

Microwave Oven

User manual

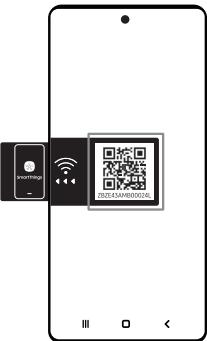
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SAMSUNG

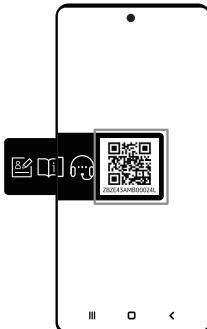
Preparation

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;

Safety Instructions

- bed and breakfast type environments.

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

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

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.

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.

A steam cleaner is not to be used.

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

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

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

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

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

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

The temperature of accessible surfaces may be high when the

Safety Instructions

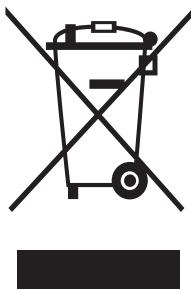
appliance is operating.

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

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.

Safety Instructions

Microwave operation precautions

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

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

Limited warranty

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

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

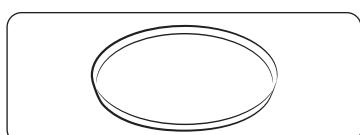
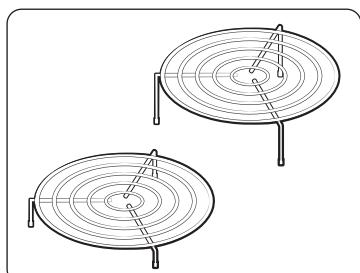
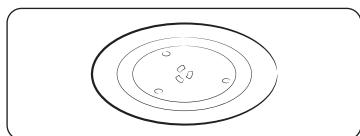
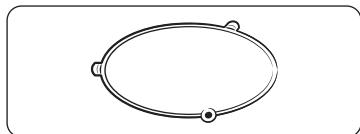
Use this oven only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining,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

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

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.

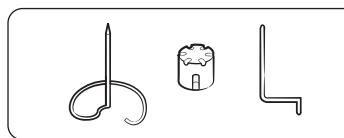
Purpose: The turntable serves as the main cooking surface; it can be easily removed for cleaning.

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, convection and combination cooking.**

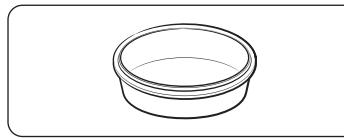
04 Crusty plate, see page 78-79.

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.



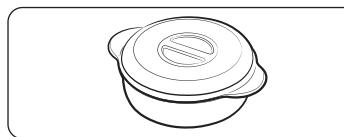
05 Roasting spit, coupler barbecue and Skewer to be placed in the glass bowl.

Purpose: The roasting spit is a convenient of 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.



07 Pure steam cooker, refer to pages 81 to 83.

Purpose: The plastic steam cooker when using pure steam function.

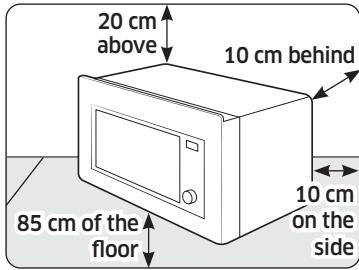
- Use the Steam cooker with Power Steam.
- The Steam cooker is available only with Microwave cooking. Do not use with other cooking modes.
- See the Pure steam cooking guide on page 81.

IMPORTANT

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

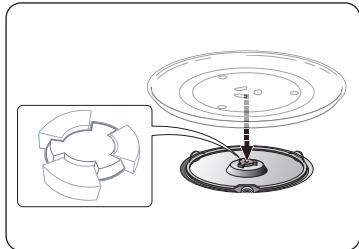
Installation

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

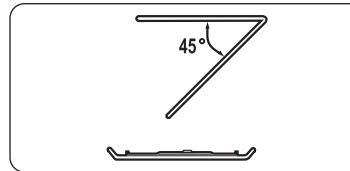
Clean the oven regularly to prevent impurities from building up on or inside the oven. Also pay special attention to the door, door sealing, and turntable and roller ring (applicable models only).

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.

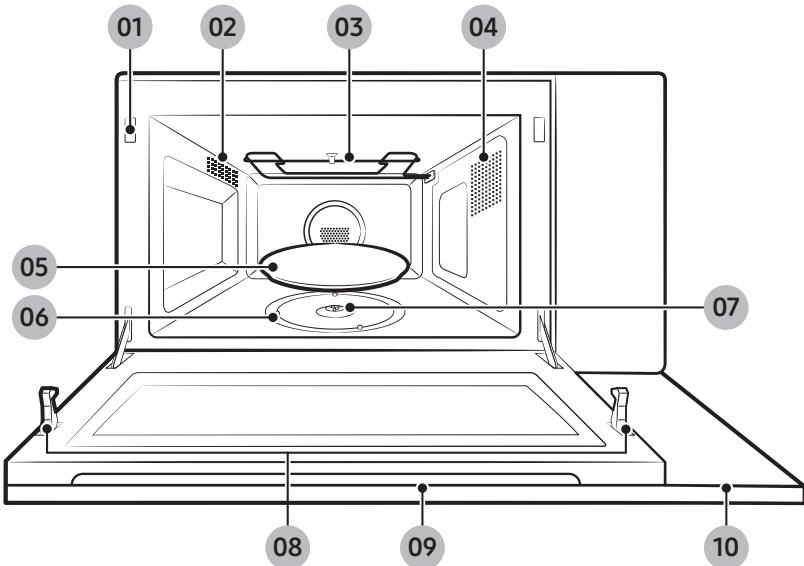
- If you encounter a problem with hinges, sealing, and/or the door, contact a qualified technician or a local Samsung service centre for technical assistance.
- If you want to replace the light bulb, contact a local Samsung service centre. Do not replace it yourself.
- If you encounter a problem with 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

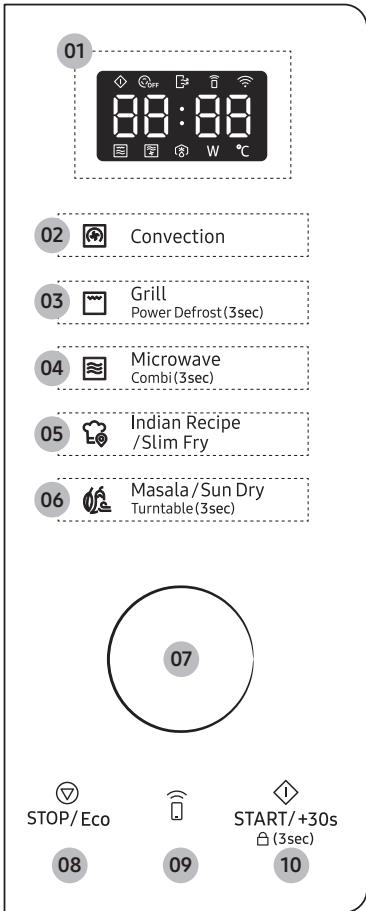
Oven



- | | | | | | |
|-----------|------------------------|-----------|-------------------|-----------|-----------------|
| 01 | Safety interlock holes | 02 | Ventilation holes | 03 | Heating element |
| 04 | Lighting | 05 | Turntable | 06 | Roller ring |
| 07 | Coupler | 08 | Door latches | 09 | Door handle |
| 10 | Control panel | | | | |

Oven features

Control panel



- 01 LED Display
- 02 Convection Button
- 03 Grill / Power Defrost (3sec) Button
- 04 Microwave / Combi (3sec) Button
- 05 Indian Recipe / Slim Fry Button
- 06 Masala/Sun Dry / Turntable (3sec) Button
- 07 Multi Function Selector and Push Dial
- 08 Stop/Eco Button
- 09 Smart Control Button
- 10 Start/+30s / Child Lock (3sec) Button

Oven use

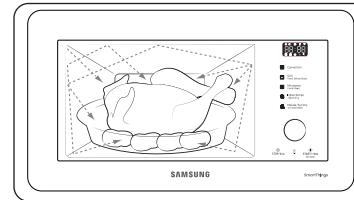
How a microwave oven works

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)

IMPORTANT

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 95-98.

NOTE

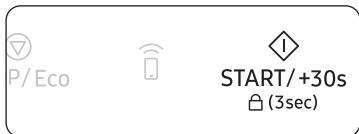
The oven must be plugged into an appropriate wall socket. The turntable must be in position in the oven. If a power level other than the maximum (100 % - 900 W) is used, the water takes longer to boil.

NOTE

When power is supplied and whenever you are not using the microwave oven, "0" is displayed on the display.

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 **START/+30s** button and set the time to 4 or 5 minutes, by pressing the **START/+30s** button the appropriate number of times.

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

Cooking/Reheating

The following procedure explains how to cook or reheat food.

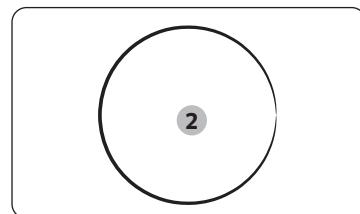
IMPORTANT

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.

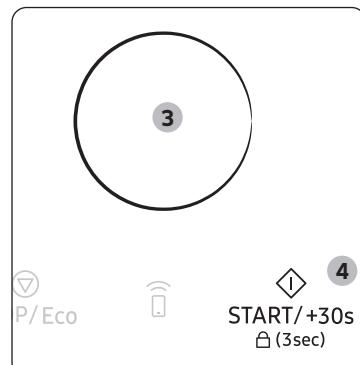
1. Press the **Microwave** button.

Result: The following indications are displayed:



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

Result: The cooking time is displayed. At that time, press the **Multi Function Selector Dial** to set the cooking time.



3. Set the power level by turning the **Multi Function Selector Dial** until the appropriate power level 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) Display shows "0".

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
VERY HIGH	100 %	900 W
HIGH	78 %	700 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

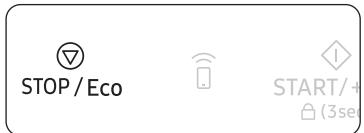
You can stop cooking at any time so that you can:

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

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

Setting the energy save mode

The oven has an energy save mode.



- Press the **STOP/ECO** button.
Result: Display off.
- To remove energy save mode, open the door or press the **STOP/ECO** button and then display shows "0". 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 "0" will be displayed after 25 minutes.

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

Convection

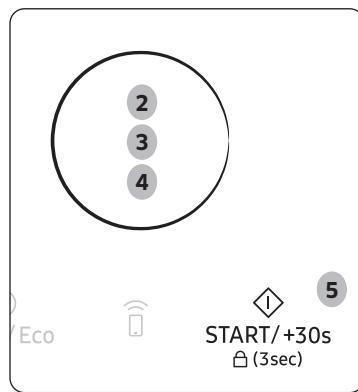
The convection mode enables you to cook food in the same way as in a traditional oven. The microwave mode is not used. You can set the temperature, as required, in a range varying from 40 °C to 200 °C. The maximum cooking time is 60 minutes.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- Moisture can be caused on the door while using convection when the gap of temperature between inside and outside of the oven is large. It will disappear a few minutes later.
- You can get better cooking and browning, if you use the low rack.

Check that the heating element is in the horizontal position. Open the door and place the recipient on the low rack and set on turntable.



1. Press the **Convection** button.
Result: The following indications are displayed:
 (convection mode)
180 °C (temperature)



2. Set the temperature by turning the **Multi Function Selector Dial**.
(Temperature : 40-200 °C, 5 °C interval)
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) Display shows "0".

Oven use

Using the power defrost features

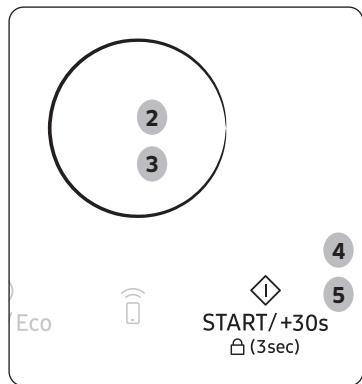
The **Power Defrost** features enable you to defrost meat, poultry, fish, bread/cake and fruit. The defrost time and power level are set automatically. You simply select the programme and the weight.

NOTE

Use only containers that are microwave-safe.

Open the door. Place the frozen food on a ceramic in the centre of the turntable.

Close the door.



1. Press the **Power Defrost** button for 3 seconds.

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) Display shows "0".

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 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.
4 Bread/Cake	125-1000 g	<p>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.)</p> <p>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.</p> <p>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.</p>
5 Fruit	100-600 g	Spread fruits evenly into a flat glass dish. This programme is suitable for all kind of fruits. Stand for 5-20 minutes.

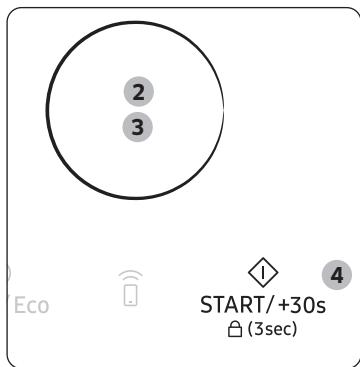
Using the indian recipe features

The **Indian Recipe** features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level.

NOTE

Use only recipients that are microwave-safe and oven-proof.

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**.
 - 1 : Veggie Indian Recipe
 - 2 : Non Veggie Indian Recipe
 - 3 : Roti & Naan
 - 4 : Curd
 - 5 : Dough proof
 - 6 : Indian Slim Fry

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: 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) Display shows "0".

Indian recipe guide

The following table presents the various Indian Recipe (Veggie) programmes and appropriate Instructions.

1. Soups / Snacks

Code/Food	Serving Size	Ingredients
1-1 Aloo Kand Chaat	4 people	Potatoes (peeled and cubed) - 1 cup. Purple yam (kand) (peeled and cubed) - 1 cup. Chopped onions - ¼ cup. Chopped coriander - ¼ cup. Chopped mint leaves - 2 tbsp. Butter - 1 tsp. Chilli powder - ½ tsp. Roasted cumin seeds (jeera) powder - 1 tsp. Dried mango powder (amchur) - ½ tsp. Black salt - ½ tsp. Sugar - ½ tsp.

Instructions

Combine the potato, kand and butter in a microwave-safe bowl, add 1 tsp of water. Mix well. Keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish. Take out and let it cool. When potatoes and yam are cooled, add onions, coriander, mint and the mixed masala, mix well. Garnish with fresh coriander leaves and serve.

1-2 Basket Dhokla	3 people	Gram flour - 6 tbsp. Suji (semolina) - 1½ tbsp. Powdered sugar - ¼ tsp. Salt - as per your taste. Eno - ½ tsp. Mustard seeds - ¼ tsp. Capsicum - 2.
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Instructions

Cut capsicum into basket shape and keep aside. Mix all the ingredients except eno and mustard seeds. Just before pouring the batter into capsicum add eno. Set the batter into capsicum and sprinkle mustard seeds. Keep the capsicum inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish. Basket dhokla is ready to serve with chutney.

Oven use

Code/Food	Serving Size	Ingredients	
1-3 Dhokla	6 people	Gram flour - 2 cups. Water - 1 cup. Green chili & ginger paste - 1½ tsp. Fruit salt - 1 pouch. Salt - 1 tsp. Sugar - 50 g. Curry leaves - 3~4. Mustard seed (rai) - 1 tsp.	
Instructions		In a bowl take all ingredients except fruit salt. Take a flat bowl, grease with oil. Now add fruit salt pouch in the mixture, mix with light hand and immediately transfer in a microwave-safe bowl (flat bowl). Keep the bowl inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, take out dhokla and in another bowl take oil, curry leaves, rai, 2 cups water, sugar, mix it and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Let dhokla cool and add this syrup. Garnish with coriander leaves and serve with chutney.	
1-4 Khatta Dhokla	4 people	Besan - 2 cups. Suji - 1 tsp. Curd - ½ cup. Grated ginger -1 tsp. Green chilli - ½ tsp. Salt -1 tsp. Sugar - 2 tsp. Lemon juice - 4 tsp. Water - 1.5 cup. Oil 1 tsp for greasing. Chaat masala - 1 tsp. Eno -1 pouch.	
Instructions		In a bowl take besan, suji, curd, grated ginger, salt, sugar, lemon juice, chaat masala and mix well. Now add water and mix well again. Grease the microwave glass bowl (flat bowl) and keep aside. Add eno over the batter and mix immediately with light hand. Pour the mixer in the greased microwave-safe bowl and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When microwave oven beeps, cooking will finish. After cooking, take out and cut it into equal pieces and serve with green chili or chutney.	

Code/Food	Serving Size	Ingredients	
1-5 Besan Chilla	3 people	Besan - 1 cups. Water - 1½ cup. Onion (chopped) - 1. Green chilli (chopped) - 1. Red chili powder to taste. Salt - as per your taste. Oil for brushing - as required.	
Instructions		In a bowl together whisk, besan, water, chopped onion, green chilies, red chili powder, cumin seeds and salt. *Allow it to rest for 15 minutes. Take the crusty plate, pour the batter and spread evenly (keep aside). Select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Preheating will happen at this stage. When the microwave oven first beeps, place the crusty plate with batter over the high rack and put them in the microwave oven then Press START/+30s button. When the microwave oven second beeps, turn the side and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Serve hot with chutney or ketchup.	
1-6 Sooji Chilla	2 people	Roasted Semolina - 2 cup. Whisked Yogurt - 1 cup. Chopped tomato - 1. Chopped onion - 1. Chopped green chillies - 1. Red chili powder - ¼ tsp. Cumin seeds - ¼ tsp. Salt as per your taste. Oil for brushing.	
Instructions		In a bowl together whisk, roasted semolina, curd, chopped onion, tomatoes, green chilies, red chili powder, cumin seeds and salt. *Allow it to rest for 15 minutes. Place crusty plate on the high rack and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Preheating will happen at this stage. When the microwave oven first beeps, takes out crusty plate from microwave oven and brushes it with oil. Pour one ladle of the batter and spread it little then Press START/+30s button to continue the cooking. When the microwave oven second beeps, flips the side and brushes it with oil and Press START/+30s button to continue the cooking again. When the microwave oven beeps again, cooking will finish. Take out chilla and serve hot with chutney.	

Code/Food	Serving Size	Ingredients
1-7 Chana Chaat	5 people	Soaked Chana - 100 g. Water - 250 ml. Boiled Potato - 1, Ginger paste - 1 tbsp. Green chili paste - 1 tbsp. Oil - 1 tbsp. Salt - as per taste. Red chili powder - as per taste. Pepper - as per taste. Garam masala - as per taste. Chaat masala - as per taste. Lemon juice - as per taste. Mustard seeds, Cumin and asafoetida for tempering - as per taste
		<p>Instructions</p> <p>In a bowl take soaked chana, salt & water then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, take out the chana, drain in cold water and keep aside.</p> <p>In another microwave-safe bowl take mustard seeds, cumin, asafeotida, oil, green chili paste and ginger paste, mix it well and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Add boiled chana, boiled potato, salt, garam masala, chaat masala, lemon juice and mix well. Garnish with coriander leaves and serve.</p>

Code/Food	Serving Size	Ingredients
1-9 Idli	4 people	Curd - 1 cup. Sooji - 1 cup. Salt - 1 tsp. Water - ½ cup. Eno - 1 pouch
		<p>Instructions</p> <p>Mix all the ingredients except eno pouch and let it rest for 30 minutes. Now mix the eno pouch and pour the batter in greased idli mould. Put the idli mould in the idli container and keep inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish. Serve hot with chutney.</p>

Code/Food	Serving Size	Ingredients
1-10 Oats Idli	6 people	Water soaked oats - 1 cup. Whisked yogurt - 1 cup. Salt - as per your taste. Oil for greasing - according to the recipe on the pack.

Code/Food	Serving Size	Ingredients
		<p>Instructions</p> <p>In a bowl together whisk soaked oats, curd and water.</p> <p>*Allow it to rest for 15 minutes.</p> <p>Grease the idli maker with oil and pour one ladle of the batter on the idli maker and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish. Serve hot with chutney or sambar.</p>

Oven use

Code/Food	Serving Size	Ingredients
1-11 Veggie Idli	4 people	Curd - 1 cup. Sooji - 1 cup. Salt -1 tsp. Water - $\frac{1}{2}$ cup. Eno - 1 pouch. Vegetables - Onion, Tomato, Sweet corn (Any vegetable of your choice chopped.)
		<p>Instructions</p> <p>Mix all the ingredients except eno pouch & vegetables then let it rest for 30 minutes. In a microwave-safe bowl add onion, tomato, oil, rai, curry leaves. Keep the bowl inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, take batter and fried vegetable, mix it well. Now add eno pouch, mix with light hand and pour the batter in greased idli mould and put inside the container. Keep it inside the microwave oven and then Press START/+30s button. When the microwave oven beeps, cooking will finish. Serve hot with coconut chutney.</p>

Code/Food	Serving Size	Ingredients
1-13 Masala Dosa	2 people	<p>Dosa mix. Salt to taste. Oil for brushing.</p> <p>Masala filling :</p> <p>Medium size boiled potato peeled & mashed - 2~3. Chopped Onion - 2. Green chili - 1. Salt as per taste. Turmeric powder - 1 pinch. Oil - 2 tbsp. Mustard seeds - $\frac{1}{4}$ tsp. Cumin seeds - $\frac{1}{4}$ tsp. Curry leaves for tempering.</p>

Instructions

In a bowl take dosa mix, yogurt, water and salt and whisk all together. * Allow it to rest for 15 minutes.

In the crusty plate take cumin, oil, mustard seeds, onion, curry leaves, turmeric powder, boiled potatoes and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Keep it aside.

When the microwave oven first beeps, take out the crusty plate of masala then place the clean crusty plate on high rack in the microwave oven and Press **START/+30s** button. Preheating will happen at this stage. When the microwave oven second beeps, take out the crusty plate, grease it with oil & pour one ladle of the batter then spread it little and Press **START/+30s** button again. When the microwave oven beeps again, cooking will finish. Take out the dosa, fill the already prepared stuffing in it. Serve hot with sambar and chutney.

Code/Food	Serving Size	Ingredients
1-14 Uttapam	4 people	Suji - 1 cup. Curd - 1 cup. Water - ¼. Salt - as per your taste. Red chilli powder - 1 tsp. Green chillies (chopped) - 3~4. Cumin seeds - 1 tsp. Tomato (chopped) - 2. Onion (chopped) - 2. Fresh coriander leaves (chopped) - 2 tbsp. Oil for brushing.
Instructions		
<p>In a bowl take all ingredients including vegetable and mix well. Let it rest for 30 min. Now grease the crusty plate and pour the batter in the round shape. Put the crusty plate on the high rack and keep inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps again, cooking will finish. Serve with coconut chutney.</p>		
1-15 Upma	4 people	Rava suji (Semolina) - 100 g. Oil - 2 tbsp. Mustard - 2 tsp. Cumin - 2 tsp. Urad dal (Black gram) - ½ tsp. Green chilies - 2. Curry Leaves - 7~8. Water - 200 ml. Sugar - as per your taste. Salt - as per your taste. Lemon juice - 1 tsp. Vegetables as per your choice (carrot, capsicum, onion, beans) thin chopped.
Instructions		
<p>In a microwave-safe bowl, put suji/semolina and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, take out the roasted suji bowl. Now take another microwave-safe bowl put oil, mustard seeds, cumin, black gram, green chilies, curry leaves, and suji/semolina, add water, sugar and salt to taste, lemon juice & mix well and again Press START/+30s button. When the microwave oven beeps, again cooking will finish. Garnish with coriander and bhujia.</p>		

Code/Food	Serving Size	Ingredients
1-16 Poha	4 people	Poha - 300 g. Oil - 3 tbsp. Onion - 1 cup (roughly chopped). Green chili - 4. Mustard, Cumin, Asafoetida, Turmeric, Curry leaves for tempering. Grated coconut & coriander for garnishing.
Instructions		
<p>In microwave-safe bowl put oil mustard, cumin, asafoetida green chili, onions, turmeric powder, curry leaves and mix well. Keep it inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add washed poha and salt to taste. Mix well and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with coconut & coriander and serve hot.</p>		

Oven use

Code/Food	Serving Size	Ingredients
1-17 Kasoori Paneer Tikka	4 people	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. Garam masala powder - 1 tsp. Chaat masala - 1 tsp. Kasuri 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. Now grind green chillies, ginger and garlic into a fine paste. Take hung yogurt in a bowl and add green chutney, green chilli-ginger-garlic paste, turmeric powder, garam masala powder, half of the chaat masala, kasoori methi powder, roasted chana dal powder, fresh cream, salt and mix it well. Now add paneer cubes to the marinade and add mustard oil and mix well again (keep aside). Select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThing). Preheating will happen at this stage. When the microwave oven beeps, place the crusty over the high rack, put few drops of cooking oil over the tikka and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Now arrange the tikkas on a plate, sprinkle the remaining chaat masala and lemon juice and serve hot with green chutney.

Code/Food	Serving Size	Ingredients
1-18 Paneer Tikka	5 people	Paneer - 200 g. Marinade: Hung curd - 4 tbsp. Ginger garlic paste - $1\frac{1}{2}$ tbsp. Red chili powder - $\frac{1}{4}$ tsp. Garam masala - as per your taste. Lemon juice - 1 tbsp. Edible red color - 1 pinch (optional). Oil - 1 tbsp. Capsicum -1 (roughly chopped). Onion - 1 (peeled). Tomato -1 (roughly chopped). Chaat masala - For garnishing

Instructions

In a bowl take hung curd mix vegetables, spices, ginger garlic paste lemon juice mix it and now add paneer mix it well. Now take the crusty plate over a high rack, place the mixture, keep it inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish. Garnish with chaat masala and serve hot with chutney.

2. Vegetables / Rice

Code/Food	Serving Size	Ingredients
2-1 Badami Paneer	2 people	<p>Paneer (cut into $\frac{1}{2}$ cubes) - $\frac{3}{4}$ cup. Tomato puree - $\frac{1}{4}$ cup. Chilli powder - $\frac{1}{2}$ tsp. Garam masala - $\frac{1}{4}$ tsp. Cumin powder - $\frac{1}{4}$ tsp. Coriander powder - $\frac{1}{4}$ tsp. Cream/milk - 1 tbsp. Oil - 3 tbsp. A pinch of turmeric powder. A pinch of sugar. Salt - as per your taste.</p> <p>To be ground to a smooth paste : Almonds - 10. Whole dry Kashmiri red chillies - 2. Roughly chopped onions - $\frac{1}{4}$ cup. Ginger - $\frac{1}{2}$ pc. Roughly chopped garlic - $\frac{1}{2}$ tsp.</p> <p>For garnishing : Ginger juliennes - $\frac{1}{2}$ tbsp. Chopped coriander - $\frac{1}{2}$ tbsp.</p> <p>Instructions In a microwave-safe bowl add oil and combine prepared paste, paneer, chilli powder and mix it well. Keep this mixture in the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, add tomato puree, remaining chilli powder, garam masala, cumin powder, coriander powder and salt, mix well & Press START/+30s button. When the microwave oven second beeps, add paneer, cream/milk & sugar then Press START/+30s button again. When the microwave oven beeps again, cooking will finish. Garnish with ginger & coriander and serve hot.</p>

Code/Food	Serving Size	Ingredients
2-2 Baigan (Brinjal) Bharta	4 people	<p>*Bharte Ka Baigan (Brinjal) - 300 g. Chopped onion - 2. Chopped tomato - 2. Ginger garlic paste - 1 tsp. Oil - 2 tbsp. Turmeric powder - 1 tsp. Red chili powder - as per your taste. Cumin powder - 1 tsp. Coriander powder - 1 tsp. Salt - as per your taste. Garam masala - $\frac{1}{2}$ tsp. Chopped coriander - 2 tbsp.</p> <p>Instructions Prick the baigan with fork and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, take out the baigan and take another microwave-safe bowl put take chopped onion, red chilli powder, garam masala, tomatoes, salt, mix it well and Press START/+30s button. When the microwave oven second beeps, add mashed baigan, mix it well and then Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with coriander and serve hot with parathas.</p>
2-3 Broccoli Bengali Style	3 people	<p>Mustard oil - 2 tbsp. Panch phoran (ready made) - 2 tsp. Garlic (sliced) - 2 cloves. Fresh ginger (peeled and cut into matchsticks) - 1 inch. Broccoli florets, too small - 4 cups. Water - $\frac{1}{2}$ cup. Garam masala powder - $\frac{1}{2}$ tsp. Salt - as per your taste.</p> <p>Instructions Take a microwave-safe bowl and pour oil in a bowl and add the panch phoran masala, garlic and ginger. Keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add broccoli, garam masala, salt & $\frac{1}{2}$ cup of water and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Serve hot as a starter.</p>

Oven use

Code/Food	Serving Size	Ingredients
2-4 Dosa Sabji	2 people	Boiled potato peeled & chop - 300 g. Chopped Onion - 2. Oil - 2 tbsp. Green chili - 1. Salt - as per your taste. Turmeric powder - $\frac{1}{4}$ tsp. Mustard seeds, cumin seeds, curry leaves - $\frac{1}{4}$ tsp (for tempering).
Instructions		In a microwave-safe glass bowl take oil, mustard seeds, cumin seeds, curry leaves, green chili, turmeric powder and onion. Keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, mix it well, add boiled mashed potatoes and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Dosa sabji is ready to stuffed in dosa.
2-5 Jeera Aloo	3 people	Half boiled potatoes - 400 g (cut into finger chips). Cumin seeds - 1 tsp. Turmeric power - $\frac{1}{4}$ tsp. Red chilli powder - 1 tsp. Oil - 2 tbsp. Salt - as per your taste. Chopped coriander leaves - 1 tsp.
Instructions		In a microwave-safe glass bowl take oil, cumin seeds. Keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add remaining ingredients and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Serve hot with parathas.

Code/Food	Serving Size	Ingredients
2-6 Kadhi Pakoda	4 people	<p>For Dumplings : Besan - $\frac{1}{2}$ cup. Turmeric powder - 1 pinch. Salt - as per taste. Water - As require to make a smooth paste. Oil - 1 cup.</p> <p>For mixture : Besan - $\frac{1}{4}$ cup. Curd - 1 cup.</p> <p>For Tadka : Oil - 1 tbsp. Jeera - $\frac{1}{2}$ tsp. Methi dana - $\frac{1}{4}$ tsp. Curry leaves - few. Red whole chilli - 1. Water - 2 cup.</p>
Instructions		<p>Take besan, salt, turmeric powder and water, mix it well and make a smooth paste for making dumplings.</p> <p>Keep it aside fo 30 minutes.</p> <p>In a flat microwave-safe glass bowl take oil, keep it inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, pour the batter forming dumpling in the hot oil and keep it inside the microwave oven. Press START/+30s button.</p> <p>Take besan, curd, turmeric powder, salt as required, corainder powder, mix it very well. When the microwave oven second beeps, take a deep microwave-safe glass bowl add oil, curry leaves, cumin seeds, methi seeds, dry red chillies whole and keep it inside the microwave oven then Press START/+30s button.</p> <p>When the microwave oven third beeps, add mixture of besan and curd, salt as required, besan dumplings, water and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with coriander and serve hot with rice.</p>

Code/Food	Serving Size	Ingredients
2-7 Kashmiri Aloo	3 people	Small peeled potato - 8~10. Onion grind - 2. Tomato Puree - 2. Ginger garlic paste - 2 tbsp. Coriander powder - $\frac{1}{4}$ tsp. Cumin powder - $\frac{1}{4}$ tsp. Turmeric powder - $\frac{1}{4}$ tsp. Red chili powder - $\frac{1}{4}$ tsp. Garam masala - $\frac{1}{4}$ tsp. Salt - as per your taste. Oil - 3 tbsp. Cream - $\frac{1}{4}$ cup. Water - $\frac{1}{2}$ Cup.
Instructions		In a microwave-safe bowl take oil, onion, ginger garlic paste, tomato puree & all other ingredients except cream. Keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, add the prick potatoes & water. Then Press START/+30s button. When the microwave oven second beeps, stir the curry and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Add cream, mix it well and serve with hot chapatis.

Code/Food	Serving Size	Ingredients
2-8 Lazeez Bhindi	4 people	Bhindi (cut into pieces) - 400 g. Onion (chopped) - 2. Tomato (chopped) - 2. Ginger garlic paste - 2 tbsp. Coriander powder, Turmeric - $\frac{1}{2}$ tsp. Red chili powder - as per your taste. Garam masala - $\frac{1}{2}$ tsp. Salt - as per your taste. Oil - as required. Cream - 2 tbsp.
Instructions		Take washed bhindi and wiped with towel, now cut head and tail of the bhindi and place on microwave-safe glass plate and greased the bhindi with some oil, keep the bowl inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, take out the glass plate and in another microwave-safe bowl take oil, onion, garlic paste, dhaniya powder, red chilli powder & garam masala then Press START/+30s button. When the microwave oven second beeps, add the tomatoes, mix it well and Press START/+30s button. When the microwave oven third beeps, add bhindi, salt & cream, mix it well and again Press START/+30s button. Now when microwave beeps again, cooking will finish. Sprinkle some garam masala and serve hot with chapatis.

Oven use

Code/Food	Serving Size	Ingredients
2-9 Maharani Dal	3 people	Black urad dal (whole) - 1 cup. Rajma dal - $\frac{1}{4}$ cup. Water - 3 cups. Salt - 1 tsp. Butter - $\frac{1}{2}$ cup. Ginger paste - 2½ tsp. Garlic paste - 3½ tsp. Kashmiri chilli powder - 1 tsp. Fresh tomato purée - 1 cup. Cream - $\frac{3}{4}$ cup. Turmeric powder- $\frac{1}{2}$ tsp. Garam masala powder - $\frac{1}{2}$ tsp. Dal makhani powder - $\frac{1}{2}$ tsp.
Instructions		
Wash both dal 4 times till you get transparent water and soak it over night in warm water. Drain the water and soaked dal overnight with 5 cups of water in a very large bowl and add salt. Keep the dal bowl (microwave-safe) inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, take another microwave-safe bowl and add butter, ginger and garlic pastes, chilli powder & the tomato purée, dal makhani powder, turmeric powder, chilli powder then Press START/+30s button. When the microwave oven second beeps, add the mashed daal in the bowl, salt as per taste and Press START/+30s button. When the microwave oven beeps again, stir the daal and add cream, mix it well. Garnish with the remaining cream on top, butter and sprinkle garam masala. Serve hot with lacha parathas.		

Code/Food	Serving Size	Ingredients
2-10 Masala Mushroom	4 people	Olive oil - 2 tbsp. Large garlic (lightly crushed) - as required. Cloves - 6. Button mushrooms (cleaned and cut into halves) - 200 g. Haldi powder - 1 tsp. Cumin seeds - 1 tsp. Dhaniya powder - 1 tsp. Dash of lemon juice - as required. Chopped tomatoes - 2. Kasuri methi - $\frac{1}{4}$ tsp. Water- $\frac{1}{2}$ cup. Green chillies - as per your taste. Ginger and garlic - $\frac{1}{4}$ tsp. Kashmiri mirch - 1 tsp. Cream - 1 tbsp.
Instructions		
In a microwave-safe glass bowl take oil, cumin seeds, haldi powder, kasuri methi, keep the bowl inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Take tomatoes, green chillies, ginger and garlic in a mixer jar and grind. When the microwave oven first beeps, take this mixture in an another microwave-safe bowl and Press START/+30s button. When the microwave oven second beeps, add kashmiri mirch, cream and Press START/+30s button again. Now when microwave oven third beeps, add mushroom & water and then Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with chopped coriander and serve hot.		

Code/Food	Serving Size	Ingredients
2-11 Mixed Masala Vegetables (South Indian Style)	4 people	Mix vegetables (white ash guard, white pumpkin, red pumpkin, beans, carrots) - 400 g (peeled and cut). Green Chili - 2~3. Cumin - ½ tsp. Cream - 2 tbsp. Turmeric - ¼ tsp. Butter -1 tbsp. Peas -1 cup. Paneer - 1 cup. Kasuri methi - 1 cup. Salt - as per taste.
Instructions		
<p>In a microwave-safe glass bowl take oil, potato. Keep the bowl inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, add other vegetables and Press START/+30s button. When the microwave oven second beeps, take onion & ginger, garlic in an another microwave-safe bowl and Press START/+30s button. When the microwave oven third beeps, add tomato, salt, haldi powder, coriander powder and Press START/+30s button. When the microwave oven fourth beeps, add vegetables, cream and butter, peas & kasuri methi then Press START/+30s button. When the microwave oven beeps again, cooking will finish. After cooking, mix well. Garnish with coriander, grated coconut and serve hot.</p>		

Code/Food	Serving Size	Ingredients
2-12 Palak Paneer	4 people	Palak leaves (spinach) - 500 g (cleaned and washed). Onion (chopped) - 2. Tomato (chopped) - 2. Ginger garlic paste - 2 tbsp. Paneer - 150 g. Oil - 3 tbsp. Garam masala, coriander, cumin powder - ½ tsp. Salt - as per your taste. Fresh cream optional. Water - as required to dip spinach.
Instructions		
<p>Take a microwave-safe glass bowl, add spinach, water & salt, keep it inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, take out the boiled spinach, wash in cold water and grind it into the mixture. Take another microwave-safe bowl put oil, add chopped onion, tomatoes, ginger garlic paste, garam masala, cumin powder and Press START/+30s button. When the microwave oven second beeps, add paneer, spinach puree & cream and again Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with cream and serve hot with parathas.</p>		

Oven use

Code/Food	Serving Size	Ingredients
2-13 Sambar	6 people	<p>Arhar Dal / Red Gram - 150 g (soaked in water for $\frac{1}{2}$ hr). Oil - 2 tbsp. Onion - 1 (chopped). Tomato - 1 (chopped). Mix Vegetables (drumsticks, ghia/bottle gourd, red pumpkin, brinjal, ladies finger) - 1 cup. Mustard seeds - 1 tsp. Asafoetida - $\frac{1}{4}$ tsp. Tamarind pulp - 2 tsp. Rai seeds - 1 tsp. Green chili - as required. Whole red chilli - 2. Sambar masala - 2 tsp. Curry Leaves - 10. Salt - as required. Water - 4 cup water.</p> <p>Instructions</p> <p>In a microwave-safe bowl take soaked daal, 2 cup water, $\frac{1}{2}$ tsp salt, $\frac{1}{2}$ haldi powder, keep it inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, take out dal and in an another microwave-safe bowl take oil, rai, methi seeds, whole red chilli, asafoetida, curry leaves & chopped onion, now Press START/+30s button. When the microwave oven second beeps, add chopped tomatoes, pumpkin, salt, kashmiri mirch, sambar powder, 4 tsp tamarind paste, 2 cup water and mix all the vegetable well, again Press START/+30s button. When the microwave oven third beeps, add boiled daal, mix it well and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Serve hot with idli or dosa.</p>

Code/Food	Serving Size	Ingredients
2-14 Steamed Vegetables	2 people	<p>Mix Vegetable (Cauliflower, Carrot, Capsicum Peas Corn, French beans cut in small pieces) - 200 g. Pepper powder - $\frac{1}{2}$ tsp. Salt - as per your taste. Water - 3 cups.</p> <p>Instructions</p> <p>In microwave-safe glass bowl take vegetables & some water keep it inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish. In another bowl take cooked vegetables, pepper powder and salt. *Mix it well. Garnish with seasoning and serve hot.</p>
2-15 Avial	3 people	<p>For Coconut Masala : Freshly grated coconut - $\frac{3}{4}$ cup. Cumin seeds - 1 tsp. Green chillies - 4 chopped. Water- $\frac{1}{4}$ cup.</p> <p>Other Ingredients : Drumsticks - $\frac{1}{2}$ cup. Long beans - $\frac{1}{2}$ cup. Carrots - $\frac{1}{2}$ cup. Yam - $\frac{1}{2}$ cup. Pumpkin - $\frac{1}{2}$ cup. Raw banana - 1. Green peas - $\frac{1}{2}$ cup. Brinjal - $\frac{1}{2}$ cup. Turmeric - $\frac{1}{4}$ cup. Salt as per taste. Fresh curd - $\frac{1}{2}$ cup. Oil - 2 tbsp. Cumin seeds - 1 tsp. Curry leaves - 7~8.</p> <p>Instructions</p> <p>Ground coconut masala into a smooth paste. Take a microwave-safe bowl add all the vegetables, keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, strain the boiled vegetable water. In an another microwave-safe bowl add all the ingredients including coconut masala and boiled vegetable then Press START/+30s button. When the microwave oven beeps again, cooking will finish. Serve with steamed rice.</p>

Code/Food	Serving Size	Ingredients
2-16 Tamarind Rice	3 people	<p>Rice (cleaned, washed and soaked for 1 hour) - 1½ cups. Water - 3 cups. Oil - ½ cup. Puliyogare rice (readymade mix) - 4 tsp. Asafoetida - 1 pinch. Turmeric - ¼ tsp. Tamarind Pulp - ½ cup. Rice - 1½ cup. Peanut - ½ cup. Salt - as per taste. Curry leaves - 10.</p> <p>Raita : Curd - 2 cups. Grated cucumber (water squeezed out) - 1 cup. Pani puri masala - 1 tsp. Mild red chilli powder - 1 tsp. Cumin seeds (roasted and ground to a powder) - 1½ tsp.</p>

Instructions

Take rice & water in a large microwave-safe bowl. Keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, take out the rice and in another microwave-safe bowl take oil, asafoetida, turmeric, tamarind pulp and puliyogare powder, roasted peanut, curry leaves, mix it well and Press **START/+30s** button. When the microwave oven beeps again, take out the mixture now add this mixture in rice, mix it well.

For Raita :

Whisk the curd in a bowl then add the grated cucumber and pani puri masala. Stir well. Sprinkle with red chilli powder and roasted cumin. Serve hot Tamarind rice with raita.

Code/Food	Serving Size	Ingredients
2-17 Chettinad Curry	4 people	<p>For the Chettinad Masala : Grated coconut - ½ cup. Coriander seeds - ½ tsp. Red chilli - 1. Cardamom - 3. Fennel seeds - 1 tsp. Cloves - 3. Cinnamon - 25 mm stick. Oil - 1 tbsp.</p> <p>Other Ingredients : Ginger - 25 mm piece. Garlic - 6 cloves. Oil - 3 tbsp. Chopped onion - ½ cup. Tomatoes puree - 5 tbsp. Turmeric powder - ½ tsp. Chilli powder - ½ tsp. Curry leaves - 5. Boiled mixed vegetable - 3 cups (cauliflower, peas, french beans). Coconut milk - ½ cup.</p>

Instructions

Take a microwave-safe glass plate, put black pepper, jeera, cloves, red chilli, cinnamon sticks, gated coconut, whole coriander then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, cool it and grind to prepare the masala. In a microwave-safe bowl take oil, curry leaves, onion and Press **START/+30s** button. When the microwave oven second beeps, add chopped ginger garlic paste, tomatoes puree and Press **START/+30s** button. When the microwave oven third beeps, add vegetables like capsicum, beans, peas, potato, cauliflower, red chilli, salt & cummin powder then Press **START/+30s** button again. Now when the microwave oven fourth beeps, add the prepared paste, water and coconut milk and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with corainder leaves and serve hot.

Oven use

3. Sweets / Tandoori

Code/Food	Serving Size	Ingredients
3-1 Shahi Tukda	2 people	Bread slice - 4. Condensed milk - 150 ml. Water - 100 ml. Sugar - 4 tbsp. Almond & pista pieces - 4 tbsp. Saffron & cardamom powder - 1 tsp.
Instructions		
Cut the bread slices in the desired shape or triangle shape and arrange on high rack and keep it inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, turn slice and Press START/+30s button. When the microwave oven second beeps, take sugar & water to prepare sugar syrup in a microwave-safe bowl and Press START/+30s button. When the microwave oven beeps again, cooking will finish. After done add condensed milk, sugar syrup, dry fruits, saffron, cardamom powder in a bowl. Mix it well, pour the mixture on slice and serve hot.		
3-2 Suji Halwa	3 people	Suji - 150 g. Ghee - 4 tbsp. Sugar - $\frac{3}{4}$ cup. Water - 3 cup. Dry Fruit, Cardamom powder - as per your taste (For Garnishing).
Instructions		
In a microwave-safe bowl take suji and ghee. Keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Stir in between if required. When the microwave oven beeps, add water, sugar, dry fruit & cardamom powder and mix it well. Now Press START/+30s button. When the microwave oven beeps again, cooking will finish. Serve hot.		

Code/Food	Serving Size	Ingredients
3-3 Sweet Rice	2 people	Soaked basmati rice - 200 g. Water - 400 ml. Sugar - 150 g. Lemon juice - 1 tsp. Almonds - 50 g. Raisins - 50 g. Cardamom powder - 1 tsp. Yellow colour a pinch. Ghee - 2 tbsp. Saffron - $\frac{1}{4}$ tsp. Grated almond for garnishing.
Instructions		
In a microwave-safe glass bowl take ghee, soaked basmati rice and water. Keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, add sugar, lemon juice, almond, raisins, cardamom powder, yellow colour, saffron, mix it well and now Press START/+30s button. When the microwave oven second beeps, stir the rice and Press START/+30s button. Again when the microwave oven beeps again, cooking will finish. Garnish with grated almond and serve hot.		
3-4 Pongal	2 people	Ghee - 1 tbsp. Rice - 1 cup (soaked). Moong dal - $\frac{1}{2}$ cup. Milk - 1 cup. Water - 1.5 cup. Jaggery - 1 cup. Water - $\frac{1}{2}$ cup. For tempering : Ghee - 30 g. Cashewnut - 10 g. Raisins - 10 g. Cardamon powder - $\frac{1}{2}$ tsp. Salt - 1 tbsp.
Instructions		
Take a bowl, add soaked rice, dal, milk and water, mix it well then transfer it to crusty plate. Now place the crusty plate on low rack and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add tempering ingredients and jaggery water then Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with dry fruits and serve hot.		

Code/Food	Serving Size	Ingredients
3-5 Almond Payasum	3 people	Almonds - $\frac{1}{2}$ cup. Milk - $\frac{1}{2}$ liter. 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. Take milk in a deep microwave-safe bowl and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When microwave oven beeps, stir the milk add all the ingredients including paste of almonds, mix well and Press **START/+30s** button. When microwave oven beeps again, cooking will finish. Let it cool and serve.

Code/Food	Serving Size	Ingredients
3-6 Sheermal	3 people	Plain flour - 220 g. Yeast - 4 tsp. Castor sugar - 40 g. Eggs (beaten) (optional) - 2. Warm milk - 1 cup. Mawa - 2 cups (mashed). Seedless raisins - 25 g. Cream - 100 g. Poppy seeds - 2 tbsp. Kewra water - $\frac{1}{2}$ tsp. Saffron (soaked in 1 tbsp milk) - 4~5. Milk (extra, as required) - 1 tsp. Ghee/butter - 225 g. Salt - pinch.

Instructions
Heat the milk but do not boil. Sprinkle yeast and sugar over it. Now sieve flour in a bowl. Add salt, eggs, raisins, mawa, double cream and half the ghee with the yeast mixture, mix it well. Knead to a smooth dough and add the essence.
*If the dough is stiff, sprinkle a little extra milk. Knead again. Cover with damp cloth. Keep in a warm place to rise for 8 hours or overnight for best results. Punch the dough and knead it again. Now divide dough into 8 equal parts and roll out each part into a round thick circle.
*Leave aside for 20 minutes until it becomes double the size. Prick the roti all over with a fork, leaving 1 inch margin around and brush with melted ghee or butter & saffron solution. Sprinkle poppy seeds.
Now grease crusty plate with butter then place sheermal on it and put the crusty plate on high rack, keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, apply ghee over sheermal and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Remove from microwave and sprinkle cold milk well over both sides, as this makes it soft. And wrap with foil or butter paper. Keep aside until required.

Oven use

Code/Food	Serving Size	Ingredients
3-7 Carrot Halwa	3 people	Grated carrot - 300 g. Ghee - 2 tbsp. Milk powder - 4 tbsp. Khoya - 5 tbsp. Sugar - 4 tbsp. Milk - ½ cup. Cardamom powder - ½ tsp. Dry Fruit - as per your taste.

Instructions
Take grated carrot and ghee in microwave-safe uncovered glass bowl and mix it well. Keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add milk powder, milk, khoya and sugar. Mix it well and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with grated almond and other dryfruits. Serve hot halwa.

4. Continental

Code/Food	Serving Size	Ingredients
4-1 Dimsums	4 people	Maida - 2 Cups. Cabbage (grated) - ½. Salt - ½ tbsp. Medium sized Onions (chopped) - 3. Ginger paste - ½ tbsp. Baking powder - a pinch of. For Chutney : Garlic flakes (chopped) - 5. Red Chillies (chopped) - 5. Vinegar - little amount.

Instructions
Mix maida, baking powder and water to make smooth dough.
*Leave the dough rest for 1 hour atleast.
Roll out medium sized chapattis from dough and Cut into two halves from the middle like samosas. Now make a mixture of grated cabbage, onion, ginger paste and salt to taste to stuff in. Stuff the half-piece chapatti with this mixture.
*Repeat the step to make all the momos.
Steam these momos in an idli moulds in idli container with a little water at the bottom and keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish. Serve the momos with chutney.

Code/Food	Serving Size	Ingredients
4-2 Hakka Noodles	5 people	Noodles - 200 g. Water - 4 cups. Soya sauce - 2 tbsp. Vinegar - 2 tbsp. Chopped onion - 1. Chopped cabbage- ½ cup. Chopped capsicum- ½ cup. Salt - as per your taste. Chopped garlic- 2 tbsp. Chopped spring onion - 2 tbsp. Oil - 2 tbsp.

Instructions

In a bowl take water, salt and add noodles then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, wash the noodles in the running water and cool it then keep aside. Now in another microwave-safe bowl take oil, garlic and onion and Press **START/+30s** button. When the microwave oven second beeps, add capsicum & cabbage then Press **START/+30s** button again. When the microwave oven third beeps, add salt as per taste, vinegar, soya sauce and boiled noodles then Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with spring onion and serve hot.

5. Indian Combo

Code/Food	Serving Size	Ingredients
5-1 Dal Chawal	2 people	Dal - 1 cup. Oil to taste. Cumin seeds - 2 tsp. Onions - ½ cup finely chopped. Tomatoes - ½ cup chopped. Green chillies - 1 tsp finely chopped. Ginger - 1 tsp finely chopped. Garlic - 1 tsp finely chopped. Chilli powder - 1 tsp. Turmeric powder - ¼ tsp. Salt - as per your 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 and add tomatoes, onions, green chillies, ginger, chilli powder, coriander, ghee/oil and salt, mix well. Mix 1 cup rice and 2 cups water in 2 small microwave-safe bowls and add cumins & ghee into it. Place 2 bowls inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, take out the rice and stir the daal then Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish daal with chopped coriander and serve hot with rice.

Oven use

Code/Food	Serving Size	Ingredients
5-2 Litti Chokha	2 people	<p>Litti : Refined flour (maida) - 1 ½ cups. Yogurt - 1 cup. Salt - as per your taste.</p> <p>Filling : Sattu - 1 cup. Ginger chopped - 1 inch piece. Garlic chopped - 1 inch piece. Cloves - 4. Green chillies chopped - 2. Fresh coriander leaves chopped - ½ cup. Carom seeds (ajwain) - 1 tsp. Onion seeds (kalonji) - ½ tsp. Salt - as per your taste. Lemon juice - 1 tbsp.</p> <p>Chokha : Potatoes - 4 medium (boiled and mashed). Brinjal - 1 medium (boiled and mashed). Coriander seeds - 1 tsp. Dried red chillies - 2. Onions chopped - 3 medium. Garlic crushed - 3~4 cloves. Green chillies chopped - 3~4. Coriander powder - 1 tsp. Cumin powder - 1 tsp. Dry mango powder (amchur) - 1 tsp. Salt - as per your taste. Ghee for dipping and brushing.</p> <p>Instructions In a bowl take 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. Now divide the dough into lemon sized balls and spread them into small puris with your fingers then place a portion of the filling mixture and once again roll into balls. In an another bowl take 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, brush with oil. Place the crusty plate on high rack and keep both inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, stir the chokha, turn the litti and Press START/+30s button. When the microwave oven beeps again, take out the litti and chokha. Dip litti into ghee and serve hot with Chokha.</p>

Code/Food	Serving Size	Ingredients
5-3 Rice & Rasam	2 people	<p>For Rice : Rice (soaked in water) - 1 cup. Salt - as per your taste. Water - 2 cups.</p> <p>For Rasam : Tomato - 1 medium sized (grated). Tamarind paste - 1 tsp. Rasam powder - 1½ tsp. Seasoning mustard seed - ½ tsp. Vegetable oil/Ghee - 1 tsp. Curry leaves - 5~6. Asafoetida - a pinch. Water - 1½ cups.</p> <p>Instructions In a microwave-safe bowl, take rice, salt and water and in an another microwave-safe bowl, add tomato, tamarind paste, water, rasam powder, seasoning mustard seed, oil, curry leaves, asafoetida, salt and water. Put both the bowls in the microwave oven and operate the microwave mode at 900W for 10 minutes. Now once precooking is done, put both precooked rice and rasam bowls inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish. Garnish with coriander and serve hot with rice.</p>

Code/Food	Serving Size	Ingredients
5-4 Pao Bhaji	3 people	Vegetables (Potato, Cauliflower, Capsicum, Green Peas, Carrot, Beans etc) - 300 g. Onion - 2 (chopped). Tomato - 2 (chopped). Pav bhaji masala - as per your taste. Ginger garlic paste - $\frac{1}{2}$ tsp. Red chili powder - as per your taste. Salt - as per your taste. Lemon juice - as required. Butter - 2 tbsp. Hara Dhaniya - for garnishing. Water - 1 $\frac{1}{2}$ cup water. Pao - 3.

Instructions

In microwave-safe bowl take all the vegetables, keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, in an another microwave-safe bowl add oil, ginger garlic paste, chopped onion, chopped tomato, smashed vegetables, salt, pav bhaji masala and water as required, mix it well and Press **START/+30s** button. When the microwave oven second beeps, place the pao along with bhaji and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Squeeze lemon juice over the bhaji and serve hot with pao.

6. Healthy Recipes

Code/Food	Serving Size	Ingredients
6-1 Scrambled Spinach and Tofu Toast	4 people	Tofu - 200 g. Chopped spinach - 2 cups. Onion - 1 finely chopped. Tomato - 1 finely chopped. Green chilli - 1 finely chopped. Oil - 2 tbsp. Turmeric powder - $\frac{1}{2}$ tbsp. Red chili powder - $\frac{1}{2}$ tsp. Chopped coriander leaves - 2 tbsp. Black salt or Salt to taste. Brown bread - 8.

Instructions

In a microwave-safe bowl take oil, chopped onion, chopped green chilli, tomatoes, chopped spinach, salt as per taste. Keep inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, add turmeric powder, tofu & coriander leaves, mix it well and Press **START/+30s** button. When the microwave second beeps, fill the stuffing between the brown bread to make the toast and place it on the crusty plate at high rack then Press **START/+30s** button again. When the microwave oven third beeps, turn the stuffed bread and again Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Serve hot toast with ketchup.

Code/Food	Serving Size	Ingredients
6-2 Quinoa Veg Upma	4 people	Quinoa - 1 cup. Olive oil - 2 tsp. Mustard seeds - 1 tsp. Asafoetida a pinch. Curry leaves - 2~3. Green chillies chopped - 2 tsp. Onion finely chopped - $\frac{1}{4}$ cup. Carrots chopped - $\frac{1}{2}$ cup. Salt - as per taste. Red chili powder - as per taste. Coriander finely chopped - $\frac{1}{4}$ cup. Water - 4 cup.

Instructions

Take quinoa in a microwave-safe bowl, add salt, water, and mix it well then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add all other ingredients, mix it well and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with coriander and serve hot.

Oven use

Code/Food	Serving Size	Ingredients
6-3 Buckwheat Porridge	4 people	Buckwheat - $\frac{1}{2}$ cup. Almond Milk - $\frac{1}{2}$ cup. Honey - 2 tsp. Chopped apple - $\frac{1}{4}$ cup. Sugar - 6 tsp or as per taste. Dry fruits for garnishing. Water - 1 cup.
Instructions		
Take 1 cup of water, buckwheat & sugar in microwave-safe bowl keep the bowl inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add almond milk, honey & mix it well and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with chopped apples and dry fruits.		
6-4 Grilled Baby Corn Zucchini salad	5 people	Zucchini sliced - 1 cup. Carrots raw chopped - 1 cup. Mushrooms - 1 cup. Capsicum (yellow, green, red) - 1 cup. Olive oil - 2 tbsp. Pepper - 1 tbsp. Italian herb seasoning mix - 2 tsp. Salt - 1 tsp or as per taste.
Instructions		
Cut the baby corn and all vegetables sliced then take a crusty plate, put olive oil, sliced vegetables, corn & herbs and mix it well. Keep crusty plate inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps again, cooking will finish. Granish with herbs and serve hot.		

Code/Food	Serving Size	Ingredients
6-5 Soya Keema	5 people	Soya chunks - 1 cup. Onion finely chopped - 2 pcs. Tomato finely chopped - 2 pc. Ginger garlic paste - 1 tbsp. Cinnamon stick - 1 pinch. Black cardamom - 1. Cumin seeds - $\frac{1}{2}$ tbsp. Turmeric powder - $\frac{1}{2}$ tbsp. Red chilli powder - 1 tsp. Coriander powder - 1 tsp. Salt to taste. Cooking oil - 4 tbsp. Ghee - 2 tsp. Chopped ginger - 2 inch.
Instructions		
Take a microwave-safe bowl and add soya chunk then add water in it to boil. Keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, take out the bowl, let it cool and drain the water. In another microwave-safe bowl take oil and add all other ingredients including spices & boiled soya chunks. Mix it well and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with ghee & coriander leaves. Ready to serve hot with chapatti or parathas.		

Code/Food	Serving Size	Ingredients
6-6 Parsi vegetable Daal	5 people	<p>Toor daal - $\frac{1}{2}$ cup. Split yellow gram - 2 tsp. Salt red lentil 2 tsp. Salt black lentils - 2 tsp. Chopped red pumpkin - $\frac{1}{4}$ cup. Chopped bottle gourd - $\frac{1}{2}$ cup. Chopped brinjals - $\frac{1}{4}$ cup. Chopped spring onions - $\frac{1}{4}$ cup. Chopped tomatoes - $\frac{1}{4}$ cup. Salt - as per taste. Tamarind Pulp - 2 tbsp. Ground it to smooth paste to make Tadka.</p> <p>Tadka Ingredients : Garlic cloves - 4 pcs. Whole Kashmiri dry red chillies - 3 pcs. Coriander seeds - 1 tsp. Cumin seeds - $\frac{1}{2}$ tsp.</p> <p>Instructions Mix the washed and drained toor daal, yellow moong daal, masoor daal, urad daal, 2 cups of water, potatoes, brinjal, bottle gourd, red pumpkin, tomatoes, spring onion & salt in microwave-safe bowl and cover. Keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, take it out & let it cool. *Once it cool blend it in a mixer to smoothen the daal - vegetable mixture. Take another microwave-safe bowl, add prepared tadka paste into it then Press START/+30s button. When the microwave oven second beeps, add grinded daal and vegetable mixture to tadka and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Parsi Vegetable Daal is ready to serve with chapattis or parathas.</p>

Code/Food	Serving Size	Ingredients
6-7 Veg Ragi Pizza	4 people	<p>Cheese (moserella+processed) grated - 6 tbsp. Ragi flour - $\frac{1}{2}$ cup. Refined flour - $\frac{1}{2}$ cup dusting. Salt - $\frac{1}{2}$ tsp or to taste. Fresh yeast - 7 g. Sugar - $\frac{1}{2}$ tsp. Green capsicum - 1 small pc. Pizza sauce - 2~3 tbsp. Zucchini - $\frac{1}{2}$ small. Corn kernels - 2 tbsp. Black olives - as per taste.</p> <p>Instructions Take refined flour, millet flour and $\frac{1}{2}$ tsp salt into a bowl and sift together. Take yeast, sugar and warm water, mix it well and keep aside till it activates. Mix yeast and flour mixture in it. Knead into a soft dough using water as required. Cover it with muslin cloth and kept aside in warm place to ferment. Cut the veggies into small pieces. Dust the worktop with some refined flour, keep the fermented dough on it and now roll out into a medium thick circle, dusting with flour. Place the circle on the greased baking tray. Spread pizza sauce on it and top with cheese, zucchini slices, capsicum and corn kernels. Sprinkle with some salt and again top with cheese. Before select the auto cook program, operate convection mode (200 °C) at 4 minutes for preheating. After preheating, place the crusty plate having pizza on the low rack and keep it inside in the microwave oven. Select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps again, cooking will finish. Garnish with seasoning and serve hot.</p>

Oven use

Code/Food	Serving Size	Ingredients
6-8 Kale and Chickpea Curry	4 people	Olive oil - 1~2 tsp. Mustard seeds - ½ tsp. Onion diced - 1 large pc. Garlic cloves crushed - 4 pcs. Chick peas - 200 g. Salt - as per taste. Coriander seeds crushed - 1 heaped tsp. Green chilli chopped - 1 pc. Red chilli powder - 1 tsp. Tumeric - 1 tsp. Kale choppeds - 200 g.

Instructions

Soak the chana overnight and take chana in microwave-safe bowl with pinch of salt & water (2 cups) and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, take out the chana, let it cool & drain the water. Now take another microwave-safe bowl and prepare the tadka taking ingredients oil, mustard seeds, cumin seeds, onion, garlic, tomatoes, kale, green chilli and Press **START/+30s** button. When the microwave oven second beeps, add chana, mix well and Press **START/+30s** button again. When the microwave oven beeps again, cooking will finish. Curry is ready to serve with chapatti or parathas.

Code/Food	Serving Size	Ingredients
6-9 Stuffed Moong Dal Chilla	4 people	Moong dal - 200 g. Crushed tofu with spices - 1 tsp. Onion chopped - ½ tsp. Capsicum chopped - 1 tsp. Salt - as per taste. Ghee - 1 tsp.

Instructions

Soak the moong dal overnight and grind it with some salt into consistent flowing batter. Before select the auto cook program, operate convection mode (200 °C) at 4 minutes for preheating. When operate convection mode, put the crusty plate over the high rack and keep it inside the microwave oven. During preheating, for making stuffing, take crushed tofu, chopped onion, chopped capsicum, spices & salt as per taste and mix well. After preheating, pour the batter on the crusty plate in circular motion. select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Keep it inside the microwave oven and when the microwave oven beeps, turn the side and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Fill the cheela with stuffing and serve hot with chutney or ketchup.

The following table presents the various Indian Recipe (Non Veggie) programmes and appropriate Instructions.

1. Soups / Snacks

Code/Food	Serving Size	Ingredients
1-1 Chicken 65	2 people	Boneless chicken - 250 g. Ginger garlic paste - 1 tsp. Orange food colour - 1 pinch (optional). Onion - 1 cup (chopped). Chicken powder - 1 tbsp. Coriander powder - 1 tsp. Coriander leaves - 1 tbsp. Salt - as per your taste.

Instructions

In a microwave-safe bowl take onion, ginger garlic paste & chicken powder. Keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, grind onion, ginger, garlic paste, coriander powder and chicken powder into fine paste. In an another microwave-safe bowl mix all the ingredients with chicken & onion paste. Put a bowl in the microwave oven and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Now garnish Chicken 65 with coriander leaves and serve hot.

Code/Food	Serving Size	Ingredients
1-2 Chicken in Noodle Soup	4 people	Noodles - 200 g. Boneless chicken - 200 g (boiled). Water - 5 cups. Fresh green chilies - 2 (sliced). Chopped garlic - 2 tsp. Chopped ginger - 2 tsp. Soya sauce - 2 tbsp. Chopped onion - 1. Chopped tomato-1. Salt - as per your taste. Chopped spring onion - 2 tbsp. Oil - 2 tbsp.

Instructions

In a microwave-safe bowl take water, salt and add noddles then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Once the microwave oven first beeps, wash the noodles in the running water and cool it then keep aside. Now take tomato, onion, ginger, garilc, green chilli and grind it in the mixer to make the paste. In an another microwave-safe bowl take oil then add prepared paste and Press **START/+30s** button. When the microwave oven second beeps, add salt, boiled chicken, noodles, soya sauce, spring onion and water of boiled chicken and again Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with spring onion and serve hot.

Oven use

Code/Food	Serving Size	Ingredients
1-3 Chilli Chicken	3 people	<p>Boneless chicken - 300 g. Ginger & garlic paste -1 tsp. Soya sauce - 2 tbsp. Red chili - 1 tsp. Chopped Ginger - $\frac{1}{2}$ tsp. Chopped Garlic - $\frac{1}{2}$ tsp. Green chili - 4~5 (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). Black pepper - $\frac{1}{2}$ tsp. Salt - as per your taste. Corn Flour - 1 tsp (dissolve in $\frac{1}{2}$ of water). Maida - 1 tsp (dissolve in $\frac{1}{2}$ of water). Oil - 2 tbsp. Egg - 1. Ketchup - 1 tbsp. Chilli Sauce - 1 tbsp.</p> <p>Instructions</p> <p>Take a bowl add ginger garlic paste, chicken, black pepper, soya sauce, 1 egg, and maida mix all ingredient very well and keep aside for 30 minutes. Take the greased crusty plate over high rack and place the marinated chicken then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, turn the side and again greased chicken with butter then Press START/+30s button. In an another microwave-safe bowl take oil, green chilli, chopped ginger garlic, onion, capsicum and when the microwave oven second beeps, take out the chicken with accessory and put a bowl in the microwave oven. Press START/+30s button. When the microwave oven third beeps, add ketchup, chilli sauce, soya sauce, $\frac{1}{2}$ cup water corn flour dissolved in it, mix it well and then Press START/+30s button again. When the microwave oven fourth beeps, add grilled chicken and again Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with spring onion and serve hot.</p>

Code/Food	Serving Size	Ingredients
1-4 Galouti Kebab	4 people	<p>Mutton mince - 350 g. Ginger paste- 1 tbsp. Garlic paste - 1 tbsp. Black pepper - 5~6. Egg - 1. Raw papaya paste - 2 tbsp. Chilli powder - 1 tsp. Cardamom powder - 1 tsp. Cinnamon stick - 1. Bay leaf - 1. Butter for greasing- 2 tbsp. Salt - as per your taste.</p> <p>Instructions</p> <p>In a bowl take bay leaf, cinnamon, cardamom powder, ginger garlic paste, red chilli powder, raw papaya paste, black pepper & egg grind it in a mixer to prepare a fine paste. Now in a bowl take mutton mince, salt as per taste, prepared paste and besan, mix it well. Now make kebab balls. Take a crusty plate, place the kebabs then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, turn the side of kebabs and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Serve hot with green chutney.</p>

Code/Food	Serving Size	Ingredients
1-5 Seekh Kebab	2 people	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 (Saunth) - 1 tbsp. Black pepper (Kali Mirch) - 1 tsp. Nutmeg powder (Jaiphal) - ½ tsp.

Instructions

Wash the keema and put in a strainer and gently press to squeeze out all the water. Mix all the ingredients to the keema and knead well. *Keep aside for 1 hour.

Take a big ball of the keema mixture and hold a skewer carefully press the mince on to a skewer. Repeat with left over mince on all the other skewers. Place the skewers on the greased crusty plate, keep it inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, turn the side of kebabs and Press **START/+30s** button. When the microwave oven beeps again, cooking will be finished. Gently remove the kebabs from the skewers with the help of a napkin. Sprinkle some chaat masala & lemon juice on the kebabs and serve hot.

2. Special Chicken Dishes

Code/Food	Serving Size	Ingredients
2-1 Butter Chicken	4 people	Boneless chicken - 400 g. Kashmiri red chili powder - 1 tsp. Salt - as per your taste. Butter - 4 tbsp. Ginger garlic paste - 2 tbsp. Garam masala - 1 tsp. Sugar - 1 pinch. Kasuri methi leaves - 1 Ten. Mustard oil - 2 tsp. Chopped onion - 1 cup. Tomato - ½ cup. Chopped coriander - 1 tbsp. Fresh cream - ½ cup. Orange red color - 1 pinch optional. Water - 2 cup.

Instructions

Take a bowl add chicken, ginger garlic paste, red chilli powder, salt. Mix it well and keep aside. Now take the greased crusty plate, place it over the high rack and put marinated chicken over it then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, take out the chicken with accessory. Take 1 tbsp oil, chopped onion in a microwave-safe bowl and put a bowl in the microwave oven. Press **START/+30s** button. When the microwave oven second beeps, add chopped tomatoes, 2 cup water, ginger garlic paste, salt, sugar, garam masala powder and red chilli powder and Press **START/+30s** button again. When the microwave oven third beeps, take out the bowl, let it cool and grind it in a mixer and sieve it. In another microwave-safe bowl take gravy, 2 tbsp butter, kashturi methi, cream and add chicken then Press **START/+30s** button once again. When the microwave oven beeps again, cooking will finish. Garnish with coriander leaves and serve hot.

Oven use

Code/Food	Serving Size	Ingredients
2-2 Chicken Chettinad	4 people	<p>Chicken - 500 g (cut into pieces of your choice).</p> <p>For marination : Lemon juice - 1 tbsp. Salt - as per taste. Turmeric - $\frac{1}{2}$ tsp.</p> <p>For Seasoning : Oil - 2 tbsp. Shallots sliced - 2 tbsp. Salt - as required. Curry leaves - 3 Sprigs</p> <p>For Chettinad Masala : Oil - 1 tbsp. Fresh coconut grated - $\frac{1}{4}$ cup. Bay leaves - 2. Red chilli bedgi - 6. Black pepper - 1 tbsp. Cummin seeds - 1 tsp. Fennel seeds - 1 tsp. Green cardamon - 1. Black cardamon - 1. Black stone Flowers - 2. Star anise - 1. Cloves - 8. Mace - 1 blade. Cinnamon - 1 inch piece. Garlic - 6~8. Ginger - 1 inch. Tamarind paste - 1 tsp. Fenugreek seeds - pinch. Water as required. Coarinder for garnishing.</p>

Instructions

In a bowl take chicken, lemon juice, turmeric, salt, mix it well and let it marinate for atleast 30 minutes. In a microwave-safe glass plate take oil, and add coriander seed, fennel seeds, cumin seeds, black peppercorn, blade of mace, cloves, cinnamon stick, star anise, green cardamom and black cardamom then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, add bay leaves, stonewhatever, garlic, dry red chillies and Press **START/+30s** button to roast it again. When the microwave oven second beeps, take out the spices into plate and let it cooldown to room temperature and after that grind it a fine paste by adding fenugreek seeds, ginger, tamarind paste and water. Now take oil and add shallots in an another microwave safe bowl, keep it inside the microwave oven and Press **START/+30s** button. When the microwave oven third beeps, add marinated chicken and chettinad masala then Press **START/+30s** button. When the microwave oven fourth beeps, stir it well and Press **START/+30s** button again. When the microwave oven beeps again, cooking will finish. Garnish with corainder leaves and serve hot.

Code/Food	Serving Size	Ingredients
2-3 Chicken Makhani	4 people	<p>Chicken - 600 g (cut into pieces of your choice). Chopped onion - 1. Ginger paste - 1 tsp. Garlic paste - 1 tsp. Tomato puree - $\frac{1}{2}$ cup. Garam masala - 1 tsp. Coriander powder - 1 tsp. Cumin powder - 1 tsp. Kashmiri chili powder - 1 tsp. Turmeric powder - 1 tsp. Cashew nut powder - 4 tbsp. Cream - $\frac{1}{2}$ cup. Oil - 4 tbsp. Water - 1 cup or as required. Chopped coriander leaves - as required for garnishing.</p>
		<p>Instructions</p> <p>In a microwave-safe glass bowl take oil, ginger garlic paste, onion, turmeric, chili powder, and chicken. Keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add all other remaining ingredients and 1 cup of water, cover it and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with coriander leaves and serve hot.</p>
2-4 Chicken Tikka	3 people	<p>Boneless chicken - 500 g. Thick yogurt - $\frac{1}{2}$ cup. Chaat masala - 1 tsp. Ginger & garlic paste - 1 tsp. Orange red colour - 1 pinch. Oil - 2 tbsp. Red chili powder - 1 tsp. Salt - as per your taste. Coriander leaves - 2 tbsp. Cream - 2 tbsp.</p>
		<p>Instructions</p> <p>Take a bowl and add all the ingredients, chicken, mix it well and leave it for 30 minutes. Take the greased crusty plate over high rack and place the marinated chicken then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, turn the side and again greased chicken with butter then Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with coriander and serve hot with chutney.</p>

Code/Food	Serving Size	Ingredients
2-5 Dum Chicken Kali Mirch	3 people	<p>Chicken - 400 g (cut into 8 pieces)</p> <p>Marinade :</p> <p>Thick yogurt - $\frac{1}{2}$ cup. Almonds - 8~10 (ground to powder). Ginger garlic paste - 1 tbsp. Oil - 1 tbsp. Red chili powder - $\frac{1}{2}$ tsp. Salt - $\frac{3}{4}$ tsp. Garam masala powder - $\frac{1}{2}$ tsp.</p> <p>Other ingredients :</p> <p>*Oil - 3 tbsp. Peppercorns - $\frac{1}{2}$ tsp. Onion paste - 2. Coriander powder - 1 tsp.</p>

Instructions

In a bowl take yoghurt, ginger garlic paste, oil, chilli powder, salt, garam masala and chicken, mix it well and keep it to marinade for 1 hr. After 1 hr, add a pepper corn to marinated chicken and then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, stir once and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with coriander leaves and serve hot with naan.

Code/Food	Serving Size	Ingredients
2-6 Goanese Chicken	3 people	<p>Chicken - 500 g (cut into pieces of your choice). Chopped onion - 2. Chopped tomato - 2. Ginger garlic paste - 1 tsp. Red chili powder - 1 tsp. Turmeric powder - 1 tsp. Cumin powder - 1 tsp. Cinnamon powder - $\frac{1}{2}$ tsp. Oil - 4 tbsp. Vinegar - 2 tbsp. Water - 1 cup.</p>

Instructions

In a microwave-safe glass bowl take oil, ginger garlic paste, onion, keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, add tomato, 1 cup water and other remaining ingredients and Press **START/+30s** button. When the microwave oven second beeps, add chicken and again Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with chopped coriander and serve hot.

Oven use

Code/Food	Serving Size	Ingredients
2-7 Hyderabadi Chicken	3 people	<p>Chicken - 600 g (cut into pieces of your choice). Ginger garlic paste - 1 tsp. Tomato puree - $\frac{1}{2}$ cup. Finely chopped onion - 2. Finely Chopped tomato - 2. Oil - 4 tbsp. Water - 1 cup. Cream - 4 tbsp. Salt - as per taste. Chopped coriander leaves (for garnishing).</p> <p>For paste : Red chili - 4~5. Cashew nut - 10~12. Magaj - 2 tbsp. Poppy seeds - 1 tbsp. Almond - 7~8. Cloves- 4. Cinnamon - 2 sticks. Cardamom - 2. Make a fine paste of all these ingredients.</p> <p>Instructions In a microwave-safe bowl add oil, finely chopped onion, ginger garlic paste, tomato puree, chopped tomato, salt, water, cream, salt and prepared paste. Keep this bowl in the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add chicken, mix it well and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with chopped coriander and serve hot.</p>

Code/Food	Serving Size	Ingredients
2-8 Hyderabadi Murg Korma	4 people	<p>Chicken - 1 kg. Chopped Onion - 200 g. Coconut - 50 g. Poppy seeds - 50 g. Curd - 250 g. Turmeric powder - $\frac{1}{2}$ tsp. Coriander powder - $\frac{1}{2}$ tsp. Garam masala - 1 tsp. Cinnamon - 1 inch stick. Salt - as per taste. Water 1 cup or as per taste. Peanut - $\frac{1}{2}$ cup.</p> <p>Instructions Take microwave-safe glass plate and add coconut, poppy seeds & peanut then keep it inside the microwave oven and roast it by selecting the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, grind it. Mixture is ready for later use. Take oil & onion in a microwave-safe bowl and put it in the microwave oven. Press START/+30s button. When the microwave oven second beeps, add ginger garlic paste, curd, garam masala, cinnamon stick, coriander powder, salt as per taste, turmeric powder, mixture prepared earlier & chicken, now add water as required and Press START/+30s button. When the microwave oven beeps again, let dish remains in standby mode for another 5-6 minutes. After that garnish with coriander leaves and serve hot with chapatis.</p>

Code/Food	Serving Size	Ingredients
2-9 Keema Masala	4 people	Keema (chicken) - 500 g. Chopped onion - 1. Chopped tomato - 1. Ginger garlic paste - 1 tsp. Turmeric - as per taste. Salt - as per taste. Red chili - as per taste. Garam masala - as per taste. Cardamom - 2 pcs. Black pepper - 5~6 pcs. Dal Chini - 1 stick. Oil and water - as required. Dhaniya for garnishing - as required.

Instructions

In a microwave safe bowl take oil black pepper, dal chini, cardamom, chopped onion, ginger garlic paste then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, add keema, turmeric, salt, red chilli powder, mix it well and Press **START/+30s** button. When the microwave oven second beeps, again add chopped tomatoes, $\frac{1}{2}$ cup water, garam masala, mix it well and Press **START/+30s** button again. When the microwave oven beeps again, cooking will finish. Garnish with coriander and serve hot.

Code/Food	Serving Size	Ingredients
2-10 Nargisi Kofta	3 people	Mince meat - 500 g. Eggs (hard boiled) - 4. Egg (beaten) - 1. Yogurt - 2 tbsp. Fried onions paste - $\frac{1}{2}$ cup. Onions chopped - 1 cup. Tomatoes pureed - 1 cup. Green chillies - 4~5. Whole garlic cloves- 5 to 6. Chopped ginger- 1 tbsp. Red chilli powder - 3 tsp. Tumeric powder - $\frac{1}{2}$ tsp. Garam masala - 1 tsp. Coriander powder- 1 tsp. Salt- to taste. Water - $\frac{1}{2}$ cup

Instructions

In a microwave-safe bowl take the minced meat with the quartered onions, green chillies, chopped ginger and garlic cloves. Keep the bowl inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, take out the bowl, grind into the mixture, now coat the boiled eggs with the mince mixture, dip in egg beaten then place in the crusty plate and Press **START/+30s** button. When the microwave oven second beeps, turn the side and Press **START/+30s** button again. When the microwave oven third beeps, take out the crusty plate. Add all the other ingredients, egg koftas in an another microwave-safe bowl. Put it in the microwave oven and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with coriander leaves and serve hot.

Oven use

Code/Food	Serving Size	Ingredients
2-11 Pepper Chicken	2 people	Boiled boneless chicken - 300 g. Salt, Lemon juice, Pepper powder - as per your taste. Oil - 3 tbsp. Chopped onion - 4 tbsp. Chopped tomato - 3 tbsp. Chopped garlic - 2 tsp. Coriander leaves - 1 tbsp. Water - as required.
Instructions		<p>Take boiled chicken, marinate with salt, lemon juice, pepper powder for 1 hour. In a microwave-safe bowl put oil, chopped onion, chopped tomato, chopped garlic, marinated chicken keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add salt to taste, ¼ cup of water, mix it well and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with chopped coriander leaves. Serve hot.</p>
2-12 Tandoori Chicken	4 people	Chicken - 800 g. Oil - 2 tbsp. Garam masala - 1 tsp. Tandoori meat masala - 1 tsp. Ginger garlic paste - 1 tbsp. Red chilli powder - 1 tsp. Cream - 1 tbsp. Salt - as per your taste.
Instructions		<p>In a bowl take all the ingredients and mix it well. Now take the crusty plate over high rack and place the chicken mixture, keep it inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish. Sprinkle chaat masala & Garnish with corainder leaves. Serve hot with green chutney.</p>

3. Tandoori

Code/Food	Serving Size	Ingredients
3-1 Goanese Fish Kebab	4 people	Surmai (Goanese fish) - 30 (cut into pieces). Tamarind juice - 2 tbsp. Red chili powder - 1 tsp. Turmeric powder - ½ tsp. Coconut oil - 1 tbsp. Besan flour - 1 tbsp. Cinnamon - 1 stick. Black pepper - 3~4 pcs. Ginger garlic paste -1 tbsp. Egg - 1. Bay leaves - 1. Salt - as per your taste. Coriander leaves - 1 tbsp.
Instructions		<p>In a microwave-safe bowl take the washed fish, salt & turmeric, mix it well then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, take bay leave, cinnamon, cardamom, red chilli powder, 1 egg, black pepper, ginger garlic paste & black pepper grind it to the smooth paste. Now in a another bowl take the fish add salt, prepared paste & besan mix it well and coat it well in all the fishes. Now take the crusty plate over high rack, put the fish kebabs and sprinkle some oil then keep it inside the microwave oven and Press START/+30s button. When the microwave oven second beeps, turn the side and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with coriander leaves, pour lemon juice and serve hot with chutney.</p>

Code/Food	Serving Size	Ingredients
3-2 Sesame Fish (Goanese Recipe)	4 people	Fish - 250 g (2 fish). Green Capsicum - 1. Garlic chopped - 5~6 cloves. Soya sauce - 1 tsp. Sesame seeds - 1 tsp. Dark Soya sauce - 1 tsp. Vinegar - 1 tsp. Salt - 1 tsp. Sugar - $\frac{1}{2}$ tsp. Sesame oil -2 tbsp.

Instructions
Cut the fish in sides. In a bowl take all the ingredients and add fish then mix it well. Wrap the fish in the foil paper and keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish. Garnish with seasonings and serve hot.

4. Continental

Code/Food	Serving Size	Ingredients
4-1 Fresh Troutz	1 people	Fish - 200 g (1 fish). Salt - 1 tsp. Garlic powder - 1 tbsp. Black pepper - 1 tsp. Dried seasoning - 1 tsp. Butter - For greasing.

Instructions
Take the washed fish mix salt and garlic powder, mix it well and keep side. Now take a foil paper and grease with butter then put the fish wrapped in foiled paper over the crusty plate. Keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish. Garnish with seasonings and serve hot.

5. Indian Famous Variety

Code/Food	Serving Size	Ingredients
5-1 Fish Curry	4 people	Surmai - 200 g. Onions (chopped) - 1. Tomato (chopped) - 1. Ginger garlic paste - 1 tsp. Water - 1 Cup. Turmeric powder - $\frac{1}{2}$ tsp. Red chilli powder - as per your taste. Garam masala - 1 tsp. Green chili - 2. Salt - as per your taste. Oil - as required.

Instructions

Take a bowl and add cut washed fish, turmeric powder, ginger garlic paste, red chilli powder, salt, oil, green chilli and let it marinate for sometime. In a microwave-safe bowl take oil, onion, tomatoes, turmeric powder & red chilli powder then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, grind it to the smooth paste in the mixer. Now take the marinated fish in the crusty plate and Press **START/+30s** button. When the microwave oven second beeps, add turn the side and again Press **START/+30s** button. When the microwave oven third beeps, take out the grilled fish and in another microwave-safe bowl take the grilled fish, onion & tomato mixture, garam masala, water & mix it well then Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with coriander leaves and serve hot with steamed rice.

Oven use

Code/Food	Serving Size	Ingredients
5-2 Goan Fish Curry	4 people	Pomfret - 500 g. Coconut scraped - $\frac{1}{2}$ cup. Ginger paste - 1 tsp. Garlic paste - 1 tsp. Tamarind paste - 1 tbsp. Oil - 4 tbsp. Onion - 1 medium. Green chilies - 3~4. Water - 2 cup. Salt - as per your taste.

Instructions

Take a bowl put fish, salt and haldi powder, mix it well and keep aside. Now take coconut ,chillies, corainder,onion and ginger & garlic paste, tamarind paste & water crush it in the mixer grinder and prepare the paste. Now in a microwave-safe bowl take oil, prepared paste, salt as per taste. Keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add marinated fish and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with coriander leaves and serve hot.

Code/Food	Serving Size	Ingredients
5-3 Goshtaba	4 people	Boneless meat - 500 g. Mutton fat - 20 g. Ginger garlic paste - 1 tbsp. Cinnamon powder - 1 tsp. Cardamom powder - 1 tsp. Salt - as per your taste. Curd - $1\frac{1}{2}$ cup. Water- 4 cup. Coriander powder - $\frac{1}{2}$ tsp. Bay leaves - 2.

Instructions

Take boneless meat mashed it very well, now add mutton fat and again mashed it well with it. Now add salt, cardamom powder, mix it well and grease your hands to make the balls. Now take 3 cup water in a microwave-safe bowl add salt, cardamom, cinnamon powder, bay leaves & balls and then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Now take $1\frac{1}{2}$ cup curd and $\frac{3}{4}$ cup water grind it well in a mixer. When the microwave oven first beeps, take another microwave-safe bowl add grinded curd, cardamom powder and cinnamon powder and Press **START/+30s** button. When the microwave oven second beeps, add ginger garlic paste, salt as per the taste, balls and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with coriander leaves and serve hot with naan.

Code/Food	Serving Size	Ingredients
5-4 Hyderabadi Mutton	3 people	Mutton - 300 g. Fried onions - ½ cup. Pureed tomatoes - 1 cup. Ginger garlic paste - 2 tbps. Green chillies - 3. Grated coconut - 2 tbsp. Turmeric - ¼ tsp. Coriander powder - 2 tsp. Cumin seeds - ½ tsp. Red chilly powder - 1 tsp. Garam masala powder (hot spice mix) - ½ tsp. Curd (yogurt) - 1 cup. Cinnamon - 1 inch. Cloves - 4. Green cardamoms - 2. Bay leaves - 1. Khus khus (poppy seeds) - 1 tbsp. Grated coconut - 1 tbsp. Strands saffron - few. Ghee - 1 tbsp. Salt - as per taste. Water - 1½ cup.

Instructions

Clean the mutton well. Soak the saffron in 1 tbsp of warm milk and Soak the poppy seeds in a little water for 10 minutes. Put the mutton pieces into a big bowl and add the ginger garlic paste, green chillies, red chilly powder, coriander powder, cumin powder & 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 take butter, cinanmon, cloves, fries onion, tomato puree, grinded poppy seeds & coconut paste, marinated mutton, water & other remaining ingredients keep the bowl inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, stir the mutton and Press **START/+30s** button. When the microwave oven second beeps, stir the mutton and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with coriander and serve hot.

Code/Food	Serving Size	Ingredients
5-5 Kashmiri Dum Gosht	4 people	Mutton - 500 g. Chashew and coconut paste - 2 tbsp. Salt - to taste. Ginger & garlic paste - 1 tsp. Ghee/oil - 3 tbsp. Black Pepper - 5~6. A small piece of ginger. Cardamoms green and black - 4. A small bunch of coriander leaves. Curd - 50 g. A small piece of green papaya. Cumin seeds - ½ tsp. Turmeric powder - 1 tsp. Water - 1 cup. Fried onion - 1. Green chillies - 4. Coriander leaves - 2 tbsp.

Instructions

In a bowl take ginger garlic paste, salt, lemon juice, kashmiri mirch, turmeric, black pepper, curd, coriander powder powder, fried onion, green chillies chopped, corainder leaves, paste of cashew and coconut, mix all the ingredients well and leave it aside for 30 minutes. In another microwave-safe bowl take oil,cumin seeds,whole black pepper, black & green cardamom mix it and keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add marinated mutton and water then Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with coriander and serve hot.

Oven use

Code/Food	Serving Size	Ingredients
5-6 Kashmiri Lamb Curry	2 people	Mutton - 300~350 g. Mustard oil - 250 ml. Indian whole masala - 15 g. Coriander powder - 2 tbsp. Cumin powder - 2 tbsp. Turmeric - ½ tsp. Red chilli powder - 2 tbsp. Garam masala - 1½ tbsp. Salt - to taste. Tomato - 150 g. Onion - 200 g. Marinate : Curd - 100g. Turmeric powder - ¼ tsp. Ginger Garlic paste - 1 tbsp

Instructions

First marinate lamb with curd, ginger garlic paste and turmeric powder for at least 1 hr. After marination of 1 hr put onion, tomato & all spices then mix it well. Now transfer this to a crusty plate and place it on a low rack and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish, mix it again. Garnish with coriander and serve hot with naan.

Code/Food	Serving Size	Ingredients
5-7 Keema Kofta	3 people	Keema - 250 g. Ginger garlic paste - 1 tsp. Green chilies - 2 (chopped). Garam masala - ½ tsp. Salt - ¾ tsp. Bread crumbs - ½ cup. Fresh coriander leaves - 2 tbsp (chopped). For Creamy tomato sauce : Tomato puree - 1 cup. Chopped ginger - 1 tbsp. Salt - ¾ tsp. Red chili powder - ¾ tsp. Cumin powder - 1 tsp. Cream - ½ cup.

Instructions

In glass bowl take keema, ginger garlic paste, garam masala, chopped green chilies, salt, coriander, bread crumbs and make koftas. Now in a microsave-safe glass bowl take ingredients of creamy tomato sauce, keep it inside the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add the keema in a bowl and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with coriander and serve hot.

Code/Food	Serving Size	Ingredients
5-8 Mutton Malai Kofta	4 people	Mutton - 500 g. (boneless). Ginger paste - 1 tbsp. Green chilies finely - 3~4 (chopped). Garam masala - 1 tsp. Salt - 1¼ tsp. Fresh coriander leaves - ¼ cup (chopped). Curd - ½ cup. Black pepper - ½ tsp. Onion - 2. Cashew - 5. Almond - 5. Bay leaves - 1. Cloves - 2~3. Cinamon - 1 stick. Fesh Cream - 1 tbsp. Water - 1 tbsp. Butter - 1 tbsp.

Instructions

In a bowl take washed mutton, salt, ginger garlic paste, curd, black pepper and Kasuri methi, mix it well and let it marinate for some time. Now in a microwave-safe bowl take butter, bay leave, cinnamon, chopped onion then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, add marinated mutton and Press **START/+30s** button. When the microwave oven second beeps, add water, cashew & almond paste and fresh cream mix it well and then Press **START/+30s** button again. When the microwave oven beeps again, cooking will finish. Now garnish with dish with coriander leaves and serve hot with chapati.

Code/Food	Serving Size	Ingredients
5-9 Shahi Rogan Josh	4 people	Mutton - 500 g. (tender pieces with bones). Saunf powder - 1 tsp. Garam masala - 1 tsp. Curd - 100 g. Cloves - 5~6 pcs. Coarinder leave - 1 tsp. Clarified butter - 4 tbsp. Ginger powder - 1 tsp. Kashmiri Mirch powder - 1 tsp. Cumin seeds - 1 tbsp. Cardamom - 5~6 pcs. Hing - 1 pinch. Salt - to taste. Water - 1 cup.

Instructions

In a microwave-safe bowl take oil/butter, hing, cumin seeds, cloves and then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, add mutton and Press **START/+30s** button. When the microwave oven second beeps, add cardamom, kashmiri mirch, salt and again Press **START/+30s** button. When the microwave oven third beeps, add ginger powder, saunf powder, curd and mix it well then Press **START/+30s** button. When the microwave oven fourth beeps, add water (if required more water then add more) and garam masala, mix it well again and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with corainder leaves and serve hot.

Oven use

Code/Food	Serving Size	Ingredients
5-10 Bengali Fish Curry	4 people	Fish - 300 g (cut into 1½ flat pieces). Lemon juice - 1 tbsp. Salt - as per taste. Turmeric - 1 tsp. Oil - 4 tbsp. Chili powder - ¼ tsp. Chopped coriander - 1 tsp. Chopped onion - 1. Chopped coriander - 1. Water - 1½ cup. Mustard paste (grind). Water to grind - 2~3 tbsp.
Instructions		
<p>In a bowl take fish, turmeric, salt and mix it well. Keep aside for sometimes. Take marinated fish pieces in the crusty plate then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, take out the crusty plate and in a microwave-safe bowl take oil, chopped onion, ginger garlic paste, tomatoes and Press START/+30s button. When the microwave oven second beeps, add water and salt as per the taste, mix it well and Press START/+30s button again. When the microwave oven third beeps, add fried fish & mustard paste, mix it well and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with coriander and serve hot.</p>		

Code/Food	Serving Size	Ingredients
5-11 Amritsari Fish	4 people	Fish - 500 g. Lemon juice - 1 tbsp. Coriander powder - 2 tsp. Ginger garlic paste - 2 tsp. Imli paste - 2 tsp. Cumin powder - 2 tsp. Red chilli powder - 2 tsp. Haldi powder - 1 tsp. Onion - ½ cup (sliced). Tomato - ½ cup puree. Oil - 1 tbsp. Water - 1 cup. Kasuri methi - 1 tsp. Salt - as per your taste.
Instructions		
<p>In a bowl take haldi, coriander, cumin, red chilli powder, ginger garlic paste, salt, lemon juice, oil and fish, mix it well and keep aside for 30 minutes. Now take the crusty plate grease with oil and put marinated fish pieces over it then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, turn the side and Press START/+30s button. When the microwave oven second beeps, take oil, sliced onion, remaining spices in another microwave-safe bowl. Put a bowl in the microwave oven and Press START/+30s button. When the microwave oven third beeps, add tomato puree, kashturi methi, water, imli paste, salt, garam masala, mix well and Press START/+30s button. When the microwave oven fourth beeps, add grilled fish pieces and again Press START/+30s button. When the microwave oven beeps again, cooking will finish. Garnish with coriander leaves and serve hot.</p>		

Code/Food	Serving Size	Ingredients
5-12 Bombay Prawn	4 people	Prawns - 250 g. Sliced Garlic - 1 tsp. Sliced Ginger -1 tsp. Red chilies whole - 12~15. Spring onion - 2 tsp. Mustard seeds - 1 tsp. Corn flour - 1 tsp. Soya sauce - 1 tsp. Honey- 1 tsp. Red Chilli Sauce -1 tsp. Salt - as per taste.

Instructions

Take the crusty plate with low rack, put oil and arrange prawn, then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, take out crusty plate and in microwave-safe bowl add oil, mustard seeds, ginger, garlic, red chilli whole and Press **START/+30s** button. When the microwave oven second beeps, add prawns, green spring onion, corn flour, soya sauce, salt, honey, red chilli sauce and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with corainder leaves and serve.

Code/Food	Serving Size	Ingredients
5-13 Allepy prawn curry	4 people	Medium sized prawns (peeled, cleand and deveined) - 400 g. Coconut oil - ¼ cup. Turmeric powder - 1 tsp. Coriander powder - ½ tsp. Red chilli powder - ½ tsp. Curry leaves - 10~12. Ginger (chopped) - 3 tsp. Garlic (chopped) - 4 tsp. Black mustard seeds - ½ tsp. Sambar onions (peeled but left whole) - ¾ cup. Green chillies (slit) - ¾. Large raw mango (peeled and cut into 2 pieces) - 1. Thick coconut milk - 2½ cups. Salt - as per taste.

Instructions

In a microwave-safe bowl take oil, curry leaves, mustard seeds, green chillies then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, add chopped garlic, ginger, onion, red chilli powder, turmeric powder, salt as per taste, raw mango, water and coconut milk and Press **START/+30s** button. When the microwave oven second beeps, add prawns, mix well and again Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with corainder leaves and serve hot.

Oven use

Code/Food	Serving Size	Ingredients
5-14 Chettinad Prawn Curry	4 people	<p>For the Chettinad Masala : Grated coconut - ½ cup. Coriander seeds - ½ tsp. Red chilli - 1. Cardamom - 3. Fennel seeds - 1 tsp. Cloves - 3. Cinnamon - 25 mm stick. Oil - 1 tbsp.</p> <p>Other Ingredients : Ginger - 25 mm piece. Garlic - 6 cloves. Oil - 3 tbsp. Chopped onion - ½ cup. Tomatoes puree - 5 tbsp. Turmeric powder - ½ tsp. Kashmiri mirch powder - ½ tsp. Curry leaves - 5. Green chillies - 2. Hing - 1 pinch. Ginger garlic paste - 1 tsp. Tamarind paste - 1 tsp. Water - 2 cup. Fried prawn - 350 g</p>

Instructions

In a bowl take prawns, turmeric powder, red chili powder, dhaniya powder, salt, ginger garlic paste, garam masala, mix all the ingredients and leave it for 30 minutes to marinate. Prepare chettinad masala by using grated coconut, coriander seeds, red chilli, cardamom, fennel seeds tsp, cloves, cinnamon sticks, oil then keep it inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, let it cool and grind it to masala. Take oil, onion, hing, green chillies, tomato, ginger garlic paste, kashmiri mirch powder in an another microwave-safe bowl. Put in in the microwave oven and Press **START/+30s** button. When the microwave oven second beeps, add tamarind paste, water, salt as per taste add fried prawn and chettinad masala then again Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Garnish with curry leaves and serve hot.

Code/Food	Serving Size	Ingredients
5-15 Andhra style Chicken Biryani with Salan	3 people	<p>For biryani : Basmati Rice - 1 cup. Chicken - 250 g. Oil - 1 tbsp. Water - 2 cups. Green chillies - 2. Onion - 2. Small Cardamom - 1. Cloves - 4. Big Cardamom - 1. Bay leaves - 2. Cinnamon - 2. Cumin powder / Jeera powder - 1 tsp. Ginger garlic paste - 1 tbsp. Salt - as per your taste. Turmeric - 1 tsp. Peeled Shallot onion - 2~3. Roasted grinded peanuts - ½ cup.</p> <p>For Salan : Oil - 1 tbsp. Corainder powder - 1 tsp. Cumin powder - 1 tsp. Ginger garlic paste - 1 tsp. Kitchen King - 1 tsp. Peeled and left whole Shallots / Sambar - as required. Coconut paste - 1 tsp. Water - ½ cup</p>

Instructions

In a first microwave-safe glass bowl, take all the spices of briyani add rice, and place chicken, salt as per taste. Mix them well. In a second microwave-safe glass bowl, take all the ingredients of salan and mix well. Keep both the bowls inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, take out the salan and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Serve hot with salan.

The following table presents the various Indian Recipe (Roti / Naan) programmes and appropriate Instructions.

1. Roti

Code/Food	Serving Size	Ingredients
1-1 Aloo Kulcha	3 people	<p>Refined Flour - 250 g. Dry yeast -1 tsp. Salt - 1 tsp. Sugar - 2 tsp. Oil - 2 tbsp. Butter to serve.</p> <p>Stuffing :</p> <p>Mashed potatoes - 1 cup. Oil - 1 tbsp. Cumin seeds - 1 tsp. Coriander seeds - ½ tsp. Ajawain or Carom seeds - ½ tsp. Green chillies chopped - 2. Salt - as per taste.</p> <p>Instructions</p> <p>Mix refined flour with baking powder, baking soda, onion seeds and salt into a deep bowl. Add sugar, milk, yogurt, a little water and knead into a medium soft dough. Brush with oil, cover with a damp piece of muslin and set aside for 30 minutes.</p> <p>For the stuffing :</p> <p>Add cumin seeds, carom seeds, coriander seeds, green chilies and salt in grated potatoes and, mix well. Divide into six equal portions. Knead the dough again and divide it into 6 equal portions. Shape into round balls and dust with flour. Flatten each ball and roll out into 4-inch rounds. Then place one portion of the stuffing in the center, gather the edges together and shape into a ball again. Press lightly and roll out into a 8-inch round. Select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings).</p> <p>Preheating will happen at this stage. When the microwave oven beeps, preheating is done. Put the aloo kulcha on the crusty plate (Moisten both side of the kulcha with wet finger) & place it on the low rack and Press START/+30s button. When the microwave oven beeps again, cooking will finish and kulcha is ready to serve. Serve hot with chole.</p>

Code/Food	Serving Size	Ingredients
1-2 Aloo Paratha	2 people	<p>Wheat flour - 2 cup. Green chillies - 2. Cloves of garlic - 2. Oil for brushing as required. Ginger - 1 inch piece. Salt - as per your taste. Lime juice - 2 tsp. Coriander leaves - few. Water - as required. Cumin seeds - 1 tsp. Carom seeds - ½ tsp. Potatoes boiled and mashed - 3~4.</p> <p>Instructions</p> <p>Take wheat flour add crushed cumin and ajwain, salt and mix it well. Then add hot oil and mix it well, add water and knead the dough. (Dough should be soft).</p> <p>*Keep dough covered for 30 minutes.</p> <p>Mash the potatoes, add grated ginger, finely chopped garlic, chopped coriander leaves and green chilies together in it and mix it well. Also add lime juice, salt to taste and mix it well. Take a big ball of dough, dip it in flour and coat it with flour. Then roll out to form a disc size using a rolling pin now scoop some of the stuffing mash onto the top of it. Gather together the edges of the rolled-out Atta into the middle - completely covering the mashed mixture - and seal it together with the tips of your fingers - being careful - without tearing or breaking. Use the rolling pin to thin-out the stuffing - this has to be done very gently and carefully. (Use the flour to sprinkle onto the surface and onto the paratha to ensure that the dough doesn't stick to the surface or rolling pin). Grease the crusty plate with oil and keep the crusty plate on the high rack in the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Preheating will happen at this stage. When the microwave oven first beeps, preheating is done. Take out the crusty plate. Put the aloo paratha on the crusty plate and brush the top side of paratha with oil then place it on high rack and Press START/+30s button. When the microwave oven second beeps, flip the paratha over and Press START/+30s button again. When the microwave oven beeps again, cooking will finish. Serve hot with butter and curd.</p>

Oven use

Code/Food	Serving Size	Ingredients
1-3 Missi Roti	4 people	Gram flour - 2 cup. Whole wheat flour - 1 cup. Cumin seeds - 1 tsp. Carom seeds (ajwain) - $\frac{1}{4}$ tsp. Crushed peppercorns - 5~6. Curd - 1 tbsp. Dried pomegranate seeds (anardana) - 1 tbsp. Green chillies chopped - 3. Onion chopped - 1. Salt - as per your taste. Turmeric powder - $\frac{1}{2}$ tsp. Fresh coriander leaves chopped - 2 tbsp. Oil for greasing - as required.

Instructions

Put gram flour and whole wheat flour in a bowl. Add green chillies, onion, salt, turmeric powder, coriander leaves and mix well, now add sufficient water, curd and knead. Add one tbsp of oil and the pounded spice powder. *Cover and rest the dough for about 15 minutes.

Pounded spice powder :

Roast cumin seeds, carom seeds, peppercorns and dry pomegranate seeds and pound to a powder. Divide into six equal portions and roll into balls. Further roll each portion into a roti and grease the crusty plate oil. Keep the crusty plate on the high rack in the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Preheating will happen at this stage. When the microwave oven first beeps, preheating is done. Take out the crusty plate and brush that side with the oil. Put it on the high rack in the microwave oven then Press **START/+30s** button. When the microwave oven second beeps, turn the missi roti over and Press **START/+30s** button again. After cooking, serve hot with dal.

Code/Food	Serving Size	Ingredients
1-4 Paneer Kulcha	3 people	Paneer - 250 g. Refined Flour - 2 cups. Dry yeast - 1 tsp. Salt - 1 tsp. Sugar - 2 tsp. Oil - 2 tbsp. Butter to serve. Stuffing : Paneer (cottage cheese) - 800 g. Oil - 3 tbsp. Cumin seeds - 2 tsp. Onion chopped - 2 medium. Green chillies chopped - 4. Salt - as per your taste.

Instructions

Mix refined flour with baking powder, baking soda, onion seeds and salt into a deep bowl. Add sugar, milk, yogurt, a little water and knead into a medium soft dough. Brush with oil, cover with a damp piece of muslin and set aside for 30 minutes.

For the stuffing : Add cumin seeds, carom seeds, coriander seeds, green chilies and salt in grated potatoes and mix well. Divide into six equal portions. Knead the dough again and divide it into 6 equal portions. Shape into round balls and dust with flour and flatten each ball then roll out into 4-inch rounds. Place one portion of the stuffing in the center, gather the edges together and shape into a ball again. Press lightly and roll out into a 8-inch round. Keep it inside the microwave and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThing). Preheating will happen at this stage. When the microwave oven first beeps, preheating is done. put the paneer kulcha on the crusty plate (Moisten both side of the kulcha with wet finger) and place it on the low rack and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish and kulcha is ready to serve. Serve hot with chole.

Code/Food	Serving Size	Ingredients
1-5 Paneer Paratha	2 people	Wheat flour - 2 cup. Green chillies - 2. Paneer - 100 g (grated). Oil for brushing. Salt - as per your taste. Coriander leaves - few. Water - as required. Cumin seeds - $\frac{1}{2}$ tsp. Ajwain or Carom seeds - $\frac{1}{2}$ tsp.
Instructions		
<p>Take wheat flour add crushed cumin and ajwain, salt and mix it well. Then add hot oil and mix it well. Add water and knead the dough. (Dough should be soft).</p> <p>*Keep dough covered for 30 minutes.</p> <p>Take the grated paneer, add grated ginger, finely chopped garlic, chopped coriander leaves and green chilies together in it and mix it well. Also add lime juice, salt to taste and mix it well. Take a big ball of dough, dip it in flour and coat it with flour. Then roll out to form a disc size using a rolling pin now scoop some of the stuffing mash onto the top of it. Gather together the edges of the rolled-out Atta into the middle - completely covering the mashed mixture - and seal it together with the tips of your fingers - being careful - without tearing or breaking. Use the rolling pin to thin-out the stuffing - this has to be done very gently and carefully. (Use the flour to sprinkle onto the surface and onto the paratha to ensure that the dough doesn't stick to the surface or rolling pin). Grease the crusty plate with oil and put the crusty plate on the high rack in the microwave oven, then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Preheating will happen at this stage. When the microwave oven first beeps, preheating is done. Take out the crusty plate. Put the paneer paratha on the crusty plate and brush the top side of paratha with oil then place it on high rack and Press START/+30s button. When the microwave oven second beeps, flip the paratha over and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Serve hot with butter and curd.</p>		

2. Naan

Code/Food	Serving Size	Ingredients
2-1 Naan	2 people	Dry active yeast - $\frac{1}{2}$ tsp. Sugar - $\frac{1}{2}$ tsp. Warm water - $\frac{1}{2}$ cup. Cups flour, divided - $2\frac{1}{2}$ or 3. Salt - $\frac{1}{2}$ tsp. Olive oil- $\frac{1}{4}$ cup. Plain yogurt - $\frac{1}{3}$ cup. Milk - 100 ml
Instructions		
<p>In a small bowl activate the yeast by dissolving it in warm milk with sugar, let it rest till frothy. In a glass bowl, add the flours, fermented yeast and knead the flour into a soft dough with milk. Now add salt and oil, continue kneading till the dough doesn't stick on the bowl.</p> <p>*Allow it to rest for 30 min covered with a damp cloth. Gently flatten the dough into a disc and cut it into 2 equal pieces. Shape each piece into a small ball. Place crusty plate on high rack in microwave oven and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Preheating will happen at this stage. When the microwave oven beeps, preheating is done. Takes out the crusty plate from microwave oven and brushes it with oil. Pour one naan oval or round shape of the dough and spread it little and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Take out naan and serve hot with curry.</p>		

Oven use

The following table presents how to use the auto programmes for homemade curd.

1. Curd

Code/Food	Serving Size	Ingredients
1-1 Large glass bowl	1 people	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 g curd starter and mix it well in circular motion. Pour evenly into large microwave-safe glass bowl. Keep the bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). In each beeps, check the device, no human intervention is required. When the microwave oven gives 5th beeps, cooking will finish. Keep for 45 min outside at room temp then refrigerate it till it settles.

The following table presents how to use the auto programmes for rising yeast dough.

1. Dough Proof

Code/Food	Serving Size	Ingredients
1-1 Pizza dough	2 people	The ingredients depend on the selected recipe by the user.
	Instructions Put dough in suitable sized bowl and set on the low rack. Cover with aluminium foil.	
1-2 Cake dough	2 people	The ingredients depend on the selected recipe by the user.
	Instructions Put dough in suitable sized bowl and set on the low rack. Cover with aluminium foil.	
1-3 Bread Dough	2 people	The ingredients depend on the selected recipe by the user.
	Instructions Put dough in suitable sized bowl and set on the low rack. Cover with aluminium foil.	

The following table presents the 13 **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 Bread Pakoras	2 people	<p>Bread slices - 4. Green chilli (chopped) - 1. For the batter : Gram flour (besan) - 1 cups. Salt - as per your taste. Red chilli powder - $\frac{1}{4}$ tsp. Dry mang powder (amchur) - $\frac{1}{4}$ tsp. Garam masala powder - $\frac{1}{4}$ tsp. Roasted cumin powder - $\frac{1}{2}$ tsp. Oil - for brushing. Water - as required</p> <p>Instructions Mix gram flour, red chilli powder, amchur, garam masala powder, green chillies, roasted cumin powder, salt in a bowl and then add sufficient water to make thick & 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 of bread slices on the crusty plate and brush all sides with vegetable oil. Now put the crusty plate on the low rack and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps again, cooking will finish. Serve hot bread pakoras with green chutney.</p>

Code/Food	Serving Size	Ingredients
1-2 Fried Aloo Chaat	2 people	<p>Potatoes (peeled and cubed) - 1 cup. Chopped onions - $\frac{1}{4}$ cup. Chopped coriander - $\frac{1}{4}$ cup. Chopped mint leaves - 2 tbsp. Butter - 1 tsp. Chilli powder - $\frac{1}{2}$ tsp. Roasted cumin seeds (jeera) powder - 1 tsp. Dried mango powder (amchur) - $\frac{1}{2}$ tsp. Black salt - $\frac{1}{2}$ tsp. Sugar - $\frac{1}{2}$ tsp.</p> <p>Instructions Take butter & potato in a bowl and mix well. Place the mixture of potatoes on crusty plate over high rack and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish. Take out and let it cool. When potatoes are cooled, add chopped onions, coriander, mint & the masala then mix well. Garnish with fresh coriander leaves and serve.</p>
1-3 Fried Masala Papad	4 people	<p>Papads - 4 medium sized. Onion - 1 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 - as required.</p> <p>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. Place the papad by greasing with oil, keep inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps again, cooking will finish. Now transfer the papad in the plate and spoon the masala filling on the fried papads. Sprinkle chopped coriander leaves and serve masala papad immediately.</p>

Oven use

Code/Food	Serving Size	Ingredients
1-4 Sabudana Vada	3 people	Potato - 2 boiled peeled and mashed. Sago (Sabudana) - $\frac{3}{4}$ cup soaked for 2 hours. Green chilies - 2 finely chopped. Salt - as per your taste. Corn flour - 2 tsp. Oil for brushing as required.

Instructions

Mix together potato, sago, green chillies and salt in a bowl. Divide the mixture into equal sized balls and shape them into tikkis. Brush a oil on the crusty plate all side. Keep the crusty plate on the high rack inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Preheating will happen at this stage. When the microwave oven first beeps, preheating is done. Take out the crusty plate and place 9 pieces of the sabudana vada on the crusty plate over the high rack and Press **START/+30s** button. When the microwave oven second beeps, turn the side and Press **START/+30s** button again. When the microwave oven beeps again, cooking will finish. Serve hot sabudana vada with green chutney.

Code/Food	Serving Size	Ingredients
1-5 Samosa Pockets	2 people	Maida (all purpose flour) - 1 cup. Oil - 2 tbsp. Large pinch ajwain (optional). Salt - as per your taste. Oil - for brushing. For the filling : Boiled potatoes - 2 (roughly mashed). Grated ginger - $\frac{1}{4}$ tsp. Red chilli powder - 1 tsp. Coriander powder - $\frac{1}{2}$ tsp. Cumin powder - $\frac{1}{2}$ tsp. Kasuri methi - $\frac{1}{4}$ tsp. Lemon juice - 1 tsp. Garam masala - a pinch. Chopped coriander leaves - 1 tsp. Salt - as per your taste.

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 and divide the dough then 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. Now Roll each ball into 6-inch diameter circles and cut each circle in half then spread the paste lightly all along the edge of one semicircle. Spread potato filling in center 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. Brush oil on the crusty plate all side. Keep the crusty plate on the high rack inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Preheating will happen at this stage. When the microwave oven first beeps, preheating is done. Take out the crusty plate and 4 pieces of Samosa Pockets on the crusty plate over the high rack inside the microwave oven and Press **START/+30s** button. When the microwave second beeps, turn the side and again Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Serve hot with green chutney.

Code/Food	Serving Size	Ingredients
1-6 Veg. Cutlets	1 people	Potatoes - 2 (boiled). Onion - 1 (finely chopped). Cabbage - $\frac{1}{2}$ cup (finely chopped). Beetroot - 2 tsp (finely chopped). Green peas - 2 tbsp (boiled). Green chillies - 3~4 (chopped). Garam masala - 1 tsp. Red chilli powder - 1 tsp. Chaat masala - 1 tsp. Black pepper powder - 1 tsp. Breadcrumbs - 4 tbsp. Salt - as per taste. Oil - 1~2 tbsp.

Instructions

Combine the ingredients and make cutlets to the size desired, roll in the crumbs and coat well with the bread crumbs. Now grease the crusty plate with little oil. Keep the 4 Veg Cutlets on the crusty plate and brush all sides with vegetable oil. Put the crusty plate on the low rack and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, flip the side and Press **START/+30s** Button. When the microwave oven beeps again, cooking will finish. Serve hot with chutney.

Code/Food	Serving Size	Ingredients
1-7 Masala French fries	1 people	Potatoes - 2. Chaat masala powder - $\frac{3}{4}$ tsp. Red chili flakes - $\frac{1}{2}$ tsp. Black pepper powder - $\frac{1}{2}$ tsp. Oil to brush. Salt as per your taste.
		<p>Instructions</p> <p>Wash and peel the potatoes. Slice the potato into thin, long pieces put them in salt water. In a small bowl, prepare the masala spice mix salt, chaat masala powder, red chilli flakes & black pepper powder. Now drain the salt water and dry the potatoes using a paper towel. Grease the crusty plate with a little oil, place potato on the crusty plate and spread evenly, brush them up with oil. Now put the crusty plate on the low rack and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, turn the fries and Press START/+30s button to continue the cooking. When the microwave oven beeps again, cooking will finish. Transfer the fries to a bowl and sprinkle spice mix evenly. Now fries are ready to serve.</p>
1-8 Mix Veg. Pakora	2 people	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. Onion - 1. Olive oil.
		<p>Instructions</p> <p>Mix the chickpea flour with the salt, green chillies and the spices. Stir with a whisk, add 200 ml (1 cup) of water. Add finely chop potatoes and onions. Add water to chickpea batter for making it smooth. 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 the low rack and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, flip the side and Press START/+30s button. When the microwave oven beeps again, cooking will finish. Serve the mix veg. pakora with tomato sauce or green chutney.</p>

Oven use

Code/Food	Serving Size	Ingredients
1-9 Aloo Bonda Flip Overs	1 people	Potatoes - 2 large boiled. Mashed Aloo. Green Chilies - 1~2 chopped. Coriander leaves - 1 tbsp (finely chopped). Gram Flour - 1 cup. Salt as per your taste. Red chili powder as per taste. Garam masala powder - $\frac{1}{4}$ tsp. Turmeric powder - $\frac{1}{4}$ tsp. Oil for brushing.

Instructions

Take a bowl and put salt, chili powder, garam masala, coriander, and green chilies to the mashed aloo (potatoes) and mix well. In another bowl take a cup of gram flour add turmeric powder, little salt and chili powder to it, now add little water bit by bit & keep mixing with hand to make a soft batter (neither too thick nor too loses). Make small balls of aloo (potato) mixture and flatten them to make Flipovers. 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 the low rack and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, flip the side and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Serve hot aloo bonda with chutney.

Code/Food	Serving Size	Ingredients
1-10 Flat Bread Roll	2 people	Slice bread - 2. Potatoes - 2 Large Boiled Mashed Aloo. Green Chilies - 1~2 chopped. Coriander leaves - 1 tbsp (finely chopped). Flour - 1 cup. Salt as per your taste. Red chili powder to taste. Garam masala powder - $\frac{1}{4}$ tsp. Turmeric powder - $\frac{1}{4}$ tsp. Oil for brushing.

Instructions

Take a bowl and add salt, chili powder, garam masala, coriander, and green chilies to the mashed aloo (potatoes) and mix well. Make small balls of aloo (potato) mixture and flatten them to make turnovers. Now just keep the bread in water and remove it after 1-2 seconds. Just let the bread absorb the water. It should get damp but not overly. Otherwise the bread slice breaks. Press the bread between your palms so that the excess water is drained. Now place the bread on a tray or board or plate and place the prepared potato stuffing roll on one side of the moist bread slice then gently roll the bread and join the edges. Press the edges and seal them. Also press the top and bottom parts and seal them. Place the rolls on the crusty plate and grease them with oil. Place crusty plate on the low rack and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, flip the side and Press **START/+30s** button to continue the cooking to start cooking. When the microwave oven beeps again, cooking will finish take out the rolls. Serve flat Bread rolls hot with Ketchup or with chutney.

Code/Food	Serving Size	Ingredients
1-11 Paneer Pakora	2 people	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 as per taste.

Instructions

Cut paneer into thick medium sized square shaped pieces. Sprinkle salt, red chilli and cumin powder over the paneer pieces and mix well. In a bowl, mix, gram flour, red 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 oil. Put the crusty plate on the low rack and keep inside the microwave oven. Select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, flip the side and Press **START/+30s** button to continue the cooking. When the microwave oven beeps again, cooking will finish. Serve the Paneer pakora with tomato sauce or green chutney .

Code/Food	Serving Size	Ingredients
1-12 Mirchi Pakora	2 people	Bajji mirchis - 2. Besan / gram flour - $\frac{1}{4}$ cup. Dhaniya / Coriander seed powder - $\frac{1}{2}$ tbsp. Jeera / Cumin powder - $\frac{1}{2}$ tbsp. Turmeric powder - $\frac{1}{2}$ tbsp. Black pepper powder - $\frac{1}{2}$ tsp. A pinch of hing (Optional). Coriander leaves - 1 tbsp. Lemon juice -1 tsp.

Instructions

Slit the green chilis along their length and remove seeds. (Seeds can be used instead of green chilli for any other dish) In a mixing bowl, take fresh chopped coriander leaves, 1 tsp lemon juice and with the dry ingredients i.e besan / gram flour, dhaniya powder, jeera powder, turmeric powder, black pepper powder, salt and a pinch of hing. (Add the pinch of hing only if you like the flavour) Add a little water to make thick batter, it should be thick but flowing. Whisk continuously for 2-3 minutes to aerate the batter. Brush a little oil on the crusty plate and place the green chillies dipped in batter. Put the crusty plate on the low rack and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish. Serve the mirchi pakora with tomato sauce or green chutney.

Oven use

Code/Food	Serving Size	Ingredients
1-13 Aloo Tikki	3 people	Boiled peeled and mashed potatoes - 2. Boiled and coarsely crushed green peas - $\frac{1}{4}$ cup. Finely chopped coriander (dhania) - $\frac{1}{3}$ tbsp. Chaat masala - $\frac{1}{3}$ tsp. Chilli powder - $\frac{1}{6}$ tsp. Lemon juice - $\frac{1}{2}$ tsp. Salt - as per your taste. Olive oil.

Instructions

Combine all the ingredients in a bowl (except green peas) and mix well. Divide the mixture into 6 equal portions and shape each portion into a round. Fill the crushed green peas in the potato ball and make it flat. Brush little oil on the crusty plate. Now put the crusty plate over the high rack and keep inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). Preheating will happen at this stage. When the microwave oven first beeps, preheating is done. Take out the crusty plate and place the tikkis on crusty plate over the high rack and Press **START/+30s** button. When the microwave oven second beeps, turn the side and Press **START/+30s** button again. When the microwave oven beeps again, cooking will finish. Serve aloo tikkis hot with green chutney.

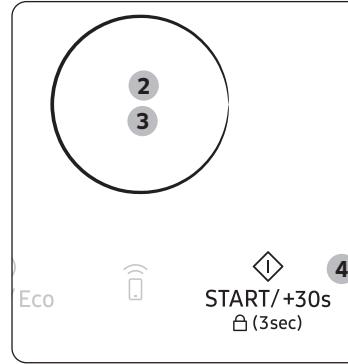
Using the masala / sun dry features

The **Masala / Sun Dry** features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level.

NOTE

Use only recipients that are microwave-safe and oven-proof.

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**.
 - 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: 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) Display shows "0".

Masala / Sun Dry guide

The following table presents the Masala / Sun Dry programmes and appropriate Instructions.

1. Spices

Code/Food	Serving Size	Ingredients
1-1 Garam Masala	1 people	Cumin seeds (jeera) - ½ cup. Coriander (dhaniya) seeds - 10 g. Black cardamom (badi elaichi) - 15 g. Black peppercorns (kali mirch) - 10 g. Green cardamoms (hari elaichi) - ¼ cup. Cinnamon sticks (dalchini) - 2~3. Cloves (laung) - 10 g. Mace (javantri) - 10 g. Bay leaves (tejpatta) - 8~9. Nutmegs (jaiphal) - ¼ tsp.

Instructions
 Combine all the ingredients and put them on the crusty plate on the high rack. Keep them inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, stir and Press **START/+30s** button to continue the cooking. When the microwave oven beeps again, cooking will finish. Let them cool slightly then blend them in a mixer to a fine powder. Cool completely, then sieve and store in an air-tight container.

Code/Food	Serving Size	Ingredients
1-2 Biryani Masala	1 people	Bay leaf (tejpatta) - 1. Fennel seeds (saunf) - 1½ tsp. Star anise (chakriphool) - 2. Green cardamoms (elaichi) - 6. Black cardamoms (badi elaichi) - 2. Black peppercorn (kali mirch) - 1 tsp. Cinnamon sticks (dalchini) - 5. Cloves (laung) - 1 tbsp. Coriander seeds (dhaniya) - 2 tbsp. Caraway seeds (shahjeera) - 2 tbsp. Mace flower (javantri) - 1. Grated nutmeg (jaiphal) - ½ tsp. Stone flowers (dagadphool) - 3 medium sized.

Instructions
 Combine all the ingredients and put them on the crusty plate on the high rack. Keep them inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, stir and Press **START/+30s** button to continue the cooking. When the microwave oven beeps again, cooking will finish. Let it cook, blend them to a powder and store in an airtight glass jar.

Oven use

Code/Food	Serving Size	Ingredients
1-3 Sambar Masala	1 people	Dry kashmiri red chilies - 4~5. Coriander (dhaniya) seeds - ½ tbsp. Fenugreek (methi) seeds - 1 tsp. Tovar (arhar) dal - 1 tbsp. Split bengal gram (channa dal) - 1 tbsp. Split black lentils (urad dal) - 1 tbsp. Turmeric powder (haldi) - 1 tsp. Asafetida (Hing) - ½ tsp. Oil - 1 tsp.

Instructions

In the crusty plate, put bengal gram and arhar dal. Mix toor dal, split Bengal gram, split black lentils and grease them with little oil, place it on high rack. Keep them inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, stir the ingredients then add coriander seeds, fenugreek seeds into roasted ingredients and mix well in the crusty plate and Press **START/+30s** button to continue the cooking. When the microwave oven second beeps, add kashmiri dry red chillies and Press **START/+30s** button. When the microwave oven beeps again, cooking will finish then add turmeric powder and asafoetida. Blend them to a fine powder. Sieve and store in an airtight glass jar.

Code/Food	Serving Size	Ingredients
1-4 Chaat Masala	1 people	Coriander (dhaniya) seeds - ¼ cup. Whole dry Kashmiri red chilies - ¼ cup. Cumin seeds (jeera) - ½ cup. Dried mango powder (amchoor) - 1 cup. Black peppercorns (kali mirch) - 3 tbsp. Salt as per taste. Black salt (kala namak) - 3 tbsp. 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. Red chillies - 3. Tamarind (imli) (optional) - ½ lemon sized ball. Jaggery (gur), powdered (optional) - 5 g. Salt as per taste. Asafoetida (Hing) - 2 g.

Instructions

Combine all the ingredients and put them on the crusty plate on the high rack in a microwave. Keep them inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, add peppercorns, coriander seeds in the crusty plate and mix well, Press **START/+30s** button to continue the cooking. When the microwave oven second beeps, add dry kashmiri red chilies and Press **START/+30s** button to continue the cooking. When the microwave oven beeps again, cooking will finish. After finish add salt, black salt and amchoor powder. Blend all ingredients to a fine powder. Sieve and store in an airtight glass jar.

Code/Food	Serving Size	Ingredients
1-5 Gunpowder Masala	1 people	Bengal gram (chana dal) - $\frac{1}{3}$ cup. Split black gram (urad dal) - $\frac{1}{3}$ cup. Black sesame seeds (kala til) - 17 g. Curry leaves (kadi patta) - 3. Red chillies - 3. Tamarind (imli) (optional) - $\frac{1}{6}$ lemon sized ball. Jaggery (gur), powdered (optional) - 5 g. Salt as per taste. Asafoetida (Hing) - 2 g.

Instructions

In the crusty plate, put bengal gram, split black gram place it on the high rack. Keep them inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, add black sesame seeds and curry leaves in the crusty plate, mix well and Press **START/+30s** button to continue the cooking. When the microwave oven second beeps, add dry red chilies and Press **START/+30s** button again. When the microwave oven beeps again, cooking will finish add salt, jaggery, asafoetida and tamarind in roasted mix. Grind the mixture coarsely. Store in a airtight container.

Code/Food	Serving Size	Ingredients
1-6 Rasam Powder	1 people	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. Asafoetida (Hing) powder - $\frac{1}{4}$ tsp.

Instructions

In the crusty plate, put bengal gram and arhar dal, place it on the high rack. Keep them inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, add coriander seeds, black peppercorns, cumin seeds in crusty plate, mix well and Press **START/+30s** button to continue the cooking. When the microwave oven second beeps, add red chilies and asafetido then Press **START/+30s** button. When the microwave oven beeps again, cooking will finish. Grind them to make a fine powder in a mixer and store in an airtight container.

Oven use

Code/Food	Serving Size	Ingredients
1-7 Pav Bhaji Masala	1 people	Black cardamoms (badi elaichi) - 2 small. Coriander seeds (dhaniya) - 2 tbsp. Cumin (jeera) - 2 tbsp. Black peppercorns (kali mirch) - 2 tsp. Fennel seeds (saunf) - ¾ tbsp. Cinnamon (dalchini) - 1 stick. Cloves (laung) - 6. Red dry chillies - 3. Dry mango powder (Amchoor) - 1 tbsp.
Instructions		
Combine all the ingredients and Put them on the crusty plate on the high rack. Keep them inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add red chilies in the crusty plate and mix well, then Press START/+30s button to continue the cooking. When the microwave oven beeps again, cooking will finish. 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 air tight glass jar.		

Code/Food	Serving Size	Ingredients
1-8 Punjabi Chole Masala	1 people	Black cardamoms (badi elaichi) - 4. Green cardamoms (hari elaichi) - 10. Coriander seeds (dhaniya) - ½ tbsp. Cumin seeds (jeera) - 2 tbsp. Black peppercorns (kali mirch) - ½ tbsp. Cinnamon (dalchini) - 5 sticks. Cloves (laung) - 10. White sesame seeds (safed til) - 1 tbsp. Caraway seeds (shahjeera) - 1 tbsp. Star anise (chakriphool) - 1. Dry red chillies - 3. Bay leaves (tejpatta) - 2. 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		
In the crusty plate, put black cardamoms, green cardamoms, coriander seeds cumin seeds, black peppercorns, cinnamon, cloves, sesame seeds, caraway seeds and star anise place it on the high rack. Keep them inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, add red chilies and bay leaves in the crusty plate and mix well then Press START/+30s button to continue the cooking. When the microwave oven beeps again, cooking will finish. After finish, let the ingredients to cool down. Grind them to a smooth powder in the mixer, add powders like mango powder, dry ginger. Store in a jar powder, turmeric powder, rock salt and nutmeg powder.		

2. Tadka

Code/Food	Serving Size	Ingredients
2-1 Curry Tadka	4 people	Onion grated - ½ cup. Tomato paste/puree. If not using paste, cut tomato into small pieces - 2 cup. Ginger grated - 2 inch. Green chili each 2 inch in height - Chopped - 2. 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. Garlic (optional) - 2 buds.

Instructions

Take microwave-safe glass bowl. Add all the ingredients in bowl and mix well. Keep the glass bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, take out the bowl and stir well all the ingredients. Put the bowl again in the microwave oven and Press **START/+30s** button to continue the cooking. When the microwave oven beeps again, cooking will finish. Take out the bowl and curry tadka is ready to use.

Code/Food	Serving Size	Ingredients
2-2 Dal Tadka	4 people	Ghee - 2~3 tsp. Mustard seeds - ½ tsp. Jeera / cumin seeds - ½ tsp. Hing - 1 pinch. Red chili (dried) - 1. Piece finely chopped Ginger - ½ inch. Cloves of garlic (optional) - 5~6. Finely chopped Green chili - 1. Very finely chopped small onions - 3~4. Few curry leaves.

Instructions

Take microwave-safe glass bowl. Add all the ingredients in bowl and mix well. Keep the bowl in the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, take out the bowl and stir well all the ingredients. Put the bowl again in the microwave oven and Press **START/+30s** button to continue the cooking. When the microwave oven beeps again, cooking will finish. Take out the bowl and Dal Tadka is ready to use.

Oven use

Code/Food	Serving Size	Ingredients
2-3 Punjabi Dal Tadka	4 people	<p>Onion medium size finely chopped - 1. Tomatoes medium size finely chopped - 2. Clarified butter (ghee) - 3 tbsp. Dry red chili - 2 pieces. 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> <p>Instructions</p> <p>Take microwave-safe glass bowl and add finely chopped onions, chopped tomatoes, ginger and garlic, cumin seeds, oil. Mix well all the ingredients. Now keep the bowl in the microwave oven and then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, take out the bowl and add salt, red chili, coriander powder, turmeric powder and fresh coriander. Mix well all the ingredients then keep the bowl again in the microwave oven. Press START/+30s button to continue the cooking. When the microwave oven beeps again, cooking will finish. Take out the bowl and Punjabi Dal Tadka is ready.</p>

Code/Food	Serving Size	Ingredients
2-4 Punjabi Kadhi Tadka	4 people	<p>Thin sliced onion small - 1. Chopped ginger - 1 tbsp. Garlic - 1 tbsp. Fenugreek seeds - 8~10. Green chilies chopped - 2. Red chilies broken - 2. Cumin seeds (jeera) - 1 tsp. A pinch of asafetida (Hing). Curry leaves - 8~10. Oil - 2 tbsp.</p> <p>Instructions</p> <p>Take microwave-safe glass bowl and add finely chopped onions, chopped tomatoes, ginger and garlic, cumin seeds, oil then mix well all the ingredients. Keep the glass bowl inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, take out the bowl and stir the ingredients. Keep the bowl again in the microwave oven and Press START/+30s button to continue the cooking. When the microwave oven beeps again, cooking will finish. Take out the bowl and Punjabi Kadhi Tadka is ready to use.</p>
2-5 Dimer/ Bengali Tadka	2 people	<p>Large Onion chopped - 1. Ginger garlic paste - 1½ tbsp. Tomatoes chopped - 2. Whole cumin - ½ tsp. Turmeric powder - 1 tsp. Coriander powder - 1 tsp. Red chilli powder as per taste. Green chilies chopped - 1. Kasoori methi - 2 tbsp. Oil - 4 tbsp. Bay leaf - 1. Salt as per taste. Chopped Coriander leaves.</p> <p>Instructions</p> <p>Take a microwave-safe glass bowl and add chopped onions, ginger garlic paste, cumin seeds, turmeric powder, coriander powder, red chilli powder, chopped green chilli, Kasoori methi, oil, bay leaf, tomatoes and salt in microwave-safe glass bowl. Keep the bowl inside the microwave oven then select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, cooking will finish. Tadka is ready to pour over the daal.</p>

3. Sun dry

Code/Food	Serving Size	Ingredients
3-1 Sun-Dried Tomatoes	1 people	Tomatoes - 2 big.
Instructions		<p>Wash and four halve if big tomatoes and 2 halves if small tomatoes. Place the tomatoes in a microwave-safe flat glass pie plate. Put them inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, take out the plate and flip them keep again in the microwave oven and Press START/+30s button. When the microwave oven second beeps, no human intervention is required, let the microwave oven keep cooking. (User can check the device at this beeps). When the microwave oven beeps again, cooking will finish. Take the plate from the microwave oven and keep them in sun or air for half an hour. Dried tomatoes are ready.</p>
3-2 Sun-Dried Apple	1 people	Apple -1 (thinly sliced).
Instructions		<p>Cut the apple into thin slices. Wipe them with tissue paper to remove extra moisture. Place the apple slices onto the crusty plate on the high rack, giving them some breathing room (at least an inch). Keep them inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, flip the apple slices and Press START/+30s button to continue the cooking. When the microwave oven second beeps, flip the apple slices again and Press START/+30s button to continue the cooking. When the microwave oven third beeps, flip the apple slices again and Press START/+30s button to continue the cooking. When the microwave oven beeps again, cooking will finish take out the crusty plate and keep them in sun or air for half an hour. Dried apple are ready.</p>

Code/Food	Serving Size	Ingredients
3-3 Sun-Dried Potatoes	1 people	Potato - 1 (peeled and sliced thin).
Instructions		<p>Cut the potato into thin slices. Wipe them with tissue paper to remove extra moisture. Put the potato slices onto the crusty plate in the high rack, giving them some breathing room (at least an inch). Keep them inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, flip the potato slices and Press START/+30s button to continue the cooking. When the microwave oven second beeps, flip the potato slices and Press START/+30s button to continue the cooking. When the microwave oven third beeps, flip the potato slices and Press START/+30s button to continue the cooking again. When the microwave oven beeps again, cooking will finish take out the crusty plate and keep them in sun or air for half an hour. Dried potatoes are ready.</p>
3-4 Sun-Dried Bitter Gourd	1 people	Bitter Gourd - 1 (sliced thin).
Instructions		<p>Cut the bitter gourd into thin slices. Wipe them with tissue paper to remove extra moisture. Put the bitter gourd slices onto the crusty plate in the high rack, giving them some breathing room (at least an inch). Keep them inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, flip the bitter gourd slices and Press START/+30s button to continue the cooking. When the microwave oven second beeps, flip the bitter gourd slices and Press START/+30s button to continue the cooking. When the microwave oven beeps again, cooking will finish take out the crusty plate and keep them in sun or air for half an hour. Dried bitter gourds are ready.</p>

Oven use

Code/Food	Serving Size	Ingredients
3-5 Sun-Dried Bananas	1 people	Bananas - 1 (peeled and sliced thin).

Instructions

Peel the banana and cut it into thin slices. In the crusty plate, lay one batch of banana pieces on it without overlapping. Keep the crusty plate on the high rack. Then keep them inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). You will notice the banana releasing moisture and flipping soft. When the microwave oven beeps, flip each piece over carefully and Press **START/+30s** button to continue the cooking. When the microwave oven beeps again, cooking will finish, now take out the crusty plate and keep them in sun or air for half an hour. Banana chips are ready.

Code/Food	Serving Size	Ingredients
3-6 Urad Dal vadi	1 people	Urad Dal - 1 cup. Ginger paste - $\frac{1}{2}$ tbsp. Green chilies, finely chopped - 3. 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. Cumin seeds - $\frac{1}{2}$ tsp. Asafetida or Hing powder - $\frac{1}{2}$ tsp. Oil - 1 tbsp.

Instructions

Coarsely grind urad dal in a dry grinder then soak in water such that it is $\frac{1}{2}$ inch above the dal and leave for a couple of hours. Add asafoetida and mix well. The water is absorbed to make a thick batter. Leave overnight in a warm place to let it rise. Grind together ginger, green chillies and coriander leaves, black cardamom seeds, red chili powder, black pepper, fennel seeds, cloves, cumin seeds. Take a big mixing bowl and add the dal. Add all the other ingredients. Beat vigorously and mix well. Add water if necessary to make a dropping consistency. Take the crusty plate, grease with 2-3 drops of oil then pour out small blobs on the plate. Keep them inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, flip the vadi and Press **START/+30s** button to continue the cooking. When the microwave oven beeps again, cooking will finish take out the crusty plate and leave the vadi in air for half an hour. Urad Dal Vadi is ready to store.

Code/Food	Serving Size	Ingredients
3-7 Moong Dal vadi	5 people	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 as per taste. Water - as required.
Instructions		
<p>Coarsely grind 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, salt and mix them well. Leave overnight in a warm place to let it rise. Take a big mixing bowl and add the dal. Add all the other ingredients then beat vigorously and mix well. Add water if necessary to make a dropping consistency. Before select the auto cook program, operate convection mode (100°C) at 4 minutes for preheating. When operate convection mode, put the crusty plate over the low rack and keep them inside the microwave oven. After preheating, take out the crusty plate and grease 2-3 drops of oil on the crusty plate. Pour out small bobs in the crusty plate. Select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven first beeps, stir and Press START/+30s button. When the microwave oven second beeps, stir and Press START/+30s button again. When the microwave oven beeps again, cooking will finish. Leave the vadi in air for half an hour. Moong Dal Vadi is ready to store.</p>		

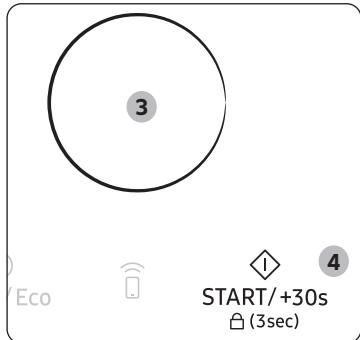
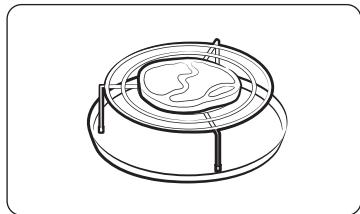
Code/Food	Serving Size	Ingredients
3-8 Sabudana papad	1 people	Sabudana - 1 cup. Salt as per taste. Water - 3.5 cups. Oil - 1 tbsp.
Instructions		
<p>Soak the sabudana seeds in 1 cup water for 4 hours. Add 2.5 cups of boiled water in sabudana. Add salt as per taste. Heat the mixture. Cook till it is slightly thick & transparent. Take the crusty plate and grease it with plate with 2-3 drops of oil then spread it evenly into a round shape with back of a spoon in the crusty plate. Use the mixture to make multiple rounds with a gap of 1 inch till the plate is full. Now keep the crusty plate inside the microwave oven and select the auto cook program by using control panel of the microwave oven or using the mobile app (SmartThings). When the microwave oven beeps, flip the side of papad and Press START/+30s button to continue the cooking. When the microwave oven beeps again, cooking will finish, take out the crusty plate and leave the papad in air for 10 minutes. Sabudana Papad is ready to store.</p>		

Oven use

Grilling

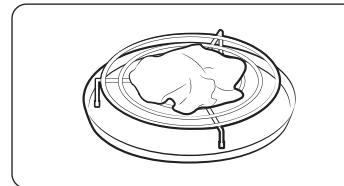
The grill enables you to heat and brown food quickly, without using microwaves.

- 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.



- Open the door and place the food on the rack.
- Press the **Grill** button.
Result: The following indications are displayed:
 ─ (grill mode)
 - You cannot set the temperature of the grill.
- Set the grilling time by turning the Multi Function Selector Dial.
 - The maximum grilling time is 60 minutes.
- Press the **START/+30s** button.
Result: Grilling starts. When it has finished.
 - The oven beeps 4 times.
 - The end reminder signal will beep 3 times (once every minute).
 - Display shows "0".

Choosing the accessories



Traditional convection 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 convection), use only recipients that are microwave-safe and oven-proof.

IMPORTANT

For further details on suitable cookware and utensils, refer to the Cookware Guide on page 84-84.

Combining microwaves and grill

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

IMPORTANT

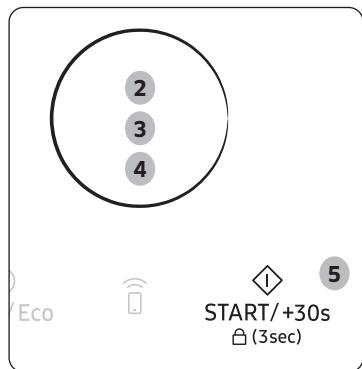
ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

IMPORTANT

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

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

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



1. Press the **Combi** button for 3 seconds.
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:
[Icon] (microwave & grill combi mode)
3. Set the cooking time by turning the **Multi Function Selector Dial**.
 - The maximum cooking time is 60 minutes. At that time, press the **Multi Function Selector Dial** to set the cooking time.
 - You cannot set the temperature of the grill.
4. 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).
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) Display shows "0".

Combining microwaves and convection

Combination cooking uses both microwave energy and convection 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

IMPORTANT

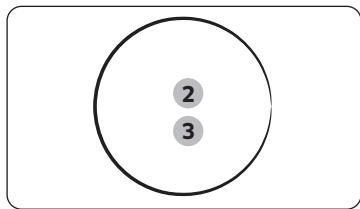
ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

IMPORTANT

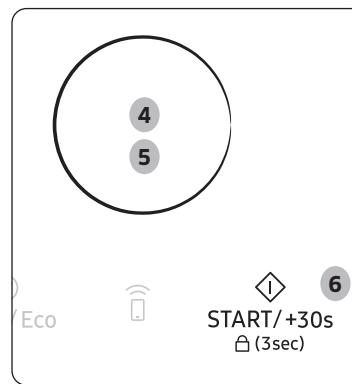
ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot. You can get better cooking and browning, if you use the low rack.

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.

Oven use



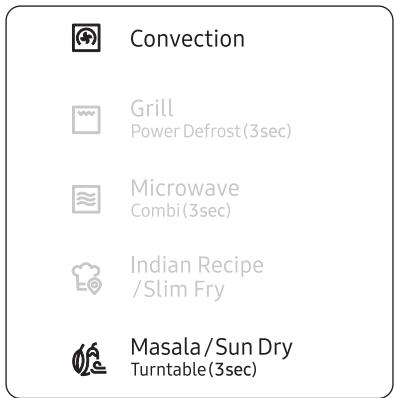
1. Press the **Combi** button for 3 seconds.
Result: The following indications are displayed:
Cb - 1 (Microwave + Grill)
2. Make the display indicating Cb-2 (Microwave + Convection) by turning the **Multi Function Selector Dial**, and then press the **Multi Function Selector Dial**.
Result: The following indications are displayed:
 (microwave & convection combi mode)
180 °C (temperature)
3. 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 cooking time.



4. Set the cooking time by turning the **Multi Function Selector Dial**.
 - The maximum cooking time is 60 minutes. At that time, press the **Multi Function Selector Dial** to set the power level.
5. 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).
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) Display shows "0".

Setting

You can set up your microwave oven by pressing the **Convection** button and the **Masala/Sun Dry** button at the same time.



Display	Function
SE-1	You can turn the Wi-Fi On or Off.
SE-2	You can turn the Beep On or Off.

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 seconds.
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 seconds.
Result: The oven can be used normally.

Using the turntable on/off features

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

IMPORTANT

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 **Turntable On/Off** button for 3 seconds during setting Microwave, Grill, Convection, Preheat and Combi function.

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

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



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

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

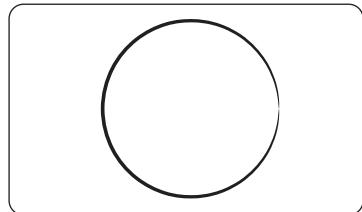
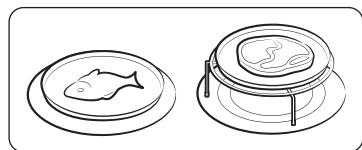
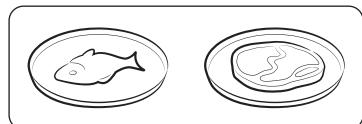
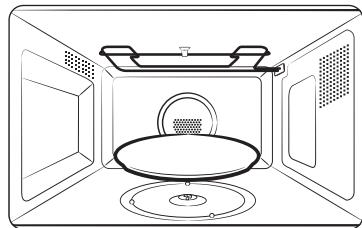
NOTE

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

Oven use

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.

● NOTE

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.

⚠ CAUTION

Do not place any objects on the crusty plate that are not heat-resistant.

⚠ CAUTION

Never place the crusty plate in the oven without turntable.

● NOTE

Clean the crusty plate with warm water and detergent and rinse off with clean water.

● NOTE

Do not use a scrubbing brush or a hard sponge otherwise the top layer will be damaged.

⚠ CAUTION

Please note that the crusty plate is not dish washer-safe.

⚠ CAUTION

Please ensure the crusty plate is put on the center.

⚠ CAUTION

Do not operate the crusty plate without any load.

Crusty plate guide

We recommend to preheat crusty plate directly on the turntable.

Preheat crusty plate with the 600 W + Grill-function for 5 Min. and follow the times and instructions in the table.

Food	Quantity	Preheat time (min.)	Cooking mode	Cooking time (min.)
Bacon	4-6 slices	3-4	600 W + 200 °C	7-9
	Instructions Preheat crusty plate. Put slices side by side on crust plate. Put crust plate on high rack.			
Grilled tomatoes	200 g	3-4	300 W + Grill	6-7
	Instructions Preheat crusty plate. Cut tomatoes in halves. Put some cheese on top. Arrange in a circle on crust plate and set on high rack.			
Omelette	300 g	3-4	450 W + Grill	6-8
	Instructions Beat 3 eggs, add 2 tbsp. milk, herbs and spices. Cut one tomato in cubes. Preheat crusty plate, put tomato pieces on plate, add beaten eggs and 50 g grated cheese evenly. Set plate on high rack.			
Grilled vegetables	250 g	3-4	450 W + Grill	7-8
	Instructions Preheat crusty plate and brush with 1 tbsp. oil. Put fresh sliced vegetables on plate e.g. pieces of pepper, onions, courgette slices and mushrooms. Set crusty plate on high rack.			
Frozen mini spring rolls with topping	250 g	2-3	1st stage: 300 W + 200 °C 2nd stage: Grill only	1st stage: 6-7 2nd stage: 3-4
	Instructions Preheat crusty plate. Distribute spring rolls evenly on plate. Put plate on low rack.			

Food	Quantity	Preheat time (min.)	Cooking mode	Cooking time (min.)
Frozen pizza	300-400 g	4-5	600 W + Grill	9-10
Instructions Preheat crusty plate. Put the frozen pizza on crusty plate. Put crusty plate on high rack.				
Frozen baguettes (frozen)	250 g	3-4	300 W + 200 °C	10-12
	Instructions Preheat crusty plate. Put the 4 frozen baguettes with topping. (e.g. vegetables, ham, tomato sauce and cheese). Put crusty plate on low lack.			
Chicken nuggets (frozen)	250 g	4	600 W + Grill	8-10
	Instructions Preheat crusty plate. Put chicken nuggets on crusty plate. Put crusty plate on high rack.			

Oven use

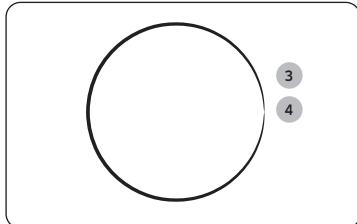
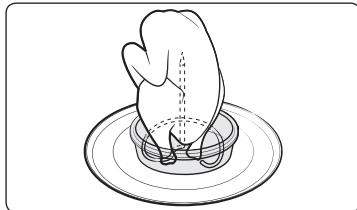
Spit-roasting

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 Convection cooking.

IMPORTANT

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

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



- 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.

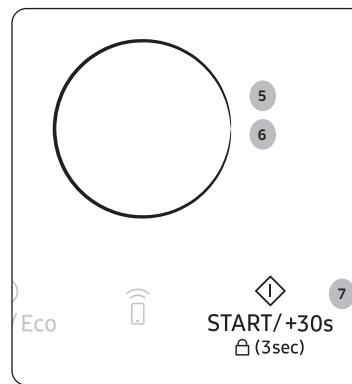
Result: The following indications are displayed:
Cb - 1 (Microwave + Grill)

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

Result: The following indications are displayed:

(microwave & convection combi mode)
180 °C (temperature)

- 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 cooking time.



- Set the cooking time by turning the **Multi Function Selector Dial**.
 - The maximum cooking time is 60 minutes. At that time, press the **Multi Function Selector Dial** to set the power level.
- 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).
- 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.

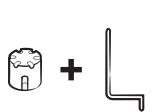
- The oven beeps 4 times.
- The end reminder signal will beep 3 times (once every minute).
- Display shows "0".

Using the vertical multi-spit

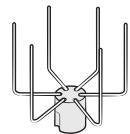
Multi-spit for kebab

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 convection 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.

IMPORTANT

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.

IMPORTANT

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.

Pure steam cooking guide

The Pure Steamer is based on the principle of steam cooking, and is designed for fast, in your Samsung Microwave oven.

This accessory is ideal for cooking rice, pasta, vegetables, etc. in record time, while preserving their nutritional values.

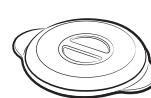
The Microwave Pure steamer set is made up of 3 items:



Bowl



Insert tray



Lid

All parts withstand temperatures from -10 °C to 130 °C.

Suitable for freezer storage. Can also be used separately or together.

Conditions of use:

CAUTION

Do not use:

- To cook foods with a high sugar or fat content.
- With the grill or rotating heat function or on a hob.

NOTE

- Wash all parts well in soapy water before first use.
- To find out cooking times, please refer to the instructions in the table on next page.

Oven use

Maintenance:

- Your steamer can be washed in a dishwasher.
- When washing by hand, use hot water and washing-up liquid. Do not use abrasive pads.
- Some foods (such as tomato) may discolour the plastic. This is normal and not a manufacturing fault.

Defrosting:

Place the frozen food in the steam bowl without the lid. The liquid will remain in the bottom of the pot and will not harm the food.

Cooking:

Food	Serving size	Power (W)	Cooking time (min.)	Handling
Artichokes	300 g (1-2 pcs)	900 W	5-6	Bowl with Insert tray + Lid
Instructions				
Rinse and clean artichokes. Put 150 ml water and insert tray in bowl. Put artichokes on tray. Add 1 tbsp lemon juice. Cover with lid. After cooking, stand for 1-2 minutes.				
Broccoli	300 g	1 step : 900 W 2 step : 300 W	3½-4 2-2½	Bowl with Insert tray + Lid
Instructions				
Weigh the broccoli after washing. Cutting into similar size. (width 3 cm, length 4 cm, height 2 cm) Put 150 ml water and insert tray in bowl. Distribute broccoli(stem part down) well on insert tray. Cover with lid. After cooking, stand for 2-3 minutes.				

Food	Serving size	Power (W)	Cooking time (min.)	Handling
Frozen Vegetables	300 g	1 step : 600 W 2 step : 300 W	6-6½ 3-3½	Bowl with Insert tray + Lid
Instructions				
Weigh the frozen vegetable. Put 150 ml water and insert tray in bowl. Distribute frozen vegetable well on insert tray. Cover with lid. After cooking, stand for 2-3 minutes.				
Rice	250 g	900 W	15-18	Bowl + Lid
Instructions				
Put rice into the steam bowl. Add 500 ml cold water. Cover with lid. After cooking let stand white rice 5 minutes, brown rice 10 minutes.				
Peeled Potatoes	300 g	1 step : 450 W 2 step : 300 W	5½-6 6-6½	Bowl with Insert tray + Lid
Instructions				
Rinse and clean potatoes. Peeling a skin and cutting into similar size.(each 28-30 g) Put 150 ml water and insert tray in bowl. Distribute potatoes well on insert tray. Cover with lid. After cooking, stand for 2-3 minutes.				
Stew (Chilled)	400 g	600 W	5½-6½	Bowl + Lid
Instructions				
Put stew into the steam bowl. Cover with lid. Stir well before standing. After cooking, stand for 1-2 minutes.				
Soup (Chilled)	400 g	900 W	3-4	Bowl + Lid
Instructions				
Put stew into the steam bowl. Cover with lid. Stir well before standing. After cooking, stand for 1-2 minutes.				

Food	Serving size	Power (W)	Cooking time (min.)	Handling
Frozen Soup	400 g	900 W	8-10	Bowl + Lid
Instructions				
Put frozen soup into the steam bowl. Cover with lid. Stir well before standing. After cooking, stand for 1-2 minutes.				
Frozen Yeast Dumpling with Jam Filling	150 g	600 W	1½-2½	Bowl + Lid
Instructions				
Moist the top of filled dumplings with cold water. Put 1-2 frozen dumplings side by side into the steam bowl. Cover with lid. After cooking, stand for 2-3 minutes.				
Frozen Salmon	300 g (2 pcs)	1 step : 600 W 2 step : 300 W	3-3½ 12½-13	Bowl with Insert tray + Lid
Instructions				
Put 150 ml water and insert tray in bowl. Distribute frozen salmons well on insert tray. Cover with lid. After cooking, stand for 2-3 minutes.				
Fruit Compote	300 g	1 step : 900 W 2 step : 300 W	2½-3 2-2½	Bowl with Insert tray + Lid
Instructions				
Weigh the fresh fruits (e.g. apples, pears, plums, apricots, mangoes or pineapple) after peeling, washing and cutting into similar sizes or cubes. Put 150 ml water and insert tray in bowl. Distribute potatoes well on insert tray. Add 1-2 tbsp sugar. Cover with lid. After cooking, stand for 2-3 minutes.				

Handling of pure steam cooker



Bowl + Lid



Bowl with Insert tray + Lid

+

Precautions:

⚠ CAUTION

- Take special care when opening the lid of your steamer, because the steam escaping may be very hot.
- Use oven gloves when handling after 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	✓ ✗ ✗	Can be used to warm food. Overheating may cause the polystyrene to melt. May catch fire. May cause arcing.
Glassware	✓ ✓ ✓	Can be used, unless decorated with a metal trim. Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly. Must remove the lid. Suitable for warming only.

Cookware	Microwave-safe	Comments
Metal	✗ ✗	May cause arcing or fire.
Paper	✓ ✗	For short cooking times and warming. Also to absorb excess moisture. May cause arcing.
Plastic	✓ ✓ ✓✗	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic. Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape. 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	4½-5
	500 g		7-8
Instructions			
Prepare even sized florets. Arrange the stems to the centre. Serve after 3 minutes standing.			
Brussels Sprouts	250 g	900 W	6-6½
	Instructions		
Add 60-75 ml (5-6 tbsp) water. Serve after 3 minutes standing.			
Carrots	250 g	900 W	5-5½
	Instructions		
Cut carrots into even sized slices. Serve after 3 minutes standing.			
Cauliflower	250 g	900 W	5-5½
	500 g		7½-8½
Instructions			
Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre. Serve after 3 minutes standing.			
Courgettes	250 g	900 W	4-4½
	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.			

Food	Serving Size	Power	Time (min.)
Egg plants	250 g	900 W	3½-4
Instructions			
Cut egg plants into small slices and sprinkle with 1 tbsp lemon juice. Serve after 3 minutes standing.			
Leeks	250 g	900 W	4-4½
	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	5-5½
	Instructions		
Cut onions into slices or halves. Add only 15 ml (1 tbsp) water. Serve after 3 minutes standing.			
Pepper	250 g	900 W	4½-5
	Instructions		
Cut pepper into small slices. Serve after 3 minutes standing.			
Potatoes	250 g	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	900 W	15-16
	375 g		17½-18½
Instructions			
Add cold water of double quantity. Serve after 5 minutes standing.			
Brown Rice (Parboiled)	250 g	900 W	20-21
	375 g		22-23
Instructions			
Add cold water of double quantity. Serve after 5 minutes standing.			
Mixed Rice (Rice + Wild Rice)	250 g	900 W	16-17
Instructions			
Add 500 ml cold water. Serve after 5 minutes standing.			
Mixed Corn (Rice + Grain)	250 g	900 W	17-18
Instructions			
Add 400 ml cold water. Serve after 5 minutes standing.			
Pasta	250 g	900 W	10-11
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.			

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.

Cooking guide

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	900 W	2½-3 3-3½ 3½-4 4½-5
	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.		
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.		

Food	Serving Size	Power	Time (min.)	
Filled Pasta with Sauce (Chilled)	350 g	600 W	4-5	
Instructions		Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving. Serve after 3 minutes standing.		
Plated Meal (Chilled)	350 g	600 W	4½-5	
	450 g		5½-6½	
	550 g		6½-7½	
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.		

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.		

Food	Serving Size	Power	Time	
Baby Milk	100 ml 200 ml	300 W	30-40 sec. 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.

Cooking guide

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 Pork Steaks	250 g	180 W	6-7
	500 g		8-13
	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.			
Poultry Chicken Pieces Whole Chicken	500 g (2 pcs)	180 W	14-15
	1200 g	180 W	32-34
	Instructions First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time! Serve after 15-60 minutes standing.		
Fish Fish Fillets Whole Fish	200 g	180 W	6-7
	400 g	180 W	11-13
	Instructions Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends of fillets and tail of whole fish with aluminium foil. Turn over after half of defrosting time! Serve after 10-25 minutes standing.		
Fruits Berries	300 g	180 W	6-7
	Instructions Spread fruit on a flat, round glass dish (with a large diameter). Serve after 5-10 minutes standing.		

Food	Serving Size	Power	Time (min.)
Bread Bread Rolls (each ca. 50 g) Toast/Sandwich German bread (wheat + rye flour)	2 pcs	180 W	1-1½
	4 pcs		2½-3
	250 g	180 W	4-4½
	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.

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.

Food	Serving Size	Power	1 step (min.)	2 step (min.)
Toast Slices	4 pcs (each 25 g)	Grill only	4-4½	3-4
	Instructions Put toast slices side by side on the high rack.			
Grilled Tomatoes	400 g (2 pcs)	300 W + Grill	6-8	-
	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	5½-7½	-
	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	6-8	-
	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	12-14	-
	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.			
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.			

Cooking guide

Food	Serving Size	Power	1 step (min.)	2 step (min.)
Chicken Pieces	500 g (2 pcs)	300 W + Grill	10-12	9-11
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 450 W + Grill 22-23 21-22 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	7-8
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.				
Plantain	1 ea (200 g)	1 step 450 W + Grill 2 step Grill	7-7½	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	11-11½	-
Instructions Peel and slice yam 1.5 cm thick and put on the crusty plate and brush all sides with oil. Put on the high rack and cook. Stand for 1-2 minutes.				

Convection

Cooking with convection is the traditional and well known method of cooking food in a traditional oven with hot air.

The heating element and the fan position is at the back-wall, so that the hot air is circulating. This mode is supported by the top heating element.

Cookware for convection 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 convection cooking:

All biscuits, individual scones, rolls and cakes should be made by this mode as well as rich fruit cakes, choux pastry and soufflés.

Microwave + Convection

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 + convection:

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 + convection 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.

Convection guide for fresh and frozen food

Preheat the convection with the auto pre-heat function to the desired temperature. Use the power levels and times in this table as guide lines for convection cooking. Use oven gloves when taking out.

Food	Serving Size	Power	1 step (min.)	2 step (min.)
Pizza				
Frozen Pizza (Ready baked)	300-400 g	1 step 300 W + 200 °C 2 step Convt. 180 °C	7-9	5-6
Instructions				
Place the pizza on the low rack. After baking stand for 2-3 minutes.				
Pasta				
Frozen Lasagne	400 g	1 step 450 W + 200 °C 2 step Convt. 200 °C	16-18	3-4
Instructions				
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 pasta gratin on the low rack. After cooking stand for 2-3 minutes.				
Meat				
Roast Lamb (Medium)	1200-1300 g	600 W + 180 °C	20-23	10-13
Instructions				
Brush 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.				
Roast Chicken	1000-1100 g	1 step 450 W + 200 °C 2 step 450 W + Grill	20-22	22-23½
Instructions				
Brush chicken with oil and spices. Put chicken first breast side down, second side breast side up on the low rack. Stand for 5 minutes.				

Food	Serving Size	Power	1 step (min.)	2 step (min.)
Bread				
Fresh Bread Rolls	6 pcs (350 g)	100 W + 180 °C	8-10	-
Instructions				
Put bread rolls in a circle on the low rack. Stand for 2-3 minutes.				
Garlic Bread (Chilled, Prebaked)	200 g (1 pc)	180 W + 200 °C	8-10	-
Instructions				
Put the chilled baguette on baking paper on the low rack. After baking stand for 2-3 minutes.				
Cake				
Marble Cake (Fresh Dough)	500 g	Only 180 °C	38-43	-
Instructions				
Put the fresh dough in a small rectangular black metal baking dish (length 25 cm). Put the cake on the low rack. After baking stand for 5-10 minutes.				
Small Cakes (Fresh Dough)	10 x 28 g	Only 160 °C	31-34	-
Instructions				
Fill the fresh dough evenly in paper cups and set on baking tray on the low rack. After baking stand for 5 minutes.				
Cookies (Fresh Dough)	200-250 g	Only 200 °C	15-20	-
Instructions				
Put the chilled croissants on baking paper on the low rack.				
Frozen Cake	1000 g	180 W + 180 °C	18-20	-
Instructions				
Put the frozen cake directly on the low rack. After defrost and warming stand for 15-20 minutes.				

Cooking guide

Tips and tricks

Melting butter

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

Melting chocolate

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

Melting crystallized honey

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

Melting gelatine

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

Cooking glaze/icing (for cake and gateaux)

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

Cooking jam

Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid. Add 300 g preserving sugar and stir well. Cook covered for 10-12 minutes using 900 W. Stir several times during cooking. Empty directly into small jam glasses with 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 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 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.	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 are intake/exhaust outlets on the front and rear of the oven for ventilation. Keep the gaps specified in the product installation guide.
	Objects are on top of the oven.	Remove all objects on the top of the oven.
	The door cannot be opened properly.	Clean the oven and then open the door.

Troubleshooting and information code

Problem	Cause	Action
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 Cancel 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 button again to restart operation.
The oven is not level.	The oven is installed on an uneven surface.	Make sure the oven is installed on flat, stable surface.
There are sparks during cooking.	Metal containers are used during the oven/thawing functions.	Do not use metal containers.

Problem	Cause	Action
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 continues to run for about 3 minutes after cooking is complete.	To ventilate the oven, the cooling fan continues to run for about 3 minutes after cooking is complete.	This is not an oven malfunction.

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.
There is a bad smell coming from inside the oven.	Food residue or plastic has melted and stuck to the interior.	Use the steam function and then wipe with a dry cloth. You can put a lemon slice inside and run the oven to remove the odour more quickly.
	The oven does not cook properly.	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.	

Troubleshooting and information code

Problem	Cause	Action
Steam		
I can hear water boiling during Vapour cooking.	Water is heated using the steam heater.	This is not an oven malfunction.
There is an unusual sound when I stop Vapour cooking.	Water is being removed from inside the steam heater after Vapour cooking has finished.	This is not an oven malfunction.

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/Cancle 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-F1	Only occurs when EEPROM Read or Write is not working.	
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-F2	The touch key is malfunction.	Press Stop to try again.
C-d0		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	MC32B7382Q*
Power source	230 V ~ 50 Hz AC
Power consumption	
Maximum power	2900 W
Microwave	1400 W
Grill (heating element)	1500 W
Convection (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	523 x 330 x 515 mm
Oven cavity	373 x 233 x 363 mm
Volume	32 liter
Weight	
Net	20.40 kg approx.

Open Source Announcement

The software included in this product contains open source software.

The following URL http://opensource.samsung.com/opensource/SMART_TP1_0/seq/0 leads to open source license information as related to this product.



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

COUNTRY / LOCATION	CALL	OR VISIT US ONLINE AT
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
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

