powder, cocoa powder and soda bicarb. Cream butter and sugar until light and fluffy. Add egg and beat in well. Add essence and fold in refined flour with sufficient milk to make a soft consistency. Pour in a greased and lined cake tin. Put it into low rack. After preheating, select menu and cook.	

Code	Food	Serving size	Ingredients
2-16	Chocolate Cookies	200-225 g	Refined flour - 115 g, Margarine or butter - 60 g, Powder sugar - 60 g, Vanilla essence - ½ tsp., Baking powder - ½ tsp., Cocoa powder - 1tbsp., Golden syrup - 1 tbsp.
		Instructions Sieve the flour with cocoa and baking powder together. Cream the margarine and sugar very well until light and creamy. Add the vanilla essence and golden syrup and beat very well. Add the flour to the mixture and mix it well. Shape the biscuit as you wish. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the beeps, take out the crusty plate. Put cookies on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button again. After cooking, cool the cookies. Serve them.	
2-17	Coconut Cookies	200-250 g	Refined flour - 85 g, Margarine or butter - 55 g, Desiccated coconut - 40 g, Powder sugar - 55 g, Water - 2 tsp.
		Instructions Cream the margarine and sugar very well until light and creamy. Add 2 tsp. of water. Sieve the flour and add to the creamy mixture. Add the desiccated coconut and mix well. Shape the biscuit as you wish. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the beeps, take out the crusty plate. Put cookies on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button again. After cooking, cool the cookies. Serve them.	

Code	Food	Serving size	Ingredients
2-18	Coconut Toffee	300-350 g	Condensed Milk - 200 g, Fresh grated coconut - 1 cup, Chopped walnut - 100 g, Ghee - 2 tbsp.
		Instructions In microwave safe glass bowl, mix the condensed milk, coconut and cook. When the beeps, add ghee and press a START/+30s button. After done add the chopped walnuts and mix well. Spread the mixture on a well greased tin. Press and level by pressing with a wet cloth. After 5 mins. mark into small pieces. Remove when cold.	
2-19	Cumin Biscuits	200 g	Refined flour - 120 g, Powder sugar - 1 tbsp., Butter - 50 g, Cumin and ajwain powder - 1 tsp. each, Soda bi carb - 1 pinch, Baking powder - ¼ tsp., Water as required.
		Instructions Sieve refined flour, baking powder and soda bi carb in a bowl, add powder sugar and butter and mix well. Add refined flour, cumin and ajwain powder and little water, make a soft dough. Roll a thick roti and cut cookies with the cutter. Prick with a fork. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the beeps, take out the crusty plate. Put biscuits on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button again. After cooking, cool the cookies. Serve them.	

Oven use

Code	Food	Serving size	Ingredients
2-20	Date and Walnut Cake	450-500 g	Refined flour - 115 g, Margarine - 90 g, Egg - 2ea, Powder Sugar - 115 g, Baking Powder - ½ tsp., Soda Bicarb - ¼ tsp., Seedless Date - 100 g, Walnut - 50 g, Milk as required, Vanilla essence - ½ tsp.
		Instructions Pre-heat the oven 160 °C with the Hot-blast function. Grease and dust 8" cake tin, Sieve flour with baking powder and soda bicarb. Cream butter and sugar until light and fluffy. Add egg and beat in well. Add essence. Fold in the flour alternating with chopped dates and walnut. Adjust consistency with milk. Put it in greased and lined cake tin. Put it into low rack. Put them in microwave oven and press a START/+30s button again. After preheating, select menu and cook.	
2-21	German Biscuits	400-450 g	Refined flour - 170 g, Butter - 115 g, Powder sugar - 60 g, Cashew nut powder - 60 g, Almond essence - ¼ tsp.
		Instructions Sieve the flour, cream butter and sugar very well until light and creamy. Add the Almond essence and beat. Add cashew nut and sieved refined flour and mix well. The mixture will form into dough. Roll into sticks and shape into a circle. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the beeps, take out the crusty plate. Put biscuits on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button again. After cooking, cool the cookies. Serve them.	

Code	Food	Serving size	Ingredients
2-22	Jam Biscuits	200-250 g	Refined flour - 115 g, Margarine or butter - 60 g, Powder sugar - 60 g, Vanilla essence - ½ tsp., Cornflour - 25 g, Salt - 1 pinch, Milk as required, Jam.
		Instructions Sieve the flour, salt and corn flour together. Rub in the margarine with finger tips. Add the sugar and mix well. Add just enough milk to make dough. Roll out the dough into about 6 mm (¼") thickness. Cut with a round biscuit cutter. In every alternate biscuit, make a hole in the centre with about 12 mm (½") nozzle. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the beeps, take out the crusty plate. Put biscuits on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button again. After cooking, make pairs of one biscuit with hole and one without and sandwich with jam.	

Code	Food	Serving size	Ingredients
2-23	Kesar Nankatai	400 g	Refined flour - 100 g, Powder sugar - 100 g, Ghee - 100 g, Semolina - 100 g, Cardamom powder - ½ tsp., Nutmeg powder - ½ tsp., Fresh curd - 1 tsp., Soda Bicarb - ¼ tsp., Saffron - ¼ tsp., Milk - 1 tsp.
			Instructions Sieve the flour. Cream the ghee and sugar very well until light and creamy. Add the cardamom and nutmeg powder and cream it again. Dissolve the saffron in a 1 tsp. of milk. Add the curd, soda bicarb and prepared saffron. Mix well. Add the flour and semolina and knead well. Make a small round. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. Put mixtures on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button. After cooking, cool the biscuits. Serve them.
2-24	Marble Cake	450-500 g	Refined flour - 150 g, Condensed Milk - 200 g, Butter - 100 g, Soda Bicarb - ½ tsp., Baking Powder - 1 tsp., Vanilla essence - 1 tsp., Cocoa Powder - 2 tbsp., Milk or water as required.
			Instructions Pre-heat the oven 130 °C with the Hot-blast function. Sieve refined flour, baking powder and soda. In a bowl add condensed milk and butter and beat well. Add refined flour, essence and mix. For spoon dropping consistency add milk or water. Divide the mixture in two parts. Add cocoa powder in one part. Put the plain batter and cocoa batter alternately in the tin. Run a spoon through the batter only once. Put it into low rack. After preheating, select menu and cook.

Code	Food	Serving size	Ingredients
2-25	Mawa Cake	400-450 g	Refined flour - 85 g, Margarine - 70 g, Egg - 2 ea, Powder Sugar - 100 g, Baking Powder - ¼ tsp., Mava - 30 g, Butter - 30 g, Cardamom powder - ¼ tsp., Nutmeg - ¼ tsp.
			Instructions Pre-heat the oven 140 °C with the Hot-blast function. Grease and dust 7" cake tin. Sieve flour with baking powder. Cream margarine, butter and powdered sugar until light and fluffy. Beat egg and add grated mava mixing will be between each addition. Fold in floursifted with baking powder and spice. Check consistency and pour into greased and lined 7" mould. Put it into low rack. After preheating, select menu and cook.
2-26	Melting Moments	200-250 g	Refined flour - 85 g, Margarine or butter - 85 g, Powder sugar - 100 g, Vanilla essence - ½ tsp., Cornflour - 25 g, Milk as required.
			Instructions Sieve the flour and cornflour together. Cream the margarine and sugar very well until light and creamy. Add the flour. If required, add a few drops of milk. Mix very well. Shape the biscuit as you wish. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. Put biscuits on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button again. After cooking, cool the biscuits. Serve them.



Oven use

Code	Food	Serving size	Ingredients
2-27	Shrewsbury Biscuits	400-450 g	Refined flour - 225 g, Margarine or butter - 100 g, Powder sugar - 85 g, Lemon essence - ¼ tsp., Egg - 1 ea, Milk as required.
		Instructions Sieve the flour. Cream the margarine and sugar very well until light and creamy. Add the egg and mix it well. Add the sieved flour. If required add a little milk to make a dough. Knead until smooth. Roll out thinly. Prick all over with a fork. Stamp into round. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the beeps, take out the crusty plate. Put biscuits on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button again. After cooking, cool the biscuits. Serve them.	
2-28	Swiss Roll	200-250 g	Refined flour - 80 g, Condensed Milk - 100 g, Butter - 50 g, Soda Bicarb - ¼ tsp., Baking Powder - ½ tsp., Milk - ½ cup, Vanilla essence - ½ tsp., Mix Fruit Jam - 2 tbsp.
		Instructions Pre-heat the oven 130 °C with the Hot-blast function. Grease and dust Square cake tin of 8", Sieve flour with baking powder and Soda. In a bowl add condensed milk and butter, beat well, add refined flour, essence and for spoon dropping consistency. Place the butter paper at the bottom of the tray and pour the batter on it. Put it into low rack. After preheating, select menu and cook. Remove this cake on another butter paper and spread mix fruit jam over it. Roll it and cut slices.	

Code	Food	Serving size	Ingredients
2-29	Victoria Sponge Cake	450 -500 g	Refined flour - 170 g, Margarine - 170 g, Egg - 3 ea, Powder Sugar - 170 g, Baking Powder - 1½ tsp., Milk - ½ cup, Vanilla essence - 1 tsp.
		Instructions Pre-heat the oven 130 °C with the Hot-blast function. Grease and dust 9" cake tin, Sieve flour with baking powder. Cream butter and sugar until light and fluffy. When the mixture is light and creamy, add the egg, one at a time, beating each time thoroughly. If the mixture curdles while adding the egg, add a little flour before adding the next egg. Finally fold the flour and add the milk until the mixture forms a dropping consistency. Add the vanilla essence. Mix well. Pour the mixture into the prepared tin. Put it into low rack. After preheating, select menu and cook.	



3. Continental (Veggie)

Code	Food	Serving size	Ingredients
3-1	Vegetable Pasta	200-250 g	Pasta - 200 g, Oil - 1 tbsp., Grated Cheese - 3 tbsp., Pasta Sauce, Spring Onion, Water as per your taste, Salt as required.
			Instructions In microwave safe bowl add pasta and water and cook. When the beeps, strain Pasta and mix with all the ingredients and then press a START/+30s button. Serve hot.
3-2	Baked Vegetables	350-400 g	Half boiled vegetables (carrot, cauliflower, French beans - cut into small pieces, sweet corn and green peas etc.) - 300 g, Plain flour - 2 tbsp., Butter - 2 tbsp., Milk - 2 cups, Water - ½ cup, Grated cheese - 5 tbsp., Salt, sugar, pepper as per your taste.
			Instructions In microwave safe glass dish take butter, vegetables, plain flour, milk, water, salt, sugar and pepper, mix well and cook. When the beeps, mix it well and spread grated cheese on it. Keep the dish on high rack and press a START/+30s button. Serve hot.
3-3	Cheese Cabbage Rice	350-400 g	Soaked rice - 1 cup, Cabbage - 50 g (chopped), Capsicum - 1 ea (chopped), corn - 50 g, Grated cheese - 100 g, chopped coriander - 2 tbsp., Water - 3 cup, Black pepper powder - ¼ tsp., Salt and Sugar as per your taste, Butter - 2 tbsp.
			Instructions In microwave safe glass bowl take butter, rice, chopped cabbage, chopped capsicum, corn, black pepper powder, salt, sugar, mix well and cook. When the beeps, add all other ingredients and press a START/+30s button.

Code	Food	Serving size	Ingredients
3-4	Vegetable Pizza	200-250 g	Pizza Base - 100 g., Pizza toping - 3 tbsp., Mixed vegetables (Tomato, Capsicum, Onion) - 1 cup, Grated Cheese - ½ cup, Chili Flakes as per your taste, Oregano for seasoning.
			Instructions Add pizza toping mixed vegetable and cheese on pizza base. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. Put a pizza on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button again. After cooking, serve with oregano and chili flakes on top.
3-5	Cheese Straw	200 g	Refined flour - 100 g, Grated cheese - 25 g, Butter-50 g, Cold water as required, Pepper powder - ¼ tsp., Baking powder - ½ tsp., Chili powder - ½ tsp., Salt - ¼ tsp.
			Instructions Sieve refined flour, pepper powder, baking powder, chilli powder, salt. In a bowl maida, butter, cheese and rub it with finger chips till it resembles bread crumbs. Add little cold water to make a soft dough. Roll it in ½ cm. roti and cut thin strips, twist them. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. Put straws on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button again. After cooking, serve hot.

Oven use



Oven use

Code	Food	Serving size	Ingredients
3-6	Corn and Potato Baked	300-350 g	Boiled sweet corn - 100 g, Boiled Potatoes - 2 ea, Finely chopped onion - 1 ea, Finely chopped green chili - 2 ea, Grated cheese - 4 tbsp., White sauce - 1 cup, Fresh cream - 2 tbsp., Butter - 2 tbsp., Salt and Pepper as per you taste.
			Instructions In microwave safe glass bowl take butter, onion, green chili and cook. When the beeps, add white sauce, chopped potatoes, sweet corn, fresh cream, salt, pepper, mix it well and sprinkle cheese. Transfer it on the crusty plate on the high rack and press a START/+30s button. Serve hot.
3-7	Macaroni Hot Pot	250-300 g	Shell Macaroni - 200 g, Chopped Onion - 2 ea, Chopped capsicum - 1 ea, Chopped Tomato - 2 ea, Chopped Garlic - 1 tsp., Red chili powder - ½ tsp., One small can baked beans - 200 g, Tomato ketchup - 6 tbsp., Grated cheese - 4 tbsp., Butter - 1 tbsp., Salt as per your taste, Oil - 1 tbsp., Water - 4 cups.
			Instructions In microwave safe glass bowl add shell macaroni, oil, water and cook. When the beeps, drain and keep a side. In another bowl add butter, salt, onion, capsicum, tomato, garlic cloves, chili powder, cheese, baked beans and press a START/+30s button. After cooking, add macaroni, mix it well and serve hot.

Code	Food	Serving size	Ingredients
3-8	Macaroni Supreme	300-350 g	Macaroni - 200 g, White sauce - 2 tsp., Chopped Parsley - 4 tbsp., Nutmeg powder - 1 pinch, Oregano - ½ tsp., Grated cheese - 50 g, Chopped tomato - 1 ea, Butter - 1 tbsp., Oil - 1 tbsp., Salt and pepper as per your taste.
			Instructions In microwave safe glass bowl add shell macaroni, oil, water and cook. When the beeps, drain and keep a side. In another bowl add butter, salt, nutmeg powder, oregano, parsley, white sauce, mix well. Add macaroni, cover with cheese and press a START/+30s button.
3-9	Mushroom Gratin	500-550 g	Mushrooms quartered (cut into 4 pieces each) - 200 g, Oil or butter - 2 tbsp., Maida (flour) - 2 tbsp., Salt - 1 tsp., Pepper - 1 tsp., Rum or sherry (optional) - 1 tsp., Cream - 100 g (½ cup), Water - ½ cup, Some chopped celery or coriander leaves for garnishing.
			Instructions In microwave safe plate butter, maida and cook. When the beeps, add all other ingredients, mix well and press a START/+30s button. Sprinkle chopped celery or coriander and serve hot.



Code	Food	Serving size	Ingredients
3-10	Noodles	150-300 g	Noodles - 0.3 kg, Oil - 3 tbsp., Vinegar - 1 tbsp., Soya Sauce - 1 tbsp., Chili Sauce - 1 tbsp., Mix vegetables - 1 cup (Cabbage, Carrot, Capsicum, French, Beans, etc.)
		Instructions In microwave safe glass bowl take pasta, water, oil and When the beeps, drain the water and keep a side. In another bowl add butter, chopped onion, chopped garlic, spinach, cream, nutmeg powder, salt, pepper powder, oregano, mix it well and press a START/+30s button. After done pasta and cheese, mix it well and serve hot.	
3-11	Noodles with Tomato and Cheese Sauce	400-450 g	Ribbon noodles - 250 g, omato sauce - ½ cup, Pizza sauce - ½ cup, Cheese sauce - 1 cup, Oil - 2 tbsp., Grated cheese - 2 tbsp., Salt, sugar and pepper as per your taste, Fresh Cream - 2 tbsp., Oregano - ½ tsp., Water - 4 cups.
		Instructions In microwave safe glass bowl take Pasta with water, oil and cook. When the beeps, drain the water and keep a side. In another bowl add butter, olive oil, pasta, cream, salt, pepper powder, oregano, cheese, pesto sauce. Mix it well and press a START/+30s button. Serve hot.	

Code	Food	Serving size	Ingredients
3-12	Nutrition Noodles	500-550 g	Boiled Rice Noodles - 200 g, Oil - 1 tbsp., Garlic paste - 2 tsp., Chopped Spring Onions - ¼ cup, French Beans - ¼ cup, Carrot Julian - ¼ cup, Sliced Mushrooms - ¼ cup, Blanched Bean Sprouts - ¼ cup, Roasted Peanuts - ¼ cup, Soya Sauce - 2 tsp., Sugar - 1 tsp., Lemon Juice - 1 tbsp., Salt to taste, Black Pepper to taste.
		Instructions Mix all in a glass bowl except lemon juice. Cook and add lemon juice to serve.	
3-13	Garlic Bread	300-400 g	Bread (French) - 3 slices, Butter - 3 tbsp., Garlic - 2 tbsp., Grated cheese - 3 tbsp., Salt, Pepper, Oregano, Chili flakes as per taste.
		Instructions Pre-heat the oven 180 °C with the Hot-blast function. Mix butter, garlic, salt, pepper, oregano and make a paste. Apply this paste on both sides of the bread and sprinkle grated cheese and chili flakes. Put these breads on the crusty plate on the low rack. After preheating, select menu and cook.	



Oven use

Code	Food	Serving size	Ingredients
3-14	Pasta	400-450 g	Penne Pasta - 200 g, Chopped onion - 2 tbsp., Chopped garlic - 2 tsp., Chopped spinach - 75 g, Cream - 1 cup, Grated cheese - 3 tbsp., Butter - 2 tbsp., Nutmeg Powder - 1 pinch, Oregano - ½ tsp., Salt and pepper as per your taste, Oil - 1 tbsp., Water - 3 cups.
			Instructions In microwave safe glass bowl take pasta, water, oil and When the beeps, drain the water and keep a side. In another bowl add butter, chopped onion, chopped garlic, spinach, cream, nutmeg powder, salt, pepper powder, oregano, mix it well and press a START/+30s button. After done pasta and cheese, mix it well and serve hot.
3-15	Pasta in Pesto Sauce	400-450 g	Fussily Pasta - 200 g, Oil - 1 tbsp., Cream - 1 cup, Grated cheese - 3 tbsp., Butter - 2 tbsp., Oregano - ½ tsp., Salt and pepper as per your taste, Olive Oil - 1 tbsp., Pesto Sauce - 4 tbsp., Water - 3 cups.
			Instructions In microwave safe glass bowl take Pasta with water, oil and cook. When the beeps, drain the water and keep a side. In another bowl add butter, olive oil, pasta, cream, salt, pepper powder, oregano, cheese, pesto sauce. Mix it well and press a START/+30s button. Serve hot.

Code	Food	Serving size	Ingredients
3-16	Potato Dumpling	200-250 g	Boiled and Grated Potatoes - 2 ea, Grated Paneer - 2 tbsp., Chopped Spinach - ½ cup, Chopped Green Chili - 1 tsp., Maida - 2-3 tbsp., Baking Powder - 1 pinch, Nutmeg Powder - 1 pinch, Salt and Pepper as per your taste, Butter - 1 tbsp., Chopped Garlic - 1 tbsp., Pizza Sauce - ½ cup, Grated Cheese - 3 tbsp.
			Instructions Mix grated potatoes, paneer, spinach, green chili, maida, baking powder, nutmeg powder, salt and pepper together and make 10-12 balls from it, place them in microwave oven steamer and cook. When the beeps, in other microwave safe bowl take butter, chopped garlic, steamed balls, cheese, pizza sauce, mix well and press a START/+30s button.
3-17	Risotto Rice	450-500 g	Basmati Rice (soaked) - 150 g, Spinach (chopped) - 100 g, Butter - 3 tbsp., Chopped onion - 2 ea, Chopped Garlic - 2 tsp., Grated cheese - 3 tbsp., Salt and Pepper as per your taste, Water - 300 ml.
			Instructions In microwave safe glass bowl take butter, onion, garlic and cook. When the beeps, add spinach (chopped) soaked rice, water, salt and pepper and mix well. Cover and press a START/+30s button. Garnish with grated cheese and serve hot.



Code	Food	Serving size	Ingredients
3-18	Sun Dried Tomato Risotto	400-500 g	Rice - 1 cup, Garlic - 2 cloves, Onion - 1 (chopped), White wine - ½ cup, Seasoning cube - 1 cup, Broccoli - 1 cup, Sun dried tomatoes - ¼ cup, Oregano - 1 tsp., Chilli Flakes - 1 tsp., Grated Cheese - ¼ cup, Cream - 4 tbsp., Butter - 2tbsp., Salt to taste.
		Instructions Add everything and cook.	
3-19	Vegetable Aa'la Kiev	550-600 g	Mix vegetable (cauliflower, peas, cabbage : cut into long pieces 18-20) - 350 g, French beans cut into 1 piece, Carrots - 2 (medium size, cut into 1 piece), Celery - 2 (chopped fine), Capsicums (cut into ¼" pieces) - 2, Milk - ½ cup, Maida - 2 tbsp., Pepper - 1 tsp., Mustard powder - 1tsp., Salt - 1tsp., Grated cheese (Amul) - 4 tbsp.
		Instructions In microwave safe glass bowl mix vegetable, cauliflower, peas, carrots, celery and French beans and add 2-3 tbsp. water, cover and cook. When the beeps, add all ingredients and press a START/+30s button. Add grated cheese. Garnish with parsley or coriander.	

Code	Food	Serving size	Ingredients
3-20	Vegetable Chowmain	400-450 g	Noodles - 200 g, Water - 2 cups, Mix Vegetables - 100 g, Soya Sauce, Chili Sauce, Viengar, Salt and Pepper as per your taste, Oil as required.
		Instructions In microwave safe glass bowl take noodles and 2 cups water and cook. When the beeps, drain all the water from it and keep noodles a side. In other microwave safe glass bowl take oil and vegetables and press a START/+30s button. After done add all ingredients with noodles mix well and serve hot.	
3-21	Vegetable in Thai Curry	500-600 g	For green paste: Green chillies - 6-8, Spring onions - 3 ea (chopped along with the green part), Lemon grass leaves - 4 (optional), Ginger - 2" piece, Coriander leaves - 3 tbsp. For main dish: Coconut milk - 1½ cups, Salt - 1½ tsp., A tiny piece of jaggery, Coriander powder - 1 tbsp., Cumin powder - 1 tbsp., Oil - 2 tbsp., Chopped mix vegetable (carrot, cabbage, peas) - 1 cup.
		Instructions In grinder prepare green paste. Churn grated one coconut in mixer. In microwave safe glass bowl add vegetables, oil and cook. When the beeps, add salt, jaggery and coconut milk. Mix well and press a START/+30s button.	

Oven use

Code	Food	Serving size	Ingredients
3-22	Vegetable O' Gratin	500-550 g	Vegetables (carrot, cauliflower, peas, French beans : cut into bite size pieces) - 300 g, Oil or butter - 2 tbsp., White sauce - 1 cup, Pepper - 1 tsp., Cream - 100 g (½ cup), Water - ½ cup, some chopped celery or coriander leaves for garnishing.
			Instructions In microwave safe bowl butter, mix vegetables, water and cook. When the beeps, add all other ingredients and press a START/+30s button. Sprinkle chopped celery or coriander and serve hot.

4. Veggies/Kebabs (Veggie)

Code	Food	Serving size	Ingredients
4-1	Aloo (Potato) Masala	450-500 g	Chopped Aloo (potato) - 300 g, Onion - 1 ea (Chopped), Tomato - 1 ea (Chopped), Ginger Garlic paste - 1 tsp., Coriander powder - 1 tsp., Cumin powder - ½ tsp., Garam Masala - ½ tsp., Oil - 2 tbsp., Red chili powder, Turmeric powder, Salt as per your taste, Chopped coriander leaves, 1 cup of water.
			Instructions In microwave safe glass bowl take oil, chopped onion, ginger garlic paste, chopped tomato, chopped potato. Mix well and cook. When the beeps, add chopped potato, powder masala, 1 cup of water, mix it well and press a START/+30s button. Garnish with coriander leaves.
4-2	Aloo Ghobi	300-400 g	Cut Potatoes - 200 g, Cut Cauliflower - 200 g, Cut Tomatoes - 100 g, Oil - 2 tbsp., Turmeric powder, Coriander powder, Red chili powder, Cumin seeds, Salt, Garam masala, Water as per your taste.
			Instructions In microwave safe glass bowl take oil, potatoes, cauliflower. Mix well and cook. When the beeps, add tomatoes, other ingredients, water and then press a START/+30s button.
4-3	Aloo Poshto	400 g	Boiled potatoes- 2 cups, Poppy seeds- 2 tbsp., Dry red chillies- 3, Turmeric powder- ¼ tsp., Oil- 2 tsp., Salt to taste.
			Instructions Add everything in microwave safe glass dish and cook.

Code	Food	Serving size	Ingredients
4-4	Aloo Methi	150-200 g	Aloo (Boiled) - 2 ea, Methi - 1 bunch, Green chilies - 2-3 ea, Oil - 2 tbsp., Salt, turmeric, Mustard seeds, Cumin as required.
		Instructions In microwave safe bowl take oil, mustar, cumin, green chilies amd cook. When the beeps, add methi leaves, turmeric, salt and mix well. Press a START/+30s button. After done, add boiled aloo and mix well.	
4-5	Corn, Simla Mirch Rice	400-500 g	Soaked Rice 200 g, Corn 50 g, Chopped Simla Mirch - 1 ea, Oil - 2 tbsp., Black cardamom - 2 or 3, Cumin seeds - ½ tsp., Onions - 2 ea (Chopped), Green chili and salt as per your taste.
		Instructions In microwave safe glass bowl take oil, black cardamom, cumin seeds, chopped onions, green chili and salt, soaked rice and cook. When the beeps, add water and salt. Mix well and cover and then press a START/+30s button.	
4-6	Dal Tadaka	400-500 g	Boiled Arhar Dal - 200 g, Water - 300 g, Oil - 2 tbsp., Cumin - 1 tbsp., green Chilies - 2-3 ea, Curry Leaves - 5-6 ea, Salt, coriander, Cumin Powder, Turmeric, Asafetida, Kasoori methi, Lemon juice as per your taste.
		Instructions In microwave safe bowl take dal, water, turmeric, asafetida. Cover and cook. When the beeps, take oil, cumin, chopped green chilies, curry leaves, salt, coriander, cumin powder, kasurimethi, lemon juice, water and then press a START/+30s button. Garnish with tomato.	

Code	Food	Serving size	Ingredients
4-7	Dosa Sabji	400-500 g	Boiled potato peeled and chop 300 g., Chopped Onion 2 Nos., Green chili salt, turmeric powder as per your taste, Oil 2 tbsp., Mustard Seeds, Cumin seeds, Curry leaves for tempering.
		Instructions In microwave safe glass bowl take oil, mustered seeds, cumin seeds, curry leaves, green chili, turmeric powder, onion and cook. When the beeps, mix it well and add chopped potato. Mix it well and press a START/+30s button. Garnish with coriander leaves.	
4-8	Vegetable Hariyali	300-320 g	Carrot - ¼ cup, French Beans - ¼ cup, Cauliflower - ¼ cup, Peas - ¼ cup, Baby Corns - ¼ cup, Coriander - ½ cup, Garlic - 1 tsp., Green Chilies - 1 tsp., Coconut Milk - ½ cup, Milk - 2 tbsp., Butter - 1 tsp., Oil - 1 tsp., Lemon Juice - ½ tsp., Salt to taste, Water- 1½ cup.
		Instructions In a bowl add vegetables and water then cook. When the beeps, add all other ingredients, mix all the ingredients except salt and lemon and cook again. Add lemon and salt at serving time.	

Oven use

Oven use

Code	Food	Serving size	Ingredients
4-9	Jeera Aloo	400-500 g	Half boiled potatoes 400 g (cut into finger chips), Cumin seeds - 1 tsp., Turmeric Power - ¼ tsp., Red Chilli Powder - 1 tsp., Oil - 2 tbsp., Salt as per your taste, Chopped Coriander Leaves - 1 tsp.
		Instructions In microwave safe glass bowl take oil, cumin seeds and cook. When the beeps, add all ingredients and then press a START/+30s button. Garnish chopped coriander and serve hot.	
4-10	Kadhi Pakoda	400-500 g	Ghee - 2 tbsp., Gram Flour - 3 tbsp., Curd - 200 g, Water - 300 ml, Salt, Cumin, Green Chili, Ginger, Curry Leaves as per your taste, Gram flour for Pakoda - 100 g, Red Chili powder, Turmeric, Ajwain, Salt as per your taste.
		Instructions In bowl add curd, gram flour, turmeric, chili and water mix well keep aside. In bowl take gram flour and add salt, ajwain, red chili powder, little oil to it and make soft dough and make small ball form it. In another microwave safe glass bowl add ghee, cumin, curry leave, dough balls, green chili, ginger. Mix well and cook. When the beeps, add kadhi mixture to prepared ball dough and then press a START/+30s button. Serve hot with rice.	

Code	Food	Serving size	Ingredients
4-11	Karela Masala	300-400 g	Karela (Cut small Pieces) - 8/10, Onion Grind - 2 ea, Tomato Puree - 2 ea, Ginger, Garlic Past - 2 tbsp., Coriander Powder, Cumin Powder, Turmeric Powder, Red chili powder, Garam Masala, Salt as per your taste, Oil- 3 tbsp., Cream - ¼ cup, Water - ½ cup.
		Instructions In microwave safe bowl take oil, onions and cook. When the beeps, add ginger garlic paste, karela pieces and all the spices, add tomato puree, half cup water, cream with cover and then press a START/+30s button. Serve hot with rice.	
4-12	Kashmiri Aloo	300-400 g	Small peeled Potato - 8/10, Onion Grind - 2 ea, Tomato Puree - 2 ea, Ginger, Garlic Paste - 2 tbsp., Coriander Powder, Cumin Powder, Turmeric Powder, Red chili powder, Garam Masala, Salt as per your taste, Oil - 3 tbsp., Cream - ¼ cup, Water - ½ cup.
		Instructions In microwave safe bowl take water, prick potatoes and cook. When the beeps, add oil, onions, ginger-garlic paste, all other ingredients and then press a START/+30s button.	

Code	Food	Serving size	Ingredients
4-13	Lazeez Bhindi	400-500 g	Bhindi (Cut into pieces) - 400 g, Onion (Chopped) - 2 ea, Tomato (Chopped) - 2 ea, Ginger Garlic Paste - 2 tbsp., Coriander Powder, Cumin Powder, Turmeric, Red Chili Powder, Garam Masala, Salt as per your taste, Oil as required, Cream - 2 tbsp.
			Instructions In microwave safe glass bowl take oil, chopped onion, ginger garlic paste and cook. When the beeps, add powder masala, chopped tomato, bhindi, salt, cream and then press a START/+30s button.
4-14	Lemon Rice	400-500 g	Soaked Rice - 150 g., Mustard seeds - ½ tsp., Urad dal - ½ tsp., Grated ginger - 1 tsp., Roasted Daria - 1 tsp., Dry red chili - 2, Curry leaves - 7-8., Turmeric powder - ½ tsp., Lemon juice - 1 tsp., Oil - 2 tbsp., Salt as per your taste, Chopped coriander - 1 tbsp., Water - 350 ml.
			Instructions In microwave safe glass bowl take oil, mustard seeds, urad dal, grated ginger, roasted daria, dry red chili, curry leaves, turmeric powder, lemon juice, salt, soaked rice and cook. When the beeps, add water and salt, mix it well, cover it and press a START/+30s button. Garnish with chopped coriander and serve hot.

Code	Food	Serving size	Ingredients
4-15	Mixed Masala Vegetables (South Indian Style)	400-500 g	Mix Vegetables (yam, custer beans, white ash guard, white pumpkin, red pumpkin, raw banana, carrots) - 400 g (peeled and cut), 2" pieces fresh coconut - 1 cup, Green Chili - 2-3 ea, Cumin - ½ tsp., Curry Leaves - 7-8 ea, Turmeric - ¼ tsp., Curd - ¼ cup, Coconut oil - 1 tsp., Salt and Sugar as per taste.
			Instructions Make paste of coconut, green chill and cumin with little water and keep aside. In microwave safe take all the vegetables with some water and cook. When the beeps, take coconut oils, curry leaves, turmeric. Mix well and press a START/+30s button. After done add curd, paste of coconut and mix well.
4-16	Mutter Paneer	400-500 g	Boiled Mutter - 100 g, Paneer - 200 g, Onions - 2 ea (paste), Tomato - 2 ea (puree), Garlic-ginger paste - 1 tsp., Oil - 2 tbsp., Red chili powder, Garam masala, Fresh Cream, Salt, Turmeric, Sugar, Kasoori methi, Coriander as per your taste, Cream - 2 tbsp.
			Instructions In microwave safe bowl add oil, onions and ginger-garlic paste and cook. When the beeps, add tomato puree, cream, salt, turmeric, sugar, boiled mutter, paneer, kasoori methi (except masala) and then press a START/+30s button.

Oven use



Oven use

Code	Food	Serving size	Ingredients
4-17	Palak Paneer	400-500 g	Palak Leaves (Spinach) (Boiled and Grinded) - 300 g, Onion (Chopped) - 2 ea, Tomato (Chopped) - 2 ea, Ginger Garlic Paste - 2 tbsp., Paneer - 150 g, Oil - 3 tbsp., Garam Masala, Coriander, Cumin Powder, Salt, Fresh Cream as per your taste.
			Instructions In microwave safe glass bowl take oil, chopped onion, ginger garlic paste and cook. When the beeps, add tomato and all the masala, palak paste, paneer and cream. Mix it well and then press a START/+30s button.
4-18	Potato Chaat	150-200 g	Boiled Potatoes - 2, Rock Salt - ¼ tsp., Salt - a pinch, Chaat Masala - ½ tsp., Red Chili Powder - a pinch, Lemon Juice - 1 tbsp.
			Instructions Mix all the ingredients except lemon juice and cook in crusty plate on high rack at grill mod. Serve warm with lemon juice.
4-19	Sambhar	400-500 g	Arhar Dal/ Red Gram - 100 g, Oil - 2 tbsp., Onion - 1 ea (Chopped), Tomato - 1 ea (Chopped), Mix vegetables (drumsticks, ghia/bottle gourd, red pumpkin, brinjal, ladies finger) - 1 cup, Mustard Seeds - 1 tsp., Asafetida - ¼ tsp., Tamarind pulp, Cumin seeds, Green chili, Sambhar masala, Salt as required.
			Instructions In microwave safe bowl dal, turmeric powder, onions, green chilies, tomatoes, mixed vegetables and add some water. Cover and cook. When the beeps, add oil, safetida, cumin, curry leaves, red chilies, sambhar masala, tamarind pulp, salt, water and then press a START/+30s button.

Code	Food	Serving size	Ingredients
4-20	Khumb Ki Subzi	200-225 g	Sliced Mushroom - 1cup, Milk - 1 tbsp., Curds - 2 tbsp., Cornflour - ½ tsp., Cloves - 2, Cardamoms - 2, Chopped green Chillies - ½ tsp., Chilli powder - ¼ tsp., Garam masala - ¼ tsp., Salt to taste, Oil - 1 tbsp.
			Instructions Add all in a bowl and cook.
4-21	Shahi Paneer	700-750 g	Cottage Cheese - 100 g, Tomato Puree - 2 tbsp., Pure Ghee - 1½ tbsp., Garam Masala - ½ tsp., Green Cardamom Powder - ¼ tsp., Cumin Seeds - ½ tsp., Salt to taste, Tomato ketchup - 2 tbsp., Fresh Cream - 1 tsp., Dry Fenugreek leaves - ¼ tsp., Water - 6 tbsp.
			Instructions Cut cottage cheese in 1 inch cubes add all the ingredients mix well, cook and serve hot with assorted Indian bread.
4-22	Steamed Vegetables	200 g	Mix Vegetable (Cauliflower, Carrot, Capsicum Muter Corn, French beans : Cut in small pieces) - 200 g, Sugar, Peper powder, Salt as per your taste, Water - 3 cups.
			Instructions In microwave safe glass bowl take vegetables and some water. Drain water and in another bowl take cooked vegetables, Sugar, Paper powder, Salt. Mix well and serve hot.



Code	Food	Serving size	Ingredients
4-23	Stuffed Tomato	200-300 g	Tomato - 4 ea, Onion Chopped) - 1 ea, Paneer - ½ cup, Coriander, Cumin Powder, Salt and Sugar as per your taste, Butter - 1 tbsp.
			Instructions Cut tomatoes and scoop out the pulp to have plain tomato cups. Grate paneer then mix coriander, cumin powder and stuff the mixture with tomatoes. In microwave safe glass bowl add butter, chopped onions, tomatoes and cook.
4-24	Tamarind Rice	500-550 g	For the Masala: Split Bengal gram - 1½ tsp. (roasted), Split Black Gram - 1½ tsp. (roasted), Coriander Seeds - 1½ tsp., Red Chilli - 3 to 4, Sesame Seeds - 2 tsp. (grind to fine powder) Other ingredients: Oil - 1 tbsp., Peanuts - ½ cup (roasted), Split Bengal Gram - ½ tsp. (roasted), Split Black gram - ½ tsp., Curry leaves - 10, Asafoetida - 1 pinch, Turmeric - ¼ tsp., Tamarind Pulp - ½ cup, Rice - 1½ cup, Salt to taste, Water - 2½ cup.
			Instructions In a microwave safe glass bowl add masala, oil, crice and cook. When the beeps, add all other ingredients and cook again. Serve hot.

Code	Food	Serving size	Ingredients
4-25	Vegetable Biryani	400-500 g	Soaked Basamati Rice 200 g, Water - 400 ml, Ghee - 2 tbsp., Cloves, Cinnamon, Black pepper, Cardamom - 2 pieces, Salt and Sugar as per your taste, Mixed vegetables (cauliflower, peas, French beans and carrot: chopped) - 1 cup.
			Instructions In microwave safe glass bowl add ghee, vegetables, all masalas and soaked basamati rice, mix it well and cook. When the beeps, add water, salt and sugar. Cover it and press a START/+30s button. Serve hot.
4-26	Sukhi Moong Dal	300-400 g	Moong dal - 150 g, Onion (chopped) - 2 ea, Water - 1 cup, Ginger garlic paste, Salt, Turmeric powder, Chili garam masala, Coriander powder, Cumin powder and pepper powder.
			Instructions In microwave safe glass bowl take oil, onion and ginger-garlic paste and cook. When the beeps, add moong dal and all other ingredients with water and press a START/+30s button.

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Code	Food	Serving size	Ingredients
4-27	Stuffed Brinjals	300-350 g	Small brinjals - 250 g, chopped Onion - 1 small, ginger garlic Paste - 1 tbsp., Red chilli powder - ½ tbsp., Coriander powder - 1 tbsp., Aamchur powder - ½ tbsp., Turmeric - ½ tbsp., Garam masal - ¼ tbsp., Oil - 2 tbsp., Tomato Puree - ¼ cup, Salt to taste Fresh coriander - 1 tbsp.
			Instructions Slit the brinjals from middle and keep aside. In a small bowl add onion, ginger garlic paste, and dry spices, mix well and stuff it in brinjals. Place the brinjals in a microwave safe glass bowl and press a START/+30s button. When the beeps, add tomato Puree, salt to taste in puree and press a START/+30s button again. After cooking, sprinkle fresh coriander.
4-28	Veggie Idli	15-20	Semolina - 100 g, Curd - 200 g, Capsicum - ¼ cup (fine chopped), Onion - ¼ cup (fine chopped), Tomatoes - ¼ cup (Fine chopped), Salt to taste, Regular Eno - 1½ tsp., Curry Leaves - 3 to 4, Mustard Seeds - ½ tsp., Oil - for greasing, Water - for steaming.
			Instructions Mix all the ingredients in a bowl, make the batter of dropping consistency. Grease the moulds and fill with batter. Pour ½ cup water in rice container and place the idli stands. Cook and serve hot with coconut chutney.

Code	Food	Serving size	Ingredients
4-29	Aloo Tikka	400-500 g	Baby Potato (peeled) - 400 g Curd - ½ cup Ginger garlic paste - ½ tbsp., Coriander powder, Cumin powder, Red chili powder, Kasoori methi, Salt and oil as per your test.
			Instructions Take peeled aloo, add curd, ginger garlic paste, other spices and salt. Mix them well and put on the crusty plate on the high rack. Sprinkle oil and cook. When the beeps, turn potato and press a START/+30s button. Serve hot.
4-30	Tofu Tikka	250 g	Tofu - 250 g, Lemon Juice -2 tbsp., Mix herbs - 2 tsp., Orange Food colour-one pinch, Salt to taste, Garlic paste - 1 tsp.
			Instructions Marinate Tofu with all the ingredients for half an hour. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the beeps, take out the crusty plate. Put a tikka on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. After cooking, serve hot.

Code	Food	Serving size	Ingredients
4-31	Harabhara Kabab	300-400 g	Boiled Potato (mashed) - 200 g, Mix vegetable (mashed) - 100 g, Ginger garlic paste - 1 tsp., Chili paste - 1 tsp., Salt, Garam masala, Oil and bread crump's as required.
			Instructions Mix all the ingredients and make cutlets in desired shape. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When first the beeps, take out the crusty plate. Put cutlets on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve with sauce.
4-32	Yam Kebabs	Serve 4	Yam - 1½ cup, Split Bengal gram - ½ cup (soaked), Ginger - 1 tsp. (chopped), Green chillies - 2 (chopped), Onion - 1 (chopped), Salt to taste, gram flour - 2 tbsp., Coriander - 2 tbsp.
			Instructions Pressure cook together yam and split bengal gram until cooked. Strain and mash in a bowl and add all the ingredients and make rolls. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When first the beeps, take out the crusty plate. Put rolls on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve hot.

Code	Food	Serving size	Ingredients
4-33	Paneer Tikka	250-300 g	Paneer - 200 g, Marinate: Hung Curd - 4 tbsp., Ginger Garlic Paste - 1½ tbsp., Red Chili Powder, Garam Masala as per your taste, Lemon Juice - 1 tbsp., Edible Red Color - 1 pinch, Oil - 1 tbsp.
			Instructions Mix all the ingredients of marinate thoroughly. Add paneer pieces and keep it for 2 hrs in a refrigerator. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When first the beeps, take out the crusty plate. Put paneer pieces with little oil on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve hot with chutney.
4-34	Stuffed Mushroom	200-250 g	Mushroom - 150 g, White sauce - 4 tbsp., Grated cheese - 2 tbsp., Salt and pepper powder as per your taste, Butter - 2 tbsp.
			Instructions In microwave safe glass bowl add butter, mushrooms and cook. When the beeps, cover the mushrooms with white sauce, sprinkle cheese, salt, pepper powder and transfer it on the high rack and press a START/+30s button.

Oven use



Oven use

Code	Food	Serving size	Ingredients
4-35	Tandoori Gobhi	250-300 g	Gobhi (Cut big flowers) - 200 g. Marinate: Hung Curd - 4 tbsp., Ginger Garlic Paste - 1½ tbsp., Red Chili Powder, Garam Masala as per your taste, Lemon Juice - 1 tbsp., Edible Red Color - 1 pinch, Oil - 1 tbsp.
		Instructions Mix all the ingredients of marinate thoroughly. Add gobhi pieces and keep it for 2 hrs in a refrigerator. Keep the pieces in the crusty plate on the high rack. Apply little oil on it and cook. When the beeps, turn the pieces and press a START/+30s button. Serve hot with chutney.	
4-36	Vegetable Kebab	8 Kababs	Boiled vegetables - Potato, Cauliflower, Carrot, Green peas - 0.1 kg, Water - 3 tbsp., Cornflour - 1-2 tbsp., Bread crumbs - 1 tbsp., Ginger - Garlic paste - ½ tsp., Chili paste - ½ tsp., Garam Masala - ¼ tsp., Lemon juice, Salt, Sugar as per your taste.
		Instructions Mix boiled vegetables and strained bengal gram, ginger-garlic paste, red chili powder, garam masala, coriander-cumin powder, salt, bread crumbs, coriander leaves together. Apply little oil to your palms and shape as desired like tikki balls and roll over with corn flour. Cutlet rolls, brush with little oil. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When first the beeps, take out the crusty plate. Put rolls on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve it with chutney and salads.	

5. Soups/Snacks (Non-Veggie)

Code	Food	Serving size	Ingredients
5-1	Chicken Chowmein Soup	400-450 g	Noodles - 200 g, Water - 2 cups, Boiled Boneless Chicken - 100 g, Soya Sauce, Chili Sauce, Vinegar, Salt and Pepper as per your taste, Oil as required.
		Instructions In microwave safe glass bowl take noodles and 2 cups water and cook. When the beeps, drain all the water from it and keep noodles a side. In other microwave safe glass bowl take oil and boneless chicken and press a START/+30s button. After done add all ingredients with noodles mix well and serve hot.	
5-2	Chicken Corn Soup	450-500 g	Boneless Chicken - 100 g, Crushed Corn - 50 g, Ginger Paste - 1 tsp., Garlic Paste - 1 tsp., Salt and Pepper Powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in ½ cup of water), Oil - 2 tbsp., Water - 300 ml.
		Instructions In microwave safe glass bowl add oil, chicken in small pieces, crushed corn, ginger paste, garlic paste, corn flour paste and water, mix it well and cook. Serve hot.	



Code	Food	Serving size	Ingredients
5-3	Chicken Hot and Sour Soup	350-400 g	Chicken - 100 g (cut into 2-3 pieces), Water - 4 cups, Salt as per your taste. Other ingredients: Oil - 1 tbsp., Crushed garlic - ¾ tsp., Red chili paste - ½ tsp., Chopped cabbage - 2 tbsp., Grated carrot - 2 tbsp., 1 Chicken soup cubes crushed, Sugar - 1 tsp., Pepper - ¼ tsp. Soya sauce - ½ tsp., Tomato ketchup - 1 tbsp., White vinegar - 1 tbsp., Corn flour (dissolve ¼ cup of water) - 4 tbsp.
		Instructions In microwave safe glass bowl take chicken, water, salt and cook. When the beeps, add all other ingredients and press a START/+30s button. Serve hot.	
5-4	Chicken in Barley Soup	600-700 g	Chicken pieces - 200 g, Barley - ½ cup, Bay leaf - 1 ea, Crushed peppercorns - 5-6 ea, Chopped onion - 1 ea, Celery stick - 2 tbsp., Butter - 2 tbsp., Salt and pepper powder as per your taste, Corn flour - 1 tbsp. (dissolve in ½ cup of water), Water - 6 cups, Chopped parsley - 1 tbsp. for garnish.
		Instructions Soak the barley in 2 cups of water for 2 hrs. In microwave safe deep glass bowl, take barley, chicken, onion and press a START/+30s button. When the beeps, add all other ingredients, mix it well and press a START/+30s button. Serve hot with chopped parsley.	

Code	Food	Serving size	Ingredients
5-5	Chicken in Noodle Soup	550-600 g	Noodles - 200 g, Boneless Chicken - 200 g, Water - 4 cups, Fresh red chilies - 2 ea (sliced), Soya sauce - 2 tbsp., Chopped onion - 1 ea, White pepper powder and salt as per your taste, Fresh basil leaves - 10-12, Chopped Coriander leaves - 2 tbsp., Chopped spring onion - 2 tbsp., Sugar as per your taste, Oil - 2 tbsp.
		Instructions In microwave safe glass bowl add chicken, onion, oil, 1 cup of water and cook. When the beeps, add all other ingredients and press a START/+30s . Serve hot, garnish with coriander leaves and spring onion.	
5-6	Chicken Mainchaw Soup	450-500 g	Boneless Chicken - 150 g, Ginger, Garlic, Green Chili - 1 tbsp. (small pieces), Salt and Pepper Powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in ½ cup of water), Vinegar - 1 tsp., Chili sauce - ½ tsp., Soya sauce - ½ tbsp., Oil - 2 tbsp., Water - 350 ml.
		Instructions In microwave safe glass bowl add oil, chicken in small pieces, ginger, garlic, green chili pieces, corn flour paste and chili sauce, soya sauce and vinegar, water, mix it well and cook. Serve hot.	



Oven use

Code	Food	Serving size	Ingredients
5-7	Chicken Shorba	300-400 g	Boneless Chicken - 100 g, Chopped Onion - 1 (medium size), Chopped Garlic - 4-5 cloves, Oil - 1 tbsp., Cumin Seeds - ½ tsp., Water - 1 cup, Coconut Milk - 1 cup, Peppercorns - 5-6, Salt as per taste, Cream - ¼ cup, Chopped Coriander Leaves - 2 tbsp.
			Instructions In microwave safe glass bowl add oil, chopped onion, garlic cloves, cumin seeds and chicken, peppercorns. Mix well and cook. When the beeps, add all the other ingredients, mix it well and press a START/+30s button.
5-8	Chicken Soup	350-400 g	Boneless Chicken - 150 g, Ginger paste - 1 tsp., Garlic paste - 1 tsp., Salt and Pepper powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in ½ cup of water), Oil - 2 tbsp., Water - 300 ml.
			Instructions In microwave safe glass bowl add oil, chicken in small pieces, ginger paste, garlic paste, corn flour paste and water, mix it well and cook. Serve hot.

Code	Food	Serving size	Ingredients
5-9	Chicken with Mushroom and Baby Corn	400-450 g	Boneless Chicken - 225 g, Sliced Mushroom - 100 g, Diagonally sliced baby corn - 100 g, Garlic Paste - 1 tsp., Ginger Paste - 1 tsp., Oil - 2 tbsp., Soya Sauce - 1 tsp., Vinegar - 1 tsp., Salt and Pepper as per your taste, Corn Flour - 2 tbsp. (dissolve with half cup of water), Ajinomoto - ¼ tsp.
			Instructions In microwave safe glass bowl take oil, ginger paste, garlic paste, chicken and cook. When the beeps, add mushroom, baby corn, all other ingredients, ½ cup of water, mix it well and press a START/+30s button. Serve hot.
5-10	Crab Soup	400-450 g	Crab - 150 g, Ginger paste - 1 tsp., Garlic paste - 1 tsp., Salt and Pepper powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in ½ cup of water), Oil - 2 tbsp., Water - 350 ml.
			Instructions In microwave safe glass bowl add oil, crab, ginger paste, garlic paste, corn flour paste and water, mix it well. Mix it well and cook. Serve hot.



Code	Food	Serving size	Ingredients
5-11	Herb Chicken Soup	350-400 g	Boneless Chicken - 150 g, Chopped Celery - 1 tbsp., Chopped Parsley - 1 tbsp., Oregano - ½ tsp., Chopped Coriander - 1 tbsp., Ginger Paste - 1 tsp., Garlic Paste - 1 tsp., Salt and Pepper powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in ½ cup of water), Oil - 2 tbsp., Water - 300 ml.
		Instructions In microwave safe glass bowl add oil, chicken in small pieces, ginger paste, garlic paste, chopped celery, chopped parsley, oregano, chopped coriander, corn flour paste and water, mix it well and cook. Serve hot.	
5-12	Mutton Soup	300-350 g	Boneless Mutton - 150 g, Ginger paste - 1 tsp., Garlic Paste - 1 tsp., Salt and Pepper powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in ½ cup of water), Oil - 2 tbsp., Water - 300 ml.
		Instructions In microwave safe glass bowl add oil, mutton in small pieces, ginger paste, garlic paste, corn flour paste and water, mix it well, cook. Serve hot.	
5-13	Sea Food Soup	300-350 g	Water - 200 ml, Prawns - 100 g, Ginger, Garlic, Green Chili - 1 tbsp. (small pieces), Salt and Pepper powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in ½ cup of water), Oil - 2 tbsp.
		Instructions In microwave safe glass bowl add oil, chicken in small pieces, ginger, garlic, green chili pieces, corn flour paste and water, mix it well and cook. Serve hot.	

Code	Food	Serving size	Ingredients
5-14	Chicken Hongkong	400-450 g	Boneless Chicken - 250 g (cut into bite size pieces), Cashew nut - 15-20, Dried broken red chilies - 6, Fresh garlic - 4-5 (chopped), Sherry - 2 tbsp., Salt and Sugar as per your taste, Oil - 2 tbsp., Ajinomoto - ½ tsp., Cornflour - 2 tsp. (dissolve in 1 cup of water).
		Instructions In microwave safe glass bowl add oil, ginger, soya sauce, sherry, ajinomoto, salt, sugar, chicken and cook. When the beeps, add broken dried red chili powder, garlic, corn flour, cashew nut, all other ingredients. Mix it well and press a START/+30s button.	
5-15	Chili Chicken	300-350 g	Boneless Chicken - 250 g, Chopped Ginger - ½ tsp., Chopped Garlic - ½ tsp., Vinegar - 1 tbsp., Soya sauce - 2 tbsp., Ajinomoto - ½ tsp., Green chili - 4-5 ea (slit length ways), One medium capsicum: cut into thin strips, One small onion - cut into ½" thin strips, Onion leaves - 2-3 (cut into long strips), Sugar - 1 tsp., Salt as per your taste, Sherry - 2 tsp., Corn Flour - 2 tsp. (dissolve in ½ of water), Oil - 2 tbsp.
		Instructions In microwave safe glass bowl mix oil, ajinomoto, ginger-garlic, chili, soya sauce and chicken and cook. When the beeps, add all ingredients and ¼ cup of water, mix it well, cover it and press a START/+30s button. Serve hot.	

Oven use

Code	Food	Serving size	Ingredients
5-16	Shami Kebab	8 ea	Chicken mince- 500 g, eggs- 2, chopped onion- 1 medium, chopped green chillies- 1 tbsp., ginger garlic paste- 1 tsp., bengal gram- 3 tbsp., red chilli powder- ½ tsp., garam masala- ½ tsp., ghee- 4 tbsp.
		Instructions Grind the mince into fine paste and add all the ingredients and make equal sized paties. Grease the crusty plate with ghee and place shami kebabs on it brush with ghee thoroughly. Place it on the high rack and cook. When the beeps, turn over and brush with ghee again and cook. Serve hot with mint chutney.	
5-17	Ginger Chicken	300-350 g	Boneless Chicken - cut into small pieces, Soya sauce - 3 tbsp., Grated Ginger - 1 tbsp., Thinly sliced Ginger - 1 tbsp., Spring onion - 3-4 (chopped with green part), Sherry - 2 tbsp., Ajinomoto - ½ tsp., Salt as per your taste, Pepper powder - 1 tsp., Corn Flour - 2 tsp. (dissolve in ½ of water), Oil - 2 tbsp.
		Instructions In microwave safe glass bowl mix oil, chicken, grated ginger, sherry, spring onion and soya sauce. Mix it well and cover it and cook. When the beeps, add salt, pepper and sliced ginger. Mix it well add corn flour paste, ¼ cup of water, mix it well and press a START/+30s button. Serve hot.	

Code	Food	Serving size	Ingredients
5-18	Kheema Ball	300-350 g	Boiled Chicken Kheema - 175 g, Boiled and Mashed Potato - 3 ea, Ginger, Garlic paste, Salt, Garam Masala, Coriander, Lemon juice as per your taste, Bengali Gram powder - 2 tbsp.
		Instructions Mix all the ingredients together. Make balls from it. Place the balls in greased microwave safe flat dish. Keep it in steamer and cook.	
5-19	Lemon Chicken	400-450 g	Boneless Chicken - 300 g, Lemon juice - 3 tbsp., Salt as per your taste, Honey - 3 tsp., Pepper powder - 1 tsp., Olive Oil - 2 tbsp., Corn Flour - 2 tbsp., Corn Flour Paste - 2 tbsp. (dissolve in ½ cup of water), Chopped Coriander leaves - 1 tbsp.
		Instructions Marinate chicken with pepper powder, salt, lemon juice and keep for one hour in refrigerator. In microwave safe bowl take olive oil, marinated chicken and mix it well, and cook. When the beeps, turn the chicken, add honey, corn flour paste and press a START/+30s button.	

Code	Food	Serving size	Ingredients
5-20	Mutton Cutlets	12-14 cutlets	SOAKED TOGETHER FOR 10 MINUTES 1 slice stale bread broken into pieces, Milk- ½ cup, Tomato ketchup- 1 tbsp., Worcestershire sauce- 1 tbsp., Fine mutton mince- 250 g, Ginger and garlic paste- 1 tsp., Crushed browned onions- 1 tsp., Chopped coriander leaves- 1 tbsp., Finely chopped green chilli- 1, Turmeric powder- ¼ tsp., Garam masala powder- ¼ tsp., Salt to taste, Oil- 3 tbsp.
			Instructions Mix all the ingredients up to salt together thoroughly using one tablespoon of the oil and keep aside for 15 minutes. Divide mixture into 6 round patties 3" x ¼ thick (or oblong cutlets). Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When first the beeps, take out the crusty plate. Brush patties with remaining oil on either side and put patties on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve hot.

Code	Food	Serving size	Ingredients
5-21	Galouti Kebab	16 kebabs	Mutton mince- ½ kg, Ginger paste- 2 tbsp., Garlic paste- 2 tbsp., Split bengal gram flour- ½ cup, Butter- 2 tbsp., Raw papaya paste- 2 tbsp., Chilli powder- 1 tsp., Cardamom powder- 1 tsp., Mace powder- ½ tsp., Butter for greasing- 2 tbsp., Salt to taste.
			Instructions Pressure cook mince and split bengal gram. Add except oil, blend in blender and mince well. Divide the mixture in 16 equal portions and shape into flat kebabs. Grease the crusty plate with thick butter and place the kebabs over it and grease the kebabs with butter grill. Place the crusty plate over high rack and grill. When the beeps, turn over and brush with butter and cook again.
5-22	Schejwan Chicken	500-550 g	Boneless Chicken - 400 g, Grind red chili - 10, Oil - 3 tbsp., Garlic paste - 1 tbsp., Garlic finely - 1 tbsp. (chopped), Tomato sauce - 4 tbsp., Vinegar - 1 tbsp., Red Chili Sauce - 2 tbsp., Soya Sauce - 1½ tbsp., Salt and Sugar as per your taste, Corn flour - 1 tbsp., Ajinomoto - ¼tsp., Orange color - 1 pinch.
			Instructions In microwave safe glass bowl add oil, chopped garlic, grind red chili and cook. When the beeps, add garlic paste and all other ingredients. Mix it well and press a START/+30s button.

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Code	Food	Serving size	Ingredients
5-23	Seekh Kebab	500 g	Chicken mince (Keema) - 500 g, Garam masala- ¼ tsp., Garlic (Lasun) paste- 1 tsp., Ginger (Adrak) paste- 1 tsp., Cashewnut (Kaju) - 2 tbsp., thick Cream (Malai) - 2 tsp., Onion (Pyaj) - 2, Carom seeds / thyme (Ajwain) - 2 tsp., Dried mango powder (Amchoor) - 2 tsp., Rock salt (Kala Namak) - 2 tsp., Cumin seed (Jeera) - 3 tbsp., Dry ginger (Saunth) - 1 tblsp, Black pepper (Kali Mirch) - 1 tsp., Nutmeg powder (Jaiphal) - ½ tsp.
			Instructions Wash the keema and put in a strainer and gently press to squeeze out all the water. Mix all the ingredients to the keema and knead well. Keep aside for 1 hour. Take a big ball of the keema mixture and hold a skewer carefully. Press the mince on to a skewer. Repeat with left over mince on all the other skewers. Place the skewers in the greased crusty plate on high rack and cook. When the beeps, turn the food over and cook again. After cooking, gently remove the kebabs from the skewers with the help of a napkin. To serve sprinkle some chaat masala and lemon juice on the kababs.
5-24	Sweet and Sour Chicken	500 g	Boneless Chicken - 500 g, Honey- ¼ cup, chilli flakes- 1 tbsp., soya sauce- 3 tbsp., Salt to taste, pepper powder- ½ tsp., vinegar- 2 tbsp., oil- 3 tbsp., ginger paste-½ tsp.
			Instructions In a bowl marinate chicken with all the ingredients and refrigerate for 1 hour. Grease a crusty plate with oil and put marinated chicken, brush thoroughly with oil, place on high rack and cook.

Code	Food	Serving size	Ingredients
5-25	Tangri Kebab	350-400 g	Chicken- 2 large leg pieces, Hung curd- ½ cup, Lemon- 1 tbsp., Garam masala powder- 1 tsp., Red chili powder- 1 tsp., Salt to taste, Ginger garlic paste- 1 tbsp., Edible orange color- A few drops, Oil- 2 tbsp.
			Instructions Clean and wash the chicken pieces and make random slits on them. Damp with kitchen towel to remove extra water. Mix all the ingredients except salt together. Rub and wrap chicken pieces in it and keep aside for an hour. Now mix in the salt. Cook the chicken on greased crusty plate with high rack and pour few drops of oil over it, cook. When the beeps, turn the food over and cook again. After cooking, sprinkle lemon juice and chat masala and serve with onion rings.

Code	Food	Serving size	Ingredients
5-26	Peanut Tikka	400-450 g	Boneless chicken- 500 g (cubed) 1st MARINADE: Lemon juice- 2 tbsp., Salt to taste, Red chilli powder- ½ tsp., Oil - 1 tbsp. 2nd MARINADE: Thick curd- 1 cup, Peanuts- 6 tbsp., Milk- 2 tbsp., Tamarind pulp- 2 tbsp., Ginger garlic paste- 2 tbsp., Salt to taste, Red chilli powder- ½ tsp. TEMPERING: Oil- 2 tbsp., Mustard seeds- 1 tsp., Cumin seeds - 1 tsp., Dry red chillies- 4, Curry patta - 15 Butter for greasing.
			Instructions Wash and pat dry chicken. Marinate the chicken in 1st marinade for ½ hour. Grind peanuts with 2 tbsp. of milk to form a paste. Prepare the tempering on gas stove and keep aside. In a bowl mix together, hung curd, ginger garlic paste, peanut paste, tamarind pulp, salt, chilli powder, tempering and chicken pieces. Grease the crusty plate with thick butter and place the chicken pieces, Put few butter flakes on each tikka. Place the peanut tikka on greased crusty plate. Place the crusty plate on high rack and cook. When the beeps, flip them over and press a START/+30s button. Serve hot.
5-27	Spicy Chicken Wings	250 g	Chicken wings- 250 g, Oil- 2 tbsp., Chicken masala- 2 tbsp., Lemon juice- 2 tbsp., Salt to taste.
			Instructions Marinate for ½ an hour and cook. Place it on greased crusty plate on high rack. When the beeps, turn the food over and cook again. After cooking, serve hot.

6. Indian Famous Variety/Kebabs (Non-Veggie)

Code	Food	Serving size	Ingredients
6-1	Badami Tangri	550-600 g	Drumsticks - 5 (500 g chicken legs) First marinade: Lemon juice - 2 tbsp., Oil - 1 tbsp., Salt - ½ tsp., Red chili powder - ½ tsp. Second Marinade: Yogurt - ½ cup, Oil - 2 tbsp., Ginger garlic paste - 2 tbsp., Almonds ground to powder - 8-10, Thick cream - ¼ cup, Corn flour - 1 tbsp., Salt - ¾ tsp., Chopped coriander - 2 tbsp., Dry fenugreek leaves - 2 tsp.
			Instructions In microwave safe glass bowl take drum stick and add 1st marinade material, mix it well and keep it in refrigerator for 1 hr. After 1 hr. take 2nd marinate and keep it in refrigerator for 1 hr. Arrange drum stick on the crusty plate. Apply little oil and place it on the high rack and cook. When the beeps, turn it and press a START/+30s button. Serve hot.
6-2	Bengali Fish Curry	400-450 g	Fish - 300 g (cut into 1½" flat pieces), Lemon juice - 1 tbsp., Salt - ½ tsp., Turmeric - ½ tsp., Oil - 4 tbsp., Chili powder - ¼ tsp., Chopped coriander - 1 tsp., Water - 1 cup Mustard paste (grind): Yellow mustard - 4 tsp., Dry red chillies deseed - 2 ea, Finely chopped onion - 1, Salt - ¼ tsp., Water to grind - 2-3 tbsp.
			Instructions In microwave safe glass bowl take oil, fish, lemon juice, chili powder, turmeric powder, salt and cook. When the beeps, add mustard paste, one cup of water. Mix it well and press a START/+30s button. Serve hot with rice.

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Code	Food	Serving size	Ingredients
6-3	Butter Keema	700-800 g	Keema - 500 g, Lemon juice - 1 tsp., Kashmiri red chilli powder - 1 tsp., Salt to taste. For marination: Yogurt - 1 cup, Salt to taste, Ginger paste - 2 tbsp., Garlic paste - 2 tbsp., Lemon juice - 2 tbsp., Garam masala powder - 1 tsp., Mustard oil - 2 tbsp. For gravy Green chilies - 2, Dried fenugreek leaves - ½ tsp., Butter - 2-3 tbsp., Bay leaves - 2, Pepper corns - 10, Cinnamon - 2" stick, Green cardamoms - 5 cloves, Ginger paste - 1 tsp., Garlic paste - 1 tbsp., Tomato puree - 2 cups, Red chili powder - 1 tbsp., Garam masala powder - ½ tsp., Salt to taste, Honey - 2 tbsp., Fresh cream - ½ cup.
			Instructions Marinate kheema with all marination ingredients and take it in refrigerator for 1 hr. In microwave safe glass bowl add marinated kheema, gravy mixture, red chili powder, salt and cook. When the beeps, add lemon juice, ¼ cup of water, mix it well and press a START/+30s button. Serve hot.

Code	Food	Serving size	Ingredients
6-4	Chettinad Prawn Curry	500 g	For the Chettinad Masala: Grated Coconut - ½ cup, Coriander Seeds - ½ tsp., Red Chilli - 1, Cardamom - 3, Fennel Seeds - 1 tsp., Cloves - 3, Cinnamon - 25 mm stick, Oil - 1 tbsp. Other Ingredients: Poppy Seeds - 1 tbsp., Broken Cashew nuts - 2 tbsp., Ginger - 25mm piece, Garlic - 6 cloves, Oil - 3 tbsp., Chopped Onion - ½ cup, Tomatoes Puree - 5 tbsp., Turmeric Powder - ½ tsp., Chilli Powder - ½ tsp., Curry leaves - 5, Prawn- 350 g, Coconut milk - ½ cup.
			Instructions For Chettinad Masala Sauté all the ingredients till you get the pleasant aroma. Keep aside. Grind into a smooth paste. In a bowl add all the ingredients and Chettinad Masala. Cook and serve hot.
6-5	Chicken Sirke Ka Pyaz	600-650 g	Boneless chicken - 500 g (1" pieces), Chopped onion - 3 ea, Vinegar - ½ cup, Black cumin - 1 tsp., Crushed cloves - 4, Cardamom Seeds crushed - 3, Chopped garlic -ginger - 1 tsp., Chopped tomato - 2 ea, Green chili - 1, Chopped mint - ¼ cup, Coriander - ¼ cup, Salt - 1 tsp., Garam masala - ½ tsp., Red chili powder - ½ tsp., Turmeric powder - ¼ tsp., Oil - 3 tsp., Cream - 2 tbsp., Water - 1 cup.
			Instructions In microwave safe glass bowl take oil, chicken, chopped onion, vinegar, black cumin, crushed cardamom seeds, chopped garlic ginger, green chili and cook. When the beeps, add all other ingredients with water. Mix it well and press a START/+30s button. Serve hot.

Code	Food	Serving size	Ingredients
6-6	Chicken Vindaloo	650-700 g	Boneless Chicken - 500 g (cut into pieces), Dry red chilies - 6-7, Vinegar - 3 tbsp., Chopped Onion - 2 ea, Garlic and ginger paste - each 1 tsp., Tomato puree - ¼ cup, Potato - 1 ea, Oil - 3 tbsp., Stick cinnamon - 2", Cumin powder - 1 tsp., Turmeric powder - ½ tsp., Salt - 1½ tsp., Water - ½ cup.
		Instructions In microwave safe glass bowl take oil, stick cinnamon, turmeric powder, garlic-ginger paste, chopped onion, chicken and cook. When the beeps, add potato, tomato puree, cumin powder and half cup of water. Mix it well and press a START/+30s button. Serve hot.	
6-7	Chicken with Sweet and Sour Vegetables	800-900 g	Boneless Chicken - 500 g, Pineapple juice - ½ cup, Baby corns (cut into lengthwise) - 3-4, Broccoli / cauliflower - 4-5, Mushrooms - 3-4 (cut into pieces), Slices of pineapple - 2 ea, Small capsicum - 1 ea (cut into pieces), Red chili paste - ½ tsp., Crushed garlic - 1½ tsp., Spring onion white - 2-3 (cut into slices), Tomato ketchup - ¼ cup, Vinegar - 3 tbsp., Ajinomoto - ¼ tsp., Sugar - 4 tsp., Soya sauce - 1 tsp., Salt to taste, Stock cube - 1 crushed, Corn flour - 4 tbsp. (mixed in ¼ cup of water.)
		Instructions In microwave safe glass bowl add 1½ cups water, pineapple juice, baby corn, florets, mushrooms and cook. When the beeps, add chicken, all other ingredients. Mix it well and press a START/+30s button. Serve hot.	

Code	Food	Serving size	Ingredients
6-8	Dum Chicken Kali Mirch	600-650 g	Chicken - 400 g (cut into 8 pieces) Marinade: Thick yogurt - ½ cup, Almonds - 8-10 (ground to powder), Ginger-garlic paste - 1 tbsp., Oil - 1 tbsp., Red chili powder - ½ tsp., Salt - ¾ tsp., Garama masala powder - ½ tsp. Other ingredients: Oil - 3 tbsp., Peppercorns - ½ tsp., Onion paste - 2 ea, Coriander powder - 1 tsp.
		Instructions In microwave safe glass bowl take oil, chicken and marinated ingredients. Mix it well and keep it in refrigerator for 1 hr. and cook. When the beeps, mix it well and press a START/+30s button. Serve hot.	
6-9	Keema Curry	350-400 g	Minced meat- 250 g, Roasted cloves- 5, Roasted cardamoms- 2 (crushed), Roasted bay leaf- 1, Oil- 4 tsp., Garlic paste- 1 tsp., Fried onion paste- 1 (finely sliced), Tomatoes- 2 (pureed), Fennel powder- 1½ tsp., Chilli powder- 1 tsp., Water- 1½ cup, Salt to taste.
		Instructions In a microwave safe glass bowl add all the ingredients. Cover with cling foil and make holes to release steam then cook.	



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Code	Food	Serving size	Ingredients
6-10	Keema Pulav	350-400 g	Keema - 200 g, Basmati Rice - 1 cup, Ghee - 4 tbsp., Cloves - 5 laung, Green cardamoms (broken) - 4, Ginger paste - 1 tbsp., Cinnamon - 1" piece, Bay leaf - 1, Onion - 1 (sliced thinly), Red chili powder - 1 tsp., Salt - 1 tsp., Garam masala - 1 tsp.
			Instructions In microwave safe glass bowl mix ghee, laung, dalchini, bay leaf, cardmoms, rice, onion and cook. When the beeps, add keema, rice, water, mix it well and press a START/+30s button. Serve hot.
6-11	Kheema Kofta	450-500 g	Keema - 250 g, Ginger-garlic paste - 1 tsp., Green chilies - 2 (chopped), Garam masala - ½ tsp., Salt - ¾ tsp., Bread-crumbs - ½ cup, Fresh coriander leaves - 2 tbsp. (chopped) For Creamy tomato sauce: Tomato puree - 1 cup, Chopped ginger - 1 tbsp., Salt - ¾ tsp., Red chili powder - ¾ tsp., Cumin powder - 1 tsp., Cream - ½ cup, Orange red colour - 1 pinch.
			Instructions In microwave safe glass bowl take kheema, ginger-garlic paste, garam masala, chopped green chilies, salt, make a kofta and cook. When the beeps, add creamy tomato sauce material, kofta and press a START/+30s button. Serve hot with coriander leaves.

Code	Food	Serving size	Ingredients
6-12	Mahi Fish Tikka	650-700 g	Surmai - 500 g (cut into pieces), Gram flour - 3 tbsp., Lemon juice - 1 tbsp. First marinade: Vinegar or lemon juice - 2 tbsp., Red chili powder - ½ tsp., Salt - ¼ tsp. Second marinade: Yogurt - ½ cup, Carom seeds - ½ tsp., Ginger-garlic paste - 2tsp., Garam masala - ½tsp., Salt - 1 tsp., Pepper - ½ tsp., Corn flour - 1 tbsp.
			Instructions In microwave safe glass bowl take fish and add 1st marinade material, mix it well and keep it in refrigerator for 1 hr. After 1 hr. take 2nd marinade and keep it in refrigerator for 1 hr. Roll out in gram flour. Arrange fish on the crusty plate. Apply little oil and place it on the high rack and cook. When the beeps, turn it and press a START/+30s button. Serve hot.
6-13	Mutton and Mushroom in Hot Tomato Sauce	700-750 g	Boneless Mutton - 500 g, Chopped mushrooms - 10-12, Chopped spring onions - 3-4, Chopped garlic - 5 cloves, Red chili (crushed) - 1 tbsp., Pepper corns - 5-6, Chopped tomato - 1 large size, Butter - 2 tbsp., Salt to taste, Tomato - ¾ cup, Honey - 2 tsp., Dried oregano - ¼ tsp.
			Instructions In microwave safe add butter, mutton, 1 cup of water and cook. When the beeps, add all other ingredients and press a START/+30s button. Serve hot.



Code	Food	Serving size	Ingredients
6-14	Mutton Egg Nets Kebab	6-8 serves	Pressure cook together: Lamb mince (keema)- 500 g, Big cardamom Seeds- 3, Cinnamon- 2" stick, Salt to taste, Garam masala- ½ tsp. Grind to a paste: Chopped capsicum- 2, Raw papaya paste- 1 tbsp., Chilli powder- 1 tsp., Coriander seeds- 2 tsp., Cumin seeds- 2 tsp., Ginger- 1" piece, Garlic- 5 to 6 cloves, Thick cream- 2 tbsp., Eggs- 2, Salt and pepper- to taste, Maida- 2 tsp., Oil- 2 tbsp.
		Instructions In a cooker add keema, cinnamon, cardamom seeds, salt and garam masala and 4 cups water. Pressure cook till 5 to 6 whistles. Open and dry out the water completely. Blend the mince into smooth paste and keep aside. Grind all the paste ingredients in a blender, strain and reserve the capsicum liquid. In paste add mince and again grind it to get a sticky consistency. Make flat tiikis of the mixture and refrigerate for 30 minutes. Add all-purpose flour in the capsicum liquid and coat the tikkis with it. Place the tikkis over a greased crusty plate and put it on the high rack and pure 2 tbsp. oil over them thoroughly. Put them in microwave oven and cook again. After cooking, serve hot with mint chutney.	

Code	Food	Serving size	Ingredients
6-15	Mutton Jalfraizee	400-450 g	Lamb steaks- 500 g, Tomato puree-1 cup, Brown Onion paste- ½ cup, Chillies- 4, Curry powder- 1 tsp., Chilly powder- ½ tsp., Garlic flakes- 5, Ginger- 2 inch, Chopped coriander leaves- 2 tbsp., Garam masala (hot spice mix)- ½ tsp., Cumin seeds- ½ tbsp., Cardamoms seeds only- 3, Green pepper- 1, Oil- 3 tbsp., Salt to taste, Water- ½ cup.
		Instructions Take a small bowl and add the curry powder and chilli powder and a little water and make a paste. In a microwave safe glass bowl add all the ingredients and mix well. Pre-heat the oven 160 °C with the Hot-blast function. Cover the bowl with silver foil properly and place the bowl then cook.	
6-16	Mutton Kurma	800-850 g	Boneless Mutton - 600 g, Cashewnuts - ½, chopped Green chillies - 2-3, Fresh coriander leaves - 1 few sprigs, Yogurt - 1 cup, Ginger garlic paste - 2 tsp., Red chili powder - 1 tsp., Coriander powder - 2 tsp., Salt to taste, Oil - 2 tbsp., Bay leaf - 1, Cloves - 4-5, Green cardamom - 4-5, Green cardamoms - 4-5, Garam masala powder - 1 tsp., White pepper powder - ¼ tsp., Fresh cream - ½ cup.
		Instructions In microwave safe glass bowl add oil, boneless mutton, green chili, cloves, green cardamom, garama masala, white pepper powder, ginger-garlic paste, 1 cup of water and cook. When the beeps, add all other ingredients, mix it well and press a START/+30s button.	

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Code	Food	Serving size	Ingredients
6-17	Mutton Malai	650-700 g	Keema - 500 g, Ginger paste - 1 tbsp., Green chilies finely - 3-4 (chopped), Garam masala - 1 tsp., Bread slices - 3, Egg - 1, Salt - 1¼ tsp., Fresh coriander leaves - ¼ cup (chopped), coriander-for garnishing. For tomato sauce: tomatoes - 5 ea, Ginger - 2½", Salt - 1 tsp., Red chili powder - 1 tsp., Cumin powder - 1 tsp., Cream - 1 cup, Orange red colour - 1 pinch.
			Instructions Mix tomato sauce, cream and orange colour and keep aside. To make koftas, soak bread in water, squeeze and crumble. Mix all ingredients of kofta with bread and make into balls and cook. When the beeps, put koftas in sauce mixture and press a START/+30s button.
6-18	Mutton Mint Shorba	550-600 g	Boneless Mutton - 300 g (cut into pieces), Mint leaves - 25-30 (rawly chopped), Olive oil - 1 tbsp., Cumin seed powder - 1 tsp., Chopped onion - 1 ea, Chopped garlic - 1 tsp., Red chili flakes - ¼ tsp., Cinnamon powder - ½ tsp., Green cardamom - 1 ea, Chopped tomato - 2 ea, Salt and pepper powder as per your taste, Coconut milk - ½ cup, Water - 4 cups.
			Instructions In microwave safe glass bowl add boneless mutton, olive oil, tomato, onion and cook. When the beeps, add all other ingredients and press a START/+30s button. Serve hot.

Code	Food	Serving size	Ingredients
6-19	Mutton Mirchi	800-900 g	Boneless Mutton - 600 g, Cashewnuts - ½ cup, Green chillies - 2-3, Fresh coriander leaves - 1 few springs, Yogurt - 1 cup, Ginger-garlic paste - 2 tsp.s., Red chilli powder - 1 tsp., Coriander powder - 2 tsp., Salt to taste, Oil - 2 tbsp., Bay leaf - 1, Cloves - 4-5, Green cardamoms - 4-5, Garam masala powder - 1 tsp., White pepper powder - ¼ tsp., Fresh cream - ½ cup.
			Instructions Make a paste of green chili, coriander and spring onion. In microwave safe glass bowl add oil, boneless mutton, green paste, ½ cup of water and cook. When the beeps, add all other ingredients and press a START/+30s button.
6-20	Mutton Tetrazini	500-550 g	Mutton - 250 g, Spaghetti - 100 g, Oil - 2 tbsp., Green capsicum - 1 small sized, Red capsicum - 1 small sized, Yellow capsicum - 1 small sized, Mushrooms - 4-5, Onion - 1 large sized, Garlic - 5-6 cloves, Basil Leaves - 5-6, Tomatoes - 4 medium size, Olive oil - 4 tbsp., Pepper powder - ½ tsp., Salt to taste, Grated Cheese - ½ cup.
			Instructions In microwave safe bowl mix oil, salt, mutton, 1 cup of water, cover it and cook. When the beeps, add chopped capsicum, mushroom, onion, garlic, basil, tomato, pepper powder, salt, grated cheese and press a START/+30s button. Serve hot.

Code	Food	Serving size	Ingredients
6-21	Prawns in Thai Red Curry Sauce	350 g	Prawns - 250 g, Oil - 2 tbsp., Lemon - 1 tsp., Soy sauce - 1 tsp., Grind coconut - 1 cup, Fresh basil leaves - 6-8 For red curry paste: Onion - 1 medium size, Garlic - 4 cloves, Red chillies whole - 8-10, Lemon grass stalk - 4" piece, Coriander seeds - 2 tsp., Cumin seeds - 1 tsp., Pepper corns - 6, Salt to taste.
		Instructions In microwave safe glass bowl take oil, ginger garlic, prawns, basil leaves and cook. When the beeps, add coconut, red curry paste. Mix it well and press a START/+30s button. Serve hot.	
6-22	Schejwan Prawns	450-500 g	Prawns - 200 g, Red chili paste - 2 tbsp., Tomato sauce - 4 tbsp., Soya sauce - 1 tbsp., Ajinomoto - ¼ tsp., Sugar - 2 tsp., Salt as per your taste, Water - 1 cup, Oil - 2 tbsp., Pepper powder - ¼ tsp., 1" ginger chopped, Garlic - 5-6 (chopped), Green chili - 1 tsp., Spring onion - 2 tbsp. (chopped), Water - ½ cup, Corn flour - 2 tbsp. (dissolve in 1 cup water), Vinegar - 1 tbsp.
		Instructions In microwave safe glass bowl take prawns, ginger, garlic, green chili, water and cook. When the beeps, add all other ingredients. Mix it well and press a START/+30s button.	

Code	Food	Serving size	Ingredients
6-23	Chicken Kheema Cutlet	350-400 g	Boiled Kheema - 250 g, Boiled potato - 2 ea, Bread crumbs - 1 cup, Oil - 2 tbsp., Red chili powder - 1 tsp., Turmeric powder - 1 tsp., Ginger-garlic paste - 1 tsp., Salt as per your taste, Garam Masala - 1 tsp., Coriander leaves - 2 tbsp.
		Instructions In bowl take chicken kheema, all other ingredients except oil and mix well. Make cutlets. Put them on the crusty plate, put some oil around the cutlets. Keep this on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Garnish with coriander leaves. Serve hot.	
6-24	Chicken Malai Kabab	400-450 g	Boneless chicken - 300 g, Garlic paste - 1 tsp., Anissed powder - 1 tsp., Dry mango powder - 1 tsp., Red chili powder - 1 tsp., Cream - 4 tbsp., Oil - 2 tbsp., Salt as per your taste, Coriander leaves - 1 tbsp.
		Instructions Place chicken in a bowl. Add all the ingredients and mix well. Let it marinate for 2 hrs. at refrigerator. Place kabab on the crusty plate on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Garnish with coriander leaves. Serve hot.	



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Code	Food	Serving size	Ingredients
6-25	Chicken Tikka	400-450 g	Boneless chicken - 400 g, Thick yogurt - ½ cup, Chat Masala - 1 tsp., Ginger-garlic paste - each 1 tsp., Orange red colour - 1 pinch, Oil - 2 tbsp., Semolina - 2 tbsp., Red chili powder - 1 tsp., Salt as per your taste, Coriander leaves - 2 tbsp.
			Instructions Marinate chicken with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well and keep it in refrigerator for ½ hr. Roll it in semolina. Put on the crusty plate on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Garnish with coriander leaves. Serve hot.
6-26	Coconut Fish Kabab	400-500 g	Fish (pomfret) - 400 g (cut into pieces), Ginger-garlic paste - each 1 tsp., Pepper powder - ½ tsp., Cumin powder - ½ tsp., Lemon juice - 2 tbsp., Corn flour - 1 tsp., Powdered coconut (desiccated coconut) - 4 tbsp., Salt as per your taste.
			Instructions In a bowl add fish pieces and all other ingredients except coconut. Mix well, let it marinate for 2-3 hrs. at room temperature. Pick fish pieces one by one and roll into the coconut so that fully coated with it. Place fish on the crusty plate on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Garnish with coriander leaves. Serve hot.

Code	Food	Serving size	Ingredients
6-27	Fish Cutlet	350-400 g	Fish fillet - 250 g, Boiled potato - 2 ea, Bread crumbs - 1 cup, Oil - 2 tbsp., Red chili powder - 1 tsp., Turmeric powder - 1 tsp., Ginger-garlic paste - 1 tsp., Salt as per your taste, Garam Masala - 1 tsp., Coriander leaves - 2 tbsp.
			Instructions In bowl take fish fillet, all other ingredients except oil and mix well. Make cutlets. Put them on the crusty plate, put some oil around the cutlets. Put this on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Garnish with coriander leaves. Serve hot.
6-28	Fish Malai Kabab	400-450 g	Fish fillet - 300 g, Garlic paste - 1 tsp., Anisid powder - 1 tsp., Dry mango powder - 1 tsp., Red chili powder - 1 tsp., Cream - 4 tbsp., Oil - 2 tbsp., Salt as per your taste, Coriander leaves - 1 tbsp.
			Instructions Place fish in a bowl. Add all the ingredients and mix well. Let it marinate for 2 hrs. at refrigerator. Place kabab on the crusty plate on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Garnish with coriander leaves. Serve hot.



Code	Food	Serving size	Ingredients
6-29	Fish Tikka	500 g	Fish (pomfret) - 400 g, Thick yogurt - ½ cup, Chat Masala - 1 tsp., Ginger-garlic paste - each 1 tsp., Orange red colour - 1 pinch, Oil - 2 tbsp., Semolina - 2 tbsp., Red chili powder - 1 tsp., Salt as per your taste, Coriander leaves - 2 tbsp.
		Instructions Marinate fish slice with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well and keep it in refrigerator for ½ hr. Roll it in semolina. Put them on the crusty plate on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Garnish with coriander leaves. Serve hot.	
6-30	Fish Tikka Achari	450-500 g	Surmai fillets - 300 g (cut into 2" pieces), Lemon juice - 2 tbsp., Ginger-garlic paste - 1 tsp. each, Turmeric powder - ½ tsp., Kashmiri red chili powder - 2 tsp., Mustard seed powder - 1 tsp., Onion seeds powder - 1 tsp., Fenugreek seed powder - ½ tsp., Black salt - ½ tsp., Mustard oil - 2 tbsp., Yogurt whisked - 1 cup, Butter - 2 tbsp.
		Instructions Place the fish in a bowl, add salt, lemon juice, ginger-garlic paste, turmeric powder, chili powder, mustard seed powder, fenugreek seed powder, onion seed powder, mix it well and take it refrigerator for 2 hrs. Arrange the fish pieces and brush the oil on the crusty plate, put it on the high rack and cook. When the beeps, turn the pieces, apply little oil and press a START/+30s button. Serve hot.	

Code	Food	Serving size	Ingredients
6-31	Goanese Fish Kabab	400-500 g	Surmai (Goanese fish) - 300 g (cut into pieces), Tamarind juice - 2 tbsp., Red chili powder - 1 tsp., Turmeric powder - ½ tsp., Cumin powder - ½ tsp., Coconut oil - 1 tbsp., Rice flour - 1 tbsp., Chopped peppercorn - 1 tsp., Salt as per your taste, Coriander leaves - 1 tbsp.
		Instructions Place fish in a bowl. Add all the ingredients and mix well. Let it marinate for 1 hr. at refrigerator. Place kabab on the crusty plate on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Garnish with coriander leaves. Serve hot.	
6-32	Green Masala Pomfert	400 g	Fish (pomfert) - 400 g, Ginger-garlic paste 1 tsp. each. Oil - 2 tbsp., Semolina - 2 tbsp., Salt as per your taste, Coriander leaves - 2 tbsp. For green paste: Fresh coconut - 1 cup, Coriander leaves - 4. tbsp., Green chili - 2-3, Cumin seeds - 1 tsp., Garlic - 10-12 cloves, Lemon juice - 1 tbsp., Salt and Sugar as per your taste, Make a fine paste of it.
		Instructions Make the slice of the fish. Apply the green paste all over the fish. Roll out fish in semolina. Put on the crusty plate on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Garnish with coriander leaves. Serve hot.	

Oven use

Code	Food	Serving size	Ingredients
6-33	Kheema Cutlet	350-400 g	Boiled Kheema - 250 g, Boiled potato - 2 ea, Bread crumbs - 1 cup, Oil - 2 tbsp., Red chili powder - 1 tsp., Turmeric powder - 1 tsp., Ginger-garlic paste - 1 tsp., Salt as per your taste, Garam Masala - 1 tsp., Coriander leaves - 2 tbsp.
			Instructions In bowl take kheema and all other ingredients except oil and mix well. Make cutlets. Put them on the crusty plate, add some oil around the cutlets. Put them on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Garnish with coriander leaves. Serve hot.
6-34	Mutton Tikka	400-450 g	Mutton (cut into pieces) - 400 g, Thick yogurt - ½ cup, Chat Masala - 1 tsp., Ginger-garlic paste - 1 tsp. each, Orange red colour - 1 pinch, Oil - 2 tbsp., Semolina - 2 tbsp., Red chili powder - 1 tsp., Salt as per your taste, Coriander leaves - 2 tbsp.
			Instructions Marinate mutton with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well and keep it in refrigerator for ½ hr. Roll it in semolina. Keep on the crusty plate on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Garnish with coriander leaves. Serve hot.

Code	Food	Serving size	Ingredients
6-35	Saucy Kabab	500-550 g	Boiled Kheema - 500 g, Ginger-garlic-green chili paste - 1 tsp. each, Chopped onion - 1 ea, Red chili powder - 1 tsp., Cumin powder - ½ tsp., Garam Masala - 1 tsp., Salt as per your taste, Corn flour - 2 tbsp. For sauce: Mix vinegar - 1 tsp., Soya sauce - 1 tsp., Tomato sauce - 2 tbsp., Chili sauce - 1 tbsp.
			Instructions Mix kheema, all other ingredients and shape into kabab as you wish. Apply little oil, place this on the crusty plate on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Coat kabab with sauce. Serve hot.
6-36	Sesame Chicken	400-500 g	Boneless chicken - 400 g (cut into pieces), Dry mango powder - 1 tsp., Red chili powder - 1 tsp., Turmeric powder - ½ tsp., Garam Masala - 1 tsp., Ginger-garlic paste - 1 tsp. each, Coconut oil - 2 tbsp., Rice flour - 1 tsp., Salt as per your taste, Sesame seeds - 4-5, Coriander leaves - 1 tbsp.
			Instructions In a bowl add chicken, all the other ingredients except sesame seeds and mix well, let marinate for 2 hrs. at room temperature. Lift one piece at a time, roll in sesame seed so that it is fully covered. Place fish on the crusty plate on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Garnish with coriander leaves. Serve hot.

Code	Food	Serving size	Ingredients
6-37	Sesame Fish (Goanese Recipe)	400-500 g	Surmai (Goanese fish) - 400 g (cut into pieces), Dry mango powder - 1 tsp., Red chili powder - 1 tsp., Turmeric powder - ½ tsp., Garam Masala - 1 tsp., Ginger-garlic paste - each 1 tsp., Coconut oil - 2 tbsp., Rice flour - 1 tbsp., Salt as per your taste, Sesame seeds - 4-5, Coriander leaves - 1 tbsp.
		Instructions In a bowl add fish and all the other ingredients except sesame seeds and mix well and let marinate for 2 hrs. at room temperature. Lift one piece at a time and roll in sesame seed so that it is fully covered. Place fish on the crusty plate on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Garnish with coriander leaves. Serve hot.	

7. Indian Special Chicken Dishes (Non-Veggie)

Code	Food	Serving size	Ingredients
7-1	Butter Chicken	500-550 g	Boneless Chicken - 400 g, Lemon juice - 1 tbsp., Kashmiri red chili powder - 1 tsp., Salt and sugar - as per your taste, Butter - 4 tbsp., Ginger-garlic paste - 2 tbsp., Garam Masala - 1 tsp., Yogurt - ½ cup, Dried fenugreek leaves - 1 tsp., Mustard oil - 2 tsp., fried onion paste - 1 cup, Tomato puree - ½ cup, Chopped coriander - 1 tbsp., Fresh cream - ½ cup and orange-red color - 1 pinch.
		Instructions Marinate chicken with yogurt, oil, lemon juice, ginger garlic paste and place it in refrigerator for 1 hr. In microwave safe glass bowl add butter, onion paste, chicken and cook. When the beeps, add all other ingredients, mix it well and cover it and press a START/+30s button. Garnish with chopped coriander.	

Oven use

Code	Food	Serving size	Ingredients
7-2	Chicken Chettinad	700-800 g	Chicken - 500 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp., Tomato puree - ½ cup, Red chili powder - ½ tsp., Chopped onion - 2 ea, Coconut Oil - 3 tbsp., Curry leaves - 10-12, Freshly Crushed pepper - 2 tsp., Chopped Coriander powder - 1 tsp., Garam masala - 1 tsp., Water - 2 cups, Yogurt - ½ cup.
			Instructions Marinate chicken with yogurt, ginger-garlic paste, pepper corns, salt and keep in refrigerator for 1 hr. In microwave safe glass bowl add coconut oil, chopped onion, garam masala and marinated chicken. Mix well and cook. When the beeps, add all other ingredients mix it well and press a START/+30s button. Garnish with coriander leaves. Serve hot.
7-3	Chicken Dil Bahar	600-700 g	Chicken - 500 g (cut into pieces of your choice), Chopped onion - 2 ea, Garlic paste - 1 tsp., Oil - 4 tbsp., Chopped green chili - 2-3, Chopped Almond paste - 2 tbsp., Garam Masala - 1 tsp., Milk - 1 cup, Chopped coriander - 1 tbsp., Water - ½ cup, Salt as per your taste.
			Instructions In microwave safe glass take oil, onion, garlic paste, green chili, chicken. Mix it well and cook. When the beeps, add all other ingredients ½ cup of water, cover it and press a START/+30s button. Garnish with coriander leaves.

Code	Food	Serving size	Ingredients
7-4	Chicken Jafrani	600-700 g	Chicken - 500 g (cut into long pieces), Yogurt - ½ cup, Lemon juice - 2 tbsp., Cream - ½ cup, Salt as per your taste, Garam Masala - 1 tsp., Coriander powder - 1 tsp., Cumin powder - 1 tsp., Saffron - ¼ tsp., Chopped coriander - 1 tsp. for garnish.
			Instructions Beat well yogurt, cream and lemon juice and add all other ingredients. Marinate chicken and put it in refrigerator for 2 hrs. In microwave safe glass bowl add marinated chicken, cover it and cook. After cooking, serve hot.
7-5	Chicken Jalfreji	500-600 g	Chicken - 500 g (medium size pieces), Onion - 1 (chopped), Garlic - 4-5 flakes, Tomato Puree - 4 ea, Grated Ginger - 1 tsp., Garam Masala - 1 tsp., Cumin Powder - 1 tsp., Red Chili Powder - 1 tsp., Lemon Juice - ½ tsp., Turmeric powder - 1 tsp., Oil - 3 tbsp., Capsicum - 1 ea, Cream - 1 cup.
			Instructions In microwave safe glass bowl add oil, onion, ginger, garlic, haldi, chicken and add capsicum and all other ingredients, all spices and lemon juice except cream. Mix well. Put them on the crusty plate on the high rack and cook. When the beeps, stir well and cook again. After cooking, add cream, mix it well and serve hot.

Code	Food	Serving size	Ingredients
7-6	Chicken Korma	500-550 g	Chicken - 450 g, Cashew nut powder - 2 tbsp., Ginger-garlic and green chili paste - 2 tbsp., Yogurt - ½ cup, Red chili powder - 1 tsp., Coriander powder - 2 tsp., Oil - 3 tbsp., Salt - as per your taste, Fresh cream - ½ cup, Garam Masala Powder - 1 tsp., Turmeric powder - 1 tsp., Chopped Coriander leaves.
			Instructions Beat yogurt with ginger-garlic and green chili paste, red chili powder, coriander powder and salt. Marinate chicken in this mixture for one hour. Take it in refrigerator. In microwave safe glass bowl take oil, marinated chicken and cook. When the beeps, mix cashew nut paste, garam masala powder and press a START/+30s button. Mix it well and serve hot. Garnish it with chopped coriander leaves.
7-7	Chicken Makhani	600-700 g	Chicken - 600 g (cut into pieces of your choice), brown onion paste - ¼ cup, Ginger paste - 1 tsp., Garlic paste - 1 tsp., Tomato puree - ½ cup, Garam Masala - 1 tsp., Coriander powder - 1 tsp., Cumin powder - 1 tsp., Chili powder - 1 tsp., Turmeric powder - 1 tsp., Dried Fenugreek leaves - 1 tsp., Cashew nut powder - 4 tbsp., Cream - ½ cup, Oil - 4 tbsp., Orange-red colour - 1 pinch, Chopped coriander leaves.
			Instructions In microwave safe glass bowl take oil, ginger-garlic paste, onion paste, turmeric, chili powder, chicken and cook. When the beeps, add all other ingredients, 1 cup of water. Cover it and press a START/+30s button. Garnish with coriander leaves.

Code	Food	Serving size	Ingredients
7-8	Chicken Masala	500-600 g	Chicken - 400 g (cut into pieces of your choice), Chopped onion - 3 ea, Chopped tomato - 3 ea, Ginger-garlic paste - each 1 tsp., Turmeric, Red chili powder - each 1 tsp., Garam Masala - 1 tsp., Oil - 2 tbsp., Salt as per your taste, Chopped coriander, Water - 1 cup.
			Instructions In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder, turmeric powder and cook. When the beeps, add 1 cup water, all other ingredients, mix it well and press a START/+30s button. Garnish with coriander leaves and serve hot.
7-9	Chicken Mushroom with Tomato	500-600 g	Boneless Chicken - 450 g, Chopped Mushroom - 8-10, Spring onion - 3-4, Finley chopped Garlic - 5-6, Chopped red chili - 1 tbsp., Pepper powder - ¼ tsp., Tomato puree - ½ cup, Honey - 2 tsp., Oregano - ¼ tsp., Butter - 2 tbsp., Salt as per your taste.
			Instructions In microwave safe glass bowl take oil, garlic, chicken, salt and cook. When the beeps, add mushroom, tomato puree and all other ingredients, mix it well. Cover it and press a START/+30s button. Sprinkle spring onion and serve hot.



Oven use

Code	Food	Serving size	Ingredients
7-10	Chicken with Capsicum	450-500 g	Chicken Breast - 250 g, Chopped Spaghetti - 75 g, Chopped green, Red, Yellow capsicum - Each 1 ea, Chopped Onion - 1 ea, Chopped tomato - 2 ea, Olive oil - 4 tbsp., Salt and pepper as per your taste, Grated cheese - 2 tbsp., Water - ½ cup.
			Instructions In microwave safe glass bowl add olive oil, chicken, salt and cook. When the beeps, add all ingredients. Mix it well, add water, cover it and press a START/+30s button. Sprinkle grated cheese and serve hot.
7-11	Chicken with Fenugreek	500-550 g	Chicken - 500 g (medium size pieces), Chopped fresh fenugreek - 2 cup, Coriander leaves - 2 tbsp., Garam masala powder - 1 tsp., Red chili powder - 1 tsp., Yogurt - 1 cup, Butter - 2 tbsp., For Fine Paste: Onion - 1 ea, Garlic - 4-5 cloves, Ginger - 1", Green chili - 2-3, Water - 1 cup.
			Instructions In microwave safe glass bowl take butter, chicken, paste and cook. When the beeps, add fenugreek leaves, yogurt and all other ingredients, ½ cup of water press a START/+30s button. Serve hot. Garnish with coriander leaves.

Code	Food	Serving size	Ingredients
7-12	Goanese Chicken	600-700 g	Chicken - 500 g (cut into pieces of your choice), Chopped onion - 2 ea, Chopped tomato - 2 ea, Ginger-garlic paste - each 1 tsp., Red chili powder - 1 tsp., Turmeric powder - 1 tsp., Cumin powder - 1 tsp., Cinnamon powder - ½ tsp., Oil - 4 tbsp., Vinegar - 2 tbsp., Water - 1 cup.
			Instructions In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder, turmeric powder and cook. When the beeps, add 1 cup water, all other ingredients, mix it well and press a START/+30s button. Garnish with coriander leaves and serve hot.
7-13	Green Chicken Kabab	400 -450 g	Boneless chicken - 400 g, Ginger-garlic paste - 1 tsp. each. Oil - 2 tbsp., Semolina - 2 tbsp., Salt as per your taste, Coriander leaves - 2 tbsp. For Green paste: Fresh coconut - 1 cup, Coriander leaves - 4 tbsp., Green chili - 2-3, Cumin seeds - 1 tsp., Garlic - 10-12 cloves, Lemon juice - 1 tbsp., Salt and sugar as per your taste and make a fine paste of it.
			Instructions Make the slice of the chicken. Apply the green paste all over the chicken pieces. Roll out chicken in semolina. Keep on the crusty plate on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Garnish with coriander leaves. Serve hot.



Code	Food	Serving size	Ingredients
7-14	Hyderabadi Chicken	700-800 g	Chicken - 600 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp., Tomato puree - ½ cup, Finely chopped onion - 2 ea, Finely Chopped tomato - 2 ea, Oil - 4 tbsp., Water - 1 cup, Cream - 4 tbsp., Salt as per taste, Chopped coriander leaves. For paste: Red chili - 4-5, Cashew nut - 10-12, Magaj - 2 tbsp., Poppy seeds - 1 tbsp., Almond - 7-8, Cloves - 4 ea, Cinnamon - 2 sticks, Cardamom - 2 ea, Make a fine paste of all these ingredients.
			Instructions In microwave safe glass bowl add oil, finely chopped onion, chicken with given paste and cook. When the beeps, add all other ingredients, water, mix it well and press a START/+30s button. Garnish with coriander leaves. Serve hot.
7-15	Hyderabadi Murg Korma	800-900 g	Chicken- 1 kg, Fried onions paste- 1½ cup, Blanched and chopped tomatoes- ½ cup, Chopped Ginger and garlic- 2 tbsp., Fresh cream- 4 tbsp., Saffron- 2 pinches (dissolved in ½ cup water), Oil- 3 tbsp., Salt to taste, Water- 1 cup. To be ground to a smooth paste: Red chillies- 6, Poppy seeds- 1 tbsp., Almonds- 8, Cashewnuts- 6, Cloves- 4, Cinnamon- 2 (small pieces), Cardamoms- 3, water- ¼ cup.
			Instructions In a microwave safe glass bowl add everything except cream. Cook and garnish with fresh coriander and cream.

Code	Food	Serving size	Ingredients
7-16	Kadhai Chicken	600-700 g	Chicken - 400 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp., Tomato puree - ½ cup, Red chili powder - ½ tsp., Coriander powder - 1 tsp., Garam masala - 1 tsp., Sugar - 1 tsp., Two large capsicum cut into strips, Corn flour - 2 tbsp. (dissolve in 3 cups of water), Oil - 4 tbsp., Dried fenugreek leaves - 1 tsp.
			Instructions In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder and cook. When the beeps, add 3 cup water, all other ingredients, mix it well and press a START/+30s button. Garnish with coriander leaves and serve hot.
7-17	Kheema Masala	400-500 g	Kheema (chicken) - 200 g, Chopped onion - 1 ea, Chopped tomato - 1 ea, Ginger garlic paste - 1 tsp., Turmeric, Salt, Red chili, Cumin powder, Garam masala as per taste, Oil and water as required, Dhaniya for garnishing.
			Instructions In microwave safe glass bowl take kheema with water and cook. When the beeps, drain water and keep aside. In another microwave safe bowl add oil, chopped onion, tomato, ginger garlic paste and all the masala and press a START/+30s button. After done, add boiled kheema to this, mix well and serve.



Oven use

Code	Food	Serving size	Ingredients
7-18	Mirchi Chicken	400-450 g	Chicken legs - 5-6, Chopped coriander leaves - 2 tbsp., Oil - 4 tbsp., Tomato puree - 1 cup, Sugar and salt as per your taste, Onion paste - 4 tbsp., Ginger-garlic and green chili paste - 2 tbsp., Lemon juice - 2 tsp., Garam Masala - 1 tsp.
			Instructions Marinate chicken with onion, ginger-garlic and green chili paste. Place it in refrigerator for 2-3 hrs. In microwave safe glass bowl add oil, marinated chicken and cook. When the beeps, add tomato puree, salt, sugar, garam masala and press a START/+30s button. Garnish with coriander leaves and serve hot
7-19	Murg Malai Kabab	400-500 g	Chicken - 300 g (Cut-Boneless (skinless), Cut in 1½" - 2" pieces (pieces should be of even size) Saunf (aniseed), powder - 1 tsp., Salt - 1 tsp., Amchoor (dry mango) Powder - 1 tsp., Red Chili Powder - 1 tsp., Nutmeg powder - ¼ tsp., Cream or Malai - 4 tbsp.
			Instructions In microwave safe glass bowl take all the ingredients. Marinate in refrigerator for 1 hr. In the crusty plate arrange the pieces, sprinkle oil, and cook on the high rack. When the beeps, turn the pieces and cook.

Code	Food	Serving size	Ingredients
7-20	Murg Mussallam	1.50-1.70 kg	Chicken- 1 kg, Papaya (raw)- 25 g, Onions (fried) - 4 (medium sized), Ginger paste- 1 tbsp., Garlic- 1 tbsp., Salt to taste. Masala 'A' (to be ground to a fine paste): Desiccated coconut- 50 g, Chironji- 20 g, Cardamom (green)- 8 g, Cloves- 8 to 10, Black pepper- 5 g, Poppy seeds- 5 g, Cinnamon- 5 g. Masala 'B': Curd- 250 g, Ghee- 250 g, Almonds- 30 g, Cumin seeds- 20 g, Coriander seeds- 20 g, Chilli powder- 5 g, Silver leaves (clean and wash)- 2 to 3, Saffron- A pinch, Saffron colour (edible)- A pinch, Kewra jal- 1 tsp., Water- 1½ cup.
			Instructions In a microwave safe glass bowl add all the ingredients and cook.
7-21	Pepper Chicken	400-450 g	Boneless chicken - 300 g, Salt, Lemon juice, Pepper powder as per your taste, Oil - 3 tbsp., Chopped onion - 4 tbsp., Chopped tomato - 3 tbsp., Chopped garlic - 2 tsp., Water as required, Coriander leaves - 1 tbsp.
			Instructions Take chicken, marinate with salt, lemon juice, pepper powder for 1 hour. In microwave safe bowl put oil, chopped onion, chopped tomato, chopped garlic and cook. When the beeps, add marinated chicken, Salt to taste, ¼ cup of water and press a START/+30s button. Garnish with chopped coriander leaves.



Code	Food	Serving size	Ingredients
7-22	Pickled Chicken	350-400 g	Boneless chicken - 250 g (cut into long and thin strips), Red chili powder - ½ tsp., Vinegar - 4 tbsp., Sugar - 1 tbsp., Soya sauce - 1 tsp., Tomato sauce - 2 tbsp., Oil - 2 tbsp., Salt and sugar as per your taste. Orange red color - 1 pinch, Corn flour - 2 tsp. (dissolve with ½ cup of water).
			Instructions In microwave safe glass bowl add oil, ginger, red chili powder and chicken. Mix it well and cook. When the beeps, add all other ingredients. Mix it well and press a START/+30s button. NOTE Instead of chicken, fish and prawns can be used.
7-23	Nargisi Kofta	500-600 g	Mince meat- ½ kg, Eggs (hard boiled)- 4, Egg (beaten)- 1, Yoghurt- 2 tbsp., Fried onions paste- ½ cup, Onions chopped- 1 cup, Tomatoes pureed- 1cup, Green chillies- 4 to 5, Whole garlic cloves- 5 to 6, Chopped ginger- 1 tbsp., Red chilli powder- 3 tsp., Tumeric powder- ½ tsp., Garam masala- 1 tsp., Coriander powder- 1 tsp., Oil and Salt to taste, Water- ½ cup.
			Instructions Cook the minced meat for about 20 minutes with the quartered onions, green chillies, chopped ginger and garlic cloves. Once cooked beat 1 egg into the mixture. Coat the boiled eggs with the mince. Fry the coated eggs in hot oil and keep aside. In a microwave safe glass bowl add all the ingredients and cook. When the beeps, stir well and cook again.

Code	Food	Serving size	Ingredients
7-24	Yogurt Chicken	500-600 g	Chicken - 500 g, Yogurt - 1 cup, Finely chopped mint leaves - 1 tbsp., Corn flour - 1 tbsp. (mix in 2 tbsp. water), Oil - 2 tbsp., Chopped onion - 1 ea, Chopped green chili - 2-3, Chopped ginger - 1 tbsp., Garam Masala - 1 tsp., Dried fenugreek leaves - 1 tsp., Salt as per your taste, Chopped coriander - 1 tbsp.
			Instructions In microwave safe glass bowl add oil, onion, green chili, ginger and chicken, mix it well and cook. When the beeps, add all other ingredients, ½ cup of water. Cover it and press a START/+30s button. Sprinkle chopped mint and coriander leaves. Serve hot.

Oven use

8. All time favorite (Non-Veggie)

Code	Food	Serving size	Ingredients
8-1	Chicken and Mushroom Gratin	500-550 g	Boneless chicken - 200 g (cut into bite size pieces), Mushrooms quartered (cut into 4 pieces each) - 200 g, Oil or butter - 2 tbsp., Maida (flour) - 2 tbsp., Salt - 1 tsp., Pepper - 1 tsp., Rum or sherry (optional) - 1 tsp., Cream - 100 g (½ cup), Water - ½ cup, some chopped celery or coriander leaves for garnishing.
			Instructions In microwave safe plate butter, maida and cook. When the beeps, add chicken, all other ingredients and press a START/+30s button. Sprinkle chopped celery or coriander and serve hot.
8-2	Chicken A'la Kiev	550-600 g	Boneless chicken - 500 g, French beans - 18-20 (cut into 1 piece), Carrots - 2 (medium size, cut into 1 piece), Sticky celery - 2 (chopped), Capsicums - 2 (cut into ¼" pieces), Milk - ½ cup, Maida - 2 tbsp., Pepper - 1 tsp., Mustard powder - 1 tsp., Salt - 1 tsp., Grated cheese(Amul) - 4 tbsp.
			Instructions In microwave safe glass bowl mix chicken, carrots, celery, French beans, 2-3 tbsp. water, cover it and cook. When the beeps, add all ingredients and press a START/+30s button. Add grated cheese. Garnish with parsley or coriander.

Code	Food	Serving size	Ingredients
8-3	Chicken Au Gratin	400-450 g	Boneless chicken - 250 g, White sauce - 2 cup, Butter - 2 tbsp., Salt - ¾ tsp., Pepper to taste, Tomato ketchup - 1 tbsp. Vegetables: Chopped French beans - 10-15, Carrots - 2 ea, Cauliflower - ½, Peas - ½ cup, Potato - 1 ea cut into pieces, Bottle gourd - ½ cup, Grated cheese - ¼ cup.
			Instructions In microwave safe glass bowl add butter, chicken, vegetables, ½ cup of water and cook. When the beeps, mix all other ingredients, mix it well, sprinkle cheese. Take it on high rack and press a START/+30s button. Serve hot.
8-4	Chicken Chowmein	350-400 g	Boiled Chicken - 100 g, Noodles - 100 g, Onion - 1 ea (cut into thin slices), Capsicum - 1 ea (shredded into thin strips), Carrot - 1 ea (matchsticks size), Cabbage - 1 cup (shredded), Salt - ¾ tsp., White Pepper - 1 tsp., Sugar - 1 pinch, Ajinomoto - ¼ tsp., Soya sauce - 1-2 tsp., Vinegar - ½ tbsp., Chili sauce - 1½ tsp., Oil - 2 tbsp., Water - 3 cups.
			Instructions Make the noodles by adding water, salt, oil, mix it well and cook. When the beeps, spread on a greased tray to cool. In a microwave safe glass bowl add all other ingredients with chicken, mix well and press a START/+30s button. After done add noodle, mix well and serve hot.

Code	Food	Serving size	Ingredients
8-5	Chicken Croquettes	500-550 g	Chicken - 200 g, Oil - 1 tbsp., Butter - 1 tbsp., Chopped onion - ½, Green chili - 2 ea, Refined flour - 1 tbsp., Milk - ¼ cup, Bread crumbs - 2 tbsp., Red chili flakes - ¼ tsp., Salt - ½ tsp., Pepper - ¼ tsp., Water - ½ cup.
			Instructions In bowl add all ingredients and coat the chicken pieces properly. Place them over a greased crusty plate on the high rack and cook. When the beeps, turn them over and press a START/+30s button. Serve hot.
8-6	Chicken in Hot Garlic Sauce	500-550 g	Boneless chicken - 250 g, Capsicum - 1 ea (cut into pieces), Oil - 3 tbsp., Garlic - 1 tbsp. (chopped), Dry red chili - 1 ea (cut into thin slices), Red chili paste - 1 tsp., Spring onion - 1 ea, Tomato ketchup - 3 tbsp., Red chili sauce - 1 tbsp., Soya sauce - 2 tsp., Vinegar - 1 tbsp., Pepper - ½ tsp., Sugar - ½ tsp., Corn flour - 4 tbsp. (dissolve in ½ cup of water)
			Instructions In microwave safe glass bowl put chicken, capsicum, oil, chopped ginger-garlic, ½ cup of water and cook. When the beeps, add all other ingredients, ¼ cup of water, cover it and press a START/+30s button.

Code	Food	Serving size	Ingredients
8-7	Chicken in Thai Red Curry	500-550 g	Boneless chicken - 400 g, Kashmiri red chili - 4-5 dry, Onion - ½, Garlic - 8-10 flakes, Chopped ginger - 1 tsp., Lemon grass - 1, Coriander seeds - 1½ tsp., Cumin seeds - 1 tsp., Saboot kali mirch - 6, Soya sauce - ½ tsp., Lemon juice - 1 tbsp., Salt and sugar - each 1 tsp., Baby corns - 4-5, Small carrot - 1 ea, Cauliflower - ½ cup, Mushrooms - 2 ea, Basil leaves - 8-10, Coconut milk - 2 cups.
			Instructions Make fine paste of red chili, water. In microwave safe glass bowl add oil, red curry paste, onion, ginger-garlic paste and cook. When the beeps, add coconut milk, all vegetables, all other ingredients with chicken and press a START/+30s button. Add salt, sugar, add basil leaves. Serve hot with steamed rice.
8-8	Chicken Pasta in Tomato Puree	450-500 g	Boneless chicken - 150 g, Macaroni or pasta - 2 cups, Capsicum - 1 ea (cut into pieces), Tomato - 1 medium (cut into strips), Olive oil - 3 tbsp., Crushed garlic - 2 tsp., Tomato puree - 1 cup, Pepper - ½ tsp., Salt - 1 ¼ tsp., Oregano - ¾ tsp., Water - ½ cup, Cream - ½ cup, Water - 5 cups.
			Instructions In microwave safe glass bowl take oil add boneless chicken, macaroni, 4 cups of water and cook. When the beeps, add all other ingredients, water as required and press a START/+30s button.

Oven use

Code	Food	Serving size	Ingredients
8-9	Chicken Pulao	600-700 g	Basmati rice - 1½ cup, Boneless chicken - 4 pieces (2 legs and 2 thighs or 2 legs and 2 breasts), Onions - 2 (medium size, sliced thinly), Cloves - 4, Cinnamon - 1", Black cardamom - 2, Pure ghee - 3 tbsp., Chopped tomatoes - 2, Salt - 2 tsp., Garam masala - 1 tsp., Red chili powder - 1 tsp., Garlic paste - 1 tsp., Ginger paste - 1 tsp., Water - 2½ cups.
		Instructions In microwave safe glass bowl add ghee onion, black cardamom and cook. When the beeps, add rice chicken, tomatoes, salt, garam masala, red chillies, garlic, ginger paste, water. Mix well and press a START/+30s button. Serve hot.	
8-10	Chicken Sandwiches	3 ea	Boiled Chicken - 100 g, Oil - 1 tbsp., Bread slice - 6 ea, Butter - 1 tbsp., Onion - ½ (cut into slices), Mayonnaise - 5-6 tbsp., Pepper - ½ tsp., Oregano - ¾ tsp., Mustard - 1 tsp.
		Instructions In microwave safe glass bowl mix all ingredients except bread slice. Apply this mixture to one bread slice and put other bread slice on it. Make a sandwich and take it on the crusty plate on the high rack and cook. When the beeps, turn the side to make it golden in colour and press a START/+30s button. Serve hot with tomato sauce.	

Code	Food	Serving size	Ingredients
8-11	Chicken with Sweet and Spicy Vegetables	700-800 g	Boneless Chicken - 500 g, Pineapple juice - ½ cup, Baby corns (cut into lengthwise) - 3-4, Broccoli/cauliflower - 4-5, Mushrooms - 3-4 (cut into pieces), Slices of pineapple - 2 ea, Small capsicum - 1 ea (cut into pieces), Red chili paste - ½ tsp., Crushed garlic - 1½ tsp., Spring onion white - 2-3 (cut into slices), Tomato ketchup - ¼ cup, Vinegar - 3 tbsp., Ajinomoto - ¼ tsp., Sugar - 4 tsp., Soya sauce - 1 tsp., Salt to taste, Stock cube - 1 crushed, Corn flour - 4 tbsp. (mixed in ¼ cup of water).
		Instructions In microwave safe glass bowl add 1½ cups water, pineapple juice, baby corn, florets, mushrooms and cook. When the beeps, add chicken, all other ingredients. Mix it well and press a START/+30s button. Serve hot.	
8-12	Chicken with Tomato Rice	550-600 g	Boneless chicken - 150 g, Soaked rice - 1 cup, Sprouted green gram - ½ cup, Finely chopped carrot - ½ cup, Finely chopped French beans - ½ cup, Oil - 2 tbsp., Peanuts - 3 tbsp., Cumin - ½ tsp., Slices of Onion - 1 small, Tomato puree - 4 tbsp., Tomatoes - 2 ea, Turmeric - 1 pinch, Garlic paste - ½ tsp., Garam Masala - ½ tsp., Salt - 1 tsp.
		Instructions In microwave safe glass bowl take oil, add soaked rice, chicken, onion, sprouted green gram and cook. When the beeps, add all other ingredients, 3 cups of water and press a START/+30s button. Serve hot.	

Code	Food	Serving size	Ingredients
8-13	Chilly Chicken Pizza	300-350 g	Boiled Boneless chicken - 100 g (cut into pieces), Pizza base - 2 ea, Grated cheese - 150 g, Red chili paste - 1 tsp., Chopped onion and capsicum - ½ each, Soya sauce - 1 tsp., Vinegar - 1 tsp., Ajinomoto - 1 pinch, Salt and pepper - ½ tsp., Oregano - 1 tsp., Oil - 1 tbsp., Chopped Garlic flakes - 4 ea, Tomato puree - ½ cup, Tomato ketchup - 3 tbsp.
		Instructions In microwave safe glass bowl take oil, chicken, red chili paste, chopped onion, capsicum, soya sauce, vinegar, ajinomoto, salt, pepper, oregano, chopped garlic, tomato puree, tomato ketchup. Take it in microwave 900 W for 5 min. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the beeps, take out the crusty plate. Put pizza base, paste chicken mixture on the crusty plate on the low rack. Put them in microwave oven and press a START/+30s button again. After cooking, serve hot.	

Code	Food	Serving size	Ingredients
8-14	Crispy Chicken	3 ea	Chicken - 250 g, Beat in Egg - 1 ea, Salt - ¼ tsp., Red chili powder - ¼ tsp., Bread crumbs - ½ cup, Oil - 1-2 tbsp. For Marinade: Butter - 2 tbsp., Garlic paste - 2 tsp., Chili powder - 1½ tsp., Cumin seeds powder - 1 tsp., Coriander powder - 2 tsp., Cinnamon - 1 tsp., Salt - 1½ tsp.
		Instructions Marinated chicken with all marinade ingredients and put it in refrigerator for 1 hr. In microwave safe glass bowl add oil, marinated chicken and cook. When the beeps, add all other ingredients and press a START/+30s button. Serve hot.	
8-15	Goshtaba	500-600 g	Mutton koftas- 8, Fried onion paste- 1 cup, Pureed tomatoes- 1½ cup, Ginger garlic paste- 1 tbsp., Cinnamon powder- ½ tsp., Cardamom powder- ½ tsp., Salt to taste, Curd- 1½ cup, Ghee- ¼ cup, Water- 1 cup, Saffron- 2 to 3 strands, Red chilli powder- ½ tsp., Turmeric- ½ tsp., Garam masala- ¼ tsp., Coriander powder- ½ tsp., Fresh cream- 2 tbsp.
		Instructions In microwave safe glass bowl add all the ingredients and cover with cling foil and prick few holes to release steam. Cook and serve hot.	

Oven use

Code	Food	Serving size	Ingredients
8-16	Hyderabadi Mutton	700-750 g	Mutton- 500 g, Fried onions- ½ cup, Pureed tomatoes- 1 cup, Ginger garlic paste- 2 tbsps, Green chillies- 3, Grated coconut- 2 tbsps., Tumeric- ¼ tsp., Coriander powder- 2 tsp., Cumin seeds- ½ tsp., Red chilly powder- 1 tsp., Garam masala powder (hot spice mix)- ½ tsp., Curd (yoghurt)- 1 cup, Cinnamon- 1 inch, Cloves- 4, Green cardamoms- 2, Bay leaf- 1, Khus khus (poppy seeds) - 1 tbsp., Strands saffron-few, Cream- 1 tbsp., Oil- 2 tbsps., Ghee- 1 tbsp., Salt to taste, Water- 1½ cup.
			Instructions Clean the mutton well. Soak the saffron in a tablespoon of warm milk. Soak the poppy seeds in a little water for ten minutes. Put the mutton pieces into a big bowl. Add the ginger garlic paste, green chillies, red chilly powder, coriander powder, cumin powder and curd, mix it all up and marinate it for an hour at least. Now grind the poppy seeds and the grated coconut into a fine paste. In a microwave safe glass bowl add all the ingredients and cook.

Code	Food	Serving size	Ingredients
8-17	Kashmiri Dum Gosht	400-500 g	Mutton- ½ kg, Poppy seeds- 1 tbsp., Almonds- 6, Salt to taste, Garlic- 1 pod, Ghee- 3 tbsps., Peppercorns- 1 tsp., A small piece of ginger, Cardamoms- 4, A small bunch of coriander leaves, Small sticks cinnamon- 3, A small piece of green papaya, Cumin seeds- ½ tsp., Turmeric powder- 1 tsp., Curd- ¼ cup.
			Instructions Chop mutton into medium size pieces. Roast poppy seeds and almonds, grind them to a paste. Grind the ginger and garlic together to a paste. Grind cardamom, pepper, papaya and coriander leaves with Salt to taste together and grind the cinnamon and cumin seeds together. Wash the meat and pound it on a grinding stone to soften it for about 5 minutes. Mix the ground paste of poppy seeds and almonds, ginger and garlic, cardamom, pepper, papaya and coriander leaves and cinnamon and cumin seeds, curd together properly. Marinate all the meat pieces in this mixture for an hour. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. In a crusty plate add the mutton with water, marinate and ghee cover with silver foil properly. Put them on the low rack and in microwave oven and press a START/+30s button again. After cooking, serve hot.

Code	Food	Serving size	Ingredients
8-18	Kashmiri Lamb Curry	650-700 g	Lean lamb- ½ kg (ground), Fresh ginger - 1 (4-inch, peeled), Fennel seeds- 1 tbsp. (ground), Garam masala - 1 tsp., Cumin- 1 tsp. (ground), Cardamom- ½ tsp. (ground), Salt to taste, Vegetable oil- 2 tbsp., Cinnamon stick- 1", Cumin seeds- 1 tsp., Fried onion paste - 1 large (chopped), Paprika- 1 tbsp., Tomato - 2 large (pureed), Sour cream- 1 cup, Water- 1 cup, Fresh coriander- 2 tbsp.
		Instructions In a food processor, add the lamb, ginger, fennel, garam masala, cumin, cardamom and salt. Grind the spice mixture until smooth. Divide and shape the meat mixture into two ounce portions. Refrigerate until ready to use. In a microwave safe glass bowl, add all the ingredients and cook.	

Code	Food	Serving size	Ingredients
8-19	Masala Chops	4 to 5	Lamb chops- ½ kg, Oil- 3 tbsp., Salt to taste. MARINADE: Hung curd- 1½ cup, Raw papaya paste- 1 tbsp., Lemon juice- 1 tbsp., Curry powder- 5 tsp., Carom seeds- 2 tsp., Barbecue masala- 1 tsp., Turmeric- 1 tsp., Oil- 3 tsp. GRIND TO A FINE GREEN PASTE Ginger- 2" piece, Garlic- 10 cloves, Green chillies- 5, Green coriander- 2 tbsp., Butter for greasing.
		Instructions Wash and drain the chops. Pat them dry on clean kitchen towel. Beat them with a roller to flatten them. Prick them well with a fork. Heat 3 tbsp. oil in pan and stir fry the chops for 5-10 min on medium flame. Remove from fire. Mix all the ingredients given under marinade in a bowl. Add the green paste and fried mutton chops marinade for 4 hours in refrigerator. Grease the crusty plate with thick butter and place the chops. Put a thin slice of butter on each chop and place the crusty plate on the high rack. When the beeps, turn them over and press a START/+30s button and cook again.	

Oven use

Oven use

Code	Food	Serving size	Ingredients
8-20	Masala Machhli	350-400 g	Fish fillets (washed and cleaned) - 500 g, Lemon juice- 1 tbsp., Black salt- 1 pinch, Turmeric powder- ½ tsp., Amchur (mango powder) powder- ½ tsp., Salt - 1½ tsp., Flour- 1 tbsp., Egg- 1, Red coloring- 3 to 4 drops, Grind them altogether. Cumin seeds- 1 tsp., Cardamom- 2, Ajwain (oregano)- 1 pinch, Red chillies- 2, Oil - 3 tbsp.
			Instructions Rub the fish pieces with lime juice. Place in a bowl, add turmeric powder, mango powder, black salt, and rub the pieces well with the grinded ingredients. Set it aside for 20 minutes to marinate. Separately combine egg and flour with the food coloring and apply all over the fish. Grease the crusty plate and place the fish pieces. Pour some oil over it and place the crusty plate on the high rack and cook.
8-21	Masala Mutton Chops	600-700 g	Mutton chops- 500 g, Yogurt- ½ cup, Ginger garlic paste - ½ tbsp., Green chillies - 1 tbsp., Oil- 4 tbsp., Cream - 2 tbsp., Garam masla - ½ tsp., Turmeric - ¼ tsp., Ready made bhuna masala - 6 tbsp., Water- 1 cup. Coriander seeds powder - ½ tsp., Cumin powder - ½ tsp., Bay leaf - 2, Cloves - 3 to 4, Big cardamom - 2, Fresh coriander for garnishing.
			Instructions Add everything in a microwave safe glass bowl add everything. Cook and serve hot.

Code	Food	Serving size	Ingredients
8-22	Meat Loaf	500-550 g	Keema - 500 g (Minced meat), Curd - ¾ cup, 2 eggs, Garlic paste - 1 tsp., Ginger paste - 1 tsp., Garam masala powder - 1 tsp., Lemon juice - 2 tbsp., Chopped coriander leaves - 2 tbsp., Salt - 1 tsp., Pepper - 1 tsp. (adjust to taste), Bread slices - 3 pieces. (soaked in water, squeezed and crumbled.) For sauce Maida - 1 tsp., Mustard powder - ½ tsp., Worcestershire sauce - 1 tbsp., Tomato sauce - 1 tbsp., Chili sauce - 1 tbsp.
			Instructions Mix all ingredients given under loaf. Grease the dish and put keema in it and cook. To the juices, add all ingredients given under sauce. When the beeps, pour the sauce on a loaf and put on the high rack and press a START/+30s button. Serve with sauce and decorate with coriander.
8-23	Olive and Chilli Mutton Chops	6 chops	Mutton Chops - 6, Green Olives - 8 to 10 (rings), Red chilli flakes - ½ tbsp., Olive oil - 2 tbsp., Salt to taste.
			Instructions Marinade the chops with all the ingredients for 3 hours. Place the over a greased crusty plate on the high rack and thoroughly brush with extra olive oil then cook. When the beeps, turn them over and press a START/+30s button and cook again.

Code	Food	Serving size	Ingredients
8-24	Poulet A'la Burgundy	600-650 g	Boneless chicken-500 g, Oil - 2 tbsp., Garlic - 3-4 flakes (minced), Spring onions - 3-4 (chopped), Celery - 2-3 sticks (chopped), Tej patta (bay leaf) -1, Red wine - ¼ cup, Flour (maida) - 2½ tbsp., Ajwain - ½ tsp. (powdered), Pepper powder - 1 tsp., Salt - 1 tsp.
		Instructions In microwave safe glass bowl mix chicken with oil, garlic, chopped spring onions, bay leaf, celery and cook. When the beeps, in another dish take flour, all ingredients, chicken and cook. Sprinkle spring onion greens on top and serve hot with garlic bread.	
8-25	Shahi Rogan Josh	300-400 g	Minced mutton- 250 g, Fried onion paste- ½ cup, Garam masala- 1 tsp., Green chilies- 4, Tomato- 3 pureed, Yoghurt- 1 cup, Saffron- 1 pinch, Soaked cashew nuts- 15, Clarified butter- 4 tbsp., Ginger- 1" piece, Coriander seeds powder- 1 tbsp., Turmeric- 1 tbsp., Red chilies- 6, Cumin seeds- 1 tbsp., Garlic cloves- 6, Salt to taste, Water- 1 cup.
		Instructions Grind the ginger, garlic, red chilies, cumin seeds, turmeric powder and salt to form a thick paste. In a microwave safe glass bowl add all the ingredients except saffron and cashew nuts. Cover with cling foil and make few holes to release steam. Cook.	

Code	Food	Serving size	Ingredients
8-26	Spinach, Corn and Chicken in Ginger Sauce	600-650 g	Boneless chicken - 250 g, Spinach - 250 g (remove stem and tear each leaf into 2-3 pieces), Frozen corn kernels - ½ cup, Ginger paste - ½ tbsp., Salt and pepper powder - each ¾ tsp., Corn flour paste - 2 tbsp. (dissolve in ¼ cup of water), Oil - 2 tbsp. For sauce: Tomato sauce - 2 tbsp., Tomato puree - ½ cup, Soya sauce - 1 tsp., Sugar - ½ tsp., Ajinomoto - ¼ tsp., Tomato - ½ cut (into 4 pieces).
		Instructions Take spinach leaves in a large bowl, add corn flour paste to it and cook. When the beeps, add oil, chicken in small pieces, ginger paste, corn flour paste, spinach mixture, all other ingredients and mix it well and press a START/+30s button. Mix it well and serve hot.	
8-27	Thai Chicken	900 g	For green paste: Green chillies - 6-8, Spring onions - 3 ea (chopped along with the green part), Lemon grass leaves - 4 (optional), Ginger - 2" piece, Coriander leaves - 3 tbsp.
		For main dish: Boneless chicken - 700-800 g (cut into pieces), Coconut milk - 1½ cups, Salt - 1½ tsp., Jaggery - a tiny piece, Coriander powder - 1 tbsp., Cumin powder - 1 tbsp., Oil - 2 tbsp.	
		Instructions In grinder prepare green paste. Churn grated one coconut in mixer. In microwave safe glass bowl add chicken, oil and cook. When the beeps, add salt jaggery and coconut milk. Mix well and press a START/+30s button.	



Oven use

9. Roti/Naan

Code	Food	Serving size	Ingredients
9-1	Roti	3 pieces	Whole wheat flour - 2 cups, Water as required for dough, Ghee - 50 g, Salt to taste.
		Instructions In a bowl add flour, salt and ghee. Knead with sufficient water and make smooth dough. Cover and leave for ½ hour. Divide into 3 equal balls, roll out with the help of a rolling pin and make rotis. Apply a little water at one side of roti. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. Put a roti side down on the crusty plate on the high rack and cook again. After cooking, serve hot with butter. Repeat the same process until all the Roti has been prepared.	

Code	Food	Serving size	Ingredients
9-2	Naan	3 Pieces	All-purpose flour - 2 cups, Sugar - ¼ tbsp., Hot water, (but not boiling, just hot tap water) - ¼ cup, Active dry yeast - ½ tsp., Warm milk - ½ cup, Melted butter for brushing (may use olive oil), Fresh garlic or other herbs for topping.
		Instructions Combine the warm water with the sugar and yeast. Let sit for 10 minutes until foamy. It should smell like bread. In a bowl add the flour, warm milk and yeast mixture. Mix with a wooden spoon until dough a starts to come together and then finish mixing the dough with your hands until a smooth but still sticky ball forms. Cover the dough with a damp towel or plastic wrap and let sit in a warm place for 2 to 3 hour. After 2 to 3 hours dough will be double to its size, punch the dough down and divide into 3 equal balls. Using a rolling-pin, roll each piece of dough into an oval shape. The dough should be about 6-8 inches long and about ¼-inch thick, but no thinner. Repeat this method with the rest of the dough. Apply a little water at one side of roti. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. Put the dough on the crusty plate on the high rack and cook again. After cooking, serve hot with butter.	



Code	Food	Serving size	Ingredients
9-3	Methi Naan	2 pc	Refined plain flour (maida) - 2 cup, Dry yeast - ½ tsp., Sugar - ½ tsp., Oil - 1 tbsp., Curd - 2 tsp., Salt to taste plain flour (maida) for rolling, Methi leaves - ½ cup, Cumin seeds (jeera) - 1 tsp., Finely chopped green chillies - 1 tsp., Sugar - ½ tsp.
			Instructions Mix flour, baking soda and salt into a deep bowl. Add sugar, milk, yogurt and a little water and knead into a medium soft dough. Brush with oil, cover with a damp piece of muslin and set aside for 30 minutes. Combine the plain flour, yeast-sugar mixture, curd-mint paste, oil and salt and in a deep bowl and knead into a soft dough using little water. Cover the dough with a lid or wet muslin cloth and allow it prove till it increases in volume slightly (approx. 30 minutes). Divide the dough into 6 equal portions. Press a portion of the dough flat on a rolling board and roll out. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate and moisten both side of Naan with wet hands. Place Methi naan on the crusty plate and place it on the high rack. When the second beeps, turn the methi Naan over. Press a START/+30s button again. After cooking, take out and serve hot with dal.

Code	Food	Serving size	Ingredients
9-4	Mint Naan	2 pc	Refine plain flour (maida) - 2 cup, Dry yeast - ½ tsp., Sugar - ½ tsp., Oil - 1 tbsp., Curd - 2 tsp., Salt to taste plain flour (maida) for rolling To Be Ground Into A Coarse Pudina Paste (using 1 tbsp. Water), Mint leaves (phudina) - ½ cup, Cumin seeds (jeera) - 1 tsp., Finely chopped green chillies - 1 tsp., Sugar - 1 tsp., Lemon juice - 1 tbsp.
			Instructions Combine the yeast, sugar and 3 tbsp. of lukewarm water in a bowl, mix gently and cover with a lid and keep aside for 4 to 5 minutes. Combine the plain flour, yeast-sugar mixture, curd pudina paste, oil and salt and in a deep bowl and knead into a soft dough using little water. Cover the dough with a lid or wet muslin cloth and allow it prove till it increases in volume slightly (approx. 30 minutes). Divide the dough into 3 equal portions. Press a portion of the dough flat on a rolling board and roll out. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Moisten the Pudina naan with wet hands on both side. Put the Pudina naan on the crusty plate and place it on the high rack. Press a START/+30s button again. When the second beeps, turn the Pudina naan over. Press a START/+30s button again. After cooking, serve hot with dal.

Oven use

Code	Food	Serving size	Ingredients
9-5	Missi Roti	1 pc	Gram Flour - 2 cup, Whole Wheat Flour - 1 cup, Cumin seeds - 1 tsp., Carom seeds (ajwain) - ¼ tsp., Crushed Peppercorns - 5-6 ea, Dried pomegranate seeds (anardana) - 1 tbsp., Green chillies chopped - 3 ea, Onion chopped - 1 ea, Salt to taste, Turmeric powder - ½ tsp., Fresh coriander leaves chopped - 2 tbsp., Oil for greasing.
			Instructions Put gram flour and whole wheat flour in a bowl. Roast cumin seeds, carom seeds, peppercorns and dry pomegranate seeds. Pound them to a powder. Add green chillies, onion, salt, turmeric powder, coriander leaves and mix well. Add sufficient water and knead. Add one tablespoon of oil and the pounded spice powder and knead into a dough. Cover and rest the dough for about 15 minutes. Divide into six equal portions and roll into balls. Further roll each portion into a roti. Grease the crusty plate oil. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Put the missi roti on the crusty plate and brush that side with oil. Press a START/+30s button again. When the second beeps, turn the missi roti over. Press a START/+30s button again. After cooking, serve hot with dal.
9-6	Aloo Paratha	1 pc	Wheat Flour - 2 cup, Green Chillies - 2 ea, Cloves of Garlic - 2 ea, Oil for brushing, Inch piece of Ginger - 1 ea, Salt to taste, Lime Juice: 2 tsp., Coriander Leaves, Water, Cumin Seeds - 1 tsp., Carom Seeds - ½ tsp., Potatoes boiled and mashed - 2 ea.

Code	Food	Serving size	Ingredients
9-6	Aloo Paratha		Instructions Crush cumin seeds and ajwain together in blender. Heat 1 tsp. oil in a pan. Take wheat flour add crushed cumin and ajwain, salt and mix it well. Then add hot oil and mix it well. Then add water and knead the dough. Dough should be soft. Keep dough covered for 30 minutes. Mash the potatoes and add grated ginger, finely chopped garlic, chopped coriander leaves and green Chilies together in it and mix it well. Then add lime juice and Salt to taste and mix it well. Take a big ball of dough, dip it in flour and coat it with flour. Roll out to form a disc size using a rolling pin. Then scoop some of the stuffing mash onto the top of it. Gather together the edges of the rolled-out Atta into the middle - completely covering the mashed mixture - and seal it together with the tips of your fingers - being careful - without tearing or breaking. Then use the rolling pin to thin-out the stuffing - this has to be done very gently and carefully. Use the flour to sprinkle onto the surface and onto the paratha to ensure that the dough doesn't stick to the surface or rolling pin. Grease the crusty plate with oil. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Put the aloo paratha on the crusty plate and brush the top side of Paratha with oil. Place them on high rack. Press a START/+30s button again. When the second beeps, turn food over. Press a START/+30s button again. After cooking, serve hot with butter and curd.

Code	Food	Serving size	Ingredients
9-7	Paneer Parantha	1 pc	Wheat Flour - 2 cup, Green Chillies - 2 ea, Paneer - 1 cup, Oil for brushing, Salt to taste, Coriander Leaves, Water, Cumin Seeds - ½ tsp., Ajwain or Carom Seeds - ½ tsp., Grated Paneer: 1 cup.
		Instructions Take wheat flour & add 1 tsp. hot oil. Mix it well. Then add water and knead the dough. Dough should be soft. Keep dough covered for 30 minutes. Grate Paneer and add grated ginger, finely chopped green Chillies, Coriander Leaves, Cumin Seeds, Ajwain or Carom Seeds together in it and mix it well. Then add Salt to taste and mix it well. Take a big ball of dough, dip it in flour and coat it with flour. Roll out to form a disc size using a rolling pin. Then scoop some of the stuffing mash onto the top of it. Gather together the edges of the rolled-out Atta into the middle - completely covering the mashed mixture - and seal it together with the tips of your fingers - being careful - without tearing or breaking. Then use the rolling pin to thin-out the stuffing - this has to be done very gently and carefully. Use the flour to sprinkle onto the surface and onto the paratha to ensure that the dough doesn't stick to the surface or rolling pin. Grease the crusty plate with oil. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Put the Paneer Parantha on the crusty plate and brush the top side of Paratha with oil. Place them on high rack. Press a START/+30s button again. When the second beeps, turn food over. Press a START/+30s button again. After cooking, serve hot with butter and curd.	

Code	Food	Serving size	Ingredients
9-8	Aloo Kulcha	1 pc	Refined All-purpose Flour (Maida) - 2 cups, Baking Soda - ½ tsp., Salt to taste, Sugar - 1 tsp., Milk - 1 cup, Yogurt - 2 tbsp., Oil - 2 tbsp., Onion seeds (kalonji) - 1 tsp., Butter to serve. Stuffing Mashed potatoes - 1 cup, Oil - 1 tbsp., Cumin seeds - 1 tsp., Coriander seeds - ½ tsp., Ajawain or Carom Seeds - ½ tsp., Green chillies chopped - 2 ea, Salt to taste.

Oven use

Code	Food	Serving size	Ingredients
9-8	Aloo Kulcha		Instructions Mix refined flour with baking powder, baking soda, onion seeds and salt into a deep bowl. Add sugar, milk, yogurt and a little water and knead into a medium soft dough. Brush with oil, cover with a damp piece of muslin and set aside for 30 minutes. For the stuffing Add cumin seeds, carom seeds, Coriander seeds green chilies and salt in grated potatoes and, mix well Divide into six equal portions. Knead the dough again and divide it into 6 equal portions. Shape into round balls and dust with flour. Flatten each ball and roll out into 4-inch rounds. Place one portion of the stuffing in the center, gather the edges together and shape into a ball again. Press lightly and roll out into a 8-inch round. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Moisten both side of the kulcha with wet finger and put the aloo kulcha on the crusty plate and place it on the high rack. Press a START/+30s button again. When the second beeps, turn the aloo kulcha over. Press a START/+30s button again. After cooking, serve hot with dal.

Code	Food	Serving size	Ingredients
9-9	Paneer Kulcha	1 pc	Paneer - 2 cups, Refined Flour - 2 cups, Baking Soda - ½ tsp., Salt to taste, Sugar - 1 tsp., Milk - 1 cup, Yogurt - 2 tbsp., Oil - 2 tbsp., Butter to serve. Stuffing Paneer (cottage cheese) - 800 g, Oil - 3 tbsp., Cumin seeds - 2 tsp., Onion chopped - 2 medium, Green chillies chopped - 4 ea, Salt to taste. Instructions Mix refined flour with baking soda into a deep bowl. Add sugar, milk, yogurt and a little water and knead into a medium soft dough. Brush with oil, cover with a damp piece of muslin and set aside for 30 minutes. For the stuffing Add cumin seeds, onions, green chilies and salt in grated paneer and, mix well Divide into six equal portions. Knead the dough again and divide it into 6 equal portions. Shape into round balls and dust with flour. Flatten each ball and roll out into 4-inch rounds. Place one portion of the stuffing in the centre, gather the edges together and shape into a ball again. Press lightly and roll out into a 8-inch round. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Moisten both side of the kulcha with wet finger and put the paneer kulcha on the crusty plate and place it on the high rack. Press a START/+30s button again. When the second beeps, turn the paneer kulcha over. Press a START/+30s button again. After cooking, serve hot with dal.

Code	Food	Serving size	Ingredients
9-10	Aloo Pyaaz Kulcha	1 pc	Mashed potatoes - 2 cups, Chopped Onions - 1 cup, Refined All purpose Flour (Maida) - 2 cups, Baking Soda - ½ tsp., Salt to taste, Sugar - 1 tsp., Milk - 1 cup, Yogurt - 2 tbsp., Oil - 2 tbsp., Onion seeds (kalonji) - 2 tsp., Butter to serve. Stuffing Mashed potatoes - 2 cups, Chopped Onions - 1 cup, Oil - 2 tbsp., Cumin seeds: 1 tsp., Coriander seeds - ½ tsp., Ajawain or Carom Seeds - ½ tsp., Green chillies chopped - 2 ea, Salt to taste.

Code	Food	Serving size	Ingredients
9-10	Aloo Pyaaz Kulcha		Instructions Mix refined flour with baking powder, soda bicarbonate and salt into a deep bowl. Add sugar, milk, yogurt and a little water and knead into a medium soft dough. Brush with oil, cover with a damp piece of muslin and set aside for 30 minutes. For the stuffing Add chopped onions, cumin seeds, carom seeds, Coriander seeds green chilies and salt in grated potatoes and, mix well Divide into 6 equal portions. Knead the dough again and divide it into 6 equal portions. Shape into round balls and dust with flour. Flatten each ball and roll out into 3-inch rounds. Place one portion of the stuffing in the center, gather the edges together and shape into a ball again. press lightly and roll out into a 8-inch round. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Moisten both side of naan with wet finger and put the aloo pyaaz kulcha on the crusty plate and place it on the high rack. Press a START/+30s button again. When the second beeps, turn the aloo pyaaz kulcha over. Press a START/+30s button again. After cooking, serve hot with dal.



Oven use

0. Dosa/Chilla

Code	Food	Serving size	Ingredients
0-1	Plain Dosa	1 pc	Dosa mix, Water, Yogurt- 1 cup. (according to the recipe on the pack)
		Instructions In a bowl together whisk, dosa mix, yogurt, water and salt (if required). Allow it to rest for fifteen minutes. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the beeps, take out the crusty plate. Brushes it with oil. Put one ladle of the batter and spread on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. After cooking, take out and serve hot with chutney or sambhar.	

Code	Food	Serving size	Ingredients
0-2	Masala Dosa	1 pc	Dosa mix, Curd, Water, Salt to taste, Oil for brushing. (according to recipe on the pack) Masala filling Medium size boiled potato peeled & mashed - 3-4 ea, Chopped Onion - 2 ea, Green chilli - 1 ea, Salt as taste, Turmeric powder - 1 tsp., Oil - 2 tsp., Mustard Seeds - 1 tsp., Cumin seeds - 1 tsp., A pinch of hing, Curry leaves for Tempering.
		Instructions In a bowl together whisk, dosa mix, yogurt, water and salt. Allow it to rest for fifteen minutes. In a microwave safe glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100 %) for 3 minutes & then add boiled mashed Potatoes & again microwave for 3 minutes. Keep it aside. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Brushes it with oil. Put one ladle of the batter and spread it little on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turns the side and brushes it with oil and press a START/+30s button. After cooking, fill the masala stuffing & fold the dosa from both ends and serve hot with chutney or sambhar.	



Code	Food	Serving size	Ingredients
0-3	Cheese Dosa	1 pc	Dosa mix, Cheese, Salt to taste, Chaat masala, Salt to taste, Yogurt - 1 cup. (according to the recipe on the pack)
		Instructions In a bowl together whisk, dosa mix, yogurt, water and salt (if required). Allow it to rest for fifteen minutes. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Brushes it with oil. Put one ladle of the batter and spread it little on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turns the side and grates the cheese and press a START/+30s button. After cooking, take out and serve hot with chutney or sambhar.	

Code	Food	Serving size	Ingredients
0-4	Veg. Uttapam	1 pc	Uttapam mix, Salt to taste, Red chilli powder - 1 tsp., Green chillies (chopped) - 3-4 ea, Cumin seeds - 1 tsp., Tomato (chopped) - 2 ea, Onion (chopped) - 2 ea, Fresh coriander leaves (chopped) - 2 tbsp., Oil for brushing.
		Instructions In a bowl together whisk uttapam mix and and leave aside for half an hour. Add red chilli powder, green chillies, cumin seeds, tomatoes, onions and coriander leaves and mix well. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Brushes it with oil. Put one ladle of the batter and spread it little on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turns the side cheela and brushes it with oil and press a START/+30s button. After cooking, take out and serve hot with chutney or sambhar.	



Oven use

Code	Food	Serving size	Ingredients
0-5	Sooji Chilla	1 pc	2 cup: Roasted Semolina, 1 cup: Whisked Yogurt, 1 no.: tomato (chopped), 1 no.: onion, 1 no.: green chillies (chopped), Red chili powder to taste, 1 tsp: Cumin seeds (Jeera), Salt to taste, Oil for brushing, 1½ cup: water.
		Instructions In a bowl together whisk, roasted semolina, curd, water, chopped onion, tomatoes, green chillies, red chili powder, cumin seeds and salt. Allow it to rest for fifteen minutes. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Brushes it with oil. Put one ladle of the batter and spread it little on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turns the side and brushes it with oil and press a START/+30s button. After cooking, take out and serve hot with chutney.	

Code	Food	Serving size	Ingredients
0-6	Besan Chilla	1 pc	Besan - 2 cups, Water - 1½ cup, Onion (chopped) - 1 ea, Green chilli (chopped) - 1 ea, Red chili powder to taste, Salt to taste, Oil for brushing.
		Instructions In a bowl together whisk, besan, water, chopped onion, green chillies, red chili powder, cumin seeds and salt. Allow it to rest for fifteen minutes. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Brushes it with oil. Put one ladle of the batter and spread it little on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turns the side and brushes it with oil and press a START/+30s button. After cooking, take out and serve hot with chutney.	
0-7	Oats Idli	6 to 9 pc	Oats idli mix, Whisked Yogurt - 1 cup, Salt to taste, Oil for greasing. (according to the recipe on the pack)
		Instructions In a bowl together whisk oats idli mix, curd and water. Allow it to rest for fifteen minutes. Grease the idli maker with oil and pour one ladle of the batter on the idli maker. Put them in microwave oven and press a START/+30s button. After cooking, take out and serve hot with chutney or sambhar.	



Code	Food	Serving size	Ingredients
0-8	Khatta Dhokla	10-15 pc	Khatta dhokla mix, Yogurt, Water, Salt to taste. (according to the recipe on the pack)
		Instructions In a bowl together whisk, khatta dhokla mix, yogurt, water and salt. Allow it to rest for fifteen minutes. Grease the glass bowl with oil and pour ladle of the batter on the glass bowl. Place that glass bowl in another glass bowl filled with water. Put them in microwave oven and press a START/+30s button. After cooking, take out and cut it into equal pieces and serve with green chili or chutney.	

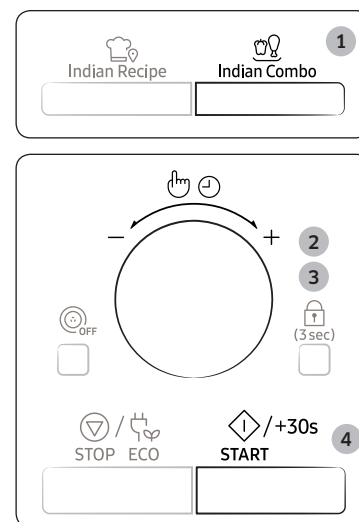
Using the indian combo features

The 20 **Indian Combo** features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the Indian Combo category by turning the **Multi Function Selector Dial** after press the **Indian Combo** button.

⚠ CAUTION

Use only recipients that are microwave-safe.

First, place the food in the centre of the turntable and close the door.



1. Press the **Indian Combo** button.
2. Select the category of food by turning the **Multi Function Selector Dial** and press the **Multi Function Selector Dial**.
 - 1) Veggie
 - 2) Non-Veggie
3. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings.
4. Press the **START/+30s** button. The food is cooked according to the pre-programmed setting selected. When it has finished.
 - 1) The oven beeps 4 times.
 - 2) The end reminder signal will beep 3 times (once every minute).
 - 3) The current time is displayed again.

Oven use

Indian combo guide

The following table presents quantities and appropriate instructions about 20 **Indian Combo** programmes.

1. Veggie

Code	Food	Serving size	Ingredients
1-1	Liiti Chokha	7 to 10 Littis with Chokha	Refined flour (maida) - 1½ cups, Yogurt - 1 cup, Salt to taste. Filling Sattu - 1 cup, Ginger chopped - 1 inch piece, Garlic chopped - 1 inch piece, Cloves - 4, Green chillies chopped - 2, Fresh coriander leaves chopped - ½ cup Carom seeds (ajwain) - 1 teaspoon, Onion seeds (kalonji) - ½ teaspoon, Salt to taste, Lemon juice - 1 tablespoon. Chokha Potatoes - 4 medium(boiled and mashed), Brinjal - 1medium(boiled and mashed), Coriander seeds - 1 teaspoon, Dried red chillies - 2, Onions chopped - 3 medium, Garlic crushed - 3-4 cloves, Green chillies chopped - 3-4, Coriander powder - 1 teaspoon, Cumin powder - 1 teaspoon, Dry mango powder (amchur) - 1 teaspoon, Salt to taste, Ghee for dipping and brushing.

Code	Food	Serving size	Ingredients
1-1	Liiti Chokha		Instructions Add salt and yogurt to the refined flour and knead into a soft dough. Rest the dough for some time. For the filling mix sattu with ginger, garlic, green chillies, coriander leaves, carom seeds, onion seeds, salt, lemon juice and a little water. Divide the dough into lemon sized balls and spread them into small puris with your fingers. Place a portion of the filling mixture and once again roll into balls. Add boiled potatoes, brinjal, red chillies, garlic, onions, green chillies, crushed coriander seeds, coriander powder cumin powder, amchur salt and mix well. Apply some oil with brush on crusty plate and place 7 littis on one side and chokha on other side of the plate and brush with oil. Put them on the high rack and cook. When the beeps, take out the chokha and press a START/+30s button again. After cooking, take out the litti and dip them into ghee and serve hot with chokha.
1-2	Stuffed Aloo Naan and Matar Paneer	2 Stuffed aloo naan with Matar Paneer	Flour (maida) - 2 cup, Baking soda - ¼ tsp., Salt to taste, Curd - 2 tbsp., Milk - 2 tbsp., Oil for brushing. Filling Potatoes - 200 g (3-4 medium sized) boiled, Green chilly - 1 to 2, Ginger - 1 inch long piece, Salt to taste, Red chilly powder - ¼ tsp., Amchur (mango) powder - ¼ tsp., Coriander (dhaniya) powder - 1 tsp., Green coriander - 1 tbsp. (finely chopped). Matar Paneer Paneer cubes - 100 g, Peas - 1 cup shelled, Onion - 1 medium size, Green chillies - 1-2, Ginger - ½" piece, Red chilli powder - ¼, Termeric powder - ¼, Cumin seeds - ½ tsp., Salt to taste.

Code	Food	Serving size	Ingredients
1-2	Stuffed Aloo Naan and Matar Paneer		Instructions Filter flour mixed with baking soda and salt. Create a small crater in the flour then pour curd, milk and oil in it. Mix all these ingredients properly and use some water enough to knead soft dough. Press the dough nicely with your hand making it smooth, it becomes very light. Cover the dough and keep aside for some time allowing it to ferment only then dough will be ready to make Naan. Peel and mash the potatoes into small pieces. Add green chilly, ginger, salt, red chilly, Amchur powder, coriander powder and green coriander to the potato pieces then mix. Potato stuffing for Naan is ready. Break of the dough into 8 equal pieces and round them off into balls. Divide stuffing into 8 equal portions as well. Take a ball of dough, wrap it in dry flour and flatten with a rolling pin into a Naan. Place a portion of potato stuffing on the rolled Naan, wrap up the Naan and close all open ends. Wrap this potato stuffed ball in dry flour and expand a little with your fingers. Gently roll with a rolling pin into a Naan. Mix paneer cubes, shelled onion, green chillies, ginger together and add red chilli powder, cumin seeds, salt and turmeric powder and oil. Apply some oil with brush on the crusty plate and place 2 naan on one side and matar paneer on other side of the plate and brush with oil. Put them on the high rack and press a START/+30s button. When the beeps, stir the matar paneer and turn side of naan and press a START/+30s button again. After cooking, take out the stuffed naan and matar paneer and serve hot.

Code	Food	Serving size	Ingredients
1-3	Dal Chawal	1 Bowl of dal and 1 bowl of rice	Dal - 1 cup, oil to taste, cumin seeds - 2 tsp., onions - ½ cup finely chopped, tomatoes - ½ cup chopped, green chillies - 1 tsp. finely chopped, ginger - 1 tsp. finely chopped, garlic - 1 tsp. finely chopped, chilli powder - 1 tsp., turmeric powder - ¼ tsp., Salt to taste, coriander - 2 tbsp. finely chopped, Water - 4 cup, Rice - 1 cup. Instructions Mix 1 cup dal and 2 cups water in medium size microwave safe bowl. Add the tomatoes, onions, green chillies, ginger, chilli powder, coriander, ghee/oil and salt and mix well. Mix 1 cup rice and 2 cups water in 2 small microwave safe bowls. Add some cumin seeds and ghee into it. Place three bowls in microwave oven and press a START/+30s button. When the beeps, take out dal and rice bowls and serve hot.

Oven use

Code	Food	Serving size	Ingredients
1-4	Veg. Tandoori Platter	2 Naan with Tandoori vegetables	Paneer/cottage cheese - 250 g, Large red bell pepper - 1, large yellow bell pepper - 1, large greenbell/pepper/capsicum/Shimla mirch - 1, onion - 1 medium size, Tomato - 1 large size. Marinade Hung curd/yogurt or thick curd/yogurt - 200 g, Ginger garlic paste or crushed ginger garlic - 1 tbsp., Ajwain/carom seeds - 1 tsp., Kashmiri red chili powder - 1 to 2 tsp., Turmeric powder/haldi - ½ tsp., Jeera powder/cumin seeds powder - 1 tsp., Dhania powder/coriander powder - 1 tsp., Garam masala powder - ½ tsp., Dry mango powder/amchur powder - 1 tsp., Chaat masala - 1 tsp., Black pepper powder (optional) - ½ tsp., Juice of half lemon, Oil or ghee or butter for brushing - 1 to 2 tbsp., Rock salt or black salt. Naan Flour (maida) - 2 cup, Baking soda - ¼ tsp., Salt to taste, Curd - 2 tbsp., Milk - 2 tbsp., Oil for brushing.

Code	Food	Serving size	Ingredients
1-4	Veg. Tandoori Platter		Instructions Chop the paneer in square shaped cubes. The veggies also should be chopped in square shapes. Keep the chopped veggies and paneer aside. In a large bowl, take the curd and whisk it till it becomes smooth. Add ginger garlic paste and all the spice powders plus ajwain, including black salt. Mix the spice powders with the curd. Add oil. Add the veggies and paneer to the marinade. Marinate for at least 2 hours or more in the refrigerator. Remove after 2 hours and bring the marinated paneer and veggies at room temperature. Filter flour mixed with baking soda and salt. Create a small crater in the flour then pour curd, milk and oil in it. Mix all these ingredients properly and use some water enough to knead soft dough. Press the dough nicely with your hand making it smooth, it becomes very light. Cover the dough and keep aside for some time allowing it to ferment only then dough will be ready to make Naan. Break of the dough into 8 equal pieces and round them off into balls. Take a ball of dough, wrap it in dry flour and flatten with a rolling pin into a Naan and expand a little with your fingers. Gently roll with a rolling pin into a round Naan. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Apply some oil with brush on crusty plate and place two naan and some portion of marinated vegetable and place the crusty plate on the low rack in a microwave oven and press a START/+30s button. When the second beeps, turn the side of naan and press a START/+30s button again. When the third beeps, take out the naan and press a START/+30s button. After cooking, take out veg tandoori platter and serve hot with naan.

Code	Food	Serving size	Ingredients
1-5	Pao Bhaji	1 person	Boiled Potatoes - 3 ea, Boiled Peas - ½ cup, boiled Carrot (peeled and chopped) - 2 ea, Boiled Cauliflower (chopped) - 1 cup, Boiled Capsicum (chopped) - ½ cup, Boiled Onions (chopped finely) 2 ea, Ginger-garlic paste - 1½ tsp., Pao bhaji masala - 2 tbsp., Turmeric powder - ¼ tsp., Chilli powder - a pinch, Tomato puree - ½ cup, Oil - 3 tsp., Butter - 1 tbsp., Salt to taste, Lemon juice - 1 tbsp., Pao - 3 ea.
			Instructions In a glass bowl, put oil, onions, ginger-garlic paste, pao bhaji masala, turmeric and chili powder. Add tomato puree, roughly mashed vegetables, potatoes, butter and salt. Add 1 cup water and place it in microwave oven and press a START/+30s button. Slice pao horizontally into two and apply butter on it. When the beeps, put glass bowl and pao on the crusty plate on the high rack and press a START/+30s button again. After cooking, add lemon juice and mix well. Decorate with fresh chopped coriander leaves.

Code	Food	Serving size	Ingredients
1-6	Noodles/ Soup	1 person	For noodles Hakka Noodles - 1 packet, Chopped Onions - 1 medium, Chopped Carrot, Beans, Cabbage, Capsicum - 1 cup, Soya Sauce - 1 tsp., Salt to taste, Pepper powder - 1 tsp., Oil - 2-3 tsp., Vinegar and other Chinese sauces. For soup Tomato juice - 2 cups, Cornflour dissolved in a little cold water - 2 tsp., Roasted cumin seed powder: 1 tsp., Ginger (garlic paste) - 1 tsp., Milk - 1 tsp., Salt and freshly milled pepper, Water - 1 cup.
			Instructions In a microwave safe bowl, put noodle, oil and water (Noodles bowl). In a second microwave safe bowl, add tomato juice, water, corn flour, cumin seeds, ginger garlic paste, salt and pepper (Soup bowl). Prepare another a microwave safe bowl. Put 1 tsp oil, onions, chopped vegetables, salt and pepper powder, vinegar and sauces mix well. (Vegetable bowl) Put Noodles, Soup and Vegetable bowls in microwave oven and press a START/+30s button. When the first beeps, take out the Noodles bowl. Drain a water from the Noodles bowl and pour a some cold water for texture of noodle. Keep the Vegetable and the Soup bowl in the microwave oven and stir the soup. Close the door and press a START/+30s button. When the second beeps, take out the Vegetable bowl and mix noodles (drain a cold water). Put a mixture in the microwave oven. Keep the Soup bowl and stir it. Close the door and press a START/+30s button. After cooking, take out all bowls (Mixture and the Soup) and serve hot.



Oven use

Code	Food	Serving size	Ingredients
1-7	Paneer Wrap	1 person	For paneer wrap Capsicum - 1 sliced, Onion - 1 sliced, Ginger paste - ¼ tsp., Paneer cubes - 1 cup, Turmeric powder - ¼ tsp., Garam masala - ¼ tsp., Chaat masala - ¼ tsp., Kasoori methi - ½ tsp., Salt to taste, Chilli powder - ¼ tsp., Oil or butter - 1 tsp., Ketchup - 1 tsp., Tortilla / chappati - 4 ea. For coffee Milk - 500 ml, Coffee - 2 tsp., Sugar to taste.
		Instructions Put all vegetables, paneer, oil, salt, kasoori methi, chaat masala, garam masala, tomato ketchup and mix them well in a microwave safe bowl and keep aside. Put milk, sugar & coffee in a other microwave safe bowl. Put all bowl in the microwave oven and press a START/+30s button. When the beeps, stir a food in both bowls and press a START/+30s button. After cooking, divide vegetables in bowl in 4 equal portions. Take 4 tortilla and put each portion on the tortilla and fold it from both sides. Serve the wrap with coffee.	

Code	Food	Serving size	Ingredients
1-8	Vegetable Wrap	1 person	For veg wrap Capsicum - 1 sliced, Onion - 1 sliced, Ginger paste - ¼ tsp., Shredded cabbage - ¼ cup, Grated carrot - ¼ cup, Boiled peas - ¼ cup, Tomatoes - ¼ chopped cup, Tomato ketchup - 1 tsp., Garam masala - ¼ tsp., Kasoori methi - ¼ tsp., Butter or oil - 1 tsp., Tortilla or chapattis - 4 ea. For coffee Milk - 500 ml, Coffee - 2 tsp., Sugar to taste.
		Instructions Put all vegetables, oil, salt, kasoori methi, chaat masala, garam masala, tomato ketchup and mix them well in a microwave safe bowl and keep aside. Put milk, sugar & coffee in a second microwave safe bowl. Put all bowl in the microwave and press a START/+30s button. When the beeps, stir a food in both bowls. Close the door and press a START/+30s button. After cooking, divide the vegetables in bowl in 4 equal portions. Take 4 tortilla and put each portion on the tortilla and fold it from both sides. Serve the wrap with coffee.	



Code	Food	Serving size	Ingredients
1-9	Kadi Chawal	1 plate	For Kadi Whisked sour curd - 2 cups, Besan - 2 tbsp., Ginger paste - 1 tbsp., Green chilli paste - 1 tbsp., Salt to taste, Oil - 2 tbsp., Mustard seeds - 1 tbsp., Cumin seeds - 1 tbsp., A pinch of asafoetida, Curry leaves - 6, Chilli powder - ½ tsp., Turmeric powder - ¼ tsp., Water - 1¾ cups. For Rice White rice (not minute rice) - 1 cup, Water - 2 cups, Ghee - 1 tsp. Instructions Combine the curds, besan, ginger paste, green chili paste, salt and 1 cup of water in a deep bowl and mix well using a whisk or mixer grinder. Keep aside. Put rice, water and ghee, cumin seeds in a microwave safe bowl. Take another microwave safe bowl add some oil then add the mustard seeds, cumin seeds, asafoetida, curry leaves, chilli powder and turmeric powder, mix well and add curd-besan mixture to the prepared mixture and mix well, add water. Press a START/+30s button on microwave oven. When the beeps, stir well and press a START/+30s button again. After cooking, take out serve hot.

Code	Food	Serving size	Ingredients
1-10	Parantha & Paneer bhurji	1 person	For paneer bhurji Paneer crumbled - 200 g, Sized onion, finely chopped - 1 medium, Sized tomato, finely chopped - 1 large or 2 medium, Green chillies, finely chopped - 1 or 2 ea., Ginger garlic paste - 1 tsp., Turmeric powder - ¼ tsp., Garam masala - ¼ tsp. For parantha Red chilli powder - ½ tsp., Cumin seeds - ½ tsp., Oil - 2 tsp., Salt as required, All Purpose Flour Water - 1 cup, Mashed potato - 1 ea (boiled).



Oven use

Code	Food	Serving size	Ingredients
1-10	Parantha & Paneer bhurji		Instructions Put mashed potato, salt, cumin seed, chili and mix well for paratha stuffing in the glass bowl. Take a big ball of dough, dip it in flour and coat it with flour. Roll out to form a disc size using a rolling pin. Gather together the edges of the rolled-out whole wheat flour into the middle completely covering the mashed mixture and seal it together - without tearing or breaking. Then use the rolling pin to thin-out the stuffing - this has to be done very gently and carefully. Use the flour to sprinkle onto the surface and onto the paratha to ensure that the dough doesn't stick to the surface or rolling pin. Crumble the cottage cheese and then add cumin seeds, onions, tomato, green chilies, ginger garlic paste, salt, garam masala, turmeric, red chili powder together well to make paneer bhurji mixture. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a "preheat" at this step. When the first beeps, take out the crusty plate. Place parantha, paneer bhurji mixture on the crusty plate on the high rack. Put them in microwave oven and press a START/+30s button again. When the second beeps, turn the food over and press a START/+30s button. After cooking, serve hot.

Code	Food	Serving size	Ingredients
1-11	Rice & Rasam	1 plate	For Rice Rice (soaked in water) - 1 cup, Cumin seeds - ½ tsp., Salt to taste, Water - 2 cups. For Rasam Tomato - 1 medium sized, Tamarind - 1 small ball, Rasam Powder - 1½ tsp., Seasoning Mustard - ½ tsp., Vegetable Oil/ Ghee - 1 tsp., Curry leaves - 5-6 Pinch of asafoetida, Water - 1½ cups. Instructions In a microwave safe bowl, add rice, salt, cumin seeds and water. In another microwave safe, add tomato, tamarind, water, rasam powder, seasoning, mustard, oil, curry leaves, asafetida, salt and water. Put them in microwave oven and press a START/+30s button. When the beeps, stir well and press a START/+30s button again. After cooking, take out and serve hot.
1-12	French Fries & Burger	1 person	For French fries Potatoes - 250-300 g For burger Potato - 2 ea (boiled), Burger buns - 2 ea, Onion (slice) - 2 ea, Tomato (slice) - 1 ea, Tomato sauce - 1-2 tsp., Black pepper powder - 1 tsp., Oil to brush, Salt to taste, Coriander (dhania) chopped - ½ tbsp., Chaat masala - ½ tsp., Chili powder to taste, Lemon juice - ½ tsp., Vegetable oil - 1 tbsp., Cheese slice - 1 ea.



Code	Food	Serving size	Ingredients
1-12	French Fries & Burger		Instructions French Fries Use hard to medium type of potatoes and wash them. Peel potatoes and cut into sticks with a thickness of 10 x 10 mm. Soak in cold water (for 30 min.). Dry them with a towel and brush with vegetable oil. Distribute potatoes evenly on the crusty plate. Aloo Tikki Take a mashed potato in a bowl. Add salt, chaat masala, chili powder, lemon juice, coriander mix them well. Make a round ball type and make it flat with your hands. Brush with oil and keep on crusty plate. Burger Bun Put butter on the burger bun. Put all items on the crusty plate on the high rack and press a START/+30s button. When the first beeps change the side of tikki & flip the French fries and press a START/+30s button again. When the second beeps take out the French fries and change the side of Tikki if required and keep the burger bun on crusty plate and press a START/+30s button. After cooking, take out the buns and tikki. On French fries sprinkle salt and black pepper. On burger bun apply tomato sauce, put tomato slice, onion slice, cheese slice and serve with French fries.

Code	Food	Serving size	Ingredients
1-13	Fried Rice & Gravy	1 plate	For gravy Onion (chopped finely) - 1 large, Tomato (chopped finely) - 1 large, Mixed vegetables approx (like carrots, beans, corn kernels, mushrooms, or other vegetables of choice) - 4 cups, Soya sauce - 1 tsp., Tomato sauce - 1 tsp., Salt to taste, Chili powder ½ cup milk - ½ tsp., Oil - 1 tbsp., Water - 1 cup. For fried rice Boiled rice (A day old rice make the best fried rice) - 1 bowl, Oil - 1 tbsp., Cloves garlic, chopped - 2-3, Red chilli, chopped - 1, Carrots, chopped - 1 tbsp., Baby corn, chopped - 3-4, Cabbage, diced - 4-5 tbsp., Sesame oil - ½ tbsp., Green beans, chopped - 4-5, Salt, to taste, Pepper, to taste, Soy sauce - 1 tsp.

Oven use

Code	Food	Serving size	Ingredients
1-13	Fried Rice & Gravy		Instructions In a microwave safe bowl add rice and water. For gravy In second microwave safe bowl, add onions, tomato, mixed vegetables (like carrots, beans, corn kernels, mushrooms, or other vegetables of choice), salt, soya sauce, chili, water and tomato sauce. Put them in microwave oven and press a START/+30s button. In another microwave safe bowl add sesame oil, onion, tomatoes, garlic cloves, black pepper, mixed vegetable, salt, chili powder soya sauce, tomato sauce and keep aside. When the first beeps, take out Rice bowl and keep the vegetable bowl in microwave. Press a START/+30s button again. Drain water from rice. When the second beeps, take out vegetable bowl and stir the curry in the bowl. Mix the vegetable with the rice and keep the bowl in microwave. Press a START/+30s button. After cooking, take out and serve hot.

Code	Food	Serving size	Ingredients
1-14	Vegetable Pulao with Gravy	1 plate	For pulao Rice - 1 cup, Oil - ½ tbsp., Cumin Seeds - 1 tsp., Chili powder - 1 tsp., Carrots (chopped) - 3-4 tbsp., Peas - 3-4 tbsp., Sweet Corn kernels - 3-4 tbsp., French Beans (chopped) - 3-4 tbsp., Salt to taste, Coriander(chopped) - 1 tbsp., Ginger paste - ½ tsp., Garlic paste - ½ tsp., Turmeric powder - ½ tsp. For gravy Onion (sliced) - 1 ea, Tomato (chopped) - 1 ea, Mixed vegetables (like carrots, peas, beans, corn kernels, mushrooms, or other vegetables of choice) - 4 cups, Kasoori methi - 2 pinches Salt to taste, Chili powder - ½ tsp. Milk - ½ cup, Oil - 1 tbsp. Instructions Add oil, cumin seeds, chili and all the veggies and the salt in a microwave safe bowl and then add the soaked rice and two cups of water. Put it in a microwave oven. In second microwave safe bowl add oil onion, tomatoes, mixed vegetable, salt, kasoori methi, garlic, ginger, Chili powder, turmeric powder and water. Put it in a microwave oven also. Press a START/+30s button and when the beeps, stir well. After cooking, take out serve hot.

2. Non-Veggie

Code	Food	Serving size	Ingredients
2-1	Non Veg. Tandoori Platter	2 Naan With Chicken And veggies	Chicken - 250 g, Large red bell pepper - 1 ea, Large yellow bell pepper - 1 ea, Large green bell Pepper / Capsicum / Shimla mirch - 1, Onion - 1 medium size, Tomato - 1 large size. Marinade Hung curd / Yogurt or thick curd / Yogurt - 200 g, Ginger garlic paste or Crushed ginger garlic - 1 tbsp., Ajwain / Carom seeds - 1 tsp., Kashmiri red chili powder - 1 to 2 tsp., Turmeric powder / Haldi - ½ tsp., Jeera powder / Cumin seeds powder - 1 tsp., Dhania powder / Coriander powder - 1 tsp., Garam masala powder - ½ tsp., Dry mango powder / Amchur powder - 1 tsp., Chaat masala - 1 tsp., Black pepper powder (optional) - ½ tsp., Juice of half lemon, Oil or ghee or butter for brushing - 1 to 2 tbsp., Rock salt or Black salt. Naan Flour (maida) - 2 cups, Baking soda - ¼ tsp., Salt to taste, Curd - 2 tbsp., Milk - 2 tbsp., Oil for brushing.

Code	Food	Serving size	Ingredients
2-1	Non Veg. Tandoori Platter		Instructions Chop the chicken in square shaped cubes. The veggies also should be chopped in square shapes. Keep the chopped veggies and chicken aside. In a large bowl, take the curd and whisk it till it becomes smooth. Add ginger garlic paste and all the spice powders plus ajwain, including black salt. Mix the spice powders with the curd. Add oil. Add the veggies and chicken to the marinade. Marinate for at least 2 hours or more in the refrigerator. Remove after 2 hours and bring the marinated chicken and veggies at room temperature. Filter flour mixed with baking soda and salt. Create a small crater in the flour then pour curd, milk and oil in it. Mix all these ingredients properly and use some water enough to knead soft dough. Press the dough nicely with your hand making it smooth, it becomes very light. Cover the dough and keep aside for some time allowing it to ferment only then dough will be ready to make Naan. Break of the dough into 8 equal pieces and round them off into balls. Take a ball of dough, wrap it in dry flour and flatten with a rolling pin into a Naan and expand a little with your fingers. Gently roll with a rolling pin into a round Naan. Select a autocook program and put the crusty plate on the high rack in the microwave oven. Press a START/+30s button. Display show a “preheat” at this step. When the first beeps, take out the crusty plate. Apply some oil with brush on crusty plate and place two naan and some portion of marinated vegetable. Put the crusty plate on the low rack in a microwave oven and press a START/+30s button again. When the second beeps, turn the side of naan and press a START/+30s button. When the third beeps, take out the naan and press a START/+30s button. After cooking, take out non veg tandoori platter and serve hot with naan.

Oven use

Oven use

Code	Food	Serving size	Ingredients
2-2	Chilli Chicken with Lemon Rice	1 plate	For lemon rice Basmati Rice - 1 cup, Big cardamom - 2 ea, Lemon juice - 1 tbsp., Curry leaves - 4-5 ea, Turmeric powder - 2 tsp., Salt as per taste. For chilli chicken Boneless chicken pieces, cubed - 250 g. For batter Plain flour (maida) - ½ cup, Corn flour or corn-starch - ¼ cup, Ginger garlic paste - 1 tsp., Kashmiri chilli powder - ¼ tsp., Soya sauce - 1 tsp., Black pepper powder - ½ tsp., Curd - 2 tbsp. For stir-frying Oil - 1 tbsp., Cubed onions - 1 cup, Soya sauce - 1 tsp., Cubed capsicum (bell pepper) - ½ cup, Green chillies, slit - 2-3, Crushed garlic - 1 tsp., Grated ginger - 1 tsp., Tomato ketchup - 1 tsp., Vinegar or lime juice - 1 tsp., Minced spring onions or coriander leaves for garnish - 2 tbsp.

Code	Food	Serving size	Ingredients
2-2	Chilli Chicken with Lemon Rice		Instructions Soak rice for 30 minutes and drain it. Soaking helps rice to cook early and easily. Step for Making of Chili Chicken Mix corn flour, red colour, curd, chat masala, 1 tsp ginger garlic paste, salt as per taste, soya sauce, pepper powder for the batter and add enough water to make a thick batter add cleaned and cut chicken pieces. Stir well to combine and then freeze it for half an hour. Meanwhile cut the capsicum and onions in cube shape. Step for Making of lemon rice. In one bowl add rice, 2 Big cardamom, lemon juice, curry leaves, turmeric and salt as per taste. Now put the chicken pieces in one side of crusty plate and capsicum and onion other side of crusty plate. Put the crusty plate on the high rack and rice bowl below the rack in microwave oven. Press a START/+30s button. When the first beeps, take out chicken and onion and capsicum. Mix them and then add the soya sauce, vinegar or lemon juice, and tomato ketchup. Put them in microwave oven and press a START/+30s button again. When the second beeps, stir well and press a START/+30s button. After cooking, take out the rice bowl garnish with spring onion or coriande and serve hot.

Code	Food	Serving size	Ingredients
2-3	Chicken Burger & French Fries	1 plate	For French fries Potatoes - 250-300 g, Salt to taste, Corn flour - 1 tsp., Maida - 2 tsp. For burger Chicken (minced) - 250-300 g, Burger buns - 2 ea, Slice onion - 2 ea, Slice tomato - 1 ea, Tomato sauce - 1-2 tsp., Black pepper powder - 1 tsp., Oil to brush, Salt to taste, Coriander (dhania) finely chopped - ½ tsp., Chaat masala - ½ tsp., Chili powder - ½ tsp., Lemon juice - 1 tsp., Salt to taste Vegetable oil, Cheese slice - 1, Bread crumbs - 2 tbsp., Egg - 1.

Code	Food	Serving size	Ingredients
2-3	Chicken Burger & French Fries		Instructions French Fries Use hard to medium type of potatoes and wash them. Peel potatoes and cut into sticks with a thickness of 10 x 10 mm. Mix salt as per taste, corn flour, maida and keep in fridge for 30 min. Brush with vegetable oil. Distribute fries evenly on the crusty plate. Chicken Tikki Take minced chicken in a bowl, add salt chaat masala, chili powder, lemon juice, coriander, bread crumbs & egg mix them well. Take some mixture and make a round ball and then make it flat with your hands. Brush with oil and keep in crusty plate. Burger Bun Apply butter on the burger bun and keep aside. Put the crusty plate on the high rack and press a START/+30s button. When the first beeps change the side of tikki & flip the French fries and press a START/+30s button again. When the second beeps, take out the French fries and change the side of Tikki if required and keep the burger bun on crusty plate and press a START/+30s button. After cooking, take out bun and tikki. On French fries sprinkle salt and black pepper. On burger bun apply tomato sauce, keep tomato slice, onion slice cheese slice and serve with French fries.

Oven use

Code	Food	Serving size	Ingredients
2-4	Rice & Fish Gravy	1 plate	For rice Basmati Rice - 1 cup, Water - 2 cups. For fish gravy Slices 8 Fish - ½ inch, Turmeric powder - 1 tsp., Salt to taste, Kitchen king - 1 tsp., Chat masala - 1 tsp., Garam masala - 1 tsp., Coriander powder - 1 tsp., Oil - 2 tbsp., Bay leaf - 1 ea, Ginger Garlic paste - 1 tbsp., Onions medium (chopped) - 2 ea, Red chili powder - 1 tsp., Coriander powder - 2 tsp., Green chillies slit - 2 ea, Fresh coriander leaves chopped - 2 tbsp., Tomato puree - 2 tbsp.
			Instructions Soak rice for 30 minutes and drain it. Soaking helps rice to cook early and easily. Take 2 bowl glass bowl, In first bowl add rice, water. In second bowl pour 1 tbsp. oil, grinded onions, tomato puree, 1 bay leaf, cardamom, curd, garam masala, chat masala, coriander powder, red chilli powder, ginger garlic paste, kitchen king, turmeric powder, tomato puree. Put above both bowls in microwave and press a START/+30s button. When the beeps, stir well and press a START/+30s button again. After cooking, take out and serve hot.

Code	Food	Serving size	Ingredients
2-5	Chicken Fried Rice & Gravy	1 plate	For gravy Large onion cut fine - 1 ea, Large tomato cut fine - 1 ea, Medium size chicken pieces - 200-300 g, Soya sauce - 1 tsp., Tomato sauce - 1 tsp., Salt to taste, Chili powder - ½ tsp., Milk - ½ cup, Oil - 1 tbsp. For fried rice Boiled rice (A day old rice make the best fried rice) - 1 cup, Oil - 1 tbsp., Garlic, chopped - 2-3 cloves, Red chilli, chopped - 1 ea, Carrots, chopped - 1 tbsp., Baby corn, chopped - 3-4 ea, Cabbage, diced - 4-5 tbsp., Sesame oil - ½ tbsp., Green beans, chopped - 4-5 ea, Salt to taste, Pepper to taste, Soy sauce - 1 tsp.
			Instructions Take 3 ea microwave safe bowls. In first microwave safe bowl, add rice, water, whole spices and veggies. In second microwave safe bowl, take oil and chicken. In third microwave safe, add oil onion, tomatoes puree, salt, chili powder, 1 tsp. dried mango powder, kitchen king masala, 1 tsp. ginger garlic paste and add water. Put all three bowls in microwave oven and press a START/+30s button. When the beeps, take rice bowl, chicken bowl and gravy bowl. Mix the chicken with Rice and stir them. Put gravy and rice bowl in microwave oven and press a START/+30s button again. After cooking, take out both the bowls and serve hot.

Code	Food	Serving size	Ingredients
2-6	Andra Style Chicken Biryani + Onion ka salan	1 plate	For biryani Basmati Rice - 1 cup, Chicken - 250 g, Oil - 1 tbsp., Water - 2 cups, Green chillies - 2 ea, Onion - 2 ea, Tomato - 1 ea, Small Cardamom - 1 ea, Cloves - 4 ea, Big Cardamom - 1 ea, Bay leaves - 2 ea, Cinnamon - 2 ea, Cumin Powder / Jeera powder - 1 tsp., Ginger - garlic paste - 1 tbsp., Salt to taste. For onion salan Peeled and left whole - Shallots / Sambar Onion 20, Bunch Coriander Leaves for garnishing - 1, Turmeric Powder - 1 tsp., Garam Masala Powder - 1 tsp., Sugar / Jaggery to taste, Tamarind - a small gooseberry size, Grated - Coconut - 2 tbsp., Amul cream (optional).

Code	Food	Serving size	Ingredients
2-6	Andra Style Chicken Biryani + Onion ka salan		Instructions Soak rice for 30 minutes and drain it. Soaking helps rice to cook early and easily. Take 2 ea Microwave glass bowl, In first bowl pour 1 tbsp. oil, 1 tbsp. chat masala, 1 tbsp. meat masala, 1 tbsp. red chilli powder, 1 tbsp. ginger garlic paste, 1 tbsp. kitchen king, 1 tbsp. turmeric powder, 4 cloves, 1 big cardamom, bay leaves, add rice and chicken add Amul cream and salt as per taste. Stir them. In second bowl pour 1 tbsp. oil, 1 tsp. coriander powder, 1 tsp. cumin powder, 1 tsp. garam masala, 1 tsp. red chilli powder, 1 tsp. ginger garlic paste, 1 tsp. kitchen king, 1 tsp. turmeric powder, 1 tsp. red colour (as per taste), add in the peeled shallot onion and add the grinded roasted peanutsand coconut paste. Put above 2 bowls in microwave oven and press a START/+30s button. When the beeps, take out and stir them and press a START/+30s button again. After cooking, Andhra style chicken biryani with onion ka salan is ready.

Oven use

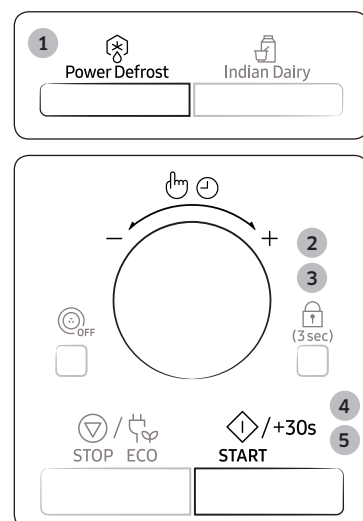
Using the power defrost features

The **Power Defrost** features enable you to defrost meat, poultry, fish, bread, cake and fruit. The defrost time and power level are set automatically. You simply select the programme and the weight.

⚠ CAUTION

Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.



1. Press the **Power Defrost** button.
2. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings. At that time, press the **Multi Function Selector Dial** to select the type of food.
3. Select the size of the serving by turning the **Multi Function Selector Dial**.
4. Press the **START/+30s** button.
 - Defrosting begins.
 - The oven beeps through defrosting to remind you to turn the food over.
5. Press the **START/+30s** button again to finish defrosting. When it has finished.
 - 1) The oven beeps 4 times.
 - 2) The end reminder signal will beep 3 times (once every minute).
 - 3) The current time is displayed again.

Power defrost guide

The following table presents the various **Power Defrost** programmes, quantities and appropriate instructions. Remove all kind of package material before defrosting. Place meat, poultry and fish on a flat glass plate or on a ceramic plate, arrange bread, cake and fruit on kitchen paper.

Code	Food	Serving size	Instructions
1	Meat	200-1500 g	Shield the edges with aluminium foil. Turn the meat over, when the oven beeps. This programme is suitable for beef, lamb, pork, steaks, chops, minced meat. Stand for 20-60 minutes.
2	Poultry	200-1500 g	Shield the leg and wing tips with aluminium foil. Turn the poultry over, when the oven beeps. This programme is suitable for whole chicken as well as for chicken portions. Stand for 20-60 minutes.
3	Fish	200-1500 g	Shield the tail of a whole fish with aluminium foil. Turn the fish over, when the oven beeps. This programme is suitable for whole fishes as well as for fish fillets. Stand for 20-50 minutes.

Code	Food	Serving size	Instructions
4	Bread/Cake	125-1000 g	Put bread horizontally on a piece of kitchen paper and turn over, as soon as the oven beeps. Place cake on a ceramic plate and if possible, turn over, as soon as the oven beeps. (Oven keeps operating and is stopped, when you open the door.) This programme is suitable for all kinds of bread, sliced or whole, as well as for bread rolls and baguettes. Arrange bread rolls in a circle. This programme is suitable for all kinds of yeast cake, biscuit, cheese cake and puff pastry. It is not suitable for short/crust pastry, fruit and cream cakes as well as for cake with chocolate topping. Stand for 10-30 minutes.
5	Fruit	100-600 g	Spread fruits evenly into a flat glass dish. This programme is suitable for all kind of fruits. Stand for 5-20 minutes.

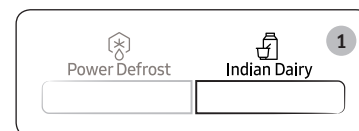
Using the indian dairy features

The 10 **Indian Dairy** features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the type of food by turning the **Multi Function Selector Dial**.

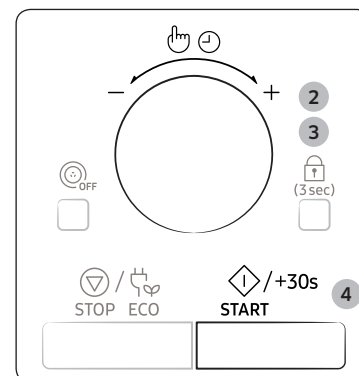
⚠ CAUTION

Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.



1. Press the **Indian Dairy** button.



2. Select the category of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings. At that time, press the **Multi Function Selector Dial** to select the category of food.
3. Select the type of food by turning the **Multi Function Selector Dial**.
4. Press the **START/+30s** button. The food is cooked according to the pre-programmed setting selected. When it has finished.
 - 1) The oven beeps 4 times.
 - 2) The end reminder signal will beep 3 times (once every minute).
 - 3) The current time is displayed again.

⚠ CAUTION

Turntable is not operating during curd cooking.

Oven use

Indian dairy guide

The following table presents quantities and appropriate instructions for **Indian Dairy**.

1. Indian dairy

Code	Food	Serving size	Ingredients
1-1	Paneer	150 g	Full cream boiled milk - 2 tbsp., Curd - 2 tbsp.
		Instructions Take boiled milk in microwave safe bowl and add 2 tbsp. curd and mix it well. Put them in microwave oven and press a START/+30s button. When the beeps, stir well and press a START/+30s button again. After cooking, take out the paneer and place the paneer in cotton cloth and drain excessive water. You can set the paneer in a shape by putting some weight over the cotton cloth for 30 minutes.	
1-2	Ghee	200 ml	Malai / Cream - 500 ml.
		Instructions Pour malai / cream in microwave safe bowl of 1.3L capacity. Put them in microwave oven and press a START/+30s button. When the first beeps, stir well and press a START/+30s button again. When the second beeps, stir well and press a START/+30s button. When the third beeps, stir well and press a START/+30s button. After cooking, take out the ghee and allow it to cool down at room temperature.	
1-3	Boil Milk	500 ml	Milk - 500 ml.
		Instructions Take the milk and pour it into microwave safe glass bowl of 1.3 L capacity. Put them in microwave oven and press a START/+30s button. After cooking, take out the milk and serve.	

Code	Food	Serving size	Ingredients
1-4	Badam-Kesar Milk	500 ml	Full cream milk - 500 ml, Kesar (saffron) - 1 pinch, Almonds (badam) - 4 ea, Finely chopped, Sugar to taste.
		Instructions Add sugar, saffron and finely chopped almonds into the boiled milk in the microwave safe glass bowl of 1.3 L capacity. Put them in microwave oven and press a START/+30s button. After cooking, take out and serve hot.	
1-5	Holricks	500 ml	Full cream milk - 500 ml, Horlicks - 4 tsp., Sugar to taste.
		Instructions Add sugar and horlicks into the boiled milk in the microwave safe glass bowl of 1.3 L capacity. Put them in microwave oven and press a START/+30s button. After cooking, take out and serve hot.	
1-6	Haldi Milk	500 ml	Full cream milk - 500 ml, Haldi (Turmeric) - 2 tsp., Sugar to taste.
		Instructions Add sugar and turmeric into the boiled milk in the microwave safe glass bowl of 1.3 L capacity. Put them in microwave oven and press a START/+30s button. After cooking, take out and serve hot.	
1-7	Coffee	500 ml (4 cups)	Milk - 500 ml, Coffee - 5 tsp., Sugar to taste, Drinking chocolate to taste.
		Instructions Pour milk, sugar and coffee microwave safe bowl of 1.3 L capacity. Put them in microwave oven and press a START/+30s button. After cooking, take out and serve.	

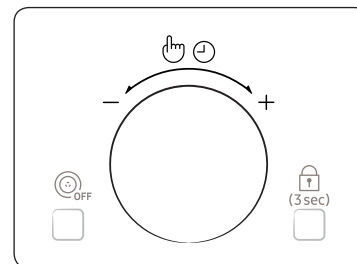
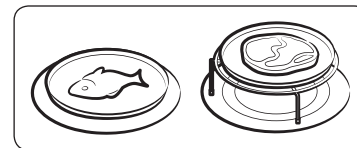
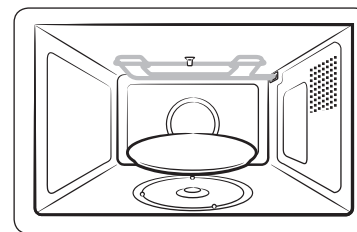
Code	Food	Serving size	Ingredients
1-8	Tea	500 ml (4 cups)	Water - 200 ml, Milk - 300 ml, Tea - 4 tsp., Sugar to taste.
		Instructions Pour water, milk, tea and sugar in microwave safe bowl of 1.3 L capacity bowl. Put them in microwave oven and press a START/+30s button. After cooking, take out and serve.	

2. Curd

Code	Food	Serving size	Ingredients
2-1	Large Glass Bowl	500 ml	Milk - 500 ml, Thick curd a starter - 70 g.
		Instructions Beat 500 ml of lukewarm milk with help of beater to create froth in the milk then add 70 g a starter and mix it well in circular motion. Pour evenly into large glass bowl. Put them in microwave oven and press a START/+30s button. After cooking, keep for 45 min outside at room temperature then refrigerate it till it settles.	
2-2	Clay Pots	500 ml	Milk - 500 ml, Thick curd a starter - 70 g.
		Instructions Beat 500 ml of lukewarm milk with help of beater to create froth in the milk then add 70 g a starter and mix it well in circular motion. Pour evenly into large glass bowl. Put them in microwave oven and press a START/+30s button. After cooking, keep for 45 min outside at room temperature then refrigerate it till it settles.	

Using the crusty plate

This crusty plate allows you to brown food not only on the top with the grill, but also the bottom of the food turns crispy and brown due to the high temperature of the crusty plate. Several items which you can prepare on the crusty plate can be found in the chart (see next page). The crusty plate can also be used for bacon, eggs, sausages, etc.



1. Place the crusty plate directly on the turntable and preheat it with highest Microwave-Grill-Combination [450 W + Grill] by following the times and instructions in the chart.
2. Brush the plate with oil if you are cooking food, such as bacon and eggs, in order to brown the food nicely.
3. Place the food on the crusty plate.
4. Place the crusty plate on the metal rack (or turntable) in the microwave.
5. Select the appropriate cooking time and power. (Refer to the table on the side)

Oven use

⚠ CAUTION

- Always use oven gloves to take out the crusty plate, as will become very hot.
- Do not place any objects on the crusty plate that are not heat-resistant.
- Never place the crusty plate in the oven without turntable.
- Please note that the crust plate is not dish washer-safe.

📖 NOTE

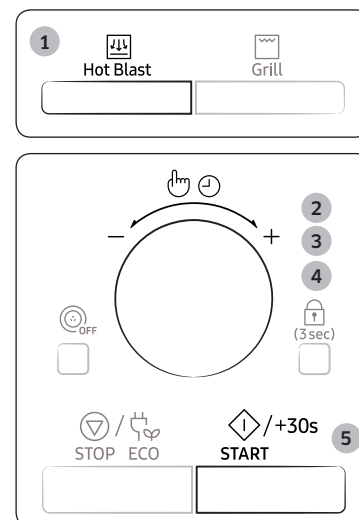
- Please note that the crusty plate has a teflon layer which is not scratchresistant. Do not use any sharp objects like a knife to cut on the crusty plate.
- Clean the crusty plate with warm water and detergent and rinse off with clean water.
- Do not use a scrubbing brush or a hard sponge otherwise the top layer will be damaged.

Hot Blast

Hot Blast mode is similar to traditional oven. The microwave mode is not used. You can set the temperature, as required, in a range varying from 40 °C to 200 °C. The maximum cooking time is 60 minutes.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and browning, if you use the low rack.

Open the door and place the recipient on the low rack and set on turntable.

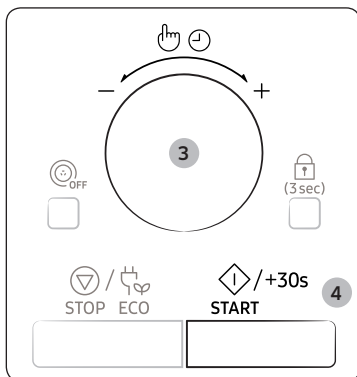
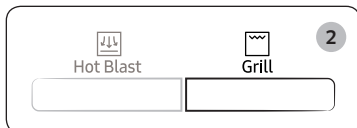
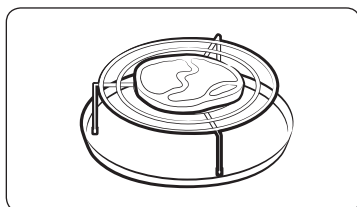


1. The **Hot Blast** button.
The following indications are displayed:
🔥 (Hot blast mode)
180 °C (Temperature)
2. Set the temperature by turning the **Multi Function Selector Dial**. (Temperature: 40-200 °C, 10 °C interval)
 - If don't set the temperature within 5 seconds, automatically changes to the cooking time setting stage.
3. Press the **Multi Function Selector Dial**.
4. Set the cooking time by turning the **Multi Function Selector Dial**. (If you want to preheat the oven, select " : 0")
5. Press the **START/+30s** button.
Cooking starts. When it has finished.
 - 1) The oven beeps 4 times.
 - 2) The end reminder signal will beep 3 times (once every minute).
 - 3) The current time is displayed again.

Grilling

The grill enables you to heat and brown food quickly, without using microwaves.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and grilling results, if you use the high rack.



1. Open the door and place the food on the rack.

2. Press the **Grill** button.
The following indications are displayed:
 (Grill mode)

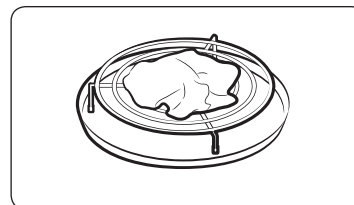
- You cannot set the temperature of the grill.

3. Set the grilling time by turning the **Multi Function Selector Dial**.

- The maximum grilling time is 60 minutes.

4. Press the **START/+30s** button.
Grilling starts. When it has finished.
 - 1) The oven beeps 4 times.
 - 2) The end reminder signal will beep 3 times (once every minute).
 - 3) The current time is displayed again.

Choosing the accessories



Traditional oven cooking does require cookware. You should, however, use only cookware that you would use in your normal oven.

Microwave-safe containers are not usually suitable for convection cooking; don't use plastic containers, dishes, paper cups, towels, etc.

If you wish to select a combined cooking mode (microwave and grill or hot blast), use only recipients that are microwave-safe and oven-proof.

⚠ CAUTION

For further details on suitable cookware and utensils, refer to the **Cookware guide** on page 134.



Oven use

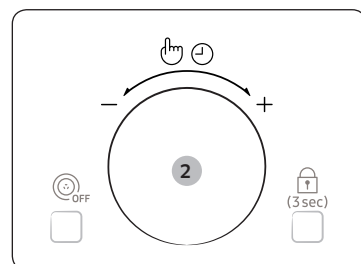
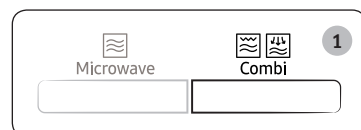
Combining microwaves and grill

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

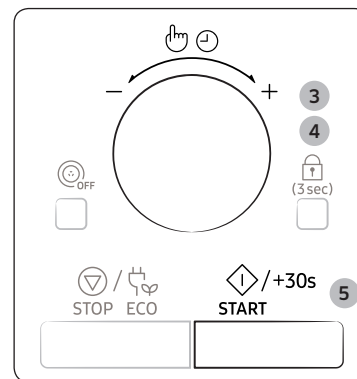
⚠ CAUTION

- ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.
- ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot. You can improve cooking and grilling, if you use the high rack.

Open the door. Place the food on the rack best suited to the type of food to be cooked. Place the rack on the turntable. Close the door.



1. Press the **Combi** button.
The following indications are displayed:
Cb-1 (Microwave + Grill)
2. Make the display indicating Cb-1, and then press the **Multi Function Selector Dial**.
The following indications are displayed:
 (Microwave & Grill combi mode)
 600 W (Output power)



3. Select the appropriate power level by turning the **Multi Function Selector Dial** until the corresponding output power is displayed (600, 450, 300 W). At that time, press the **Multi Function Selector Dial** to set the power level.
 - You cannot set the temperature of the grill.
 - If don't set the temperature within 5 seconds, automatically changes to the cooking time setting stage.
4. Set the cooking time by turning the **Multi Function Selector Dial**.
 - The maximum cooking time is 60 minutes.
5. Press the **START/+30s** button. Combination cooking starts. When it has finished.
 - 1) The oven beeps 4 times.
 - 2) The end reminder signal will beep 3 times (once every minute).
 - 3) The current time is displayed again.



Combining microwaves and hot blast

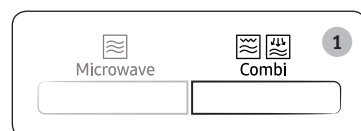
Combination cooking uses both microwave energy and hot blast heating. No preheating is required as the microwave energy is immediately available. Many foods can be cooked in combination mode, particularly:

- Roast meats and poultry
- Pies and cakes
- Egg and cheese dishes

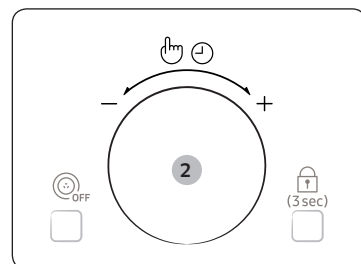
⚠ CAUTION

- ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.
- ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot. You can get better cooking and browning, if you use the low rack.

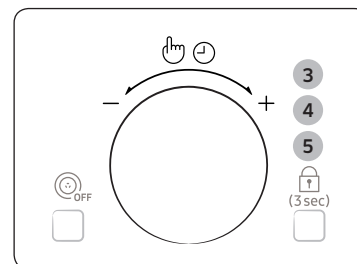
Open the door. Place the food on the turntable or on the low rack which should then be placed on the turntable. Close the door. The heating element must be in the horizontal position.



1. Press the **Combi** button.
The following indications are displayed:
Cb-1 (Microwave + Grill)



2. Make the display indicating Cb-2 (Microwave + Hot blast) by turning the **Multi Function Selector Dial**, and then press the **Multi Function Selector Dial**.
The following indications are displayed:
⏻ (Microwave & Hot blast combi mode)
600 W (Output power)



3. Select the appropriate power level by turning the **Multi Function Selector Dial** until the corresponding output power is displayed (600, 450, 300, 180, 100 W). At that time, press the **Multi Function Selector Dial** to set the power level.

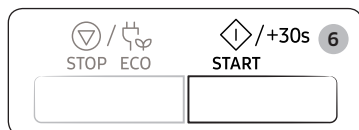
- If don't set the power level within 5 seconds, automatically changes to the cooking time setting stage. (Default: 600 W)

The following indications are displayed:

⏻ (Microwave & Hot blast combi mode)
180 °C (Temperature)

4. Select the appropriate temperature by turning the **Multi Function Selector Dial** (Temperature: 200-40 °C). At that time, press the **Multi Function Selector Dial** to set the power level.
 - If don't set the temperature within 5 seconds, automatically changes to the cooking time setting stage. (Default: 180 °C)
5. Set the cooking time by turning the **Multi Function Selector Dial**.
 - The maximum cooking time is 60 minutes.

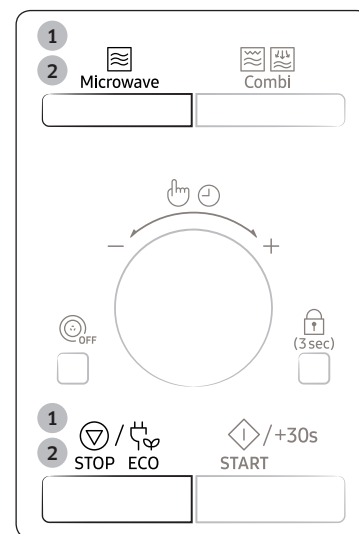
Oven use



6. Press the **START/+30s** button.
Combination cooking starts. The oven is heated to the required temperature and then microwave cooking continues until the cooking time is over. When it has finished.
 - 1) The oven beeps 4 times.
 - 2) The end reminder signal will beep 3 times (once every minute).
 - 3) The current time is displayed again.

Switching the beeper off

You can switch the beeper off whenever you want.



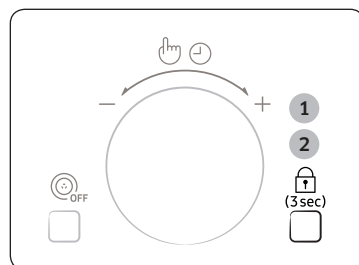
1. Press the **Microwave** and **STOP/ECO** button at the same time.
The oven does not beep to indicate the end of a function.
 - The following indications are displayed:
2. To switch the beeper back on, press the **Microwave** and **STOP/ECO** button again at the same time.
The oven operates normally.
 - The following indications are displayed:

OFF

On

Using the child lock features

Your microwave oven is fitted with a special child lock programme, which enables the oven to be “locked” so that children or anyone unfamiliar with it cannot operate it accidentally.



1. Press the **Child Lock** button for 3 second.
 - The oven is locked (no functions can be selected).
 - The display shows “L”.
2. To unlock the oven, press the **Child Lock** button for 3 second.
The oven can be used normally.

Using the turntable on/off features

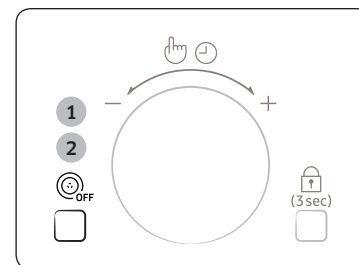
The **Turntable On/Off** button enables you to use large dishes which fill the whole oven by stopping the turntable from rotating (only manual cooking mode).

⚠ CAUTION

The results will be less satisfactory in this case as the cooking is less even. We recommend that you turn the dish by hand halfway through the cooking process.

⚠ WARNING

Never operate the turntable without food in the oven. This may cause fire or damage to the unit.



1. Press the **Turntable On/Off** button during setting Microwave, Grill, Hot Blast, Preheat and Combi function.
 - It is not available with preprogrammed function or before press the **Microwave, Grill, Hot Blast, Preheat** and **Combi** button.**Turntable On/Off** symbol appears on the display, the turntable will not rotate during the cooking.
 (Turntable off mode)
2. To switch the turntable rotating back on, press the **Turntable On/Off** button again. **Turntable On/Off** symbol disappears on the display, the turntable will rotate.

📖 NOTE

This **Turntable On/Off** button is available only during cooking.

Cookware guide

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used.

Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.

The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

Cookware	Microwave-safe	Comments
Aluminum foil	✓✗	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Crust plate	✓	Do not preheat for more than 8 minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	✗	May catch fire.
• Recycled paper or metal trims	✗	May cause arcing.
Glassware		
• Oven-to-tableware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.

Cookware	Microwave-safe	Comments
• Glass jars	✓	Must remove the lid. Suitable for warming only.
Metal		
• Dishes	✗	May cause arcing or fire.
• Freezer bag twist ties	✗	
Paper		
• Plates, cups, napkins and kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
• Recycled paper	✗	May cause arcing.
Plastic		
• Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
• Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
• Freezer bags	✓✗	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

✓ : Recommended ✓✗ : Use caution ✗ : Unsafe

Cooking guide

Microwaves

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content. The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

Cooking

Cookware for microwave cooking:

Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

Food suitable for microwave cooking:

Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with tips, techniques and hints).

Covering during cooking

To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process. Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

Standing times

After cooking is over food the standing time is important to allow the temperature to even out within the food.

Cooking guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer. Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

Food	Serving size	Power	Time (min.)
Spinach	150 g	600 W	5-6
	Instructions Add 15 ml (1 tbsp) cold water. Serve after 2-3 minutes standing.		
Broccoli	300 g	600 W	8-9
	Instructions Add 30 ml (2 tbsp) cold water. Serve after 2-3 minutes standing.		
Peas	300 g	600 W	7-8
	Instructions Add 15 ml (1 tbsp) cold water. Serve after 2-3 minutes standing.		
Green Beans	300 g	600 W	7½-8½
	Instructions Add 30 ml (2 tbsp) cold water. Serve after 2-3 minutes standing.		
Mixed Vegetables (Carrots/Peas/ Corn)	300 g	600 W	7-8
	Instructions Add 15 ml (1 tbsp) cold water. Serve after 2-3 minutes standing.		
Mixed Vegetables (Chinese Style)	300 g	600 W	7½-8½
	Instructions Add 15 ml (1 tbsp) cold water. Serve after 2-3 minutes standing.		

Cooking guide

Cooking guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp) for every 250 g unless another water quantity is recommended - see table. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

NOTE

Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

Food	Serving size	Power	Time (min.)
Broccoli	250 g	900 W	4-4½
	500 g		6-7
	Instructions Prepare even sized florets. Arrange the stems to the centre. Serve after 3 minutes standing.		
Brussels Sprouts	250 g	900 W	5½-6
	Instructions Add 60-75 ml (5-6 tbsp) water. Serve after 3 minutes standing.		
Carrots	250 g	900 W	4-4½
	Instructions Cut carrots into even sized slices. Serve after 3 minutes standing.		
Cauliflower	250 g	900 W	4-4½
	500 g		6½-7½
	Instructions Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre. Serve after 3 minutes standing.		

Food	Serving size	Power	Time (min.)
Courgettes	250 g	900 W	3½-4
	Instructions Cut courgettes into slices. Add 30 ml (2 tbsp) water or a knob of butter. Cook until just tender. Serve after 3 minutes standing.		
Eggplants	250 g	900 W	3-3½
	Instructions Cut eggplants into small slices and sprinkle with 1 tbsp lemon juice. Serve after 3 minutes standing.		
Leeks	250 g	900 W	3½-4
	Instructions Cut leeks into thick slices. Serve after 3 minutes standing.		
Mushrooms	125 g 250 g	900 W	1½-2 2½-3
	Instructions Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving. Serve after 3 minutes standing.		
Onions	250 g	900 W	4-4½
	Instructions Cut onions into slices or halves. Add only 15 ml (1 tbsp) water. Serve after 3 minutes standing.		
Pepper	250 g	900 W	4½-5
	Instructions Cut pepper into small slices. Serve after 3 minutes standing.		
Potatoes	250 g 500 g	900 W	4-5 7-8
	Instructions Weigh the peeled potatoes and cut them into similar sized halves or quarters. Serve after 3 minutes standing.		

Food	Serving size	Power	Time (min.)
Turnip Cabbage	250 g	900 W	5½-6
	Instructions Cut turnip cabbage into small cubes. Serve after 3 minutes standing.		

Cooking guide for rice and pasta

- **Rice:** Use a large glass pyrex bowl with lid - rice doubles in volume during cooking. Cook covered. After the cooking time is over, stir before standing time and salt or add herbs and butter. Remark: the rice may not have absorbed all water after the cooking time is finished.
- **Pasta:** Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered. Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

Food	Serving size	Power	Time (min.)
White Rice (Parboiled)	250 g	450 W	15-16
	375 g		17½-18½
	Instructions Add cold water of double quantity. Serve after 5 minutes standing.		
Brown Rice (Parboiled)	250 g	450 W	18-19
	375 g		20-21
	Instructions Add cold water of double quantity. Serve after 5 minutes standing.		
Mixed Rice (Rice + Wild Rice)	250 g	450 W	18-19
	Instructions Add 500 ml cold water. Serve after 5 minutes standing.		
Mixed Corn (Rice + Grain)	250 g	450 W	20-21
	Instructions Add 400 ml cold water. Serve after 5 minutes standing.		

Food	Serving size	Power	Time (min.)
Pasta	250 g	900 W	9½-11
	Instructions Add 1000 ml hot water. Serve after 5 minutes standing.		
Instant Noodle	1 Small pack (80 g)	900 W	7-7½
	1 Big pack (120 g)		9-9½
	Instructions Use a glass pyrex bowl. Put the noodle and add room temperature 350 ml water in bowl. Cook covered with wrap and pierce at several times. After cooking, drain water and mix instant noodle spices.		



Cooking guide

Reheating

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take.

Use the power levels and reheating times in the following chart as a guide. The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

Arranging and covering

Avoid reheating large items such as joint of meat - they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

Power levels and stirring

Some foods can be reheated using 900 W power while others should be reheated using 600 W, 450 W or even 300 W.

Check the tables for guidance. In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example). Stir well or turn food over during reheating for best results. When possible, stir again before serving. Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food. It is preferable to underestimate cooking time and add extra heating time, if necessary.

Heating and standing times

When reheating food for the first time, it is helpful to make a note of the time taken - for future reference. Always make sure that the reheated food is piping hot throughout. Allow food to stand for a short time after reheating - to let the temperature even out. The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart. Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

Reheating liquids

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

Reheating baby food

Baby food:

Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating! Let stand for 2-3 minutes before serving. Stir again and check the temperature. Recommended serving temperature: between 30-40 °C.

Baby milk:

Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving ! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37 °C.



Remark:

Baby food particularly needs to be checked carefully before serving to prevent burns. Use the power levels and times in the next table as a guide lines for reheating.

Reheating liquids and food

Use the power levels and times in this table as a guide lines for reheating.

Food	Serving size	Power	Time (min.)
Drinks (Coffee, Tea and Water)	150 ml (1 cup)	900 W	1-1½
	300 ml (2 cups)		2-2½
	450 ml (3 cups)		3-3½
	600 ml (4 cups)		3½-4
	Instructions Pour into cups and reheat uncovered: 1 cup in the centre, 2 cups opposite of each other, 3 cups in a circle. Keep in microwave oven during standing time and stir well. Serve after 1-2 minutes standing.		
Soup (Chilled)	250 g	600 W	4-4½
	350 g		5½-6
	450 g		6½-7
	550 g		8-8½
	Instructions Pour into a deep ceramic plate or deep ceramic bowl. Cover with plastic lid. Stir well after reheating. Stir again before serving. Serve after 2-3 minutes standing.		
Stew (Chilled)	350 g	600 W	4½-5½
	Instructions Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving. Serve after 2-3 minutes standing.		

Food	Serving size	Power	Time (min.)
Pasta with Sauce (Chilled)	350 g	600 W	3½-4½
	Instructions Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving. Serve after 3 minutes standing.		
Filled Pasta with Sauce (Chilled)	350 g	600 W	4-5
	Instructions Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving. Serve after 3 minutes standing.		
Plated Meal (Chilled)	350 g	600 W	5-6
	450 g		6-7
	550 g		7-8
	Instructions Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film. Serve after 3 minutes standing.		
Cheese Fondue Ready-to-Serve (Chilled)	400 g	600 W	6-7
	Instructions Put the ready-to-serve cheese fondue in a suitable sized glass pyrex bowl with lid. Stir occasionally during and after reheating. Stir well before serving. Serve after 1-2 minutes standing.		

Cooking guide

Reheating baby food and milk

Use the power levels and times in this table as guide lines for reheating.

Food	Serving size	Power	Time
Baby Food (Vegetables + Meat)	190 g	600 W	30 sec.
	Instructions Empty into ceramic deep plate. Cook covered. Stir after cooking time. Before serving, stir well and check the temperature carefully. Serve after 2-3 minutes standing.		
Baby Porridge (Grain + Milk + Fruit)	190 g	600 W	20 sec.
	Instructions Empty into ceramic deep plate. Cook covered. Stir after cooking time. Before serving, stir well and check the temperature carefully. Serve after 2-3 minutes standing.		
Baby Milk	100 ml	300 W	30-40 sec.
	200 ml		1 min. to 1 min. 10 sec.
	Instructions Stir or shake well and pour into a sterilized glass bottle. Place into the centre of turntable. Cook uncovered. Before serving, shake well and check the temperature carefully. Serve after 2-3 minutes standing.		

Defrosting

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up. Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away. Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible. Check the food occasionally to make sure that it does not feel warm. If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting. Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing. Leave the fish, meat and poultry to stand in order to complete defrosting. The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

NOTE

Flat food defrosts better than thick and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food.

For defrosting of frozen food with a temperature of about -18 to -20 °C, use the following table as a guide.

Food	Serving size	Power	Time (min.)
Meat			
	Minced Meat		
	250 g	180 W	6-7
	500 g		9-11
Pork Steaks	250 g	180 W	7-8
	Instructions Place the meat on turntable. Shield thinner edges with aluminium foil. Turn over after half of defrosting time! Serve after 15-30 minutes standing.		

Food	Serving size	Power	Time (min.)
Poultry Chicken Pieces Whole Chicken	500 g (2 pcs)	180 W	14-15
	1200 g	180 W	32-34
Instructions First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time! Serve after 15-60 minutes standing.			
Fish Fish Fillets Whole Fish	200 g	180 W	6-7
	400 g	180 W	11-13
Instructions Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends of fillets and tail of whole fish with aluminium foil. Turn over after half of defrosting time! Serve after 10-25 minutes standing.			
Fruits Berries	300 g	180 W	6-7
	Instructions Spread fruit on a flat, round glass dish (with a large diameter). Serve after 5-10 minutes standing.		

Food	Serving size	Power	Time (min.)
Bread Bread Rolls (each ca. 50 g)	2 pcs	180 W	1-1½
	4 pcs		2½-3
Toast/Sandwich	250 g	180 W	4-4½
German bread (Wheat + Rye Flour)	500 g	180 W	7-9
	Instructions Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable. Turn over after half of defrosting time! Serve after 5-20 minutes standing.		

Grill

The grill-heating element is located underneath the ceiling of the cavity. It operates while the door is closed and the turntable is rotating. The turntable's rotation makes the food brown more evenly. Preheating the grill for 3-5 minutes will make the food brown more quickly.

Cookware for grilling:

Should be flameproof and may include metal. Do not use any type of plastic cookware, as it can melt.

Food suitable for grilling:

Chops, sausages, steaks, hamburgers, bacon and gammon rashers, thin fish portions, sandwiches and all kinds of toast with toppings.

Important remark:

Whenever the grill only mode is used, please remember that food must be placed on the high rack, unless another instruction is recommended.



Cooking guide

Microwave + Grill

This cooking mode combines the radiant heat that is coming from the grill with the speed of microwave cooking. It operates only while the door is closed and the turntable is rotating. Due to the rotation of the turntable, the food browns evenly. Three combination modes are available with this model: 450 W + Grill, 300 W + Grill and 180 W + Grill.

Cookware for cooking with microwave + grill:

Please use cookware that microwaves can pass through. Cookware should be flameproof. Do not use metal cookware with combination mode. Do not use any type of plastic cookware, as it can melt.

Food suitable for microwave + grill cooking:

Food suitable for combination mode cooking include all kinds of cooked food which need reheating and browning (e.g. baked pasta), as well as foods which require a short cooking time to brown the top of the food. Also, this mode can be used for thick food portions that benefit from a browned and crispy top (e.g. chicken pieces, turning them over half way through cooking). Please refer to the grill table for further details.

Important remark:

Whenever the combination mode (microwave + grill) is used, the food should be placed on the high rack, unless another instruction is recommended. Please refer to the instructions in the following chart. The food must be turned over, if it is to be browned on both sides.

Grill guide for fresh food

Preheat the grill with the grill-function for 3-5 minutes. Use the power levels and times in this table as guide lines for grilling. Use oven gloves when taking out.

Fresh food	Serving size	Power	1 step (min.)	2 step (min.)
Toast Slices	4 pcs (each 25 g)	Grill only	3-3½	3-4
	Instructions Put toast slices side by side on the high rack.			
Grilled Tomatoes	400 g (2 pcs)	1 step: 450 W + Grill 2 step: Grill	4-6	4-5
	Instructions Cut tomatoes into halves. Put some cheese on top. Arrange in a circle in a flat glass pyrex dish. Place it on the high rack. Stand for 2-3 minutes.			
Tomato-Cheese Toast	4 pcs (300 g)	1 step: 300 W + Grill 2 step: Grill	5-7	1-3
	Instructions Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.			
Toast Hawaii (Ham, Pineapple, Cheese slices)	4 pcs (500 g)	1 step: 300 W + Grill 2 step: Grill	5-7	1-3
	Instructions Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.			
Baked Potatoes	500 g	1 step: 450 W + Grill 2 step: Grill	11-13	3-5
	Instructions Cut potatoes into halves. Put them in a circle on the high rack with the cut side to the grill.			



Fresh food	Serving size	Power	1 step (min.)	2 step (min.)
Gratin Potatoes/ Vegetables (Chilled)	450 g	1 step: 450 W + Grill 2 step: Grill	11-13	3-5
	Instructions Put the fresh gratin into a small glass pyrex dish. Put the dish on the high rack. After cooking stand for 2-3 minutes.			
Baked Apples	2 apples (ca. 400 g)	1 step: 300 W + Grill 2 step: Grill	7-8	3-5
	Instructions Core the apples and fill them with raisins and jam. Put some almond slices on top. Put apples on a flat glass pyrex dish. Place the dish directly on the low rack.			
Chicken Pieces	500 g (2 pcs)	300 W + Grill	13-15	8-10
	Instructions Brush chicken pieces with oil and spices. Put them in a circle on the high rack. After grilling stand for 2-3 minutes.			
Roast Chicken	1200 g	1 step: 450 W + Hotblast 200 °C 2 step: 300 W + Grill	23-27	28-33
	Instructions Brush the chicken oil and spices. Put the chicken on the low rack. After grilling stand for 5 minutes.			
Roast Fish	400-500 g	300 W + Grill	8-10	7-9
	Instructions Brush skin of whole fish with oil and add herbs and spices. Put two fishes side by side (head to tail) on the high rack. After finishing the first step, turn the fish over and start the second step. After grilling stand for 2-3 minutes.			

Fresh food	Serving size	Power	1 step (min.)	2 step (min.)
Roast Vegetables	300 g	Grill	9-11	-
	Instructions Rinse and prepare vegetables in slices (e.g. courgette, eggplants, pepper, pumpkin). Brush with olive oil and add spices. Put on crusty plate on high rack.			
Plantain	1 ea (200 g)	1 step: 450 W + Grill 2 step: Grill	7-9	4-5
	Instructions Peel and slice plantain 1 cm thick and put on the crusty plate with grill rack. Brush all sides with oil. If plantain becomes soft, reduce time 1-2 minute soft type. Stand for 1-2 minutes.			
Yam	200 g	1 step: 450 W + Grill 2 step: Grill	10-11	3-5
	Instructions Peel yam and cut into sticks with a thickness of 10 x 30 mm. Length is about 10 cm. Put on the crusty plate and brush all sides with oil. Put on the high rack and cook. Stand for 1-2 minutes.			



Cooking guide

Hot blast

Cooking with Hot blast is powerful combination of the grill heater and the convection heater with fan. The hot air blows from the top of the cavity through holes into the oven. The heating element at top and back side and the fan at the back side-wall, keeps the hot air circulating evenly.

Cookware for Hot blast cooking:

All conventional ovenproof cookware, baking tins and sheets - anything you would normally use in a traditional convection oven - can be used.

Food suitable for Hot blast cooking:

Use this mode for biscuits, individual scones, rolls, and cakes as well as fruits cakes, choux, and souffles.

Microwave + Hot blast

This mode combines the microwave energy with the hot air and is therefore reducing the cooking time while giving the food a brown and crispy surface. Cooking with convection is the traditional and well known method of cooking food in an oven with hot air circulated by a fan on the back-wall.

Cookware for cooking with Microwave + Hot blast:

Should be able to let the microwaves pass through. Should be ovenproof (like glass, pottery or china without metal trims); similar to the cookware described under Microwave + Grill.

Food suitable for Microwave + Hot blast cooking:

All kinds of meats and poultry as well as casseroles and gratin dishes, sponge cakes and light fruit cakes, pies and crumbles, roast vegetables, scones and breads.

Hot blast guide for fresh and frozen food

Preheat the Hot blast with the Hot blast function to the desired temperature. Use the power levels and times in this table as guide lines for Hot blast cooking. Use oven gloves when taking out.

Food	Serving size	Mode	Cooking time (min.)
Frozen mini tartes/Pizza snacks	250 g	200 °C	9-11
	Put pizza snacks on the crusty plate. Put plate on low rack.		
Frozen Oven Chips	300 g	200 °C	22-25
	Distribute frozen oven chips on crusty plate. Put plate on high rack.		
Frozen chicken nuggets	300 g	200 °C	8-11
	Put frozen nuggets on crusty plate. Put plate on the high rack.		
Frozen Pizza	300-400 g	200 °C	11-14
	Put frozen pizza on the low rack.		



Food	Serving size	Mode	Cooking time (min.)
Homemade lasagna/Pasta Gratin	500 g	170 °C	15-20
	Put pasta in ovenproof dish. Put dish on low rack.		
Frozen lasagne	400 g	1 step: 450 W + 200 °C	16-18
		2 step: 200 °C	3-5
	Put into a suitable sized glass pyrex dish or leave in the original packaging (take care that this is suitable for microwaves and oven heat). Put frozen lasagne on the low rack. After cooking stand for 2-3 minutes.		
Roast beef/Lamb (medium)	1000-1200 g	450 W + 160 °C	22-24 (first side) 16-18 (second side)
	Brush beef/ lamb with oil and spice it with pepper, salt and paprika. Put it on the low rack, first with the fat side down. After cooking wrap in aluminium foil and stand for 10-15 minutes.		
Frozen bread rolls	350 g (6 pcs)	180 W + 160 °C	9-11
	Put bread rolls on crusty plate. Put plate on the low rack. Stand 2-3 minutes.		
Marble cake	700 g	160 °C	50-55
	Put the fresh dough in a small rectangular black metal baking dish (length 25 cm). Put the dish on the low rack. After baking stand for 5-10 minutes.		
Small Cakes	each 30 g	160 °C	28-32
	Put up to 12 small cakes / muffins in paper cups on crusty plate. Put plate on low rack. After baking stand for 5 minutes.		
Croissants/Bread rolls (fresh dough)	200-250 g	200 °C	13-18
	Put the chilled croissants or bread rolls on baking paper on the low rack.		

Food	Serving size	Mode	Cooking time (min.)
Frozen cake	1000 g	180 W + 160 °C	18-20
	Put the frozen cake directly on the low rack. After defrost and warming keep standing for 15-20 minutes.		
Homemade Potato Gratin	500 g	1 step: 450 W + 180 °C	18-22
		2 step: 180 °C	3-5
	Put Gratin in ovenproof dish. Set on low rack.		
Homemade Quiche (Medium size)	500-600 g	160 °C	45-50
	Prepare quiche using metal medium size pan and put on low rack. Refer a recipe in Hot Blast auto cook guide.		



Cooking guide

Tips and tricks

Melting butter

Put 50 g butter into a small deep glass dish. Cover with plastic lid. Heat for 30-40 seconds using 900 W, until butter is melted.

Melting chocolate

Put 100 g chocolate into a small deep glass dish. Heat for 3-5 minutes, using 450 W until chocolate is melted. Stir once or twice during melting. Use oven gloves while taking out!

Melting crystallized honey

Put 20 g crystallized honey into a small deep glass dish. Heat for 20-30 seconds using 300 W, until honey is melted.

Melting gelatine

Lay dry gelatine sheets (10 g) for 5 minutes into cold water. Put drained gelatine into a small glass pyrex bowl. Heat for 1 minute using 300 W. Stir after melting.

Cooking glaze/icing (for cake and gateaux)

Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water. Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes using 900 W, until glaze/icing is transparent. Stir twice during cooking.

Cooking jam

Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid. Add 300 g preserving sugar and stir well. Cook covered for 10-12 minutes using 900 W. Stir several times during cooking. Empty directly into small jam glasses with twistoff lids. Stand on lid for 5 minutes.

Cooking pudding

Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes using 900 W. Stir several times well during cooking.

Browning almond slices

Spread 30 g sliced almonds evenly on a medium sized ceramic plate. Stir several times during browning for 3½ to 4½ minutes using 600 W. Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!



Troubleshooting

Troubleshooting

If you have any of the problems listed below try the solutions given.

Problem	Cause	Action
General		
The buttons cannot be pressed properly.	Foreign matter may be caught between the buttons.	Remove the foreign matter and try again.
	For touch models: Moisture is on the exterior.	Wipe the moisture from the exterior.
	Child lock is activated.	Deactivate Child lock.
The time is not displayed.	The Eco (power-saving) function is set.	Turn off the Eco function.
The oven does not work.	Power is not supplied.	Make sure power is supplied.
	The door is open.	Close the door and try again.
	The door open safety mechanisms are covered in foreign matter.	Remove the foreign matter and try again.
The oven stops while in operation.	The user has opened the door to turn food over.	After turning over the food, press the START/+30s button again to start operation.

Problem	Cause	Action
The power turns off during operation.	The oven has been cooking for an extended period of time.	After cooking for an extended period of time, let the oven cool.
	The cooling fan is not working.	Listen for the sound of the cooling fan.
	Trying to operate the oven without food inside.	Put food in the oven.
	There is not sufficient ventilation space for the oven.	There are intake/exhaust outlets on the front and rear of the oven for ventilation. Keep the gaps specified in the product installation guide.
	Several power plugs are being used in the same socket.	Designate only one socket to be used for the oven.
There is a popping sound during operation, and the oven doesn't work.	Cooking sealed food or using a container with a lid may causes popping sounds.	Do not use sealed containers as they may burst during cooking due to expansion of the contents.



Troubleshooting

Problem	Cause	Action
The oven exterior is too hot during operation.	There is not sufficient ventilation space for the oven.	There are intake/exhaust outlets on the front and rear of the oven for ventilation. Keep the gaps specified in the product installation guide.
	Objects are on top of the oven.	Remove all objects on the top of the oven.
The door cannot be opened properly.	Food residue is stuck between the door and oven interior.	Clean the oven and then open the door.
Heating including the Warm function does not work properly.	The oven may not work, too much food is being cooked, or improper cookware is being used.	Put one cup of water in a microwave-safe container and run the microwave for 1-2 minutes to check whether the water is heated. Reduce the amount of food and start the function again. Use a cooking container with a flat bottom.
The thaw function does not work.	Too much food is being cooked.	Reduce the amount of food and start the function again.

Problem	Cause	Action
The interior light is dim or does not turn on.	The door has been left open for a long time.	The interior light may automatically turn off when the Eco function operates. Close and reopen the door or press the STOP/ECO button.
	The interior light is covered by foreign matter.	Clean the inside of the oven and check again.
A beeping sound occurs during cooking.	If the Auto Cook function is being used, this beeping sound means it's time to turn over the food during thawing.	After turning over the food, press the START/+30s button again to restart operation.
The oven is not level.	The oven is installed on an uneven surface.	Make sure the oven is installed on flat, stable surface.
There are sparks during cooking.	Metal containers are used during the oven/thawing functions.	Do not use metal containers.
When power is connected, the oven immediately starts to work.	The door is not properly closed.	Close the door and check again.
There is electricity coming from the oven.	The power or power socket is not properly grounded.	Make sure the power and power socket are properly grounded.



Problem	Cause	Action
1. Water drips. 2. Steam emits through a door crack. 3. Water remains in the oven.	There may be water or steam in some cases depending on the food. This is not an oven malfunction.	Let the oven cool and then wipe with a dry dish towel.
The brightness inside the oven varies.	Brightness changes depending on power output changes according to function.	Power output changes during cooking are not malfunctions. This is not an oven malfunction.
Cooking is finished, but the cooling fan is still running.	To ventilate the oven, the cooling fan continues to run for about 3 minutes after cooking is complete.	This is not an oven malfunction.
Turntable		
While turning, the turntable comes out of place or stops turning.	There is no roller ring, or the roller ring is not properly in place.	Install the roller ring and then try again.
The turn table drags while turning.	The roller ring is not properly in place, there is too much food, or the container is too large and touches the inside of the microwave.	Adjust the amount of food and do not use containers that are too large.
The turn table rattles while turning and is noisy.	Food residue is stuck to the bottom of the oven.	Remove any food residue stuck to the bottom of the oven.

Problem	Cause	Action
Grill		
Smoke comes out during operation.	During initial operation, smoke may come from the heating elements when you first use the oven.	This is not a malfunction, and if you run the oven 2-3 times, it should stop.
	Food is on the heating elements.	Let the oven cool and then remove the food from the heating elements.
	Food is too close to the grill.	Put the food a suitable distance away while cooking.
	Food is not properly prepared and/or arranged.	Make sure food is properly prepared and arranged.
Oven		
The oven does not heat.	The door is open.	Close the door and try again.
Smoke comes out during preheating.	During initial operation, smoke may come from the heating elements when you first use the oven.	This is not a malfunction, and if you run the oven 2-3 times, it should stop.
	Food is on the heating elements.	Let the oven cool and then remove the food from the heating elements.

Troubleshooting

Problem	Cause	Action
There is a burning or plastic smell when using the oven.	Plastic or non heat-resistant cookware is used.	Use glass cookware suitable for high temperatures.
There is a bad smell coming from inside the oven.	Food residue or plastic has melted and stuck to the interior.	Use the steam function and then wipe with a dry cloth. You can put a lemon slice inside and run the oven to remove the odour more quickly.
The oven does not cook properly.	The oven door is frequently opened during cooking.	If you open the door often, the interior temperature will be lowered and this may affect the results of your cooking.
	The oven controls are not correctly set.	Correctly set the oven controls and try again.
	The grill or other accessories are not correctly inserted.	Correctly insert the accessories.
	The wrong type or size of cookware is used.	Use suitable cookware with flat bottoms.

Information code

Check code	Cause	Action
C-20	Temperature sensor is needed to check.	Press the STOP/ECO button and operate again. If it occurs again, turn off the microwave oven over 30 seconds and try setting again. If it appears again, call your local SAMSUNG Customer Care Centre.
C-21	Temperature sensor detect higher temperature than setting temperature.	Turn off the microwave oven for cooling the product and then try setting again. If it appears again, call your local SAMSUNG Customer Care Centre.
C-d0	Control buttons are pressed over 10 seconds.	Clean the keys and check if there is water on the surface around key. If it occurs again, turn off the microwave oven over 30 seconds and try setting again. If it appears again, call your local SAMSUNG Customer Care Centre.

NOTE

For any codes not listed above, or if the suggested solution does not solve the problem, contact your local SAMSUNG Customer Care Centre.

Technical specifications

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

Model		MC28M6055C*
Power source		230 V - 50 Hz AC
Power consumption	Maximum power	2900 W
	Microwave	1400 W
	Grill (heating element)	1500 W
	Hot blast (heating element)	Max. 2100 W
Output power		100 W / 900 W - 6 levels (IEC-705)
Operating frequency		2450 MHz
Dimensions (W x H x D)	Outside (Include Handle)	517 x 310 x 463 mm
	Oven cavity	358 x 235.5 x 327 mm
Volume		28 liter
Weight	Net	17.9 kg approx.

Please be advised that the Samsung warranty does NOT cover service calls to explain product operation, correct improper installation, or perform normal cleaning or maintenance.

QUESTIONS OR COMMENTS?

COUNTRY	CALL	OR VISIT US ONLINE AT
AUSTRALIA	1300 362 603	www.samsung.com/au/support
NEW ZEALAND	0800 726 786	www.samsung.com/nz/support
CHINA	400-810-5858	www.samsung.com/cn/support
HONG KONG	3698 4698	www.samsung.com/hk/support (Chinese) www.samsung.com/hk_en/support (English)
INDIA	1800 40 SAMSUNG (1800 40 7267864) (Toll-Free)	www.samsung.com/in/support
BANGLADESH	09612300300 08000300300 (Toll free)	
INDONESIA	021-56997777 08001128888	www.samsung.com/id/support
JAPAN	0120-363-905	www.samsung.com/jp/support
MALAYSIA	1800-88-9999 603-77137477 (Overseas contact)	www.samsung.com/my/support
PHILIPPINES	1-800-10-726-7864 [PLDT Toll Free] 1-800-8-726-7864 [Globe Landline and Mobile] 02-422-2111 [Standard Landline]	www.samsung.com/ph/support
SINGAPORE	1800-SAMSUNG(726-7864)	www.samsung.com/sg/support
THAILAND	0-2689-3232, 1800-29-3232	www.samsung.com/th/support
TAIWAN	0800-329999	www.samsung.com/tw/support
VIETNAM	1800 588 889	www.samsung.com/vn/support
MYANMAR	+95-1-2399-888	www.samsung.com/th/support
MACAU	0800 333	www.samsung.com/support
SRI LANKA	0117540540 0115900000	

This product is RoHS compliant

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