

Microwave Oven

User manual

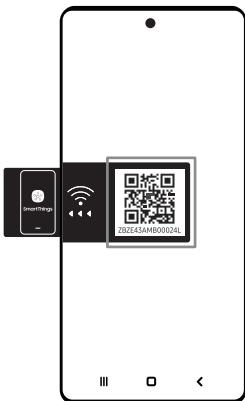
MC32K7056**



SAMSUNG

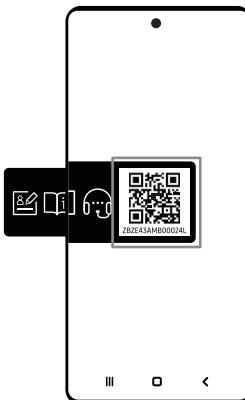
Preparation

Connecting SmartThings (Wi-Fi model only)



1. Launch a QR code reader app and scan the QR code image on the product.
2. Try connecting the SmartThings app to the product.

Registering the product / Reading the manual / Connecting to Services



1. Launch a QR code reader app and scan the QR code image on the product.

NOTE

- We provide online manuals that can be accessed via your smartphone or our website to contribute in reducing the usage of manuals in paper format, as part of efforts to save the Earth.

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Safety instructions

IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

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

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

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

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

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

- staff kitchen areas in shops, offices and other working environments;
- farm houses;
- by clients in hotels, motels and other residential environments;
- bed and breakfast type environments.

Only use utensils that are suitable for use in microwave ovens.

Safety instructions

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

Do not use this appliance for other purposes than cooking. Drying of clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.

Use this appliance only for its intended use as described in the manual. Do not put corrosive chemicals or vapors in or on this appliance. This type of oven is specifically designed to heat, cook, or dry food.

It is not designed for industrial or laboratory use.

If smoke is observed (emitted), switch off or unplug the appliance and keep the door closed in order to stifle any flames. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

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

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

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

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

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

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

The care should be taken not to displace the turntable when removing containers from the appliance.

The appliance shall not be cleaned with a steam cleaner.

The appliance should not be cleaned with a water jet.

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

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

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

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

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

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

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

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

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

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

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

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

A steam cleaner is not to be used.

WARNING: Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock. The appliance must not be installed behind a decorative door in order to avoid overheating.

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

Care should be taken to avoid touching heating elements. Children less than 8 years of age shall be kept away unless continuously supervised.

CAUTION: The cooking process has to be supervised. A short term cooking process has to be supervised continuously.

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

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

The surfaces are liable to get hot during use.

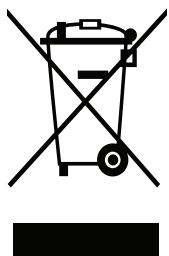
The appliances are not intended to be operated by means of an external timer or separate remote-control system.

Safety instructions

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

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

Correct Disposal of This Product (Waste Electrical & Electronic Equipment)



(Applicable in countries with separate collection systems)

This marking on the product, accessories or literature indicates that the product and its electronic accessories (e. g. charger, headset, and USB cable) should not be disposed of with other household waste at the end of their working life. To prevent possible harm to the environment or the human health from uncontrolled waste disposal, please separate these items from other types of waste and recycle them responsibly to promote the sustainable reuse of material resources.

For more information on safe disposal and recycling visit our website.

www.samsung.com/in/support or contact our Helpline numbers-

1800 40 SAMSUNG(7267864)

1800 5 SAMSUNG(7267864)

This product is RoHS compliant

General safety

Any modifications or repairs must be performed by qualified personnel only.

Do not heat food or liquids sealed in containers for the microwave function.

Do not use benzene, thinner, alcohol, or steam or high-pressure cleaners to clean the oven.

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

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

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

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

Do not touch the power cord with wet hands.

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

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

Do not apply excessive pressure or impact to the oven.

Do not place the oven over fragile objects.

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

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

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

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

Do not pour or directly spray water onto the oven.

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

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

Do not store flammable materials in the oven. Because alcohol vapours can contact hot parts of the oven, use caution when heating food or drinks containing alcohol.

Children may bump themselves or catch their fingers on the door. When opening/closing the door, keep children away.

Microwave warning

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

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

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

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

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

Microwave oven precautions

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

Remove wire twist ties. Electric arcing may occur.

Do not use the oven to dry papers or clothes.

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

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

To avoid the risk of explosion, do not heat eggs with shells or hard-boiled eggs. Do not heat airtight or vacuum-sealed containers, nuts, tomatoes, etc.

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

Always use oven mitts when removing a dish.

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

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

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

Install the oven in compliance with the clearances in this manual. (See Installing your microwave oven.)

Use caution when connecting other electrical appliances to sockets near the oven.

Microwave operation precautions

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

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

Important: the oven door must close properly. The door must not be bent; the door hinges must not be broken or loose; the door seals and sealing surfaces must not be damaged.

Safety instructions

Limited warranty

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

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

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

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

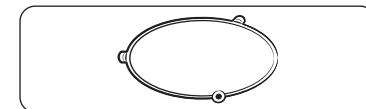
Use this oven for heating food only. It is intended for domestic use only. Do not heat any type of textiles or cushions filled with grains. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the oven.

To avoid deterioration of the oven surface and hazardous situations, always keep the oven clean and well maintained.

Installation

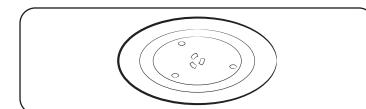
Accessories

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



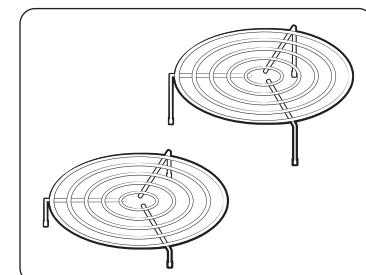
- 01 Roller ring**, to be placed in the centre of the oven.

Purpose: The roller ring supports the turntable.



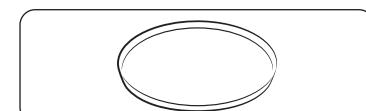
- 02 Turntable**, to be placed on the roller ring with the centre fitting on to the coupler.

Purpose: The turntable serves as the main cooking surface; it can be easily removed for cleaning.



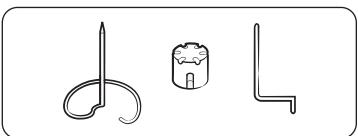
- 03 High rack, Low rack**, to be placed on the turntable.

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



- 04 Crusty plate**, see page 104.

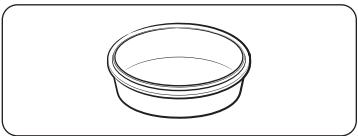
Purpose: The crusty plate is used to brown food better in the microwave or grill combination cooking modes. It helps keep pastry and pizza dough crisp.



05 Roasting spit, coupler barbecue and Skewer

to be placed in the glass bowl.

Purpose: The roasting spit is a convenient for barbecuing a chicken, as the meat does not have to be turned over. It can be used for grill combination cooking.



06 Glass bowl

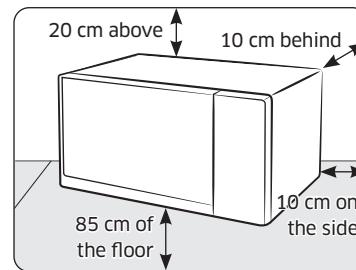
, to be placed on the turntable.

Purpose: Roasting stand is placed on the glass bowl.

⚠ CAUTION

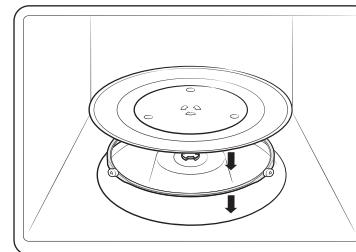
DO NOT operate the microwave oven without the roller ring and turntable.

Installation site



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

Turtable



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

Maintenance

Cleaning

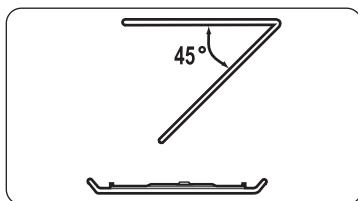
Clean the oven regularly to prevent impurities from building up on or inside the oven. Also pay special attention to the door, door sealing, and turntable and roller ring (applicable models only).

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

To remove stubborn impurities with bad smells from inside the oven

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

To clean inside swing-heater models



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

⚠ CAUTION

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

Replacement (repair)

⚠ WARNING

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

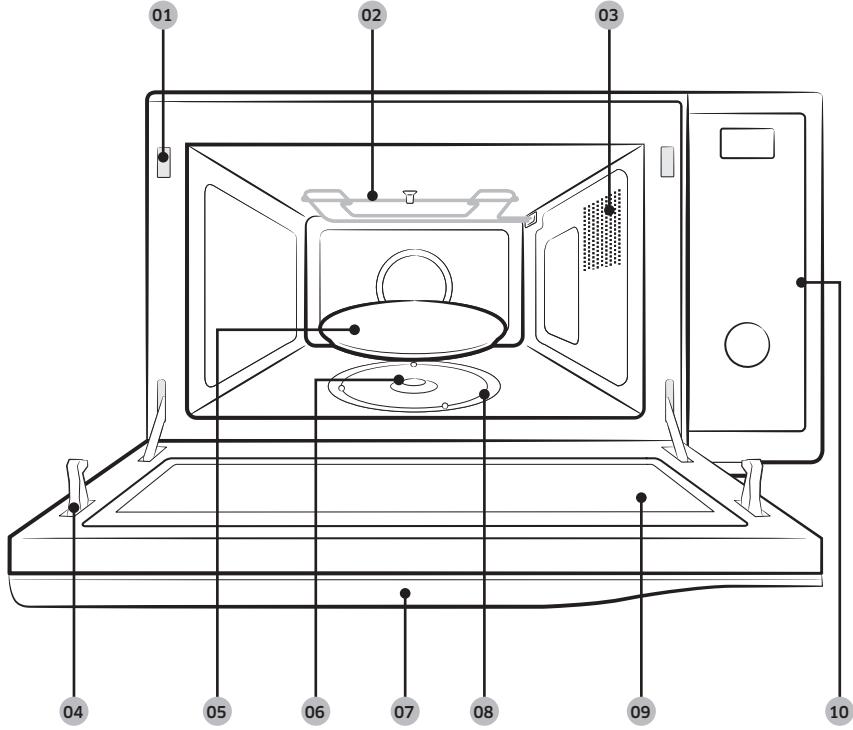
- If you encounter a problem with hinges, sealing, and/or the door, contact a qualified technician or a local Samsung service centre for technical assistance.
- If you want to replace the light bulb, contact a local Samsung service centre. Do not replace it yourself.
- If you encounter a problem with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

Care against an extended period of disuse

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

Oven features

Oven



01 Safety interlock holes

04 Door latches

07 Door handle

10 Control panel

02 Heating element

05 Turntable

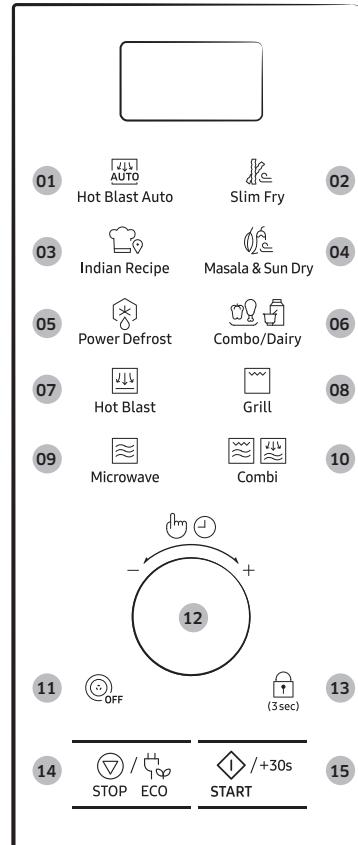
08 Roller ring

03 Ventilation holes

06 Coupler

09 Door

Control panel



01 Hot Blast Auto Button

02 Slim Fry Button

03 Indian Recipe Button

04 Masala & Sun Dry Button

05 Power Defrost Button

06 Combo/Dairy Button

07 Hot Blast Button

08 Grill Button

09 Microwave Button

10 Combi Button

11 Turntable On/Off Button

12 Multi Function Selector Dial

13 Child Lock Button

14 STOP/ECO Button

15 START/+30s Button

Oven use

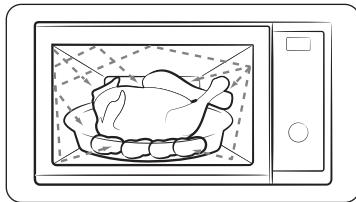
How a microwave oven works

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

You can use your microwave oven to:

- Defrost
- Reheat
- Cook

Cooking principle.



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

NOTE

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

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

Checking that your oven is operating correctly

The following simple procedure enables you to check that your oven is working correctly at all times. If you are in doubt, refer to the section entitled "Troubleshooting" on the page 124-127.

NOTE

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

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



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

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

Setting the time

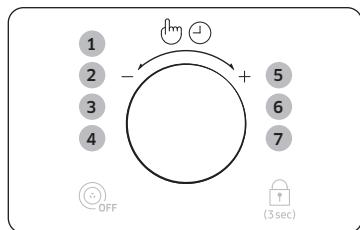
When power is supplied, "88:88" and then "12:00" is automatically displayed on the display.

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

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

NOTE

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



1. Press the **Multi Function Selector Dial**.
2. Turn the **Multi Function Selector Dial** to set time display type. (12H or 24H)
3. Press the **Multi Function Selector Dial** to complete the setup.
4. Turn the **Multi Function Selector Dial** to set the hour.
5. Press the **Multi Function Selector Dial**.
6. Turn the **Multi Function Selector Dial** to set the minute.
7. When the right time is displayed, press the **Multi Function Selector Dial** to start the clock.

Result: The time is displayed whenever you are not using the microwave oven.

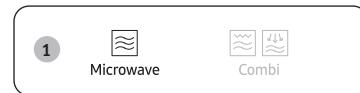
Cooking/Reheating

The following procedure explains how to cook or reheat food.

CAUTION

ALWAYS check your cooking settings before leaving the oven unattended.

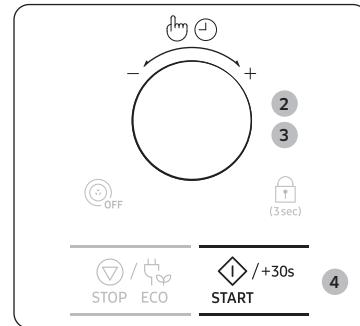
Open the door. Place the food in the centre of the turntable. Close the door. Never switch the microwave oven on when it is empty.



1. Press the **Microwave** button.

Result: The following indications are displayed:

 (Microwave mode)
900 W (Output power)



2. Turn the **Multi Function Selector Dial** until the appropriate power level is displayed. At that time, press the **Multi Function Selector Dial** to set the power level.

• If don't set the power level within 5 seconds, Automatically changes to the cooking time setting stage.

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

Result: The cooking time is displayed.

4. Press the **START/+30s** button.

Result: The oven light comes on and the turntable starts rotating. Cooking starts. When it has finished.

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

Oven use

Power levels and time variations

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

You can choose between six power levels.

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

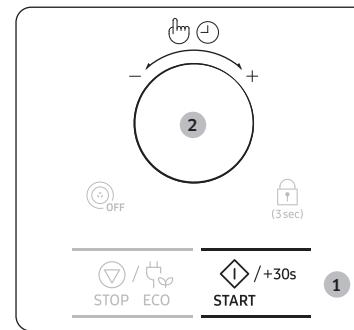
The cooking times given in recipes and in this booklet correspond to the specific power level indicated.

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

Adjusting the cooking time

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

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



Method 1

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

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

Method 2

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

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

Stopping the cooking

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

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

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

Setting the energy save mode

The oven has an energy save mode.



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

NOTE

Auto energy saving function

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

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

Using the hot blast auto features

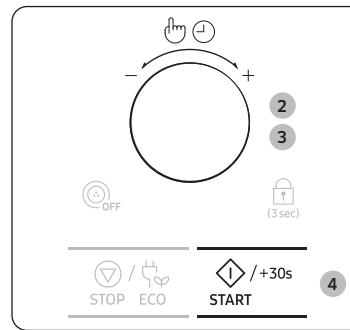
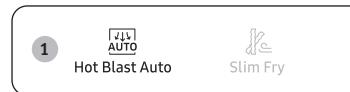
The 20 **Hot Blast Auto** features include/provide pre-programmed cooking times.

You do not need to set either the cooking times or the power level. You can adjust the size of the serving by turning the **Multi Function Selector Dial**.

CAUTION

Use only recipients that are microwave-safe.

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



1. Press the **Hot Blast Auto** button.
2. Turn the **Multi Function Selector Dial** to select Cook category.
At that time, press the **Multi Function Selector Dial** to select the cook category.
3. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings.
4. Press the **START/+30s** button.

Result: The food is cooked according to the pre-programmed setting selected. When it has finished,

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

Oven use

Hot Blast guide

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

1. Veggie

Code/Food	Serving Size	Ingredients
1-1 Baigan (Brinjal) Bharta	650-700 g	Bharte Ka Baigan (Brinjal) 500 g, Chopped Onion - 2 pcs., Chopped tomato - 2 pcs., Ginger Garlic Paste - 1 tsp., Oil - 2 tbsp., Turmeric Powder, Red Chili Powder, Cumin Powder, Coriander Powder, Salt as per your taste, Chop Coriander 2 tbsp.
Instructions		Keep brinjals on high rack and cook. When beep, peel & chop the brinjal, keep aside. In microwave safe glass bowl add all ingredients and mashed brinjal and cook. Garnish with chopped Coriander.
1-2 Gajar (carrot) ka Halwa	900-1000 g	Grated carrot - 1 kg, Milk - 100 g, Khoya - 50 g, Sugar - 100 g, Milk Powder - 50 g, Cardamom powder - 1 tsp., Almonds & resins - 2 tbsp.
Instructions		In microwave safe glass bowl add grated carrot, milk, khoya, milk powder, mix it well and cook. When beep, stir well and add sugar, cardamom powder, mix it well and cook again. Decorate it with almonds & resins. Serve hot or cold.
1-3 Banarasi Kheer	600-700 g	Soaked rice -½ cup, Milk -1.5 ltr, condensed milk - 100 ml, chopped almonds - ½ cup, and chopped pistachios - ¼ cup, sugar - 1 cup.
Instructions		In a microwave safe glass bowl add milk, condensed milk, rice and cook. When beep, add sugar, and nuts and cook again. Serve and garnish with silver leaf.

Code/Food	Serving Size	Ingredients
1-4 Shakkarkandi	300-350 g	Shakkarkandi (Sweet Potato) - 200 g, Chaat Masala - as per taste, rock salt - ½ tsp., salt as per taste, lemon juice - 1 tbsp.
Instructions		Place the shakkarkandi on high rack. When beep, turn over and cook again on hot blast feature.
1-5 Stuffed Baked Potatoes	4 shell	Boiled potato - 4 (for shell), Cottage cheese - ½ cup (grated), Mozzarella - 2 tbsp. (grated), Peas - 2 tbsp. (blanched), Sweet corns - 2 tbsp., Chili flakes - ½ tsp., Black pepper - ½ tsp., Oregano - ½ tsp., Pure olive oil - 1 tbsp., Salt- to taste.
Instructions		Cut the boiled potatoes into equal portions vertically. Scoop out the potatoes to make shells. In a bowl, add all the ingredients except cheese and mix well. Fill the potatoes with mixture and grate cheese, put on the crusty plate at the low rack and cook.
1-6 Suji Halwa	200-250 g	Roasted Suji - 150 g, Ghee - 4 tbsp., Sugar - ¾ cup, Water - 3 cups, Dry Fruit, Cardamom Powder as per your test.
Instructions		In microwave safe glass bowl add all and cook. When beep, stir well and add nuts cook again on hot blast mode. Serve hot.

Code/Food	Serving Size	Ingredients
1-7 Summer Time Cream Puffs	8-10 puffs	<p>For the Puffs : Butter - 5 tbsp. (cut into small pieces), Water - $\frac{3}{4}$ cup, Regular Flour - $\frac{3}{4}$ cup (sifted), Eggs - 2 pcs.</p> <p>For Filling : Black berries - $\frac{1}{4}$ cup, Fresh Cream - $\frac{1}{2}$ cup, Icing sugar - $\frac{1}{4}$ cup.</p> <p>Instructions In a sauce pan pour the water, butter and heat gently until the butter melts. Bring to a rolling boil, remove the pan from the heat and add the flour all at once, beating well until the mixture leave the sides of the pan and forms a ball. Let cool slightly, and then gradually beat in the eggs to form a smooth, glossy mixture. Spoon the mixture into a piping bag fitted with a $\frac{1}{2}$ inch/1 cm plait tip. Pre-heat the oven 200 °C with the hot blast mode. Sprinkle the crusty plate with a little water. Make small clumps of the dough using a tbsp and put them on the crusty plate, each about 5 cm/2 apart. spaced well apart and place the crusty plate on low rack, then cook.</p> <ul style="list-style-type: none"> • FOR FILLING Mash the black berries with help of a fork. Beat cream and icing sugar until stiff add crushed black berries. Slit the puffs from middle and stuff the cream. And serve.
1-8 Tandoori Aloo	400-450 g	<p>Baby Potato - 1 cup, Cream - 1 tbsp., Dried Fenugreek leaves - $\frac{1}{4}$ tsp., Oil - 1 tbsp., Salt to taste.</p> <p>To be ground into a paste : Kashmiri chili - 4 pcs., Garlic - 2 cloves, Ginger - 12 mm ($\frac{1}{2}$"), Coriander-cumin seed powder - 2 tsp.</p> <p>Instructions In a bowl add the prepared paste and all the ingredients. Place them over greased crusty plate on low rack and cook. When beep, cook again. Serve hot.</p>

Code/Food	Serving Size	Ingredients
1-9 Tandoori Arvi	450-500 g	<p>Arbi - 400 g, Curd - 1 cup, Chat Masala, Salt, Garam Masala, Ginger garlic paste, Red chili powder, Turmeric powder as per your taste, Oil and water required.</p> <p>Instructions In microwave safe glass bowl take arbi with some water. Peel the arbi and mix with all ingredients. Keep high rack in the oven & place Arbi with Masala on it and cook. When beep, turn the Arbi and cook again.</p>
1-10 Tandoori Sabzi	500-550 g	<p>Mix vegetables - Ladies finger, Dauli flower, Brinjals, Mushroom, Potato, Paneer cubes - 0.5 kg (cut into medium size pieces), Onion paste Ginger-Garlic Paste, Tomato Puree, Red Chilli Powder, Turmeric Powder, Garam Masala, Salt as per your taste Oil - 3-4 tbsp., Coriander - For garnishing.</p> <p>Instructions In microwave safe glass bowl take oil, onion paste, ginger garlic paste, vegetables, red chilli powder, turmeric powder, garam masala, chat masala, salt and tomato puree, mix well and cook. When beep, transfer this mixture to crusty plate, spread evenly. Put crusty Plate on high rack and press the START/+30s button. Serve hot with tandoori nan.</p>

Oven use

2. Non-Veggie

Code/Food	Serving Size	Ingredients
2-1 Baked Keema Paratha	6 pieces	Regular flour - 250 g, Milk - ½ cup, Eno fruit salt - 1 tsp., Warm water - ½ cup, Salt- to taste, Cooked mutton mince - 50 g.

Instructions

Add eno fruit salt to warm milk. Keep aside for 1-2 minutes till it starts to bubble. Sift maida and and salt together. Add maida to the milk and mix. Knead to dough with just enough warm water to get a dough of rolling consistency. Knead once again with wet hands till very smooth and elastic. Keep covered with damp cloth in a warm place for 3-4 hours. Knead again till smooth and elastic. Make 6 to 8 balls. Cover with a damp cloth and keep aside for 15 min. Roll out the dough on a flour covered working surface give the balls a small circle shape. Stuff cooked mince, make ball again, roll out again in to paratha shape. Pull one side of the naan to give it a pointed end like naan. Preheat the microwave on 180 °C for 5 min. Place it onto a greased crusty plate at high rack and brush with milk and butter then cook.

Code/Food	Serving Size	Ingredients
2-2 Baked Mava Paratha	6 pieces	Regular Flour - 250 g, Milk - ½ cup, Eno fruit salt - 1 tsp., Warm Water - ½ cup, Salt - to taste, Almonds - 8 to 10 pcs. (skinned & cut into long thin pieces), Mava (Dried residue of milk) - 100 g.
		<p>Instructions</p> <p>Add eno fruit salt to warm milk. Keep aside for 1-2 minutes till it starts to bubble. Sift maida and and salt together. Add maida to the milk and mix. Knead to dough with just enough warm water to get a dough of rolling consistency. Knead once again with wet hands till very smooth and elastic. Keep covered with damp cloth in a warm place for 3-4 hours. Knead again till smooth and elastic. Make 6 to 8 balls. Cover with a damp cloth and keep aside for 15 min. Roll out the dough on a flour covered working surface give the balls a small circle shape. Stuff blanched almonds and Mava, make ball again, roll out again in to paratha shape. Pull one side of the naan to give it a pointed end like naan. Place it onto a greased crusty plate on high rack and brush with milk and butter. Preheat the microwave on hot blast mode at 180° and cook on hot blast mode.</p>
2-3 Bombay Prawn	800-900 g	Prawns - 500 g, Ginger-garlic - each 1 tsp., Cumin seeds - 1 tsp., Red chilies whole - 12-15 pcs., Cloves - 7-8, Cinnamon - 2 inch stick, Mustard seeds - 1 tsp., Vinegar - 4 tbsp., Chopped Onions - 2 medium size, Chopped tomato - 4 medium size, Oil - ½ cup, Sugar - 2 tbsp., Salt to taste.
		<p>Instructions</p> <p>In microwave safe glass bowl take oil, chopped onion, chopped tomato, cumin seeds, ginger-garlic paste, cloves, cinnamon, cumin seeds, mustard seeds, chili, prawns and cook. When beep, add vinegar, salt, and sugar, mix it well and press the START/+30s button. Serve hot.</p>

Code/Food	Serving Size	Ingredients
2-4 Chicken Pizza	200-250 g	Pizza Base - 100 g, Pizza toping - 3 tbsp., Boiled Boneless Chicken - 100 g, Grated Cheese - ½ cup, Chili Flakes as per your taste, Oregano for seasoning.
		<p>Instructions</p> <p>Pre-heat the oven 180 °C with the hot blast mode. Add pizza toping, boneless chicken, cheese on pizza base. Put the pizza on crusty plate low rack. After preheating, select menu and cook. Serve with oregano and chili flakes on top.</p>
2-5 Roasted Prawns	600-700 g	Prawns - 500 g, Chopped onion - 2 pcs., Chopped tomato - 2 pcs., Oil - 2 tbsp., Red Chili powder - 1 tsp., Turmeric powder - ½ tsp., Ginger-garlic paste - each 1 tsp., Garam Masala - 1 tsp., Cumin powder - 1 tsp., Coriander powder - 1 tsp., Chopped coriander leaves - 2 tbsp.
		<p>Instructions</p> <p>In microwave safe glass bowl add oil, finely chopped onion, chopped tomato, ginger-garlic paste, red chili powder, turmeric powder and cook. When beep, add prawns, all other ingredients mix it well, and press the START/+30s button. Garnish with coriander leaves. Serve hot.</p>
2-6 Tandoori Chicken	700-800 g	Chicken - 650 g, Garlic paste - 1 tsp., Ginger paste - 1 tsp., Red chili powder - 1 tsp., Coriander, cumin powder - 1 tsp. each, Yogurt - 1 cup, Orange-red colour - 1 pinch, Corn flour - 2 tbsp., Salt to taste, Oil - 2 tbsp., Garnish with onion ring & lemon pieces.
		<p>Instructions</p> <p>In a bowl mix all ingredients except oil. Add chicken & mix well. Let it marinate for 2-3 hrs. in refrigerator. Place chicken on crusty plate on high rack and cook. When beep, cook again on hot blast mode. Garnish with onion ring & lemon pieces. Serve hot.</p>

Code/Food	Serving Size	Ingredients
2-7 Tandoori Chicken Chaat	650-700 g	Boneless Chicken - 500 g, Red chili powder - 1 tsp., Ginger-garlic paste - 1 tsp., Yoghurt - ½ cup, Salt to taste, Lemon juice - 1 tbsp., Garam masala - 1 tsp., Oil - 2 tbsp., Small green, yellow, red capsicum seeded - 1 (thin strip), Onion - 1 pc. (medium size, sliced), Green chili - 2 (chopped), Chopped coriander - 2 tbsp., Chaat masala - 1 tsp.
		<p>Instructions</p> <p>In microwave safe glass bowl take chicken with oil, ginger garlic paste yogurt, salt, lemon juice, garam masala. Mix it well & take it in refrigerator for 2 hrs. Preheat it in oven. Put all this on crusty plate high rack and cook on hot blast mode. After done, add all other ingredients, mix it well, garnish with corriender.</p>
2-8 Tandoori Mutton	800-900 g	Boneless Mutton - 700 g, Garlic paste - 1 tsp., Ginger paste - 1 tsp., Red chili powder - 1 tsp., Coriander, cumin powder - 1 tsp. each, Yogurt - 1 cup, Orange-red colour - 1 pinch, Corn flour - 2 tbsp., Salt - to taste, Oil - 2 tbsp., Garnish with onion ring & lemon pieces.
		<p>Instructions</p> <p>In a bowl mix all ingredients except oil. Add mutton & mix well. Let it marinate for 2-3 hrs. in refrigerator. Place chicken on a crusty plate on high rack and cook. when beep cook again on hot blast mode. Garnish with onion ring & lemon pieces. Serve hot.</p>

Oven use

Code/Food	Serving Size	Ingredients
2-9 Tandoori Pomfret	2 servings	Pomfrets - $\frac{1}{2}$ kg (approx 2 nos), Carom seeds - 2 tsp., Cream - 2 tbsp., Ginger garlic paste - 2 tbsp., Lemon juice - 2 tbsp., Chilli powder - 1 tsp., Hung curd - 2 cups, Oil - 1 tbsp., Salt- to taste, Butter for greasing.

Instructions
 Wash and make 3 or 4 deep incisions on the fishes. Mix the rest of the ingredients well and rub the fishes with the paste and allow it for 1 hour. Grease the crusty plate with thick butter and place the fish. Place a thin layer of butter on fish. Place the crusty plate on high rack and cook on hot blast mode.

Code/Food	Serving Size	Ingredients
2-10 Til Tikka	800-900 g	<p>Boneless chicken - 500 g (cubed), Sesame seeds - $\frac{1}{4}$ cup.</p> <p>MARINADE : Hung curd - 1 cup, Lemon juice - 1 tbsp., Black cardamom seeds - $\frac{1}{4}$ tsp. (crushed), Green cardamom seeds - $\frac{1}{4}$ tsp. (crushed), Nutmeg powder - $\frac{1}{4}$ tsp., Mace powder - $\frac{1}{4}$ tsp., Black pepper powder - $\frac{1}{2}$ tsp., Oil - 2 tbsp., Salt to taste, Chilli powder - $\frac{1}{4}$ tsp.</p> <p>GRIND TO PASTE : Fresh coriander - $\frac{1}{2}$ cup, Green chillies - 3 pcs., a pinch of salt.</p> <p>BATTER : Egg - 1 pc., Maida - $\frac{1}{4}$ cup, Salt to taste, Food colour- a pinch, Butter for greasing.</p> <p>Instructions Wash the chicken pieces and pat dry on a kitchen towel. Marinade the chicken in 1 marinade for $\frac{1}{2}$ hour. Grind fresh coriander, green chillies and salt to a fine paste add sesame seeds, spread it in plate keep aside. For the batter, beat egg, maida, and salt in bowl and add food colour. Take one piece at a time and dip it in prepared batter, coating it well. Then roll the coated piece in sesame and green paste mixture. Grease the crusty plate with thick butter and place the chicken pieces, place few flakes of butter on each piece. Preheat the microwave at 200 °C. Place the crusty plate at high rack and bake it on hot blast mode.</p>

Using the slim fry features

The 31 **Slim Fry** features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the Slim Fry category by turning the **Multi Function Selector Dial**.

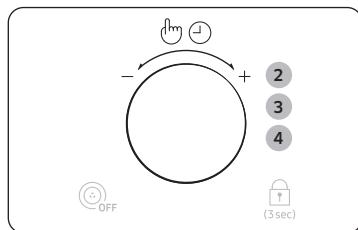
CAUTION

Use only recipients that are microwave-safe.

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



1. Press the **Slim Fry** button.



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



5. Press the **START/+30s** button.

Result: The food is cooked according to the pre-programmed setting selected. When it has finished.

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

Oven use

Slim fry guide

The following table presents the 31 **Slim Fry** auto programmes for frying. It contains its quantities and appropriate instructions. You will use less oil compared to frying with oil fryer, while you will get tasty results. Programmes are running with a combination of convection, top heater and microwave energy.

1. Indian Slim Fry

Code/Food	Serving Size	Ingredients
1-1 Samosa Pockets	4 pieces	<p>All-purpose flour - 1 cup maida, Oil - 2 tbsp., ajwain - large pinch (optional), enough water to knead the maida, salt to taste, oil for brushing.</p> <p>For the filling :</p> <p>Potatoes - 2 boiled crumble, peas - $\frac{1}{4}$ cup boiled, ginger - $\frac{1}{4}$ tsp. grated, Red chili powder - 1 tsp., coriander powder - $\frac{1}{2}$ tsp., pinch cumin powder, pinch kasuri methi, dash of lemon juice, pinch of garam masala, chopped coriander leaves, salt to taste.</p>

Instructions

Mix the maida with salt, oil, ghee and ajwain, combine to form a crumbly mixture. Now slowly add enough water to make pliable dough, not too soft. Divide the dough and shape into balls. Keep aside covered with moist cloth for 15-20 minutes. Now prepare the filling for the samosa by mixing all the ingredients for filling. Divide the dough into 4 equal parts and make into balls. Roll each ball into 6-inch diameter circles and cut each circle in half. Spread the paste lightly all along the edge of one semicircle. Spread potato filling in centre leaving the edges fold it into triangle shape pockets or desired shape seal the edges with a little water. Continue filling the rest of the Samosa Pockets. Now Keep the 4 Samosa Pockets on the crusty plate and brush all sides with vegetable oil. Put the crusty plate on high rack and press the **START/+30s** button. When beep, turn the side and press the **START/+30s** button.

Code/Food	Serving Size	Ingredients
1-2 Veg Cutlets	6 pieces	<p>Potatoes - 2 medium (300 g), boiled and shredded, Mixed Vegetables - 2 cups (250 g) - (peas, carrots, green beans, corn), Paneer - 3-4oz (100 g)</p> <p>Onions - $\frac{1}{4}$ medium (75 g), chopped very fine, Green Chillies - to taste, finely chopped, Cilantro (Coriander leaves) - 10 sprigs, finely chopped, Assorted Nuts - 1 tbsp. (example: walnuts, peanuts, etc), Salt - to taste, Chaat Masala - 1 tsp., Dried Mango Powder (Amchur) - 1 tsp., Red Chilli Powder - $\frac{1}{2}$ tsp. or to taste, Roasted Cumin Powder - $\frac{1}{2}$ tsp., Bread Crumbs - for coating, Oil - for brushing.</p>

Instructions

Finely chop all the Mixed Vegetables and put them in a bowl. Do the same with the Paneer and pour into a bowl. Into the bowl, add in Potatoes, Onions, Green Chillies, Cilantro, and Mixed Nuts. Mix gently but well. Add in the dry spices: Salt, Chaat Masala, Dry Mango Powder, Roasted Cumin Powder and Red Chilli Powder. Again mix well but gently. Put the bread crumbs in a plate. Make cutlets to the size desired, roll in the crumbs and coat well with the bread crumbs. Brush a little Oil on the crusty plate. Now Keep the 4 Veg Cutlets on the crusty plate and brush all sides with vegetable oil. Put the crusty plate on High rack and press the **START/+30s** button. When beep turn the side and press the **START/+30s** button.

Code/Food	Serving Size	Ingredients
1-3 Bread Pakoras	4 pieces	Bread slices - 4 pcs., Salt to taste, Green chilli, chopped 1, Coriander powder $\frac{1}{4}$ tsp., Red chilli powder $\frac{1}{4}$ tsp., Roasted cumin powder $\frac{1}{2}$ tsp. For Batter - Gram flour (besan) -1 cups, Salt to taste, Red chilli powder $\frac{1}{4}$ tsp., Dry mango powder (amchur) $\frac{1}{4}$ tsp., Garam masala powder $\frac{1}{8}$ tsp., Oil for brushing.
		<p>Instructions</p> <p>Mix gram flour, salt, soda bicarbonate, red chilli powder, amchur, garam masala powder in a bowl. Add sufficient water to make thick and smooth batter. Cut the slices into desired shape. Brush little Oil on the crusty plate. Dip the bread slices in the batter. Keep the 4 pieces on the crusty plate and brush all sides with vegetables oil. Put the crusty plate on High rack and press the START/+30s button. When beep, turn the side and press the START/+30s button.</p>

Code/Food	Serving Size	Ingredients
1-5 Mix Veg Pakora	12 pieces	Chickpea flour - 1 cup, salt - 1 tsp., turmeric - $\frac{1}{4}$ tsp., ground cumin - $\frac{1}{2}$ tsp., green chili powder - $\frac{1}{4}$ tsp., potato - 1 pc., onion - 1 pc., olive oil.
		<p>Instructions</p> <p>Mix the chickpea flour with the salt, green chillies and the spices. Stirring with a whisk, add 200 ml (1 cup) of water. Finely chop the Potatoes and onions. Add them to the water-chickpea batter. Brush a little Oil on the crusty plate. Put one-one tbsp of batter on the crusty plate and brush them with cooking oil. Put the crusty plate on High rack and press the START/+30s button. When beep, turn the side and press the START/+30s button.</p>
1-6 Aloo Bonda Flip Overs	6 pieces	Potatoes - 2 Large Boiled, Mashed Aloo, Green Chilies - 1-2 chopped, Coriander leaves - 1 tbsp. (finely chopped), flour - 1 cup, Salt to taste. Red chili powder to taste, Garam masala powder - $\frac{1}{4}$ tsp., turmeric powder - $\frac{1}{4}$ tsp., Oil for brushing.
		<p>Instructions</p> <p>Add salt, chili powder, garam masala, coriander, and green chilies to the mashed aloo (potatoes) and mix well. In a bowl take a cup of gram flour; add turmeric powder, little salt and chili powder to it. Add little water bit by bit and mixing with hand make a batter (neither too thick nor too loses). Make small balls of aloo (potato) mixture and flatten them to make turnovers. Brush little oil on the crusty plate. Dip each ball in the batter and keep it on the crusty plate and brush it with oil. Put the crusty plate on High rack and press the START/+30s button. When beep, turn the side and press the START/+30s button. Serve aloo bonda hot with chutney.</p>

Oven use

Code/Food	Serving Size	Ingredients
1-7 Flat Bread Roll	4 pieces	White or brown bread - 5-6 slices, potatoes - 2 medium sized, dry pomegranate seeds or dry mango powder - $\frac{1}{2}$ tsp., Crushed black pepper - $\frac{1}{2}$ tsp. or black pepper powder - $\frac{1}{4}$ tsp., red chili powder - $\frac{1}{4}$ tsp., green chili - 1 chopped, garam masala powder - $\frac{1}{4}$ tsp., cumin powder - $\frac{1}{4}$ tsp., chaat masala - $\frac{1}{2}$ tsp., coriander leaves - 2 to 3 tsp. chopped, salt as required, Oil for brushing.
Instructions		<p>Boil the potatoes. When they are still warm, peel and mash them and keep aside. Add the pomegranate powder, crushed black pepper, red chili powder, chopped green chilies, coriander leaves, garam masala powder, cumin powder and chaat masala powder and salt. Mix the whole filling well. Make small to medium rolls of the filling depending on the size of the bread and how many you are going to use. Take a slice of bread and dampen it with water, squeeze the water from the bread. Place the filling in the center of the bread. Roll the bread and close the edges so as to get an even outer cover and to cook them evenly gently press them to make them flat. Make all bread rolls this way and keep aside. Brush little oil on the crusty plate. Now Keep the 4 bread rolls on the crusty plate and brush all sides with olive oil. Put the crusty plate on High rack and press the START/+30s button. When beep, turn the side and press the START/+30s button. Serve the bread rolls with tomato sauce or green chutney.</p>

Code/Food	Serving Size	Ingredients
1-8 Paneer Pakora	10 pieces	Paneer - 150 g (10 square pieces), Gram / besan flour - 1 cup, Red chilly powder - 1 tsp., Mango powder - $\frac{1}{2}$ tsp., Roasted cumin powder - $\frac{1}{2}$ tsp., Garam masala powder - $\frac{1}{2}$ tsp., Oil to brush, Salt to taste.
Instructions		<p>Cut paneer into thick medium sized square shaped pieces. Sprinkle salt, red chilly and cumin powder over the paneer pieces and mix well. In a bowl, mix, gram flour, red chilly powder, mango powder, roasted cumin powder, garam masala powder and salt. Add little water and beat the mixture to form a thick & smooth batter. Brush little oil on the crusty plate. Dip the paneer pieces, into the batter and keep on the crusty plate. Brush all sides of paneer pieces with olive oil. Put the crusty plate on High rack and press the START/+30s button. When beep, turn the side and press the START/+30s button. Serve the Paneer pakora with tomato sauce or green chutney.</p>
1-9 Mirchi Pakora	6 pieces	<p>Beasn/chickenpea flour - 1 and $\frac{1}{2}$ cup, chilli powder - $\frac{1}{2}$ tsp., turmeric powder - $\frac{1}{2}$ tsp., garam masala powder - $\frac{1}{4}$ tsp., a pinch of asafoetida mango (Amchoor) powder, salt as required, water, green chilies - 6 pcs., oil, Rice flour - 1 tbsp.</p> <p>Filling : Potato - 1 medium size (boiled), salt, red chilli powder, and chaat masala.</p>
Instructions		<p>Add all the dry ingredients to the batter. Add little water so as to form a thick batter. Give 1 vertical slits on the green chilies and deseed them. in a small bowl mash boiled potato and add dry spices. Fill the chilies with potato filling. Brush, little oil on the crusty plate. Dip them in the batter. Evenly coat the mirch (chillies) with batter. Put the mirchi pakora on the crusty plate and brush them with oil. Put the crusty plate on High rack and press the START/+30s button. When beep, turn the side and press the START/+30s button.</p>

Code/Food	Serving Size	Ingredients
1-10 Aloo Tikki	6 pieces	Potatoes - 2 pcs. boiled peeled and mashed, green peas - $\frac{1}{4}$ cup boiled and coarsely crushed, coriander (dhania) - $\frac{1}{2}$ tbsp. finely chopped, chaat masala - $\frac{1}{3}$ tsp., chilli powder - $\frac{1}{6}$ tsp., lemon juice - $\frac{1}{2}$ tsp., salt to taste, olive oil.
Instructions		
<p>Combine all the ingredients in a bowl (except green peas) and mix well. Divide the mixture into 6 equal portions and shape each portion into a round. Fill the crushed green peas in the potato ball and make it flat. Brush little oil on the crusty plate. Keep the tikki on the crusty plate and brush both sides with olive oil. Put crusty plate on High rack and press the START/+30s button. When beep, turn the side and press the START/+30s button.</p>		
1-11 Kuttu Atta Pakora	10-15 pieces	Potatoes - 3 pcs. Medium-Sized, Buckwheat Flour (kuttu ka atta) - 1 cup, Coriander Leaves - $\frac{1}{4}$ cup (finely chopped), Black Pepper Powder - $\frac{1}{2}$ tbsp., Salt - $\frac{1}{2}$ tsp., Oil for brushing.
Instructions		
<p>Peel and slice potatoes into diagonal slices and soak them into the water for 5 minutes. Dry the potato slices using towel. Mix the Buckwheat flour, salt, pepper and coriander leaves in a bowl. Add water to the mixture and beat into a smooth batter. Cover it and keep aside for about 20 minutes. Douse pieces of potato in the batter. Put each slice of batter-coated potato. Keep the pieces on the crusty plate and brush all sides with oil. Put the crusty plate on High rack and press the START/+30s button. When beep, turn the side and press the START/+30s button.</p>		

Code/Food	Serving Size	Ingredients
1-12 Sabudana Vada	10-12 pieces	Potato - 2 pcs. boiled peeled and mashed, Sago (Sabudana) - $\frac{3}{4}$ cup soaked for 2 hours, Green chilies - 2 pcs. finely chopped, Salt to taste, Oil for brushing.
Instructions		
<p>Mix together potato, sago, green chillies and salt in a bowl. Divide the mixture into equal sized balls and shape them into tikkis. Keep the 9 pieces on the crusty plate and brush all sides with oil. Put the crusty plate on High rack and press the START/+30s button. When beep, turn the side and press the START/+30s button.</p>		
1-13 Fried Aloo Chat	25-30 pieces	Potatoes - 3-4 pcs. medium sized, Salt to taste, Oil for brushing, black pepper powder - $\frac{1}{2}$ tsp., Green chilies - 2 chopped, coriander leaves - 3 tbsp. chopped.
Instructions		
<p>Peel and slice potatoes into $\frac{1}{2}$ inch cube size and soak them into the water for 5 minutes. Dry the potato slices using towel. Keep the potato cubes on the crusty plate and brush all sides with vegetables oil. Put the crusty plate on High rack and press the START/+30s button. When beep, turn the side and press the START/+30s button. After long beep, transfer the potatoes into a big bowl. Add salt, black pepper powder, green chilies, coriander leaves.</p>		

Oven use

Code/Food	Serving Size	Ingredients
1-14 Namak Paare(Matar)	20-25 pieces	Maida (all-purpose flour/plain flour) - 1 cup, Rava (suji/ semolina) - 2 tbsp., Black Pepper Powder - $\frac{1}{4}$ tsp., Ghee - 2 tbsp., Oil for deep frying, Salt, Water, Fresh Basil Leaves - 7-8 pcs., Garlic Cloves - 4-5 pcs., Green Chili - 1 chopped. Instructions Grind basil leaves, garlic and green chilli until it becomes slightly smooth paste. Add maida, semolina, black pepper powder, ghee, prepared garlic-basil paste and salt and mix them well. Add water as needed in small quantities) and bind stiff dough. Knead it until smooth surface, about 2-minutes. Divide it into 2-equal portions and give each portion a round shape. Roll it out and cut it vertically into 1-inch wide strips. Put them on crusty plate and brush the oil on both sides. Keep the crusty plate on high rack and press the START/+30s button. When beep, turn the side and press the START/+30s button.
1-15 Crispy Corn	200 g	Corn Kernels (fresh, canned or frozen) - 200 g, Cornflour - $\frac{1}{2}$ cup, Onion - 1 finely chopped, Spring Onion - $\frac{1}{2}$ cup chopped, Green Chilli - 2 pcs. chopped, Pepper Powder - $\frac{1}{2}$ tsp., White Vinegar - $\frac{1}{2}$ tsp., honey - 2 tsp., Salt according to taste, Oil for brushing. Instructions Drain the corn kernels and let it dry a little. Dust the corn kernels with cornflour properly; making sure every kernel is coated. Keep them aside for 30 minutes, so that the cornflour can absorb any excess moisture left in the corn. Mix well corn and add onion, spring onion and green chillies, pepper powder, salt and honey and the vinegar, toss once. Transfer the mixture to the crusty plate and apply some oil with brush. Put the crusty plate on high rack and start the microwave oven. When beep, Garnish with spring onion greens and serve hot.

Code/Food	Serving Size	Ingredients
1-16 Roasted Nuts	200 g	Almonds - 40 g, Cashew - 40 g, Peanuts - 40 g, Fox flower (Makhane) - 40 g, Pistachio (pista) - 40 g, Salt to taste, Oil for brushing. Instructions Put almonds, cashew, peanuts, foxflower and Pistachio on crusty plate and apply some oil with brush. Place the crusty place on high rack and press the START/+30s button. When beep, transfer the nuts into serving bowl and sprinkle some salt and serve.
1-17 Fried Masala Papad	4 pieces	Papads - 4 pcs. medium sized, onion - 1 pc. medium finely chopped or $\frac{1}{2}$ cup finely chopped, tomato - 1 medium finely chopped or $\frac{1}{2}$ cup finely chopped, coriander/dhania - 2 tbsp. chopped, lime or lemon juice - 1 tsp., red chili powder - $\frac{1}{2}$ tsp. or green chilies - 1 or 2 finely chopped, chaat masala - 1 tsp., salt as required, oil for brushing. Instructions Take all the ingredients for the masala toppings in a bowl - finely chopped onions, tomatoes, red chili powder, roasted cumin powder, chaat masala powder and salt. Add lime juice and mix well. Put crusty plate on high rack in microwave oven and press the START/+30s button. When beep, open the microwave oven and put 3 papad on the crusty plate on high rack and brush some oil on both the sides of papad. When beep, transfer the papad in the plate And spoon the masala filling on the fried papads. Sprinkle chopped coriander leaves and serve masala papad immediately.
1-18 Frozen Smiley/ Nuggets	9-12 pieces	Frozen smiley, Oil for brushing. Instructions Take frozen smiley on put it on crusty plate and apply some oil. Place the crusty plate on high rack and press the START/+30s button. When beep, take out and serve with tomato ketchup.

Code/Food	Serving Size	Ingredients
1-19 Onion Ring Pakora	20 pieces	Onions - 4 pcs. thickly sliced, besan - 2 cups, Cornflour/corn starch - 3 tbsp., Salt to taste, Red pepper powder - ½ tsp., Baking powder - ½ tsp., Oil for brushing.
Instructions		Separate the onion roundels into rings and keep the centre part aside. Use only the outer big rings. Sieve together besan, cornstarch, salt, red pepper powder and baking powder and add sufficient water to make a thick batter. Dip onion rings into the batter. Put the onion ring pakora on the crusty plate and brush them with oil. Put the crusty plate on High rack and press the START/+30s button. When beep, serve with green chutney.
1-20 Aloo Paneer Pops	20 pieces	Paneer (cottage cheese) - 200 g grated, Potatoes - 2 pcs. large boiled and mashed, Oil for brushing, Onion - 1 pc. medium chopped, Green chillies - 4 chopped, Fresh coriander leaves - 4 tbsp. chopped, Garam masala powder - 1 tsp., Salt to taste, Black peppercorns - ½ tsp. powdered, Refined flour (maida) - 4 tbsp.
Instructions		Mix together paneer, potatoes, red chillies, onion, green chillies, coriander leaves, garam masala powder and salt. Make cylindrical shaped croquettes one inch thick and two inches long. Make a thin batter of refined flour, salt, pepper powder and water. Dip the croquettes in this batter. Keep the croquettes in the refrigerator for an hour or more. Put the croquettes on the crusty plate and apply oil on both the sides. Put the crusty plate on high rack and start the microwave oven. When beep, turn them over and press the START/+30s button and cook again. Take the aloo paneer pops and garnish chopped coriander leaves and serve hot.

2. Potatoes/Vegetables

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

Oven use

3. Seafood

Code/Food	Serving Size	Instructions
3-1 Frozen Prawns	200-250 g 300-350 g	Distribute frozen breaded prawns evenly on the crusty plate. Set plate on low rack. Stand for 1-2 minutes.
3-2 Frozen Fish Cutlets	200-250 g 300-350 g	Distribute frozen breaded fish cutlets evenly on the crusty plate. Set plate on low rack. Stand for 1-2 minutes.
3-3 Frozen Fried Squid	100-150 g 200-250 g	Distribute frozen breaded squid rings evenly on the crusty plate. Set plate on low rack. Stand for 1-2 minutes.

4. Chicken

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

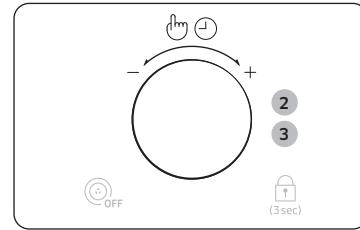
Using the indian recipe features

The 234 **Indian Recipe** features provide pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the type of food by turning the **Multi Function Selector Dial**.

⚠ CAUTION

Use only recipients that are microwave-safe.

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



1. Press the **Indian Recipe** button.
2. Select the category of food by turning the **Multi Function Selector Dial** and press the **Multi Function Selector Dial** to complete the setup.
 - 0. Roti/Naan
 - 1. Curd
 - 2. Soups / Snacks (Veggie)
 - 3. Sweets / Confectionary (Veggie)
 - 4. Continental (Veggie)
 - 5. Veggies / Kebabs (Veggie)
 - 6. Soups / Snacks (Non-veggie)
 - 7. Indian Famous Variety / Kebabs (Non-Veggie)
 - 8. Indian Special Chicken Dishes (Non-Veggie)
 - 9. All time favorite (Non-Veggie)
3. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings.



4. Press the **START/+30s** button.

Result: The food is cooked according to the pre-programmed setting selected. When it has finished.

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

Indian recipe guide

The following table presents quantities and appropriate instructions about 234 **Indian Recipe** programmes.

0. Roti/Naan

Code/Food	Serving Size	Ingredients
0-1 Roti	3 pieces	Whole wheat flour - 2 cups, Water as required for dough, Ghee - 50 g, Salt to taste.

Instructions

In a bowl add flour, salt and ghee. Knead with sufficient water and make smooth dough. Cover and leave for $\frac{1}{2}$ hour. Divide into 3 equal balls, roll out with the help of a rolling pin and make rotis. Apply a little water at one side of roti and place that side down on the crusty plate and cook. Serve hot with butter. Repeat the same process until all the Roti has been prepared.

Code/Food	Serving Size	Ingredients
0-2 Naan	3 pieces	All-purpose flour - 2 cups, Sugar - $\frac{1}{4}$ tbsp., Hot water (but not boiling, just hot tap water) - $\frac{1}{4}$ cup, Active dry yeast - $\frac{1}{2}$ tsp., Warm milk - $\frac{1}{2}$ cup, Melted butter for brushing (may use olive oil), Fresh garlic or other herbs for topping.

Instructions

Combine the warm water with the sugar and yeast. Let sit for 10 minutes until foamy. It should smell like bread. In a bowl add the flour, warm milk and yeast mixture. Mix with a wooden spoon until dough starts to come together and then finish mixing the dough with your hands until a smooth but still sticky ball forms. Cover the dough with a damp towel or plastic wrap and let sit in a warm place for 2 to 3 hours. After 2 to 3 hours dough will be double to its size, punch the dough down and divide into 3 equal balls. Using a rolling-pin, roll each piece of dough into an oval shape. The dough should be about 6-8 inches long and about $\frac{1}{4}$ -inch thick, but no thinner. Repeat this method with the rest of the dough. Apply a little water at one side of roti and Place the dough on the crusty plate and cook. Serve hot with butter.

Oven use

1. Curd

Code/Food	Serving Size	Ingredients
1-1 Large Glass Bowl	500 ml	Milk - 500 ml, Thick curd starter - 70 g.
Instructions		Beat 500 ml of lukewarm milk with help of beater to create froth in the milk then add 70 gram starter and mix it well in circular motion. Pour evenly into large glass bowl. Put in a circle on turntable. After finish, keep for 45 min outside at room temperature then refrigerate it till it settles.
1-2 Clay Pots	500 ml	Milk - 500 ml, Thick curd starter - 70 g.
Instructions		Beat 500 ml of lukewarm milk with help of beater to create froth in the milk then add 70 gram starter and mix it well in circular motion. Pour evenly into large glass bowl. Put in a circle on turntable. After finish, keep for 45 min outside at room temperature then refrigerate it till it settles.

2. Soups / Snacks (Veggie)

Code/Food	Serving Size	Ingredients
2-1 Cream of Lettuce Soup	400-500 g	Lettuce leaves - 2 cups, Onion - 2 pcs. (chopped), Milk - 2 cups, Plain flour - 2 tbsp., Butter - 2 tbsp., Salt, Sugar, Pepper as per your taste. Lettuce leaves - 2 cups, Onion - 2 pcs. (chopped), Milk - 2 cups, Plain flour - 2 tbsp., Butter - 2 tbsp., Salt, Sugar, Pepper as per your taste.
Instructions		In microwave safe glass bowl add lettuce leaves with water and cook. When beep, grind the stalk with some water and then put the butter, plain flour, onion, milk, salt, sugar and pepper. Mix well and press the START/+30s button. Serve hot.

Code/Food	Serving Size	Ingredients
2-2 Mix Vegetable Soup	400-500 g	Carrot - 1 pc. (medium size, chopped), Cauliflower - 50 g (chopped), Onion - 2 tbsp. (chopped), Green peas - ¼ cup, Butter - 1 tbsp., Milk - 1 cup, Salt & pepper as per your taste, Water - 1 cup.
Instructions		In microwave safe glass bowl add 1 cup of water, carrot, cauliflower and green peas. When Beep, grind the stalk with some water. Put the butter in a glass bowl. Add chopped onion, stalk, milk, salt and pepper. Mix well and press the START/+30s button. Serve hot.
2-3 Mushroom Soup	400-450 g	Potato - 1 pc., Cabbage - 50 g, Onion - 1 pc. (small size), Mushroom - 100 g, Tomato sauce - 2 tbsp., Oil - 2 tbsp., Water - 2 cups, Salt, Sugar, Pepper as per taste.
Instructions		Chop all vegetables. In microwave safe glass bowl put potato, cabbage, onion, 2 cups of water and cook. When beep, grind the stalk with some water and then add oil, chopped mushroom, salt, black pepper, sugar and tomato sauce. Mix well and press the START/+30s button. Serve hot and garnish with grated cheese.
2-4 Spinach Soup	400-500 g	Spinach leaves - 2 cup (chopped), Butter - 1 tbsp., Milk - ½ cup, Salt, Pepper, Nutmeg powder as per your taste.
Instructions		In microwave safe glass bowl Put spinach leaves and some water. When beep, blend the spinach to a smooth puree in a blender. And then add butter, the milk, salt, pepper, and nutmeg powder. Mix well and press the START/+30s button.

Code/Food	Serving Size	Ingredients
2-5 Sprouts & Vegetable Soup	700-800 g	Bean sprouts - 250 g (boiled), Carrot - 1 (grate), Spring onion - 2 chopped, Cabbage - 100 g (shredded), Cottage cheese - 100 g (chopped), Golden corns - 100 g, French Beans - 100 g, Corn Flour - 2 ½ tbsp., Vegetable stock - 3 cups, Salt & Pepper- to taste, Butter - 1 tbsp., Soy sauce - 1 tsp., Vinegar - 2 tsp.
		Instructions Mix corn flour with normal water and add to all the ingredients in a microwave safe container. Cook and serve hot.
2-6 Sweet Corn Soup	300-350 g	Sweet corn - 200 g, Water - 1.5 cup, Oil - 1 tbsp., Corn flour - 1 tbsp., Chopped onion - 2 tbsp., Green chili - 1 pc. (chopped), Salt, Sugar, Pepper corns as per your taste.
		Instructions In a microwave safe bowl add crushed sweet corns with water and cook when beep add all other ingredients and cook. Garnish with fresh coriander and serve hot.
2-7 Tom Yum Soup	300-350 g	Mushroom - 6-7 pcs. (chopped), Fresh coriander leaves a few spring, Green or fresh red chili - 3-4, Lemon grass - 4 inches stalk, Lime leaves - 4-5 pcs., Salt as per your taste, Thai red curry paste - 2 tbsp., Lemon juice - 2 tbsp., Water - 4 cups.
		Instructions In microwave safe glass bowl add 4 cups of water, lemon grass, lime leaves, 2 red or green chili and salt. Mix well and cook. When beep, grind the stalk with some water and then add oil, chopped mushroom and Thai red curry paste. Serve hot with Lemon juice & red or green chili.

Code/Food	Serving Size	Ingredients
2-8 Hot & Sour Soup	250-300 ml	Fresh tomato puree - 4 tbsp., Readymade tomato puree - 1 tbsp., Water - 2 cups, Seasoning cube - 1, Capsicum - 1 tbsp. (finely chopped), Cottage cheese - 1 tbsp. (finely chopped), Corn flour - 2 ½ tbsp., Vinegar - 1 tsp.
		Instructions Mix corn flour with normal water and add to all the ingredients except vinegar in a microwave safe glass bowl. Cook and serve hot with vinegar.
2-9 Tomato Soup	400-500 g	Tomato - 6 pcs. (medium size), Garlic - 7-8 Cloves, Carrot - 1 pc. (small size), Celery - 1 stalk, Onion - 1 pc. (medium size), Pepper corns - 5-6, Oil - 1 tbsp., Butter - 1 tbsp., Salt & sugar as per your taste, Cream - 2 tbsp., Water - 2 cups.
		Instructions Wash all vegetables. Cut tomatoes into quarters. Peel & chop garlic. Peel & cut carrots in rounds. Chop celery, slice onion & crush pepper corns. In microwave safe glass bowl put oil onion, carrot, celery and garlic. Add 2 cups of water & cook. When beep, let it be cool and then blend in blender. Pour them in microwave safe glass bowl and add butter, tomato puree, salt and sugar. Stir well and cook. After cook add cream and serve it hot.

Oven use

Code/Food	Serving Size	Ingredients
2-10 Chana Chat	200-250 g	Boiled Chana - 100 g, Boiled Potato - 1 pc., Ginger paste - 1 tbsp., Green chili paste - 1 tbsp., Oil - 1 tbsp., Salt, Red chili powder, Pepper, Garam masala, Chat Masala and Lemon juice as per taste, Muster seeds, Cumin and Asafetida for tempering.
Instructions		
<p>In microwave safe glass bowl add oil, muster seeds, cumin seeds, and asafetida and cook, when beep add all other ingredients except lemon juice and cook.</p> <p>Mix mix lemon juice and serve warm.</p>		
2-11 Chili Honey Vegetables	200 g	Mix Vegetable (Carrot, Muter, Corn, Cornflower, French Beans etc : cut small pieces) - 200 g, Honey - 2 tbsp., Salt, Lemon juice, Peper powder as per your test, Water as required.
Instructions		
<p>In microwave safe bowl take vegetables and some water. When beep drains water and adds honey, salt, lemon juice, pepper powder mix well and then press the START/+30s button.</p>		
2-12 Cheese Cutlet	8 pieces	Potatoes - 4 pcs. (boiled), Cottage cheese - 200 g, Chopped coriander - 2 tbsp., Chopped green chili - 1 tsp., Chopped onion - 1 pc., Chopped cabbage - 2 tbsp., Bread crumbs - 4 tbsp., Oil for applying, Salt as per your taste.
Instructions		
<p>Mash the potatoes very well, add all ingredients, mix it well and shape the cutlet as you wish. Take it in crusty plate on high rack, applying oil and cook. When beep, turn the pieces and press the START/+30s button.</p>		

Code/Food	Serving Size	Ingredients
2-13 Potato Chaat	150-200 g	Boiled Potatoes - 2 pcs., Rock Salt - $\frac{1}{4}$ tsp., Salt - a pinch, Chaat Masala - $\frac{1}{2}$ tsp., Red Chili Powder - a pinch, Lemon Juice - 1 tbsp.
Instructions		
<p>Mix all the ingredients except lemon juice and cook in crusty plate on high rack at grill mod.</p> <p>Serve warm with lemon juice.</p>		
2-14 Dhokla	200 g	Gram flour - 200 g, Warm water - 75 ml, Curd - 3 tbsp., Green chili-ginger paste - 1 $\frac{1}{2}$ tsp., Fruit salt - 1 $\frac{1}{2}$ tsp., Salt, Sugar as per your taste.
Instructions		
<p>Grease the microwave safe flat dish, with little oil. Mix gram flour, curd, sugar, salt, water, ginger-green chili paste, yellow color, fruit and salt together. Pour the mixture in greased dish and cook. Cut it into pieces, garnish with grated coconut and coriander and serve with sauce or chutney.</p>		
2-15 Oat Hearts	15-16 pieces	Oats - 1 $\frac{1}{2}$ cup, Boiled Potatoes - 2, Grated Cottage Cheese - $\frac{1}{4}$ cup, Chili powder - $\frac{1}{2}$ tsp., Garam Masala - $\frac{1}{4}$ tsp. Dry mango powder - 1 tsp., Salt - to taste, Chopped Coriander - 2 tbsp., Grated Carrot - 2 tbsp., Lemon juice - $\frac{1}{4}$ tsp.
Instructions		
<p>In a bowl add mashed potatoes and all the ingredients mix well. Make heart shaped cutlets and coat them with oats and Place it on greased crusty plate on high rack. When beep flip them and brush with oil then cook again and serve hot with ketchup.</p>		

Code/Food	Serving Size	Ingredients
2-16 Kasoori Paneer Tikka	300-350 g	Cottage cheese (paneer) - 250 g, Green chillies - 3, Ginger, peeled - $\frac{1}{2}$ inch piece, Garlic, peeled - 5 cloves, Hung yogurt - $\frac{3}{4}$ cup, Green chutney - 2 tbsp., Turmeric powder - $\frac{1}{4}$ tsp., Carom seeds (ajwain) - $\frac{1}{2}$ tsp., Garam masala powder - 1 tsp., Chaat masala - 1 tsp., Kasoori methi, powder - 2 tbsp., Roasted chana dal powder - 2 tbsp., Fresh cream - $\frac{1}{4}$ cup, Salt - to taste, Mustard oil - 2 tbsp., Lemon juice - 2 tbsp., Oil - 2 tbsp.

Instructions

Cut paneer into one and a half inch sized pieces. Deseed and cut green capsicums into one and a half inch sized pieces. Grind green chillies, ginger and garlic into a fine paste. Take hung yogurt in a bowl. Add green chutney, green chilli-ginger-garlic paste, turmeric powder, ajwain, garam masala powder, half of the chaat masala, kasoori methi powder, roasted chana dal powder, fresh cream, salt and mix. Add paneer cubes to the marinade and add mustard oil. Skewer the cottage cheese and place on greased crusty plate and place it on high rack. Put few drops of cooking oil over the tikka and cook on high rack. Arrange the tikkas on a plate, sprinkle the remaining chaat masala and lemon juice and serve hot.

Code/Food	Serving Size	Ingredients
2-17 Lazeez Paneer Toast	4 slices	Butter - 1 $\frac{1}{2}$ tbsp., Brown or white bread - 4 slices, Garlic (5-6 Flakes, crushed and chopped) - 1 tsp., Leaves of Palak (Spinach + washed & shredded) - 100 g, Paneer - 150 g, Basil or Coriander - 1 tbsp. (chopped), Mozzarella cheese (grated) - 5 tbsp., Salt & Pepper - each $\frac{1}{4}$ tsp., Red chili flakes as per your taste.

Instructions

Wash and shred the spinach leaves into thin ribbons. In microwave safe bowl add butter, garlic, spinach and cook with MWO 900 W for 4 min. When beep, add grated paneer, basil, mozzarella cheese and mix well. Spread the mixer on the toast. Pre-heat the oven 200 °C with the hot-blast function. When beep, take spread bread slice on the low rack and cook.

Code/Food	Serving Size	Ingredients
2-18 Mixed Vegetable Tikkis	5 tikkis	Boiled Mix Vegetables - 1 cup (carrots, cabbage, cauliflower, peas potatoes, cottage cheese and French beans etc), Powdered roasted peanuts - 1 $\frac{1}{2}$ tbsp., Chopped coriander - 2 tbsp., Sugar - 1 tsp., Chilli Powder - $\frac{1}{2}$ tsp., Sesame seeds - 2 tsp., Salt to taste, Bread Slices - 2 pcs.

Instructions

Add all the ingredients in bowl and mash them with the help of a masher. Make 5 tikkis and place them over greased crusty plate at the high rack. Brush the remaining oil thoroughly over the tikkis and cook. When beep flip them over and brush little oil and cook again. Serve hot with ketchup.

Oven use

Code/Food	Serving Size	Ingredients
2-19 Malai Khumb	8 pieces	Mushrooms - 8 pieces, Boiled Peas - 50 g, Cottage Cheese -1 tbsp., Hung curd - 2 tbsp., Cheese spread - 1 tbsp., Ginger paste - 1 tsp., Corn Flour - 2 tbsp., Oil - 1 tbsp., Chopped coriander leaves - 2 tbsp., Garam masala - $\frac{1}{4}$ tsp., Pepper - $\frac{1}{4}$ tsp., Salt - to taste.
		<p>Instructions</p> <p>Hollow the mushrooms from the middle and marinate with hung curd, cheese spread, ginger paste, salt and garam masala for 15 minutes. In a bowl add cottage cheese, boiled peas, salt and black pepper. Stuff the marinated mushrooms with mixture and place it on greased crusty plate on high rack then cook.</p>

Code/Food	Serving Size	Ingredients
2-21 Poha	300-350 g	Flaked Rice (Poha)-200 g, Onion - 1 pc. (chopped), Boiled Peas - $\frac{1}{2}$ cup, Green chilies - 2 to 3 pcs. (chopped), Curry Leaves - 5 to 6 pcs., Mustard Seeds - 1 tsp., Oil - $\frac{1}{2}$ tbsp., Asafetida (hing)- 1 pinch, Turmeric - $\frac{1}{4}$ tsp., Roasted Peanuts 1 tbsp., Roasted Almonds - 1 tbsp., Pepper - 1 tsp., Salt-to taste, lemon juice as per taste.
		<p>Instructions</p> <p>Wash flaked rice under running water thoroughly. Keep aside for ten minutes. In a microwave safe glass bowl add oil, mustard seeds, curry leaves and asafetida, mix well and cook, when beep add all other ingredients and cook. Serve hot with lemon juice and fresh coriander.</p>
2-22 Potato Fries	200 g	Boiled Potato fingers - 200 g, Seasoning - 1 tbsp., lemon juice - 1 tsp. (optional).
		<p>Instructions</p> <p>Glaze the potato finger with oil thoroughly and place them over a greased crusty plate with high rack and cook. Seasoned them with seasoning of your choice and serve hot with ketchup.</p>

Code/Food	Serving Size	Ingredients
2-23 Veg Shami Kebab	4 servings	Boiled black Bengal gram - $\frac{1}{2}$ cup, boiled split Bengal gram - 1 tbsp., chopped onion - 1 medium, coriander powder - 1 tsp., green chilies - 2 chopped, chaat masala - $\frac{1}{2}$ tsp., salt-to taste, garam masala - $\frac{1}{2}$ tsp., oil - 2 tbsp., bread crumbs to coat, and fresh coriander - 1 tbsp.
Instructions		
<p>In a bowl add boiled black bengal gram and boiled split bengal gram and mash well. then add all other ingredients, except bread crumbs. Make 4 equal sized patties and coat with bread crumbs. Place them over a greased crusty plate and high rack then cook, when beep brush the kebabs with oil and flip them over and cook. Serve hot.</p>		

Code/Food	Serving Size	Ingredients
2-25 Pineapple Seekh	4 servings	Fresh pineapple - 1 pc. (rings), Dark rum - 3 tbsp., Castor sugar - 2 tbsp., Ground ginger - 1 tsp., Unsalted butter - 4 tbsp., Salt - a pinch, Oil - for greasing.
Instructions		
<p>In a bowl add rum, sugar, butter, ginger and butter and mix well. Brush the mixture on both sides of pineapple rings and threads them in metal skewers. Place them over a greased crusty plate and place the crusty plate on high rack and cook. When beep, flip over and grill. Serve hot.</p>		
2-26 Sago Hearts	4 servings	Saboodana (sago)- 150 g, Boiled potatoes - 3 medium, Ginger - 1 tsp. (chopped), Cumin seeds - 1 tsp., Red chilli powder - $\frac{1}{2}$ tsp., Garam masala - $\frac{1}{2}$ tsp., Oil - 2 tbsp., Coriander leaves - 2 tbsp., Salt- to taste.
Instructions		
<p>In a bowl take, one hour soaked & strain sago and add all the ingredients and mix well. Make small balls and shape them into hearts with the help of a heart shape mould and cook on greased crusty plate on high rack. When beep flip and brush with oil and cook again.</p>		
2-27 Seasame Toast	2 pieces	Bread slices - 2 pcs., sesame seeds - 1 tbsp., cottage cheese - $\frac{1}{4}$ cup, basil - 1 tbsp., salt and pepper - to taste, butter - 1 tbsp.
Instructions		
<p>Spread the butter over the slices. Mix all the ingredients and spread over bread slices and place it on greased crusty plate on high rack then cook.</p>		

Oven use

Code/Food	Serving Size	Ingredients
2-28 Sweet and Sour Stuffed Baskets	6 pieces	<p>Bread Slices - 6 pcs., Olive Oil - 3 tsp., Chili Flakes - $\frac{1}{4}$ tsp., Oregano - $\frac{1}{4}$ tsp., Black Pepper powder - $\frac{1}{4}$ tsp., Chaat masala - $\frac{1}{4}$ tsp., Blanched Sprouts - $\frac{1}{4}$ cup, Oil - 1 tbsp., Mustered seeds - $\frac{1}{2}$ tsp., Urad Dal (split black lentils) - $\frac{1}{2}$ tsp., Chana Dal (split Bengal gram) - 1 tsp., Grated Ginger - $\frac{1}{2}$ tsp., Whole Kashmiri Red Chili - 2 (broken into pieces), Curry Leaves - 4 to 5 pcs., Turmeric Powder - $\frac{1}{4}$ tsp., Cooked Rice - 2 $\frac{1}{2}$ cup, lemon juice - 1 tbsp., salt - to taste.</p> <p>Basket Filling : Onion - $\frac{1}{4}$ cup (Fine chopped), Cucumber - $\frac{1}{4}$ cup (Fine chopped), Tamarind Sauce - 2 tbsp., Lemon Juice - $\frac{1}{2}$ tsp., Salt - to taste, Fresh Coriander Leaves for garnishing.</p> <p>Instructions Roll out the bread slices with a roller evenly. Make the slices thin until it gets even from all sides. Cut the bread slices in to the size of muffin moulds. In a bowl add 3 teaspoon of olive oil, chili flakes, oregano, black pepper powder and chaat masala mix it well. Brush up the mixture on bread slices evenly. Place the slices in the moulds giving them the shape of basket and Place it on greased muffin tray on high rack and cook. When beep, turn the baskets upside down and cook again. <ul style="list-style-type: none"> Basket Filling: In a bowl add blanched sprouts, pomegranate, onion, cucumber, lemon juice, tamarind sauce and salt to taste. Mix well, Fill the baskets with sprout & pomegranate filling and garnish with fresh coriander leaves. </p>

3. Sweets / Confectionary (Veggie)		
Code/Food	Serving Size	Ingredients
3-1 Atta Ladoo	300-350 g	Atta - 2 cups, Ghee - 100 g, Powder Sugar - 75 g, Cardamom powder - 1 tbsp., Almonds (Chopped) - $\frac{1}{4}$ cup.
		<p>Instructions In microwave safe glass bowl add atta, ghee, mix well and cook. When beep, stir well and press the START/+30s button. Stir in every 5 minutes. When cool and cardamom powder, sugar powder, mix well and make ladoo.</p>
3-2 Besan (Bengal Gram Flour) Laddoo	300-350 g	Besan (Bengal Gram flour) - 2 cups, Ghee - 100 g, Powder Sugar - 75 g, Cardamom powder - 1 tbsp., Almonds (Chopped) - $\frac{1}{4}$ cup.
		<p>Instructions In microwave safe glass bowl add besan and ghee, mix well and cook. When beep, stir well and press the START/+30s button. Stir in every 5 minutes. When cool and cardamom powder, sugar powder, mix well and make ladoo.</p>
3-3 Kalakand	450-500 g	Grated paneer - 300 g, Condensed Milk - 200 g, Milk powder - 3 tbsp., Corn Flour - 1 $\frac{1}{2}$ tbsp., Cardamom powder - 1 tsp., Almond pieces as per your taste.
		<p>Instructions In microwave safe glass bowl take grated paneer, condensed milk, milk powder, corn flour, cardamom powder, mix well and cook. When beep, stir well and press the START/+30s button. Garnish it with almonds and when set, cut into pieces.</p>

Code/Food	Serving Size	Ingredients
3-4 Khoya Barfi	450-500 g	Grated Khoya - 300 g, Powdered sugar - 200 g, Milk powder - 2 tbsp., Saffron - $\frac{1}{4}$ tsp., Cardamom powder - 1 tsp., Almond pieces as per your taste.
Instructions		In microwave safe glass bowl take grated khoya, powdered sugar, milk powder, saffron & cardamom powder, Mix well and cook. When beep, stir well and press the START/+30s button. Garnish it with almonds and when set, cut into pieces.
3-5 Shahi Tukda	250-300 g	Bread slice - 4 pcs., Condensed milk - 150 ml, Milk - 100 ml, Sugar - 4 tbsp., Almond - pista pieces - 4 tbsp., Saffron & cardamom powder - 1 tsp.
Instructions		Arrange bread slice on high rack and cook. When beep, turn slice and press the START/+30s button. After done add condensed milk, sugar, dry fruits, saffron, cardamom powder. Mix well and pour the mixture on slice. Serve hot.
3-6 Phirnee	200-250 g	Milk - 400 g, condensed milk - 3 tbsp., Sugar powder - 150 g, rice - $\frac{1}{2}$ cup (soaked), Saffron - 5 to 6 strings, cashew nuts - 1 tbsp., Pistachios - 1 tbsp.
Instructions		Blend the soaked rice in blender. Add everything and cook.
3-7 Almond Payasum	300-350 g	Almonds - $\frac{1}{2}$ cup, Milk - $\frac{1}{2}$ lt, Sugar - $\frac{1}{2}$ cup, Condensed Milk - 5 tbsp., Cardamom Powder - $\frac{1}{4}$ tsp., Nutmeg - $\frac{1}{2}$ tsp., Saffron - $\frac{1}{2}$ tsp.
Instructions		Soak the almonds overnight. Peel and blend them into a smooth paste. In a bowl add all the ingredients and cook.

Code/Food	Serving Size	Ingredients
3-8 Ras Malai	400-450 g	Milk - 400 g, Powder Sugar - 200 g, Saffron - 5 to 6 threads, White Rasgullas - 150 g, Pistachios - 2 tbsp.
Instructions		In a microwave safe bowl add milk, sugar powder, saffron and cook, when beep, add rasgullas and pistachios and cook. Serve cold.
3-9 Sweet Rice	400-500 g	Soaked Basmati Rice - 200 g, Water - 400 ml, Sugar - 150 g, Lemon Juice - 1 tsp., Almand - 50 g, Resins - 50 g, Cardamom Powder - 1 tsp., Yellow colour a pinch, Ghee - 2 tbsp., Saffron - $\frac{1}{4}$ tsp.
Instructions		In microwave safe glass bowl take ghee, soaked basmati rice and water. Cover and cook. When beep, add sugar, lemon juice, almand, resins, cardamom powder, Yellow colour, saffron and press the START/+30s button. Serve hot.
3-10 Almond Cookies (Pistachio)	250-300 g	Refined flour - 115 g, Margarine or butter - 50 g, Powder sugar - 50 g, Cardamom powder - $\frac{1}{4}$ tsp., Nutmeg powder - $\frac{1}{4}$ tsp., Chopped almond - 1 tbsp., Chopped Pistachio - 1 tbsp., Little saffron, Milk as required.
Instructions		Pre-heat the oven 140 °C with the Hot-blast function. Sieve the flour. Cream the margarine & sugar very well until light & creamy. Add the saffron, cardamom & nutmeg powder & mix very well. Add the sieved flour & make dough. Roll out the dough using a little flour. Sprinkle a few nuts & give a light final roll. Cut into desired shape. Put it into low rack. When beep, Select menu and cook. Cool the cookies serve them.

Oven use

Code/Food	Serving Size	Ingredients
3-11 Banana Bread	450 g	Refined flour - 225 g, Margarine - 125 g, Egg - 2 pcs., Powder Sugar - 200 g, Baking Powder - ½ tsp., Soda Bicarb - 1 tsp., Riped Banana - 3 pcs., Walnut - 50 g, Milk as required, Vanilla essence - 1 tsp.
		<p>Instructions</p> <p>Pre-heat the oven 120 °C with the Hot-blast function. Grease and dust 10" cake tin, Sieve flour with baking powder & soda bicarb. Cream butter & sugar until light & fluffy. Beat egg separately. Add gradually to creamed mixture, beating well all the time. Add mashed banana with 1 table spoon of flour. Mix well. Fold in flour. Add chopped walnuts. Pour into a greased loaf tin. Put it into low rack. When beep, select menu and cook.</p>

Code/Food	Serving Size	Ingredients
3-13 Butter Sponge	450-500 g	Refined flour - 120 g, Margarine - 90 g, Egg - 2 pcs., Powder Sugar - 120 g, Baking Powder - 1 tsp., Milk as required, Vanilla essence - ¼ tsp.
		<p>Instructions</p> <p>Pre-heat the oven 130 °C with the Hot-blast function. Grease and dust 8" cake tin. Sieve flour with baking powder thrice. Cream margarine and powdered sugar until light and fluffy. Beat egg and add to the creamed mixture little by little beating thoroughly between each addition. Fold in the shifted flour a little at a time. Adjust consistency of the batter with milk to get a dropping consistency. Put it into low rack. When beep, select menu and cook.</p>
3-14 Choco - Cashew Biscuits	250-300 g	Refined flour - 85 g, Margarine or butter - 85 g, Powder sugar - 85 g, Cashew nut powder - 85 g, Almond Essence - ¼ tsp., Cocoa - 1 tbsp.
		<p>Instructions</p> <p>Pre-heat the oven 160 °C with the Hot-blast function. Sieve the flour. Cream the margarine & sugar very well until light & creamy. Add the Almond essence & mix very well. Add the flour, cocoa & cashew nut mix well, chill the mixture for 10 min. Roll out & cut out with round biscuit cutter. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.</p>

Code/Food	Serving Size	Ingredients
3-15 Chocolate Cake	450-500 g	Refined flour - 115 g, Margarine - 55 g, Egg - 2 pcs., Powder Sugar - 85 g, Baking Powder - 1 tsp., Soda Bicarb - ½ tsp., Milk as required, Cocoa powder - 2 tbsp., Chocolate essence - 1 tsp.
Instructions		
Pre-heat the oven 130 °C with the Hot-blast function. Grease and dust 8" cake tin. Sieve flour with baking powder, cocoa powder & soda bicarb. Cream butter & sugar until light & fluffy. Add egg & beat in well. Add essence & fold in refined flour with sufficient milk to make a soft consistency. Pour in a greased & lined cake tin. Put it into low rack. When beep, select menu and cook.		
3-16 Chocolate Cookies	200-225 g	Refined flour - 115 g, Margarine or butter - 60 g, Powder sugar - 60 g, Vanilla essence - ½ tsp., Baking powder - ½ tsp., Cocoa powder - 1 tbsp., Golden syrup - 1 tbsp.
Instructions		
Pre-heat the oven 140 °C with the Hot-blast function. Sieve the flour with cocoa & baking powder together. Cream the margarine & sugar very well until light & creamy. Add the vanilla essence & golden syrup & beat very well. Add the flour to the mixture & mix it well. Shape the biscuit as you wish. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook.		

Code/Food	Serving Size	Ingredients
3-17 Coconut Cookies	200-250 g	Refined flour - 85 g, Margarine or butter - 55 g, Desiccated coconut - 40 g, Powder sugar - 55 g, Water - 2 tsp.
Instructions		
Pre-heat the oven 160 °C with the Hot-blast function. Cream the margarine & sugar very well until light & creamy. Add 2 tsp. of water. Sieve the flour & add to the creamy mixture. Add the desiccated coconut & mix well. Shape the biscuit as you wish. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook.		
3-18 Coconut Toffee	300-350 g	Condensed Milk - 200 g, Fresh grated coconut - 1 cup, Chopped walnut - 100 g, Ghee - 2 tbsp.
Instructions		
In microwave safe glass bowl, mix the condensed milk, coconut and coo. When beep, add ghee and press the START/+30s button. After done add the chopped walnuts & mix well. Spread the mixture on a well greased tin. Press & level by pressing with a wet cloth. After 5 min. mark into small pieces. Remove when cold.		
3-19 Cumin Biscuits	200 g	Refined flour - 120 g, Powder sugar - 1 tbsp., Butter - 50 g, Cumin & ajwain powder - 1 tsp. each, Soda bi carb - 1 pinch, Baking powder - ¼ tsp., Water as required.
Instructions		
Pre-heat the oven 160 °C with the Hot-blast function. Sieve refined flour, baking powder & soda bi carb in a bowl, add powder sugar & butter & beep well. Add refined flour, cumin & ajwain powder & little water, make a soft dough. Roll a thick roti & cut cookies with the cutter. Prick with a fork. Arrange in a crusty plate on low rack. When beep, select menu and cook.		

Oven use

Code/Food	Serving Size	Ingredients
3-20 Date & Walnut Cake	450-500 g	Refined flour - 115 g, Margarine - 90 g, Egg - 2 pcs., Powder Sugar - 115 g, Baking Powder - $\frac{1}{2}$ tsp., Soda Bicarb - $\frac{1}{4}$ tsp., Seedless Date - 100 g, Walnut - 50 g, Milk as required, Vanilla essence - $\frac{1}{2}$ tsp.
Instructions		
<p>Pre-heat the oven 160 °C with the Hot-blast function. Grease and dust 8" cake tin. Sieve flour with baking powder & soda bicarb. Cream butter & sugar until light & fluffy. Add egg & beat in well. Add essence. Fold in the flour alternating with chopped dates & walnut. Adjust consistency with milk. Put it in greased & lined cake tin. Put it into low rack. When beep, select menu and cook.</p>		

Code/Food	Serving Size	Ingredients
3-22 Jam Biscuits	200-250 g	Refined flour - 115 g, Margarine or butter - 60 g, Powder sugar - 60 g, Vanilla essence - $\frac{1}{2}$ tsp., Cornflour - 25 g, Salt - 1 pinch, Milk as required, Jam.
Instructions		
<p>Pre-heat the oven 140 °C with the Hot-blast function. Sieve the flour, salt & corn flour together. Rub in the margarine with finger tips. Add the sugar & mix well. Add just enough milk to make dough. Roll out the dough into about 6 mm ($\frac{1}{4}$") thickness. Cut with a round biscuit cutter. In every alternate biscuit, make a hole in the centre with about 12 mm ($\frac{1}{2}$") nozzle. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Make pairs of one biscuit with hole and one without and sandwich with jam.</p>		
3-23 Kesar Nankatai	400 g	Refined flour - 100 g, Powder sugar - 100 g, Ghee - 100 g, Semolina - 100 g, Cardamom powder - $\frac{1}{2}$ tsp., Nutmeg powder - $\frac{1}{2}$ tsp., Fresh curd - 1 tsp., Soda Bicarb - $\frac{1}{4}$ tsp., Saffron - $\frac{1}{4}$ tsp., Milk - 1 tsp.
Instructions		
<p>Pre-heat the oven 160 °C with the Hot-blast function. Sieve the flour. Cream the ghee & sugar very well until light & creamy. Add the cardamom & nutmeg powder & cream it again. Dissolve the saffron in a 1 tsp. of milk. Add the curd, soda bicarb & prepared saffron. Mix well. Add the flour & semolina & knead well. Make a small round. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.</p>		

Code/Food	Serving Size	Ingredients
3-24 Marble Cake	450-500 g	Refined flour - 150 g, Condensed Milk - 200 g, Butter - 100 g, Soda Bicarb - ½ tsp., Baking Powder - 1 tsp., Vanilla essence - 1 tsp., Cocoa Powder - 2 tbsp., Milk or water as required.
Instructions		
<p>Pre-heat the oven 130 °C with the Hot-blast function. Sieve refined flour, baking powder & soda. In a bowl add condensed milk & butter & beat well. Add refined flour, essence & mix. For spoon dropping consistency add milk or water. Divide the mixture in two parts. Add cocoa powder in one part. Put the plain batter & cocoa batter alternately in the tin. Run a spoon through the batter only once. Put it into low rack. When beep, select menu and cook.</p>		
3-25 Mawa Cake	400-450 g	Refined flour - 85 g, Margarine - 70 g, Egg - 2 pcs., Powder Sugar - 100 g, Baking Powder - ¼ tsp., Mava - 30 g, Butter - 30 g, Cardamom powder - ¼ tsp., Nutmeg - ¼ tsp.
Instructions		
<p>Pre-heat the oven 140 °C with the Hot-blast function. Grease and dust 7" cake tin. Sieve flour with baking powder. Cream margarine, butter and powdered sugar until light and fluffy. Beat egg and add grated mava mixing will be between each addition. Fold in floursifted with baking powder & spice. Check consistency & pour into greased & lined 7" mould. Put it into low rack. When beep, select menu and cook.</p>		

Code/Food	Serving Size	Ingredients
3-26 Melting Moments	200-250 g	Refined flour - 85 g, Margarine or butter - 85 g, Powder sugar - 100 g, Vanilla essence - ½ tsp., Cornflour - 25 g, Milk as required.
Instructions		
<p>Pre-heat the oven 160 °C with the Hot-blast function. Sieve the flour & cornflour together. Cream the margarine & sugar very well until light & creamy. Add the flour. If required, add a few drops of milk. Mix very well. Shape the biscuit as you wish. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.</p>		
3-27 Shrewsbury Biscuits	400-450 g	Refined flour - 225 g, Margarine or butter - 100 g, Powder sugar - 85 g, Lemon essence - ¼ tsp., Egg - 1 pc., Milk as required.
Instructions		
<p>Pre-heat the oven 160 °C with the Hot-blast function. Sieve the flour. Cream the margarine & sugar very well until light & creamy. Add the egg & mix it well. Add the sieved flour. If required add a little milk to make a dough. Knead until smooth. Roll out thinly. Prick all over with a fork. Stamp into round. Place the biscuits on a baking tin. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.</p>		

Oven use

Code/Food	Serving Size	Ingredients
3-28 Swiss Roll	200-250 g	Refined flour - 80 g, Condensed Milk - 100 g, Butter - 50 g, Soda Bicarb - $\frac{1}{8}$ tsp., Baking Powder - $\frac{1}{2}$ tsp., Milk - $\frac{1}{2}$ cup, Vanilla essence - $\frac{1}{2}$ tsp., Mix Fruit Jam - 2 tbsp.
Instructions		
<p>Pre-heat the oven 130 °C with the Hot-blast function. Grease and dust Square cake tin of 8", Sieve flour with baking powder & Soda. In a bowl add condensed milk & butter, beat well, add refined flour, essence & for spoon dropping consistency. Place the butter paper at the bottom of the tray & pour the batter on it. Put it into low rack. When beep, select menu and cook. Remove this cake on another butter paper & spread mix fruit jam over it. Roll it & cut slices.</p>		
3-29 Victoria Sponge Cake	450 -500 g	Refined flour - 170 g, Margarine - 170 g, Egg - 3 pcs., Powder Sugar - 170 g, Baking Powder - $1\frac{1}{2}$ tsp., Milk - $\frac{1}{2}$ cup, Vanilla essence - 1 tsp.
Instructions		
<p>Pre-heat the oven 130 °C with the Hot-blast function. Grease and dust 9" cake tin, Sieve flour with baking powder. Cream butter & sugar until light & fluffy. When the mixture is light & creamy, add the egg, one at a time, beating each time thoroughly. If the mixture curdles while adding the egg, add a little flour before adding the next egg. Finally fold the flour & add the milk until the mixture forms a dropping consistency. Add the vanilla essence. Mix well. Pour the mixture into the prepared tin.</p> <p>Put it into low rack. When beep, select menu and cook.</p>		

Code/Food	Serving Size	Ingredients
4-1 Vegetable Pasta	200-250 g	Pasta - 200 g, Oil - 1 tbsp., Grated Cheese - 3 tbsp., Pasta Sauce, Spring Onion, Water as per your taste, Salt as required.
Instructions		
<p>In microwave safe bowl add pasta and water and cook. When beep, strain Pasta and mix with all the ingredients and then press the START/+30s button. Serve hot.</p>		
4-2 Baked Vegetables	350-400 g	Half boiled vegetables (carrot, cauliflower, French beans - cut into small pieces, sweet corn & green peas etc.) - 300 g, Plain flour - 2 tbsp., Butter - 2 tbsp., Milk - 2 cups, Water - $\frac{1}{2}$ cup, Grated cheese - 5 tbsp., Salt, sugar, pepper as per your taste.
Instructions		
<p>In microwave safe glass dish take butter, vegetables, plain flour, milk, water, salt, sugar and pepper, mix well and cook. When beep, mix it well & spread grated cheese on it. Keep the dish on high rack and press the START/+30s button. Serve hot.</p>		
4-3 Cheese Cabbage Rice	350-400 g	Soaked rice - 1 cup, Cabbage - 50 g (chopped), Capsicum - 1 pc. (chopped), corn - 50 g, Grated cheese - 100 g, chopped coriander - 2 tbsp., Water - 3 cups, Black pepper powder - $\frac{1}{4}$ tsp., Salt & Sugar as per your taste, Butter - 2 tbsp.
Instructions		
<p>In microwave safe glass bowl take butter, rice, chopped cabbage, chopped capsicum, corn, black pepper powder, salt, sugar, mix well and cook. When beep, add all other ingredients and press the START/+30s button.</p>		

Code/Food	Serving Size	Ingredients
4-4 Vegetable Pizza	200-250 g	Pizza Base - 100 g, Pizza toping - 3 tbsp., Mixed vegetables (Tomato, Capsicum, Onion) - 1 cup, Grated Cheese - $\frac{1}{2}$ cup, Chili Flakes as per your taste, Oregano for seasoning.
		<p>Instructions</p> <p>Pre-heat the oven 180 °C with the Hot-blast function. Add pizza toping mixed vegetable and cheese on pizza base, and put the pizza on low rack. When beep, select menu and cook. Serve with oregano and chili flakes on top.</p>
4-5 Cheese Straw	200 g	Refined flour - 100 g, Grated cheese - 25 g, Butter - 50 g, Cold water as required, Pepper powder - $\frac{1}{4}$ tsp., Baking powder - $\frac{1}{8}$ tsp., Chili powder - $\frac{1}{2}$ tsp., Salt - $\frac{1}{4}$ tsp.
		<p>Instructions</p> <p>Pre-heat the oven 180 °C with the Hot-blast function. Sieve refined flour, pepper powder, baking powder, chilli powder, salt. In a bowl maida, butter, cheese & rub it with finger chips till it resembles bread crumbs. Add little cold water to make a soft dough. Roll it in $\frac{1}{2}$ cm. roti and cut thin strips, twist them & put on the baking tray. Put them on low rack. When beep, select menu and cook.</p>
4-6 Corn & Potato Baked	300-350 g	Boiled sweet corn - 100 g, Boiled Potatoes - 2 pcs., Finely chopped onion - 1 pc., Finely chopped green chili - 2 pcs., Grated cheese - 4 tbsp., White sauce - 1 cup, Fresh cream - 2 tbsp., Butter - 2 tbsp., Salt & Pepper as per you taste.
		<p>Instructions</p> <p>In microwave safe glass bowl take butter, onion, green chili and cook. When beep add white sauce, chopped potatoes, sweet corn, fresh cream, salt, pepper, mix it well and sprinkle cheese. Transfer it on high rack and press the START/+30s button. Serve hot.</p>

Code/Food	Serving Size	Ingredients
4-7 Macaroni Hot Pot	250-300 g	Shell Macaroni - 200 g, Chopped Onion - 2 pcs., Chopped capsicum - 1 pc., Chopped Tomato - 2 pcs., Chopped Garlic - 1 tsp., Red chili powder - $\frac{1}{2}$ tsp., One small can baked beans - 200 g, Tomato ketchup - 6 tbsp., Grated cheese - 4 tbsp., Butter - 1 tbsp., Salt as per your taste, Oil - 1 tbsp., Water - 4 cups.
		<p>Instructions</p> <p>In microwave safe glass bowl add shell macaroni, oil, water and cook. When beep, drain & keep a side. In another bowl add butter, salt, onion, capsicum, tomato, garlic cloves, chili powder, cheese, baked beans and press the START/+30s button. When beep add macaroni, mix it well and serve hot.</p>
4-8 Macaroni Supreme	300-350 g	Macaroni - 200 g, White sauce - 2 tsp., Chopped Parsley - 4 tbsp., Nutmeg powder - 1 pinch, Oregano - $\frac{1}{2}$ tsp., Grated cheese - 50 g, Chopped tomato - 1 pc., Butter - 1 tbsp., Oil - 1 tbsp., Salt & pepper as per your taste.
		<p>Instructions</p> <p>In microwave safe glass bowl add shell macaroni, oil, water and cook. When beep drain & keep a side. In another bowl add butter, salt, nutmeg powder, oregano, parsley, white sauce, mix well. Add macaroni, cover with cheese and press the START/+30s button.</p>

Oven use

Code/Food	Serving Size	Ingredients
4-9 Mushroom Gratin	500-550 g	Mushrooms quartered (cut into 4 pieces each) - 200 g, Oil or butter - 2 tbsp., Maida (flour) - 2 tbsp., Salt - 1 tsp., Pepper - 1 tsp., Rum or sherry (optional) - 1 tsp., Cream - 100 g (½ cup), Water - ½ cup, Some chopped celery or coriander leaves for garnishing.
Instructions		
In microwave safe plate butter, maida and cook. When beep, add all other ingredients, mix well and press the START/+30s button. Sprinkle chopped celery or coriander and serve hot.		
4-10 Noodles	150-300 g	Noodles - 300 g, Oil - 3 tbsp., Vinegar - 1 tbsp., Soya Sauce - 1 tbsp., Chili Sauce - 1 tbsp., Mix vegetables - 1 cup (Cabbage, Carrot, Capsicum, French, Beans, etc).
Instructions		
In microwave safe bowl take noodles, water, oil and salt and put the bowl in microwave and cook. When beeps, strain noodles and pour cold water over it. In the bowl put some oil and finally chopped vegetables, add vinegar, soya sauce, chili sauce, MSG salt and paper to taste and ¼ cup water and After that put the bowl in microwave and cook again. Add noodles and mix well.		

Code/Food	Serving Size	Ingredients
4-11 Noodles with Tomato and Cheese Sauce	400-450 g	Ribbon noodles - 250 g, Tomato sauce - ½ cup, Pizza sauce - ½ cup, Cheese sauce - 1 cup, Oil - 2 tbsp., Grated cheese - 2 tbsp., Salt, sugar & pepper as per your taste, Fresh Cream - 2 tbsp., Oregano - ½ tsp., Water - 4 cups.
Instructions		
In microwave safe glass bowl add noodles, oil and cook. When beep drain & keep a side. In another bowl add tomato sauce, pizza sauce, cheese sauce, fresh cream, salt, sugar & pepper, mix it well and add boiled noodles, sprinkle cheese and press the START/+30s button. Serve hot.		
4-12 Nutrition Noodles	500-550 g	Boiled Rice Noodles - 200 g, Oil - 1 tbsp., Garlic paste - 2 tsp., Chopped Spring Onions - ¼ cup, French Beans - ¼ cup, Carrot Julian - ¼ cup, Sliced Mushrooms - ¼ cup, Blanched Bean Sprouts - ¼ cup, Roasted Peanuts - ¼ cup, Soya Sauce - 2 tsp., Sugar - 1 tsp., Lemon Juice - 1 tbsp., Salt - to taste, Black Pepper - to taste.
Instructions		
Mix all in a glass bowl except lemon juice. Cook and add lemon juice to serve.		
4-13 Garlic Bread	300-400 g	Bread (French) - 3 slices, Butter - 3 tbsp., Garlic - 2 tbsp., Grated cheese - 3 tbsp., Salt, Pepper, Oregano, Chili flakes as per taste.
Instructions		
Pre-heat the oven 180 °C with the Hot-blast function. Mix butter, garlic, salt, pepper, oregano and make a paste. Apply this paste on both sides of the bread and sprinkle grated cheese and chili flakes. Put these breads on crusty plate on low rack. When beep, select menu and cook.		

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

Code/Food	Serving Size	Ingredients
4-16 Potato Dumpling	200-250 g	Boiled & Grated Potatoes - 2 pcs., Grated Paneer - 2 tbsp., Chopped Spinach - ½ cup, Chopped Green Chili - 1 tsp., Maida - 2-3 tbsp., Baking Powder - 1 pinch, Nutmeg Powder - 1 pinch, Salt & Pepper as per your taste, Butter - 1 tbsp., Chopped Garlic - 1 tbsp., Pizza Sauce - ½ cup, Grated Cheese - 3 tbsp.
Instructions		
<p>Mix grated potatoes, paneer, spinach, green chili, maida, baking powder, nutmeg powder, salt & pepper together and make 10-12 balls from it, place them in MWO steamer and cook. When beep, in other microwave safe bowl take butter, chopped garlic, steamed balls, cheese, pizza sauce, mix well and press the START/+30s button.</p>		
4-17 Risotto Rice	450-500 g	Basmati Rice (soaked) - 150 g, Spinach (chopped) - 100 g, Butter - 3 tbsp., Chopped onion - 2 pcs., Chopped Garlic - 2 tsp., Grated cheese - 3 tbsp., Salt & Pepper as per your taste, Water - 300 ml.
Instructions		
<p>In microwave safe glass bowl take butter, onion, garlic and cook. When beep, add spinach (chopped) soaked rice, water, salt & pepper and mix well. Cover and press the START/+30s button. Garnish with grated cheese and serve hot.</p>		
4-18 Sun Dried Tomato Risotto	400-500 g	Rice - 1 cup, Garlic - 2 cloves, Onion - 1 pc. (chopped), White wine - ½ cup, Seasoning cube - 1 cup, Broccoli - 1 cup, Sun dried tomatoes - ¼ cup, Oregano - 1 tsp., Chilli Flakes - 1 tsp., Grated Cheese - ¼ cup, Cream - 4 tbsp., Butter - 2 tbsp., Salt - to taste.
Instructions		
Add everything and cook.		

Oven use

Code/Food	Serving Size	Ingredients
4-19 Vegetable Aa'la Kiev	550-600 g	Mix vegetable (cauliflower, peas, cabbage : cut into long pieces 18-20) - 350 g, French beans cut into 1 piece, Carrots - 2 pcs. (medium size, cut into 1 piece), Celery - 2 pcs. (chopped fine), Capsicums (cut into $\frac{1}{4}$ " pieces) - 2, Milk - $\frac{1}{2}$ cup, Maida - 2 tbsp., Pepper - 1 tsp., Mustard powder - 1 tsp., Salt - 1 tsp., Grated cheese (Amul) - 4 tbsp.
		<p>Instructions</p> <p>In microwave safe glass bowl mix vegetable, cauliflower, peas, carrots, celery and french beans & add 2-3 tbsp. water, cover and cook. When beep, add all ingredients and press the START/+30s button. Add grated cheese. Garnish with parsley or coriander.</p>

Code/Food	Serving Size	Ingredients
4-21 Vegetable in Thai Curry	500-600 g	<p>For green paste : Green chillies - 6-8 pcs., Spring onions - 3 pcs. (chopped along with the green part), Lemon grass leaves - 4 pcs. (optional), Ginger - 2" piece, Coriander leaves - 3 tbsp.,</p> <p>For main dish : Coconut milk - $1\frac{1}{2}$ cups, Salt - $1\frac{1}{2}$ tsp., A tiny piece of jaggery, Coriander powder - 1 tbsp., Cumin powder - 1 tbsp., Oil - 2 tbsp., Chopped mix vegetable (carrot, cabbage, peas) - 1 cup.</p>
		<p>Instructions</p> <p>In grinder prepare green paste. Churn grated one coconut in mixer. In microwave safe glass bowl add vegetables, oil and cook. When beep, add salt, jaggery and coconut milk. Mix well & press the START/+30s button.</p>
4-22 Vegetable O' Gratin	500-550 g	<p>Vegetables (carrot, cauliflower, peas, French beans : cut into bite size pieces) - 300 g, Oil or butter - 2 tbsp., White sauce - 1 cup, Pepper - 1 tsp., Cream - 100 g ($\frac{1}{2}$ cup), Water - $\frac{1}{2}$ cup, some chopped celery or coriander leaves for garnishing.</p>
		<p>Instructions</p> <p>In microwave safe bowl butter, mix vegetables, water and cook. When beep, add all other ingredients and press the START/+30s button.</p> <p>Sprinkle chopped celery or coriander and serve hot.</p>

5. Veggies / Kebabs (Veggie)

Code/Food	Serving Size	Ingredients
5-1 Aloo (Potato) Masala	450-500 g	Chopped Aloo (potato) - 300 g, Onion - 1 pc. (Chopped), Tomato - 1 pc. (Chopped), Ginger Garlic paste - 1 tsp., Coriander powder - 1 tsp., Cumin powder - ½ tsp., Garam Masala - ½ tsp., Oil - 2 tbsp., Red chili powder, Turmeric powder, salt as per your taste, Chopped coriander leaves, 1 cup of water.
Instructions		In microwave safe glass bowl take oil, chopped onion, ginger garlic paste, chopped tomato, chopped potato. Mix well and cook. When beep, add chopped potato, powder masala, 1 cup of water, mix it well and press the START/+30s button. Garnish with coriander leaves.
5-2 Aloo Ghobi	300-400 g	Cut Potatoes - 200 g, Cut Cauliflower - 200 g, Cut Tomatoes - 100 g, Oil - 2 tbsp., Turmeric powder, Coriander powder, Red chili powder, Cumin seeds, Salt, Garam masala, Water as per your taste.
Instructions		In microwave safe glass bowl take oil, potatoes, cauliflower. Mix well and cook. When beep, add tomatoes, other ingredients, water and then press the START/+30s button.
5-3 Aloo Poshto	400 g	Boiled potatoes - 2 cups, Poppy seeds - 2 tbsp., Dry red chillies - 3 pcs., Turmeric powder - ¼ tsp., Oil - 2 tsp., Salt- to taste.
Instructions		Add everything in microwave safe glass dish and cook.

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

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Code/Food	Serving Size	Ingredients
5-7 Dosa Sabji	400-500 g	Boiled potato peeled & chop 300 g, Chopped Onion 2 pcs., Green chili salt, turmeric powder as per your taste, Oil 2 tbsp., Mustard Seeds, Cumin seeds, Curry leaves for tempering.
		<p>Instructions</p> <p>In microwave safe glass bowl take oil, mustered seeds, cumin seeds, curry leaves, green chili, turmeric powder, onion and cook. When beep, mix it well and add chopped potato. Mix it well and press the START/+30s button. Garnish with coriander leaves.</p>
5-8 Vegetable Hariyali	300-320 g	Carrot - ¼ cup, French Beans - ¼ cup, Cauliflower - ¼ cup, Peas - ¼ cup, Baby Corns - ¼ cup, Coriander - ½ cup, Garlic - 1 tsp., Green Chilies - 1 tsp., Coconut Milk - ½ cup, Milk - 2 tbsp., Butter - 1 tsp., Oil - 1 tsp., Lemon Juice - ½ tsp., Salt - to taste, water - 1 ½ cup.
		<p>Instructions</p> <p>In a bowl add vegetables and water then cook. When beep add all other ingredients, mix all the ingredients except salt & lemon and cook again. Add lemon & salt at serving time.</p>
5-9 Jeera Aloo	400-500 g	Half boiled potatoes 400 g (cut into finger chips), Cumin seeds - 1 tsp., Turmeric Power - ¼ tsp., Red Chilli Powder - 1 tsp., Oil - 2 tbsp., Salt as per your taste, Chopped Coriander Leaves - 1 tsp.
		<p>Instructions</p> <p>In microwave safe glass bowl take oil, cumin seeds and cook. When beep, add all ingredients and then press the START/+30s button. Garnish chopped coriander and serve hot.</p>

Code/Food	Serving Size	Ingredients
5-10 Kadhi Pakoda	400-500 g	Ghee - 2 tbsp., Gram Flour - 3 tbsp., Curd - 200 g, Water - 300 ml, Salt, Cumin, Green Chili, Ginger, Curry Leaves as per your taste, Gram flour for Pakoda - 100 g, Red Chili powder, Turmeric, Ajwain, Salt as per your taste.
		<p>Instructions</p> <p>In bowl add curd, gram flour, turmeric, chili and water mix well keep aside.</p> <p>In bowl take gram flour and add salt, ajwain, red chili powder, little oil to it and make soft dough and make small ball form it.</p> <p>In another microwave safe glass bowl add ghee, cumin, curry leave, dough balls, green chili, ginger. Mix well and cook. When beep, add kadhi mixture to prepared ball dough and then press the START/+30s button. Serve hot with rice.</p>
5-11 Karela Masala	300-400 g	Karela (Cut small Pieces) - 8/10, Onion Grind - 2 pcs., Tomato Puree - 2 pcs., Ginger, Garlic Paste - 2 tbsp., Coriander Powder, Cumin Powder, Turmeric Powder, Red chili powder, Garam Masala, Salt as per your taste, Oil - 3 tbsp., Cream - ¼ cup, Water - ½ cup.
		<p>Instructions</p> <p>In microwave safe bowl take oil, onions and cook. When beeps, add ginger garlic paste, karela pieces and all the spices, add tomato puree, half cup water, cream with cover and then press the START/+30s button. Serve hot with rice.</p>

Code/Food	Serving Size	Ingredients
5-12 Kashmiri Aloo	300-400 g	Small peeled Potato - 8/10, Onion Grind - 2 pcs., Tomato Puree - 2 pcs., Ginger, Garlic Paste - 2 tbsp., Coriander Powder, Cumin Powder, Turmeric Powder, Red chili powder, Garam Masala, Salt as per your taste, Oil - 3 tbsp., Cream - ¼ cup, Water - ½ cup.
Instructions		In microwave safe bowl take water, prick potatoes and cook. When beep, add oil, onions, ginger-garlic paste, all other ingredients and then press the START/+30s button.
5-13 Lazeez Bhindi	400-500 g	Bhindi (Cut into pieces) - 400 g, Onion (Chopped) - 2 pcs., Tomato (Chopped) - 2 pcs., Ginger Garlic Paste - 2 tbsp., Coriander Powder, Cumin Powder, Turmeric, Red Chili Powder, Garam Masala, Salt as per your taste, Oil as required, Cream - 2 tbsp.
Instructions		In microwave safe glass bowl take oil, chopped onion, ginger garlic paste and cook. When beep, add powder masala, chopped tomato, bhindi, salt, cream and then press the START/+30s button.
5-14 Lemon Rice	400-500 g	Soaked Rice - 150 g, Mustard seeds - ½ tsp., Urad dal - ½ tsp., Grated ginger - 1 tsp., Roasted Daria - 1 tsp., Dry red chili - 2, Curry leaves - 7-8, Turmeric powder - ½ tsp., Lemon juice - 1 tsp., Oil - 2 tbsp., Salt as per your taste, Chopped coriander - 1 tbsp., Water - 350 ml.
Instructions		In microwave safe glass bowl take oil, mustard seeds, urad dal, grated ginger, roasted daria, dry red chili, curry leaves, turmeric powder, lemon juice, salt, soaked rice and cook. When beep, add water and salt, mix it well, cover it and press the START/+30s button. Garnish with chopped coriander & serve hot.

Code/Food	Serving Size	Ingredients
5-15 Mixed Masala Vegetables (South Indian Style)	400-500 g	Mix Vegetables (yam, cluster beans, white ash guard, white pumpkin, red pumpkin, raw banana, carrots) - 400 g (peeled and cut), 2" pieces fresh coconut - 1 cup, Green Chili - 2-3 pcs., Cumin - ½ tsp., Curry Leaves - 7-8 pcs., Turmeric - ¼ tsp., Curd - ¼ cup, Coconut oil - 1 tsp., Salt and Sugar as per taste.
Instructions		Make paste of coconut, green chilli and cumin with little water and keep aside. In microwave safe take all the vegetables with some water and cook. When beep, take coconut oils, curry leaves, turmeric. Mix well and press the START/+30s button. After done add curd, paste of coconut and mix well.
5-16 Mutter Paneer	400-500 g	Boiled Mutter - 100 g, Paneer - 200 g, Onions - 2 pcs. (paste), Tomato - 2 pcs. (puree), Garlic-ginger paste - 1 tsp., Oil - 2 tbsp., Red chili powder, Garam masala, Fresh Cream, Salt, Turmeric, Sugar, Kasoori methi, Coriander as per your taste, Cream - 2 tbsp.
Instructions		In microwave safe bowl add oil, onions and ginger-garlic paste and cook. When beep, add tomato puree, cream, salt, turmeric, sugar, boiled mutter, paneer, kasoori methi (except masala) and then press the START/+30s button.

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Code/Food	Serving Size	Ingredients
5-17 Palak Paneer	400-500 g	Palak Leaves (Spinach) (Boiled & Grinded) - 300 g, Onion (Chopped) - 2 pcs., Tomato (Chopped) - 2 pcs., Ginger Garlic Paste - 2 tbsp., Paneer - 150 g, Oil - 3 tbsp., Garam Masala, Coriander, Cumin Powder, Salt, Fresh Cream as per your taste.
Instructions		In microwave safe glass bowl take oil, chopped onion, ginger garlic paste and cook. When beep, add tomato and all the masala, palak paste, paneer and cream. Mix it well and then press the START/+30s button.
5-18 Potato Chaat	150-200 g	Boiled Potatoes - 2 pcs., Rock Salt - $\frac{1}{4}$ tsp., Salt - a pinch, Chaat Masala - $\frac{1}{2}$ tsp., Red Chili Powder - a pinch, Lemon Juice - 1 tbsp.
Instructions		Mix all the ingredients except lemon juice and cook in crusty plate on high rack at grill mod. Serve warm with lemon juice.
5-19 Sambhar	400-500 g	Arhar Dal/Red Gram - 100 g, Oil - 2 tbsp., Onion - 1 pc. (Chopped), Tomato - 1 pc. (Chopped), Mix vegetables (drumsticks, ghia/bottle gourd, red pumpkin, brinjal, ladies finger) - 1 cup, Mustard Seeds - 1 tsp., Asafetida - $\frac{1}{4}$ tsp., Tamarind pulp, Cumin seeds, Green chili, Sambhar masala, Salt as required.
Instructions		In microwave safe bowl dal, turmeric powder, onions, green chilies, tomatoes, mixed vegetables and add some water. Cover and cook. When beep, add oil, safetida, cumin, curry leaves, red chilies, sambhar masala, tamarind pulp, salt, water and then press the START/+30s button.

Code/Food	Serving Size	Ingredients
5-20 Khumb Ki Subzi	200-225 g	Sliced Mushroom - 1 cup, Milk - 1 tbsp., Curds - 2 tbsp., Cornflour - $\frac{1}{2}$ tsp., Cloves - 2 pcs., Cardamoms - 2 pcs., Chopped green Chillies - $\frac{1}{2}$ tsp., Chilli powder - $\frac{1}{4}$ tsp., Garam masala - $\frac{1}{4}$ tsp., Salt to taste, Oil - 1 tbsp.
Instructions		Add all in a bowl and cook.
5-21 Shahi Paneer	700 -750 g	Cottage Cheese - 100 g, Tomato Puree - 2 tbsp., Pure Ghee - 1 $\frac{1}{2}$ tbsp., Garam Masala - $\frac{1}{2}$ tsp., Green Cardamom Powder - $\frac{1}{4}$ tsp., Cumin Seeds - $\frac{1}{2}$ tsp., Salt - to taste, Tomato ketchup - 2 tbsp., Fresh Cream - 1 tsp., Dry Fenugreek leaves - $\frac{1}{4}$ tsp., Water - 6 tbsp.
Instructions		Cut cottage cheese in 1 inch cubes add all the ingredients mix well, cook and serve hot with assorted Indian bread.
5-22 Steamed Vegetables	200 g	Mix Vegetable (Cauliflower, Carrot, Capsicum Muter Corn, French beans : Cut in small pieces) - 200 g, Sugar, Peper powder, Salt as per your taste, Water - 3 cups.
Instructions		In microwave safe glass bowl take vegetables and some water. Drain water and in another bowl take cooked vegetables, sugar, paper powder, salt. Mix well and serve hot.
5-23 Stuffed Tomato	200-300 g	Tomato - 4 pcs., Onion Chopped) - 1 pc., Paneer - $\frac{1}{2}$ cup, Coriander, Cumin Powder, Salt & Sugar as per your taste, Butter - 1 tbsp.
Instructions		Cut tomatoes and scoop out the pulp to have plain tomato cups. Grate paneer then mix coriander, cumin powder and stuff the mixture with tomatoes. In microwave safe glass bowl add butter, chopped onions, tomatoes and cook.

Code/Food	Serving Size	Ingredients
5-24 Tamarind Rice	500-550 g	<p>For the Masala : Split Bengal gram - 1 ½ tsp. (roasted), Split Black Gram - 1 ½ tsp. (roasted), Coriander Seeds - 1 ½ tsp., Red Chilli - 3 to 4, Sesame Seeds - 2 tsp. (grind to fine powder)</p> <p>Other ingredients : Oil - 1 tbsp., Peanuts - ½ cup (roasted), Split Bengal Gram - ½ tsp. (roasted), Split Black gram - ½ tsp., Curry leaves - 10, Asafoetida - 1 pinch, Turmeric - ¼ tsp., Tamarind Pulp - ½ cup, Rice - 1 ½ cup, Salt - to Taste, water - 2 ½ cup.</p>
		<p>Instructions In a microwave safe glass bowl add masala, oil, rice and cook. When beep, add all other ingredients and cook again. Serve hot.</p>
5-25 Vegetable Biryani	400-500 g	Soaked Basamati Rice 200 g, Water - 400 ml, Ghee - 2 tbsp., Cloves, Cinnamon, Black pepper, Cardamom - 2 pieces, Salt & Sugar as per your taste, Mixed vegetables (cauliflower, peas, French beans & carrot : chopped) - 1 cup.
		<p>Instructions In microwave safe glass bowl add ghee, vegetables, all masalas and soaked basamati rice, mix it well and cook. When beep, add water, salt & sugar. Cover it and press the START/+30s button. Serve hot.</p>
5-26 Sukhi Moong Dal	300-400 g	Moong dal - 150 g, Onion (chopped) - 2 pcs., Water - 1 cup, Ginger garlic paste, salt, turmeric powder, Chili garam masala, coriander powder, cumin powder & pepper powder.
		<p>Instructions In microwave safe glass bowl take oil, onion and ginger-garlic paste and cook. When beep add moong dal and all other ingredients with water and press the START/+30s button.</p>

Code/Food	Serving Size	Ingredients
5-27 Stuffed Brinjals	300-350 g	Small brinjals - 250 g, chopped Onion - 1 small, ginger garlic Paste - 1 tbsp., Red chilli powder - ½ tbsp., Coriander powder - 1 tbsp., Aamchur powder - ½ tbsp., Turmeric - ½ tbsp., Garam masal - ¼ tbsp., oil - 2 tbsp., Tomato Puree - ¼ cup, salt to taste Fresh coriander - 1 tbsp.
		<p>Instructions Slit the brinjals from middle and keep aside. In a small bowl add onion, ginger garlic paste, and dry spices, mix well and stuff it in brinjals. Place the brinjals in a microwave safe glass bowl and add tomato Puree, salt to taste in puree and cook. sprinkle fresh coriander.</p>
5-28 Veggie Idli	15 to 20 pieces	Semolina - 100 g, Curd - 200 g, Capsicum - ¼ cup (fine chopped), Onion - ¼ cup (fine chopped), Tomatoes - ¼ cup (Fine chopped), Salt - to taste, Regular Eno - 1 ½ tsp., Curry Leaves - 3 to 4 pcs., Mustard Seeds - ½ tsp., Oil - for greasing, Water - for steaming.
		<p>Instructions Mix all the ingredients in a bowl, make the batter of dropping consistency. Grease the molds and fill with batter. Pour ½ cup water in rice container and place the idli stands. Cook and serve hot with coconut chutney.</p>
5-29 Aloo Tikka	400-500 g	Baby Potato (peeled) - 400 g, Curd - ½ cup, Ginger garlic paste - ½ tbsp., Coriander powder, cumin powder, red chili powder, kasoori methi, salt & oil as per your test.
		<p>Instructions Take peeled aloo, add curd, ginger garlic paste, other spices and salt. Mix them well and put in crusty plate on high rack. Sprinkle oil and cook. When beep, turn potato and press the START/+30s button. Serve hot.</p>

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Code/Food	Serving Size	Ingredients
5-30 Tofu Tikka	250 g	Tofu - 250 g, Lemon Juice - 2 tbsp., Mix herbs - 2 tsp., Orange Food colour-one pinch, Salt - to taste, Garlic paste - 1 tsp.
Instructions		Marinate Tofu with all the ingredients for half an hour and cook on greased crusty plate and place it on the high rack.
5-31 Harabbara Kabab	300-400 g	Boiled Potato (mashed) - 200 g, Mix vegetable (mashed) - 100 g, Ginger garlic paste - 1 tsp., Chili paste - 1 tsp., Salt, Garam masala, Oil and bread crump's as required.
Instructions		Mix all the ingredients and make cutlets in desired shape. Place cutlets on metal flat dish, keep this on high rack and cook. When beeps, turn the cutlets and press the START/+30s button. Serve with sauce.
5-32 Yam Kebabs	Serve 4	Yam - 1 ½ cup, Split Bengal gram - ½ cup (soaked), Ginger - 1 tsp. (chopped), Green chillies - 2 pcs. (chopped), Onion - 1 (chopped), Salt to taste, gram flour - 2 tbsp., Coriander - 2 tbsp.
Instructions		Pressure cook together yam and split bengal gram until cooked. Strain and mash in a bowl and add all the ingredients and make rolls. Place them over a greased crusty plate and place it over high rack and cook and serve hot.

Code/Food	Serving Size	Ingredients
5-33 Paneer Tikka	250-300 g	Paneer - 200 g, Marinate : Hung Curd - 4 tbsp., Ginger Garlic Paste - 1 ½ tbsp., Red Chili Powder, Garam Masala as per your taste, Lemon Juice - 1 tbsp., Edible Red Color - 1 pinch, Oil - 1 tbsp.
Instructions		Mix all the ingredients of marinate thoroughly. Add paneer pieces and keep it for 2 hrs in a refrigerator. Keep the pieces in crusty plate on high rack. Apply little oil on it and cook. When beep, turn the pieces and then press the START/+30s button. Serve hot with chutney.
5-34 Stuffed Mushroom	200-250 g	Mushroom - 150 g, White sauce - 4 tbsp., Grated cheese - 2 tbsp., Salt and pepper powder as per your taste, Butter - 2 tbsp.
Instructions		In microwave safe glass bowl add butter, mushrooms and cook. When beep, cover the mushrooms with white sauce, sprinkle cheese, salt, pepper powder and transfer it on high rack and press the START/+30s button.
5-35 Tandoori Gobhi	250-300 g	Gobhi (Cut big flowers) - 200 g, Marinate : Hung Curd - 4 tbsp., Ginger Garlic Paste - 1 ½ tbsp., Red Chili Powder, Garam Masala as per your taste, Lemon Juice - 1 tbsp., Edible Red Color - 1 pinch, Oil - 1 tbsp.
Instructions		Mix all the ingredients of marinate thoroughly. Add gobhi pieces and keep it for 2 hrs in a refrigerator. Keep the pieces in crusty plate on high rack. Apply little oil on it and cook. When beep, turn the pieces and press the START/+30s button. Serve hot with chutney.

Code/Food	Serving Size	Ingredients
5-36 Vegetable Kebab	8 Kababs	Boiled vegetables - Potato, Cauliflower, Carrot, Green peas - 0.1 kg, Water - 3 tbsp., Cornflour - 1-2 tbsp., Bread crumbs - 1 tbsp., Ginger-Garlic paste - $\frac{1}{2}$ tsp., Chili paste - $\frac{1}{2}$ tsp., Garam Masala - $\frac{1}{4}$ tsp., Lemon juice, salt, sugar as per your taste.
Instructions Mix boiled vegetables and strained bengal gram, ginger-garlic paste, red chili powder, garam masala, coriander-cumin powder, salt, bread crumbs, coriander leaves together. Apply little oil to your palms and shape as desired like tikki balls and roll over with corn flour. Cutlet rolls, brush with little oil. Keep crusty plate on high rack place kababs on it and cook. When beep, turn kababs and press the START/+30s button. Serve it with chutney and salads.		

6. Soups / Snacks (Non-Veggie)

Code/Food	Serving Size	Ingredients
6-1 Chicken Chowmein Soup	400-450 g	Noodles - 200 g, Water - 2 cups, Boiled Boneless Chicken -100 g, Soya Sauce, Chili Sauce, Vinegar, Salt & Pepper as per your taste, Oil as required.
Instructions In microwave safe glass bowl take noodles and 2 cups water and cook. When beep, drain all the water from it & keep noodles a side. In other microwave safe glass bowl take oil & boneless chicken and press the START/+30s button. After done add all ingredients with noodles mix well & serve hot.		

Code/Food	Serving Size	Ingredients
6-2 Chicken Corn Soup	450-500 g	Boneless Chicken - 100 g, Crushed Corn - 50 g, Ginger Paste - 1 tsp., Garlic Paste - 1 tsp., Salt & Pepper Powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in $\frac{1}{2}$ cup of water), Oil - 2 tbsp., Water - 300 ml.
Instructions In microwave safe glass bowl add oil, chicken in small pieces, crushed corn, ginger paste, garlic paste, corn flour paste & water, mix it well and cook. Serve hot.		
6-3 Chicken Hot & Sour Soup	350-400 g	Chicken - 100 g (cut into 2-3 pieces), Water - 4 cups, Salt as per your taste. Other. Other ingredients : Oil - 1 tbsp., Crushed garlic - $\frac{3}{4}$ tsp., Red chili paste - $\frac{1}{2}$ tsp., Chopped cabbage - 2 tbsp., Grated carrot - 2 tbsp., 1 Chicken soup cubes crushed, Sugar - 1 tsp., Pepper - $\frac{1}{4}$ tsp. Soya sauce - $\frac{1}{2}$ tsp., Tomato ketchup - 1 tbsp., White vinegar - 1 tbsp., Corn flour (dissolve $\frac{1}{4}$ cup of water) - 4 tbsp.
Instructions In microwave safe glass bowl take chicken, water, salt and cook. When beep, add all other ingredients and press the START/+30s button. Serve hot.		

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Code/Food	Serving Size	Ingredients
6-4 Chicken in Barley Soup	600-700 g	Chicken pieces - 200 g, Barley - $\frac{1}{2}$ cup, Bay leaf - 1 pc., Crushed peppercorns - 5-6 pcs., Chopped onion - 1 pc., Celery stick - 2 tbsp., Butter - 2 tbsp., Salt and pepper powder as per your taste, Corn flour - 1 tbsp. (dissolve in $\frac{1}{2}$ cup of water), Water - 6 cups, Chopped parsley - 1 tbsp. for garnish.
Instructions Soak the barley in 2 cups of water for 2 hrs. In microwave safe deep glass bowl, take barley, chicken, onion and press the START/+30s button. When beep add all other ingredients, mix it well and press the START/+30s button. Serve hot with chopped parsley.		
6-5 Chicken in Nuddle Soup	550-600 g	Noodles - 200 g, Boneless Chicken - 200 g, Water - 4 cups, Fresh red chilies - 2 pcs. (sliced), Soya sauce - 2 tbsp., Chopped onion - 1 pc., White pepper powder & salt as per your taste, Fresh basil leaves - 10-12 pcs., Chopped Coriander leaves - 2 tbsp., Chopped spring onion - 2 tbsp., Sugar as per your taste, Oil - 2 tbsp.
Instructions In microwave safe glass bowl add chicken, onion, oil, 1 cup of water and cook. When beep, add all other ingredients and press the START/+30s button. Serve hot, garnish with coriander leaves and spring onion.		

Code/Food	Serving Size	Ingredients
6-6 Chicken Mainchaw Soup	450-500 g	Boneless Chicken - 150 g, Ginger, Garlic, Green Chili - 1 tbsp. (small pieces), Salt & Pepper Powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in $\frac{1}{2}$ cup of water), Vinegar - 1 tsp., Chili sauce - $\frac{1}{2}$ tsp., Soya sauce - $\frac{1}{2}$ tbsp., Oil - 2 tbsp., Water - 350 ml.
Instructions In microwave safe glass bowl add oil, chicken in small pieces, ginger, garlic, green chili pieces, corn flour paste & chili sauce, soya sauce & vinegar, water, mix it well and cook. Serve hot.		
6-7 Chicken Shorba	300-400 g	Boneless Chicken - 100 g, Chopped Onion - 1 (medium size), Chopped Garlic - 4-5 cloves, Oil - 1 tbsp., Cumin Seeds - $\frac{1}{2}$ tsp., Water - 1 cup, Coconut Milk - 1 cup, Peppercorns - 5-6 pcs., Salt as per taste, Cream - $\frac{1}{4}$ cup, Chopped Coriander Leaves - 2 tbsp.
Instructions In microwave safe glass bowl add oil, chopped onion, garlic cloves, cumin seeds & chicken, peppercorns. Mix well and cook. When beep, add all the other ingredients, mix it well and press the START/+30s button.		
6-8 Chicken Soup	350-400 g	Boneless Chicken - 150 g, Ginger paste - 1 tsp., Garlic paste - 1 tsp., Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in $\frac{1}{2}$ cup of water), Oil - 2 tbsp., Water - 300 ml.
Instructions In microwave safe glass bowl add oil, chicken in small pieces, ginger paste, garlic paste, corn flour paste & water, mix it well and cook. Serve hot.		

Code/Food	Serving Size	Ingredients
6-9 Chicken with Mushroom & Baby Corn	400-450 g	Boneless Chicken - 225 g, Sliced Mushroom - 100 g, Diagonally sliced baby corn - 100 g, Garlic Paste - 1 tsp., Ginger Paste - 1 tsp., Oil - 2 tbsp., Soya Sauce - 1 tsp., Vinegar - 1 tsp., Salt & Pepper as per your taste, Corn Flour - 2 tbsp. (dissolve with half cup of water), Ajinomoto - $\frac{1}{4}$ tsp.
Instructions		In microwave safe glass bowl take oil, ginger paste, garlic paste, chicken and cook. When beep add mushroom, baby corn, all other ingredients, $\frac{1}{2}$ cup of water, mix it well & press the START/+30s button. Serve hot.
6-10 Crab Soup	400-450 g	Crab - 150 g, Ginger paste - 1 tsp., Garlic paste - 1 tsp., Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in $\frac{1}{2}$ cup of water), Oil - 2 tbsp., Water - 350 ml.
Instructions		In microwave safe glass bowl add oil, crab, ginger paste, garlic paste, corn flour paste & water, mix it well. Mix it well and cook. Serve hot.
6-11 Herb Chicken Soup	350-400 g	Boneless Chicken - 150 g, Chopped Celery - 1 tbsp., Chopped Parsley - 1 tbsp., Oregano - $\frac{1}{2}$ tsp., Chopped Coriander - 1 tbsp., Ginger Paste - 1 tsp., Garlic Paste - 1 tsp., Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in $\frac{1}{2}$ cup of water), Oil - 2 tbsp., Water - 300 ml.
Instructions		In microwave safe glass bowl add oil, chicken in small pieces, ginger paste, garlic paste, chopped celery, chopped parsley, oregano, chopped coriander, corn flour paste & water, mix it well and cook. Serve hot.

Code/Food	Serving Size	Ingredients
6-12 Mutton Soup	300-350 g	Boneless Mutton - 150 g, Ginger paste - 1 tsp., Garlic Paste - 1 tsp., Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in $\frac{1}{2}$ cup of water), Oil - 2 tbsp., Water - 300 ml.
Instructions		In microwave safe glass bowl add oil, mutton in small pieces, ginger paste, garlic paste, corn flour paste & water, mix it well, cook. Serve hot.
6-13 Sea Food Soup	300-350 g	Water - 200 ml, Prawns - 100 g, Ginger, Garlic, Green Chili - 1 tbsp. (small pieces), Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp. (dissolve in $\frac{1}{2}$ cup of water), Oil - 2 tbsp.
Instructions		In microwave safe glass bowl add oil, chicken in small pieces, ginger, garlic, green chili pieces, corn flour paste & water, mix it well and cook. Serve hot.
6-14 Chicken Hongkong	400-450 g	Boneless Chicken - 250 g (cut into bite size pieces), Cashew nut - 15-20 pcs., Dried broken red chilies - 6, Fresh garlic - 4-5 (chopped), Sherry - 2 tbsp., Salt & Sugar as per your taste, Oil - 2 tbsp., Ajinomoto - $\frac{1}{2}$ tsp., Cornflour - 2 tsp. (dissolve in 1 cup of water).
Instructions		In microwave safe glass bowl add oil, ginger, soya sauce, sherry, ajinomoto, salt, sugar, chicken and cook. When beep add broken dried red chili powder, garlic, corn flour, cashew nut, all other ingredients. Mix it well and press the START/+30s button.

Oven use

Code/Food	Serving Size	Ingredients
6-15 Chili Chicken	300-350 g	Boneless Chicken - 250 g, Chopped Ginger - $\frac{1}{2}$ tsp., Chopped Garlic - $\frac{1}{2}$ tsp., Vinegar - 1 tbsp., Soya sauce - 2 tbsp., Ajinomoto - $\frac{1}{2}$ tsp., Green chili - 4-5 pcs. (slit length ways), One medium capsicum : cut into thin strips, One small onion - cut into $\frac{1}{2}$ " thin strips, Onion leaves - 2-3 (cut into long strips), Sugar - 1 tsp., Salt as per your taste, Sherry - 2 tsp., Corn Flour - 2 tsp. (dissolve in $\frac{1}{2}$ of water), Oil - 2 tbsp.
Instructions		In microwave safe glass bowl mix oil, ajinomoto, ginger-garlic, chili, soya sauce & chicken and cook. When beep add all ingredients & $\frac{1}{2}$ cup of water, mix it well, cover it & press the START/+30s button. Serve hot.
6-16 Shami Kebab	8 pcs.	Chicken mince - 500 g, eggs - 2 pcs., chopped onion - 1 medium, chopped green chillies - 1 tbsp., ginger garlic paste - 1 tsp., bengal gram - 3 tbsp., red chilli powder - $\frac{1}{2}$ tsp., garam masala - $\frac{1}{2}$ tsp., ghee - 4 tbsp.
Instructions		Grind the mince into fine paste and add all the ingredients and make equal sized paties. Grease the crusty plate with ghee and place shami kebabs on it brush with ghee thoroughly. Place it on the high rack and cook. When beep, turn over and brush with ghee again and cook. Serve hot with mint chutney.

Code/Food	Serving Size	Ingredients
6-17 Ginger Chicken	300-350 g	Boneless Chicken - cut into small pieces, Soya sauce - 3 tbsp., Grated Ginger - 1 tbsp., Thinly sliced Ginger - 1 tbsp., Spring onion - 3-4 pcs. (chopped with green part), Sherry - 2 tbsp., Ajinomoto - $\frac{1}{2}$ tsp., Salt as per your taste, Pepper powder - 1 tsp., Corn Flour - 2 tsp. (dissolve in $\frac{1}{2}$ of water), Oil - 2 tbsp.
Instructions		In microwave safe glass bowl mix oil, chicken, grated ginger, sherry, spring onion & soya sauce. Mix it well & cover it & cook. When beep, add salt, pepper & sliced ginger. Mix it well add corn flour paste, $\frac{1}{4}$ cup of water, mix it well and press the START/+30s button. Serve hot.
6-18 Kheema Ball	300-350 g	Boiled Chicken Kheema - 175 g, Boiled & Mashed Potato - 3 pcs., Ginger, Garlic paste, Salt, Garam Masala, Coriander, Lemon juice as per your taste, Bengali Gram powder - 2 tbsp.
Instructions		Mix all the ingredients together. Make balls from it. Place the balls in greased microwave safe flat dish. Keep it in steamer & cook.
6-19 Lemon Chicken	400-450 g	Boneless Chicken - 300 g, Lemon juice - 3 tbsp., Salt as per your taste, Honey - 3 tsp., Pepper powder - 1 tsp., Olive Oil - 2 tbsp., Corn Flour - 2 tbsp., Corn Flour Paste - 2 tbsp. (dissolve in $\frac{1}{2}$ cup of water), Chopped Coriander leaves - 1 tbsp.
Instructions		Marinate chicken with pepper powder, salt, lemon juice & keep for one hour in refrigerator. In microwave safe bowl take olive oil, marinated chicken & mix it well, and cook. When beep, turn the chicken, add honey, corn flour paste & press the START/+30s button.

Code/Food	Serving Size	Ingredients
6-20 Mutton Cutlets	12-14 cutlets	<p>Soaked together for 10 minutes.</p> <p>1 slice stale bread broken into pieces, Milk - ½ cup, Tomato ketchup - 1 tbsp., Worcestershire sauce - 1 tbsp., Fine mutton mince - 250 g, Ginger and garlic paste - 1 tsp., Crushed browned onions - 1 tsp., Chopped coriander leaves - 1 tbsp., Finely chopped green chilli - 1, Turmeric powder - ¼ tsp., Garam masala powder - ¼ tsp., Salt- to taste, Oil - 3 tbsp.</p>
Instructions		<p>Mix all the ingredients up to salt together thoroughly using one tablespoon of the oil and keep aside for 15 minutes. Divide mixture into 6 round patties 3" x 1/4 thick (or oblong cutlets). Preheat the microwave by using Hot-blast mode at 180 °C for 5 min. Brush patties with remaining oil on either side and place patties on crusty plate and place it at high rack then bake.</p>
6-21 Galouti Kebab	16 kebabs	<p>Mutton mince - ½ kg, Ginger paste - 2 tbsp., Garlic paste - 2 tbsp., Split bengal gram flour - ½ cup, Butter - 2 tbsp., Raw papaya paste - 2 tbsp., Chilli powder - 1 tsp., Cardamom powder - 1 tsp., Mace powder - ½ tsp., Butter for greasing - 2 tbsp., Salt - to taste.</p>
Instructions		<p>Pressure cook mince and split bengal gram. Add except oil, blend in blender and mince well. Divide the mixture in 16 equal portions and shape into flat kebabs. Grease the crusty plate with thick butter and place the kebabs over it and grease the kebabs with butter grill. Place the crusty plate over high rack and grill. When beep, turn over and brush with butter and cook again.</p>

Code/Food	Serving Size	Ingredients
6-22 Schezwan Chicken	500-550 g	<p>Boneless Chicken - 400 g, Grind red chili - 10 pcs., Oil - 3 tbsp., Garlic paste - 1 tbsp., Garlic finely - 1 tbsp. (chopped), Tomato sauce - 4 tbsp., Vinegar - 1 tbsp., Red Chili Sauce - 2 tbsp., Soya Sauce - 1½ tbsp., Salt & Sugar as per your taste, Corn flour - 1 tbsp., Ajinomoto - ¼ tsp., Orange color - 1 pinch.</p>
Instructions		<p>In microwave safe glass bowl add oil, chopped garlic, grind red chili and cook. When beep add garlic paste & all other ingredients. Mix it well & press the START/+30s button.</p>
6-23 Seekh Kebab	500 g	<p>Chicken mince (Keema) - 500 g, Garam masala - ¾ tsp., Garlic (Lasun) paste - 1 tsp., Ginger (Adrak) paste - 1 tsp., Cashewnut (Kaju) - 2 tbsp., thick Cream (Malai)- 2 tsp., Onion (Pyaj) - 2, Carom seeds / thyme (Ajwain)- 2 tsp., Dried mango powder (Amchoor) - 2 tsp., Rock salt (Kala Namak) - 2 tbsp., Cumin seed (Jeera)- 3 tbsp., Dry ginger (Sauth) - 1 tbsp, Black pepper (Kali Mirch) - 1 tsp., Nutmeg powder (Jaiphal)- ½ tsp.</p>
Instructions		<p>Wash the keema and put in a strainer and gently press to squeeze out all the water. Mix all the ingredients to the keema and knead well. Keep aside for 1 hour. Take a big ball of the keema mixture and hold a skewer carefully. Press the mince on to a skewer. Repeat with left over mince on all the other skewers. Place the skewers in the greased crusty plate on high rack and cook. When cooked, gently remove the kebabs from the skewers with the help of a napkin. To serve sprinkle some chaat masala and lemon juice on the kababs.</p>

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Code/Food	Serving Size	Ingredients
6-24 Sweet & Sour Chicken	500 g	Boneless Chicken - 500 g, Honey - ¼ cup, chilli flakes - 1 tbsp., soya sauce - 3 tbsp., salt to taste, pepper powder - ½ tsp., vinegar - 2 tbsp., oil - 3 tbsp., ginger paste - ½ tsp.
Instructions		
In a bowl marinate chicken with all the ingredients and refrigerate for 1 hour. Grease a crusty plate with oil and put marinated chicken, brush thoroughly with oil, place on high rack and cook.		
6-25 Tangri Kebab	350-400 g	Chicken - 2 large leg pieces, Hung curd - ½ cup, Lemon - 1 tbsp., Garam masala powder - 1 tsp., Red chili powder - 1 tsp., Salt- to taste, Ginger garlic paste - 1 tbsp., Edible orange color- A few drops, Oil - 2 tbsp.
Instructions		
Clean and wash the chicken pieces and make random slits on them. Damp with kitchen towel to remove extra water. Mix all the ingredients except salt together. Rub and wrap chicken pieces in it and keep aside for an hour. Now mix in the salt. Cook the chicken on greased crusty plate with high rack and pour few drops of oil over it, cook. Sprinkle lemon juice and chat masala and serve with onion rings.		

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

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

Code/Food	Serving Size	Ingredients
7-1 Badami Tangri	550-600 g	<p>Drumsticks - 5 (500 g chicken legs).</p> <p>First marinade : Lemon juice - 2 tbsp., Oil - 1 tbsp., Salt - $\frac{1}{2}$ tsp., Red chili powder - $\frac{1}{2}$ tsp.</p> <p>Second Marinade : Yogurt - $\frac{1}{2}$ cup, Oil - 2 tbsp., Gingergarlic paste - 2 tbsp., Almonds ground to powder - 8-10 pcs., Thick cream - $\frac{1}{4}$ cup, Corn flour - 1 tbsp., Salt - $\frac{3}{4}$ tsp., Chopped coriander - 2 tbsp., Dry fenugreek leaves - 2 tsp.</p> <p>Instructions In microwave safe glass bowl take drum stick & add 1st marinade material, mix it well & keep it in refrigerator for 1 hr. After 1 hr. take 2nd marinade & keep it in refrigerator for 1 hr. Arrange drum stick in crusty plate. Apply little oil & place it on high rack and cook. When beep, turn it and press the START/+30s button. Serve hot.</p>
7-2 Bengali Fish Curry	400-450 g	<p>Fish - 300 g (cut into $1\frac{1}{2}$" flat pieces), Lemon juice - 1 tbsp., Salt - $\frac{1}{2}$ tsp., Turmeric - $\frac{1}{2}$ tsp., Oil - 4 tbsp., Chili powder - $\frac{1}{4}$ tsp., Chopped coriander - 1 tsp., Water - 1 cup.</p> <p>Mustard paste (grind) : Yellow mustard - 4 tsp., Dry red chilies deseed - 2 pcs., Finely chopped onion - 1, Salt - $\frac{1}{4}$ tsp., Water to grind - 2-3 tbsp.</p> <p>Instructions In microwave safe glass bowl take oil, fish, lemon juice, chili powder, turmeric powder, salt and cook. When beep, add mustard paste, one cup of water. Mix it well and press the START/+30s button. Serve hot with rice.</p>

Code/Food	Serving Size	Ingredients
7-3 Butter Keema	700-800 g	<p>Keema - 500 g, Lemon juice - 1 tsp., Kashmiri red chilli powder - 1 tsp., Salt to taste.</p> <p>For marination : Yogurt - 1 cup, Salt to taste, Ginger paste - 2 tbsp., Garlic paste - 2 tbsp., Lemon juice - 2 tbsp., Garam masala powder - 1 tsp., Mustard oil - 2 tbsp.</p> <p>For gravy Green chillies - 2, Dried fenugreek leaves - $\frac{1}{2}$ tsp., Butter - 2-3 tbsp., Bay leaves - 2 pcs., Pepper corns - 10, Cinnamon - 2" stick, Green cardomums - 5 cloves, Ginger paste - 1 tsp., Garlic paste - 1 tbsp., Tomato puree - 2 cups, Red chili powder - 1 tbsp., Garam masala powder - $\frac{1}{2}$ tsp., Salt to taste, Honey - 2 tbsp., Fresh cream - $\frac{1}{2}$ cup.</p> <p>Instructions Marinate kheema with all marination ingredients and take it in refrigerator for 1 hr. In microwave safe glass bowl add marinated kheema, gravy mixture, red chili powder, salt and cook. When beep add lemon juice, $\frac{1}{2}$ cup of water, mix it well and press the START/+30s button. Serve hot.</p>

Oven use

Code/Food	Serving Size	Ingredients
7-4 Chettinad Prawn Curry	500 g	<p>For the Chettinad Masala : Grated Coconut - $\frac{1}{2}$ cup, Coriander Seeds - $\frac{1}{2}$ tsp., Red Chilli - 1 pc., Cardamom - 3 pcs., Fennel Seeds - 1 tsp., Cloves - 1 pc., Cinnamon - 25 mm stick, Oil - 1 tbsp.</p> <p>Other Ingredients : Poppy Seeds - 1 tbsp., Broken Cashew nuts - 2 tbsp., Ginger - 25 mm piece, Garlic - 6 cloves, Oil - 3 tbsp., Chopped Onion - $\frac{1}{2}$ cup, Tomatoes Puree - 5 tbsp., Turmeric Powder - $\frac{1}{2}$ tsp., Chilli Powder - $\frac{1}{2}$ tsp., Curry leaves - 5, Prawn - 350 g, Coconut milk - $\frac{1}{2}$ cup.</p>
		<p>Instructions For Chettinad Masala Sauté all the ingredients till you get the pleasant aroma. Keep aside. Grind into a smooth paste. In a bowl add all the ingredients and Chettinad Masala. Cook and serve hot.</p>

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

Code/Food	Serving Size	Ingredients
7-8 Dum Chicken Kali Mirch	600-650 g	<p>Chicken - 400 g (cut into 8 pieces).</p> <p>Marinade : Thick yogurt - ½ cup, Almonds - 8-10 pcs. (ground to powder), Ginger-garlic paste - 1 tbsp., Oil - 1 tbsp., Red chili powder - ½ tsp., Salt - ¾ tsp., Garama masala powder - ½ tsp.</p> <p>Other ingredients : Oil - 3 tbsp., Peppercorns - ½ tsp., Onion paste - 2 pcs., Coriander powder - 1 tsp.</p>
Instructions		In microwave safe glass bowl take oil, chicken & marinated ingredients. Mix it well & keep it in refrigerator for 1 hr. and cook. When beep, mix it well and press the START/+30s button. Serve hot.
7-9 Keema Curry	350-400 g	Minced meat - 250 g, Roasted cloves - 5 pcs., Roasted cardamoms - 2 pcs. (crushed), Roasted bay leaf - 1 pc., Oil - 4 tsp., Garlic paste - 1 tsp., Fried onion paste - 1 pc. (finely sliced), Tomatoes - 2 (pureed), Fennel powder - 1 ½ tsp., Chilli powder - 1 tsp., Water - 1 ½ cup, Salt- to taste.
Instructions		In a microwave safe glass bowl add all the ingredients. Cover with cling foil and make holes to release steam then cook.
7-10 Keema Pulav	350-400 g	Keema - 200 g, Basmati Rice - 1 cup, Ghee - 4 tbsp., Cloves - 5 laung, Green cardamoms (broken) - 4 pcs., Ginger paste - 1 tbsp., Cinnamon - 1" piece, Bay leaf - 1 pc., Onion - 1 pc. (sliced thinly), Red chili powder - 1 tsp., Salt - 1 tsp., Garam masala - 1 tsp.
Instructions		In microwave safe glass bowl mix ghee, laung, dalchini, bay leaf, cardmoms, rice, onion and cook. When beep, add keema, rice, water, mix it well and press the START/+30s button. Serve hot.

Code/Food	Serving Size	Ingredients
7-11 Kheema Kofta	450-500 g	<p>Keema - 250 g, Ginger-garlic paste - 1 tsp., Green chilies - 2 (chopped), Garam masala - ½ tsp., Salt - ¾ tsp., Bread-crumbs - ½ cup, Fresh coriander leaves - 2 tbsp. (chopped).</p> <p>For Creamy tomato sauce : Tomato puree - 1 cup, Chopped ginger - 1 tbsp., Salt - ¾ tsp., Red chili powder - ¾ tsp., Cumin powder - 1 tsp., Cream - ½ cup, Orange red colour - 1 pinch.</p>
Instructions		In microwave safe glass bowl take kheema, ginger-garlic paste, garam masala, chopped green chilies, salt, make a kofta and cook. When beep, add creamy tomato sauce material, kofta and press the START/+30s button. Serve hot with coriander leaves.
7-12 Mahi Fish Tikka	650-700 g	<p>Surmai - 500 g (cut into pieces), Gram flour - 3 tbsp., Lemon juice - 1 tbsp.</p> <p>First marinade : Vinegar or lemon juice - 2 tbsp., Red chili powder - ½ tsp., Salt - ¼ tsp.</p> <p>Second marinade : Yogurt - ½ cup, Carom seeds - ½ tsp., Ginger-garlic paste - 2 tsp., Garam masala - ½ tsp., Salt - 1 tsp., Pepper - ½ tsp., Corn flour - 1 tbsp.</p>
Instructions		In microwave safe glass bowl take fish & add 1st marinade material, mix it well & keep it in refrigerator for 1 hr. After 1 hr. take 2nd marinade & keep it in refrigerator for 1 hr. Roll out in gram flour. Arrange fish in crusty plate. Apply little oil and place it on high rack and cook. When beep, turn it and press the START/+30s button. Serve hot.

Oven use

Code/Food	Serving Size	Ingredients
7-13 Mutton & Mushroom in Hot Tomato Sauce	700-750 g	Boneless Mutton - 500 g, Chopped mushrooms - 10-12 pcs., Chopped spring onions - 3-4 pcs., Chopped garlic - 5 cloves, Red chili (crushed) - 1 tbsp., Pepper corns - 5-6 pcs., Chopped tomato - 1 large size, Butter - 2 tbsp., Salt to taste, Tomato - $\frac{3}{4}$ cup, Honey - 2 tsp., Dried oregano - $\frac{1}{4}$ tsp.
		<p>Instructions</p> <p>In microwave safe add butter, mutton, 1 cup of water and cook. When beep, add all other ingredients and press the START/+30s button. Serve hot.</p>

Code/Food	Serving Size	Ingredients
7-15 Mutton Jalfraizee	400-450 g	Lamb steaks - 500 g, Tomato puree - 1 cup, Brown Onion paste - $\frac{1}{2}$ cup, Chillies - 4 pcs., Curry powder - 1 tsp., Chilly powder - $\frac{1}{2}$ tsp., Garlic flakes - 5 pcs., Ginger - 2 inch, Chopped coriander leaves - 2 tbsp., Garam masala (hot spice mix)- $\frac{1}{2}$ tsp., Cumin seeds - $\frac{1}{2}$ tbsp., Cardamoms seeds only - 3, Green pepper - 1, Oil - 3 tbsp., Salt- to taste, Water - $\frac{1}{2}$ cup.
		<p>Instructions</p> <p>Take a small bowl and add the curry powder and chilli powder and a little water and make a paste. In a microwave safe glass bowl add all the ingredients and mix well. Preheat the microwave at 160 °C for 5 min. Cover the bowl with silver foil properly and place the bowl at low rack then cook.</p>
7-16 Mutton Kurma	800-850 g	Boneless Mutton - 600 g, Cashewnuts - $\frac{1}{2}$, chopped Green chillies - 2-3 pcs., Fresh coriander leaves - 1 few sprigs, Yogurt - 1 cup, Gingergarlic paste - 2 tsp., Red chili powder - 1 tsp., Coriander powder - 2 tsp., Salt to taste, Oil - 2 tbsp., Bay leaf - 1 pc., Cloves - 4-5 pcs., Green cardamom - 4-5, Green cardamoms - 4-5, Garam masala powder - 1 tsp., White pepper powder - $\frac{1}{4}$ tsp., Fresh cream - $\frac{1}{2}$ cup.
		<p>Instructions</p> <p>In microwave safe glass bowl add oil, boneless mutton, green chili, cloves, green cardamom, garama masala, white pepper powder, ginger-garlic paste, 1 cup of water and cook. When beep, add all other ingredients, mix it well and press the START/+30s button.</p>

Code/Food	Serving Size	Ingredients
7-17 Mutton Malai	650-700 g	<p>Keema - 500 g, Ginger paste - 1 tbsp., Green chilies finely - 3-4 pcs. (chopped), Garam masala - 1 tsp., Bread slices - 3 pcs., Egg - 1 pc., Salt - 1½ tsp., Fresh coriander leaves - ¼ cup (chopped), coriander-for garnishing.</p> <p>For tomato sauce : tomatoes - 5 pcs., Ginger - 2 ½", Salt - 1 tsp., Red chili powder - 1 tsp., Cumin powder - 1 tsp., Cream - 1 cup, Orange red colour - 1 pinch.</p>
		<p>Instructions Mix tomato sauce, cream & orange colour and keep aside. To make koftas, soak bread in water, squeeze and crumble. Mix all ingredients of kofta with bread and make into balls and cook. When beep, put koftas in sauce mixture and press the START/+30s button.</p>

Code/Food	Serving Size	Ingredients
7-19 Mutton Mirchi	800-900 g	<p>Boneless Mutton - 600 g, Cashewnuts - ½ cup, Green chillies - 2-3 pcs., Fresh coriander leaves - 1 few springs, Yogurt - 1 cup, Ginger-garlic paste - 2 tsp.s, Red chili powder - 1 tsp., Coriander powder - 2 tsp., Salt to taste, Oil - 2 tbsp., Bay leaf - 1 pc., Cloves - 4-5 pcs., Green cardamoms - 4-5 pcs., Garam masala powder - 1 tsp., White pepper powder - ¼ tsp., Fresh cream - ½ cup.</p>
		<p>Instructions Make a paste of green chili, coriander and spring onion. In microwave safe glass bowl add oil, boneless mutton, green paste, ½ cup of water and cook. When beep, add all other ingredients and press the START/+30s button.</p>

7-20 Mutton Tetrazini	500-550 g	<p>Mutton - 250 g, Spaghetti - 100 g, Oil - 2 tbsp., Green capsicum - 1 small sized, Red capsicum - 1 small sized, Yellow capsicum - 1 small sized, Mushrooms - 4-5 pcs., Onion - 1 pc. large sized, Garlic - 5-6 cloves, Basil Leaves - 5-6 pcs., Tomatoes - 4 pcs. medium size, Olive oil - 4 tbsp., Pepper powder - ½ tsp., Salt to taste, Grated Cheese - ½ cup.</p>
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		<p>Instructions In microwave safe bowl mix oil, salt, mutton, 1 cup of water, cover it and cook. When beep, add chopped capsicum, mushroom, onion, garlic, basil, tomato, pepper powder, salt, grated cheese and press the START/+30s button. Serve hot.</p>
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Oven use

Code/Food	Serving Size	Ingredients
7-21 Prawns in Thai Red Curry Sauce	350 g	<p>Prawns - 250 g, Oil - 2 tbsp., Lemon - 1 tsp., Soy sauce - 1 tsp., Grind coconut - 1 cup, Fresh basil leaves - 6-8 pcs.</p> <p>For red curry paste :</p> <p>Onion - 1 medium size, Garlic - 4 cloves, Red chillies whole - 8-10 pcs., Lemon grass stalk - 4" piece, Coriander seeds - 2 tsp., Cumin seeds - 1 tsp., Pepper corns - 6, Salt to taste.</p>
Instructions		<p>In microwave safe glass bowl take oil, ginger garlic, prawns, basil leaves and cook. When beep, add coconut, red curry paste. Mix it well and press the START/+30s button. Serve hot.</p>
7-22 Schezwan Prawns	450-500 g	<p>Prawns - 200 g, Red chili paste - 2 tbsp., Tomato sauce - 4 tbsp., Soya sauce - 1 tbsp., Ajinomoto - ¼ tsp., Sugar - 2 tsp., Salt as per your taste, Water - 1 cup, Oil - 2 tbsp., Pepper powder - ¼ tsp., 1" ginger chopped, Garlic - 5-6 pcs. (chopped), Green chili - 1 tsp., Spring onion - 2 tbsp. (chopped), Water - ½ cup, Corn flour - 2 tbsp. (dissolve in 1 cup water), Vinegar - 1 tbsp.</p>
Instructions		<p>In microwave safe glass bowl take prawns, ginger, garlic, green chili, water and cook. When beep, add all other ingredients. Mix it well and press the START/+30s button.</p>

Code/Food	Serving Size	Ingredients
7-23 Chicken Kheema Cutlet	350-400 g	Boiled Kheema - 250 g, Boiled potato - 2 pcs., Bread crumbs - 1 cup, Oil - 2 tbsp., Red chili powder - 1 tsp., Turmeric powder - 1 tsp., Ginger-garlic paste - 1 tsp., Salt as per your taste, Garam Masala - 1 tsp., Coriander leaves - 2 tbsp.
Instructions		<p>In bowl take chicken kheema, all other ingredients except oil & mix well. Make cutlets. Put them on a crusty plate, put some oil around the cutlets. Keep this on high rack and cook. When beep, turn them over and press the START/+30s button. Garnish with coriander leaves. Serve hot.</p>
7-24 Chicken Malai Kabab	400-450 g	Boneless chicken - 300 g, Garlic paste - 1 tsp., Anissed powder - 1 tsp., Dry mango powder - 1 tsp., Red chili powder - 1 tsp., Cream - 4 tbsp., Oil - 2 tbsp., Salt as per your taste, Coriander leaves - 1 tbsp.
Instructions		<p>Place chicken in a bowl. Add all the ingredients & mix well. Let it marinate for 2 hrs. at refrigerator. Place kabab on a crusty plate with high rack and cook. When beep, turn them over and press the START/+30s button. Garnish with coriander leaves. Serve hot.</p>

Code/Food	Serving Size	Ingredients
7-25 Chicken Tikka	400-450 g	Boneless chicken - 400 g, Thick yogurt - ½ cup, Chat Masala - 1 tsp., Ginger-garlic paste - each 1 tsp., Orange red colour - 1 pinch, Oil - 2 tbsp., Semolina - 2 tbsp., Red chili powder - 1 tsp., Salt as per your taste, Coriander leaves - 2 tbsp.
Instructions		
Marinate chicken with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well & keep it in refrigerator for ½ hr. Roll it in semolina. Put on crusty plate with high rack and cook. When beep, turn them over and press the START/+30s button. Garnish with coriander leaves. Serve hot.		

Code/Food	Serving Size	Ingredients
7-27 Fish Cutlet	350-400 g	Fish fillet - 250 g, Boiled potato - 2 pcs., Bread crumbs - 1 cup, Oil - 2 tbsp., Red chili powder - 1 tsp., Turmeric powder - 1 tsp., Ginger-garlic paste - 1 tsp., Salt as per your taste, Garam Masala - 1 tsp., Coriander leaves - 2 tbsp.
Instructions		
In bowl take fish fillet, all other ingredients except oil and mix well. Make cutlets. Put them on a crusty plate, put some oil around the cutlets. Put this on high rack and cook. When beep, turn them over and press the START/+30s button. Garnish with coriander leaves. Serve hot.		
7-28 Fish Malai Kabab	400-450 g	Fish fillet - 300 g, Garlic paste - 1 tsp., Anised powder - 1 tsp., Dry mango powder - 1 tsp., Red chili powder - 1 tsp., Cream - 4 tbsp., Oil - 2 tbsp., Salt as per your taste, Coriander leaves - 1 tbsp.
Instructions		
Place fish in a bowl. Add all the ingredients & mix well. Let it marinate for 2 hrs. at refrigerator. Place kabab on a crusty plate on high rack and cook. When beep, turn them over and press the START/+30s button. Garnish with coriander leaves. Serve hot.		
7-29 Fish Tikka	500 g	Fish (pomfert) - 400 g, Thick yogurt - ½ cup, Chat Masala - 1 tsp., Ginger-garlic paste - each 1 tsp., Orange red colour - 1 pinch, Oil - 2 tbsp., Semolina - 2 tbsp., Red chili powder - 1 tsp., Salt as per your taste, Coriander leaves - 2 tbsp.
Instructions		
Marinate fish slice with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well & keep it in refrigerator for ½ hr. Roll it in semolina. Put them on crusty plate with high rack and cook. When beep, turn them over and press the START/+30s button. Garnish with coriander leaves. Serve hot.		

Oven use

Code/Food	Serving Size	Ingredients
7-30 Fish Tikka Achari	450-500 g	Surmai fillets - 300 g (cut into 2" pieces), Lemon juice - 2 tbsp., Ginger-garlic paste - 1 tsp. each, Turmeric powder - ½ tsp., Kashmiri red chili powder - 2 tsp., Mustard seed powder - 1 tsp., Onion seeds powder - 1 tsp., Fenugreek seed powder - ½ tsp., Black salt - ½ tsp., Mustard oil - 2 tbsp., Yogurt whisked - 1 cup, Butter - 2 tbsp.
Instructions Place the fish in a bowl, add salt, lemon juice, ginger-garlic paste, turmeric powder, chili powder, mustard seed powder, fenugreek seed powder, onion seed powder, mix it well & take it refrigerator for 2 hrs. Arrange the fish pieces and brush the oil on crusty plate, put it on high rack and cook. When beep, turn the pieces, apply little oil and press the START/+30s button. Serve hot.		
7-31 Goanese Fish Kabab	400-500 g	Surmai (Goanese fish) - 300 g (cut into pieces), Tamarind juice - 2 tbsp., Red chili powder - 1 tsp., Turmeric powder - ½ tsp., Cumin powder - ½ tsp., Coconut oil - 1 tbsp., Rice flour - 1 tbsp., Chopped peppercorn - 1 tsp., Salt as per your taste, Coriander leaves - 1 tbsp.
Instructions Place fish in a bowl. Add all the ingredients & mix well. Let it marinate for 1 hr. at refrigerator. Place kabab on a crusty plate on high rack and cook. When beep, turn them over and press the START/+30s button. Garnish with coriander leaves. Serve hot.		

Code/Food	Serving Size	Ingredients
7-32 Green Masala Pomfert	400 g	Fish (pomfert) - 400 g, Ginger-garlic paste - 1 tsp. each. Oil - 2 tbsp., Semolina - 2 tbsp., Salt as per your taste, Coriander leaves - 2 tbsp. For green paste : Fresh coconut - 1 cup, Coriander leaves - 4 tbsp., Green chili - 2-3, Cumin seeds - 1 tsp., Garlic - 10-12 cloves, Lemon juice - 1 tbsp., Salt & Sugar as per your taste, Make a fine paste of it.
Instructions Make the slice of the fish. Apply the green paste all over the fish. Roll out fish in semolina. Put on crusty plate with high rack and cook. When beep, turn them over and press the START/+30s button. Garnish with coriander leaves. Serve hot.		
7-33 Kheema Cutlet	350-400 g	Boiled Kheema - 250 g, Boiled potato - 2 pcs., Bread crumbs - 1 cup, Oil - 2 tbsp., Red chili powder - 1 tsp., Turmeric powder - 1 tsp., Ginger-garlic paste - 1 tsp., Salt as per your taste, Garam Masala - 1 tsp., Coriander leaves - 2 tbsp.
Instructions In bowl take kheema & all other ingredients except oil & mix well. Make cutlets. Put them on a crusty plate, add some oil around the cutlets. Put them on high rack and cook. When beep, turn them over and press the START/+30s button. Garnish with coriander leaves. Serve hot.		

Code/Food	Serving Size	Ingredients
7-34 Mutton Tikka	400-450 g	Mutton (cut into pieces) - 400 g, Thick yogurt - $\frac{1}{2}$ cup, Chat Masala - 1 tsp., Ginger-garlic paste - 1 tsp. each, Orange red colour - 1 pinch, Oil - 2 tbsp., Semolina - 2 tbsp., Red chili powder - 1 tsp., Salt as per your taste, Coriander leaves - 2 tbsp.
Instructions		
Marinate mutton with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well & keep it in refrigerator for $\frac{1}{2}$ hr. Roll it in semolina. Keep on crusty plate on high rack and cook. When beep, turn them over and press the START/+30s button. Garnish with coriander leaves. Serve hot.		
7-35 Saucy Kabab	500-550 g	Boiled Kheema - 500 g, Ginger-garlic-green chili paste - 1 tsp. each, Chopped onion - 1 pc., Red chili powder - 1 tsp., Cumin powder - $\frac{1}{2}$ tsp., Garam Masala - 1 tsp., Salt as per your taste, Corn flour - 2 tbsp. For sauce : Mix vinegar - 1 tsp., Soya sauce - 1 tsp., Tomato sauce - 2 tbsp., Chili sauce - 1 tbsp.
Instructions		
Mix kheema, all other ingredients and shape into kabab as you wish. Apply little oil, place this on high rack and cook. When beep, turn them over and press the START/+30s button. Coat kabab with sauce. Serve hot.		

Code/Food	Serving Size	Ingredients
7-36 Sesame Chicken	400-500 g	Boneless chicken - 400 g (cut into pieces), Dry mango powder - 1 tsp., Red chili powder - 1 tsp., Turmeric powder - $\frac{1}{2}$ tsp., Garam Masala - 1 tsp., Ginger-garlic paste - 1 tsp. each, Coconut oil - 2 tbsp., Rice flour - 1 tbsp., Salt as per your taste, Sesame seeds - 4-5 pcs., Coriander leaves - 1 tbsp.
Instructions		
In a bowl add chicken, all the other ingredients except sesame seeds and mix well, let marinate for 2 hrs. at room temperature. Lift one piece at a time, roll in sesame seed so that it is fully covered. Place fish on a crusty plate on high rack and cook. When beep, turn them over and press the START/+30s button. Garnish with coriander leaves. Serve hot.		
7-37 Sesame Fish (Goanese Recipe)	400-500 g	Surmai (Goanese fish) - 400 g (cut into pieces), Dry mango powder - 1 tsp., Red chili powder - 1 tsp., Turmeric powder - $\frac{1}{2}$ tsp., Garam Masala - 1 tsp., Ginger-garlic paste - each 1 tsp., Coconut oil - 2 tbsp., Rice flour - 1 tbsp., Salt as per your taste, Sesame seeds - 4-5 pcs., Coriander leaves - 1 tbsp.
Instructions		
In a bowl add fish & all the other ingredients except sesame seeds & mix well & let marinate for 2 hrs. at room temperature. Lift one piece at a time & roll in sesame seed so that it is fully covered. Place fish on a crusty plate on high rack and cook. When beep, turn them over and press the START/+30s button. Garnish with coriander leaves. Serve hot.		

Oven use

8. Indian Special Chicken Dishes (Non-Veggie)

Code/Food	Serving Size	Ingredients
8-1 Butter Chicken	500-550 g	Boneless Chicken - 400 g, Lemon juice - 1 tbsp., Kashmiri red chili powder - 1 tsp., Salt & sugar - as per your taste, Butter - 4 tbsp., Ginger-garlic paste - 2 tbsp., Garam Masala - 1 tsp., Yogurt - ½ cup, Dried fenugreek leaves - 1 tsp., Mustard oil - 2 tsp., fried onion paste - 1 cup, Tomato puree - ½ cup, Chopped coriander - 1 tbsp., Fresh cream - ½ cup & orange-red color - 1 pinch.
		<p>Instructions</p> <p>Marinate chicken with yogurt, oil, lemon juice, ginger garlic paste & place it in refrigerator for 1 hr. In microwave safe glass bowl add butter, onion paste, chicken & cook. When Beep, add all other ingredients, mix it well & cover it & press the START/+30s button. Garnish with chopped coriander.</p>
8-2 Chicken Chettinad	700-800 g	Chicken - 500 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp., Tomato puree - ½ cup, Red chili powder - ½ tsp., Chopped onion - 2 pcs., Coconut Oil - 3 tbsp., Curry leaves -10-12 pcs., Freshly Crushed pepper - 2 tsp., Chopped Coriander powder - 1 tsp., Garam masala - 1 tsp., Water - 2 cups, Yogurt - ½ cup.
		<p>Instructions</p> <p>Marinate chicken with yogurt, ginger-garlic paste, pepper corns, salt and keep in refrigerator for 1 hr. In microwave safe glass bowl add coconut oil, chopped onion, garam masala and marinated chicken. Mix well and cook. When beep, add all other ingredients mix it well and press the START/+30s button. Garnish with coriander leaves. Serve hot.</p>

Code/Food	Serving Size	Ingredients
8-3 Chicken Dil Bahar	600-700 g	Chicken - 500 g (cut into pieces of your choice), Chopped onion - 2 pcs., Garlic paste - 1 tsp., Oil - 4 tbsp., Chopped green chili - 2-3 pcs., Chopped Almond paste - 2 tbsp., Garam Masala - 1 tsp., Milk - 1 cup, Chopped coriander - 1 tbsp., Water - ½ cup, Salt as per your taste.
		<p>Instructions</p> <p>In microwave safe glass take oil, onion, garlic paste, green chili, chicken. Mix it well and cook. When beep, add all other ingredients ½ cup of water, cover it and press the START/+30s button. Garnish with coriander leaves.</p>
8-4 Chicken Jafrani	600-700 g	Chicken - 500 g (cut into long pieces), Yogurt - ½ cup, Lemon juice - 2 tbsp., Cream - ½ cup, Salt as per your taste, Garam Masala - 1 tsp., Coriander powder - 1 tsp., Cumin powder - 1 tsp., Saffron - ¼ tsp., Chopped coriander - 1 tsp. for garnish.
		<p>Instructions</p> <p>Beat well yogurt, cream & lemon juice & add all other ingredients. Marinate chicken & put it in refrigerator for 2 hrs. In microwave safe glass bowl add marinated chicken, cover it and cook.</p>

Code/Food	Serving Size	Ingredients
8-5 Chicken Jalfreji	500-600 g	Chicken - 500 g (medium size pieces), Onion - 1 pc. (chopped), Garlic - 4-5 flakes, Tomato Puree - 4 pcs., Grated Ginger - 1 tsp., Garam Masala - 1 tsp., Cumin Powder - 1 tsp., Red Chili Powder - 1 tsp., Lemon Juice - ½ tsp., Turmeric powder - 1 tsp., Oil - 3 tbsp., Capsicum - 1 pc., Cream - 1 cup.
Instructions		
In microwave safe glass bowl add oil, onion, ginger, garlic, haldi, chicken and cook. When beep, add capsicum & all other ingredients, all spices & lemon juice except cream. Mix well and press the START/+30s button. After done add cream, mix it well & serve hot.		
8-6 Chicken Korma	500-550 g	Chicken - 450 g, Cashew nut powder - 2 tbsp., Ginger-garlic & green chili paste - 2 tbsp., Yogurt - ½ cup, Red chili powder - 1 tsp., Coriander powder - 2 tsp., Oil - 3 tbsp., Salt - as per your taste, Fresh cream - ½ cup, Garam Masala Powder - 1 tsp., Turmeric powder - 1 tsp., Chopped Coriander leaves.
Instructions		
Beat yogurt with ginger-garlic & green chili paste, red chili powder, coriander powder & salt. Marinate chicken in this mixture for one hour. Take it in refrigerator. In microwave safe glass bowl take oil, marinated chicken & cook. When beep, mix cashew nut paste, garam masala powder and press the START/+30s button. Mix it well & serve hot. Garnish it with chopped coriander leaves.		

Code/Food	Serving Size	Ingredients
8-7 Chicken Makhani	600-700 g	Chicken - 600 g (cut into pieces of your choice), brown onion paste - ¼ cup, Ginger paste - 1 tsp., Garlic paste - 1 tsp., Tomato puree - ½ cup, Garam Masala - 1 tsp., Coriander powder - 1 tsp., Cumin powder - 1 tsp., Chili powder - 1 tsp., Turmeric powder - 1 tsp., Dried Fenugreek leaves - 1 tsp., Cashew nut powder - 4 tbsp., Cream - ½ cup, Oil - 4 tbsp., Orange-red colour - 1 pinch, Chopped coriander leaves.
Instructions		
In microwave safe glass bowl take oil, ginger-garlic paste, onion paste, turmeric, chili powder, chicken and cook. When beep, add all other ingredients, 1 cup of water. Cover it and press the START/+30s button. Garnish with coriander leaves.		
8-8 Chicken Masala	500-600 g	Chicken - 400 g (cut into pieces of your choice), Chopped onion - 3 pcs., Chopped tomato - 3 pcs., Ginger-garlic paste - each 1 tsp., Turmeric, Red chili powder - each 1 tsp., Garam Masala - 1 tsp., Oil - 2 tbsp., Salt as per your taste, Chopped coriander, Water - 1 cup.
Instructions		
In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder, turmeric powder and cook. When beep, add 1 cup water, all other ingredients, mix it well and press the START/+30s button. Garnish with coriander leaves & serve hot.		

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Code/Food	Serving Size	Ingredients
8-9 Chicken Mushroom with Tomato	500-600 g	Boneless Chicken - 450 g, Chopped Mushroom - 8-10 pcs., Spring onion - 3-4 pcs., Finley chopped Garlic - 5-6 pcs., Chopped red chili - 1 tbsp., Pepper powder - ¼ tsp., Tomato puree - ½ cup, Honey - 2 tsp., Oregano - ¼ tsp., Butter - 2 tbsp., Salt as per your taste.
Instructions		
In microwave safe glass bowl take oil, garlic, chicken, salt and cook. When beep, add mushroom, tomato puree & all other ingredients, mix it well. Cover it and press the START/+30s button. Sprinkle spring onion & serve hot.		
8-10 Chicken with Capsicum	450-500 g	Chicken Breast - 250 g, Chopped Spaghetti - 75 g, Chopped green, Red, Yellow capsicum - Each 1 pc., Chopped Onion - 1 pc., Chopped tomato - 2 pcs., Olive oil - 4 tbsp., Salt & pepper as per your taste, Grated cheese - 2 tbsp., Water - ½ cup.
Instructions		
In microwave safe glass bowl add olive oil, chicken, salt and cook. When beep, add all ingredients. Mix it well, add water, cover it & press the START/+30s button. Sprinkle grated cheese & serve hot.		
8-11 Chicken with Fenugreek	500-550 g	Chicken - 500 g (medium size pieces), Chopped fresh fenugreek - 2 cup, Coriander leaves - 2 tbsp., Garam masala powder - 1 tsp., Red chili powder - 1 tsp., Yogurt - 1 cup, Butter - 2 tbsp. For Fine Paste : Onion - 1 pc., Garlic - 4-5 cloves, Ginger - 1", Green chili - 2-3 pcs., Water - 1 cup.
Instructions		
In microwave safe glass bowl take butter, chicken, paste and cook. When beep, add fenugreek leaves, yogurt & all other ingredients, ½ cup of water press the START/+30s button. Serve hot. Garnish with coriander leaves.		

Code/Food	Serving Size	Ingredients
8-12 Goanese Chicken	600-700 g	Chicken - 500 g (cut into pieces of your choice), Chopped onion - 2 pcs., Chopped tomato - 2 pcs., Ginger-garlic paste - each 1 tsp., Red chili powder - 1 tsp., Turmeric powder - 1 tsp., Cumin powder - 1 tsp., Cinnamon powder - ½ tsp., Oil - 4 tbsp., Vinegar - 2 tbsp., Water - 1 cup.
Instructions		
In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder, turmeric powder and cook. When beep, add 1 cup water, all other ingredients, mix it well and press the START/+30s button. Garnish with coriander leaves and serve hot.		
8-13 Green Chicken Kabab	400-450 g	Boneless chicken - 400 g, Ginger-garlic paste - 1 sp. each. Oil - 2 tbsp., Semolina - 2 tbsp., Salt as per your taste, Coriander leaves - 2 tbsp. For Green paste : Fresh coconut - 1 cup, Coriander leaves - 4 tbsp., Green chili - 2-3 pcs., Cumin seeds - 1 tsp., Garlic - 10-12 cloves, Lemon juice - 1 tbsp., Salt & sugar as per your taste & make a fine paste of it.
Instructions		
Make the slice of the chicken. Apply the green paste all over the chicken pieces. Roll out chicken in semolina. Keep on crusty plate on high rack and cook. When beep, turn them over and press the START/+30s button. Garnish with coriander leaves. Serve hot.		

Code/Food	Serving Size	Ingredients
8-14 Hyderabadi Chicken	700-800 g	<p>Chicken - 600 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp., Tomato puree - $\frac{1}{2}$ cup, Finely chopped onion - 2 pcs., Finely Chopped tomato - 2 pcs., Oil - 4 tbsp., Water - 1 cup, Cream - 4 tbsp., Salt as per taste, Chopped coriander leaves.</p> <p>For paste : Red chili - 4-5, Cashew nut - 10-12, Magaj - 2 tbsp., Poppy seeds - 1 tbsp., Almond - 7-8, Cloves - 4 pcs., Cinnamon - 2 sticks, Cardamom - 2 pcs., Make a fine paste of all these ingredients.</p>
8-15 Hyderabadi Murg Korma	800-900 g	<p>Chicken- 1 kg, Fried onions paste - 1 $\frac{1}{2}$ cup, Blanched and chopped tomatoes - $\frac{1}{2}$ cup, Chopped Ginger & garlic- 2 tbsp., Fresh cream - 4 tbsp., Saffron - 2 pinches (dissolved in $\frac{1}{2}$ cup water), Oil - 3 tbsp., Salt- to taste, Water - 1 cup.</p> <p>To be ground to a smooth paste : Red chillies - 6 pcs., Poppy seeds - 1 tbsp., Almonds - 8 pcs., Cashewnuts - 6 pcs., Cloves - 4 pcs., Cinnamon - 2 pcs. (small pieces), Cardamoms - 3 pcs., water - $\frac{1}{4}$ cup.</p> <p>Instructions In a microwave safe glass bowl add everything except cream. Cook and garnish with fresh coriander and cream.</p>

Code/Food	Serving Size	Ingredients
8-16 Kadhai Chicken	600-700 g	<p>Chicken - 400 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp., Tomato puree - $\frac{1}{2}$ cup, Red chili powder - $\frac{1}{2}$ tsp., Coriander powder - 1 tsp., Garam masala - 1 tsp., Sugar - 1 tsp., Two large capsicum cut into strips, Corn flour - 2 tbsp. (dissolve in 3 cups of water), Oil - 4 tbsp., Dried fenugreek leaves - 1 tsp.</p>
8-17 Kheema Masala	400-500 g	<p>Instructions In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder and cook. When beep, add 3 cup water, all other ingredients, mix it well and press the START/+30s button. Garnish with coriander leaves & serve hot.</p> <p>Instructions In microwave safe glass bowl take kheema with water and cook. When beep, drain water and keep aside. In another microwave safe bowl add oil, chopped onion, tomato, ginger garlic paste and all the masala and press the START/+30s button. After done, add boiled kheema to this, mix well and serve.</p>

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Code/Food	Serving Size	Ingredients
8-18 Mirchi Chicken	400-450 g	Chicken legs - 5-6 pcs., Chopped coriander leaves - 2 tbsp., Oil - 4 tbsp., Tomato puree - 1 cup, Sugar & salt as per your taste, Onion paste - 4 tbsp., Ginger-garlic & green chili paste - 2 tbsp., Lemon juice - 2 tsp., Garam Masala - 1 tsp.
		<p>Instructions</p> <p>Marinate chicken with onion, ginger-garlic & green chili paste. Place it in refrigerator for 2-3 hrs. In microwave safe glass bowl add oil, marinated chicken & cook. When beep, add tomato puree, salt, sugar, garam masala & press the START/+30s button. Garnish with coriander leaves & serve hot</p>

Code/Food	Serving Size	Ingredients
8-20 Murg Mussallam	1.50 - 1.70 kg	<p>Chicken - 1 kg, Papaya (raw)- 25 g, Onions (fried) - 4 pcs. (medium sized), Ginger paste - 1 tbsp., Garlic- 1 tbsp., Salt- to taste,</p> <p>Masala 'A' (to be ground to a fine paste) : Desiccated coconut - 50 g, Chironji - 20 g, Cardamom (green) - 8 g, Cloves - 8 to 10, Black pepper - 5 g, Poppy seeds - 5 g, Cinnamon - 5 g.</p> <p>Masala 'B' : Curd - 250 g, Ghee - 250 g, Almonds - 30 g, Cumin seeds - 20 g, Coriander seeds- 20 g, Chilli powder - 5 g, Silver leaves (clean and wash)- 2 to 3, Saffron- A pinch, Saffron colour (edible)- A pinch, Kewra jal - 1 tsp., Water - 1½ cup.</p>
		<p>Instructions</p> <p>In a microwave safe glass bowl add all the ingredients and cook.</p>

Code/Food	Serving Size	Ingredients
8-22 Pickled Chicken	350-400 g	Boneless chicken - 250 g (cut into long & thin strips), Red chili powder - $\frac{1}{2}$ tsp., Vinegar - 4 tbsp., Sugar - 1 tbsp., Soya sauce - 1 tsp., Tomato sauce - 2 tbsp., Oil - 2 tbsp., Salt & sugar as per your taste. Orange red color - 1 pinch, Corn flour - 2 tsp. (dissolve with $\frac{1}{2}$ cup of water).
		<p>Instructions</p> <p>In microwave safe glass bowl add oil, ginger, red chili powder & chicken. Mix it well & cook. When beep, add all other ingredients. Mix it well & press the START/+30s button.</p> <p>Note : Instead of chicken, fish & prawns can be used.</p>

Code/Food	Serving Size	Ingredients
8-24 Yogurt Chicken	500-600 g	Chicken - 500 g, Yogurt - 1 cup, Finely chopped mint leaves - 1 tbsp., Corn flour - 1 tbsp. (mix in 2 tbsp. water), Oil - 2 tbsp., Chopped onion - 1 pc., Chopped green chili - 2-3 pcs., Chopped ginger - 1 tbsp., Garam Masala - 1 tsp., Dried fenugreek leaves - 1 tsp., Salt as per your taste, Chopped coriander - 1 tbsp.

9. All Time Favorite (Non-Veggie)

Code/Food	Serving Size	Ingredients
9-1 Chicken & Mushroom Gratin	500-550 g	Boneless chicken - 200 g (cut into bite size pieces), Mushrooms quartered (cut into 4 pieces each) - 200 g, Oil or butter - 2 tbsp., Maida (flour) - 2 tbsp., Salt - 1 tsp., Pepper - 1 tsp., Rum or sherry (optional) - 1 tsp., Cream - 100 g ($\frac{1}{2}$ cup), Water - $\frac{1}{2}$ cup, some chopped celery or coriander leaves for garnishing.

Oven use

Code/Food	Serving Size	Ingredients
9-2 Chicken A'la Kiev	550-600 g	Boneless chicken - 500 g, French beans - 18-20 pcs. (cut into 1 piece), Carrots - 2 pcs. (medium size, cut into 1 piece), Sticky celery - 2 pcs. (chopped), Capsicums - 2 pcs. (cut into $\frac{1}{4}$ " pieces), Milk - $\frac{1}{2}$ cup, Maida - 2 tbsp., Pepper - 1 tsp., Mustard powder - 1 tsp., Salt - 1 tsp., Grated cheese (Amul) - 4 tbsp.
		<p>Instructions</p> <p>In microwave safe glass bowl mix chicken, carrots, celery, french beans, 2-3 tbsp. water, cover it and cook. When beep, add all ingredients and press the START/+30s button. Add grated cheese.</p> <p>Garnish with parsley or coriander.</p>

Code/Food	Serving Size	Ingredients
9-4 Chicken Chowmein	350-400 g	Boiled Chicken - 100 g, Noodles - 100 g, Onion - 1 pc. (cut into thin slices), Capsicum - 1 pc. (shredded into thin strips), Carrot - 1 pc. (matchsticks size), Cabbage - 1 cup (shredded), Salt - $\frac{3}{4}$ tsp., White Pepper - 1 tsp., Sugar - 1 pinch, Ajinomoto - $\frac{1}{4}$ tsp., Soya sauce - 1-2 tsp., Vinegar - $\frac{1}{2}$ tbsp., Chili sauce - $1\frac{1}{2}$ tsp., Oil - 2 tbsp., Water - 3 cups.
		<p>Instructions</p> <p>Make the noodles by adding water, salt, oil, mix it well and cook. When beep spread on a greased tray to cool. In a microwave safe glass bowl add all other ingredients with chicken, mix well and press the START/+30s button. After done add noodle, mix well and serve hot.</p>

Code/Food	Serving Size	Ingredients
9-5 Chicken Croquettes	500-550 g	Chicken - 200 g, Oil - 1 tbsp., Butter - 1 tbsp., Chopped onion - $\frac{1}{2}$, Green chili - 2 pcs., Refined flour - 1 tbsp., Milk - $\frac{1}{4}$ cup, Bread crumbs - 2 tbsp., Red chili flakes - $\frac{1}{4}$ tsp., Salt - $\frac{1}{2}$ tsp., Pepper - $\frac{1}{4}$ tsp., Water - $\frac{1}{2}$ cup.
		<p>Instructions</p> <p>In bowl add all ingredients and coat the chicken pieces properly.</p> <p>Place them over a greased crusty plate on high rack and cook. When beeps turn them over and press the START/+30s button. Serve hot.</p>

Code/Food	Serving Size	Ingredients
9-6 Chicken in Hot Garlic Sauce	500-550 g	Boneless chicken - 250 g, Capsicum - 1 pc. (cut into pieces), Oil - 3 tbsp., Garlic - 1 tbsp. (chopped), Dry red chili - 1 pc. (cut into thin slices), Red chili paste - 1 tsp., Spring onion - 1 pc., Tomato ketchup - 3 tbsp., Red chili sauce - 1 tbsp., Soya sauce - 2 tsp., Vinegar - 1 tbsp., Pepper - ½ tsp., Sugar - ½ tsp., Corn flour - 4 tbsp. (dissolve in ½ cup of water).
		<p>Instructions</p> <p>In microwave safe glass bowl put chicken, capsicum, oil, chopped ginger-garlic, ½ cup of water and cook. When beep, add all other ingredients, ¼ cup of water, cover it and press the START/+30s button.</p>

Code/Food	Serving Size	Ingredients
9-8 Chicken Pasta in Tomato Puree	450-500 g	Boneless chicken - 150 g, Macaroni or pasta - 2 cups, Capsicum - 1 pc. (cut into pieces), Tomato - 1 medium (cut into strips), Olive oil - 3 tbsp., Crushed garlic - 2 tsp., Tomato puree - 1 cup, Pepper - ½ tsp., Salt - 1 ¼ tsp., Oregano - ¾ tsp., Water - ½ cup, Cream - ½ cup, Water - 5 cups.
		<p>Instructions</p> <p>In microwave safe glass bowl take oil add boneless chicken, macaroni, 4 cups of water and cook. When beep, add all other ingredients, water as required and press the START/+30s button.</p>

Code/Food	Serving Size	Ingredients
9-9 Chicken Pulao	600-700 g	Basmati rice - 1 ½ cup, Boneless chicken - 4 pieces (2 legs & 2 thighs or 2 legs & 2 breasts), Onions - 2 pcs. (medium size, sliced thinly), Cloves - 4 pcs., Cinnamon - 1", Black cardamom - 2 pcs., Pure ghee - 3 tbsp., Chopped tomatoes - 2 pcs., Salt - 2 tsp., Garam masala - 1 tsp., Red chili powder - 1 tsp., Garlic paste - 1 tsp., Ginger paste - 1 tsp., Water - 2 ½ cups.
		<p>Instructions</p> <p>In microwave safe glass bowl add ghee onion, black cardamom and cook. When beep, add rice chicken, tomatoes, salt, garam masala, red chillies, garlic, ginger paste, water. Mix well and press the START/+30s button. Serve hot.</p>

Oven use

Code/Food	Serving Size	Ingredients
9-10 Chicken Sandwiches	3 pieces	Boiled Chicken - 100 g, Oil - 1 tbsp., Bread slice - 6 pcs., Butter - 1 tbsp., Onion - ½ (cut into slices), Mayonnaise - 5-6 tbsp., Pepper - ½ tsp., Oregano - ¼ tsp., Mustard - 1 tsp.
		<p>Instructions</p> <p>In microwave safe glass bowl mix all ingredients except bread slice. Apply this mixture to one bread slice and put other bread slice on it. Make a sandwich and take it in high rack and cook. When beep, turn the side to make it golden in colour & and press the START/+30s button. Serve hot with tomato sauce.</p>

Code/Food	Serving Size	Ingredients
9-12 Chicken with Tomato Rice	550-600 g	Boneless chicken - 150 g, Soaked rice - 1 cup, Sprouted green gram - ½ cup, Finely chopped carrot - ½ cup, Finely chopped French beans - ½ cup, Oil - 2 tbsp., Peanuts - 3 tbsp., Cumin - ½ tsp., Slices of Onion - 1 small, Tomato puree - 4 tbsp., Tomatoes - 2 pcs., Turmeric - 1 pinch, Garlic paste - ½ tsp., Garam Masala - ½ tsp., Salt - 1 tsp.
		<p>Instructions</p> <p>In microwave safe glass bowl take oil, add soaked rice, chicken, onion, sprouted green gram and cook. When beep, add all other ingredients, 3 cups of water and press the START/+30s button. Serve hot.</p>
9-13 Chilly Chicken Pizza	300-350 g	Boiled Boneless chicken - 100 g (cut into pieces), Pizza base - 2 pcs., Grated cheese - 150 g, Red chili paste - 1 tsp., Chopped onion & capsicum - ½ each, Soya sauce - 1 tsp., Vinegar - 1 tsp., Ajinomoto - 1 pinch, Salt & pepper - ½ tsp., Oregano - 1 tsp., Oil - 1 tbsp., Chopped Garlic flakes - 4 pcs., Tomato puree - ½ cup, Tomato ketchup - 3 tbsp.
		<p>Instructions</p> <p>In microwave safe glass bowl take oil, chicken, red chili paste, chopped onion, capsicum, soya sauce, vinegar, ajinomoto, salt, pepper, oregano, chopped garlic, tomato puree, tomato ketchup. Take it in microwave 900 W for 5min. Pre-heat the oven 180 °C with Hot-blast mode. When beep, select menu, take pizza base, paste chicken mixture on low rack and press the START/+30s button. Serve hot.</p>

Code/Food	Serving Size	Ingredients
9-14 Crispy Chicken	3 pieces	<p>Chicken - 250 g, Beat in Egg - 1 pc., Salt - $\frac{1}{4}$ tsp., Red chili powder - $\frac{1}{4}$ tsp., Bread crumbs - $\frac{1}{2}$ cup, Oil - 1-2 tbsp.</p> <p>For Marinade :</p> <p>Butter - 2 tbsp., Garlic paste - 2 tsp., Chili powder - 1 $\frac{1}{2}$ tsp., Cumin seeds powder - 1 tsp., Coriander powder - 2 tsp., Cinnamon - 1 tsp., Salt - 1 $\frac{1}{2}$ tsp.</p>
		<p>Instructions</p> <p>Marinated chicken with all marinade ingredients & put it in refrigerator for 1 hr. In microwave safe glass bowl add oil, marinated chicken and cook. When beep, add all other ingredients and press the START/+30s button. Serve hot.</p>

Code/Food	Serving Size	Ingredients
9-16 Hyderabadi Mutton	700-750 g	<p>Mutton - 500 g, Fried onions- $\frac{1}{2}$ cup, Pureed tomatoes - 1 cup, Ginger garlic paste- 2 tbps, Green chillies - 3, Grated coconut- 2 tbsp., Tumeric - $\frac{1}{4}$ tsp., Coriander powder - 2 tsp., Cumin seeds - $\frac{1}{2}$ tsp., Red chilly powder - 1 tsp., Garam masala powder (hot spice mix)- $\frac{1}{2}$ tsp., Curd (yoghurt) - 1 cup, Cinnamon- 1 inch, Cloves - 4, Green cardamoms - 2 pcs., Bay leaf - 1, Khus khus (poppy seeds) - 1 tbsp., Strands saffron- few, Cream - 1 tbsp., Oil - 2 tbsp., Ghee - 1 tbsp., Salt - to taste, Water - 1 $\frac{1}{2}$ cup.</p>

Instructions

Clean the mutton well. Soak the saffron in a tablespoon of warm milk. Soak the poppy seeds in a little water for ten minutes. Put the mutton pieces into a big bowl. Add the ginger garlic paste, green chillies, red chilly powder, coriander powder, cumin powder and curd, mix it all up and marinate it for an hour at least. Now grind the poppy seeds and the grated coconut into a fine paste. In a microwave safe glass bowl add all the ingredients and cook.

Oven use

Code/Food	Serving Size	Ingredients
9-17 Kashmiri Dum Gosht	400-500 g	Mutton - $\frac{1}{2}$ kg, Poppy seeds - 1 tbsp., Almonds - 6 pcs., Salt - to taste, Garlic - 1 pc., Ghee - 3 tbsp., Peppercorns - 1 tsp., A small piece of ginger, Cardamoms - 4 pcs., A small bunch of coriander leaves, Small sticks cinnamon - 3 pcs., A small piece of green papaya, Cumin seeds - $\frac{1}{2}$ tsp., Turmeric powder - 1 tsp., Curd - $\frac{1}{4}$ cup.

Instructions

Chop mutton into medium size pieces. Roast poppy seeds and almonds, grind them to a paste. Grind the ginger and garlic together to a paste. Grind cardamom, pepper, papaya and coriander leaves with salt to taste together and grind the cinnamon and cumin seeds together. Wash the meat and pound it on a grinding stone to soften it for about 5 minutes.

Mix the ground paste of poppy seeds and almonds, ginger and garlic, cardamom, pepper, papaya and coriander leaves and cinnamon and cumin seeds, curd together properly. Marinate all the meat pieces in this mixture for an hour.

Preheat the microwave at 180°C with Hot-blast mode. In a crusty plate add the mutton with water, marinate and ghee cover with silver foil properly. Place it over crusty plate at low rack and cook.

Code/Food	Serving Size	Ingredients
9-18 Kashmiri Lamb Curry	650-700 g	Lean lamb - $\frac{1}{2}$ kg (ground), Fresh ginger-1 pc. (4-inch, peeled), Fennel seeds - 1 tbsp. (ground), Garam masala - 1 tsp., Cumin - 1 tsp. (ground), Cardamom- $\frac{1}{2}$ tsp. (ground), Salt- to taste, Vegetable oil - 2 tbsp., Cinnamon stick - 1", Cumin seeds - 1 tsp., Fried onion paste - 1 large (chopped), Paprika - 1 tbsp., Tomato - 2 large (pureed), Sour cream - 1 cup, Water - 1 cup, Fresh coriander - 2 tbsp.

Instructions

In a food processor, add the lamb, ginger, fennel, garam masala, cumin, cardamom and salt. Grind the spice mixture until smooth. Divide and shape the meat mixture into two ounce portions. Refrigerate until ready to use. In a microwave safe glass bowl, add all the ingredients and cook.

Code/Food	Serving Size	Ingredients
9-19 Masala Chops	4 to 5 pieces	<p>Lamb chops - ½ kg, Oil- 3 tbsp., Salt- to taste.</p> <p>MARINADE : Hung curd - 1 ½ cup, Raw papaya paste - 1 tbsp., Lemon juice - 1 tbsp., Curry powder - 5 tsp., Carom seeds - 2 tsp., Barbecue masala - 1 tsp., Turmeric - 1 tsp., Oil - 3 tsp.</p> <p>GRIND TO A FINE GREEN PASTE : Ginger - 2" piece, Garlic - 10 cloves, Green chillies - 5 pcs., Green coriander - 2 tbsp. Butter for greasing.</p> <p>Instructions Wash and drain the chops. Pat them dry on clean kitchen towel. Beat them with a roller to flatten them. Prick them well with a fork. Heat 3 tbsp. oil in pan and stir fry the chops for 5-10 min on medium flame. Remove from fire. Mix all the ingredients given under marinade in a bowl. Add the green paste and fried mutton chops marinade for 4 hours in refrigerator. Grease the crusty plate with thick butter and place the chops. Put a thin slice of butter on each chop and place the crusty plate on high rack. Grill. When beep, turn them over and press the START/+30s button and cook again.</p>

Code/Food	Serving Size	Ingredients
9-20 Masala Machhlī	350-400 g	<p>Fish fillets (washed & cleaned)- 500 g, Lemon juice - 1 tbsp., Black salt- 1 pinch, Turmeric powder - ½ tsp., Amchur (mango powder) powder - ½ tsp., Salt - 1 ½ tsp., Flour - 1 tbsp., Egg - 1, Red coloring- 3 to 4 drops.</p> <p>Grind them altogether : Cumin seeds - 1 tsp., Cardamom - 2, Ajwain (oregano) - 1 pinch, Red chilies - 2, Oil - 3 tbsp.</p> <p>Instructions Rub the fish pieces with lime juice. Place in a bowl, add turmeric powder, mango powder, black salt, and rub the pieces well with the grinded ingredients. Set it aside for 20 minutes to marinate. Separately combine egg and flour with the food coloring and apply all over the fish. Grease the crusty plate and place the fish pieces. Pour some oil over it and place the crusty plate on high rack and grill.</p>
9-21 Masala Mutton Chops	600-700 g	<p>Mutton chops - 500 g, Yogurt - ½ cup, Ginger garlic paste - ½ tbsp., Green chillies - 1 tbsp., Oil - 4 tbsp., Cream - 2 tbsp., Garam masla- ½ tsp., Turmeric - ¼ tsp., Ready made bhuna masala - 6 tbsp., Water - 1 cup. Coriander seeds powder- ½ tsp., Cumin powder - ½ tsp., Bay leaf - 2, Cloves - 3 to 4 pcs., Big cardamom - 2 pcs., Fresh coriander for garnishing.</p> <p>Instructions Add everything in a microwave safe glass bowl add everything. Cook and serve hot.</p>

Oven use

Code/Food	Serving Size	Ingredients
9-22 Meat Loaf	500-550 g	<p>Keema - 500 g (Meanced meat), Curd - $\frac{3}{4}$ cup, Eggs - 2 pcs., Garlic paste - 1 tsp., Ginger paste - 1 tsp., Garam masala powder - 1 tsp., Lemon juice - 2 tbsp., Chopped coriander leaves - 2 tbsp., Salt - 1 tsp., Pepper - 1 tsp. (adjust to taste), Bread slices - 3 pcs. (soaked in water, squeezed & crumbled).</p> <p>For sauce : Maida - 1 tsp., Mustard powder - $\frac{1}{2}$ tsp., Worcestershire sauce - 1 tbsp., Tomato sauce - 1 tbsp., Chili sauce - 1 tbsp.</p>
		<p>Instructions Mix all ingredients given under loaf. Grease the dish & put keema in it and cook. To the juices, add all ingredients given under sauce. When beep, pour the sauce on a loaf and put on high rack and press the START/+30s button. Serve with sauce & decorate with coriander.</p>

Code/Food	Serving Size	Ingredients
9-23 Olive & Chilli Mutton Chops	6 chops	Mutton Chops - 6 pcs., Green Olives - 8 to 10 pcs. (rings), Red chilli flakes - $\frac{1}{2}$ tbsp., Olive oil - 2 tbsp., Salt - to taste.

Code/Food	Serving Size	Ingredients
		<p>Instructions Marinade the chops with all the ingredients for 3 hours. Place the over a greased crusty plate with high rack and thoroughly brush with extra olive oil then cook. When beep, turn them over and press the START/+30s button and cook again.</p>

Code/Food	Serving Size	Ingredients
9-24 Poulet A'la Burgundy	600-650 g	Boneless chicken - 500 g, Oil - 2 tbsp., Garlic - 3-4 flakes (minced), Spring onions - 3-4 pcs. (chopped), Celery - 2-3 sticks (chopped), Tej patta (bay leaf) - 1 pc., Red wine - $\frac{1}{4}$ cup, Flour (maida) - 2 $\frac{1}{2}$ tbsp., Ajwain - $\frac{1}{2}$ tsp. (powdered), Pepper powder - 1 tsp., Salt - 1 tsp.
		<p>Instructions In microwave safe glass bowl mix chicken with oil, garlic, chopped spring onions, bay leaf, celery and cook. When beep, in another dish take flour, all ingredients, chicken and cook. Sprinkle spring onion greens on top and serve hot with garlic bread.</p>
9-25 Shahi Rogan Josh	300-400 g	Minced mutton - 250 g, Fried onion paste - $\frac{1}{2}$ cup, Garam masala- 1 tsp., Green chilies - 4 pcs., Tomato - 3 pcs. pureed, Yoghurt - 1 cup, Saffron- 1 pinch, Soaked cashewnuts - 15 pcs., Clarified butter- 4 tbsp., Ginger - 1" piece, Coriander seeds powder - 1 tbsp., Turmeric - 1 tbsp., Red chilies - 6 pcs., Cumin seeds - 1 tbsp., Garlic doves- 6 pcs., Salt- to taste, Water - 1 cup.
		<p>Instructions Grind the ginger, garlic, red chilies, cumin seeds, turmeric powder and salt to form a thick paste. In a microwave safe glass bowl add all the ingredients except saffron and cashewnuts. Cover with cling foil and make few holes to release steam. Cook.</p>

Code/Food	Serving Size	Ingredients
9-26 Spinach, Corn & Chicken in Ginger Sauce	600-650 g	<p>Boneless chicken - 250 g, Spinach - 250 g (remove stem & tear each leaf into 2-3 pieces), Frozen corn kernels - ½ cup, Ginger paste - ½ tbsp., Salt & pepper powder - each ¾ tsp., Corn flour paste - 2 tbsp. (dissolve in ¼ cup of water), Oil - 2 tbsp.</p> <p>For sauce : Tomato sauce - 2 tbsp., Tomato puree - ½ cup, Soya sauce - 1 tsp., Sugar - ½ tsp., Ajinomoto - ¼ tsp., Tomato - ½ cut (into 4 pieces).</p>
9-27 Thai Chicken	900 g	<p>For green paste : Green chillies - 6-8 pcs., Spring onions - 3 pcs. (chopped along with the green part), Lemon grass leaves - 4 pcs. (optional), Ginger - 2" piece, Coriander leaves - 3 tbsp.</p> <p>For main dish : Boneless chicken - 700-800 g (cut into pieces), Coconut milk - 1 ½ cups, Salt - 1½ tsp., Jaggery - a tiny piece, Coriander powder - 1 tbsp., Cumin powder - 1 tbsp., Oil - 2 tbsp.</p> <p>Instructions In grinder prepare green paste. Churn grated one coconut in mixer. In microwave safe glass bowl add chicken, oil and cook. When beep, add salt jaggery and coconut milk. Mix well and press the START/+30s button.</p>

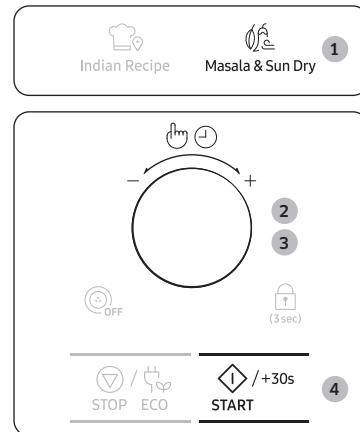
Using the masala & sun dry features

The 55 **Masala & Sun Dry** features provide pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the type of food by turning the **Multi Function Selector Dial**.

⚠ CAUTION

Use only recipients that are microwave-safe.

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



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

Oven use

Masala & Sun Dry guide

The following table presents quantities and appropriate instructions for **Masala & Sun Dry**.

1. Spices

Code/Food	Serving Size	Ingredients
1-1 Garam Masala	1 plate	Cumin seeds (jeera) - ½ cup, Coriander (dhania) seeds - 10 g, Black cardamom (badi elaichi) - 15 g, Black peppercorns (kalimirch) - 10 g, Green cardamoms (hari elaichi) - ¼ cup, Cinnamon sticks (dalchini) - 2-3 pcs., Cloves (lavang) - 10 g, Mace (javantri) - 10 g, Bay leaves (tej patta) - 8-9 pcs., Nutmegs (jaiphal) - ¼ tsp.

Instructions
Combine all the ingredients and put them on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press the **START/+30s** button. When the beeps, stir well. Press the **START/+30s** button again. After cooking, let them cool slightly then blend them in a mixer to a fine powder. Cool completely, then sieve and store in an airtight container.

Code/Food	Serving Size	Ingredients
1-2 Biryani Masala	1 plate	Bay leaf (tej patta) - 1 pc., Fennel seeds (saunf) - 1½ tsp., Star anise (chakri phool) - 2 pcs., Green cardamoms (elaichi) - 6 pcs., Black cardamoms (badi elaichi) - 2 pcs., Black peppercorn (kalimirch) - 1 tsp., Cinnamon sticks (dalchini) - 5 pcs., Cloves (lavang) - 1 tbsp., Coriander seeds (dhania) - 2 tbsp., Caraway seeds (shahjeera) - 2 tbsp., Mace flower (javantri) or strands from 1 flower - 1 pc., Grated nutmeg (jaiphal) - ½ tsp., Medium sized stone flowers (dagad phool) - 3 pcs.

Instructions
Combine all the ingredients and put them on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press the **START/+30s** button. When the beeps, stir well. Press the **START/+30s** button again. After cooking, blend them to a powder and store in an airtight glass jar.

Code/Food	Serving Size	Ingredients
1-3 Sambhar Masala	1 plate	Whole dry Kashmiri red chillies, broken into pieces - 4-5 pcs., Coriander (dhania) seeds - ½ tbsp., Fenugreek (methi) seeds - 1 tsp., Toovar (arhar) dal - 1 tbsp., Split Bengal gram (chana dal) - 1 tbsp., Split black lentils (urad dal) - 1 tbsp., Turmeric powder (haldi) - 1 tsp., Asafoetida (hing) - ½ tsp., Oil - 1 tsp.

Instructions

Combine tovar dal, split Bengal gram, split black lentils and grease them with little oil. Put them on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press the **START/+30s** button. When the first beeps, stir the ingredients and add coriander seeds, fenugreek seeds and Kashmiri red chilies into roasted ingredients in the crusty plate and mix well. Press the **START/+30s** button. When the second beeps, add dry Kashmiri red chilies to the ingredients in the crusty plate and press the **START/+30s** button again. After cooking, add turmeric powder and asafetida. Blend them to a fine powder. Sieve and store in an airtight glass jar.

Code/Food	Serving Size	Ingredients
1-4 Chaat Masala	1 plate	Coriander (dhania) seeds - ½ cup, Whole dry Kashmiri red chillies - ¼ cup, Cumin seeds (jeera) - ½ cup, Dried mango powder (amchur) - 1 cup, Black peppercorns (kalimirch) - 3 tbsp., Salt as per taste, Black salt (sanchal) - 3 tbsp.
		<p>Instructions</p> <p>Put cumin seeds on the crusty plate. Place the crusty plate the high rack. Put them in the microwave oven. Select the autocook program and press the START/+30s button. When the first beeps, add coriander seeds, peppercorns in the crusty plate and mix well. Press the START/+30s button. When the second beeps, add dry Kashmiri red chilies and press the START/+30s button again. After cooking, add salt and black salt. Blend all ingredients to a fine powder. Sieve and store in an airtight glass jar.</p>
1-5 Gunpowder Masala	1 plate	Bengal gram (chana dal) - ½ cup, Split black gram (urad dal) - ½ cup, Black sesame seeds (kala til) - 17 g, Curry leaves (kadi patta) - 3 pcs., Red chillies - 3 pcs., Lemon sized ball of tamarind (imli) (optional) - ½ pc., Jaggery (gur), powdered (optional) - 5 g, Salt as per taste, Asafoetida (hing) - 2 g.
		<p>Instructions</p> <p>Put Bengal gram, split black gram on the crusty plate. Place the crusty plate the high rack. Put them in the microwave oven. Select the autocook program and press the START/+30s button. When the first beeps, add sesame seeds curry leaves in the crusty plate and mix well. Press the START/+30s button. When the second beeps, add dry red chilies and press the START/+30s button again. After cooking, add salt, jaggery, asafoetida and tamarind in roasted mix. Grind the mixture coarsely. Store in an airtight container.</p>

Oven use

Code/Food	Serving Size	Ingredients
1-6 Rasam Powder	1 plate	Bengal gram (channa dal) - $\frac{1}{8}$ cup, Toor (arhar) dal - $\frac{1}{8}$ cup, Coriander seeds (dhaniya) - 40 g, Black peppercorns (kali mirch) - $1\frac{1}{2}$ tbsp., Cumin seeds (Jeera) - $1\frac{1}{2}$ tbsp., Red chillies (long variety) - 5-6 pcs., Asafoetida (Hing) powder - $\frac{1}{4}$ tsp.
Instructions		
Put Bengal gram and arhar dal on the crusty plate. Place the crusty plate the high rack. Put them in the microwave oven. Select the autocook program and press the START/+30s button. When the first beeps, add coriander seeds, black peppercorns, cumin seeds in the crusty plate and mix well. Press the START/+30s button. When the second beeps, add red chilies and asafoetida and press the START/+30s button again. After cooking, add salt, jaggery, asafoetida and tamarind in roasted mix. Grind the mixture coarsely. Store in an airtight container.		

Code/Food	Serving Size	Ingredients
1-7 Pav Bhaji Masala	1 plate	Black cardamoms (badi elaichi) - 2 pcs. (small), Coriander seeds (dhaniya) - 2 tbsp., Cumin (Jeera) - 2 tbsp., Black peppercorns (kali mirch) - 2 tsp., Fennel seeds (saunf) - $\frac{3}{4}$ tbsp., Cinnamon (dalchini) - 1 stick, Cloves (laung) - 6 pcs., Red dry chillies - 3 pcs., Dry mango powder (Amchoor) - 1 tbsp.
Instructions		
Put black cardamoms, coriander seeds, cumin seeds, black peppercorns, fennel seeds, cinnamon, Cloves on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press the START/+30s button. When the beeps, add red chilies and stir well. Press the START/+30s button again. After cooking, add the dry mango powder to the hot ingredients to release its aroma. Let the ingredients cool and then blend them to a fine powder. Sieve the powder if necessary. Refrigerate in an airtight glass jar.		

Code/Food	Serving Size	Ingredients
1-8 Punjabi Chole Masala	1 plate	Black cardamoms (badi elaichi) - 4 pcs., Green cardamoms (hari elaichi) - 10 pcs., Coriander seeds (dhaniya) - ½ tbsp., Cumin seeds (Jeera) - 2 tbsp., Black peppercorns (kali mirch) - ½ tbsp., Cinnamon (dalchini) - 5 sticks, Cloves (laung) - 10 pcs., White sesame seeds (safed til) - 1 tbsp., Caraway seeds (shahjeera) - 1 tbsp., Star anise (chakriphool) - 1 pc., Dry red chillies - 3 pcs., Bay leaves (tejpatta) - 2 pcs., Dry mango powder (Amchoor) - 1 tbsp., Dry ginger (saunth) powder - ½ tbsp., Turmeric (haldi) powder - 1 tsp., Rock salt (kala namak) - ½ tbsp., Nutmeg powder - ½ tsp.
Instructions		
Put black cardamoms, green cardamoms, coriander seeds cumin seeds, black peppercorns, cinnamon, cloves, sesame seeds, caraway seeds and star anise on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press the START/+30s button. When the beeps, red chilies and bay leaves and press the START/+30s button again. After cooking, let the ingredients to cool down. Grind them to a smooth powder in the mixer, add powders like mango powder, dry ginger powder, turmeric powder, rock salt and Nutmeg Powder. Sieve the powder if necessary. Refrigerate in an airtight glass jar.		
Notes		
You don't have to roast spice powders mango powder, dry ginger powder, turmeric powder, rock salt and nutmeg powder.		

Code/Food	Serving Size	Ingredients
1-9 Kitchen King Masala	1 plate	Bengal gram (channa Dal) - 2 tbsp., Cumin seeds (Jeera) - 1 tbsp., Caraway seeds (Shah-Jeera) - ½ tbsp., Coriander seeds (dhaniya) - ½ tbsp., Cloves (laung) - 8 pcs., Whole yellow mustard Seeds (pilirai) - ½ tbsp., Green cardamom (hari elaichi) - 8 pcs., Black cardamom (badi elaichi) - 3 pcs., Fennel seeds (saunf) - 1 tbsp., Cinnamon (dalchini) - 4 sticks 1 inch each, Star anise (chakriphool) - 1 pc., Small pieces Mace (javitri) - 2 pcs., Black peppercorns (kali mirch) - ½ tbsp., Fenugreek seeds (methi Dana) - 2 tsp., Poppy seeds (khus khus) - 1 tbsp., Dry red chilli(sukhi Lal Mirch) - 3-4 pcs., Nutmeg powder (Jaiphal) - ½ tsp., Ginger powder - ½ tbsp., Turmeric powder - 1 tsp., Rock salt (kala namak) - ½ tbsp.
Instructions		
Put Bengal gram on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press the START/+30s button. When the first beeps, add cumin seeds, caraway Seeds, coriander Seeds, cloves, yellow Mustard, green cardamom, black cardamom, fennel Seeds, cinnamon, Star anise, mace, black peppercorns, fenugreek and poppy seeds. Press the START/+30s button. When the second beeps, add red chilies and press the START/+30s button again. After cooking, let them cool down. Add powder like Nutmeg, Ginger Powder, Turmeric Powder and Rock Salt. Grind them to a fine powder in a mixer and store in an airtight container.		

Oven use

Code/Food	Serving Size	Ingredients
1-10 Chicken Masala	1 plate	Coriander seeds - ¼ cup, Fenugreek seeds (methi Dana) - ½ tbsp., Fennel seeds (saunf) - 1 tbsp., Cumin seeds (Jeera) - 2 tbsp., Black cumin seeds (shah-jeera / caraway seeds) - 1 tbsp., Black peppercorn - ½ tbsp., Dry red chillies - 2 pcs.
Instructions		
Put coriander seeds, fenugreek seeds, fennel seeds, cumin seeds, black cumin seeds and peppercorn on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press the START/+30s button. When the beeps, add red chilies and press the START/+30s button again. After cooking, grind spices to course powder in a blender. Allow to cool and store in an airtight container.		
Notes		
The other optional ingredients are cloves, nutmeg, poppy seeds, cinnamon stick, and mace.		

Code/Food	Serving Size	Ingredients
1-11 Tandoori Masala	1 plate	Cumin seeds (Jeera) - 1 tbsp., Coriander seeds (dhaniya) - ¼ cup, Cinnamon stick - 1 pc., Clove (laung) - ½ tbsp., Black peppercorns - ½ tbsp., Fenugreek seeds (methi Dana) - 1 tsp., Green cardamom or use black cardamom - 4-5 pcs., Dry red chillies - 4-5 pcs., Nutmeg powder - ½ tsp., Turmeric powder - ½ tsp., Garlic powder - 1 tsp., Dry ginger powder (sonth) - 1 tsp.
Instructions		
Put cumin seeds, coriander seeds, cinnamon, cloves, black peppercorns, fenugreek seeds and cardamom on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press the START/+30s button. When the beeps, add red chilies and press the START/+30s button again. After cooking, grind spices to course powder in a Blender. Add nutmeg powder, turmeric powder, garlic powder and dry ginger powder to it and grind again to smooth powder. Let them cool and store in an airtight container. Use it to prepare tikka or tandoori recipes.		
Notes		
You don't have to roast spice powders like nutmeg powder, dry ginger powder, turmeric powder and garlic powder.		
1-12 Dabeli Masala	1 plate	Cumin seeds (Jeera) - 2 tsp., Coriander seeds (dhaniya) - 4 tsp., Cinnamon (dalchini) - 8 pcs., Cloves (laung) - 16 pcs., Red chilli - 3-4 pcs.
Instructions		
Put cumin seeds, coriander seeds, cinnamon and cloves on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press the START/+30s button. When the beeps, add red chilies and press the START/+30s button again. After cooking, grind to a fine powder in a blender.		

Code/Food	Serving Size	Ingredients
1-13 Goda Masala	1 plate	Cumin Seeds - ¼ cup, Caraway seeds (shahi jeera) - ½ tsp., Black cardamom - 4 pcs., Cloves - 10 pcs., Black peppercorns - 3 tsp., Coriander seeds - ½ cup, Cinnamon - 6 inch pc., Sesame seeds (til) - 1 tsp., Oil - 1 tbsp., Dry Coconut - 5-6 1" slice, Mace - 1 pc., Bay leaves - 10-12 pcs., Dry red chilli - 3 pcs., Asafoetida - ¼ tsp.
Instructions		<p>Put cumin Seeds, caraway seeds, black cardamoms, clove, black peppercorns and coriander seeds, cinnamon, sesame seeds and oil on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press the START/+30s button. When the first beeps, add coconut slice, mace and bay Leaves. Press the START/+30s button. When the second beeps, add red chillies, asafoetida and press the START/+30s button again. After cooking, grind to a fine powder in a blender and cool and store in airtight containers.</p>

Code/Food	Serving Size	Ingredients
1-14 Pani Puri Masala	1 plate	Cumin seeds (jeera) - 2 tbsp., Coriander seeds (dhaniya) - 1 tbsp., Black pepper (kali mirch) - 10 g, Red chilli - 4-5 pcs., Dry mango powder (Amchoor) - 50 g, Salt to taste, Black salt (kala namak) - 1 tsp., Asafoetida (Hing) - 1 pinch, Citric acid (lemon juice) - 1 tsp.
Instructions <p>Put cumin seeds, coriander seeds and black pepper on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press the START/+30s button. When the beeps, add red chilies and press the START/+30s button again. After cooking, grind them to a powder and add mango powder, salt, black salt, asafoetida and citric acid. Store Masala in an airtight container.</p> Notes <p>You don't have to roast mango powder, salt, black salt, asafoetida, citric acid.</p>		

Oven use

Code/Food	Serving Size	Ingredients
1-15 Tawa Masala	1 plate	Coriander seeds (dhaniya) - 1 tbsp., Fennel seeds (saunf) - 2 tbsp., Cumin seeds (Jeera) - 2 tsp., Fenugreek seeds (methidhana) - 2 tsp., Black peppercorns - 2 tsp., Cinnamon stick(dalchini) - 2-3 pcs., Cloves - 12-15 pcs., Black cardamom (badi elaichi) - 6-7 pcs., Whole dry red chilli - 3 pcs., Asafoetida - 1-2 pinch, Turmeric powder (optional) - 2 tsp., Mango powder (Amchoor) - 2 tsp.
Instructions		
Put coriander seeds, fennel seeds, cumin seeds, fenugreek seeds, black peppercorns, cinnamon, cloves and cardamom on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press the START/+30s button. When the beeps, add red chilies and press the START/+30s button again. After cooking, grind them to a powder and add Asafoetida, turmeric powder, mango powder. Store Masala in an airtight container.		

2. Tadka		
Code/Food	Serving Size	Ingredients
2-1 Curry Tadka	4 servings	Onion grated - ½ cup, Tomato paste / Puree - 2 cup (If not using paste, cut tomato into small pieces), Ginger grated - 2 inch, Green chili each (2 inch in height, chopped) - 2 pcs., Oil - 2 tbsp., Cumin seeds - ½ tsp., Salt - ½ tsp., Red chili powder - ½ tsp., Garam masala - ¼ tsp., Coriander powder - 2 tsp., Mango powder amchoor - 1 tsp., Turmeric powder - ¼ tsp., Buds garlic (optional) - 2 pcs.
Instructions		
Add all the ingredients in glass bowl and mix well. Put them in the microwave oven. Select the autocook program and press the START/+30s button. When the beeps, stir well. Press the START/+30s button again. After cooking, standing 1-2 minutes.		
2-2 Dal Tadka	4 servings	Ghee - 2-3 tsp., Mustard seeds - ½ tsp., Jeera / cumin seeds - ½ tsp., Pinch of hing, Red chilli (dried) - 1 pc., Finely chopped ginger (½ inch) 1 pc., Cloves of garlic (optional) - 5-6 pcs., Green chilli - 1 pc. (finely chopped), Small onions - 3-4 pcs. (very finely chopped), Few curry leaves.
Instructions		
Add all the ingredients in glass bowl and mix well. Put them in the microwave oven. Select the autocook program and press the START/+30s button. When the beeps, stir well. Press the START/+30s button again. After cooking, standing 1-2 minutes.		

Code/Food	Serving Size	Ingredients
2-3 Punjabi Dal Tadka	4 servings	Onion medium size - 1 pc. (finely chopped), Tomatoes medium size - 2 pcs. (finely chopped), Clarified butter (ghee) - 3 tbsp., Dry red chili - 2 pcs., Cumin seeds (jeera) - 2 tsp., Ginger (adrakh, finely chopped) - 1 tsp., Garlic (lehsun) - 1 tsp., Kashmiri red chili powder - 1 tsp., Coriander powder (dhaniya powder) - 1½ tsp., Turmeric powder (haldi) - ½ tsp., Salt - 2 tsp., Fresh coriander (hara dhaniya) - 1 tbsp.
		<p>Instructions</p> <p>Add finely chopped onions, ginger and garlic, cumin seeds, oil in glass bowl and mix well. Put them in the microwave oven. Select the autocook program and press the START/+30s button. When the beeps, add chopped tomatoes, salt, red chili, coriander powder, turmeric powder, fresh coriander and mix well. Press the START/+30s button again. After cooking, standing 1-2 minutes.</p>

Code/Food	Serving Size	Ingredients
2-5 Dimer/Bengali Tadka	4 servings	Large onion - 1 pc. (chopped) (small onion - 2 pcs.), Ginger garlic paste - 1½ tbsp., Tomatoes - 2 pcs. (chopped), Whole cumin - ½ tsp., Turmeric powder - 1 tsp., Coriander powder - 1 tsp., Red chilli powder as per taste, Green chilli chopped - 1 pc., Kasoori methi - 2 tbsp., Oil - 4 tbsp., Bay leaf - 1 pc., Salt as per taste, Coriander leaves (chopped) as per taste.

Instructions

Add chopped onions, ginger garlic paste cumin seeds, turmeric powder, coriander powder, red chili powder, chopped green chili, kasoori methi, oil, bay leaf, salt in glass bowl and mix well. Put them in the microwave oven. Select the autocook program and press the **START/+30s** button. When the beeps, add tomatoes, chopped coriander leaves and mix well. Press the **START/+30s** button again. After cooking, standing 1-2 minutes.

Oven use

3. Sun Dry

Code/Food	Serving Size	Ingredients
3-1 Sun-Dried Tomatoes	1 plate	Tomatoes (big size) - 2 pcs.
Instructions		
Wash and four halve if big tomatoes and 2 halves if small tomatoes. Place the tomatoes, in microwave safe flat glass pie plate. Put them in the microwave oven. Select the autocook program and press a START/+30s button. During cooking, there are beep sounds two times. When the first beeps, turn the tomatoes over for good quality. But If you don't want to stop the microwave oven, you can keep a cooking whatever may beep. When the second beeps, turn the tomatoes over for good quality. But If you don't want to stop the microwave oven, you can keep a cooking whatever may beep. After cooking, leave them sun or air for half an hour.		
3-2 Sun-Dried Apple	1 plate	Apple (slice thin) - 1 pc.
Instructions		
Cut the Apple into thin slices. Wipe them with tissue paper to remove extra moisture. Lay one batch of apple slices on the crusty plate without overlapping. Place them on the high rack and put them in the microwave oven. Select the autocook program and press a START/+30s button. When the first beeps, turn the apple slices over and press a START/+30s button again. When the second beeps, turn the apple slices over and press a START/+30s button again. After cooking, leave them in sun or air for half an hour.		

Code/Food	Serving Size	Ingredients
3-3 Sun-Dried Potatoes	1 plate	Potato (peeled and slice thin) - 1 pc.
Instructions		
Cut the potato into thin slices. Wipe them with tissue paper to remove extra moisture. Lay one batch of potato slices on the crusty plate without overlapping. Place them on the high rack and put them in the microwave oven. Select the autocook program and press a START/+30s button. When the first beeps, turn the potato slices over and press a START/+30s button again. When the second beeps, turn the potato slices over and press a START/+30s button. After cooking, keep them in sun or air for half an hour.		
3-4 Sun-Dried Bitter Gourd	1 plate	Bitter gourd (slice thin) - 1 pc.
Instructions		
Cut the bitter gourd into thin slices. Wipe them with tissue paper to remove extra moisture. Lay one batch of bitter gourd slices on the crusty plate without overlapping. Place them on the high rack and put them in the microwave oven. Select the autocook program and press a START/+30s button. When the first beeps, turn the bitter gourd slices over and press a START/+30s button. When the second beeps, turn the bitter gourd slices over and press a START/+30s button again. After cooking, keep them in sun or air for half an hour.		
3-5 Sun-Dried Bananas	1 plate	Raw bananas (peeled and sliced thin) - 1 pc.
Instructions		
Peel the banana and cut it into thin slices. Put the banana pieces on the crusty plate and lay one batch of banana pieces on it without overlapping. Place them on the high rack and put them in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, keep them in sun or air for half an hour.		

Code/Food	Serving Size	Ingredients
3-6 Sun-Dried Mango	1 plate	Big ripe mango - 1 pc.
Instructions		
<p>Peel the mango and make thin slices. Sprinkle a pinch of salt or some drops of lemons in mango slices so that it retains the natural colour. Make sugar syrup and soak mango slices in it. Boil it by microwave oven at 900W for approx. 2-3 minutes until it becomes transparent. Take out slices from syrup and dry with tissue paper to remove extra moisture. Put the mango slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.</p>		
3-7 Sun-Dried Kiwi	1 plate	Kiwi 2 pcs.
Instructions		
<p>Peel the kiwi and make slices. Put the kiwi slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.</p>		

Code/Food	Serving Size	Ingredients
3-8 Sun-Dried Papaya	1 plate	Papaya ½ pc.
Instructions		
<p>Peel the papaya and make thin slices. Dry with tissue paper to remove extra moisture. Put the papaya slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.</p>		
3-9 Sun-Dried Grapes	1 plate	Grapes 250 g
Instructions		
<p>Boil grape in normal water by microwave oven at 900 W for approx. 2-3 minutes. Dry with tissue paper to remove extra moisture. Put the grape on the crusty plate. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.</p>		
3-10 Sun-Dried Chiku (Sapota)	1 plate	Chiku - 1 pc.
Instructions		
<p>Peel the chiku and make thin slices. Dry with tissue paper to remove extra moisture. Put the chiku slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.</p>		

Oven use

Code/Food	Serving Size	Ingredients
3-11 Sun-Dried Beetroot	1 plate	Beetroot - 1 pc.
Instructions		Peel the beetroot and make thin slices. Dry with tissue paper to remove extra moisture. Put the beetroot slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.
3-12 Sun-Dried Fig (Whole)	1 plate	Fig - 4 pcs.
Instructions		Wash the figs. Press the Figs from both side and make them flat. Dry with tissue paper to remove extra moisture. Put the fig slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.
3-13 Sun-Dried Diced Apple Cube	1 plate	Apple - 1 pc.
Instructions		Wash the apple and cut them into small cubes. Dry with tissue paper to remove extra moisture. Spread the apple cubes on the crusty plate. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.

Code/Food	Serving Size	Ingredients
3-14 Sun-Dried Plum	1 plate	Plum - 1 pc.
Instructions		Wash the plum and make thin slices. Dry with tissue paper to remove extra moisture. Put the plum slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.
3-15 Sun-Dried Jackfruit	1 plate	Jackfruit - 250 g
Instructions		Peel the jackfruit and make very thin slices. Dry with tissue paper to remove extra moisture. Put the jackfruit slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.
3-16 Sun-Dried Grated Coconut	1 plate	Coconut - ½ pc.
Instructions		Grate the coconut. Put the grated coconut on the crusty plate. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, stir them and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.

Code/Food	Serving Size	Ingredients
3-17 Sun-Dried Peach	1 plate	Peach - 1 pc.
Instructions		
<p>Peel the peach and make thin slices. Sprinkle a pinch of salt or some drops of lemons in peach slices so that it retains the natural colour. Make sugar syrup and soak peach slices in it. Boil it by microwave oven at 900 W for approx. 2-3 minutes until it becomes transparent. Take out slices from syrup and dry with tissue paper to remove extra moisture. Put the peach slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.</p>		
3-18 Sun-Dried Pear	1 plate	Pear - 1 pc.
Instructions		
<p>Wash the pear and make thin slices. Dry with tissue paper to remove extra moisture. Put the pear slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.</p>		

Code/Food	Serving Size	Ingredients
3-19 Sun-Dried Pineapple	1 plate	Pineapple - 250 g
Instructions		
<p>Peel the pineapple and make thin slices. Dry with tissue paper to remove extra moisture. Put the pineapple slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.</p>		
3-20 Sun-Dried Guava	1 plate	Guava - 1 pc.
Instructions		
<p>Wash the guava and make thin slices. Dry with tissue paper to remove extra moisture. Put the guava slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.</p>		
3-21 Sun-Dried Grated Amla	1 plate	Amla - 5-6 pcs.
Instructions		
<p>Grate the amlas. Add pinch of salt and black salt in amla and remove water from amla by pressing them tightly. Put the grated amla on the crusty plate. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, stir them and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.</p>		

Oven use

Code/Food	Serving Size	Ingredients
3-22 Sun-Dried Lemon Slices	1 plate	Lemon - 3 pcs.
Instructions		Make the lemon thin slices. Sprinkle a pinch of salt in lemon slices so that it retains the natural colour. Make sugar syrup and soak lemon slices in that syrup. Boil it by microwave oven at 900 W for approx. 3-5 minutes until it becomes transparent. Take out slices from syrup and dry with tissue paper to remove extra moisture. Put the lemon on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.
3-23 Sun-Dried Dragon Fruit	1 plate	Dragon fruit - 1 pc.
Instructions		Peel the dragon fruit and make thin slices. Dry with tissue paper to remove extra moisture. Put the dragon fruit slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.

Code/Food	Serving Size	Ingredients
3-24 Sun-Dried Avocado	1 plate	Avocado - 1 pc.
Instructions		Peel the avocado and make thin slices. Dry with tissue paper to remove extra moisture. Put the avocado slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.
3-25 Sun-Dried Strawberry	1 plate	Strawberry - 4 pcs.
Instructions		Wash the strawberries and make thin slices. Dry with tissue paper to remove extra moisture. Put the strawberry slices strips on the crusty plate with 1 inch gap between each. Place them on the low rack and put in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn each piece over carefully and press a START/+30s button again. After cooking, take out the crusty plate and keep them in sun or air for 1 day.

Code/Food	Serving Size	Ingredients
3-26 Sun-Dried Urad Dal Vadi	1 plate	Urad dal - 1 cup, Ginger paste - $\frac{1}{2}$ tbsp., Green chilies, finely chopped - 3 pcs., Coriander leaves, finely chopped - $\frac{1}{2}$ cup, Coarsely ground black cardamom seeds - $\frac{1}{2}$ tsp., Red chili powder - $\frac{1}{2}$ tbsp., Black pepper, coarsely ground - $\frac{1}{2}$ tsp., Fennel seeds - $\frac{1}{2}$ tsp., Cloves, coarsely ground - 5 pcs., Cumin seeds - $\frac{1}{2}$ tsp., Asafetida or Hing powder. - $\frac{1}{2}$ tsp., Oil - 1 tbsp.
Instructions		<p>Grind coarsely urad dal in a dry grinder. Soak in water such that it is $\frac{1}{2}$ inch above the dal and leave for a couple of hours. The water is absorbed to make a thick batter. Add asafoetida and mix well.</p> <p>Leave overnight in a warm place to let it rise. Grind ginger, green chillies and coriander leaves, black cardamom seeds, red chili powder, black pepper, fennel seeds, cloves, cumin seeds together. Put the dal in a big mixing bowl and add all the other ingredients. Beat vigorously and mix well. Add water if necessary to make a dropping consistency. Grease the crusty plate with 2-3 drops of oil. Make small blobs by using mixture and put them on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press a START/+30s button. When the beeps, turn the foods over for good quality. But If you don't want to stop the microwave oven, you can keep a cooking whatever may beep. After cooking, leave the vadi in air for half an hour.</p>

Code/Food	Serving Size	Ingredients
3-27 Sun-Dried Moong Dal Vadi	1 plate	Moong Dal - 1 cup, Cumin seeds (Jeera) - $\frac{1}{4}$ tsp., Asafoetida (Hing) - $\frac{1}{4}$ tsp., Powdered whole cloves - $\frac{1}{2}$ tsp., Black peppercorns or ground black pepper - $\frac{1}{4}$ tsp., Oil - 1 tbsp., Salt to taste

Instructions

Grind coarsely moong dal in a dry grinder. Soak in water such that it is $\frac{1}{2}$ inch above the dal and leave for a couple of hours. The water is absorbed to make a thick batter. Add all the spices and salt and mix them well. Leave overnight in a warm place to let it rise. Put the dal in a big mixing bowl and add all the other ingredients. Beat vigorously and mix well. Add water if necessary to make a dropping consistency. Grease the crusty plate with 2-3 drops of oil. Make small blobs by using mixture and put them on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press a **START/+30s** button. When the beeps, turn the foods over for good quality. But If you don't want to stop the microwave oven, you can keep a cooking whatever may beep. After cooking, leave the vadi in air for half an hour.

Oven use

Code/Food	Serving Size	Ingredients
3-28 Sabudana Papad	1 plate	Sabudana - 1 cup, Salt as per taste, Water - 2.5 cups, Oil - 1 tbsp.

Instructions

Soak the sabudana seeds in 1 cup water for 4 hours. Add 2.5 cups of boiled water in sabudana and add salt as per taste. Heat the mixture until it is slightly thick and transparent by cooktop. Grease the crusty plate with 2-3 drops of oil. Put 1-2 tbsp. of mixture and spread it evenly into a round shape with back of a spoon on the crusty plate. Use the mixture to make multiple rounds with a gap of 1 inch till the plate is full. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press a **START/+30s** button. When the first beeps, turn the foods over for good quality. But If you don't want to stop the microwave oven, you can keep a cooking whatever may beep. When the second beeps, turn the foods over again and press a **START/+30s** button. After cooking, leave the papad in air for 10 minutes.

Code/Food	Serving Size	Ingredients
3-29 Rice Papad	1 plate	Rice flour - ¼ cup, Cumin seeds - ¼ tsp., Salt as per taste, Boiled water - 1½ cups, Oil - 1tbsp.

Instructions

Put rice flour in a bowl. Add 1½ cups of boiled water. Add cumin seeds and salt as per taste. Heat the mixture by cooktop. Cook for 5 minutes and stir in between so that there are no lumps in batter. Grease the crusty plate with 2-3 drops of oil. Put 1-2 tbsp. of mixture and spread it evenly into a round shape with back of a spoon on the crusty plate. Use the mixture to make multiple rounds with a gap of 1 inch till the plate is full. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press a **START/+30s** button. When the first beeps, turn the foods over for good quality. But If you don't want to stop the microwave oven, you can keep a cooking whatever may beep. When the second beeps, turn the foods over and press a **START/+30s** button. When the third beeps, turn the foods over again and press a **START/+30s** button. After cooking, leave the papad in air for 10 minutes.

Code/Food	Serving Size	Ingredients
3-30 Atta Papad	1 plate	Wheat flour - $\frac{1}{4}$ cup, Cumin seeds - $\frac{1}{4}$ tsp., Salt as per taste, Boiled water - $1\frac{1}{4}$ cups
Instructions		
<p>Put wheat flour in a bowl. Add $1\frac{1}{4}$ cups of boiled water. Add cumin seeds and salt as per taste. Heat the mixture by cooktop. Cook for 5 minutes and stir in between so that there are no lumps in batter. Grease the crusty plate with 2-3 drops of oil. Put 1-2 tbsp. of mixture and spread it evenly into a round shape with back of a spoon on the crusty plate. Use the mixture to make multiple rounds with a gap of 1 inch till the plate is full. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press a START/+30s button. When the first beeps, turn the foods over for good quality. But If you don't want to stop the microwave oven, you can keep a cooking whatever may beep. When the second beeps, turn the foods over again and press a START/+30s button. After cooking, leave the papad in air for 10 minutes.</p>		

Code/Food	Serving Size	Ingredients
3-31 Maida Papad	1 plate	Maida - $\frac{1}{4}$ cup, Cumin seeds- $\frac{1}{4}$ tsp., Salt as per taste, Boiled water - $1\frac{1}{4}$ cups
Instructions		
<p>Put maida in a bowl. Add $1\frac{1}{4}$ cups of boiled water. Add cumin seeds and salt as per taste. Heat the mixture by cooktop. Cook for 5 minutes and stir in between so that there are no lumps in batter. Grease the crusty plate with 2-3 drops of oil. Put 1-2 tbsp. of mixture and spread it evenly into a round shape with back of a spoon on the crusty plate. Use the mixture to make multiple rounds with a gap of 1 inch till the plate is full. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press a START/+30s button. When the first beeps, turn the foods over for good quality. But If you don't want to stop the microwave oven, you can keep a cooking whatever may beep. When the second beeps, turn the foods over again and press a START/+30s button. After cooking, leave the papad in air for 10 minutes.</p>		

Oven use

Code/Food	Serving Size	Ingredients
3-32 Rawa Papad	1 plate	Rawa/Sooji - ¼ cup, Cumin seeds - ¼ tsp., Salt as per taste, Boiled water - 1½ cups, Oil - 1 tbsp.
Instructions		
<p>Put rawa/sooji in a bowl. Add 1½ cups of boiled water. Add cumin seeds and salt as per taste. Heat the mixture by cooktop. Cook for 5 minutes and stir in between so that there are no lumps in batter. Grease the crusty plate with 2-3 drops of oil. Put 1-2 tbsp. of mixture and spread it evenly into a round shape with back of a spoon on the crusty plate. Use the mixture to make multiple rounds with a gap of 1 inch till the plate is full. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press a START/+30s button. When the first beeps, turn the foods over for good quality. But If you don't want to stop the microwave oven, you can keep a cooking whatever may beep. When the second beeps, turn the foods over again and press a START/+30s button. After cooking, leave the papad in air for 10 minutes.</p>		
3-33 Vimcelli/ Sevaiyan/Jave	1 plate	Maida - 1 cup, Sooji - 1 cup, Water to knead the dough
Instructions		
<p>Mix both Maida and sooji and make dough by adding water. Make a shape from dough like vermicelli and put them on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press a START/+30s button. After cooking, leave the vermicelli in air for 10 minutes.</p>		

Code/Food	Serving Size	Ingredients
3-34 Aloo Sabudana Papad	1 plate	Sabudana (soaked overnight) - 1 cup, Potato (boiled and peeled) - 100 g, Cumin seeds (Jeera) - 1 tsp., Salt or as per taste, Water - 2.5 cups
Instructions		
<p>Put soaked sabudana in a bowl. Add 2.5 cups of boiled water. Add cumin seeds and salt as per taste. Heat the mixture until it is slightly thick and transparent by cooktop. Grease the crusty plate with 2-3 drops of oil. Put 1-2 tbsp. of mixture and spread it evenly into a round shape with back of a spoon on the crusty plate. Use the mixture to make multiple rounds with a gap of 1 inch till the plate is full. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press a START/+30s button. When the first beeps, turn the foods over for good quality. But If you don't want to stop the microwave oven, you can keep a cooking whatever may beep. When the second beeps, turn the foods over again and press a START/+30s button. After cooking, leave the papad in air for 10 minutes.</p>		
3-35 Aloo Lachha Papad	1 plate	2 medium potatoes
Instructions		
<p>Peel the potatoes. Wash them under cold water. Make thin slice by using a potato chips maker or a sharp knife. Cut the potato slices in small strips to make Aloo Lachcha. Pat dry those with tissue paper to remove extra moisture. Put the potato strips on the crusty plate. Place the crusty plate on the high rack and put them in the microwave oven. Select the autocook program and press a START/+30s button. When the first beeps, turn the foods over and press a START/+30s button. When the second beeps, turn the foods over again and press a START/+30s button again. After cooking, leave them in sun or air for half an hour.</p>		

Using the indian combo/dairy features

The 13 **Indian Combo/Dairy** features provide pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the type of food by turning the **Multi Function Selector Dial**.

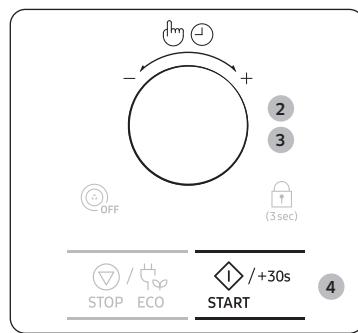
CAUTION

Use only recipients that are microwave-safe.

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



1. Press the **Combo/Dairy** button.



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

Indian combo/dairy guide

The following table presents quantities and appropriate instructions for indian combo.

1. Indian Combo

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

Instructions

Add salt and yogurt to the refined flour and knead into a soft dough. Rest the dough for some time. For the filling mix sattu with ginger, garlic, green chillies, coriander leaves, carom seeds, onion seeds, salt, lemon juice and a little water. Divide the dough into lemon sized balls and spread them into small puris with your fingers. Place a portion of the filling mixture and once again roll into balls.

Add boiled potatoes, brinjal, red chillies, garlic, onions, green chillies, crushed coriander seeds, coriander powder cumin powder, amchur salt and mix well.

Apply some oil with brush on crusty plate and place 7 littis on one side and chokha on other side of the plate and brush with oil and press the **START/+30s** button. When MWO beep once, stir the chokha and press the **START/+30s** button. When MWO beep second time, take out the chokha and press the **START/+30s** button again. When beep, take out the litti and dip them into ghee and serve hot with chokha.

Oven use

Code/Food	Serving Size	Ingredients
1-2 Stuffed Aloo Naan and Matar Paneer	2 Stuffed aloo naan with Matar Paneer	<p>Flour (maida) - 2 cup, Baking soda - $\frac{1}{4}$ tsp., Salt to taste, Curd - 2 tbsp., Milk - 2 tbsp., Oil for brushing.</p> <p>Filing : Potatoes - 200 g (3-4 medium sized) boiled, Green chilly - 1 to 2 pcs. Ginger - 1inch long piece, Salt to taste, Red chilly powder - $\frac{1}{6}$ tsp., Amchur (mango) powder - $\frac{1}{4}$ tsp., Coriander (dhaniya) powder - 1 tsp., Green coriander - 1 tbsp. (finely chopped).</p> <p>Matar Paneer : Paneer cubes - 100 g, Peas - 1 cup shelled, Onion - 1 pc. medium size, Green chillies - 1-2 pcs., Ginger - $\frac{1}{2}$" piece, Red chilli powder - $\frac{1}{4}$, Turmeric powder - $\frac{1}{4}$, Cumin seeds - $\frac{1}{2}$ tsp., Salt to taste.</p>

Instructions

Filter flour mixed with baking soda and salt. Create a small crater in the flour then pour curd, milk and oil in it. Mix all these ingredients properly and use some water enough to knead soft dough. Press the dough nicely with your hand making it smooth, it becomes very light. Cover the dough and keep aside for some time allowing it to ferment only then dough will be ready to make Naan.

Peel and mash the potatoes into small pieces.

Add green chilly, ginger, salt, red chilly, Amchur powder, coriander powder and green coriander to the potato pieces then mix. Potato stuffing for Naan is ready.

Break of the dough into 8 equal pieces and round them off into balls.

Divide stuffing into 8 equal portions as well.

Take a ball of dough, wrap it in dry flour and flatten with a rolling pin into a Naan. Place a portion of potato stuffing on the rolled Naan, wrap up the Naan and close all open ends. Wrap this potato stuffed ball in dry flour and expand a little with your fingers. Gently roll with a rolling pin into a Naan

Mix paneer cubes, shelled onion, green chillies, ginger together and add red chilli powder, cumin seeds, salt and turmeric powder and oil.

Apply some oil with brush on crusty plate and pace 2 naan on one side and matar paneer on other side of the plate and brush with oil and press the **START/+30s** button. When MWO beep once, stir the matar paneer and turn side of naan and press the **START/+30s** button. When MWO beep second time, take out the nstuffed naan and matar paneer and serve hot.

Code/Food	Serving Size	Ingredients
1-3 Dal Chawal	1 bowl of dal and 1 bowl of rice	Dal - 1 cup, Oil to taste, cumin seeds - 2 tsp., Onions - $\frac{1}{2}$ cup finely chopped, Tomatoes - $\frac{1}{3}$ cup chopped, Green chillies - 1 tsp. finely chopped, Ginger - 1 tsp. finely chopped, Garlic - 1 tsp. finely chopped, Chilli powder - 1 tsp., Turmeric powder - $\frac{1}{4}$ tsp., Salt to taste, coriander - 2 tbsp. finely chopped, Water - 4 cup, Rice - 1 cup.

Instructions

Mix 1 cup dal and 2 cups water in medium size microwave safe bowl. Add the tomatoes, onions, green chillies, ginger, chilli powder, coriander, ghee/oil and salt and mix well.

Mix 1 cup rice and 2 cups water in 2 small microwave safe bowls. Add some cumin seeds and ghee into it.

Place three bowls in microwave oven and press the **START/+30s** button.

When beep, take out dal and rice bowls and serve hot.

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

Instructions

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

Code/Food	Serving Size	Ingredients
1-5 Non-Veg Tandoori Platter	2 Naan with Chicken and veggies	<p>Chicken - 250 g, Large red bell pepper - 1 pc., Large yellow bell pepper - 1 pc., Large green bell pepper/capsicum/shimla mirch - 1 pc., Onion - 1 pc. medium size, Tomato - 1 pc. large size.</p> <p>Marinade : Hung curd/yogurt or thick curd/yogurt - 200 g, Ginger garlic paste or crushed ginger garlic - 1 tbsp., Ajwain/carom seeds - 1 tsp., Kashmari red chili powder - 1 to 2 tsp., Turmeric powder/haldi - ½ tsp., Jeera powder/cumin seeds powder - 1 tsp., Dhania powder/coriander powder - 1 tsp., Garam masala powder - ½ tsp., Dry mango powder/amchur powder - 1 tsp., Chaat masala - 1 tsp., Black pepper powder (optional) - ½ tsp., Juice of half lemon, Oil or ghee or butter for brushing - 1 to 2 tbsp., Rock salt or black salt.</p> <p>Naan : Flour (maida) - 2 cup, Baking soda - ¼ tsp., Salt to taste, Curd - 2 tbsp., Milk - 2 tbsp., Oil for brushing.</p>

Instructions

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

Oven use

2. Indian Dairy

Code/Food	Serving Size	Ingredients
2-1 Paneer	150 g	Full cream boiled milk - 2 tbsp., Curd - 2 tbsp.
Instructions		Take boiled milk in microwave safe bowl and add 2 tablespoon curd and mix it well and press the START/+30s button. When beep, take out the paneer and place the paneer in cotton cloth and drain excessive water. You can set the paneer in a shape by putting some weight over the cotton cloth for 30 minutes.
2-2 Ghee	200 ml	Malai/cream - 500 ml.
Instructions		Pour malai/cream in microwave safe bowl of 1.3 L capacity and press the START/+30s button. When beep, stir the malai. When long beep, take out the ghee and allow it to cool down at room temperature.
2-3 Boil Milk	500 ml	Milk - 500 ml.
Instructions		Take the milk and pour it into microwave safe glass bowl of 1.3 L capacity and place it in microwave oven. When Beep, take out the milk and serve.
2-4 Badam-Kesar Milk	500 ml	Full cream milk - 500 ml, Kesar (saffron) - 1 pinch, Almonds (badam) - 4 finely chopped, Sugar to taste.
Instructions		Add sugar, saffron and finely chopped almonds into the boiled milk in the microwave safe glass bowl of 1.3 L capacity. Place it in the microwave oven and press the START/+30s button. When beep, take out and serve hot.

Code/Food	Serving Size	Ingredients
2-5 Horlicks	500 ml	Full cream milk - 500 ml, Horlicks - 4 tsp., Sugar to taste.
Instructions		Add sugar and horlicks into the boiled milk in the microwave safe glass bowl of 1.3 L capacity. Place it in the microwave oven and press the START/+30s button. When beep, take out and serve hot.
2-6 Haldi Milk	500 ml	Full cream milk - 500 ml, Haldi (Turmeric) - 2 tsp., Sugar to taste.
Instructions		Add sugar and turmeric into the boiled milk in the microwave safe glass bowl of 1.3 L capacity. Place it in the microwave oven and press the START/+30s button. When beep, take out and serve hot.
2-7 Coffee	500 ml (4 cups)	Milk - 500 ml, Coffee - 5 tsp., Sugar to taste, Drinking chocolate to taste.
Instructions		Pour milk, sugar and coffee microwave safe bowl of 1.3 L capacity and press the START/+30s button. When beep, take out and serve.
2-8 Tea	500 ml (4 cups)	Water - 200 ml, Milk - 300 ml, Tea - 4 tsp., Sugar to taste.
Instructions		Pour water, milk, tea and sugar in microwave safe bowl of 1.3 L capacity bowl and press the START/+30s button. When beep, take out and serve.

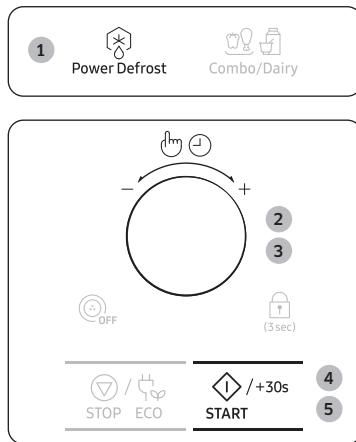
Using the power defrost features

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

NOTE

Use only recipients that are microwave-safe.

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



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

Power defrost guide

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

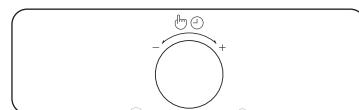
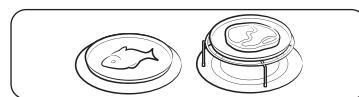
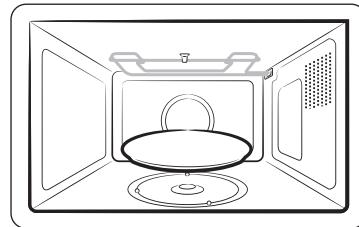
Code/Food	Serving size	Instructions
1 Meat	200-1500 g	Shield the edges with aluminium foil. Turn the meat over, when the oven beeps. This programme is suitable for beef, lamb, pork, steaks, chops, minced meat. Stand for 20-60 minutes.
2 Poultry	200-1500 g	Shield the leg and wing tips with aluminium foil.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

Oven use

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

Using the crusty plate

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



1. Place the crusty plate directly on the turntable and preheat it with highest Microwave-Grill-Combination [600 W + Grill] by following the times and instructions in the chart.
2. Brush the plate with oil if you are cooking food, such as bacon and eggs, in order to brown the food nicely.
3. Place the food on the crusty plate.
4. Place the crusty plate on the metal rack (or turntable) in the microwave.
5. Select the appropriate cooking time and power.
(Refer to the table on the side)

⚠ CAUTION

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

NOTES

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

Spit-roasting

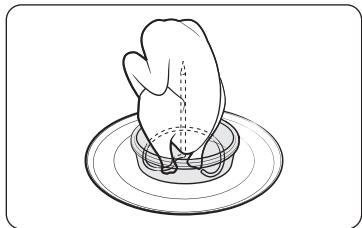
The barbecue spit is useful for grilling, as you do not need to turn the meat over. It can be used for combined microwave and hotblast cooking.

CAUTION

Always use oven gloves when touching the recipients in the oven, as they will be very hot.

NOTE

Make sure that the weight of the meat is evenly distributed on the spit and that the spit rotates evenly.



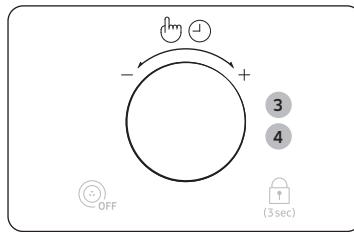
- Push the roasting spit through the centre of the meat.

Example: Push the spit between the backbone and breast of a chicken. Place the spit on its upright on the glass bowl the glass bowl and the glass bowl onto the turntable. To help brown the meat, brush it with and spices oil.

- Press the **Combi** button.

Result: The following indications are displayed:

Cb-1 (Microwave + Grill)



- Make the display indicating Cb-2 (Microwave + hotblast) by turning the **Multi Function Selector Dial**, and then press the **Multi Function Selector Dial**.

Result: The following indications are displayed:

 (Microwave & Hot blast combi mode)

600 W (Output power)

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

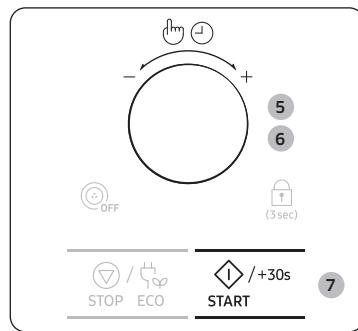
- If don't set the power level within 5 seconds, Automatically changes to the cooking time setting stage. (Default : 600 W)

Result: The following indications are displayed:

 (Microwave & Hot blast combi mode)

180 °C (Temperature)

Oven use



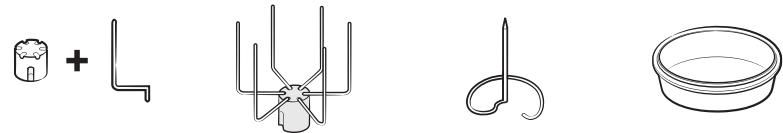
5. Select the appropriate temperature by turning the **Multi Function Selector Dial** (Temperature : 200~40 °C). At that time, press the **Multi Function Selector Dial** to set the power level.
 - If don't set the temperature within 5 seconds, Automatically changes to the cooking time setting stage. (Default : 180 °C)
6. Set the cooking time by turning the **Multi Function Selector Dial**.
 - The maximum cooking time is 60 minutes.
7. Press the **START/+30s** button.
Result: Combination cooking starts. The oven is heated to the required temperature and then microwave cooking continues until the cooking time is over. When it has finished.
 - 1) The oven beeps 4 times.
 - 2) The end reminder signal will beep 3 times (once every minute).
 - 3) The current time is displayed again.

Using the vertical multi-spit

Multi-spit for kebab

Using the multi-spit with 6 kebab skewers you can easily barbecue meat, poultry, fish, vegetables (like onions, peppers or courgettes) and fruit which have been cut into pieces.

You can prepare the above food with the kebab skewers by using hotblast or combination mode.



Coupler Kebab Skewer

Multi-Spit

Barbecue Spit

Glass Bowl

Use of the multi-spit with kebab skewers

1. For preparing kebabs with the multi-spit use the 6 skewers.
2. Put the same amount of food on each skewer.
3. Place the roasting-spit into the glass bowl and insert the multi-spit into it.
4. Put the glass bowl with the multi-spit in the centre of the turntable.

NOTE

Make sure that the grill heating element is in the right position at the back wall of the cavity and not at the top before starting the grilling process.

Removing the multi-spit from the oven after grilling

1. Use oven gloves for taking for glass bowl with the multi-spit out of the oven, because it will be very hot.
2. Remove multi-spit out of the spit stand by using oven gloves as well.
3. Carefully remove the skewers and use a fork for removing the food pieces from the skewers.

NOTE

The multi-spit is not suitable for cleaning in the dishwasher. Therefore clean it with warm water and washing up liquid by hand. Remove the vertical multi-spit from the oven, after use.

Hot Blast

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

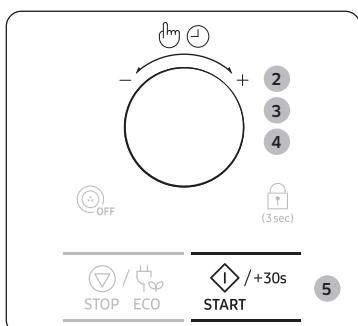
- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and browning, if you use the low rack.

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



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

Result: The following indications are displayed:
fan (Hot blast mode)
 180 °C (Temperature)



2. Set the temperature by turning the **Multi Function Selector Dial**.

(Temperature : 40-200 °C, 10 °C interval)
 • If don't set the temperature within 5 seconds, Automatically changes to the cooking time setting stage.

3. Press the **Multi Function Selector Dial**.

4. Set the cooking time by turning the **Multi Function Selector Dial**.
 (If you want to preheat the oven, select " : 0")

5. Press the **START/+30s** button.

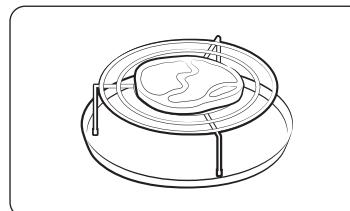
Result: Cooking starts. When it has finished.

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

Grilling

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

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



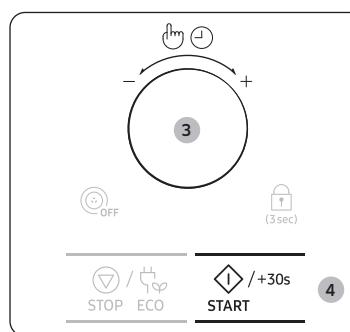
1. Open the door and place the food on the rack.



2. Press the **Grill** button.

Result: The following indications are displayed:
grid (Grill mode)

- You cannot set the temperature of the grill.



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

• The maximum grilling time is 60 minutes.

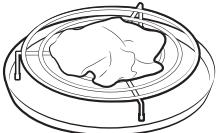
4. Press the **START/+30s** button.

Result: Grilling starts. When it has finished.

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

Oven use

Choosing the accessories



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

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

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

NOTE

For further details on suitable cookware and utensils, refer to the Cookware guide on page 112.

Combining microwaves and grill

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

CAUTION

- ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.
- ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.

NOTE

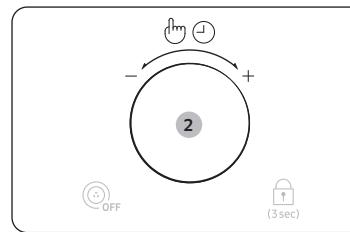
You can improve cooking and grilling, if you use the high rack.

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



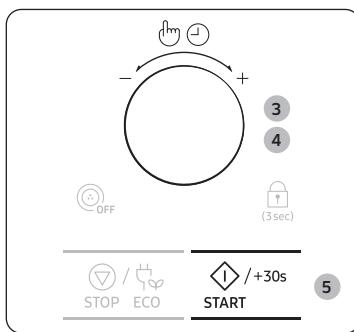
1. Press the **Combi** button.

Result: The following indications are displayed:
Cb-1 (Microwave + Grill)



2. Make the display indicating Cb-1, and then press the **Multi Function Selector Dial**.

Result: The following indications are displayed:
 (Microwave & Grill combi mode)
600 W (Output power)



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

Combining microwaves and hot blast

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

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

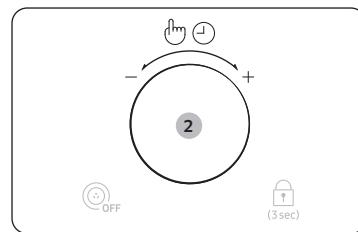
CAUTION

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

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

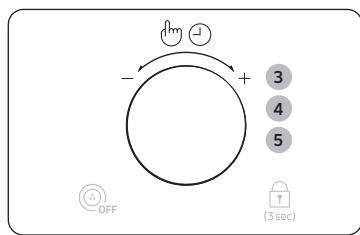


1. Press the **Combi** button.
Result: The following indications are displayed:
 Cb-1 (Microwave + Grill)



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

Oven use



3. Select the appropriate power level by turning the **Multi Function Selector Dial** until the corresponding output power is displayed (600, 450, 300, 180, 100 W). At that time, press the **Multi Function Selector Dial** to set the power level.
- If don't set the power level within 5 seconds, Automatically changes to the cooking time setting stage.
(Default : 600 W)

Result: The following indications are displayed:

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

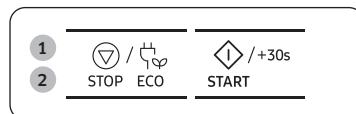
4. Select the appropriate temperature by turning the **Multi Function Selector Dial** (Temperature : 200-40 °C). At that time, press the **Multi Function Selector Dial** to set the power level.
- If don't set the temperature within 5 seconds, Automatically changes to the cooking time setting stage.
(Default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



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

Switching the beeper off

You can switch the beeper off whenever you want.



1. Press the **START/+30s** and **STOP/ECO** button at the same time.
- Result:** The oven does not beep to indicate the end of a function.
- The following indications are displayed.

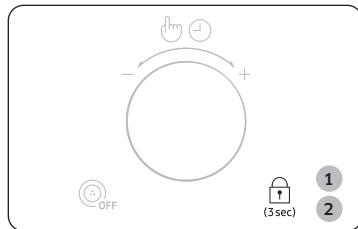
2. To switch the beeper back on, press the **START/+30s** and **STOP/ECO** button again at the same time.

Result: The oven operates normally.

- The following indications are displayed.

Using the child lock features

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



1. Press the **Child Lock** button for 3 second.

Result:

- The oven is locked (no functions can be selected).
- The display shows "L".



2. To unlock the oven, press the **Child Lock** button for 3 second.

Result: The oven can be used normally.

Using the turntable on/off features

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



NOTE

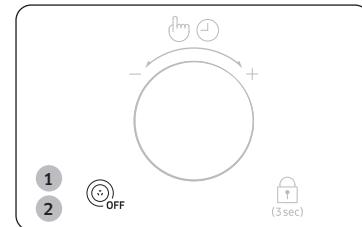
The results will be less satisfactory in this case as the cooking is less even. We recommend that you turn the dish by hand halfway through the cooking process.



WARNING

Never operate the turntable without food in the oven.

Reason: This may cause fire or damage to the unit.



1. Press the **Turtable On/Off** button during setting Microwave, Grill, Hot Blast, Preheat and Combi function.

- It is not available with pre-programmed function or before press the **Microwave, Grill, Hot Blast, Preheat** and **Combi** button.

Result: **Turtable On/Off** symbol appears on the display, the turntable will not rotate during the cooking.

(Turntable off mode)

2. To switch the turntable rotating back on, press the **Turtable On/Off** button again.

Result: **Turtable On/Off** symbol disappears on the display, the turntable will rotate.



NOTE

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

Cookware guide

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

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

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

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

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

✓ : Recommended

✓✗ : Use caution

✗ : Unsafe

Cooking guide

Microwaves

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.

The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

Cooking

Cookware for microwave cooking:

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

Food suitable for microwave cooking:

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

Covering during cooking

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

Standing times

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

Cooking Guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer.

Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

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

Cooking guide

Cooking guide for fresh vegetables

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

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

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

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

Food	Serving size	Power	Time (min.)
Potatoes	250 g	900 W	4-5
	500 g		7-8
Instructions			
Weigh the peeled potatoes and cut them into similar sized halves or quarters. Serve after 3 minutes standing.			
Turnip Cabbage	250 g	900 W	5½-6
Instructions			
Cut turnip cabbage into small cubes. Serve after 3 minutes standing.			

Cooking guide for rice and pasta

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

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

Food	Serving size	Power	Time (min.)
Mixed Rice (Rice + Wild Rice)	250 g	450 W	18-19
	Instructions		
Add 500 ml cold water. Serve after 5 minutes standing.			
Mixed Corn (Rice + Grain)	250 g	450 W	20-21
	Instructions		
Add 400 ml cold water. Serve after 5 minutes standing.			
Pasta	250 g	900 W	9½-11
	Instructions		
Add 1000 ml hot water. Serve after 5 minutes standing.			
Instant Noodle	1 Small pack (80 g)	900 W	7-7½
	1 Big pack (120 g)		9-9½
Instructions			
Use a glass pyrex bowl. Put the noodle and add room temperature 350 ml water in bowl. Cook covered with wrap and pierce at several times. After cooking, drain water and mix instant noodle spices.			

Cooking guide

Reheating

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

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

Arranging and covering

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

Power levels and stirring

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

Check the tables for guidance.

In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).

Stir well or turn food over during reheating for best results. When possible, stir again before serving.

Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating.

Keep them in the microwave oven during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food. It is preferable to underestimate cooking time and add extra heating time, if necessary.

Heating and standing times

When reheating food for the first time, it is helpful to make a note of the time taken - for future reference.

Always make sure that the reheated food is piping hot throughout.

Allow food to stand for a short time after reheating - to let the temperature even out.

The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart.

Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

Reheating liquids

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

Reheating baby food

Baby food:

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

Baby milk:

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

Remark:

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

Reheating liquids and food

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

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

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

Cooking guide

Reheating baby food and milk

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

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

Defrosting

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up.

Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.

Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible. Check the food occasionally to make sure that it does not feel warm.

If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting. Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.

Leave the fish, meat and poultry to stand in order to complete defrosting. The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

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

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

Food	Serving size	Power	Time (min.)
Meat			
Minced Meat	250 g	180 W	6-7
	500 g		8-13
Pork Steaks	250 g	180 W	7-8
Instructions Place the meat on turntable. Shield thinner edges with aluminium foil. Turn over after half of defrosting time! Serve after 15-30 minutes standing.			

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

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

Grill

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

Cookware for grilling:

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

Food suitable for grilling:

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

Important remark:

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

Cooking guide

Microwave + Grill

This cooking mode combines the radiant heat that is coming from the grill with the speed of microwave cooking. It operates only while the door is closed and the turntable is rotating. Due to the rotation of the turntable, the food browns evenly. Three combination modes are available with this model: 600 W + Grill, 450 W + Grill and 300 W + Grill.

Cookware for cooking with microwave + grill

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

Food suitable for microwave + grill cooking:

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

Important remark:

Whenever the combination mode (microwave + grill) is used, the food should be placed on the high rack, unless another instruction is recommended. Please refer to the instructions in the following chart.

The food must be turned over, if it is to be browned on both sides.

Grill guide for fresh food

Preheat the grill with the grill-function for 2-3 minutes.

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

Use oven gloves when taking out.

Fresh food	Serving size	Power	1 step (min.)	2 step (min.)
Toast Slices	4 pcs (each 25 g)	Grill only	3½-4	3-4
Instructions				
Put toast slices side by side on the high rack.				
Grilled Tomatoes	400 g (2 pcs)	450 W + Grill	4-6	-
Instructions				
Cut tomatoes into halves. Put some cheese on top. Arrange in a circle in a flat glass pyrex dish. Place it on the high rack. Stand for 2-3 minutes.				
Tomato-Cheese Toast	4 pcs (300 g)	300 W + Grill	5-7	-
Instructions				
Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.				
Toast Hawaii (Ham, Pineapple, Cheese slices)	4 pcs (500 g)	300 W + Grill	5-7	-
Instructions				
Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.				
Baked Potatoes	500 g	600 W + Grill	11-13	-
Instructions				
Cut potatoes into halves. Put them in a circle on the high rack with the cut side to the grill.				
Gratin Potatoes/ Vegetables (Chilled)	450 g	450 W + Grill	11-13	-
Instructions				
Put the fresh gratin into a small glass pyrex dish. Put the dish on the high rack. After cooking stand for 2-3 minutes.				

Fresh food	Serving size	Power	1 step (min.)	2 step (min.)
Baked Apples	2 apples (ca. 400 g)	300 W + Grill	7-8	-
Instructions				
Core the apples and fill them with raisins and jam. Put some almond slices on top. Put apples on a flat glass pyrex dish. Place the dish directly on the low rack.				
Chicken Pieces	500 g (2 pcs)	300 W + Grill	10-12	7-9
Instructions				
Brush chicken pieces with oil and spices. Put them in a circle on the high rack. After grilling stand for 2-3 minutes.				
Roast Chicken	1200 g	1st 450 W + Hotblast 200 °C 2nd 450 W + Grill	20-22	20-22
Instructions				
Brush the chicken oil and spices. Put the chicken on the low rack. After grilling stand for 5 minutes.				
Roast Fish	400-500 g	300 W + Grill	6-8	6-7
Instructions				
Brush skin of whole fish with oil and add herbs and spices. Put two fishes side by side (head to tail) on the high rack. After grilling stand for 2-3 minutes.				
Roast Vegetables	300 g	Grill	9-11	-
Rinse and prepare vegetables in slices (e.g. courgette, egg plants, pepper, pumpkin). Brush with olive oil and add spices. Put on crusty plate on high rack				

Fresh food	Serving size	Power	1 step (min.)	2 step (min.)
Plantain	1 pc. (200 g)	1 step 450 W + Grill 2 step Grill	6-7	4-5
Instructions				
peel and slice plantain 1 cm thick and put on the crusty plate with grill rack. Brush all sides with oil. If plantain becomes soft, reduce time 1-2 minute soft type. Stand for 1-2 minutes.				
Yam	200 g	450 W + Grill	10-11	-
Instructions				
Peel yam and cut into sticks with a thickness of 10 x 30 mm. Length is about 10 cm. Put on the crusty plate and brush all sides with oil. Put on the high rack and cook. Stand for 1-2 minutes.				

Hot blast

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

Cookware for Hot blast cooking

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

Food suitable for Hot blast cooking

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

Cooking guide

Microwave + Hot blast

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

Cookware for cooking with microwaves + Hot blast

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

Food suitable for microwave + Hot blast cooking:

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

Hot blast guide for fresh and frozen food

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

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

Food	Serving size (g)	Mode (°C)	Cooking Time (min.)
Homemade Lasagna/ Pasta Gratin	500	170	15-20
Put pasta in ovenproof dish. Put dish on low rack.			
Frozen lasagne	400	450 W + 180 °C	16-18
Put into a suitable sized glass pyrex dish or leave in the original packaging (take care that this is suitable for microwaves and oven heat). Put frozen lasagne on the low rack. After cooking stand for 2-3 minutes.			
Roast beef/Lamb (medium)	1000-1200	450 W + 160 °C	20-22 (first side) 14-16 (second side)
Brush beef/ lamb with oil and spice it with pepper, salt and paprika. Put it on the low rack, first with the fat side down. After cooking wrap in aluminium foil and stand for 10-15 minutes.			
Frozen bread rolls	350 (6 pcs)	180 W + 160 °C	7-9
Put bread rolls on crusty plate. Put plate on the low rack. Stand 2-3 minutes.			
Marble cake	700	160	50-55
Put the fresh dough in a small rectangular black metal baking dish (length 25 cm). Put the dish on the low rack. After baking stand for 5-10 minutes.			
Small Cakes	each 30	160	30-35
Put up to 12 small cakes / muffins in paper cups on crusty plate. Put plate on low rack. After baking stand for 5 minutes.			
Croissants/Bread rolls (fresh dough)	200-250	200	13-18
Put the chilled croissants or bread rolls on baking paper on the low rack.			

Food	Serving size (g)	Mode (°C)	Cooking Time (min.)
Frozen cake	1000	180 W + 160 °C	16-18
	Put the frozen cake directly on the low rack. After defrost and warming keep standing for 15-20 minutes.		
Homemade Potato Gratin	500	450 W + 180 °C	18-22
	Put Gratin in ovenproof dish. Set on low rack.		
Homemade Quiche (Medium size)	500-600	160	45-50
	Prepare quiche using metal medium size pan and put on low rack. Refer a recipe in Hot Blast auto cook guide.		

Tips and tricks

Melting butter

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

Melting chocolate

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

Melting crystallized honey

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

Melting gelatine

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

Cooking glaze/icing (for cake and gateaux)

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

Cooking jam

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

Cooking pudding

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

Browning almond slices

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

Troubleshooting and information code

Troubleshooting

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

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

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

Problem	Cause	Action
The door cannot be opened properly.	Food residue is stuck between the door and oven interior.	Clean the oven and then open the door.
Heating including the Warm function does not work properly.	The oven may not work, too much food is being cooked, or improper cookware is being used.	Put one cup of water in a microwave-safe container and run the microwave for 1-2 minutes to check whether the water is heated. Reduce the amount of food and start the function again. Use a cooking container with a flat bottom.
The thaw function does not work.	Too much food is being cooked.	Reduce the amount of food and start the function again.
The interior light is dim or does not turn on.	The door has been left open for a long time.	The interior light may automatically turn off when the Eco function operates. Close and reopen the door or press the STOP/ECO button.
	The interior light is covered by foreign matter.	Clean the inside of the oven and check again.
A beeping sound occurs during cooking.	If the Auto Cook function is being used, this beeping sound means it's time to turn over the food during thawing.	After turning over the food, press the START/+30s button again to restart operation.

Problem	Cause	Action
The oven is not level.	The oven is installed on an uneven surface.	Make sure the oven is installed on flat, stable surface.
There are sparks during cooking.	Metal containers are used during the oven/thawing functions.	Do not use metal containers.
When power is connected, the oven immediately starts to work.	The door is not properly closed.	Close the door and check again.
There is electricity coming from the oven.	The power or power socket is not properly grounded.	Make sure the power and power socket are properly grounded.
1. Water drips. 2. Steam emits through a door crack. 3. Water remains in the oven.	There may be water or steam in some cases depending on the food. This is not an oven malfunction.	Let the oven cool and then wipe with a dry dish towel.
The brightness inside the oven varies.	Brightness changes depending on power output changes according to function.	Power output changes during cooking are not malfunctions. This is not an oven malfunction.
Cooking is finished, but the cooling fan is still running.	To ventilate the oven, the cooling fan continues to run for about 3 minutes after cooking is complete.	This is not an oven malfunction.

Troubleshooting and information code

Problem	Cause	Action
Turntable		
While turning, the turntable comes out of place or stops turning.	There is no roller ring, or the roller ring is not properly in place.	Install the roller ring and then try again.
The turn table drags while turning.	The roller ring is not properly in place, there is too much food, or the container is too large and touches the inside of the microwave.	Adjust the amount of food and do not use containers that are too large.
The turn table rattles while turning and is noisy.	Food residue is stuck to the bottom of the oven.	Remove any food residue stuck to the bottom of the oven.
Grill		
Smoke comes out during operation.	During initial operation, smoke may come from the heating elements when you first use the oven.	This is not a malfunction, and if you run the oven 2-3 times, it should stop.
	Food is on the heating elements.	Let the oven cool and then remove the food from the heating elements.
	Food is too close to the grill.	Put the food a suitable distance away while cooking.
	Food is not properly prepared and/or arranged.	Make sure food is properly prepared and arranged.

Problem	Cause	Action
Oven		
The oven does not heat.	The door is open.	Close the door and try again.
Smoke comes out during preheating.	During initial operation, smoke may come from the heating elements when you first use the oven.	This is not a malfunction, and if you run the oven 2-3 times, it should stop.
	Food is on the heating elements.	Let the oven cool and then remove the food from the heating elements.
There is a burning or plastic smell when using the oven.	Plastic or non heat-resistant cookware is used.	Use glass cookware suitable for high temperatures.
	Food residue or plastic has melted and stuck to the interior.	Use the steam function and then wipe with a dry cloth. You can put a lemon slice inside and run the oven to remove the odour more quickly.

Problem	Cause	Action
The oven does not cook properly.	The oven door is frequently opened during cooking.	If you open the door often, the interior temperature will be lowered and this may affect the results of your cooking.
	The oven controls are not correctly set.	Correctly set the oven controls and try again.
	The grill or other accessories are not correctly inserted.	Correctly insert the accessories.
	The wrong type or size of cookware is used.	Use suitable cookware with flat bottoms.

NOTE

If the above guidelines do not enable you to solve the problem, then contact your local SAMSUNG customer service centre.

Please have the following information ready:

- The model and serial numbers, normally printed on the rear of the oven
- Your warranty details
- A clear description of the problem

Then contact your local dealer or SAMSUNG aftersales service.

Information codes

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

NOTE

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

Technical specifications

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

Model	MC32K7056**
Power source	230 V ~ 50 Hz AC
Power consumption	
Maximum power	2900 W
Microwave	1400 W
Grill (heating element)	1500 W
Hot blast (heating element)	Max. 2100 W
Output power	100 W / 900 W - 6 levels (IEC-705)
Operating frequency	2450 MHz
Dimensions (W x H x D)	
Outside (Include Handle)	523 x 309 x 486 mm
Oven cavity	373 x 233 x 363 mm
Volume	32 liter
Weight	
Net	20.00 kg approx.

Memo

Memo

Memo

Memo

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

QUESTIONS OR COMMENTS?

COUNTRY / LOCATION	CALL	OR VISIT US ONLINE AT
CHINA	400-810-5858	www.samsung.com/cn/support
TAIWAN	0800-32-9999 (All Product) 0809-00-5237 (B2B / Dealer)	www.samsung.com/tw/support
HONG KONG	3698 4698 (All Product) 3698 4688 (B2B)	www.samsung.com/hk/support (Chinese) www.samsung.com/hk_en/support (English)
MACAU	0800 333	www.samsung.com/hk/support (Chinese) www.samsung.com/hk_en/support (English)
SINGAPORE	1800 7267864 1800-SAMSUNG (Other)	www.samsung.com/sg/support
AUSTRALIA	1300 362 603 (Other)	www.samsung.com/au/support
NEW ZEALAND	0800 726 786 (All Product)	www.samsung.com/nz/support
VIETNAM	By English: Toll free numbers: _ 1800 588 889 (All Product) Hotline: (028)73056888 By Vietnamese: Tổng đài miễn phí cước gọi: _ 1800 588 889 (tất cả sản phẩm) Đường dây nóng: (028)73056888	www.samsung.com/vn/support
THAILAND	Hotline no :1282 1800-29-3232 (Toll free for all product)	www.samsung.com/th/support
MYANMAR	+95-1-2399-888	www.samsung.com/mm/support

COUNTRY / LOCATION	CALL	OR VISIT US ONLINE AT
CAMBODIA	1800-20-3232 (Toll free)	www.samsung.com/th/support
LAOS	+856-214-17333	www.samsung.com/th/support
MALAYSIA	1800-88-9999 (OTH) +603-7713 7420 (Overseas contact)	www.samsung.com/my/support
INDONESIA	021-5699-7777 0800-112-8888 (All Product, Toll Free) 0800-112-7777 (All Product, Toll Free)	www.samsung.com/id/support
PHILIPPINES	All Products : 1-800-10-7267864 [PLDT-Toll Free] 1-800-8-7267864 [Globe-Toll Free] 84222111 [Landline]	www.samsung.com/ph/support
JAPAN	0120-363-905	www.galaxymobile.jp/jp/support
INDIA	1800 5 SAMSUNG (1800 5 7267864) (Toll-Free) 1800 40 SAMSUNG (1800 40 7267864) (Toll-Free)	www.samsung.com/in/support
NEPAL	16600172667 (Toll Free for NTC Only) 9801572667 (Toll Free for Ncell users)	www.samsung.com/in/support
BANGLADESH	08000-300-300 (Toll free) 09612-300-300	www.samsung.com/bd/support
SRI LANKA	011 SAMSUNG (011 7267864)	www.samsung.com/in/support

