

OWNER'S MANUAL

MICROWAVE

OVEN

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

MC2145BPG/
MC2146BRT



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Contents / विषय-वस्तु

How the Microwave Function Works /

माइक्रोवेव प्रणाली किस तरह कार्य करती है

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

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

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

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

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

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

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

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A very safe appliance / अति-सुरक्षित उपकरण

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

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

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IMPORTANT SAFETY INSTRUCTIONS/READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

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

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

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

WARNING / चेतावनी

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

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

WARNING / चेतावनी

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

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

CAUTION / सावधानी

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

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

WARNING / चेतावनी

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

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

- Unlike other appliances, the microwave oven is a high-voltage and a high electrical-current piece of equipment. Improper use or repair could result in harmful exposure to excessive microwave energy or in electric shock.
 - उपकरणों की तुलना में माइक्रोवेव ओवन एक उच्च क्षमता का उच्च विद्युत तरंग वाला उपकरण है। इसका गलत तरीके से इस्तेमाल या मरम्मत करने से अत्यधिक मात्रा की माइक्रोवेव ऊर्जा का हानिकारक प्रभाव या विद्युत के झटके का खतरा हो सकता है।
- 2 Do not use the oven for the purpose of dehumidification. (ex. Operating the microwave oven with wet newspapers, clothes, toys, electric devices, pet or child etc.)
डि-ह्यूमिडिफिकेशन के लिए इसका इस्तेमाल न करें। (उदा. गीले अखबार, खिलौनों, विद्युत उपकरणों, पालतू पशु या बच्चों के साथ ओवन को न चलायें)
 - It can be the cause of serious damage to safety such as a fire, a burn or a sudden death due to an electric shock.
 - यह आग, जलना या विद्युत के झटके से होने वाली अकस्मात् मृत्यु जैसी गंभीर सुरक्षा-क्षति का कारण भी बन सकता है।

WARNING / चेतावनी

- 3 The appliance is not intended for use by young children or elderly persons. 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.

इस उपकरण को छोटे बच्चों या बुढ़ लोगों के प्रयोग करने के उद्देश्य से नहीं बनाया गया है। बड़े बच्चों को ही इसे चलाने दें वह भी सिर्फ पर्याप्त जानकारी और दिशा-निर्देश देने के बाद ही ताकि वे इसे गलत तरीके से इस्तेमाल करने के खतरों के प्रति सतर्क होकर इसे सुरक्षापूर्वक उपयोग में ला सकें।

Important Safety Instructions / महत्वपूर्ण सुरक्षा निर्देश

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



WARNING / चेतावनी

- 5 Liquids or other foods must not be heated in sealed containers since they are liable to explode. Remove the plastic wrapping from food before cooking or defrosting. Note though that in some cases food should be covered with plastic film, for heating or cooking.

बंद बर्तनों में तरल या अन्य भोजन इसके अन्दर गर्म न किए जाएं क्योंकि उनमें विस्फोट हो सकता है। खाना बनाते समय या डी-फ्रॉस्ट करते समय बर्तन का मुह बंद करने वाली प्लास्टिक की झिल्ली आदि अवश्य निकाल लें। कुछ मामलों में गरम करने या बनाने के लिए खाने को प्लास्टिक की झिल्ली से बंद करके इसमें रखा जाना चाहिए।

- They could burst.
- उसमें विस्फोट हो सकता है।



WARNING / चेतावनी

- 6 Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

ओवन यदि क्षतिग्रस्त है तो इसको न चलाएं। यह विशेष रूप से महत्वपूर्ण है कि ओवन के द्वार ठीक से बंद हों और इनमें से कोई (1) द्वार (मुड़े), (2) कब्जे और चिटकनी (टूटी या ढीली), (3) द्वार सील और सीलिंग तल क्षतिग्रस्त न हो।

- It could result in harmful exposure to excessive microwave energy.
अधिक समय तक भोजन अन्दर रहने पर उसमें आग भी लग सकती है और ओवन को भी नुकसान पहुंच सकता है।
- 7 Be certain to use proper accessories on each operation mode, refer to the guide on page 12.
ओवन के किसी भी तरह के उपयोग के दौरान पृष्ठ 12 के निर्देश के अनुसार उचित उपकरणों का इस्तेमाल करें।
- Improper use could result in damage to your oven and accessories, or could make spark and a fire.
- इसके गलत तरीके से इस्तेमाल से ओवन और आपके उपकरणों का नुकसान या विद्युत स्पर्क या आग लगने का खतरा हो सकता है।
- 8 The children should not allow to play with accessories or hang down from the door handle.
बच्चों को इसकी एक्सेसरीज से खेलने या इसके दरवाजे पर लटकने से मना किया जाना चाहिए।
- They may get hurt.
- उन्हें चोट लगने का खतरा है।

- 9 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.

किसी भी व्यक्ति को जो कि ओवन का तकनीक विशेषज्ञ न हो, ओवन में किसी भी प्रकार की मरम्मत या किसी भी तरह का जोड़तोड़ करने से मनाही होनी चाहिए ताकि माइक्रोवेव ऊर्जा से बचाने के लिए लगे हुए कवर अपनी जगह से न हिलें।

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

जब ओवन का कॉम्बिनेशन मोड में इस्तेमाल हो रहा हो तो बच्चे सिर्फ बड़ों के निर्देशन के ही इसका इस्तेमाल करें क्योंकि इस समय अत्यधिक ताप उत्पन्न होता है जो उनके लिए घातक सिद्ध हो सकता है।



CAUTION / सावधानी

- 1 You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. It is important not to tamper with the safety interlocks.

इसके दरवाजों पर लगे सेफ्टी इंटरलॉक्स के कारण आप इसके द्वार खोल कर इसको नहीं चला सकते। ये बहुत जरूरी है कि सेफ्टी इंटरलॉक्स के साथ किसी तरह की छेड़छाड़ न की जाए।

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

- 2 Do not place any object (such as kitchen towels, napkins, etc.) between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.

ओवन के द्वार और प्रवेश द्वार के सामने कोई सामान (जैसे किचन टॉवल या नैपकिन इत्यादि) न रखें न ही किसी तरह के खाने या सफाई करने वाले सामान के अवशेष यहां रहने दें।

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

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- 3 Please ensure cooking times are correctly set, small amounts of food require shorter cooking or heating time.
कुकिंग टाइम को निश्चित समय के लिए सही सेट करें। कम मात्रा वाले भोजन को पकाने के लिए कम समय लगता है।
- Over cooking may result in the food catching on fire and subsequent damage to your oven.
आवश्यकता से अधिक समय तक कुकिंग से आग लग सकती है और आपके ओवन को क्षति पहुंच सकती है।
- 4 When heating liquids, e.g. soups, sauces and beverages in your microwave oven,
- * Avoid using straight sided containers with narrow necks.
 - * Do not overheat.
 - * Stir the liquid before placing the container in the oven and again halfway through the heating time.
 - * After heating, let it stand in the oven for a short time; stir or shake it again carefully and check the temperature of it before consuming to avoid burns (especially, contents of feeding bottles and baby food jars).
- सूप, सॉसेज और पेय पदार्थों को जब माइक्रोवेव ओवन में गर्म करने के लिए रखें,**
- * छोटी गर्दन वाले सीधे खड़े पात्र इसमें रखने से बचें।
 - * आवश्यकता से अधिक समय तक हीटिंग न करें।
 - * तरल पदार्थ के भगोने को इसमें रखने से पहले हिलाएं और हीटिंग के दौरान आधे समय के बाद फिर से बाहर निकाल कर हिला लें, फिर अन्दर रखें।
 - * हीटिंग के बाद कुछ समय आप उसे अन्दर ही रहने दें फिर इस भोजन को ग्रहण करने से पहले इसे सावधानीपूर्वक हिला लें, या चमचे से चला लें ताकि आप इसकी उष्णता का अनुमान कर इसे खा/पी सकें और आपका मुंह जलने से बच सके (विशेष तौर पर बच्चे को खाना खिलाते वाला पात्र या दूध पिलाने वाली बोतल)।
- Be careful when handling the container. Microwave heating of beverages can result in delayed eruptive boiling without evidence of bubbling. This could result in hot liquids suddenly boiling over.
भगोने को इससे निकालते समय पकड़ने में सावधानी रखें। माइक्रोवेव में जलीय पदार्थों को गर्म होने पर कई बार वे देर से और बिना बुलबुले दिए अचानक उबल जाते हैं। इससे जलने का खतरा पैदा हो सकता है।
- 5 An exhaust outlet is located on the top, bottom or side of the oven. Don't block the outlet.
इसकी ऊपरी सतह पर, बगल में या नीचे एक एग्जॉस्ट द्वार होता है। इस द्वार को सदा खुला रखें।
- It could result in damage to your oven and poor cooking results.
इससे आपके ओवन को क्षति पहुंच सकती है और खाना भी ठीक से नहीं पकेगा।
- 6 Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.
ओवन खाली होने की दशा में चालू न करें। ये बेहतर होगा कि जब ओवन का इस्तेमाल न हो रहा हो तो एक ग्लास पानी भरकर इसमें रखें। इससे जब भी कभी गलती से ओवन चालू हो जाए तो ये पानी इसकी सारी गर्मी को अपने अन्दर अवशोषित कर लेगा और दुर्घटना का खतरा नहीं रहेगा।
- Improper use could result in damage to your oven.
गलत तरीके से ओवन का इस्तेमाल करने से ओवन को नुकसान पहुंच सकता है।
- 7 Do not cook food wrapped in paper towels, unless your cook book contains instructions for the food you are cooking. And do not use newspaper in place of paper towels for cooking.
पेपर टॉवल से लिपटा कर खाना न बनाएं न गरम करें जब तक कि आपकी भोजन निर्माण की पुस्तक में कुछ इस तरह का विशेष निर्देश न दिया गया हो। और इस दशा में भी पेपर टॉवल की जगह घरेलू अखबार इस्तेमाल न करें।
- Improper use can cause an explosion or a fire.
गलत तरीके से ओवन का इस्तेमाल करने से आग लग सकती है।
- 8 Do not use wooden containers and ceramic containers that have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Check that the utensils are suitable for use in microwave ovens before use.
सिरैमिक और लकड़ी के बने भगोने जिनमें अंदरूनी सतह धातु की बनी हो, इसमें न रखें। ये पहले देख लें कि आपके बर्तन इसमें इस्तेमाल हो सकते हैं या नहीं।
- They may heat-up and char. Metal objects in particular may arc in the oven, which can cause serious damage.
वे गरम हो सकते हैं और जल भी सकते हैं। खासतौर पर धातु के पदार्थों में चिंगारियां आ सकती हैं जिससे गंभीर क्षति हो सकती है।
- 9 Do not use recycled paper products.
रीसायकल पेपर के बने हुए उत्पाद प्रयोग में न लाएं।
- They may contain impurities which may cause sparks and/or fires when used in cooking.
उनमें अशुद्ध तत्व हो सकते हैं जो कि खाना बनाते समय चिंगारियां या आग लगने की वजह बन सकते हैं।
- 10 Do not rinse the tray and rack by placing it in water just after cooking. This may cause breakage or damage.
खाना बनाने के तुरंत बाद ओवन की ट्रे को धोने के लिए पानी में न डालें क्योंकि इससे प्लेट के टूटने या क्षतिग्रस्त होने का खतरा हो सकता है।
- Improper use could result in damage to your oven.
गलत तरीके से ओवन का इस्तेमाल करने से ओवन को नुकसान पहुंच सकता है।
- 11 Be certain to place the oven so the front of the door is 8 cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance.
सुनिश्चित करें कि आप ओवन को हमेशा इस तरह रखेंगे कि इसका सामने का द्वार सतह के किनारों से आठ सेंटीमीटर या अधिक पीछे रहे।
- Improper use could result in bodily injury and oven damage.
गलत तरीके से इस्तेमाल करने से शारीरिक दुर्घटना और ओवन की टूट-फूट का भी खतरा हो सकता है।
- 12 Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetables.
पकाने से पहले आलू या सेब या इस तरह के अन्य छालदार फल या सब्जियों में छेद कर लें।
- They could burst.
वे अन्दर विस्फोट कर सकते हैं।

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- 13** Do not cook eggs in their shell. Eggs in their shell and whole hardboiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
अंडे को छिलके के साथ इसके भीतर न पकाए। छिलके सहित अंडा और उबला हुआ पूरा अंडा माइक्रोवेव में गर्म नहीं किया जाना चाहिए, तब भी नहीं जबकि माइक्रोवेव की हीटिंग समाप्त हो गई हो।
- Pressure will build up inside the egg which will burst.
अंडे के अन्दर दबाव बनेगा और फिर बढ़ते-बढ़ते वो फट जाएगा।
- 14** Do not attempt deep fat frying in your oven.
ओवन के अन्दर अधिक तेल में खाद्य पदार्थ तलने की कोशिश कभी न करें।
- This could result in a sudden boil over of the hot liquid.
ऐसा करने से अन्दर गर्म हुआ तरल पदार्थ उबल कर बाहर फैल सकता है।
- 15** If smoke is observed, switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.
अगर धुआं महसूस हो तो स्विच ऑफ करें या पॉवर स्प्लाई बंद कर दें और ओवन के दरवाजे कुछ देर बंद ही रहने दें ताकि लपटें अन्दर ही शांत हो सकें।
- It can cause serious damage such as a fire or electric shock.
यह आग लगने या विद्युत के झटके जैसे गंभीर नुकसान पहुंचा सकता है।
- 16** When food is heated or cooked in disposable containers made of plastic, paper or other combustible materials, keep an eye on the oven and check it frequently.
जब डिस्पोजेबल बर्तनों में, जो कि प्लास्टिक, कागज या दूसरे ज्वलनशील पदार्थों से बने हों, खाना गरम किया जाए या पकाया जाए, तब ओवन पर नज़र रखिये और इसकी फ्रीक्वेंसी की जांच करते रहें।
- Your food may be poured due to the possibility of container deterioration, which also can cause a fire.
आपका खाना भी गिर कर फैल सकता है इसके भगोने के टूट जाने से और इससे भी आग लग सकती है।
- 17** The temperature of accessible surfaces may be high when the appliance is operating. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, before cleaning make sure they are not hot.
पास की सतह का ताप बहुत अधिक हो सकता है जब बर्तन अन्दर हो। ग्रिल मोड, कन्वेक्शन मोड या कुकिंग के समय इस्तेमाल हो रहे ओवन का द्वार या बाहरी सतह, पिछली दीवार ओवन कैविटी या इसके उपकरण को न छुएं। इसके बाद अन्दर के बर्तनों को बाहर लाते समय ध्यान रखें कि वे गर्म न हों।
- As they will become hot, there is the danger of a burn unless wearing thick culinary gloves.
क्योंकि वे गर्म होने के बाद जलने का खतरा पैदा कर सकते हैं और इसके लिए किचन के मोटे दस्ताने पहनना चाहिए।
- 18** The oven should be cleaned regularly and any food deposits should be removed.
ओवन को नियमित रूप से साफ करना चाहिए और उनके अन्दर किसी भी तरह के भोजन के अंश न छूटें, इसका ध्यान रखना चाहिए।
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.
ओवन की सफाई का ध्यान न रखने से इसकी सतह खराब हो सकती है। इससे इस पर रखे जाने वाले बर्तन भी खराब हो सकते हैं और यह खतरनाक भी हो सकता है।
- 19** If there are heating elements, the appliance becomes hot during use. Care should be taken to avoid touching the heating elements inside the oven.
अगर ओवन में हीटिंग पदार्थ हों तो गरम करते समय उपकरण भी गर्म हो जाता है। ओवन के अन्दर रखे इस तरह के हीटिंग पदार्थों को छूने से बचना चाहिए।
- There is danger of a burn.
इसमें जलने का खतरा हो सकता है।
- 20** Follow exact directions given by each manufacturer for their popcorn product. Do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested times, discontinue cooking. Never use a brown paper bag for popping corn. Never attempt to pop leftover kernels.
पॉपकॉर्न के प्रोडक्ट्स के दिए गए सटीक निर्देशों का पालन करना चाहिए। जब इसके अन्दर पॉपकॉर्न बनाए जा रहे हों तो इसकी अनदेखी न करें। अगर तय समय के भीतर भी कॉर्नस न फूल सकें तो हीटिंग बंद कर इन्हें बाहर निकाल लेना चाहिए। ओवन में कॉर्नस को फुलाने के लिए कभी भी भूरा कागज का बैग इस्तेमाल में न लाएं। ओवन में बचे हुए कॉर्नस के टुकड़ों को दुबारा उसमें गर्म न करें।
- Overcooking could result in the corn catching a fire.
अधिक पकाने से कॉर्नस में आग लग सकती है।
- 21** Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass.
इससे सतह पर खरोंच लग सकती है व कॉच भी टूट सकता है।
- They can scratch the surface, which may result in the glass shattering.
इससे सतह पर खरोंच लग सकती है, व कॉच भी टूट सकता है।
- 22** This oven should not be used for commercial catering purposes.
यह ओवन व्यावसायिक कैटरिंग के प्रयोग में नहीं लाया जाना चाहिए।
- Improper use could result in damage to your oven.
इसके गलत इस्तेमाल से इसमें खराबी आ सकती है।
- 23** The connection may be achieved by having the plug accessible or by incorporating a switch in the fixed wiring in accordance with the wiring rules.
वायरिंग के नियमों का पालन करते हुए फिक्स्ड वायरिंग में प्लग या स्विच से जोड़ कर इसका कनेक्शन लगाना चाहिए।
- Using improper plug or switch can cause an electric shock or a fire.
गलत प्लग या स्विच लगाने से विद्युत का झटका या आग लग सकती है।

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- 24** Microwave oven must not be placed inside a cabinet. The microwave oven shall be used freestanding.
माइक्रोवेव ओवन को केबिनेट के अन्दर बिल्कुल नहीं रखा जाना चाहिए। माइक्रोवेव ओवन को अलग रख कर इस्तेमाल में लाया जाना चाहिए।
- 25** The appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
यह उपकरण 8 वर्ष और उससे ऊपर के बच्चे तथा वे सभी लोग जो कम शारीरिक, संवेदन या मानसिक क्षमता के हों, या जिनका अनुभव या ज्ञान कम हो, इस्तेमाल कर सकते हैं यदि ऐसे सभी लोगों को उपकरण के सुरक्षित तरीके से उपयोग के सम्बन्ध में निरीक्षण या निर्देश दिया जाये और होने वाले खतरों को समझाया जाये। उपकरण की सफाई और रख-रखाव बच्चों के द्वारा नहीं की जा सकती जब तक कि वे 8 वर्ष या उससे अधिक के न हो जाएं और देखभाल न की जाये।
- 26** Children should be supervised to ensure that they do not play with the appliance.
ओवन के समीप बच्चों के साथ हमेशा कोई बड़ा व्यक्ति हो जो उन्हें इसके साथ खेलने या छेड़छाड़ करने से मना करे।
- 27** Oven Lamp power rating is 35W.
ओवन लैम्प की पावर रेटिंग 35W है।
- 28** If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified person in order to avoid a hazard.
अगर पावर कोर्ड खराब है तो वो एक निर्माता द्वारा या सर्विस एजेंट या इसी तरह के किसी कुशल व्यक्ति द्वारा ही बदली जानी चाहिए।
- 29** The appliance is not intended to be operate by means of an external timer or separate remote-control system.
उपकरण को किसी भी बाहरी टाईमर व अलग रिमोट कन्ट्रोल सिस्टम से आपरेट करने के लिए नहीं बनाया गया है।
- 30** Ajinomoto (Mono-sodium glutamate) is only a flavor enhancer and shall not be added to food for infants below 12 month of age.
अजीनोमोटो (मोनो सोडियम ग्लुटामेट) केवल स्वाद बढ़ाता है। 12 माह से कम उम्र के बच्चों के खाने में इसका इस्तेमाल न करें।

Safety Precautions / सुरक्षा सावधानियां

- + Use exclusive 230V socket with earth.
या तो अर्थिंग का प्रयोग करें या फिर अर्थिंग के साथ 230 वोल्ट सॉकेट का इस्तेमाल करें।
- + Do not bend power cord forcefully or break.
पावर कार्ड को ताकत के साथ न झुकाएं वरना वह टूट सकती है।
- + Do not pull out power cord.
पावर कार्ड को हटाएं नहीं।
- + Do not use several power plug in one socket at the same time.
एक ही सॉकेट में एक ही समय कई पावर कार्ड्स का इस्तेमाल न करें।
- + Do not plug in or pull out power cord with wet hand.
गीले हाथों से पावर कार्ड को न तो लगाएं न ही हटाएं।
- + Do not spray water inside and outside of microwave oven.
माइक्रोवेव ओवन के भीतर और बाहर पानी के छींटें न मारें।
- + Plug out power cord during cleaning or maintenance of set.
मरम्मत और सफाई के समय पावर कार्ड निकालना न भूलें।
- + Do not heat up the food more than necessary.
खाने को जरूरत से ज्यादा गरम न करें।
- + Do not use microwave oven other than cooking or sterilization such as cloth drying etc.
खाना बनाने या गरम करने के सिवा ओवन का कोई और इस्तेमाल न करें जैसे कपड़े सुखाना, आदि।
- + Do not insert pin or steel wire etc. into inside/out side of case.
इसके भीतर/बाहर कहीं भी कोई पिन या लोहे का तार आदि न घुसाएं।
- + Please be careful during taking the food since high temp. water or soup may overflow to cause burn.
खाने को बाहर निकालते समय कृपया सावधानी बरतें क्योंकि गरम पानी अथवा सूप आदि तरल पदार्थ उबल कर या छलक कर आपको जला सकते हैं।
- + Do not plug in power cord when socket hole is loose or plug is damaged.
जब प्लग खराब हो या पावर सॉकेट ढीला हो तो इसे ठीक करने से पहले इसमें पावर कार्ड न लगाएं।
- + Do not use oven while some foreign material is attached on the door.
जब भी ओवन के दरवाजे पर कोई चीज़ अड़ी या रखी हो, ओवन को चालू न करें।
- + Do not place the water container on the set.
इस पर पानी का भगीना कभी न रखें।
- + Do not place heavy things on the set & do not cover the set with cloth while using.
इस्तेमाल करते समय ओवन के ऊपर कभी भी भारी वस्तुएं न रखें न ही इसे कपड़े से ढकें।
- + Do not install the set in the damp space or water sputtering area.
गीले या पानी के बहाव वाले क्षेत्र में ओवन को कभी न रखें।
- + Do not let children hang onto oven door.
बच्चों को ओवन के दरवाजों पर लटकने से रोकें।
- + Do not heat the unpeeled fruit or bottle with lid.
ढक्कन वाली बोतल और बिना छिला फल कभी इसके अन्दर रख कर गर्म न करें।
- + Do not hold food or accessories as soon as cooking is over.
गर्म हो जाने या खाना बन जाने के तुरंत बाद ओवन से खाना या बर्तन बाहर न निकालें।
- + Plug out oven if it is not used for long duration.
अगर ओवन को अधिक देर तक इस्तेमाल में न लाना हो तो खाली समय में इसकी पावर कार्ड स्विच से निकाल कर रखें।
- + Install microwave oven in the well ventilated, flat place.
माइक्रोवेव ओवन को अच्छी हवादार और समतल जगह पर रखें।
There is danger of blast if covered bottle, sealed food, egg, and chestnut etc. are cooked inside oven.
ओवन के भीतर ढक्कन लगी बोतल, अंडा, सील्ड खाद्य पदार्थ या चेस्टनट रख कर उसे चलाने से विस्फोट हो सकता है।

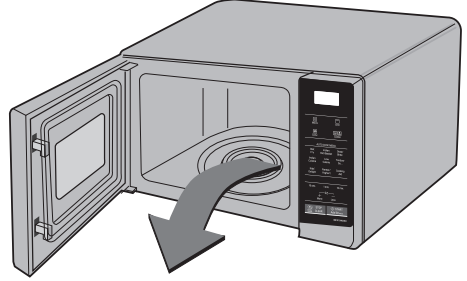
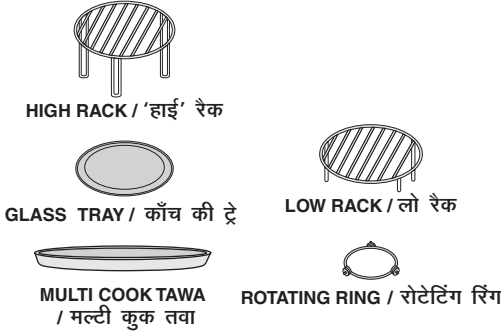
BEFORE USE / इस्तेमाल के पहले

Unpacking & Installing / इस्तेमाल के पहले

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

नीचे दिए हुए दो पन्नों से आप निर्धारित कर सकते हैं कि आपका अवन सही चल रहा है या नहीं। अपना अवन आप कहीं स्थापित कर रहे हैं इस पर ध्यान दें। अवन को खोलते समय आप सभी एक्सेसरीज और पैकिंग निकाल दें। आप ये निर्धारित करें कि आपका अवन डिलिवरी के समय क्षतिग्रस्त नहीं हुआ है।

1 Unpack your oven and place it on a flat level surface.
अपने अवन को खोलकर एक समतल स्थान पर स्थापित करें।

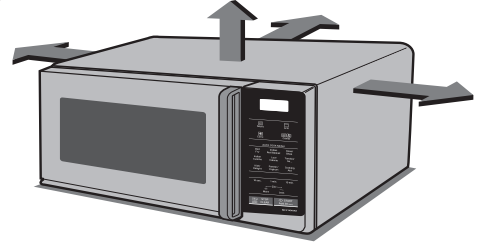


2 Place the oven in the level location of your choice with more than 85cm height but make sure there is at least 30cm of space on the top and 10cm at the rear for proper ventilation. The front of the oven should be at least 8cm from the edge of the surface to prevent tipping.

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

अवन को अपने मनपसन्द स्थान पर 85 सेंमी. की ऊँचाई पर रखें लेकिन यह ध्यान रहे कि कम से कम 30 सेंमी. का स्थान ऊपर से 10 सेंमी. का स्थान पीछे से छूटना आवश्यक है। अवन का आगे का हिस्सा कम से कम 8 सेंमी. समतल के किनारे से दूर होना चाहिए ताकि वह टकसाने से बच सके।

एक बाहरी द्वार वायु निकास के लिए अवन के ऊपर या किनारे पर है, बाहरी वायु निकास को रोकना अवन को नष्ट कर सकता है।



This oven should not be used for commercial catering purposes.
यह तंदूर व्यवसायिक उद्देश्य के लिए नहीं है।

3 Plug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket. If your oven does not operate properly, unplug it from the electrical socket and then plug it back in. अपने तंदूर को मानक गृह गति से जोड़ दें। इस बात का ध्यान रखें कि आपका तंदूर ही केवल वह उपकरण है जो गति से जुड़ा हुआ है। अगर आपका तंदूर सही ढंग से काम नहीं कर रहा है तो पहले विद्युत आपूर्ति बन्द करके दोबारा चालू करें।

4 Open your oven door by pulling the **DOOR HANDLE**. Place the **ROTATING RING** inside the oven and place the **GLASS TRAY** on top. अपने तंदूर के दरवाजे को दरवाजे पर लगे हुए हथके द्वारा खींचें। घूमने वाले रिंग को तंदूर के भीतर रखें और ग्लास ट्रे को ऊपर रखें।

Fill a microwave safe container with 300 ml (1/2 pint) of water. Place on the **GLASS TRAY** and close the oven door.

5 माइक्रोवेव सेफ कंटेनर में 300 मिली. पानी भर लें। उसे ग्लास ट्रे के ऊपर रखकर ओवन का दरवाजा बन्द कर दें।



Before Use / इस्तेमाल के पहले

6

Press the **START** button one time to set 30 seconds of cooking time. When you press the button, you will hear a **BEEP** sound and your oven will start automatically.
स्टार्ट बटन को एक बार दबा दें और 30 सेकंड के लिए निर्धारित करें जब आप बटन दबायेंगे तो एक आवाज सुनेंगे और आपका ओवन अपने आप काम करना शुरू कर देगा।



7

The **DISPLAY** will count down from 30 seconds. When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water. If your oven is operating the water should be warm. Be careful when removing the container it may be hot.

प्रदर्शन में 30 सेकंड गिनने शुरू हो जायेंगे। जब यह 0 तक पहुँचेगा जो एक ध्वनि आयेगी। तंदूर का दरवाजा खोलें और पानी का तापमान जाँच लें। अगर आपका तंदूर काम कर रहा है तो पानी गर्म हो जायेगा। पात्र को हटाने समय सावधानी बरतें, वह शायद गर्म हो सकता है।



8

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






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

YOUR OVEN IS NOW INSTALLED

आपका तंदूर अब स्थापित हो गया है।

Method To Use Accessories As Per Mode /

मोड के अनुसार एक्सेसरीज़ प्रयोग करने की विधि

	Microwave	Grill	Convection	Grill combi	Conv combi
 High rack	✗	✓	✓	✓	✓
 Low rack	✗	✓	✓	✓	✓
 Glass tray	✓	✓	✓	✓	✓
 Multi Cook Tawa	✗	✓	✓	✓	✓
 Multi cook Tawa & Rack	✗	✓	✓	✓	✓

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

Caution: Use accessories in accordance with cooking guides!

सावधानी: मल्टी-कुक तवे को खाली रैक के साथ कोम्बी-मोड में इस्तेमाल न करें।

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

✓ Acceptable

✗ Not Acceptable

✓ स्वीकार्य

✗ अस्वीकार्य

Note:

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

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

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

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

Microwave-Safe Utensils / माइक्रोवेव सुरक्षित बर्तन

Never use metal or metal trimmed utensils in using microwave function /

धातु या धातु के छीट लगे हुए बर्तन इसमें इस्तेमाल न करें।

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

Place the utensil in question next to a glass bowl filled with water in using microwave function. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave-safe. However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in using microwave function. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in the microwave. Just read through the following checklist.

माइक्रोवेव धातु के भीतर नहीं जा पाती। वे उसके भीतर रखे किसी भी धातु को वस्तु को उड़ाने सकती हैं और चिंगारियाँ पैदा कर सकती हैं और यह स्थिति बिजली कड़कने जैसी एक चेतावनी का दृश्य उत्पन्न कर सकती है। ज्यादातर उष्णता-सहनशील अधातु बर्तन ही ओवन में इस्तेमाल करना सुरक्षित होता है। लेकिन कुछ माइक्रोवेव कुकवेयर जैसे बर्तनों में कुछ ऐसे तत्व हो सकते हैं जो ओवन में इस्तेमाल के लिए उचित न हों। अगर कभी आपको किसी एक बर्तन के विषय में किसी प्रकार का संदेह हो तो एक सीधा सादा तरीका है इस बात को चेक करने का कि इस बर्तन को आप ओवन में प्रयोग कर सकते हैं या नहीं।

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

Dinner plates/ डिनर प्लेट

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

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

Glassware / कांच के बर्तन

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

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

Plastic storage containers / स्टर करने के लिए प्लास्टिक के भण्डारे

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

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

Paper / कागज

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

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

Plastic cooking bags / प्लास्टिक के कुकिंग-बैग

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

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

Plastic microwave cookware / प्लास्टिक के बने माइक्रोवेव-पात्र

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

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

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

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

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

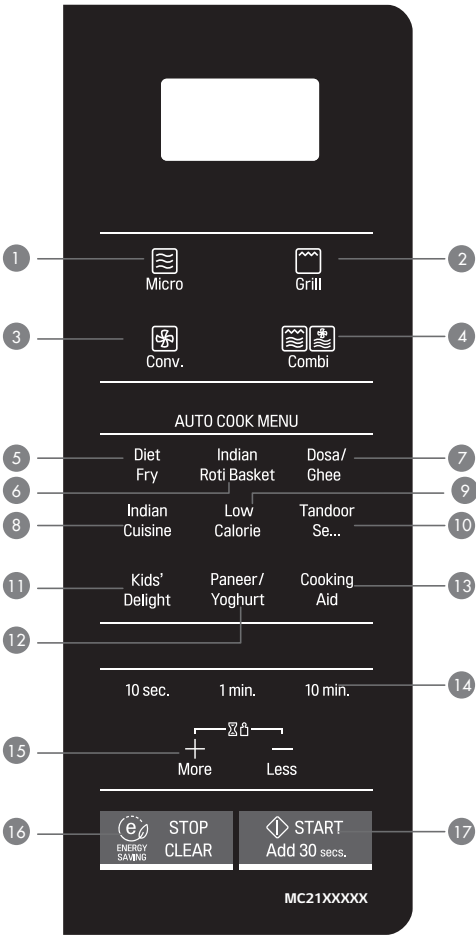


CAUTION / सावधानी

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

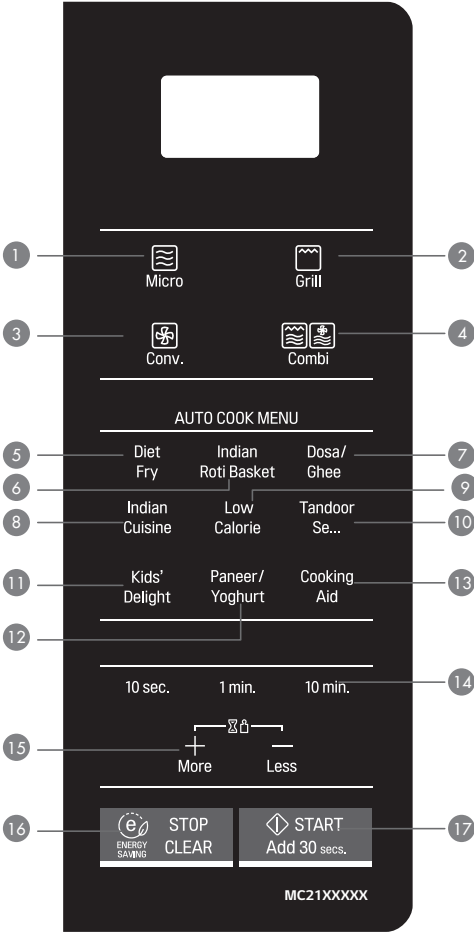
Before Use / इस्तेमाल के पहले

Control Panel



Part	
1	Micro Use to select the power level for microwave cooking
2	Grill Use to select Grill or Combination cooking
3	Conv. Use to select Convection cooking
4	Combi Use to select combination cooking.
5	Diet Fry Cook your favourite recipes using this function
6	Indian Roti Basket Cook your favourite recipes using this function
7	Dosa/Ghee Cook your favourite recipes using this function
8	Indian Cuisine Cook your favourite recipes using this function
9	Low Calorie Cook your favourite recipes using this function
10	Tandoor Se... Cook your favourite recipes using this function
11	Kids' Delight Cook your favourite recipes using this function
12	Paneer/Yoghurt Cook your favourite recipes using this function
13	Cooking Aid Cook your favourite recipes using this function
14	Used to select cooking time of a recipe
15	More/Less – Used to increase/decrease the cooking time.
16	STOP/CLEAR (ENERGY SAVING) Used to stop oven and clear all entries. For setting energy saving feature.
17	START/Add 30 secs. To quickly set the cooking time directly. The Add 30 sec feature allow you to set 30 seconds intervals of HIGH power cooking with a single touch

कन्ट्रोल पैनल



पार्ट

- 1 माइक्रो**
माइक्रोवेव कुकिंग के पावर लेवल को स्लेक्ट करने के लिए
- 2 ग्रिल**
ग्रिल कुकिंग को स्लेक्ट करने के लिए
- 3 कन्वैक्शन**
कन्वैक्शन कुकिंग को स्लेक्ट करने के लिए
- 4 कॉम्बी**
कॉम्बी कुकिंग को स्लेक्ट करने के लिए
- 5 डाइट फ्राई**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 6 इंडियन रोटी बासकेट**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 7 डोसा/घी**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 8 इंडियन क्युज़ीन**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 9 लो कैलोरी**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 10 तन्दूर से**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 11 किड्स डिलाइट**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 12 पनीर/योघर्ट**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 13 कुकिंग एड**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 14 एक व्यंजन के खाना पकाने के समय का चयन करने के लिए**
- 15 अधिक/कम** खाना पकाने में प्रयुक्त समय को अधिक/कम करने के लिए
- 16 स्टॉप/क्लीयर (एनर्जी सेविंग)**
ओवन को रोकने और सभी एन्टीज को हटाने के लिए।
एनर्जी सेविंग फीचर सैट करने के लिए
- 17 स्टार्ट/एड 30 सेकेंड्स**
 - कुकिंग को शुरू करने के लिए दबाए जाने वाले अपने बटन को आप एक ही बार दबाएं।
 - क्विक स्टार्ट वाले फीचर को इस्तेमाल करके आप फ़टाफ़्ट तीस सेकेंड्स की हाई पावर कुकिंग कर सकते हैं।

Child Lock

चाइल्ड लॉक



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

आपके अवन में सुरक्षा के उपाय हैं जो कि अनावश्यक उपयोग से अवन को रोकते हैं। एक बार चाइल्ड लॉक निर्धारित करने से आप कोई कार्य नहीं कर सकते हैं और कोई पकाने की क्रिया भी नहीं होगी।

However your child can still open the oven door.

जबकि आपका बच्चा अवन का दरवाजा फिर भी खोल सकता है।

Press **STOP/CLEAR**

दबायें स्टॉप/क्लियर



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

जबतक "L" प्रदर्शक पर न आये और ध्वनि न आये तब तक स्टॉप/क्लियर दबाकर रुक जाईये

The CHILD LOCK is now set. चाइल्ड लॉक निर्धारित हो गया है।



"L" remains on the display to let you know that CHILD LOCK is set (If you press any button).

"L" प्रदर्शक पर आता रहेगा इससे आप जान जायेंगे कि चाइल्ड लॉक निर्धारित है। (आप चाहे कोई भी बटन दबाएँ)



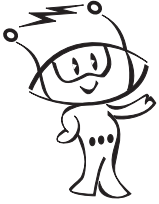
To cancel CHILD LOCK press and hold **STOP/CLEAR** until "L" disappears. You will hear BEEP when it's released.

चाइल्ड लॉक हटाने के लिए स्टॉप/क्लियर दबाकर रुक जाईये जबतक

"L" गायब न हो जाये। आप ध्वनि सुनेंगे जब यह हट जायेगा।



Micro Power Cooking माइक्रो पावर में पकाना



In the following example I will show you how to cook some food on 80% power for 5 minutes and 30 seconds.

इन दिये गये उदाहरणों में मैं आपको कुछ आहार 80% क्षमता पर 5 मिनट 30 सेकण्ड के लिए पकाना बताऊँगा।

Your oven has five microwave Power settings.

आपके ओवन में पाँच सूक्ष्म तरंग क्षमता निर्धारण है।

After cooking is over, End

Reminder Beep Sound per 1 minute for 5 minutes until the oven door is opened.

जब पकाना पूरा हो जायेगा तो अन्त का ध्यान दिलाने वाली ध्वनि सुनाई देगी। यह ध्वनि 1 मिनट पर 5 मिनट के लिए सुनाई देगी जब तक अवन का दरवाजा नहीं खुलेगा।

Power/क्षमता	%	Power Output क्षमता प्राप्त
HIGH (MAX) उच्च (अधिक)	100%	800W
MEDIUM HIGH मध्यम उच्च	80%	640W
MEDIUM/ मध्यम	60%	480W
DEFROST (❄️) MEDIUM LOW नम मध्यम निम्न	40%	320W
LOW/निम्न	20%	160W

Make sure that you have correctly installed you oven as described earlier in this book

इस बात पर ध्यान दें कि आपका अवन स्थापित कर दिया गया है जैसा कि इस किताब में पहले दिखा दिया गया है।

Press STOP

स्टॉप दबायें।



Press MICRO Twice to select 80% power.

80% पावर को चुनने के लिये माइक्रो को दो बार दबाए।

"640" apperar on the display.

"640"प्रदर्शक पर दिखेगा।



Press 1 MIN five times.

1 MIN पाँच बाद दबाइए।

Press 10 SEC three times.

10 SEC तीन बाद दबाइए।

10 sec. 1 min. 10 min.

Press START.

स्टार्ट दबायें



Micro Power Level

माइक्रो क्षमता स्तर

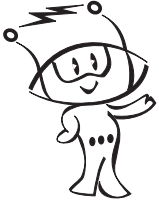


Your microwave oven is equipped with 5 power levels to give you maximum flexibility and control over cooking. The table below shows the examples of food and their recommended cooking power levels for use with this microwave oven.

आपका सूक्ष्म तरंग अवन 5 क्षमता से संवरा हुआ है। आपको अधिक मनमाफिक और अधिकार देने के लिए नीचे दी गई सूची में उदाहरणों के आहार और उनको पकाने के लिए जो क्षमता निर्धारित की गयी है इस अवन के उपयोग के लिए बताई गयी है।

POWER LEVEL क्षमता स्तर	OUTPUT क्षमता प्राप्त	USE उपयोग
HIGH उच्च (अधिक)	100% (800W)	<ul style="list-style-type: none"> * Boil Water / बॉईल वॉटर * Brown minced meat / ब्राऊन मिंसड मीट * Cook poultry pieces, fish, vegetables / पोल्ट्री, मछली, व्हेचिटेबल पकाना * Cook tender cuts of meat / मांस के टुकड़े पकाना
MEDIUM HIGH मध्यम उच्च	80% (640W)	<ul style="list-style-type: none"> * All reheating / भोजन दोबारा गर्म करना * Cook mushrooms and shellfish / मशरूम व खोल वाली मछली पकाना * Cook foods containing cheese and eggs / भोजन, जिसमें अण्डे व चीज डाली गई हो।
MEDIUM मध्यम	60% (480W)	<ul style="list-style-type: none"> * Bake cakes and scones / केक व 'स्कोन' बेक करना * Prepare eggs / अण्डे पकाना * Cook custard / कस्टर्ड पकाना * Prepare rice, soup / चावल, सूप पकाना
DEFROST/ MEDIUM LOW (**) नम मध्यम निम्न	40% (320W)	<ul style="list-style-type: none"> * All thawing / सभी प्रकार के खाद्य पदार्थ को सामान्य तापमान पर रखना * Melt butter and chocolate / चॉकलेट व मक्खन पकाना * Cook less tender cuts of meat / मांस के कम नरम टुकड़े
LOW निम्न	20% (160W)	<ul style="list-style-type: none"> * Soften butter & cheese / मक्खन और चीज को नरम करना * Soften ice cream / आईस्क्रीम को नरम करना * Raise yeast dough / आटे में खमीर उठाना

Quick Start क्विक स्टार्ट



In the following example I will show you how to set 2 minutes of cooking on high power.

निम्नलिखित उदाहरण में दर्शाया गया है कि उच्च पावर स्तर पर खाना बनाने के लिए 2 मिनट कैसे सेट करते हैं।

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

क्विक स्टार्ट आपको यह आराम देता है कि आप स्टार्ट बटन दबाकर 30 सेकन्ड के अन्तराल में उच्च क्षमता में भोजन पका सकते हैं।

Press STOP/CLEAR.

स्टॉप / क्लियर दबायें।

STOP
CLEAR

Press START four times to select 2 minutes on HIGH power. Your oven will start before you have finished the fourth press.

उच्च क्षमता के लिए स्टार्ट बटन को चार बार दबाएं और 2 मिनट का चयन करें। आपका ओवन काम करना शुरू कर देगा, पहले ही जब आप चौथी बार दबा रहे होंगे।

START
Add 30 secs.

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

क्विक स्टार्ट खाना पकाने के दौरान आप बार-बार स्टार्ट बटन दबाकर खाना पकाने का विस्तार कर सकते हैं।

Grill Cooking ग्रिल कुकिंग



In the following example I will show you how to use the grill to cook some food for 12 minutes and 30 seconds.

निम्नलिखित उदाहरण में दर्शाया गया है कि 12 मिनट और 30 सेकंड के लिए खाना पकाने में ग्रिल का इस्तेमाल कैसे किया जाता है।

This model is fitted with a QUARTZ GRILL, so preheating is not needed.

This feature will allow you to brown and crisp food quickly.

ये मॉडल क्वार्ट्ज के साथ है इसलिए उसको प्रीहीटिंग जरूरी नहीं है।

इससे आपको जल्द ब्राऊन और क्रिस्पी पदार्थ मिल सकते हैं।



Press STOP
स्टॉप दबायें।



Press GRILL.
ग्रिल दबायें।



Set the cooking time.

कुकिंग टाइम सेट करें।

Press 10 MIN once. / '10 MIN' एक बार दबाइए।

Press 1 MIN twice. / '1 MIN' दो बार दबाइए।

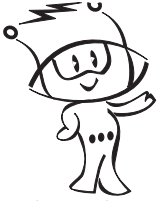
Press 10 SEC three times. / '10 SEC' तीन बार दबाइए।

10 sec. 1 min. 10 min.

Press START.
स्टार्ट दबायें।



Grill Combination Cooking ग्रिल कॉम्बीनेशन कुकिंग



In the following example I will show you how to programme your oven with micro power 160W and combi for a cooking time of 25 minutes.

निम्नलिखित उदाहरण में दर्शाया गया है कि 25 मिनट के लिए खाना पकाने में माइक्रो पावर 160 और कॉम्बी से अपने ओवन को कैसे सेट करें।

Your oven has a combination cooking feature which allows you to cook food with **heater** and **microwave** at the same time or alternately. This generally means it takes less time to cook your food. There are 3 kinds of power in combi mode (160W, 320W, 480W).

आपके अवन में यह सुविधा इस लिये प्रदान की गई है ताकि आप इसके प्रयोग से भोजन को हीटर व माइक्रोवेव द्वारा एक ही समय में बारी बारी से पका सकें। सामान्यतः इसका अर्थ होता है कि भोजन पकने में लगने वाले समय की बचत। कॉम्बी मोड में (160W, 320W, 480W) तीन प्रकार की क्षमताएँ हैं।

Press STOP/CLEAR.
स्टॉप/क्लियर दबायें।



Press COMBI.
COMBI बटन दबायें।



Press GRILL.
GRILL बटन दबायें।
Press MICRO (160W is set).
MICRO बटन दबा कर (160W) सेट करें।



Press 10 MIN 2 times/ 10 मिनट 2 बार दबाएं।
Press 1 MIN 5 times/ 1 मिनट 5 बार दबाएं।

10 sec. 1 min. 10 min.

Press START.
स्टार्ट दबायें।



Be careful when removing your food because the container will be hot!

भोजन को निकालते समय सावधानी बरतें, क्योंकि पात्र गर्म हो सकता है।

How To Use / किस तरह इस्तेमाल करें

Convection Combination Cooking कन्वैक्शन कॉम्बिनेशन कुकिंग



In the following example I will show you how to programme your oven with micro power 160W and at a convection temperature 180°C for a cooking time of 25 minutes.

निम्नलिखित उदाहरण में दर्शाया गया है कि ओवन को 25 मिनट के कुकिंग समय के लिए माइक्रो पावर 160W और कन्वैक्शन तापमान 180°C के साथ कैसे सैट करें।

The oven has a temperature range of 100°C ~ 220°C. (180°C is automatically available when convection combination mode is selected.) There are 3 kinds of power in combi mode (160W, 320W, 480W)

ओवन में 100°C ~ 220°C तक तापमान सीमा होती है। कन्वैक्शन कॉम्बिनेशन मोड चुनने पर 180°C तापमान स्वतः ही उपलब्ध हो जाता है। कॉम्बी मोड में (160W, 320W, 480W) तीन प्रकार की क्षमताएँ हैं।

Press Stop/Clear Stop/Clear दबाएं।



Press Combi / Combi दबाएं।



Press Conv / Conv दबाएं।



Press Micro / Micro दबाएं।



Press "10 Min" two times / "10 Min" दो बार दबाएं।

Press "1 Min" five times / "10 Min" पाँच बार दबाएं।

10 sec. 1 min. 10 min.

Press Start / Start दबाएं।

Be careful when removing your food because the container will be hot.

खाना निकालते समय सावधानी बरतें, क्योंकि बर्तन उस समय गर्म होगा।



Energy Saving ऊर्जा की बचत



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

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

When Door open condition (Lamp on & Display on):

डोर खुली अवस्था (लैम्प और डिस्प्ले खुला है)

Press STOP/CLEAR one time

STOP/CLEAR एक बार दबाएं।

Lamp off & Display off (Both together)

लैम्प और डिस्प्ले बन्द हो जाएंगे (दोनों एक साथ)

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

कोई भी की दबाएं उस की से संबंधित डिस्प्ले दिखाई देगा और लैम्प चालू हो जायेगा।



When Door close condition (Lamp on & Display on):

डोर खुली अवस्था (लैम्प और डिस्प्ले खुला है)

Press STOP/CLEAR one time

STOP/CLEAR एक बार दबाएं।

Lamp off & Display off (Both together)

लैम्प और डिस्प्ले बन्द हो जाएंगे (दोनों एक साथ)

Press any key on keypad, display shows that key related display & lamp & turned off.

कोई भी की दबाएं उस की से संबंधित डिस्प्ले दिखाई देगा और लैम्प बन्द हो जायेगा।



When Door close condition (Lamp on & Display on):

डोर खुली अवस्था (लैम्प और डिस्प्ले खुला है)

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

डोर खुलने के 5 मिनट बाद लैम्प स्वतः बन्द हो जायेगा।

- When any key is pressed, lamp & display are turned on.
जब आप कोई की दबायेंगे तो लैम्प/डिस्प्ले फिर से चालू हो जायेगा।
- If door is closed, after 5 minutes display is turned off.
अगर डोर बन्द है तो 5 मिनट के बाद डिस्प्ले बन्द हो जायेगा।

Two Stage Cooking दू स्टेज कुकिंग



Press Stop/Clear.
स्टॉप / क्लियर दबाएं।

In the following example I will show you how to cook food in two stages by taking example of combination cooking.

निम्नलिखित उदाहरण में मैं आपको दिखाऊंगा कि दो स्टेज में कॉम्बीनेशन कुकिंग का उदाहरण लेकर खाना कैसे पकाया जाता है।

ENERGY
SAVING STOP
CLEAR

STAGE 1 setting

स्टेज 1 सैटिंग

1) Press Combi.

1) कॉम्बी दबाएं।

2) Select desired Combi mode (Grill Combi/Conv. Combi)*

2) मनपसन्द मोड चुनें (ग्रिल कॉम्बी / कनवैक्शन कॉम्बी)*

3) Continuously press the Micro Key to select desired power level as shown below:

160 → 320 → 480

3) मनपसन्द पॉवर लेवल चुनने के लिए माइक्रो बटन को लगातार दबाएं, जैसा कि नीचे दर्शाया गया है।

160 → 320 → 480

4) Set time (10 sec / 1 min / 10 min)

4) समय निर्धारित करें (10 सेकंड / 1 मिनट / 10 मिनट)



Combi

Micro

10 sec. 1 min. 10 min.

STAGE 2 setting

स्टेज 2 सैटिंग

1) Press Combi.

1) कॉम्बी दबाएं।

2) Select desired Combi mode (Grill Combi/Conv. Combi)*

2) मनपसन्द मोड चुनें (ग्रिल कॉम्बी / कनवैक्शन कॉम्बी)*

3) Continuously press the Micro Key to select desired power level as shown below:

320 → 480 → 160

3) मनपसन्द पॉवर लेवल चुनने के लिए माइक्रो बटन को लगातार दबाएं, जैसा कि नीचे दर्शाया गया है।

320 → 480 → 160

4) Set time (10 sec / 1 min / 10 min)

4) समय निर्धारित करें (10 सेकंड / 1 मिनट / 10 मिनट)



Combi

Micro

10 sec. 1 min. 10 min.

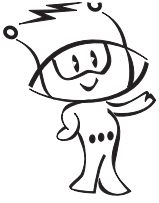
5) Press Start/Add 30 Sec.

5) स्टार्ट एड 30 सेकंड दबाएं।

START
Add 30 secs.

*Note: For combi mode selection refer Pg. 22, 23 / नोट: कॉम्बी मोड सलैक्शन के लिए पेज 22, 23 देखें।

Convection Preheat कन्वेक्शन प्रीहीट



In the following example I will show you how to preheat the oven at a temperature of 190°C.

निम्नलिखित उदाहरण में दर्शाया गया है कि ओवन को 190°C के तापमान पर कैसे प्रीहीट करें।

The convection oven has a temperature range of 40°C and 100°C~220°C (180°C is automatically available when convection mode is selected).

ओवन में 40°C और 100°C ~ 220°C तक तापमान सीमा होती है। कन्वेक्शन मोड चुनने पर 180°C तापमान स्वतः ही उपलब्ध हो जाता है।

Your oven will take a few minutes to reach the selected temperature.

आपका ओवन चुने हुए तापमान तक पहुँचने में कुछ मिनटों का समय लेगा।

Once it has reached correct temperature, your oven will BEEP to let you know that it has reached the correct temperature. Then place your food in your oven: then tell your oven to start cooking.

एक बार सही तापमान पर पहुँचने पर आपका ओवन यह बताने के लिए 'बीप' करेगा कि ओवन सही तापमान पर पहुँच गया है। तब आप ओवन में अपना खाना रखें और पकाने के लिए स्टार्ट दबाएं।

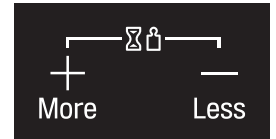
Press Stop/Clear Stop/Clear दबाएं।



Press Convection one time / Convection एक बार दबाएं।



Press "+" one time / "+" एक बार दबाएं।



Press Start two time / Start दो बार दबाएं।

Preheat will be started with displaying "Pr-H".

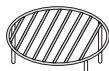
"Pr-H" दर्शन पर प्रीहीटिंग आरम्भ हो जायेगी।



How To Use / किस तरह इस्तेमाल करें

Convection Cooking

कन्वैक्शन कुकिंग



In the following example I will show you how to cook some food at a temperature of 190°C for 30 minutes.

निम्नलिखित उदाहरण में दर्शाया गया है कि 30 मिनट के लिए 190°C तापमान पर कुछ खाना कैसे पकाएं।

The convection oven has a temperature range of 40°C and 100°C ~ 220°C (180°C is automatically available when convection mode is selected).

ओवन में 40°C और 100°C ~ 220°C तक तापमान सीमा होती है। कन्वैक्शन मोड चुनने पर 180°C तापमान स्वतः ही उपलब्ध हो जाता है।

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

यदि आप तापमान सेट नहीं करते हैं तो आपका ओवन स्वतः ही 180°C चुन लेगा, कुकिंग तापमान "+/-" दबाकर बदला जा सकता है।

The rack must be used during convection cooking.

कन्वैक्शन कुकिंग के दौरान रैक का प्रयोग अवश्य करना चाहिए।

Press Stop/Clear / Stop/Clear दबाएं।



Press Convection one time / Convection एक बार दबाएं।



Press "+" one time till 190°C is displayed.
190°C दर्शाने तक "+" एक बार दबाएं।



Press "10 Min" Three times / "10 Min" तीन बार दबाएं।

10 sec. 1 min. 10 min.

Press Start / Start दबाएं।



Various Cook Functions / विभिन्न कुक कार्यप्रणालियाँ

Please follow the given steps to operate cook functions Diet Fry, Indian Roti Basket, Dosa/Ghee, Indian Cuisine, Low Calorie, Tandoor Se, Kids Delight, Paneer/Yoghurt, Cooking Aid in your Microwave.
कृपया अपने माइक्रोवेव की विभिन्न कार्यप्रणालियाँ (Diet Fry, Indian Roti Basket, Dosa/Ghee, Indian Cuisine, Low Calorie, Tandoor Se, Kids Delight, Paneer/Yoghurt, Cooking Aid) को चलाने के लिए नीचे दिये गये चरणों का अनुसरण करें।

COOK MODE	Diet Fry [dF], Indian Roti Basket [br], Dosa/Ghee [do/Gh], Indian Cuisine [IC] Low Calorie (HP, Co, So) Tandoor Se [tS], Kids Delight [CF, CA] Paneer/Yoghurt [PA, CU]	Cooking Aid [UC]
STEP-1	Press Stop/Clear	Press Stop/Clear
STEP-2	Press dF, br, do/Gh, IC, HP, Co, So, tS, CF, CA, PA, CU category [(1-11), (1-18), (1-2), (1-30), (1-17), (1-9), (1-6), (1-20), (1-18), (1-7), (1, 1-2),]	Press UC, to select category (1-10)
STEP-3	Press "+" / "-" to set weight (If required)	Press "+" / "-" to set weight (If required)
STEP-4	Press Start / Add 30 seconds	Press Start / Add 30 seconds

कुक फंक्शंस	डाईट फ्राई [dF], इंडियन रोटी बासकेट [br], डोसा/घी [do/Gh], इंडियन रसोई [IC], लो कैलोरी (HP, Co, So) तंदूर से [tS], किड्स डिलाईट [CF, CA], पनीर/योगर्ट [PA, CU]	कुकिंग ऐड (UC)
स्टैप 1	स्टॉप/क्लीयर दबाएँ।	स्टॉप/क्लीयर दबाएँ
स्टैप 2	dF, br, do/Gh, IC, HP, Co, So, tS, CF, CA, PA, CU वर्ग चुनने के लिए [[(1-11), (1-18), (1-2), (1-30), (1-17), (1-9), (1-6), (1-20), (1-18), (1-7), (1, 1-2),] दबाएँ।	(1-10) वर्ग को स्लेक्ट करने के लिए UC, दबाएँ।
स्टैप 3	"+" / "-" वर्ग चुनने के लिए दबायें (जरूरत पड़ने पर)	वर्ग चुनने के लिए "+" / "-" दबाएँ। (जरूरत पड़ने पर)
स्टैप 4	Start/Add 30 Seconds स्टार्ट दबाएँ।	Start/Add 30 Seconds स्टार्ट दबाएँ।

Note / टिप्पणी :

While cooking you can extend the cooking time at any point by pressing increase/decrease button. There is no need to stop the cooking process.

जब आप भोजन पका रहे हों, तो केवल increase/decrease बटन दबा कर ही समय में परिवर्तन किया जा सकता है। भोजन पकाने की प्रक्रिया को रोकने की कोई आवश्यकता नहीं है।

Menu	dF1	Chicken Nuggets	Weight Limit	0.1~0.3 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	
Boneless Chicken	100 g	150 g	200 g	
Bread slice	1 no.	2 nos.	2 nos.	
Pepper corns	4-5	5-6	6-7	
Cloves	2-3	3-4	4-5	
Garlic paste	½ tsp	1 tsp	1½ tsp	
Olive oil	1 tsp	1½ tsp	2 tsp	
Salt		As per taste		
Chopped garlic	2 cloves	3 cloves	4 cloves	
			1. In a MWS glass bowl put boneless chicken, pepper corns, cloves, olive oil, chopped garlic. Mix well & cover. Select category & weight. press start. 2. When beeps, remove from microwave. allow to cool & grind everything in a mixer. Take out in the bowl add salt, crumbled bread slices. Mix well. 3. Make small round shaped nuggets from the mixture. Keep on tawa. Place the tawa on high rack. Press start. 4. When beeps, turn the nuggets & press start. Serve them hot with tomato Ketchup & shredded salad. Note: If the mixture of nuggets is too dry, then sprinkle few drops of water to it.	

Menu	dF2	Aloo Chips	Weight Limit	0.2 kg
Utensil: Microwave glass tray				
Instructions			Method:	
For		0.2 Kg		
Potato (very thinly sliced)		200 g		
Oil		A few drops		
Salt, Chaat masala (optional)		As per taste		
			1. In a bowl mix very thinly sliced potatoes, salt, chaat masala. 2. Put few drop of oil on the glass tray of the microwave oven & smear it properly throughout. 3. Spread the potato slices throughout the glass tray. Select category & press start. Allow the glass tray to cool down. Remove the chips & serve.	

Menu	dF3	Bread Pakora	Weight Limit	4 Pc
Utensil: Multicook tawa & High Rack*				
Instructions			Method:	
For		Batter		
Besan		1 cup (130 gms)		
Water		200 ml		
Salt, haldi, garam masala, red chilli powder,		As per taste		
For filling				
Boiled potatoes		2 nos. (medium)		
Chopped green chillies		2 nos.		
Chopped Coriander		1 tbsp		
Chopped ginger		1 tsp		
Salt, garam masala, red chilli powder		As per taste		
Bread slices		4 nos.		
Oil		2 tsp		
			1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well. 2. In another bowl put besan & all spices & gradually add water & make a smooth batter for bread pakoras without any lumps. 3. Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure. Grease the tawa with 2-3 drops oil. 4. Keep the tawa on high rack. Select category the press start. 5. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start. 6. When beeps, turn the bread pakoras. Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup.	

Menu	dF4	Paneer Pakora	Weight Limit	0.4 Kg
Utensil: Multicook tawa & High Rack*				
Instructions			Method:	
Paneer (Cut into 1.5" cubes)		400 gm		
For Batter				
Besan		1 cup (130 g)		
Water		200 ml		
Salt, red chilli powder, haldi, garam masala		As per taste		
Oil		2 tsp		
			1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil. 2. Keep the tawa on high rack. keep inside microwave. Select category & press start. 3. When beeps, place all paneer pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start. 4. When beeps, turn the pakoras & pour 2tsp oil on all pakoras & again press start. 5. Serve hot with Chutney or Sauce.	

Menu	dF5	Gujia	Weight Limit	10 Pc
Utensil: Multicook tawa & Low rack* + High rack*				
Instructions			Method:	
For dough			<ol style="list-style-type: none"> In a bowl put all the ingredients of stuffing & mix well. In another bowl put maida, 1 tbsp ghee, gradually add water & knead a soft dough for gujias. Put 1 tsp ghee in dough & knead again & keep the dough covered for 15-20 minutes. Divide the dough in small balls of equal size & roll out each ball into a thin circle. *Place the rolled out circle in a *gujia mould & fill the centre with stuffing (as required). Close the gujia mould carefully & press firmly at edges to seal them properly. remove the excess part of the dough bulging out of the mould. Remove the gujia from the mould. Prepare all the gujias in the similar way. Grease the tawa with ¼ tsp oil. Keep on low rack. keep in the microwave. Select category & press start. When beeps, place the gujias on tawa & keep on low rack. Press start. When beeps, keep the tawa on high rack, sprinkle 1tsp ghee/oil on gujias & press start. <p>*Note : Grease the surface with 1-2 drops of oil before rolling the circle for gujias.</p> <p>* Not provided with the start up kit.</p>	
Maida	100 g			
Desi ghee	1 tbsp & 1 tsp			
Water	To knead the dough			
For stuffing				
Grated Khoya	50 g			
Dessicated coconut	50 g			
Powdered Sugar	50 g			
Elaichi powder	1 tsp			
Kishmish, Chopped, Almonds, Cashew nuts	As required			

Menu	dF6	Samosa	Weight Limit	8 Pc
Utensil: Multicook tawa & Low rack* + High rack*				
Instructions			Method:	
Wheat flour (refined/maida)	1 cup		<ol style="list-style-type: none"> Preparation for stuffing - In a MWS glass bowl add oil, jeera, microwave 100% of 3 minutes. Add boiled & mashed potatoes, green chilli & ginger paste, salt, amchoor, red chilli powder, green peas & coriander leaves. Mix well & microwave 100% for 3 minutes. Allow cool. Combine all the ingredients together in a bowl & knead into a firm dough using enough water. Keep aside covered for 15 minutes. Knead again using oil until smooth. Prepare medium size 8 chapaties out of the dough. Divide each chapati into 2 halves, make a cone from each half. Stuff each cone with the portion of stuffing, seal the edges carefully using little water. Keep aside. Grease the tawa with ¼ tsp oil. Keep on low rack & keep the it inside the microwave. Select category & press start. When beeps, keep the samosas on the tawa & press start. When beeps, keep the tawa on high rack. Pour 1tsp oil on all the samosas & turn over. Press start. Serve with chutney. 	
Melted ghee	½ tbsp			
Oil	for kneading			
Salt	½ tsp			
For stuffing				
Boiled potatoes	2 cup			
Boiled peas	½ cup			
Ginger-green chilli paste	1 tsp			
Amchoor	1½ tsp			
Red chilli powder	1 tsp			
Finely chopped Coriander leaves	2 tbsp			
Jeera	1 tsp			
Oil	2¼ tsp			

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

*Refer pg 67, fig 2

*Refer pg 67, fig 1

Menu	dF8	Chicken 65	Weight Limit	0.2~0.4 kg
Utensil: Multicook tawa & High rack* & Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	
Chicken boneless (cut in 1½" pieces)	200 g	300 g	400 g	
Oil	1 tbsp	1½ tbsp	2 tbsp	
Curry leaves		As required		
Split green chilli	3 nos.	4 nos.	5 nos.	
Mustard seeds	1 tsp	1½ tsp	2 tsp	
Tomato ketchup	3 tbsp	4 tbsp	5 tbsp	
Lime juice (optional)	1 tsp	2 tsp	3 tsp	
For Marinade				
Hung curd	1 tbsp	1½ tbsp	2 tbsp	
Maida	1 tbsp	1½ tbsp	2 tbsp	
Cornflour	1 tsp	1½ tsp	2 tsp	
Egg (beaten)	½ no.	1 no.	1 no.	
Red food colour		A pinch		
Ginger-garlic paste		As required		
Salt, turmeric powder		As per taste		
Red chilli powder	1 tsp	1½ tsp	1½ tsp	

1. Add all the ingredients of marinade in a bowl & mix well. Add boneless chicken pieces & mix and cover. Keep in refrigerator for atleast 30 minutes.
2. When beeps, take marinated chicken pieces & place on tawa. Keep tawa & high rack inside the microwave.
3. Select category & weight and press start.
4. When beeps, remove high rack & tawa from microwave. Keep aside. In a MWS glass bowl take oil, mustard seeds, curry leaves, split green chillies & press start.
5. When beeps, add roasted chicken pieces & tomato ketchup to the MWS glass bowl. Mix well & press start. Squeeze lime juice on top & serve immediately.

Menu	dF9	Mushroom Rolls	Weight Limit	16 Pc
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For Stuffing				
Mushroom (finely chopped)		1½ cup	1. Pre-Preparation for Stuffing : In a MWS glass bowl take butter, chopped cumin, green chilli & mushrooms. Mix & microwave 100% for 6 minutes. Add boiled peas, chopped coriander, garlic paste, fresh cream, lemon, salt & black pepper powder. Mix very well & microwave 100% for 3 minutes. Cover & keep aside.	
Onions (chopped)		4 tbsp		
Green chilli (chopped)		2 nos.		
Butter (melted)		2 tbsp		
Fresh cream		4 tbsp		
Maida		1 tbsp		
Boiled peas		½ cup		
Lemon juice		1 tsp		
Coriander leaves (chopped)		3 tbsp		
Garlic paste		½ tsp		
Salt, black pepper powder		As per taste		
For Rolls				
Bread slices (white)		8 nos.		
Butter / oil		For basting		
Oil (for greasing)		½ tsp		
			2. Trim the sides of the bread slices with a knife. Flatten the bread slices with a rolling pin. Fill one portion of stuffing in the centre of flatten bread slice & roll tightly, covering the mixture. Keep aside for 5-7 minutes.	
			3. Grease the tawa with ½ tsp oil & keep the low rack & tawa inside the microwave. Select category & press start.	
			4. When beeps, cut the bread rolls from centre (into 2). Put them carefully on the tawa. Press start. Serve them hot with the chutney of your choice.	

1. Pre-Preparation for Stuffing : In a MWS glass bowl take butter, chopped cumin, green chilli & mushrooms. Mix & microwave 100% for 6 minutes. Add boiled peas, chopped coriander, garlic paste, fresh cream, lemon, salt & black pepper powder. Mix very well & microwave 100% for 3 minutes. Cover & keep aside.
2. Trim the sides of the bread slices with a knife. Flatten the bread slices with a rolling pin. Fill one portion of stuffing in the centre of flatten bread slice & roll tightly, covering the mixture. Keep aside for 5-7 minutes.
3. Grease the tawa with ½ tsp oil & keep the low rack & tawa inside the microwave. Select category & press start.
4. When beeps, cut the bread rolls from centre (into 2). Put them carefully on the tawa. Press start. Serve them hot with the chutney of your choice.

Menu	dF10	Sabudana vada	Weight Limit	0.1~0.3 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	
Boiled potato	1 no.	2 nos.	3 nos.	
Sabudana (soaked for at least 1 hour)	½ cup	¾ cup	1 cup	
Roasted & crushed peanuts	1 tbsp	2 tbsp	3 tbsp	
Chopped green chilli	1 no.	2 nos.	3 nos.	
Finely chopped ginger	¼ tsp	½ tsp	1 tsp	
Fresh curry leaves		As required		
Coriander leaves (chopped)	½ tbsp	1 tbsp	1½ tbsp	
Salt		As per taste		

1. In a bowl take all the ingredients & mix well. Make mixture for sabudana vada. Divide the dough in equal parts & make round & flat vadas.
2. Take the multicook tawa & keep the vadas on tawa. Keep tawa on high rack & keep inside the microwave. Select category & weight and press start.
3. When beeps, turn the vadas & press start.
4. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice.

* Refer pg 67, fig 1

* Refer pg 67, fig 1

Menu	dF11	Fish Amritsari	Weight Limit	0.3 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		0.3 kg	<div>1. Sprinkle salt & lemon juice on fish pieces. Rub well & keep aside for 5 minutes & wash well. Remove excess moisture with an absorbent kitchen towel.</div> <div>2. In a bowl, mix together besan, hung curd, ginger garlic paste, ajwain, all the spices, beaten egg & lemon juice. Mix well & make a thick batter for marinade.</div> <div>3. Rub this marinade well on the fish pieces & keep covered in refrigerator for atleast half an hour.</div> <div>4. In a flat dish / plate take bread crumbs & coat the fish pieces one-by-one & keep on tawa. Keep tawa & high rack inside the microwave. Select category & press start.</div> <div>5. When beeps, turnover fish pieces & sprinkle 1 tbsp oil on all pieces & press start.</div> <div>6. Sprinkle chaat masala on fish pieces & serve them hot with lemon wedges & lachha onions.</div>	
Boneless fish (cut into 2" pieces)		250 g		
Lemon juice		1 tsp		
Salt		¼ tsp		
For Batter				
Egg (beaten)		1 no.		
Besan		2 tbsp		
Hung curd		2 tbsp		
Ajwain		1 tsp		
Ginger-garlic paste		½ tbsp		
Lemon juice		1 no.		
Salt, red chilli powder, garam masala, chaat masala, turmeric powder		As per taste		
Bread crumbs (for coating)		1 cup		
Oil (for basting)		1 tbsp		

*Refer pg 67, fig 2

Indian Roti Basket

Indian Roti Basket

Menu	br1	Lachha Parantha	Weight Limit	2 Pc
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For Dough			<div>1. In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & then water & knead a soft dough.</div> <div>2. Keep tawa on low rack, keep inside the microwave. select category & press start.</div> <div>3. Divide the dough into 11-12 equal portion (approx of 35-40 gms). Roll out each portion to a diameter of 5" spread ½ tsp ghee/oil all over & dust some dry flour. Fold to half & again repeat the same procedure. So that you get a long strip (like a fan).</div> <div>4. Apply few drops of ghee on the strip. again roll the strip to form a ball. Roll out the ball to 4" diameter for laccha parantha.</div> <div>5. When beeps, keep 2 rolled out laccha paranthas on tawa & press start.</div> <div>6. When beeps, turn the paranthas & again press start. Make all laccha paranthas following the same procedure.</div> <div>7. Apply some ghee on top (optional) & crush the parantha slightly to open up the layers. Serve hot with gravy/curry of your choice. Wrap in foil & store.</div>	
Whole wheat flour		2 cups		
Salt		½ tsp		
Ghee		2 Tbsp		
Milk		½ cup		
Water		½ cup		

Menu	br2	Appam	Weight Limit	1 Pc
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For Batter			<div>1. Grind together soaked rice, cooked rice & coconut shaving till get a fine thick paste. Do not add too much water. Instead use coconut water for grinding & diluting. Batter should have a consistency similar to dosa batter or slightly thickened.</div> <div>2. Add the yeast (diluted in 2 tsp coconut water) & salt & sugar to taste. Allow the batter to ferment at room temperature for atleast 6-8 hours.</div> <div>3. Keep the tawa on high rack, keep inside the microwave. Select category & press start.</div> <div>4. When beeps, pour ½ cup batter (approx 100 ml) on tawa & spread evenly to a circle keep on the rack & press start.</div> <div>5. When beeps, turn the appam carefully without breaking. Press start.</div> <div>6. Serve hot with coconut chutney or veg stew.</div> <div>Note: While pouring the appam batter, try to make a thin size appam. It should not be very thick.</div>	
Rice (soaked for 5-6 hours)		1 cup		
Cooked rice (Boiled)		½ cup		
Fresh coconut shavings		2 cups		
Yeast		¼ tsp		
Coconut water	To dissolve yeast & for diluting the batter			
Salt & Sugar	As per taste			

Menu	br3	Masala Roti	Weight Limit	2 Pc
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl combine whole wheat flour, besan, chopped onion, chopped green chillies, coriander leaves & all the spices. Rub in ghee & curds. Mix well & knead soft dough adding the water. Knead the dough again after adding oil. Keep the dough covered for 5-10 minutes. Keep the tawa on low rack. Keep inside the microwave Select category & press start. Divide the dough into 7 equal portions (approx of 40gm each). Roll out each portion into ovalar length of 15 cm. Use little dry flour while rolling the roti to prevent it from sticking to surface. When beeps keep 2 rolled out roties on tawa & press start. When beeps, turn & again press start. Make all the roties following the same procedure. Serve hot with pickle or curd. Wrap in foil & store. 	
Whole wheat flour		1 cup		
Besan		¾ cup		
Finely copped onion		1 no. (medium)		
Finely chopped green chilli		2 no.		
Black pepper powder		1 tsp		
Red chilli powder		1 tsp		
Garam Masala		½ tsp		
Ghee		1 tbsp		
Salt		As per taste		
Fresh Curd		¼ cup		
Water (to knead dough)		¼ cup		
Oil		½ tsp		
Coriander leaves (Chopped)		2 tbsp		

Menu	br4		Missi Roti	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low rack*					
Instructions				Method:	
For Dough				<div>1. In a bowl add all the ingredients of the dough & knead it by rubbing in the oil in the flour & slowly adding water to make a soft dough.</div> <div>2. Divide the dough into, 11 equal portions (each approx 40g) grease the surface on which roti will be rolled with little oil. Take the dough & roll out the roti into 15 cm ovalar length.</div> <div>3. Keep the tawa on low rack & put few drops of oil & spread. Select category & keep the tawa & low rack inside the microwave & press start.</div> <div>4. When beeps, keep the rolled out missi roties on the tawa & press start.</div> <div>5. When beeps, add ¼ tsp oil on the roties & turn over. Press start. Wrap in foil & store.</div>	
Wheat flour		1½ cups			
Besan		1½ cups			
Oil		4 Tbsp			
Kasuri methi, Red Chilli powder, Salt		As per taste			
Water (for dough kneading)		50 ml			
Curd		½ cup			

* Refer pg 67, fig 1

*Refer pg 67, fig 1

Menu	br5	Stuffed Naan	Weight Limit	2 Pc
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl add all the ingredients mentioned for filling & mix well & prepare the stuffing for naan. In another bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi carb & add to the dough. Mix well & knead & soft dough adding the milk & water (if required). Add melted butter & again knead the dough. Keep the dough covered in a warm place of about 1-2 hours to ferment properly. Keep the tawa on low rack. Keep inside the microwave. Select category & press start. Divide the dough into 10-11 equal portions (approx 35 gm each) Roll out a portion & put 2 tsp stuffing & fold from all sides & again make a ball. Roll out again to an oblong shape. Brush the top with melted butter & sprinkle onion seeds. When beeps, keep 2 rolled out naans on tawa & press start. Make all other naans following the same procedure. Serve hot with the gravy/curry of your choice. Note: Grease the surface with little oil to prevent the naan from sticking to the surface while rolling. 	
Refined flour (maida)	225 g			
Curd	4 tbsp			
Milk	100 ml			
Butter	1 tbsp			
Salt	1/8 tsp			
Castor Sugar	1 tsp			
Baking powder	½ tsp			
Butter (melted)	1 tsp			
Soda-bi-carb	½ tsp			
Onion seeds	1 tsp			
For filling				
Grated Paneer	150 g			
Chopped onions	1 no (medium)			
Chopped green chilli	2 nos.			
Coriander leaves (Chopped)	A few sprigs			
Red Chilli powder, salt, garam masala, anardana powder	As per taste			

Menu	br6	Khasta Paratha	Weight Limit	2 Pc
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> Mix whole wheat flour, melted butter, salt in a bowl. Gradually add buttermilk to form a firm dough. Add more buttermilk (if required). After kneading lightly on a floured surface, form into a smooth ball. Allow the dough to rest for 20 minutes covered. Divide whole dough into 8 equal portion (40gms). On a lightly floured surface, roll out each portion into 15cm into ovalar length. Keep the tawa on low rack & select category & keep the tawa inside the microwave & press start. When beeps, put 2 parathas on tawa & press start. When beeps, smear with ½ tsp oil & turn over & press start. Wrap in foil & store. 	
Whole wheat flour	1½ cup			
Melted butter	1/3 cup			
Salt	As per taste			
Buttermilk	½ cup			

Menu	br7	Pudina Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> Wash & put dry & chop mint leaves finely. In a bowl combine wheat flour, mint leaves, salt, butter, chaat masala, gradually add water & knead a soft dough. Keep the dough covered for 5-7 minutes. Keep the tawa on high rack. Keep inside the microwave Select category & press start. Divide the dough into 5-6 equal sized portions. Roll out each dough into 15cm ovalar length. Spread ½ tsp oil/ghee all over & dust with some dry pudina powder, fold the rolled out chapati like a fan & again make a ball & again roll out the ball to a measure of 5" diameter. When beeps keep 2 rolled out paranthas on tawa & press start. When beeps apply ¼ tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the similar procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour	1 cup			
Mint leaves	½ cup			
Salt	As per taste			
Butter	2 tbsp			
Chaat Masala	2 tsp			
Oil/ghee	2 tsp			
Dry pudina powder	1 tsp			
Water	As required to make the dough			

Menu	br8	Rajma Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & high rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl combine wheat flour boiled & mashed rajma, soyabean flour, tomato puree, chopped green chilli, coriander leaves, freshly crushed mint leaves, Anardana, oil, red chilli powder, salt. Mix & gradually add water & knead a soft dough. Keep the tawa on high rack. Keep inside the microwave. Select category & press start. Divide the dough into 6-7 equal sized portions (approx of 40gms). Roll out each dough into 15cm ovalar length. When beeps keep 2 rolled out paranthas on tawa & press start. When beeps, turn the paranthas. Press start. Make all the paranthas with the similar procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Boiled Rajma	1/3 cup			
Whole Wheat flour (atta)	1 cup			
Soyabean flour	2 Tbsp			
Chopped green chillies	3-4 nos.			
Fresh mint leaves	8-10 nos.			
Anardana (Crushed)	1 tsp			
Red Chilli Powder	1 tsp			
Tomato Puree	2 tbsp.			
Salt	As per taste			
Oil	2 tsp			
Coriander leaves (Chopped)	2 tsp			
Water	To knead to dough			

* Refer pg 67, fig 1

* Refer pg 67, fig 1

Indian Roti Basket

Indian Roti Basket

Menu	br9	Paneer Parantha	Weight Limit	2 Pc
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For Dough			<div>1. In a bowl take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands, gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.</div> <div>2. In another bowl take all the ingredients of stuffing & mix well.</div> <div>3. Grease the multicook tawa with ¼ tsp ghee & keep on high rack. Keep the high rack & tawa inside the microwave. Select category and press start.</div> <div>4. Take 35gm dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tsp stuffing & seal it carefully & roll it again slightly into 15cm ovalar length.</div> <div>5. When beeps, keep 2 rolled out paranthas on preheated tawa & high rack & keep inside the microwave and press start.</div> <div>6. When beeps, apply ¼ tsp ghee on top of paranthas & turn and press start. Serve the paneer paranthas hot with fresh curd.</div>	
Whole wheat flour (atta)		2 cups		
Desi ghee		1 tbsp + 1 tsp		
Salt		A pinch		
Water (to knead dough)		1 cup (200 ml)		
For stuffing				
Grated paneer		2 cups		
Chopped green chilli (deseeded)		3 nos.		
Chopped coriander leaves		2 tbsp		
Salt, red chilli powder, garam masala		As per taste		
Anardana powder		1 tsp		

Menu	br10	Kulche	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a cup/bowl take 50 ml lukewarm water & add sugar. Stir well. Add dry yeast & stir again to dissolve. Keep aside for at least 5-7 minutes. In a bowl take maida, salt & fresh cream. Mix well with hands. Add the yeast water & knead a firm dough. Pour ½ tsp oil & knead again. Divide the dough into 4 equal portions (approx. 60 gm each). Make balls & apply butter on top & sprinkle kalonji (onion seeds) & fresh coriander leaves on top. Press with fingers & dust with maida & roll out each ball into 15cm ovalar length. Keep the rolled dough on dusted multi cook tawa. Keep them covered in dark & warm place for at least 30 minutes. Select category & press start. When beeps, keep tawa with rolled doughs & press start. Apply butter on top of kulchas or roast them a little & serve them hot with chhole. 	
Maida		1 cup		
Salt		A pinch		
Fresh cream		2 tbsp		
Lukewarm water		50 ml		
Sugar		1 tbsp		
Dry yeast		1 tsp		
Oil		½ tsp		
Kalonji (onion seeds)		As required		
Coriander leaves		As required		

Menu	br11	Daal Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, combine wheat flour, daal, chopped green chilli, coriander leaves, anardana powder, oil, red chilli powder, salt. Mix and gradually, add water and knead a dough. Keep tawa on high rack. Keep inside microwave. Select menu & press start. (Pre-heat process) Divide dough into 6 to 7 equal size portions (approximate 35 to 40 gram). Rollout each dough into ovalar shape of length 15cm length. When beeps keep to rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Boiled Daal/Left over daal		1/3rd cup		
Whole wheat flour(aata)		1 cup		
Chopped green chillies		3 to 4 no.		
Anardana powder		1 tsp		
Red chilli powder		1 tsp		
Salt		As per taste		
Oil		2 tsp		
Coriander leaves		Copped		
Water		To knead dough		

Menu	br12		Aloo Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*					
Instructions				Method:	
For Dough				<div><div>1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.</div><div>2. In another bowl take all the ingredients of stuffing & mix well.</div><div>3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. (Pre-heat process)</div><div>4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length.</div><div>5. When beeps keep two rolled out paranthas on tawa & press start.</div><div>6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.</div><div>7. Serve them hot with curd or pickle. Wrap in foil & store.</div></div>	
Whole wheat flour(aata)		2 cups			
Desi ghee		1 tbsp + 1 tsp			
Salt		A pinch			
Water (to knead dough)		1 cup (200 ml)			
For Stuffing					
Boiled & mashed potato		2 cups			
Chopped green chilli (deseeded)		3 nos.			
Chopped coriander leaves		2 tbsp			
Salt, Red chilli powder, Garam masala		As per taste			
Anardana powder		1 tsp			
Water		To knead dough			

*Refer pg 67, fig 2

*Refer pg 67, fig 1

Menu	br13		Palak Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*					
Instructions				Method:	
For Dough				<div>1. Take boiled spinach leaves & puree the spinach in a blender.</div> <div>2. In a bowl combine wheat flour, salt, hing, ajwain, spinach puree, red chilli powder & garam masala and knead a soft dough. Keep the dough covered for 5 to 7 minutes.</div> <div>3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. (Pre-heat process)</div> <div>4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length.</div> <div>5. When beeps keep two rolled out paranthas on tawa & press start.</div> <div>6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.</div> <div>7. Serve them hot with curd or pickle. Wrap in foil & store.</div>	
Whole wheat flour(aata)		2 cups			
Palak (boiled)		250 g			
Green chilli chopped		2 nos.			
Ajwain		1/4 tsp			
Hing		A pinch			
Salt, Red chilli powder, Garam masala		As per taste			
Oil/Ghee		2 tsp			
Water		To knead dough			

Menu	br14	Gobhi Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none">1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.2. In another bowl take all the ingredients of stuffing & mix well.3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start. (Pre-heat process)4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length.5. When beeps keep two rolled out paranthas on tawa & press start.6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.7. Serve them hot with curd or pickle. Wrap in foil & store.	
Whole wheat flour(aata)	2 cups			
Desi ghee	1 tbsp + 1 tsp			
Salt	A pinch			
Water (to knead dough)	1 cup (200 ml)			
For Stuffing				
Grated Gobhi	2 cups			
Chopped green chilli (deseeded)	3 nos.			
Chopped coriander leaves	2 tbsp			
Salt, Red chilli powder, Garam masala	As per taste			
Anardana powder	1 tsp			
Water	To knead dough			

Menu	br15		Ajwain Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*					
Instructions				Method:	
For Dough				<div>1. In a bowl combine wheat flour, salt, 1 tsp oil, water to knead a soft dough.</div> <div>2. Keep the tawa on high rack, keep inside microwave. Select menu & press start (Pre-heat process).</div> <div>3. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over & dust with some ajwain and salt, fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm(oval shape).</div> <div>4. When beeps keep 2 rolled out paranthas on tawa & press start.</div> <div>5. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure.</div> <div>6. Serve them hot with curd or pickle. Wrap in foil & store.</div>	
Whole wheat flour(aata)		2 cups			
Ajwain		2 tsp			
Salt, Red chilli powder, Garam masala		As per taste			
Water		To knead dough			

Menu	br16		Pyaz Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*					
Instructions				Method:	
For Dough				<div>1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.</div> <div>2. In another bowl take all the ingredients of stuffing & mix well.</div> <div>3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start. (Pre-heat process)</div> <div>4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length.</div> <div>5. When beeps keep two rolled out paranthas on tawa & press start.</div> <div>6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.</div> <div>7. Serve them hot with curd or pickle. Wrap in foil & store.</div>	
Whole wheat flour(aata)	2 cups				
Desi ghee	1 tbsp + 1 tsp				
Salt	A pinch				
Water (to knead dough)	1 cup (200 ml)				
For Stuffing					
Grated Pyaz	2 cups				
Chopped green chilli (deseeded)	3 nos.				
Chopped coriander leaves	2 tbsp				
Salt, Red chilli powder, Garam masala	As per taste				
Anardana powder	1 tsp				

Indian Roti Basket

Indian Roti Basket

Menu	br17	Chatpata Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> 1. In a bowl combine wheat flour, salt, amchoor, 1 tsp oil, water to knead a soft dough. 2. Keep the tawa on high rack, keep inside microwave. Select menu & press start (Pre-heat process). 3. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over & dust with some chaat masala fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm (oval shape). 4. When beeps keep 2 rolled out paranthas on tawa & press start. 5. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure. 6. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Amchoor	1/2 tsp			
Chaat Masala	1 tsp			
Salt, Red chilli powder, Garam masala	As per taste			
Water	To knead dough			

Menu	br18		Aloo Gobhi Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*					
Instructions				Method:	
For Dough				<div>1. In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.</div> <div>2. In another bowl take all the ingredients of stuffing & mix well.</div> <div>3. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & wawa inside the microwave. Select menu and press start. (Pre-heat process)</div> <div>4. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly into 15cm oval length.</div> <div>5. When beeps keep two rolled out paranthas on tawa & press start.</div> <div>6. When beeps turn parantha. Press start. Make all the paranthas same procedure.</div> <div>7. Serve them hot with curd or pickle. Wrap in foil & store.</div>	
Whole wheat flour(aata)		2 cups			
Desi ghee		1 tbsp + 1 tsp			
Salt		A pinch			
Water (to knead dough)		1 cup (200 ml)			
For Stuffing					
Boiled & mashed potato		1 cup			
Boiled & grated gobhi		1 cup			
Chopped green chilli (deseeded)		3 nos.			
Chopped coriander leaves		2 tbsp			
Salt, Red chilli powder, Garam masala		As per taste			
Anardana powder		1 tsp			

*Refer pg 67, fig 2

Menu	do1	Masala dosa	Weight Limit	1 Pc
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> 1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste. 2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process) 3. Now in a MWS 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. 4. Select menu & press start (Pre-heat process). 5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape. 6. After beep, put the tawa on high rack & press start. 7. When beeps, fill the stuffing & fold the dosa from both ends. 	
Parboiled rice/Ukda chawal	1 cup			
Split black lentils/Urad daal	1 cup			
Fenugreek/Methi seeds	1/4 tsp			
Salt	As per taste			
Water	As required			
For Stuffing				
Boiled & mashed potato	1 cup			
Oil	1 tbsp			
Jeera, Mustard seeds, hing, onion, Turmeric powder	1 tsp			
Salt	As per taste			
Menu	Gh1	Ghee	Weight Limit	250 g
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Malai/Cream (Collected over 10 days)	250g - 300g		<ol style="list-style-type: none"> 1. In a big vessel put all the malai & blend with a hand mixer till it solidifies into butter & separates from residual liquid. 2. Wash this white butter in cold water as couple of times, so as to remove any remaining smell of milk. 3. Now collect all the butter in a MWS glass bowl & keep in the microwave. Select menu & press start. 4. When beeps, stir it properly with the spoon (not plastic) & again press start. 5. After beeps, allow it to stand for 5 minutes & then strain it through stainless steel strainer into a glass jar & then store it. 	
Cold water	As required			

Menu	IC1	Gajar ka Halwa	Weight Limit	0.3 Kg
Utensil: Microwave Safe (MWS) Glass Bowl & Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	1. In MWS glass bowl take all the ingredients and mixwell. Add ½ cup water to MWS bowl. Put the MWS glass bowl in MWS bowl. Cover. Select category and press start.	
Grated Gajar		300 g		
Ghee		2 tbsp		
Milk Powder		5 tbsp		
Khoya		6 tbsp		
Sugar		5 tbsp		
Elaichi Powder and Dry Fruits		As per your taste		

Menu	IC2	Mix Veg	Weight Limit	0.1 ~ 0.5 kg		
Utensil: Microwave safe (MWS) bowl						
Instructions			Method:			
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select category & weight and press start. 2. When beeps, remove & mix well. Add vegetable & some water. Cover & press start. 3. When beeps, mix well. Cover & press start. Garnish with coriander leaves.
Mix Veg. (Carrot, Cauliflower, peas, beans, tomato)	100 g (Total)	200 g (Total)	300 g (Total)	400 g (Total)	500 g (Total)	
Oil	¼ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	
Onion (chopped)	½ cup	1 cup	1½ cup	2 cup	2 cup	
Tomato (chopped)	¼ tbsp	1 cup	1½ cup	1½ cup	1½ cup	
Salt, Cumin powder, Garam, masala, Red Chilli powder, Coriander.	As per taste					

Menu	IC3		Veg Biryani		Weight Limit		0.1 ~ 0.5 kg	
Utensil: Microwave safe (MWS) bowl								
Instructions					Method:			
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	1. In Microwave Safe Bowl put oil add laung, Diachini, Elaichi, Tej patta and Kali Mirch, add mix vegetables, select category & weight and press Start. 2. When beeps, add rice, water, salt & all spices. Mix well, cover it & press start. Stand in 5 minutes after cook ends. Serve hot with raita & salad.		
Basmati Rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g			
Water	200 ml	400 ml	500 ml	550 ml	650 ml			
Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp			
Laung, Elaichi, Dalchini, Black Pepper, Tej Patta, Salt, garam masala & red chilli powder	To taste							
Mix Vegetables - (Gobhi, Muttar, Gajar, French Beans etc.)	½ cup	1 cup	1½ cup	2 cup	2½ cup			

Menu	IC4	Kadhai Paneer					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions							Method: 1. In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum, tomato & onion. Mix well, cover. Select category & weight and press start. 2. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt and paneer cubes, mix well and press start, garnish with hara dhania and serve hot.	
Paneer	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg			
Capsicum & Onion (sliced)	½ cup	1 cup	1½ cup	2 cup	2½ cup			
Sliced tomato	½ no.	1 no.	1½ no.	2 no.	2½ no.			
Onion Paste	3 tbsp	4 tbsp	5 tbsp	6 tbsp	6½ tbsp			
Tomato Puree	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp			
Ginger-Garlic Paste, Salt	To taste							
Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala	To taste							
Butter	1½ tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp			
Fresh Cream	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp			
Oil	½ tbsp	1 tbsp	2 tbsp	2½ tbsp	3 tbsp			

Menu	IC5	Kadhai Chicken	Weight Limit	0.1 ~ 0.5 kg		
Utensil: Microwave safe (MWS) bowl						
Instructions			Method:			
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	1. In Microwave Safe Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select category & weight and press start. 2. When beeps, mix well & add tomato puree, hara dhania, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes. 3. Add cream. Mix well. Serve hot.
Boneless chicken	100 g	200 g	300 g	400 g	500 g	
Oil	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp	
Methidana	¼ tsp	¼ tsp	1 tsp	1 tsp	1 tsp	
Onion slices	1 no.	2 nos.	3 nos.	3 nos.	3½ nos.	
Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp	
Dhania powder, red chilli powder salt	As per taste					
Tomato puree	¼ cup	½ cup	1 cup	1½ cup	1½ cup	
Hara dhania	A few sprigs					
Capsicum	1 no.	2 no.	2 no.	2 no.	2 no.	
Ginger (finely sliced)	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	
Cream	For garnishing					

Menu	IC6	Dal Tadka	Weight Limit	0.2 Kg
Utensil: Microwave Safe (MWS) Glass Bowl & Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> 1. Take 200 gms dal in Microwave Safe bowl, add Water, Haldi & Hing. 2. Select category press start to cook. 3. When beeps, take another bowl add oil, roasted jeera, hari mirch, curry leaves, add dal, salt, dhania jeera powder, hara dhania, kasuri methi (optional), water (if required), Press start. 4. When beeps, mix well & again press start. 	
Dal (soaked for 2 hours)		200 g		
Water		400 ml		
Oil		2 tbsp		
Rai, roasted Jeera, Kasuri Methi, Hara Dhania, Hing, Haldi		To taste		
Geen Chilli		To taste		
Salt		To taste		

Menu	IC7	Butter Chicken	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	1. In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select category & weight & press start. 2. When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well & cover. Press start. 3. When beeps, mix well, add kaju paste, cream & butter. Mix well & cover. Press start. 4. Garnish with slit chillies.
Chicken (boneless)	300 g	400 g	500 g	
Ginger garlic paste	2 tbsp	2½ tbsp	3 tbsp	
Tomato puree	½ cup	1 cup	1 cup	
Chopped onions	1 no.	1 no.	2 nos.	
Garam masala, dhania powder, jeera powder, kasuri methi, red chilli powder, salt	As per taste			
Kaju paste	2 tbsp	2½ tbsp	3 tbsp	
Fresh cream	1 cup	1½ cup	1½ cup	
Butter	2 tbsp	3 tbsp	3½ tbsp	
Oil	2 tbsp	2½ tbsp	2½ tbsp	
Slit green chillies	3 nos.	4 nos.	5 nos.	

Menu	IC8	Dum Aloo	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In a MWS bowl add oil, jeera, pepper seeds, cloves, hing, onion paste, ginger garlic paste. Mix well.</div> <div>2. Select category & weight and press start.</div> <div>3. When beeps, mix well & add tomato puree & boiled potatoes. Mix well & cover. Press start.</div> <div>4. When beeps, mix well & add curd & all spices. Cover & press start.</div> <div>5. Allow to stand for 3 minutes.</div>
Boiled Aloo (small)	100 g	200 g	300 g	
Oil	2 tbsp	3 tbsp	3 tbsp	
Jeera, pepper seeds, cloves, hing	As required			
Onion paste	2 tsp	3 tsp	4 tsp	
Ginger & garlic paste	1 tsp	1½ tsp	1½ tsp	
Tomato puree	1 tbsp	2 tbsp	3 tbsp	
Curd	½ cup	1 cup	1 cup	
Turmeric powder, red chilli, powder, degghi mirch, salt, garam masala, saunf powder	As per taste			

Menu	IC9	Baigan Ka Bhartha		Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.3 kg	0.4 kg	0.5 kg	<div>1. In a MWS bowl add peeled & chopped baigan. Sprinkle some water. Cover. Select category & weight and press start.</div> <div>2. When beeps, remove & mash the baigan well.</div> <div>3. In another MWS bowl add oil, chopped onion, green chillies, ginger, tomato, tomato puree, salt, dhania powder, garam masala, red chilli powder, haldi. Mix well. Cover & press start.</div> <div>4. When beeps, mix well. Add the mashed baigan & mix well. Press start. Allow to stand for 3 minutes. Garnish with coriander leaves.</div>	
Baingan (Chopped in big pieces)	300 g	400 g	500 g		
Oil	1 tbsp	1½ tbsp	2 cup		
Chopped onions	1 cup	1½ cup	500 g		
Chopped green chillies	3 nos.	4 nos.	5 nos.		
Chopped ginger	1 tbsp	1½ tbsp	2 tbsp		
Chopped tomato	2 nos.	3 nos.	4 nos.		
Tomato puree	4 tbsp	5 tbsp	6 tbsp		
Salt, dhania powder, garam masala, red chilli powder, haldi	As per taste				
Chopped coriander leaves	A few sprigs				

Menu	IC10	Gatte Ki Subzi	Weight Limit	0.3 Kg
Utensil: Microwave Safe (MWS) Glass Bowl & Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg		<div>1. In a bowl mix besan, red chilli powder, haldi, dhania powder, salt. Add water, little oil and make it like a chapati dough.</div> <div>2. After making the dough break the dough into different pieces and make the rolls out of those pieces.</div> <div>3. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover.</div> <div>4. Select category and press start.</div> <div>5. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices.</div> <div>6. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhaniya powder, haldi, salt. Cover & press start.</div> <div>7. When beeps, add beaten curd, gattas & haldi. Mix well & press start.</div>	
For making gattas				
Besan	100 g			
Red chilli powder, haldi, dhania powder, salt	As per taste			
Water	As required			
For Subzi				
Oil	1 tbsp			
Rai, jeera	2 tsp			
Curry leaves	A few			
Sour curd	1 cup			
Red chilli powder, haldi, dhaniya powder, salt	As per taste			
Tomato puree	¼ cup			

Menu	IC11	Beans Porial	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add oil, mustard seeds & urad dhal. Select category & weight & press start. 2. When beeps, add beans, sprinkle little water & cover. Press start. 3. When beeps, mix well & add grated coconut, green chillies & salt. Cover & press start. Allow to stand for 3 minutes.
French beans (cut evenly)	100 g	200 g	300 g	
Oil	1 tsp	1 tsp	2 tsp	
Mustard seeds	¼ tsp	½ tsp	¾ tsp	
Urad dhal	¼ tsp	½ tsp	¾ tsp	
Grated coconut	2 tbsp	3 tbsp	4 tbsp	
Green chillies	1 no.	2 nos.	3 nos.	
Salt	As per taste			

Menu	IC12	Dalma	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg		<div>1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select category & press start.</div> <div>2. When beeps, in another MWS bowl add oil, bay leaves, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start.</div> <div>3. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start.</div>	
Moong dal (soaked for 2 hours)	300 g			
Water	600 ml			
Chopped vegetables (drumsticks, potato, raw banana,pumpkin, brinjal,tomato)	2 cups			
For tadka				
Oil	2 tbsp			
Bay leaves, jeera, dry chillies, salt, haldi	As per taste			
Grated coconut	4 tbsp			
Chopped onion	1 no.			

Menu	IC13		Gosht Dum Biryani			Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl							
Instructions						Method: 1. In a MWS bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton & cover. Select category & weight and press start. 2. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala & cover. Press start. Stand for 5 minutes. Serve hot.	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg		
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g		
Boneless mutton	100 g	200 g	300 g	400 g	500 g		
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp		
Chopped onion	½ cup	1 cup	1 cup	1½ cup	1½ cup		
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp		
Jeera, laung, tej patta, salt, red chilli powder, garam masala	As per taste						
Water	200 ml	400 ml	600 ml	650 ml	750 ml		

Menu	IC14	Chicken Biryani				Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl							
Instructions						Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none">1. Marinade the chicken & keep it in refrigerator for 1 hour.2. In a MWS bowl add oil, chopped onions & marinated chicken & cover. Select category & weight & press start.3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover & press start. Stand for 5 minutes. Serve hot.	
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g		
Boneless chicken	100 g	200 g	300 g	400 g	500 g		
For Marinade							
Hung curd	1/2 cup	1 cup	1½ cup	2 cup	2½ cup		
Tomato puree	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp		
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp		
Salt, garam masala, coriander powder, red chilli powder, turmeric powder	As per taste						
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp		
Onion	1/2 cup	1 cup	1 cup	1½ cup	1½ cup		
Salt	If required						
Coriander leaves	A few springs						
Water	200 ml	400 ml	500 ml	550 ml	650 ml		

Menu	IC15	Kadhi	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	<ol style="list-style-type: none">1. In a MWS bowl add oil, rai, jeera, chopped onion. Select category & weight & press start.2. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (1/2 the amount mentioned per weight). Mix & press start.3. When beeps, mix & add remaining water & press start. Pour tempering & serve.
For	0.3 kg	0.4 kg	0.5 kg	
Besan	25 g	50 g	75 g	
Curd / matha	1/2 cup	1 cup	1½ cup	
Oil	1 tbsp	1½ tbsp	2 tbsp	
Rai, cumin seeds	As per taste			
Chopped onions	1 cup	1½ cup	1½ cup	
Salt, red chilli powder, haldi, coriander powder, amchur	As per taste			
Water	2 cups	3 cups	4 cups	

Menu	IC16	Kofta Curry	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl				
Instructions			Method:	<ol style="list-style-type: none">1. In a bowl mix grated lauki, besan, salt & haldi together. Mix well & prepare balls of medium size out of the mixture.2. Grease a MWS flat glass dish & keep the koftas on it select category & weight & press start.3. When beeps, remove in a MWS bowl add oil, jeera, onion, garlic & ginger & press start.4. When beeps, mix well, add tomato puree, coriander power, garam masala, red chilli powder, salt, water. Add koftas & press start. Stand for 5 minutes. Squeeze lemon juice & serve.
For	0.1 Kg	0.2 Kg	0.3 Kg	
Grated Lauki	100 g	200 g	300 g	
Besan	1 tbsp	2 tbsp	3 tbsp	
Chopped Onion	½ cup	1 cup	1 cup	
Tomato puree	¼ cup	½ cup	1 cup	
Chopped garlic	1 tsp	1½ tsp	2 tsp	
Chopped Ginger	1 tsp	1½ tsp	2 tsp	
Coriander power, haldi, garam masala, red chilli powder, jeera, salt	As per taste			
Oil	½ tbsp	1 tbsp	1½ tbsp	
Water	½ cup	1 cup	1 cup	
Lemon juice	As per taste			

Menu	IC17	Aloo Gobhi	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	<ol style="list-style-type: none">1. In a MWS bowl add oil, jeera, chopped onion, green chillies, mix well. Select Category & weight & press start.2. When beeps, mix well and add potatoes (chopped in medium sizes), cauliflower florets, coriander powder, red chilli powder, haldi, salt, garam masala & mix well. Add some water Cover. Press start.3. When beeps, mix well & add coriander leaves and cover. Press start. Allow to stand for 15 mins with cover inside the microwave. Garnish with coriander leaves & serve.
For	0.3 kg	0.4 kg	0.5 kg	
Potatoes (cut into pieces)	150 g	200 g	250 g	
Cauliflower florets	150 g	200 g	250 g	
Oil	1 tbsp	2 tbsp	3 tbsp	
Jeera	1 tbsp	1 tbsp	1 tbsp	
Chopped onion	½ cup	½ cup	1 cup	
Chopped green chillies	1 no	2 nos.	3 nos.	
Coriander powder, red chilli powder, haldi, salt, garam masala	As per taste			
Coriander leaves	A few sprigs			

Menu	IC18	Malai Khumb	Weight Limit	0.1 ~ 0.3 kg
Utensil: High rack & Multi cook tawa*				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. Mix all the other ingredients of the marinade. Marinate the mushrooms in this mixture.</div> <div>2. Grease the multi cook tawa with oil. Place the marinated mushrooms on the tawa & place the tawa on high rack.</div> <div>3. Select category & weight & press start.</div> <div>4. When beeps, turn over the mushrooms. Press start.</div>
Mushrooms (Big size)	100 g	200 g	300 g	
For marinade				
Hung curd	¼ cup	½ cup	1 cup	
Thick cream	1 tbsp	2 tbsp	3 tbsp	
Grated cheese	1 tbsp	2 tbsp	3 tbsp	
Cornflour	1 tbsp	1½ tbsp	2 tbsp	
Ginger paste	½ tsp	1 tsp	1½ tsp	
Salt, garam masala	As per taste			
Chopped coriander	1 tbsp	2 tbsp	3 tbsp	
Oil	½ tbsp	½ tbsp	½ tbsp	

Menu	IC19	Sambhar	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg		<div>1. Soak dal for 2 hours, In MWS bowl take dal, turmeric, onion, green chilli, tomato, mix vegetables and boiled water. Select menu and press start.</div> <div>2. When beeps, in another MWS bowl take oil, rai, asafoetida, curry leaves, coriander powder, red chilli powder. Press start.</div> <div>3. When beeps, mash dal very well and add to tadka. Add tamarind pulp sambhar masala, jaggery and some water (if required). Press start. Stand for 5 mins. Garnish with coconut and coriander leaves and serve with Idli.</div>	
Arhar Dal (Soaked for 2 hrs)	200 g			
Oil	2 tbsp			
Onion chopped	1 medium			
Tomato chopped	1 medium			
Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin	1 cup			
Boiled Water	400 mL			
Tamarind pulp, Green Chilli, Sambhar Masala, Salt, Jaggery, Rai, Asafoetida Curry leaves, Coriander powder, Turmeric, Red chilli powder	As per taste			

Menu	IC20	Gaon Potato Curry	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	<div>1. In a MWS bowl add oil, mustard seeds & chopped onion. Select menu & press start.</div> <div>2. When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder & press start.</div> <div>3. When beeps, mix well & add boiled potato & mix vegetables & fresh cream. Press start. Give standing time of 3 minutes.</div> <div>4. Garnish with chopped coriander leaves & serve.</div>
Boiled potato	300 g	400 g	500 g	
Boiled mix veg (capsicum, cauliflower, carrot, peas)	100 g	150 g	200 g	
Chopped onion	1 no.	2 nos.	3 nos.	
Oil	1½ tbsp	2 tbsp	2 tbsp	
Mustard seeds	1 tsp	1½ tsp	2 tsp	
Grated coconut	2 tbsp	2½ tbsp	3 tbsp	
Coconut milk	1 cup	1½ cup	1½ cup	
Tomato puree	½ cup	1 cup	1 cup	
Kaju powder	1 tbsp	2 tbsp	3 tbsp	
Salt, red chilli powder	As per taste			
Fresh cream	2 tbsp	3 tbsp	4 tbsp	
Coriander	A few sprigs			

Menu	IC21	Gujarati Tuvor Dal	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg		<div>1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select category & press start.</div> <div>2. When beeps, remove the dal.</div> <div>3. In another MWS bowl add oil, mustard seeds, jeera, finely chopped ginger, slit green chillies, curry leaves, chopped onions, red chilli powder. Mix well & press start.</div> <div>4. When beeps, remove the bowl & add these ingredients to the dal. Add tomato, jaggery & mix well. Press start. Squeeze lemon juice & serve.</div>	
Tuvar dal / Arhar dal (soaked for 2 hours)	300 g			
Water	600 ml			
Oil	1 tbsp			
Mustard seeds	½ tsp			
Jeera	½ tsp			
Finely chopped ginger	1 tbsp			
Slit green chillies	3 nos.			
Curry leaves	A few			
Chopped tomato	2 nos.			
Chopped onion	1 no.			
Hing	A pinch			
Salt, turmeric powder, red chilli powder	As per taste			
Jaggerv (Gud)	As per taste			

*Refer pg 67, fig 2

Menu	IC22	Methi aloo	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	
Methi leaves (chopped)	2 cups	3 cups	4 cups	
Big size potato (cut in pieces)	1 no.	2 nos.	3 nos.	
Tomato	1 no.	2 nos.	3 nos.	
Green chilli (chopped)	1 tbsp	1½ tbsp	2 tbsp	
Salt, red chilli powder, haldi, garam masala	0.3 kg	0.4 kg	0.5 kg	
			<ol style="list-style-type: none"> In a MWS bowl take oil, chopped green chilli, & chopped tomato. Mix well. Select menu & weight and press start. When beeps, mix & add cut potatoes. sprinkle little water on top. Cover & press start. When beeps, remove cover. Add chopped methi leaves & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha. 	

Menu	IC23	Veg Handva®	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & Low rack* & High rack*				
Instructions			Method:	
For		0.3 kg		
Rice		200 g (1 cup)		
Urad Dal (Dehusked)		½ cup		
Boiled vegetables (Potato, Carrots, Peas, Palak)		2 cups		
Oil		1 tsp		
Lemon juice		2 tsp		
Soda bi carb		A pinch		
Chilli powder, turmeric powder, salt		As per taste		
Ginger & chilli paste		1 tsp		
Mustard seeds		1 tsp		
Curry leaves		A few sprigs		
Hing		¼ tsp		
			<ol style="list-style-type: none"> Clean, wash & soak the rice & dal together in enough water for at least 4 to 5 hours. Drain & keep aside. Blend in a mixer till smooth, add the curds & mix well. Cover & keep aside to ferment overnight. After fermentation, add salt, chilli powder, turmeric powder, soda bi carb, ginger & green chilli paste. Mix well. In a MWS bowl, add oil, mustard seeds & curry leaves & microwave for 2 minutes and keep aside. Add the boiled vegetables to the fermented batter, add the tadka prepared & lemon juice & hing. Mix well all the ingredients. Pour the batter in MWS flat glass dish. Select category & weight and press start. When beeps, keep the MWS flat glass dish on low rack & press start. When beeps, transfer the MWS flat glass dish to high rack & press start. 	

Menu	IC24	Jeera aloo	Weight Limit	0.1~0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Jeera	1 tbsp	1 tbsp	1½ tbsp	2 tbsp
Big size potato (cut in pieces)	1 no.	1½ nos.	2 nos.	2½ nos.
Tomato	1 no.	1 no.	2 nos.	3 nos.
Green chilli (chopped)	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Salt, red chilli powder, haldi, garam masala			As per taste	2½ tbsp
			<ol style="list-style-type: none"> In a MWS bowl take oil, jeera, chopped green chilli, & chopped tomato. Mix well. Select menu & weight and press start. When beeps, mix & add cut potatoes. sprinkle little water on top. Cover & press start. Give standing time for 5 minutes. Serve hot with chappati or parantha. 	

Menu	IC25	Kaddu ki Subzi	Weight Limit	0.2~0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Kaddu (cut into pieces)	200 g	300 g	400 g	500 g
Chopped tomato	1 no.	2 nos.	3 nos.	4 nos.
Chopped green chilli	1 no.	2 nos.	3 nos.	4 nos.
Finely chopped ginger	½ tsp	½ tsp	1 tsp	1 tsp
Chopped coriander leaves	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Salt, red chilli power, garam masala, amchoor, turmeric powder			As per taste	
			<ol style="list-style-type: none"> In a MWS bowl take kaddu pieces, sprinkle some water & cover. Select category & weight and press start. When beeps, remove kaddu & keep aside. In another MWS bowl put oil, chopped ginger, green chilli, coriander leaves & chopped tomatoes. Mix well & press start. When beeps, remove & mix well. Add cooked kaddu & all the spices. Mash with the back of laddle / spoon. Press start. Serve hot. 	

Menu	IC26	Matar Paneer	Weight Limit	0.2~0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 Kg	0.3 Kg	0.4 Kg	
Matar	100 g	150 g	200 g	
Paneer Cubes	100 g	150 g	200 g	
Oil	1 tbsp	1½tbsp	2 tbsp	
Tomato puree	½ cup	½ cup	1 cup	
Chopped Onion	1 tbsp	1½ tbsp	2 tbsp	
Chopped Ginger	1 tsp	1½ tsp	2 tsp	
Chopped garlic	1 tsp	1½ tsp	2 tsp	
Jeera powder, salt, haldi, red chilli powder, garam masala		As per taste		
Coriander leaves		A few sprigs		
Water	¼ cup	½ cup	1 cup	
			<ol style="list-style-type: none"> In a MWS bowl add oil, chopped ginger, garlic, onion. Mix well select category & weight & press start. When beeps, mix well, add paneer cubes, peas, tomato puree, jeera, powder, salt, haldi, red chilli powder, garam masala. Mix well cover. Press Start. When beeps, mix well, add water, coriander leaves & cover. Press start. Stand for 5 minutes. 	

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

* Refer pg 67, fig 6

* Refer pg 67, fig 5

Menu	IC27	Jhinga Matar Curry	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 Kg	0.3 Kg	0.4 Kg	
Prawns (deviened & cleaned)	50 g	100 g	150 g	
Peas (shelled)	½ cup	1 cup	1 cup	
Water	½ cup	½ cup	1 cup	
Salt, red chilli power, garam masala	As per taste			
Oil	1 tbsp	1½ tbsp	2 tbsp	
For Paste				
Onions	1 no.	2 nos.	2½ nos.	
Green chilli	1 no.	2 nos.	2 nos.	
Coriander powder, turmeric powder	As per taste			
Ginger (chopped)	1 tsp	1½ tsp	2 tsp	
<ol style="list-style-type: none"> Grind all together onions, green chilli, ginger, coriander powder & turmeric powder without adding any water & make a paste. In a MWS bowl take oil & paste. Mix well. Select category & weight and press start. When beeps, mix & add shelled peas, prawns, all other spices & water. Mix well & cover and press start. When beeps, remove lid & stir well. Press start. Serve hot with steamed rice. 				

Menu	IC28	Egg Curry	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. Put chopped onions, green chilli, garlic, ginger in a spice blender & make paste adding 1 tbsp water.</div> <div>2. In a MWS bowl take oil & add the paste. Mix well. Select category & weight and press start.</div> <div>3. When beeps, stir & add tomato puree, peas, water & all the spices. Mix well & press start.</div> <div>4. When beeps, stir & add boiled eggs (each cut into 2), add some water if required. Mix well & press start. Garnish with fresh coriander leaves & serve hot.</div>
Boiled eggs	2 nos.	4 nos.	6 nos.	
Onions (chopped)	2 nos.	3 nos.	4 nos.	
Green chilli	1 no.	2 nos.	3 nos.	
Garlic (pods)	6-7 nos.	8-10 nos.	10-12 nos.	
Ginger (chopped)	1 tbsp	1½ tbsp	2 tbsp	
Tomato puree	3 tbsp	5 tbsp	6 tbsp	
Water	½ cup	1 cup	1½ cup	
Green peas (shelled)	¼ cup	½ cup	1 cup	
Salt, red chilli powder, garam masala, turmeric powder, dhania powder	As per taste			
Oil	2 tbsp	3 tbsp	3 tbsp	
Coriander leaves	A few sprigs			

Menu	IC29	Bhindi Fry				Weight Limit	0.1 ~ 0.4 kg
Utensil: Microwave safe (MWS) glassbowl & Microwave safe (MWS) Flat glass dish							
Instructions					Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<div>1. In a MWS glass bowl add oil, ajwain & chopped onion & mix well. Select category & weight and press start.</div> <div>2. When beeps, add bhindi, salt, red chilli powder, dhania powder, garam masala & haldi. Cover & press start.</div> <div>3. When beeps, transfer to flat glass dish & cover. Press start. Allow to stand for 3 minutes.</div>		
Bhindi (cut lengthwise)	100 g	200 g	300 g	400 g			
Ajwain	As per taste						
Oil	1 tbsp	1 tbsp	1½ tbsp	2 tbsp			
Chopped onion	½ cup	½ cup	1 cup	1 cup			
Salt, red chilli powder, dhania powder, garam masala, haldi	As per taste						

Menu	IC30		Kashmiri Kaju Paneer		Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<div>1. In a MWS bowl add oil, onion slices, chopped ginger & garlic. Select category & weight and press start.</div> <div>2. When beeps, mix well, add khus paste, kaju paste, tomato puree, chilli powder, garam masala & salt and press start.</div> <div>3. When beeps, mix well, add paneer pieces and milk. Press start. Stand for 3 minutes.</div>
Paneer pieces	100 g	200 g	300 g	400 g	500 g	
Kaju	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp	
Sliced onions	½ no.	1 nos.	1½ nos.	1½ nos.	1½ nos.	
Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp	
Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp	
Chilli powder	As per taste					
Khus Khus paste	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp	
Tomato puree	½ cup	1 cup	1½ cup	2 cup	2 cup	
Milk	¼ cup	½ cup	1 cup	1½ cup	1½ cup	
Garam masala & salt	As per taste					

Menu	HP1					Kala Chana	Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions							Method:	
Soaked Kala Chana (soaked overnight)	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<div>1. Soak Chana overnight, in a MWS bowl take soaked chana with water, cover it.</div> <div>2. Select category and weight and press start.</div> <div>3. When beeps, strain the water from it. In a MWS bowl, add oil, Chopped onion, Chaat masala, Red Chilli Powder, Hara Dhania and press start.</div> <div>4. When beeps, add boiled chana, mix well & press start.</div>		
Water	200 ml	400 ml	600 ml	800 ml	1000 ml			
Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp			
Onion Chopped	1/2 cup	1 cup	1½ cup	2 cup	2½ cup			
Salt, Chat Masala, Red Chilli Powder, Hara Dhania	As per your taste							

Menu	HP2	Karela Subzi			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe glass bowl & Multi cook tawa & High rack*						
Instructions					Method:	
Chopped Karela	0.1 kg	0.2 kg	0.3 kg	<div>1. In a MWS glass bowl take Oil add Rai, Jeera, Hing & Haldi, chopped onions, select category and press start.</div> <div>2. When beep add Chopped Karela some water, salt, sugar, masala, dhania-jeera powder. Press start.</div> <div>3. When beeps, remove the MWS glass bowl from Microwave oven, transfer the subzi to Multi cook tawa, stir well. Place the Multi cook tawa on high rack & press start.</div> <div>4. Garnish with Coconut & Dhania, Serve Hot.</div>		
Oil	1 tbsp	1 tbsp	2 tbsp			
Chopped onions	¼ cup	½ cup	1 cup			
Water	As required					
Rai, Jeera, Hing & Haldi	For tempering					
Salt, Sugar, Garam Masala, Dhania, Jeera Powder	As per your taste					
Grated Coconut & Hara Dhania	For garnishing					

Menu	HP3	Moong Dal	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
Moong Dal soaked in water (for 2 hours)	0.2 kg		<div>1. Take 200 gms dal in Microwave Safe bowl, add Water, Haldi & Hing.</div> <div>2. Select category & press start to cook.</div> <div>3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves & chopped onion & press start.</div> <div>4. When beeps, add dal, salt, dhania jeera powder, hara dhania, kasuri methi (optional) lemon juice & press start to cook.</div>	
Water	400 ml			
Oil	2 tbsp			
Jeera	1 tsp			
Hari Mirch, Onion chopped	2-3 nos., 1 medium sized			
Curry leaves	5-6 nos.			
Salt, Dhania-Jeera Powder, Haldi, Hing, Kasuri Methi, Lemon Juice, Hara Dhania	As per your taste			

Menu	HP4	Machi Kali Mirch					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
Pomfret (fish category)	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	1. Take Pomfret Slices as per weight either of (0.1 Kg/ 0.2 Kg/ 0.3Kg) and marinate with salt, lemon juice, and kali mirch powder (as per taste) for one hour. 2. In Microwave Safe bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select category & weight and press start. 3. When beeps, open door and add marinated fish, salt to taste and some water. Cover & press start. 4. When beeps, mix well & press start. 5. Give standing time for 5 minutes.		
Salt, Lemon Juice & Kali Mirch Powder	To marinate as per your taste							
Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic	As required							

Menu	HP5			Ghiya Raita	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	1. In a MWS bowl add grated ghiya, sprinkle water and salt. Select category and weight & press start to cook. 2. Strain ghiya and take it in MWS bowl and add curd, taste. Served chilled.		
Grated Ghiya	100 g	200 g	300 g			
Water	50 ml	75 ml	100 ml			
Salt	To taste					
Curd	3 tbsp	4 tbsp	5 tbsp			
Salt, Sugar, Mustard Powder & Green Chilli	As per your taste					

Menu	HP6	Nutri-nuggets	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In a MWS bowl add oil, jeera, onion. Select category and weight and press start. Mix well.</div> <div>2. When beeps, add tomato puree, nutrinuggets, potato, salt, red chilli powder, haldi, dhania powder and add ½ the amount of water mentioned per weight (For eg. For 100g, add 1 cup of water). Cover and press start. Mix well.</div> <div>3. When beeps, add the remaining amount of water and press start. Mix well. Allow to stand for 3 minutes. Garnish with coriander leaves & serve hot with roti.</div>
Soaked and boiled nutrinuggets	50 g	100 g	150 g	
Potato	50 g	100 g	150 g	
Oil	1 tbsp	1½ tbsp	2 tbsp	
Jeera	As per taste			
Chopped onion	½ cup	1 cup	1½ cup	
Tomato puree	2 tbsp	3 tbsp	4 tbsp	
Salt, garam masala, red chilli powder, haldi, dhania powder	As per taste			
Water	1½ cup	2 cup	2½ cup	
Chopped coriander leaves	For garnishing			

Menu	HP7	Curd Brinjal					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions							Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<div>1. In a MWS bowl add oil & brinjal. Cover. Select category & weight & press start.</div> <div>2. When beeps, remove & in another MWS bowl add oil, mustard & cumin seeds, curry leaves & chopped ginger. Press start.</div> <div>3. When beeps, add brinjal, curd & salt. Mix well & press start.</div>		
Brinjal (cut into pieces)	100 g	200 g	300 g	400 g	500 g			
Curd	100 g	200 g	300 g	400 g	500 g			
Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp			
Curry leaves	A few sprigs							
Mustard & cumin seeds	1 tsp	2 tsp	3 tsp	3 tsp	4 tsp			
Salt	As per taste							
Chopped ginger	1 tsp	2 tsp	3 tsp	3 tsp	4 tsp			

Menu	HP8	Bathua Raita	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select category & weight & press start.</div> <div>2. When beeps, remove.</div> <div>3. In a bowl add water, beaten curd, bathua leaves & mix well. Add salt & roasted cumin seed powder.</div> <div>4. Mix well & refrigerate it for some time & serve.</div>
Chopped bathua	25 g	50 g	75 g	
Water	50 ml	75 ml	100 ml	
Beaten curd	3 tbsp	4 tbsp	5 tbsp	
Salt, roasted cumin seed powder	As per taste			

Menu	HP9	Healthy Khichdi	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	1. In a MWS bowl take soaked dal, rice & ghee. Also add grated carrot, soaked & drained soya granules & peas. Mix well. Select category & weight and press start. 2. When beeps, mix, add water & salt. Mix again & press start. 3. When beeps, stir & mash well. Add pepper powder & ½ cup water. Mix & cover and press start. 4. Serve hot with fresh curds.
Rice (soaked)	75 g	150 g	225 g	
Moong dal / Green gram, (dehusked), washed (soaked)	25 g	50 g	75 g	
Desi ghee	½ tbsp	1 tbsp	1½ tbsp	
Peas	¼ cup	½ cup	1 cup	
Carrot (grated finely)	1 no.	2 nos.	2 nos.	
Soya granules (soaked)	2 tbsp	3 tbsp	4 tbsp	
Salt & pepper	As per taste			
Water	300 ml	500 ml	750 ml	

Menu	HP10	Spinach Dal	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In a MWS bowl put soaked dal (lentils), water, turmeric powder & salt. Select category & weight and press start.</div> <div>2. When beeps, in another MWS bowl put oil, chopped onions, cumin seeds, chopped ginger & green chillies, chopped spinach. Mix well and press start.</div> <div>3. When beeps, mix well & add boiled lentils. Mix again & press start.</div> <div>4. Garnish with coriander leaves & serve hot.</div>
Dehusked soaked lentils (at least for 2 hours)	100 g	200 g	300 g	
Onions chopped	½ cup	1 cup	1 cup	
Spinach chopped	1 cup	1½ cup	2 cup	
Oil	1 tbsp	2 tbsp	2 tbsp	
Cumin seeds	1 tsp	1 tsp	1½ tsp	
Ginger & green chillies (chopped)	1 tbsp	2 tbsp	3 tbsp	
Water	300 ml	500 ml	700 ml	
Turmeric, salt	As per taste			
Lemon juice	1 tsp	2 tsp	3 tsp	
Coriander leaves	2 tbsp	3 tbsp	4 tbsp	

Menu	HP11			Fish Masala	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In MWS bowl take oil and chopped onion. Select menu and press start.</div> <div>2. When beeps, remove and add pomphret pieces and tomato. Press start.</div> <div>3. When beeps, add all the other ingredients and 1 cup water and mix well. Press start. When beeps, remove and garnish with coriander leaves.</div>		
Pomphret pieces	100 g	200 g	300 g			
Onions	1 no.	2 nos.	2 nos.			
Tomato	1 no.	1 no.	1 no.			
Oil	1 tbsp	2 tbsp	2 tbsp			
Chilli powder, Turmeric, Ginger garlic paste, Salt, Saunf powder	As per taste					
Garam masala	1 tsp	1 tsp	1 tsp			
Dhania, jeera powder	2 tsp	2 tsp	2 tsp			
Coriander leaves	2 tbsp	2 tbsp	2 tbsp			

Menu	HP12	Soya Idli	Weight Limit	4,8 Pc
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand				
Instructions			Method:	
Rice		100 g	<ol style="list-style-type: none"> 1. Wash & soak rice, urad dal & soyabeans granules for 4 hours. 2. Grind, mix and ferment for 8 to 10 hours. Grind the mixture to paste consistency. 3. Grease Idli Stand with Oil. Put Idli batter in it. Add ½ cup water in the MWS bowl. Keep the idli stand & cover. Select category & number and press start to cook. Allow to stand for 3 minutes. <p>Note : After preparing the batter, you can use it for making category 4 or 8 idlies as per requirement.</p>	
Urad		4 tbsp		
Soyabean		4 tbsp		
Water		As required		
Salt		As per taste		

Menu	HP13	Soyabeen curry	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.2 kg	<div>1. In a MWS bowl add oil, chopped onions. Select menu and press start. Mix well.</div> <div>2. When beeps, in another MWS bowl add tomato puree and haldi and press start. Mix well.</div> <div>3. WHEN beeps, add chopped green chillies, red chilli powder, garam masala, coriander powder, salt, soyabeen and water. Press start.</div> <div>4. Garnish with coriander leaves and serve hot.</div>	
Soyabeen (soaked overnight)		200 g		
Oil		1½ tbsp		
Chopped onions		1 cup		
Tomato puree		½ cup		
Chopped green chillies		1 tbsp		
Red chilli powder, Garam masala Coriander powder, Salt	As per taste			
Water		200 L		
Coriander leaves		For garnishing		

Menu	HP14	Leaf rolls	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl + Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> 1. In a bowl mix boiled vegetables, chopped onions, salt, chaat masala & lemon juice. 2. In MWS bowl, add ½ cup water, keep the leaves in MWS flat glass dish. Keep the dish in MWS bowl. Cover. 3. Select menu & weight and press start. 4. Select beeps, remove the leaves from the bowl. Spread the filling on leaves & roll them. Make all the rolls in same way.
Palak leaves	100 g	150 g	200 g	
Cabbage leaves	100 g	150 g	200 g	
For filling				
Boiled veg (Potato, Capsicum, Carrot French beans, sprouts)	1 cup	1½ cup	2 cup	
Chopped onion	½ no.	1 no.	1 no.	
Salt, chaat masala, lemon juice	0.2 kg	0.3 kg	0.3 kg	

Menu	HP15					Fish bharta	Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl + Microwave safe (MWS) flat glass dish								
Instructions							Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<div>1. In a MWS bowl add ½ cup water. Place the fish pieces on the MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select menu and press start.</div> <div>2. When beeps, remove & mash the fish. In a MWS bowl, add oil, chopped onions, red chilli powder, garam masala, haldi, salt. Cover and press start.</div> <div>3. When beeps, add mashed fish & press start. Mix well & serve.</div>		
Fish (Fillet)	100 g	200 g	300 g	400 g	500 g			
Mustard oil	1 tbsp	1 tbsp	1 tbsp	1½ tbsp	2 tbsp			
Mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp			
Chopped onion	½ cup	½ cup	1 cup	1 cup	1 cup			
Red chilli powder, Haldi Garam masala, Salt	As per taste							

Menu	HP16	Oats idli	Weight Limit	4 ~ 8 pcs
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand				
Instructions			Method:	
For idli batter			<ol style="list-style-type: none"> 1. Mix all the ingredients of batter in a bowl. Allow to stand for 10 minutes. 2. Grease MWS idli stand & pour the batter (depending on the number you want to cook) 3. Add ½ cup water to MWS bowl. Keep the idli stand inside the bowl. Cover. 4. Select the menu & bumper and press start. 5. When beeps, remove the idli form the stand. 6. Take a MWS glass bowl, add oil, mustard seeds, curry leaves & dry red chillies. Press start. Mix with idli & serve. Add lemon juice(optional). 	
Roasted & powdered oats		1 cup		
Semolina		½ cup		
Curd		½ cup		
Water		¾ cup		
Salt		As per taste		
Soda bi carb		¼ tsp		
Grated carrot		½ cup		
Chopped green chillies		2 nos.		
Oil		For greasing		
For Tempering				
Mustard seeds		½ tsp		
Curry leaves		A few		
Dry red chillies		A few		
Oil		½ tbsp		

Menu	HP17Lemon chicken					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl							
Instructions						Method: 1. Mix boneless chicken, soysauce, salt & pepper, garlic paste & lemon juice in a bowl. Refrigerate for ½ hour. 2. In a MWS bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select category & weight & press start. 3. When beeps, mix well. Cover & press start. Allow to stand for 3 minutes.	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg		
Boneless chicken	100 g	200 g	300 g	400 g	500 g		
Soya sauce	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp		
Corn flour	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp		
Water	½ cup	1 cup	1½ cup	2 cup	2½ cup		
Salt Pepper & Sugar	As per taste						
Garlic paste	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp		
Lemon juice	2 tsp	3 tsp	4 tsp	4 tsp	5 tsp		
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp		

*Provided with startup kit

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

Menu	Co2	Veg Au Gratin	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack**				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> 1. In a MWS glass bowl take vegetables & add 400ml water. Select category & press start. 2. When beeps, remove MWS glass bowl & transfer boiled Vegetables to MWS flat glass dish add milk, Maida, salt & pepper. Mix well. Cover & press start. 3. When beeps, mix well and spread grated cheese on it, place the dish on high rack & press start. 	
Mix vegetables (cut gajar, gobhi, french beans, sweet corns, peas etc.)		200 g		
Maida		2 tbsp		
Butter		2 tsp		
Milk		½ cup		
Grated cheese		5 tbsp		
Salt, pepper		As per taste		

** Refer pg 67, fig 5

Menu	Co3	Macaroni	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	1. In MWS bowl take Macaroni with water. Select category & weight & press start. 2. When beeps, drain water from it. In MWS bowl add all the ingredients with boiled Macaroni, mix well and press start.
Macaroni	100 g	200 g	300 g	
Water	400 ml	800 ml	1200 ml	
Butter	1 tbsp	2 tbsp	3 tbsp	
Spring onion chopped	1 tbsp	2 tbsp	3 tbsp	
Garlic chopped	1 tsp	2 tsp	3 tsp	
Mushroom chopped	3 nos.	4 nos.	5 nos.	
Tomato sauce	1 tbsp	2 tbsp	3 tbsp	
Chilli sauce	1 tsp	2 tsp	3 tsp	
Salt, sugar, pepper & oregano	As per taste			

Menu	Co4	Baked Mushroom	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & High rack*				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	1. In MWS flat glass dish put all the ingredients except cheese, mix well. 2. Select category & weight and press start 3. When beeps, keep on high rack. Spread grated cheese on the top of the mixture and press start.
Mushrooms	50 g	100 g	150 g	
White sauce	50 g	100 g	150 g	
Cheese (grated), salt, pepper	As per taste			

Menu	Co5	Lasaneya	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & High rack*				
Instructions			Method:	
For	0.3 kg			1. Except lasagne and cheese add all the ingredients in MWS flat glass dish. Select category and press start. 2. When beeps, in same dish arrange lasagne sheets in the bottom. Then spread vegetable mixture on it and make layers of sheets and vegetable mixture. Press start. 3. When beeps, spread the grated cheese & keep the glass dish on high rack and press start.
Lasagne sheets (cooked)	150 g			
White sauce	1 cup			
Pizza sauce	1/2 cup			
Mix veg (boiled) - Egg plant, zucchini, broccoli, mushrooms, sweet corns	2 cups			
Oil	2 tbsp			
Oregano, salt & pepper	As per taste			
Grated cheese	5 tbsp			

Menu	Co6	Chilli Veg	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 Kg	0.4kg	0.5 kg	1. In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover. 2. Select category & weight press start. 3. When beeps, mix well & add soya sauce, chilli sauce, cornflour (mixed with ½ cup water), water, salt, pepper & ajinomoto and press start. 4. When beeps, add paneer pieces & press start. 5. Mix well & serve.
Paneer pieces	300 g	400g	500g	
Chopped Capsicum & onion	1½ cup	2cups	2 ½ cups	
Chopped green chillies	3 nos.	4 nos	5 nos	
Ginger garlic paste	1½ tbsp	2 tbsp	2 ½ tbsp	
Oil	1½ tsp	2 tsp	2 ½ tsp	
Soya sauce	2 tsp	2 ½ tsp	3 tsp	
Cornflour	2 tbsp	2 ½ tbsp	3 tbsp	
Green chilli sauce	3 tbsp	3 ½ tbsp	4 tbsp	
Salt & Pepper	As per your taste			
Water	1 cup	2 cups	2 ½ cups	
Ajinomoto	A pinch			

*Refer pg 67, fig 5

Menu	Co7	Thai Chicken	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
Boneless chicken		500 gm	<ol style="list-style-type: none"> In a MWS bowl put oil, garlic, sugar, soya sauce, red curry paste, broccoli, chicken pieces, mix well. Select category and press start. when beeps, remove. Add red chilli paste, crushed peanuts, sauce of milk, maida, butter, mix well press start. 	
Red curry paste		2 tbsp		
Sugar		1 tsp		
Soya sauce		2 tbsp		
Salt		To taste		
Chopped garlic		1 tsp		
Blanched Broccoli (florets)		1 cup		
Peanuts (Roasted & crushed)		¼ cup		
Oil		2 tbsp		
Red chilli paste		1 tsp		
For Sauce				
Butter		2 tbsp		
Maida		2 tbsp		
Milk		1 tbsp		
Salt & pepper		To taste		

Menu	Co8	Sweet & Sour Veg	Weight Limit	0.1 ~ 0.3 kg.
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In a microwave safe bowl add oil, chopped spring onions & garlic, red chilli paste. Select category & weight and press start. When beeps, mix well & cut vegetables, tomato ketchup, vinegar, salt, sugar, ajinomoto, soya sauce, pineapple juice, water & cornflour. Mix well, press start. Stand for 5 minutes.
Cut vegetables (Baby corns cut lengthwise, Broccoli florets, Mushroom pieces, Pineapple slices, Capsicum)	100 g	200 g	300 g	
Oil	½ tbsp	1 tbsp	1½ tbsp	
Chopped spring onion & garlic	¼ cup	½ cup	1 cup	
Red chilli paste	¼ tsp	¼ tsp	½ tsp	
Tomato Ketchup	¼ cup	¼ cup	½ cup	
Vinegar		As per taste		
Sugar	½ tsp	1 tsp	1 tsp	
Salt		As per taste		
Ajinomoto	¼ tsp	¼ tsp	½ tsp	
Soya sauce	1 tsp	1 tsp	1 tsp	
Pineapple juice	¼ cup	¼ cup	½ cup	
Water	1 cup	1 cup	1 cup	
Cornflour		2 tbsp mixed with ½ cup water		

Menu	Co9	Mediterra-nean Crostin [®]	Weight Limit	0.2 kg
Utensil: Low rack				
Instructions			Method:	
French bread		2 slices	<ol style="list-style-type: none"> In a bowl, put all the ingredients of marinade & mix well. Keep it for 15-20 minutes. Butter the bread slices. Top each slice with 2-3 slices of marinated tomatoes. Put chopped olives & sprinkle grated cheese on top. Select the category & press start. When beeps, keep the bread slices on low rack. Keep the rack in microwave & press start. 	
Black olives (sliced)		¼ cup		
Cheese (grated)		½ cup		
Butter		2 tbsp		
To be mixed together for the marinated tomatoes :				
Tomatoes (sliced)		2 nos.		
Basil leaves (freshly chopped)		1 tsp		
Garlic (chopped)		1 tsp		
Olive oil		2 tsp		
Salt & freshly crushed pepper		As per taste		
corns				

Menu	So1	Sweet Corn Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> Grind sweet corn with water and put in MWS Glass Bowl. Select category & press start. When beeps, remove, in another bowl put oil, green chilli & press start. When beeps, add corn mixture in it. Mix cornflour with ½ cup water and mix with it. Add salt, sugar, kali mirch and press start. 	
Sweet Corn		200 g		
Water		600ml(3 cups)		
Oil		1 tsp		
Cornflour		2 tbsp + ½ cup water		
Salt, Sugar and Kali Mirch and Green Chilli		As per your taste		

Menu	So2	Mushroom Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select category & press start. 2. When beeps, remove the bowl. Allow to cool & separate the mushrooms & grind the remaining stock & strain it. 3. In a MWS glass bowl, add oil, mushrooms, salt & pepper. Mix & press start. When beeps, add the stock & press start. Garnish with grated cheese & serve. 	
Mushroom		120 g		
Potato		1 No.		
Cabbage		50 g		
Onion		1 small		
Water		600ml(3 cups)		
Salt, Black Pepper		As per your taste		
Oil		1 tsp		
Grated cheese		As per requirement		

Menu	So3	Tomato Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 1. In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along with water. Keep in Microwave. Select category & weight and press start. 2. When beeps, grind and strain it. 3. In another MWS glass bowl add oil/butter and stock and then put the bowl in Microwave and press start. When beep, add sugar, salt, black pepper as per your taste and cornflour paste which is made up by mixing the half cup of cold water. Stir well & press start. 4. Garnish with bread croutons, coriander (green dhania) and fresh cream and serve hot. 	
Chopped Tomato		100 g		
Chopped Carrot		25 g		
Chopped Onion		1 small		
Chopped Ginger, Garlic		1 tsp		
Salt, Sugar, Pepper		As per your taste		
Cornflour & Oil / Butter		2 tbsp / 1 tsp		
Water		600 ml (3 cups)		

Menu	So4	Chicken Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 1. In MWS glass bowl put water & add chicken pieces. Select category & press start. 2. When beeps, remove the bowl. 3. In another MWS glass bowl add oil, ginger-garlic paste, chicken stock, salt, pepper, cornflour paste, green chillies. Press start. 	
Boneless Chicken		300 gms		
Ginger Paste		1 tsp		
Garlic Paste		1 tsp		
Salt & Pepper Powder		As per your taste		
Cornflour Paste		2 tbsp (mixed with ½ cup of water)		
Oil		1 tbsp		
Water		600 ml / 3 cups		

Menu	So5	Chicken Tortilla Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 1. In MWS bowl put water and chicken pieces. Keep it in Microwave. Select category and press start to cook. 2. When it gives a beep, remove. In another bowl add oil and ginger garlic paste, salt, pepper powder, green chilli & chicken stock. Mix well & press start. 3. Serve with tortilla pieces. 	
Chicken pieces (Boneless)		250 g		
Ginger Garlic paste		2 tsp		
Water		600ml(3 cups)		
Salt, Pepper Powder, Green Chillies		As per your taste		
Oil		1 tsp		
Tortilla pieces		10-15 Nos.		

Menu	So6	Rasam	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add chopped tomato & water. Select category & press start. 2. When beeps, remove & cool. Grind & strain it. 3. In a MWS bowl add oil, coriander seeds, cumin seeds, cinnamon, hing, chopped garlic, green chillies, salt & jaggery & strained tomato stock. Press start. 4. When beeps, strain it again & add more water (if required), tamarind pulp. Press start. 5. Garnish with coriander & curry leaves & serve. 	
Tomato		300 g		
Tamarind pulp		50 g		
Salt & Jaggery		As per taste		
Green chillies		2 nos.		
Coriander & curry leaves		For garnishing		
Chopped garlic		2-3 flakes		
Coriander seeds, cumin seeds, cinnamon, hing		As per taste		
Water		600 ml (3 cup)		
Oil		1 tbsp		

Menu	tS1			Paneer Tikka	Weight Limit	0.1 ~ 0.3 kg
Utensil: Multicook tawa & High rack*						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. Mix all the ingredients of the marinade in a bowl.</div> <div>2. Make holes in the paneer pieces.</div> <div>3. Now add the paneer pieces, capsicum, onion, tomato & mix well, keep in the refrigerator for 1 hour.</div> <div>4. Keep the marinated paneer on greased multicook tawa. Keep the tawa on high rack. Select category & weight and press start.</div> <div>5. When beeps, turn over the paneer pieces & press start.</div> <div>6. When beeps, remove the paneer pieces. Keep aside.</div> <div>7. Keep the marinated vegetables on the tawa. Keep the tawa on high rack & press start. Sprinkle chaat masala or lemon juice. Serve the paneer tikka with vegetables.</div>		
Paneer cubes (cut into 1½" cubes), Capsicum (cut into cubes), onion (cut into cubes), tomato (cut into cubes, pulp removed)	100 g	200 g	300 g			
For marinade						
Hung curd	1 tbsp	1½ tbsp	2 tbsp			
Ginger garlic paste	½ tbsp	1 tbsp	1 tbsp			
Salt, Garam masala, Red Chilli powder	As per taste					
Tandoori masala	½ tsp	1 tsp	1 tsp			
Tandoori Color	A pinch					
Oil	For greasing					

Menu	tS2	Tandoori Subzi	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl & High rack & Multi cook tawa*				
Instructions			Method:	
For	0.3Kg		<div><div>1. In a MWS glass bowl take oil, onion paste, ginger garlic paste.</div><div>2. Select category & press start.</div><div>3. When beeps, add vegetables, red chilli powder, haldi, garam masala, chat masala, salt, tomato puree & mix well. Press start.</div><div>4. When beeps, transfer this mixture to greased tawa, spread evenly. Keep tawa on high rack & press start. Serve with tandoori nan.</div></div>	
Mix veg - Bhindi, cauliflower, brinjals, mushrooms, potato, paneer cubes	300 g			
Onion paste	2 tbsp			
Ginger garlic paste	1 tsp			
Tomato puree	¼ cup			
Salt, red chilli powder, garam masala, chaat masala, haldi	As per taste			
Oil	2 tbsp			
Hara dhania	For garnishing			

Menu	tS3	Hara Bhara Kabab	Weight Limit	0.3 kg
Utensil: High Rack & Multi cook tawa*				
Instructions			Method:	
For	0.3 kg		<div>1. Mix all the ingredients together & make a dough. Make flat kababs out of it.</div> <div>2. Grease the multicook tawa & place on high rack. Now arrange the kababs on the greased multicook tawa. Select category & press start.</div> <div>3. When beeps, turn over the kababs & again press start. Serve with coriander chutney or tomato sauce.</div>	
Potatoes (boiled & grated)	300 g			
Peas (boiled & mashed)	1 cup			
Palak leaves (boiled)	1½ cup			
Coriander leaves	A few sprigs			
Kasuri methi	2 tbsps			
Salt, red chilli powder, chaat masala, garam masala	As per taste			

Menu	tS4	Shaami Kabab	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl & High rack & Multicook tawa*				
Instructions			Method:	
For	0.3 kg		<div>1. In a MWS glass bowl add all ingredients except beaten egg, roasted besan, kasuri methi & chopped coriander leaves.</div> <div>2. Select category and press start.</div> <div>3. When beeps, remove the MWS glass bowl. Drain excess water & keep aside.</div> <div>4. Grind the cooked mutton, add beaten egg, roasted besan, kasuri methi & chopped coriander leaves. Make long flat kababs of the paste.</div> <div>5. Place the kababs on greased tawa and tawa on the high rack.</div> <div>6. Press start.</div> <div>7. Turn over the kababs & brush with oil again.</div> <div>8. Press start.</div> <div>Note: For binding roll the kababs in maida.</div>	
Minced mutton	300 g			
Chopped garlic	1 tbsp			
Cumin seeds	1 tsp			
Cloves	3 nos.			
Green cardamom	2 nos.			
Black cardamom	2 no.			
Cinnamon stick	½ stick			
Pepper corn	4-5 nos.			
Dry red chillies	4-5 nos.			
Water	½ cup			
Chopped green chillies	2 nos.			
Egg (beaten)	1 no.			
Roasted besan	2 tbsp			
Kasuri Methi	1 tbsp			
Oil	For brushing			
Salt	As per taste			
Chopped onion	1 No.			
Chopped coriander leaves	1 tbsp			

*Refer pg 67, fig 2

Menu	tS5	Chicken Tikka	Weight Limit	0.1 ~ 0.3 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		0.3 kg	<div><div>1. Mix all the ingredients of marinade in a bowl.</div><div>2. Mix boneless chicken with marinade & keep in refrigerator for 2-3 hours.</div><div>3. Now place the marinated chicken on multicook tawa & keep the tawa on high rack.</div><div>4. Select category & press start.</div><div>5. When beeps, turn over & baste with some oil. Press start.</div><div>6. When beeps, again turn over. Press start.</div></div>	
Boneless chicken		300 g		
Oil		For basting		
For Marinade				
Hung curd		2 tbsp		
Ginger garlic paste		2 tbsp		
Salt, garam masala, chaat masala, red chilli powder, Tandoori masala, Tandoori color		As per taste		

Menu	tS6	Chicken Lollipops	Weight Limit	0.2 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> 1. Mix the chicken keema with boiled potatoes, ginger garlic paste, red chilli powder, garam masala, amchur powder, salt. 2. Coat the lollipops with breadcrumbs. 3. Arrange the lollipops on greased tawa. Place the tawa on high rack. Select category and press start. 4. When beeps, turn the lollipops & press start. Serve with chutney or sauce. 	
Chicken keema		200 g		
Boiled potato		2 nos.		
Ginger garlic paste		1½ tbsp		
Red chilli powder, garam masala, amchur powder, salt		As per taste		
Bread crumbs		For coating the lollipops		

Menu	tS7	Chana Kababs	Weight Limit	0.2 ~ 0.4 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<div>1. Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces, whole red chilli, to a paste.</div> <div>2. Now shape the paste in the form of kababs & roll out each kababs in bread crumbs for complete coating.</div> <div>3. Now keep the kababs on tawa & keep the tawa on high rack. Select category & weight & press start.</div> <div>4. When beeps, turn over the side & press start.</div>
Boiled Kabuli Chana (Chhole)	200 g	300 g	400 g	
Cloves	1 no.	2 nos.	2 nos.	
Pepper powder	As per taste			
Cinnamon powder	¼ tsp	¼ tsp	½ tsp	
Garlic Cloves	2 nos.	3 nos.	3 nos.	
Salt	As per taste			
Ginger Chopped	1 tsp.	2 tsp.	3 tsp	
Bread pieces	1 no.	2 nos.	2 nos.	
Whole red chilly	1 no	2 nos.	3 nos.	
Bread crumbs	For coating			

Menu	tS8	Mutton Tikka	Weight Limit	0.4 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*				
Instructions			Method:	
For		0.4 kg	<div>1. Wash the mutton pieces & mix with ginger garlic paste, curd,salt, lemon juice, garam masala, chaat masala, red chilli powder, edible red colour. Refrigerate for 1 hour.</div> <div>2. In a MWS glass bowl take this mixture, Cover. Select category & ress start.</div> <div>3. When beeps, remove the MWS glass bowl from microwave oven.</div> <div>4. Keep the marinated mutton pieces on tawa & keep the tawa on high rack. Baste with oil. Keep in microwave oven.</div> <div>5. Press Start.</div> <div>6. When beeps, turn over (if there is excess liquid, drain & continue cooking) & press start. Serve with naan or roti.</div>	
Mutton boneless pieces		400 g		
For marinade				
Hung curd		2 tbsp		
Ginger Garlic Paste		2½ tbsp		
Salt, Red Chilli Powder, Garam Masala & Chat Masala		As per taste		
Oil		For basting		
Lemon juice		2 tsp		
Edible Red Colour		1 pinch		

Menu	tS9	Fish Tandoori	Weight Limit	0.5 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For		0.5 Kg	<div>1. Rub the fish well with besan (3 tbsp), 2 tbsp lemon juice to remove fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Prick the fish all over with a fork or give shallow cuts with a knife.</div> <div>2. Mix all ingredients given under marinade. Rub the marinade well all over the fish pieces & let it marinade for 2-3 hours.</div> <div>3. Keep the marinated fish pieces on tawa & tawa on high rack. Select the category & press start.</div> <div>4. When beeps, turn over the fish & press start.</div> <div>5. Sprinkle chaat masala & serve with Pudina chutney & onion rings.</div>	
Pomfret		3 nos.		
For Marinade				
Degi mirch		2½ tsp		
Cumin seeds		½ tsp		
Ginger paste		1 tsp		
Garlic paste		1 tsp		
Tandoori masala		½ tsp		
Garam masala		1½ tsp		
Amchoor		1 tsp		
Coriander powder		1 tsp		
Lemon juice		2 tbsp		
Chaat masala		¼ tsp		
Salt		As per taste		

Menu	tS10	Veg Kabab	Weight Limit	0.3 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For	0.3 kg		<ol style="list-style-type: none"> 1. Mix all the ingredients in a bowl. Mix well & shape them into flat kebabs. 2. Keep the kebabs on greased tawa. Place the tawa on high rack and keep in microwave. Select category & press start. 3. When beeps, turn over the kababs & press start again. 	
Boiled potatoes	200 g			
Grated paneer	100 g			
Chopped green chillies	2 nos.			
Chopped coriander	A few sprigs			
Roughly ground anardana seeds	1 tbsp			
Salt, red chilli powder	As per taste			

Menu	tS11	Corn Kababs	Weight Limit	0.2 ~ 0.4 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<div>1. Mash the boiled potatoes & corns. Mix well.</div> <div>2. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice.</div> <div>3. Make long kababs out of this mixture.</div> <div>4. Keep the kababs on tawa & tawa on high rack. Select category & weight & press start.</div> <div>5. When beeps, turn over & press start.</div> <div>6. When beeps, turn over & press start.</div> <div>Serve with chutney or sauce.</div>
Boiled potatoes	2 medium	3 medium	4 medium	
Boiled sweet corns	¼ cup	½ cup	1 cup	
Onions (Chopped)	¼ cup	½ cup	1 cup	
Green chillies (Chopped)	1 no.	1 no.	2 no.	
Fresh coriander (finely chopped)	1 tbsp.	2 tbsp.	3 tbsp	
Pudina (finely chopped)	½ tbsp.	1 tbsp	1½ tbsp	
Melted butter	¼ tbsp.	½ tbsp	1 tbsp	
Garam Masala, pepper powder, salt	As per taste			
Lemon juice	2 tsp	3 tsp	3 tsp	
Bread crumbs	1 tbsp	2 tbsp	3 tbsp	

Menu	tS12	Bharwan Tamatar	Weight Limit	0.3-0.5 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For	0.3 Kg	0.4 Kg	0.5 Kg	<div>1. Precook the paneer stuffing- In a MWS bowl add oil, Onions & microwave 100 % for 3 minutes. Add paneer & all the spices & coriander leaves & microwave 100% for 2 minutes</div> <div>2. Stuff the hollowed tomatoes with paneer.</div> <div>3. Grease the tomatoes with few drops of oil.</div> <div>4. Keep the Tomatoes on tawa & tawa on high rack. Select Category & weight and press start</div> <div>5. Turn over the tomato & press start. Put oil.</div> <div>6. Turn over the side again & press start. Garnish with fresh coriander leaves & serve.</div>
Tomato (Hollowed)	300 g	400 g	500 g	
For Stuffing				
Paneer (mashed)	200 g	250 g	300 g	
Salt, Red Chilli Powder, Garam Masala, Cumin Powder	As per taste			
Onion Chopped	¼ cup	¼ cup	½ cup	
Coriander leaves Chopped	A few sprigs			
Oil	¼ Tbsp	½ Tbsp	1 Tbsp	

Menu	tS13		Tandoori Aloo	Weight Limit	0.3 ~ 0.5 kg
Utensil: Multicook tawa & High rack*					
Instructions				Method:	
For	0.3 kg	0.4 kg	0.5 kg	<div>1. Mix all the ingredients of marinade in a bowl.</div> <div>2. Add the aloo pieces & keep for ½ hour.</div> <div>3. Keep the marinated aloo on tawa & tawa on high rack. Select category & weight & press start.</div> <div>4. When beeps, turn over the pieces & drizzle few drops of oil & press start again.</div> <div>Sprinkle chaat masala or lemon juice & serve.</div>	
Aloo (Cut into quarters)	300 g	400 g	500 g		
For marinade					
Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp		
Garlic Paste	1 Tbsp	1 ½ Tbsp	2 Tbsp		
Cumin Powder	As per taste				
Red Chilli powder	As per taste				
Salt	As per taste				
Tandoori Masala	1 Tsp	2 Tsp	3 Tsp		
Tandoori Color	A pinch				

Menu	tS14		Tandoori Gobhi		Weight Limit	0.3 ~ 0.5 kg
Utensil: Multicook tawa & High rack*						
Instructions					Method:	
For	0.3 Kg	0.4 Kg	0.5 Kg		<div>1. Mix together in a bowl all the ingredients of marinade. Add the cauliflower to the marinade & rub them properly with the marinade. Keep aside for 1 hours.</div> <div>2. Transfer the marinated cauliflower on tawa & keep on high rack. Select category & weight and press start.</div> <div>3. When beeps, drizzle few drops of oil on cauliflower & turn them over. Press start.</div> <div>Serve with onion rings, coriander leaves & tomato slices.</div>	
Cauliflower florets	300 g	400 g	500 g			
For Marinade						
Jeera powder	½ Tsp	1 Tsp	1 Tsp			
Red Chilli Powder, Salt, Dhaniya Powder, Garam Masala, Anardana	As per taste					
Tandoori Color/Haldi	A pinch					
Oil	1 Tbsp	1½ Tbsp	2 Tbsp			
Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp			

Menu	tS15		Tandoori Mushrooms		Weight Limit	0.2 ~ 0.5 kg
Utensil: Multicook tawa & High rack*						
Instructions					Method: 1. Mix all the ingredients of the marinade in a bowl. 2. Prick all the mushroom buttons & add to the marinade. 3. Keep the mushroom marinated for 1 hour. 4. Transfer the mushrooms on tawa & keep the tawa on high rack. Select category & weight and press start. 5. When beeps, turn over the mushroom & press start. 6. When beeps, turn over again & press start. Note: If mushroom run watery while cooking, drain water & start cooking again.	
For	0.2 kg	0.3 kg	0.4 kg	0.5 kg		
Mushroom Buttons (stalk removed)	200 g	300 g	400 g	500 g		
For Marinade						
Hung Curd	1 tbsp	2 tbsp	3 tbsp	4 tbsp		
Ginger Garlic Paste	½ tbsp	1 tbsp	2 tbsp	2½ tbsp		
Salt, Coriander powder, cumin powder, amchoor	As per taste					
Cornflour	¼ tsp	½ tsp	1 tsp	1½ tsp		
Tandoori Color	A pinch					

Menu	tS16		Mahi Tikka	Weight Limit	0.3 ~ 0.5 kg
Utensil: Multicook tawa & High rack*					
Instructions				Method:	
For	0.3 kg	0.4 kg	0.5 kg	<div>1. Rub the fish well with 3 tbsp besan & 2 tbsp lemon juice to remove the fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Pick fish all over with a forks.</div> <div>2. Mix all the ingredients of marinade. Add the fish pieces & keep aside for 3-4 hours.</div> <div>3. Transfer the marinated fish pieces to tawa & keep tawa on high rack. select category & weight & press start.</div> <div>4. When beeps, turn over the pieces & press start.</div> <div>5. When beep, turn over the pieces & press start. Sprinkle chaat masala & serve onion slices.</div> <div>Note: In case there is excess water during cooking & drain it & restart.</div>	
Fish fillets (Cut into 2" cubes)	300 g	400 g	500 g		
For marinade					
Hung Curd	2 tbsp	3 tbsp	4 tbsp		
Thick cream	¼ cup	¼ cup	½ cup		
Ginger garlic paste	1 tsp	2 tsp	2½ tsp		
Ajwain	¼ tsp	½ tsp	½ tsp		
Garam masala	As per taste				
Salt pepper	As per taste				
Lemon juice	1 tbsp	2 tbsp	2½ tbsp		
Red chilli powder, salt	As per taste				

Menu	tS17			Arbi Tandoori	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*						
Instructions					Method:	
For	0.3 kg	0.4 kg	0.5 kg	<div>1. Pre- preparation –In a MWS glass bowl arbi slices with some water. Cover & micro at 100% for 5 mins.</div> <div>2. Mix all the ingredients of marinade in a bowl. Add the arbi slices & keep for ½ an hour.</div> <div>3. In a MWS glass bowl add oil, onion rings, shredded ginger & green chillies, garam masala, amchoor & salt. Mix well. Select Category & weight & press start</div> <div>4. When beeps, remove the bowl from microwave oven, Transfer the marinated arbi on tawa & keep the tawa on high rack.</div> <div>5. Press start.</div> <div>6. When beeps, drizzle few drops of oil. Add onion rings mixture & turn over the slices</div> <div>7. Press start.</div>		
Arbi (Cut into slices)	300 g	400 g	500 g			
Oil	2 tsp	3 tsp	4 tsp			
Onion rings	1 cup	1½ cup	2 cups			
Garam Masala, Amchoor, Salt	As per taste					
Green Chillies (Chopped)	2 nos.	3 nos.	4 nos.			
Ginger (shredded)	1 tsp	1½ tsp	2 tsp			
Coriander Seeds	½ tsp	1½ tsp	1 tsp			
For Marinade						
Hung curd	2 tbsp	3 tbsp	4 tbsp			
Tandoori Masala	½ tbsp	1 tbsp	1½ tbsp			
Ginger Paste	½ tsp	½ tsp	1 tsp			
Pepper corns (crushed)	4 nos.	5 nos.	6 nos.			
Ajwain	½ tsp	½ tsp	1 tsp.			
Haldi	A pinch					
Salt	As per taste					
Oil	½ tbsp.	½ tbsp	1 tbsp			
Besan	½ tbsp	½ tbsp	1 tbsp			

Menu	tS18	Mix Veg Platter	Weight Limit	0.5 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For	0.5 Kg		<div>1. Mix all the ingredients of marinade.</div> <div>2. Add paneer, mushrooms, baby corns, onions & tomatoes to the marinade & mix well to coat the vegetables..</div> <div>3. Keep the marinated vegetables on tawa & tawa on high rack. Select category & press start.</div> <div>4. When beeps, turn over the side & drizzle few drops of oil & press start.</div> <div>5. When beep, again turn over & press start. Serve with barbeque sauce.</div> <div>Note: In case there is excess water during the cooking process, drain it & cook.</div>	
Paneer (Cut 1½" cubes)	200 g			
Mushroom buttons (trim the stalk)	100 g			
Baby corn (blanched)	25 g			
Capsicum (Cut into large cubes)	100 g			
Tomatoes (cut into quarters & deseeded)	25 g			
Onion (Cut into quarters & separated)	50 g			
For Marinade				
Hung Curd	4 tbsp			
Thick cream	2 tbsp			
Cornflour	1 tbsp			
Ginger garlic paste	1 tbsp			
Black Salt	As per taste			
Tandoori Color	A pinch			
Tandoori masala	2 tsp			
Red chilli powder, salt	as per taste			

Menu	tS19	Spicy chicken kababs		Weight Limit	0.2 ~ 0.4 kg
Utensil: Multicook tawa & High rack*					
Instructions				Method:	
For	0.2 kg	0.3 kg	0.4 kg	<div>1. Clean & wash chicken pieces & cut into 1½" cubes. Prick them with fork.</div> <div>2. In a bowl take chicken pieces & add all the ingredients of marinade & mix well. Keep covered for at least 30-45 minutes in refrigerator.</div> <div>3. Place all the marinated chicken pieces on tawa & place tawa on high rack. Keep in the microwave. Select category & weight and press start.</div> <div>4. When beeps, turn the chicken pieces. Remove excess water or liquid from the tawa (if present) & press start.</div> <div>5. Serve spicy chicken kababs hot with mint chutney or onion rings.</div>	
Boneless chicken (cut into 1½" pieces)	200 g	300 g	400 g		
For Marinade					
Barbeque sauce	1 tbsp	1½ tbsp	2 tbsp		
Olive oil	½ tsp	1 tsp	1 tsp		
Garlic powder / Ginger paste	1 tsp	1½ tsp	2 tsp		
Red chilli flakes	1 tsp	1 tsp	1 tsp		
Black pepper (freshly crushed)	½ tsp	½ tsp	1 tsp		
Onion paste	1 tbsp	1½ tbsp	2 tbsp		
Oregano	½ tsp	1 tbsp	1 tbsp		
Thyme	½ tsp	½ tsp	1 tsp		
Cumin powder	1 tsp	1½ tsp	1½ tsp		
Salt	As per taste				

*Refer pg 67, fig 2

Menu	tS20	Kastoori Kababs		Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*					
Instructions				Method:	
For	0.2 kg	0.3 kg	0.4 kg	<div>1. Wash the chicken mince in a strainer. Press well to squeeze out the water well.</div> <div>2. Marinate the mince with all the ingredients mentioned under marinade.</div> <div>3. Make flat Kababs of the mixture.</div> <div>4. Keep the kababs on tawa & tawa on high rack. Select category & weight and press start.</div> <div>5. When beeps, turn over the kababs & press start, Sprinkle chaat masala & serve.</div>	
Boneless Chicken mince (Keema)	200 g	300 g	400 g		
For marinade					
Ginger garlic paste	¼ tbsp	½ tbsp	1 tbsp		
Lemon juice	¼ tbsp	½ tbsp	1 tbsp		
Roasted besan	2 tbsp	3 tbsp	4 tbsp		
Bread crumbs	2 tbsp	3 tbsp	4 tbsp		
Pepper powder, Salt, Red chilli powder	As per taste				
Ginger finely chopped	½ tsp	½ tsp	1 tsp		
Chopped Coriander leaves	2 tbsp	3 tbsp	4 tbsp		
Oil	1 tsp	2 tsp	3 tbsp		
Choti elaichi powder	½ tsp	½ tsp	1 tsp		
Jeera	1 tsp	1 tsp	1 tsp		
Kesar (Soaked in ½ cup in milk)	½ tsp	½ tsp	1 tsp		

*Refer pg 67, fig 2

Menu	CF1	Omelette	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<div>1. Beat the eggs well & add salt, pepper & coriander leaves.</div> <div>2. Add oil, tomato & onion to MWS flat glass dish. Select category & weight and press start.</div> <div>3. When beeps, add the egg mixture. Cover & press start. Allow to stand for 3 minutes.</div>
Eggs	2 Nos.	3 Nos.	4 Nos.	
Oil	½ tbsp	1 tbsp	1 tbsp	
Chopped onion, tomato, coriander leaves	½ cup	1 cup	1 cup	
Salt, pepper	As per taste			

Menu	CF2	Noodles	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In Microwave Safe Bowl take noodles, water, oil. Select category & weight and press start.</div> <div>2. When beeps, strain noodles & pour cold water over it. In Microwave Safe Bowl put some oil and finely chopped vegetables, add vinegar, soyasauce, chilli sauce, MSG, salt & pepper press start.</div> <div>3. When beep, add noodles and mix well press start. Serve hot.</div>
Noodles	100 g	200 g	300 g	
Water	400 ml	800 ml	1200 ml	
Oil	1 tsp	2 tsp	3 tsp	
Vinegar	½ tsp	1 tsp	1 tsp	
Soya sauce	½ tsp	1 tsp	1 tsp	
Chilli sauce	½ tsp	1 tsp	1 tsp	
Mix Vegetables - Cabbage, capsicum, carrot, French beans etc.	½ cup	0.3 kg	1 cup	
Salt, sugar, Pepper, MSG	As per taste			

Menu	CF3	Corn Chaat	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	1. In a MWS bowl add some water & sweet corns. Select category & weight & press start. 2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.
Sweet corn	100 g	200 g	300 g	
Mix fruits (Pomegranate, cucumber, apple)	½ cup	1 cup	2 cup	
Salt, red chilli powder, chaat masala, lemon juice	As per taste			

Menu	CF4	Pizza®	Weight Limit	0.3 kg
Utensil: Low rack				
Instructions			Method:	
Pizza base	1 Big Pizza base			<div>1. Select category & press start to preheat.</div> <div>2. Spread pizza topping on pizza base, spread chopped vegetables on it. Sprinkle grated cheese.</div> <div>3. When beeps, place the pizza on low rack & press start.</div>
Topping	3 tbsp			
Mix Vegetables - Tomato, Capsicum, Onion	1 cup			
Grated Cheese	1/2 cup			
Oregano & Chilli flakes (Optional)	As per your taste			

Menu	CF5	Vermicelli Khichdi	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix & select category & weight and press start.</div> <div>2. When beeps, mix & add tomato. Press start.</div> <div>3. When beeps, mix & add vermicelli, water, salt, red chili powder, haldi, garam masala. Press start. Stand for 3 minutes.</div> <div>4. Squeeze lemon, mix & serve.</div>
Roasted vermicelli	100 g	200 g	300 g	
Oil	1 tbps	1½ tbps	2 tbps	
Rai, urad dal, curry leaves	As per taste			
Chopped onion	½ cup	1 cup	1 cup	
Chopped tomato	1 No.	2 Nos.	3 Nos.	
Salt, red chilli powder, haldi, garam masala	As per taste			
Water	400 ml	800 ml	1200 ml	
Lemon juice	As per taste			

Menu	CF6	Chocolate balls	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Milkmaid		1 cup	<ol style="list-style-type: none"> 1. In a MWS safe glass bowl add milkmaid, marie biscuit powder, milk powder, bournvita. Select category & press start. 2. Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut. 3. Keep in refrigerator for half an hour. 	
Marie biscuit powder		1 cup		
Milk powder		½ cup		
Bournvita		½ cup		
Grated coconut		½ cup		

Menu	CF7	Veg Burger	Weight Limit	0.1 ~ 0.3 kg
Utensil: High rack				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In a bowl mix all the ingredients for tikkis & prepare round & flat tikkis out of it.</div> <div>2. Slit the buns into two halves. Apply the butter inside the buns.</div> <div>3. Keep the tikkis on the high rack. Select category & weight and press start.</div> <div>4. When beeps, turn over the tikkis & press start.</div> <div>5. When beeps, remove the tikkis. Now apply tomato sauce on one half of the bun. Keep the cheese slice, then keep kikki & then tomato & cheese slices & cover with the second half of the bun.</div> <div>6. Now keep the burger on high rack & press start.</div>
Burger buns for tikkis	1 no.	2 nos.	3 nos.	
Potatoes (boiled)	100 gm	200 gm	300 gm	
Boiled peas	¼ cup	½ cup	1 cup	
Chopped ginger	1 tsp	2 tsp	3 tsp	
Green chillies	1 no.	2 nos.	3 nos.	
Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp	
Salt, red chilli powder, garam masala, chaat masala	As per taste			
Cornflour	For binding			
Tomato slices	1 no.	2 nos.	3 nos.	
Onion slices	2 no.	4 nos.	6 nos.	
Cheese slices	1 no.	2 nos.	3 nos.	
Butter	1 tsp	2 tsp	3 tsp	
Tomato sauce	1 tbsp	2 tbsp	3 tbsp	

Menu	CF8	Strawberry Custard	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.5 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well. 2. Select category & press start. 3. When beeps, stir well. Press start. 4. When beeps, stir well. Press start. Allow to set in refrigerator. 	
Milk		500 ml		
Strawberry custard powder		3 tbsp		
Sugar		50 g		
Strawberry pieces		As required		

Menu	CF9	Cheese Bread Delight	Weight Limit	6 Pc
Utensil: High rack				
Instructions			Method:	
For		6 Pc	<ol style="list-style-type: none"> 1. Take bread slices & remove its edges using a sharp bread knife. In a bowl mix together all the ingredients of dressing. 2. Take 2 buttered bread slices. Place a cheese slice on top of a bread & sprinkle some chilli flakes & salt. Cover with the second piece of bread. Press gently to stick them together. Follow same procedure to make more sandwiches like this from rest of the ingredients. 3. Cut each sandwich into 4 quarters/triangles to get 8 quarters/triangles in all. 4. Take a wooden skewer & insert 1 sandwich triangle & followed by a cherry tomato. Repeat the same step in the same skewer. So that 1 skewer has 2 triangles & 2 cherry tomatoes. Make all sandwich in the same way. 5. Brush all skewered sandwiches with the prepared dressing from all sides. Place them on high rack. 6. Keep high rack inside the microwave. Select category and press start. 7. When beeps, turn over the sandwiches carefully & again press start. Serve them hot with tomato ketchup. 	
Brown bread slice (buttered)		3 nos.		
Cheese slice		3 nos.		
Butter (softened)		2 tbsp		
Chilli flakes		½ tbsp		
Salt (optional)		As per taste		
Cherry tomatoes		20 nos.		
For Dressing				
Olive oil		3 tbsp		
Vinegar		1 tbsp		
Light soya sauce		½ tsp		
Chopped parsley / coriander leaves		1 tbsp		
Salt, black pepper powder		As per taste		

Menu	CF10	Noodle Rosti			Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) glass bowl & Multi cook tawa & High rack*						
Instructions				Method:		
For Rosti				<div>1. In a bowl take all the ingredients for rosti & mix well with hands. Divide the dough into 4 equal parts.</div> <div>2. In a MWS glass bowl take oil, shredded vegetables, boiled bean sprouts, salt & pepper. Mix well. Select category & press start.</div> <div>3. When beeps, remove the bowl & mix well & divide the topping into 4 equal parts & keep aside for late use.</div> <div>4. Take the dough & shape each portion into round flat circles (approx. 2.5"). Keep on Multi cook tawa & keep the tawa on high rack & press start.</div> <div>5. When beeps, turn over the rostis & again press start.</div> <div>6. Place the rosti on a serving plate & top them with a portion of prepared topping & tomato ketchup. Serve immediately.</div>		
Boiled whole wheat noodles		¾ cup				
Grated paneer		¼ cup				
Grated mozzarella cheese		¼ cup				
Oil		2 tsp				
Salt & pepper		As per taste				
Coriander (chopped)		2 tbsp				
For Topping						
Mixed shredded vegetables (carrot, cabbage, capsicum)		½ cup				
Boiled bean sprouts		¼ cup				
Oil		1 tbsp				
Salt & pepper		As per taste				
Tomato ketchup		4 tbsp				

Menu	CF11	Bread Pudding			Weight Limit	0.1-0.3Kg
Utensil: Microwave safe (MWS) flat glass dish						
Instructions				Method:		
For		0.1 kg	0.2 kg	0.3 kg	<div>1. Make small pieces of Bread slices. Beat the egg very well . Mix all the ingredient very well.</div> <div>2. Pour this mixture into MWS flat glass dish. Select category and weight. Press start.</div>	
Bread slices		2 Nos.	3 Nos.	4 Nos.		
Milk (for dipping the bread)		½ cup	1 cup	1½ cup		
Egg		1 Nos.	2 Nos.	2 Nos.		
Vanilla Essence		½ tsp	¾ tsp	1 tsp		
Sugar		3 tbsp	4 tbsp	5 tbsp		
Dry fruits		As per your taste				

Menu	CF12	Garlic Bread			Weight Limit	0.1 ~ 0.3 kg
Utensil: High Rack						
Instructions				Method:		
For		0.1 kg	0.2 kg	0.3 kg	<div>1. Mix butter, garlic paste, salt, pepper and oregano together. Apply this mixture to both sides of bread slices. Keep the bread slices on high rack.</div> <div>2. Select menu and weight and press start.</div> <div>3. When beeps, turn over the slices. Sprinkle the grated cheese and press start.</div> <div>Note : Use French bread to make garlic bread.</div>	
Bread slices (French Bread)		2 pcs	3 pcs	4 pcs		
Butter		3 tbsp	4 tbsp	5 tbsp		
Garlic paste		1 tbsp	1½ tbsp	2 tbsp		
Grated cheese		2 tbsp	3 tbsp	4 tbsp		
Salt, pepper, Oregano, chilli flakes		As per taste				

Menu	CF13	Choco Bar			Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe(MWS) flat glass dish						
Instructions				Method:		
Chocolate chips		½ cup		<div>1. In a microwave safe glass bowl put oats, half amount of butter (4 tbsp), honey and brown sugar. mix well. Select category and press start.</div> <div>2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter paper.</div> <div>3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmly with spoon.</div> <div>4. In MWS glass bowl add rest of the butter, chocolate chips. Mix & press start.</div> <div>5. When beeps, pour this mixture on oats & sprinkle chopped nuts.</div> <div>6. Cut into rectangle bars when set & serve chilled.</div>		
Oats (crushed)		1 cup				
Honey		3 tbsp				
Brown sugar		4 tbsp				
Butter (softened)		8 tbsp				
Chopped nuts (almonds, pistachio, walnut)		As required				

Menu	CF14	Creamy mushroom buns			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl & High Rack						
Instructions				Method:		
For		0.1 kg	0.2 kg	0.3 kg	<div>1. Take the horizontally cut buns, hollow them to make a cavity in the buns for the filling. Soak the removed bun crumbs in milk & keep aside.</div> <div>2. In a MWS glass bowl put butter, onions, garlic, green chilli, mushrooms & mix well. Select category & weight & press start.</div> <div>3. When beeps, remove and add chopped spinach, grated cheese, salt, pepper & oregano. Mix and press start.</div> <div>4. When beeps, mix again. Fill this mixture into the buns. Place the filled buns on high rack. Sprinkle grated cheese (as required) & press start.</div> <div>5. Remove & serve hot with tomato ketchup.</div>	
Buns (cut into half horizontally)		1 no.	2 nos.	3 nos.		
Butter		1 tbsp	2 tbsp	3 tbsp		
Garlic (chopped)		1 tsp	2 tsp	3 tsp		
Green chillies (chopped)		1 no.	2 nos.	3 nos.		
Coriander (chopped)		A few sprigs				
Onions (chopped)		¼ cup	½ cup	1 cup		
Mushrooms (sliced)		¼ cup	½ cup	1 cup		
Spinach (chopped)		¼ cup	½ cup	1 cup		
Salt & pepper		As per taste				
Oregano		1 tsp	1½ tsp	2 tsp		
Cheese (grated)		¼ cup	½ cup	½ cup		
Milk		¼ cup	½ cup	1 cup		

*Refer pg 67, fig 2

Menu	CF15	Quick cheesy fundue	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<div>1. In a MWS bowl add butter & chopped onions. Select category & weight and press start.</div> <div>2. When beeps, remove.</div> <div>3. Dissolve the cornflour with milk.</div> <div>4. Add milk, cheese spread, salt & pepper. Mix well & press start.</div> <div>5. When beeps, mix well & press start.</div>
Milk	½ cup	1 cup	1½ cup	
Butter	1 tbsp	1½ tbsp	2 tbsp	
Cornflour	1 tbsp	1½ tbsp	2 tbsp	
Chopped onions	¼ cup	½ cup	¾ cup	
Cheese spread	¼ cup	½ cup	¾ cup	
Salt & pepper	As per taste			

Menu	CF16	Mushroom & pepper pizza®	Weight Limit	0.3 kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For	0.3 kg		<div>1. Dissolve the yeast in lukewarm water, stir in sugar & keep for 10 minutes till frothy.</div> <div>2. Sieve the flour, add the yeast mixture, oil & salt. Prepare a dough using little water if required. Knead till it does not stick to the pan/bowl.</div> <div>3. Cover the dough with muslin cloth & keep it till it doubles the volume.</div> <div>4. Knead lightly & roll out thin chapati.</div> <div>5. Keep on greased tawa. Spread the sauce, sprinkle oregano & chilli flakes, add vegetables & spread grated cheese. Keep aside.</div> <div>6. Select menu & press start. Pre-heat process)</div> <div>7. When beeps, keep the tawa on low rack. Keep it inside the microwave oven. Press start.</div>	
Pizza base				
Dry active yeast	3 g			
Water	2 tbsp			
Suger	¼ tsp			
Maida	60 g			
Salt	¼ tsp			
Oil	0 tsp			
Topping				
Pizza sauce	2 tbsp			
Vegetables (sliced mushroom, chopped yellow & red bell pepper	1 cup			
Grated cheese	1 cup			
Oregano & chilli flakes	As per taste			

Menu	CF17	Cheesy Nachos	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.3 kg		1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select category & press start.	
Nachos	300 g			
Grated cheese	1 cup			
Pizza sauce	6 tbsp			
Chopped onion, tomato	2 cups			

Menu	CF18	Bread rolls	Weight Limit	10 Pc
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
Bread slices	10 pcs		<div>1. Take the bread slices & cut the edges.</div> <div>2. Mix all the ingredients for filling in a bowl.</div> <div>3. Take bread slices one by one & soak in water. Squeeze & drain extra.</div> <div>4. Fill in the prepared potato mixture & shape into cylindrical rolls.</div> <div>5. Brush with some oil. Prepare all the rolls.</div> <div>6. Grease the Multicook tawa with some oil.</div> <div>7. Keep the roll in Multicook tawa & keep the tawa on high rack.</div> <div>8. Select category & press start.</div> <div>9. When beeps, turn over & press start.</div> <div>10. When beeps, again turn over & press start. Serve with sauce or chutney of your choice.</div>	
For filling				
Boiled potatoes	200 g			
Chopped green chillies	2 nos			
Chat masala, garam masala, salt, red chilli powder, pepper	As per taste			
Oil	For brushing			

Cake

Kids' Delight

Menu	CA1	Walnut Cake®	Weight Limit	0.3 kg
Utensil: Metal Cake Tin & Low Rack**				
Instructions			Method:	
For	0.3 kg		<div>1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.</div> <div>2. Sieve maida, baking powder & add walnuts to it.</div> <div>3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well.</div> <div>4. Grease a metal cake tin or line with a butter paper. Add the cake batter.</div> <div>5. Select category & press start.</div> <div>6. When beeps, put the cake tin on low rack & keep in microwave & press start.</div>	
Maida	110 g			
Baking powder	¼ tsp			
Walnuts	½ cup			
Curd	70 ml			
Powdered sugar	170 g			
Egg	1 no.			
Vanilla essence	¼ tsp			

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

* Refer pg 67, fig 1

* Refer pg 67, fig 2

** Refer pg 67, fig 4

Menu	CA2	Swiss Roll®	Weight Limit	0.2 kg
Utensil: Multicook tawa & Low Rack*				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> 1. Sieve maida & soda. In a bowl add milkmaid & butter. Beat well. Add the maida mixture, vanilla essence & mix well. 2. For spoon dropping consistency add milk or water. Place the butter paper at the bottom of the tawa. Pour the batter. 3. Select category & press start. 4. When beeps, put the tawa on low rack & keep inside microwave. Press start. 	
Maida		80 gm		
Condensed Milk (Milkmaid)		100 ml		
Butter		75 gm		
Soda bicarb		¼ tsp		
Vanilla essence		¼ tsp		
Mix fruit jam		2 tbsp		

Menu	CA3	Carrot Cake®	Weight Limit	0.3 kg
Utensil: Metal Cake Tin & Low Rack**				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> 1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. 2. Sieve maida, baking powder & add grated carrot to it. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well. 4. Grease a metal cake tin or line with butter paper. Add the cake batter. 5. Select category & press start. 6. When beeps, put the cake tin on low rack & keep in microwave & press start. 	
Maida		110 g		
Baking powder		¼ tsp		
Grated carrot		½ cup		
Curd		70 ml		
Powdered suger		170 g		
Egg		1 no.		
Vanilla essence		¼ tsp		

Menu	CA4	Chocolate Cake®	Weight Limit	0.3 kg
Utensil: Metal Cake Tin & Low Rack**				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> 1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. 2. Sieve maida, baking powder & cocoa powder together. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all beat well. 4. Grease a metal cake tin or line with butter paper. Add the cake batter. 5. Select category & press start. 6. When beeps, put the cake tin on low rack & keep in microwave & press start. 	
Maida		110 g		
Baking powder		¼ tsp		
Cocoa powder		50 g		
Curd		70 ml		
Powder sugar		170 g		
Egg		1 no.		
Vanilla essence		¼ tsp		

Menu	CA5	Vanilla Cake®	Weight Limit	0.3 kg
Utensil: Metal Cake Tin & Low Rack**				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> 1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. 2. Sieve maida, baking powder together. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well. 4. Grease a metal cake tin or line with butter paper. Add the cake batter. 5. Select category & press start. 6. When beeps, put the cake tin on low rack & keep in microwave & press start. 	
Maida		110 g		
Baking powder		¼ tsp		
Curd		70 ml		
Powdered sugar		170 g		
Egg		1 no.		
Vanilla essence		¼ tsp		

Menu	CA6	Eggless Chocolate Cake®	Weight Limit	0.5 kg
Utensil: Metal Cake Tin & Low Rack**				
Instructions			Method:	
For		0.5 kg	<ol style="list-style-type: none"> 1. Select category & press start for pre-heating. 2. Meanwhile, prepare the cake batter - sieve the maida, coco powder, baking powder, soda bi carb together. 3. Add milkmaid, water & melted butter. Beat the cake batter well. Pour the batter in cake tin lined with greased butter paper. 4. When beeps (pre-heat over), keep the cake tin on low rack & keep in microwave oven. Press start. Allow the cake to cool properly & then serve. 	
Maida		125 g		
Coco powder		2 tbsp		
Baking powder		1 tsp		
Soda bi carb		½ tsp		
Milkmaid		200 ml		
Water		100 ml		
Butter (melted)		60 ml		

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

** Refer pg 67, fig 4

Refer pg 67, fig 1

Menu	CA7	Lamington Cake®	Weight Limit	0.3 kg
Utensil: Low rack & Metal cake tin** & Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	<div>1. Sieve maida, baking powder. In a bowl add powder, red sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.</div> <div>2. Select category, press start. When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.</div> <div>3. In MWS bowl add water and coco powder and put in the microwave. Press start. When it gives a beep remove and cool. Cut the cake in to squares and dip the pieces in the coco solution on all sides. Roll these in the desiccated coconut and serve.</div>	
Maida		100 g		
Powdered sugar		75 g		
Butter		75 g		
Eggs		1 No.		
Baking powder		1 tsp		
Vanilla essence		1 tsp		
For Lamington solution - Coco powder		2 tbsp		
Water		2 cups		
Desiccated coconut		As required		

@ Do not put anything in the oven during Pre-heat mode.
** Refer pg 67, fig 4

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

Menu	CU1	Curd	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Milk		500 ml	<ol style="list-style-type: none"> 1. In a MWS glass bowl add milk and select menu & press start. 2. When beeps add starter culture of curd for inoculation & stir it. Again press start. 3. Now take out the bowl & keep it in a casserole & store in warm place for proceeding appropriate setting temperature & time for 5-6 hours 	
Starter curd		2 tbsp		

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

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

Refer pg 67, fig 3

Menu	UC1	Keep warm	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	1. Any cooked food with cover (Rice, Dal, Sabzi, Halwa, Upma etc.) Select menu and press start.	

Menu	UC2	Steam Clean	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
Garlic leaves		0.3 kg	1. Take water in bowl, add vinegar and lemon juice in it, select menu and press start. 2. When beeps, wipe with soft and clean napkin. Press start. 3. When over wipe with soft and clean napkin after taking out power plug.	

Menu	UC3	Defrost Veg	Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.1 ~ 0.5 kg	Veg - (Paneer, Green Peas, Corn etc.) 1. Take in MWS bowl, select menu and weight and press start. 2. When beeps, turn the food. Press start.	

Menu	UC4	Defrost Non-Veg	Weight Limit	0.5 ~ 1.0 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.5 ~ 1.0 kg	Non-Veg - (Chicken, Mutton etc.) 1. Take in MWS bowl, select menu and weight and press start. 2. When beeps, turn the food. Press start.	

Menu	UC5	Dehumidification	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.1 ~ 0.3 kg	Namkin, Biscuits, Bhujia, Papad and Wafers etc. 1. In MWS bowl add the food to be dehumidified. Select menu and weight and press start.	

Menu	UC6	Light Disinfect	Weight Limit	
Utensil: Microwave safe (MWS) glass utensil & Empty cavity				
Instructions			Method:	
			1. Sterilize Microwave safe glass utensil - Keep the empty utensil & select category & press start.	
			2. Clean the cavity - Keep the cavity empty. Select category & press start. When time ends (beeps), clean the cavity with a damp cloth. Note : The oven has a special function Light Disinfect which allows to sterilize the MWS glass utensil thereby giving a hygiene & clean utensils/cavity.	

Menu	UC7	Garlic peel	Weight Limit	10 Cloves
Microwave safe (MWS) glass bowl				
Instructions			Method:	
Garlic leaves		10 nos	1. Take 10 cloves of garlic & keep in MWS glass bowl of microwave oven. 2. Select menu & press start. 3. When beeps, take out leaves & cloves will slide right out of their skin, hassle free.	







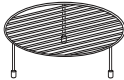





Menu	UC8	Lemon Squeeze	Weight Limit	2 Pcs
Utensil: Glass tray				
Instructions			Method:	
Lemon		2 pcs	1. Take 2 no. of lemons & keep on glass tray of microwave oven. 2. Now select menu & press start. 3. When beeps, take out lemons & squeeze it to get more juice out of them.	

Menu	UC9	Yeast Dough	Weight Limit	0.25 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.25 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add maida, yeast, salt and sugar. Mix well, add water and make soft dough. 2. Select menu & press start. Rest for 3 minutes. Now remove. 	
Maida		250 g		
Yeast		1 tbsp		
Salt		½ tsp		
Sugar		1 tsp		
Water		As required		

Menu	UC10	Pizza base®	Weight Limit	0.2 kg
Utensil: Multicook tawa + Low rack*				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> 1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make soft dough. Roll out the dough to 6" to 7" & keep on dusted tawa. Prick with a fork. Keep for half to 1 hour in dark place. 2. Select menu & press start. 3. When beeps, keep the tawa on low rack. Press start. 	
Maida		200 g		
Yeast		1 tbsp		
Salt		½ tsp		
Sugar		1 tsp		
Water		As required		

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

* Refer pg 67, fig 1

- 1)  + 
Low rack Multi cook tawa
- 2)  + 
High rack Multi cook tawa
- 3)  + 
Low rack Microwave safe glass bowl
(Not provided with LG Kit)
- 4)  + 
Low rack Metal cake tin
(Not provided with LG Kit)
- 5)  + 
High rack Microwave flat glass dish
(Not provided with LG Kit)
- 6)  + 
Low rack Microwave flat glass dish
(Not provided with LG Kit)

List of Ingredients

Spices

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

Vegetables

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

Fruits

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

Vegetables

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

Cereals

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

Pulses

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

* Ajinomoto (Mono-sodium glutamate) is only a flavour enhancer and shall not be added to food for infants below 12 month of age.

List of Ingredients

Dry Fruits

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

Fats & Oils

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

Miscellaneous

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

To Clean Your Oven / Questions & Answers

आपके ओवन की सफाई/प्रश्न और उत्तर

To Clean Your Oven / अपने ओवन को साफ करना

1. Keep the inside of the oven clean

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

1. ओवन के भीतरी हिस्से को साफ रखें

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

2. Keep the outside of the oven clean

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

2. ओवन का बाहरी हिस्सा साफ रखें

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

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

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

4. The door and door seal should be kept clean. Use only warm, soapy water, rinse then dry thoroughly. DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. Metal parts will be easier to maintain if wiped frequently with a damp cloth.

4. दरवाजे और उनकी सील साफ रखी जानी चाहिए। गर्म साबुन वाला पानी लेकर पूरी तरह से धोएं और फिर सुखाएं। स्टील और प्लास्टिक के नुकीले पैड्स और क्लीनिंग पाड्स का इस्तेमाल करें। गीले कपड़े से नियमित रूप से पोंछने से आप धातु के हिस्सों को ठीक रख सकते हैं।

5. Do not use steam cleaners.

5. स्टीम क्लीनिंग का प्रयोग न करें।

6. Unplug your oven from the electrical socket when you clean control panel with wet cloth or spray water on control glass to clean. If it is not unplugged, this product can be operated by touching the Quick Start button.

6. गीले कपड़े से कंट्रोल पैनल को साफ करते समय या कंट्रोल ग्लास को साफ करने के लिए स्प्रे करते समय अपने ओवन को बिजली के स्विच से अलग करें। अगर आप ऐसा नहीं करते हैं तो विवक स्टार्ट बटन को छूने मात्र से यह स्टार्ट हो सकता है।

Questions & Answers / प्रश्न और उत्तर

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

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

Two Recipes / दो व्यंजन विधियाँ

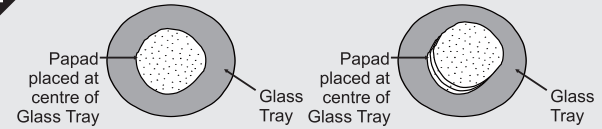
Two Recipes for starters

नवसिखियों के लिए दो व्यंजन विधियाँ

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

ध्यान दें: इस भोजन में लगने वाला समय इसके तत्वों, इसके बनाने की प्रणाली और यह किस वर्ग का भोजन है – इन पर निर्भर करेगा।

1



1. ROASTED PAPAD

Procedure :

Papad:

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

To Cook Multiple Papads :

*Place Multiple papads over one another, as shown in the picture above.

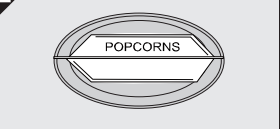
Crispy Papad :

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

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

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

2



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

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

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

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



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