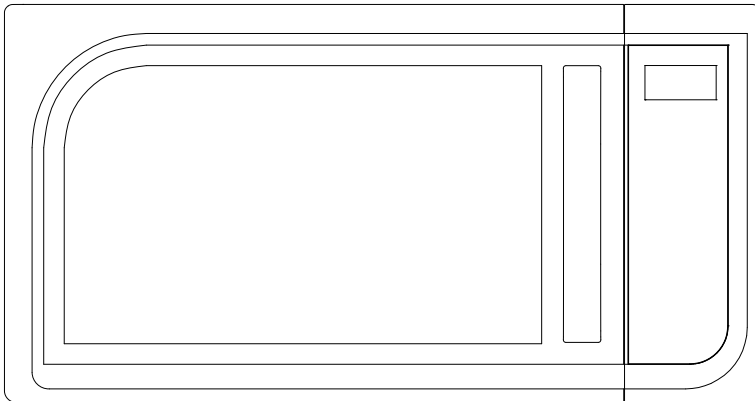




MODEL: 36BRC2

Rotisserie + Convection Microwave Oven User Manual



**PLEASE READ THESE OWNER'S MANUAL INSTRUCTION CAREFULLY BEFORE
OPERARION AND KEEP IT FOR FUTURE REFERENCE**

Please record the details of your Microwave Oven below for future reference:

Serial no. _____

Purchase Date _____

Warranty _____

Customer Copy _____

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PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is very important that the oven door close properly and that there is no damage to the
 - a) Door (including any bent),
 - b) Hinges and latches (broken or loosened),
 - c) Door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except qualified service personnel.

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliance basic safety precautions should be followed, including the following:

WARNING!--To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance and keep for future reference.
2. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
3. Do not operate the oven when empty.
4. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
5. **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.
6. **WARNING!--**When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated
7. To reduce the risk of fire in the oven cavity:
 - When heating food in plastic or paper container, keep an eye on the oven due to the possibility of ignition.
 - Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
 - Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.

- The microwave oven is intended for heating food and beverages. Drying of clothing and heating of warming buttons, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
- 8. **WARNING!**--Liquid or other food must not be heated in sealed containers since they are liable to explode.
- 9. Microwave heating of beverage can result in delayed eruptive boiling, therefore care has to be taken when handling the container.
- 10. Do not fry food in the oven. Hot oil can damage oven parts and utensils and even result in skin burns.
- 11. 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.
- 12. Pierce foods with heavy skins such as potatoes, whole squashes, apples and chestnuts before cooking.
- 13. The contents of feeding bottles and baby jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
- 14. Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
- 15. Utensils should be checked to ensure that they are suitable for use in microwave oven.
- 16. **WARNING!**--It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy.
- 17. This Microwave complies with EN 55011/CISPR 11, in this standard it belong to Class B Group 2 classification. Group 2 equipment: group 2 contains all ISM RF equipment in which radio-frequency energy in the frequency range 9 kHz to 400 GHz is intentionally generated and used or only used locally, in the form of electromagnetic radiation, inductive and/or capacitive coupling, for the treatment of material, for inspection/analysis purposes, or for transfer of electromagnetic energy. Class B equipment is equipment suitable for use in locations in residential environments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.
- 18. 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.
- 19. Children should be supervised to ensure that they do not play with the appliance.
- 20. The microwave oven is only used in freestanding.
- 21. **WARNING!**--Do not install oven over a range cook top or other heat-producing appliance. If installed could be damaged and the warranty would be avoid .
- 22. The microwave oven must not be placed in the cabinet.
- 23. The door or the outer surface may get hot when the appliance is operating.
- 24. **WARNING!**--Accessible parts may become hot during use. Young children should be kept away.
- 25. During use the appliances becomes hot. Care should be taken to avoid pressing heating elements inside the oven, for cooking ranged and ovens.
- 26. The temperature of accessible surfaces may be high when the appliance is operating.
- 27. Appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
- 28. **WARNING!**--If the door or door seals are damaged, the oven must not be operated until it has been

repaired by a competent person.

29. The appliances are not intended to be operated by means of an external timer or separate remote-control system.
30. The microwave oven is for household use only and not for commercial use.
31. Never remove the distance holder in the back or on the sides, as it ensures a minimum distance from the wall for air circulation.
32. Please secure the turntable before you move the appliance to avoid damages.
33. **CAUTION!**—It is dangerous to repair or maintain the appliance by no other than a specialist because under these circumstances the cover have to be removed which assures protection against microwave radiation. This applies to changing the power cord or the lighting as well. Send the appliance in these cases to our service centre.
34. The microwave oven is intended for defrosting, cooking and steaming of food only.
35. Use gloves if you remove any heated food.
36. **CAUTION!** Steam will escape, when opening lids or wrapping foil.
37. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
38. If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

INSTALLATION GUIDE

1. Make sure that all the packing materials are removed from the inside of the door.
2. **WARNING!**—Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surface, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact qualified service personnel.
3. This microwave oven must be placed on a flat, stable surface to hold its weight and the heaviest food likely to be cooked in the oven.
4. Do not place the oven where heat, moisture, or high humidity are generated, or near combustible materials.
5. For correct operation, the oven must have sufficient airflow. Allow minimum 20cm of free space necessary above the top surface of the oven and 5cm at both sides. The microwave oven rear plate must be placed close to the wall. Do not cover or block any openings on the appliance. Do not remove feet.
6. Do not operate the oven without glass tray, roller support, and shaft in their proper positions.
7. Make sure that the power supply cord is undamaged and does not run under the oven or over any hot or sharp surface.
8. The socket must be readily accessible so that it can be easily unplugged in an emergency.
9. Do not use the oven outdoors.

GROUNDING INSTRUCTIONS

This appliance must be grounded. This oven is equipped with a cord having a grounding wire with a grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current. It is recommended that a separate circuit serving only the oven be provided. Using a high voltage is dangerous and may result in a fire or other accident causing oven damage.

WARNING!--Improper use of the grounding plug can result in a risk of electric shock.

Note:

1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.
2. Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the electrical connection procedures.

The wires in this cable main are colored in accordance with the following code:

Green and Yellow = EARTH

Blue = NEUTRAL

Brown = LIVE

RADIO INTERFERENCE

Operation of the microwave oven can cause interference to your radio, TV, or similar equipment. When there is interference, it may be reduced or eliminated by taking the following measures:

1. Clean door and sealing surface of the oven.
2. Reorient the receiving antenna of radio or television.
3. Relocate the microwave oven with respect to the receiver.
4. Move the microwave oven away from the receiver.
5. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

BEFORE CALLING FOR SERVICE

Before asking for service, please check each item below:

- Check to ensure the oven is plugged in securely. If not, remove the plug from the outlet, wait 10 seconds, and plug it in again securely.
- Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the outlet with another appliance.
- Check to ensure the control panel is programmed correctly and the timer is set.
- Check to ensure the door is securely closed, engaging the door lock system. If the door is not properly closed, the microwave energy will not flow inside.

IF NONE OF THE ABOVE RECTIFIES THE SITUATION, THEN CONTACT A QUALIFIED TECHNICIAN. DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.

COOKING TECHNIQUES

1. Arrange food carefully. Place thickest areas towards outside of dish.
2. Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
3. Cover foods while cooking. Covers prevent spattering and help foods to cook evenly.
4. Turn foods over once during microwave cooking to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be turned over at least once.
5. Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.

COOKING UTENSILS GUIDE

1. Microwave cannot penetrate metal. Only use utensils that are suitable for use in microwave ovens. Metallic containers for food and beverages are not allowed during microwave cooking. This requirement is not applicable if the manufacturer specifies size and shape of metallic containers suitable for microwave cooking.
2. Microwave cannot penetrate metal, so metal utensils or dishes with metallic rim should not be used.
3. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
4. Round /oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.
5. Narrow strips of aluminum foil may be used to prevent overcooking of exposed areas. But be careful don't use too much and keep a distance of 1 inch (2.54cm) between foil and cavity.

The list below is a general guide to help you select the correct utensils.

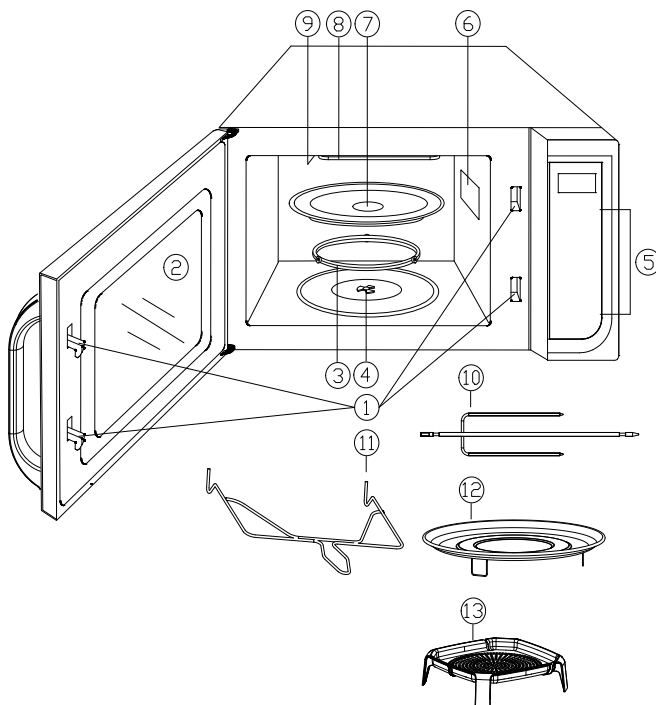
Cookware	Microwave	Grill	Convection	Combination*
Heat-Resistant Glass	Yes	Yes	Yes	Yes
Non Heat-Resistant Glass	No	No	No	No
Heat-Resistant Ceramics	Yes	Yes	Yes	Yes
Microwave-Safe Plastic Dish	Yes	No	No	No
Kitchen Paper	Yes	No	No	No
Metal Tray	No	Yes	Yes	No
Metal Rack	No	Yes	Yes	No
Aluminum Foil & Foil Container	No	Yes	Yes	No

SPECIFICATIONS

Power Supply	230V/50Hz
Power Consumption (Microwave)	1500W
Power Consumption (Grill)	1200W
Power Consumption (Convection)	2050W
Rated Microwave Power Output	1000W
Operation Frequency	2450MHz
Outside Dimensions	311mm(H)×553mm(W)×484mm(D)
Oven Cavity Dimensions	235mm(H)×378mm(W)×405 mm(D)
Oven Capacity	36Litres
Net Weight	Approx. 18kg

PRODUCT DIAGRAM

1. Door Safety Lock System
2. Oven Window
3. Roller Ring
4. Shaft
5. Control Panel
6. Wave Guide
- (Please do not remove the mica plate covering the wave guide)
7. Glass turntable
8. Grill Heater 1
9. Grill Heater 2
10. Rotisserie Rod
11. Turn-grill Rack Bracket
12. Baking Plate
13. Micro-safe Rack



CONTROL PANEL

ROTISSERIE CONVECTION



Desi
Masala Mix

Beverage/
Soup

Dry Roast

Quick
Snacks

Grill
Counter

Chinese
Menu

Combi-Cook

Tasty Bites

Flavors
Of Rice

Cakes

Pulse
Pre Cook

Bake
Counter

Weight
Defrost

Steam Cook/
Health Corner

Crisp Snacks/
Stuffed Veg

Cooking Tips/
Beauty Secrets

10 Min 1

10 Sec 1

Deodorize/
Keep Warm

Power
Level

Micro.+
Conv.

Weight/
Clock

Grill/
Micro.+Grill

Conv./Conv.
+Turn Grill

Conv.+Turn
Grill+ Micro.

Turn Grill/Turn
Grill+Micro.

Stop/Reset

Start/+30 Sec.

● MENU ACTION SCREEN

Time, power and indicators are displayed.

● AUTO COOK MENUS

Instant settings to cook popular foods.

● WEIGHT DEFROST

Press to defrost food based on weight.

● NUMBER BUTTONS

Press to set time.

● DEODORIZE/KEEP WARM

Press to set deodorization and keeping warm programs.

● POWER LEVEL

Press to select microwave cooking power level.

● MICRO.+CONV.

Press to set convection and microwave combination cooking programs.

● WEIGHT/CLOCK

Press to set clock time and food weight.

● GRILL/MICRO.+GRILL

Press to set grill cooking program.

Press to set grill and microwave combination cooking program.

● CONV./CONV.+TURN GRILL

Press to set convection cooking program.

Press to set turn grill and convection combination cooking program.

● CONV.+TURN GRILL+MICRO.

Press to set convection, turn grill and microwave combination cooking program.

● TURN GRILL/TURN GRILL+MICRO.

Press to set turn grill cooking program.

Press to set turn grill and microwave combination cooking program.

● STOP/RESET

Press once to temporarily stop cooking or twice to cancel cooking altogether.

It is also used to set child lock.

● START/+30 SEC.

Press to start cooking programs.

Press to set express cooking program.

OPERATION INSTRUCTIONS

- When the oven is first plugged in, a beep will sound and the display will show "1:01" and "CLOCK".
- During setting, the system will return to standby mode if there is not any operation within 20 seconds.
- During cooking, if press STOP/RESET button once, the program will be paused, then press START/+30 SEC. button to resume. But if press STOP/RESET button twice, the program will be cancelled.
- After cooking ends, the display will show End and beep will sound every two minutes until user press any button or open the door.
- In the process of operation, press a valid button, the buzzer rings once, but if press an invalid button, the buzzer rings twice.
- The electronically controlling system of the microwave oven has the feature of cooling. As for any cooking mode which cooking time above 2 minutes, open the door or stopping state, the oven fan will work about 3 minutes automatically to cool the oven for prolonging the life of the oven.
- In standby or child lock mode, if there is no operation for about 5 minutes, the display will show ":" (flashing). In this mode, pressing any button once, opening or closing the door once, can exit and enter standby mode. (After the child lock is released) Various functions can be set and run normally.

SETTING THE CLOCK

This is a 12- or 24- hour clock. You can choose to set the clock time in 12- or 24- hour by pressing WEIGHT/CLOCK button.

1. In standby mode, press WEIGHT/CLOCK button repeatedly to select 12- or 24- hour clock.
2. Use number pads to set the correct time.
3. Press WEIGHT/CLOCK button to confirm.

NOTE: During cooking, you can check the clock time by pressing WEIGHT/CLOCK button.

EXPRESS COOKING

Use this feature to program the oven to microwave food at 100% power conveniently. In standby mode, press START/+30 SEC. button repeatedly to set cooking time (each press to increase 30 seconds, and up to 10 minutes), the oven will start working automatically.

MICROWAVE COOKING

1. In standby mode, press POWER LEVEL button repeatedly to select power level.
2. Use number pads to set cooking time. The longest time is 99 minutes and 99 seconds.
3. Press START/+30 SEC. button to confirm.

Press POWER LEVEL button to select power level:

Press POWER LEVEL	Power (Display)	Press POWER LEVEL	Power (Display)
Once	100% (P100)	7 times	40% (P-40)
Twice	90% (P-90)	8 times	30% (P-30)
3 times	80% (P-80)	9 times	20% (P-20)
4 times	70% (P-70)	10 times	10% (P-10)
5 times	60% (P-60)	11 times	0% (P-00)
6 times	50% (P-50)		

NOTE: If you want to cook at full power level, omit the first step. During cooking, you can check the power

level by pressing POWER LEVEL button.

GRILL

1. In standby mode, press GRILL/MICRO.+GRILL button once.
2. Use number pads to set cooking time. The longest time is 99 minutes and 99 seconds.
3. Press START/+30 SEC. button to confirm.

MICROWAVE+GRILL

Combination 1: 30% of time for microwave cooking, 70% for grill cooking. Use for fish, potatoes or au gratin.

Combination 2: 55% of time for microwave cooking, 45% for grill cooking. Use for pudding, omelets, baked potatoes and poultry.

1. In standby mode, press GRILL/MICRO.+GRILL button twice or 3 times to select "Co-1" or "Co-2".
2. Use number pads to set cooking time. The longest time is 99 minutes and 99 seconds.
3. Press START/+30 SEC. button to confirm.

NOTE: During cooking, you can check the combination power level by pressing GRILL/MICRO.+GRILL button.

TURN GRILL

1. In standby mode, press TURN GRILL/TURN GRILL+MICRO. button once.
2. Use number pads to set cooking time. The longest time is 99 minutes and 99 seconds.
3. Press START/+30 SEC. button to confirm.

MICROWAVE+TURN GRILL

Combination 1: 30% of time for microwave cooking, 70% for turn grill cooking.

Combination 2: 55% of time for microwave cooking, 45% for turn grill cooking.

1. In standby mode, press TURN GRILL/TURN GRILL+MICRO. button twice or 3 times to select "Co-1" or "Co-2".
2. Use number pads to set cooking time. The longest time is 99 minutes and 99 seconds.
3. Press START/+30 SEC. button to confirm.

NOTE: During cooking, you can check the combination power level by pressing TURN GRILL/TURN GRILL+MICRO. button.

CONVECTION

During convection cooking, hot air is circulated throughout the oven cavity to brown and make crisp foods quickly and evenly. This oven can be programmed for ten different cooking temperatures. They are: 200°C→190°C→180°C→170°C →160°C→150°C→140°C →130°C→120°C→110°C. The longest cooking time is 99 minutes and 99 seconds.

To preheat and cook with convection:

Your oven can be programmed to combine preheating and convection cooking operations.

1. In standby mode, press CONV./CONV.+TURN GRILL button repeatedly to select temperature.
2. Press START/+30 SEC. button once to confirm. Beeps will sound when the designated temperature is reached.
3. Open the door, place container of food at the center of the turntable and close the door.

4. Use number pads to set cooking time.
5. Press START/+30 SEC. button to start.

NOTE: The longest preheat time is 30 minutes, and it cannot be set. When the oven reaches preheat temperature, the oven will sound beep every 5 seconds. The program will end automatically if there is no operation for 10 minutes.

To cook with convection:

1. In standby mode, press CONV./CONV.+TURN GRILL button repeatedly to select temperature.
2. Use number pads to set cooking time.
3. Press START/+30 SEC. button to confirm.

NOTE: During cooking, you can check the current temperature by pressing CONV./CONV.+TURN GRILL button.

CONVECTION+TURN GRILL

This oven can be programmed for ten different cooking temperatures. They are:

200°C→190°C→180°C→170°C→160°C→150°C→140°C→130°C→120°C→110°C. The longest time is 99 minutes and 99 seconds.

To cook with preheating:

1. In standby mode, press and hold CONV./CONV.+TURN GRILL button for about 3 seconds, the display shows "200°C + 🔁", then press it repeatedly to select another temperature.
2. Press START/+30 SEC. button once to confirm. Beeps will sound when the designated temperature is reached.
3. Open the door, place container of food at the center of the turntable and close the door.
4. Use number pads to set cooking time.
5. Press START/+30 SEC. button to confirm.

To cook with convection:

1. In standby mode, press and hold CONV./CONV.+TURN GRILL button for about 3 seconds, the display shows "200°C + 🔁", then press it repeatedly to select another temperature.
2. Use number buttons to set cooking time.
3. Press START/+30 SEC. button to confirm.

NOTE: During cooking, you can check the current temperature by pressing CONV./CONV.+TURN GRILL button.

MICROWAVE+CONVECTION

This oven has four pre-programmed settings that make it easy to cook with both convection heat and microwave automatically (110°C→140°C→170°C→200°C).

1. In standby mode, press MICRO.+CONV. button repeatedly to select temperature.
2. Use number pads to set cooking time. The longest time is 99 minutes and 99 seconds.
3. Press START/+30 SEC. button to start.

NOTE: During cooking, you can check the combination cooking power level by pressing MICRO.+CONV. button.

CONVECTION +TURN GRILL+MICROWAVE

This oven has four pre-programmed settings that make it easy to cook with both convection heat and microwave automatically (110°C→140°C→170°C→200°C).

1. In standby mode, press CONV.+TURN GRILL+MICRO. button repeatedly to select temperature.
2. Use number pads to set cooking time. The longest time is 99 minutes and 99 seconds.
3. Press START/+30 SEC. button to confirm.

NOTE: During cooking, you can check the combination temperature by pressing CONV.+TURN GRILL+MICRO. button.

DEODORIZATION

1. In standby mode, press DEODORIZE/KEEP WARM button once.
2. Press START/+30 SEC. button to start.

NOTE: The deodorization time is 5 minutes.

KEEP WARM

1. In standby mode, press DEODORIZE/KEEP WARM button twice.
2. Use number pads button to set desired time. The longest time is 99 minutes and 99 seconds.
3. Press START/+30 SEC. button to start.

MULTISTAGE COOKING

Your oven can be programmed for up to 3 automatic cooking sequences.

Suppose you want to set the following cooking program.

Microwave cooking



Microwave cooking (with lower power level)

1. Input the first microwave cooking program. Don not press START/QUICK START.
2. Input the second microwave cooking program.
3. Press START/QUICK START button to start.

NOTE:

- Auto cook menus can't be set in multi-stage cooking program.
- If the convection + turn grill cooking program needs to be set in multi stage cooking program, it can only be set in the first stage.

WEIGHT DEFROST

The defrosting time and power level are automatically set once the food weight is programmed. The frozen food weight ranges from 100 g to 2000 g.

1. In standby mode, press WEIGHT DEFROST button once, the display shows "100".
2. Press WEIGHT DEFROST or WEIGHT/CLOCK button repeatedly to select food weight.
3. Press START/+30 SEC. button to confirm

NOTE: During defrosting, the system will pause and sound to remind you to turn food over, after that, press START/+30 SEC. button to resume.

PROTECTION

OVERHEATING PROTECTION - When the system enters into super high temperature protection status, the digital display shows "E01" and continues to beep. After troubleshooting, press STOP/RESET button, the system comes back to normal standby mode.

LOW TEMPERATURE PROTECTION - When the system enters into low temperature protection status, the digital display shows "E02" and continues to beep. After troubleshooting, press STOP/RESET button, the system comes back to normal standby mode.

SENSOR MALFUNCTION PROTECTION - The system enters into protection mode when the system sensor is short circuited. The display shows "E03" and continues to beep. After pressing STOP/RESET button, the system comes back to normal standby mode.

CHILD LOCK

The lock prevents unsupervised operation by children.

To set: In standby mode, press and hold STOP/RESET button for 3 seconds, a beep will sound and the display will show "LOCK", the oven will auto enter child lock mode. In the lock state, all buttons are disabled.

To cancel: Press and hold STOP/RESET button for 3 seconds to cancel the program, a beep will sound and the "LOCK" will disappear.

BUTTON ADHESION PROTECTION

In any state, if any button on the control panel is adhesion for 1 minute, the program stops working immediately, the display shows "FAIL" and the system will sound beep. If the button is adhesion all the time, beep will sound every one minute. Any button is invalid at this time. After troubleshooting, press STOP/RESET button to return standby mode.

AUTO COOK

For the following food or cooking mode, it is not necessary to program the duration and cooking power. It is sufficient to indicate the type of food that you wish to cook as well as the weight or servings of this food.

1. In standby mode, press the corresponding menu button repeatedly to select submenu code.
2. Press WEIGHT/CLOCK button repeatedly to select food weight or servings.
3. Press START/+30 SEC. button to start.

AUTO COOK MENUS-Recipe Guide(cooking timings of the auto cook menu are approximate,factors that may affect cooking are-starting temperature of food,volume,size and shape of food,cookwares used. As you become familiar with the oven,you will be able to adjust the timings)-

Code	Beverage	cookware	Ingredients	Method
dE 01	Maharashtran Goda Masala	Microwave safe flat glass dish	Coriander seeds-1cup Cumin seeds-¼cup Til (white sesame seeds)-1/3cup Lavang(cloves)-2 tbsp Badi elaichi (big cardamom)-2 tbsp Dalchini(cinnamon sticks)-2 tbsp Kaale mire(black peppercorns)-2 tbsp Dagalphool (lichen)-2 tbsp Tamalpatra(Bayleaf)-1/2Cup Oil to roast the spices-1-2 tsp	Roast all the Ingredients using the menu except masala powders and salt. Stir in between during the programme. Roast till they turn aromatic and brown.
dE 02	Panch Phoron		Aniseed-¼cup, Cumin-¼cup, Fenugreek seeds-¼cup,Mustard seeds- ¼cup,Nigella(fennel)/kalonji-¼cup.	Cool and grind the roasted ingredients in an electric blender.
dE 03	Chat Masala		Coriander seeds-2 tbsp Cumin seeds-1 tbsp Ajwain seeds-½tsp Red chillies-2 Amchur powder-½ tsp Salt-2 tbsp or to taste Garam masala-1 tsp Pepper corns-½ tsp	Mix in the remaining masala powders if mentioned and store in airtight containers.
dE 04	Curry Leaves powder		curry leaves-washed and dried 2 cups, cumin seeds 1-tbsp,coriander seeds-2 tbsp Red chillies-6 or to taste, Fenugreek-½ tsp,Salt-to taste,pepper corns-1 tsp, Garlic flakes-6(optional)	
dE 05	Garam Masala		coriander-2 tsp,cumin-2 tsp, peppercorns-15,cardamom- 8,cinnamon-8,cloves-8, Maceflower-1,Bay leaf-2.	
dE 06	Pappula podi		Split chick peas-½ cup Cumin seeds-½ tsp Garlic flakes-2 Red chillies-4or to taste Dry coconut powder-2 tsp(optional) Salt-To taste	Roast Split chick peas using the programme,stim in between.cool and grind along with the other ingredients in

				an electric blender. serve with plain white rice and ghee.
dE 07	Rasam powder	Microwave safe flat glassdish	Red chillies 8 Coriander seeds 1 cup Toor dal ¼ cup Fenugreek (methi seeds) ½ tsp Pepper corns ¼ cup Cumin seeds ¼ cup Mustard seeds ½ tsp Turmeric powder ½ tsp	Roast all the Ingredients using the menu except masala powders. Stir in between during the programme.
dE 08	sambar powder		Red chillies 2 cups Coriander seeds ¾ cup Chana dal ½ tbsp Urad dal (black gram dal) ½ tbsp Pepper corns ½ tsp Cumin seeds ¼ tsp Methi seeds ½ tsp Asafoetida ½ tsp Mustard seeds ½ tsp Curry leaves (washed and dried) ¼ Cup	Roast till they turn aromatic and brown. Cool and grind the roasted ingredients in an electric blender. Mix in the remaining masala powders if mentioned and store in airtight containers.
dE 09	Tandoori Masala powder		Coriander seeds - ½ cup Cumin seeds - ½ cup Amchur powder - 2 tsp Dried mint leaves - 1 tsp Deep red colour - 3 tsp Chilli powder - 1 tsp	
dE 10	Fish Masala		Chilly powder 75 gms, Pepper powder 50 gms. Coriander seeds 150 gms Jeera 2 tbsp Mustard 1 tsp Fenugreek 2 tsp Turmeric 2 tsp. Curry leaves a few	

NOTE:

1. Cool and store the prepared masalas in airtight container.
2. The amount of each spice may vary from region to region as these recipes are handed down in a family from generation to generation.

Code	Beverage	Cookware	Ingredients	Method
bS 01	chai serves: 1 cup	Microwave proof tea cup/microwave safe tea kettle	water-¾cup skimmed Milk-¼ cup Tea leaves-1 tsp Honey(optional) optional ingredients- Fresh ginger (grated)or Cinnamom stick or cardamom seeds or star anise or whole cloves or peppercorns	Mix all the ingredients and keep it in the microwave and then select the menu to select the weight and press start. NOTE: Amount of ingredients may differ as per individual preferences.
bS 02	Coffee Serve: 1 cup	Microwave proof tea cup/microwave safe tea kettle	water-¾cup skimmed Milk-¼ cup Coffee-1 tsp	
bS 03	Jeera water serve:1 glass	Microwave proof glass	water-¾cup Jeera-1 tsp	
bS 04	Herbal water	Microwave proof glass	Water-200ml Saunf-a pinch, Ajwain-a pinch, Cardamom-1 Tulsi leaves---2-3 Mintleaves-2 to 3	
bS 05	Sole kadhi /Cocum Saar serve:1 glass	Microwave proof cookware	Water-200ml Cocum-5 Salt-Totaste Ginger(grated)-¼ tsp Green chillies (slit)-2 Coriander (chopped fine)-1 tbsps	Mix water and cocum in a microwave proof cookware,keep it in the microwave and then select the beverage option for selecting the serving size and press start.Strain and add ginger and chillies and allowit to cool. Add coriander and refrigerate until serving time. NOTE: Amount of ingredients may differ as per individual preferences but the volume of water will remain the same. It is an excellent appetizer.

code	Soup	COOK WARE	INGREDIENTS	METHOD
bS 06	Tomato Soup	Micro-wave safe bowl	1 cups juice. ½ tsp cornflour,¼ tsp roasted cumin powder, ¼ tsp ginger garlic paste,1 tbsp milk,salt and pepper	Mix all the ingredients and select the menu, amount to becooked and press start
bS 07	Spinach soup		1 cup spinach leaves chopped(Blanched and grind in a mixer to a fine paste), 1 clove garlic, 1 cupmilk,1 tsp maida, salt and pepper	
bS 08	Minestrone Soup		Macaroni boiled-1 tea cup, ¼ Cup cabbage, 1 cup tomato puree,1/2 cup milk	
bS 09	Sweetcorn soup		Sweet corn paste (Steamedcorn) -¼cup, water-1cup, cornflour 1 tsp,peper 1 tsp, salt and spring onion-Ino.	
bS 10	Chicken Soup		Chopped chicken -shredded-¼ cup, chicken stock -1cup , salt & pepper, carrot & onion(chopped and steamed)	

code	Dry Roast	Cookware	Ingredients	Method
dr 01	Wheat Flour	microwave safe flat dish-borosil or pyrex	Wheat flour	Place the ingredients on a flat microwave safe dish(Do not use microwave safe plastic cookwares), select the menu and the weight, press start.
dr 02	Besan Flour		Besan	
dr 03	Grated fresh coconut		Grated Coconut	
dr 04	Suji/Semolina		Semolina	
dr 05	Bread Crumbs		Fresh bread crumbs	Keep stirring the ingredientsat regular intervals for uniform toasting.

Code	Grill counter	Cookware	Ingredients	Method
Gc 01	Chicken tikka	Grill rack	Chicken cubes Crushed Ginger-1 tsp Crushed garlic-2 cloves Lemon juice,Turmeric-1/2 tsp Chilli powder-1 tsp currypowder-1/4 tsp Hung curd-2/3 rd Cup Garam masala-1/4 tsp coriander-1/4 tsp cornstarch-1/4tsp oil,salt-as per taste	Mix all the ingredients together and let the chicken marinate for 3-4hours Put the chicken on to the grill rack and use the menu to cook, Turn over the chicken tikka In between the programme.
Gc 02	Chicken tandoori	Borosil flat Dish	Chicken-Makeslits in the flesh of the chicke pieces, Add Tandoori masala and salt-As per taste	Marinate the chicken and then use this programme to prepare the tandoor. Turn over the chicken tandoor in between·
Gc 03	Paneer Tikka	Grill rack	Paneer 300gms,chilli powder-1tsp. Ajwain-1 tsp,Hung curds-1 cup,Garam Masala-1/2 tsp,chaat Masala-1/2 tsp.	Mix all the ingredients into a paste and coat the paneer pieces with it. Place the paneer onto the grill rack,select the menu,amount and press start.serve with lemon juice and chaat masala.Turn over the paneer tikka in between.
Gc 04	Chicken kebabs	Grill rack and bamboo skewers	Minced meat Onion chopped very fine Garlic paste Ginger paste Fresh chopped coriander Lemon Juice yogurt(not sour) Garam masala Green chillies very finely chopped(optional) Salt to taste Vegetable/canola/ Sunflower cooking oil for basting kebabs while cooking 1 large onion cut into thin rings(to serve the kebabs on)	Mix all the ingredients till all the Ingredients are well blended. Cover the bowl with cling film and put into the refrigerator for an hour. Soak bamboo skewers in water to prepare the kebabs. Remove the meat mixture from fridge and divide the mix into equal portions.Take each portion and form it into along kebab while pressing on to a skewer.Do this till the mix has firmly adhered to the skewer. Put some oil on your hands to prevent meat from sticking. Cook the kebab Basting with cooking oil as required selecting the menu. Turn the kebab as often as required. Serve piping hot on a bed of onion rings, with Mint-coriander chutney

code	Quick snacks	cookware	Ingredients	Method
Sn 01	Upma	Microwave Safe bowl	Semolina(roasted)-100 gms,(urad dal-1/2 tsp,mustard seeds-¼ tsp,cumin seeds-¼ tsp and curry leaves,onion-1 sliced-Roast in oil),Green chilli chopped,ginger garlic paste-1/2tsp,ground cloves- a pinch,diced steamed vegetables- 50gms,tomato chopped-1/2,hot water, lemonjuice, oil-1 tbsp and salt	Mix all the ingredients and select the menu, amount of upma to be cooked and press start. Stir in between during the programme. Garnish with coriander and sharpen the taste with lemon juice.Serve hot with chutney or rasam.
Sn 02	Sheera	Microwave Safe bowl	Semolina(Roasted)-100 gms, 1tbsp of ghee,sugar(as per taste),1/4cups of milkb oiled, 1 chopped banana 1 tbsp raisins,soaked in water for an hour,1/8 tsp cardamom powder and water.	Mix all the ingredients and select the menu, amount of Sheera to be cooked and press start. Stir in between during the programme.
Sn 03	Poha	Microwave Safe bowl	Poha (washed and water drained)-1cup,medium onion(sliced)-1, Tomato-1(chopped finely),green peas(steamed)-¼ cup,Green chillies(split)-1,curry leaves-4, turmericpowder-1/4 tsp,mustardseeds-½ tsp, cumin seeds-½ tsp,hing-apinch,sugar-1 tsp,coriander leaves chopped-1 tablespoon,lemon juice-1 tbsp,oil- 1 tablespoon,salt as per taste.	Add some salt and sugar to the poha and mix well and keep aside.Mix oil, hing, rai, jeera, curry leaves, green chillies, turmeric powder, sliced onion, chopped tomatoes and peas (boiled) and select the menu, amount and press Start. Add poha and mix well. You can microwave for a minute if required. Add lemon juice and coriander leave and mix well.
Sn 04	Mix veg upma	Microwave Safe bowl	Add diced steamed vegetables-50gms to the upma recipe ingredients given for Sn01.	Follow the instruction given for Sn01
Sn 05	Bati	Non stick bakeware.	3 cups whole wheat flour,1 cup semolina,1 cup malai/ghee,1 ¼ cup luke warm water,1/2 tsp salt.	Make soft dough out of flour and semolina,mixed with salt, malai& luke warm water,set aside for half an hour,make round balls with the dough,brush the baati with ghee, bake using the menu. Note: select the menu and press start without food,when the preheating is done place bati placed on the greased

				bake ware and press start
Sn 06	Ragi satva	Microwave Safe bowl	Nachni milk-1 cup(<i>Ragi-1 Cup soaked over night with 1 tsp wheat and ground, sieved to obtain 4 Cup milk</i>), jaggery-¼ cup,salt-as per taste,cardamom-¼ tsp,cashew nuts-2 tbspc,milk-¼ th cup.	Mix all the ingredients and select the menu,the amount and press start. Stirr in between to prevent lumps formation.
Sn 07	wheat Halwa	Microwave Safe bowl	Wheat flour-1 cup roasted in ¼ cup ghee-, sugar-1cup, milk-1cup,cup,cardamom powder-1/2 tsp, Roasted Raisins and cashewnuts for garnishing	Mix all the ingredients and select the menu,the amount and press start. Stirr in between to prevent lumps formation Add cardamom powder,stir and serve halwa by garnishing it with roasted nuts and raisins.
Sn 08	khichu	Microwave Safe bowl	Rice flour-100gms,water-200ml, jeera seeds(roasted)-½ tsp, sesame seeds(roasted)-½ tsp, Ajwain seeds(roasted)- ½tsp. Green chillies(chopped)-1,oil-2 tbspc,salt as per taste,and chilli powder for serving.	Finely crush green chillies , Jeera seeds,ajwain in mixer. Add sesame seeds and jeera,ajwain and green chillies paste, and salt in the water. Add rice flour and stir continuously to prevent lump formation, add water if required andselect the menu, amount and press start. Stir in between to prevent lumps formation. Serve with oil and chilli powder.
Sn 09	Ragi Mudde	Microwave Safe bowl	Ragi flour-1cup,water-1cup, salt-as per taste	Mix all the ingredients and select the menu,the amount and press start. Stir in between to prevent lumps formation.The preparation is ready if the dough does'nt stick to the hand when touched.Make 2 balls of the dough.To serve,keep ragi mudde on the plate and pour lot of sambar on top of it.
sn10	Rice pudding	Microwave Safe bowl	Rice & coconut paste (Soaked rice ½ cup and ½ cup grated coconut) water 1 cup, jaggery-3/4 cup,salt as per taste, Ghee-1 tsp.	Mix all the ingredients and select the menu,the amount and press start. Stir in between to prevent lumps formation.Then pour the mixture on a greased plate and allow it to

				cool. Cut into diamond shaped pieces and serve
Sn 11	Tomato Rava Idli	Microwave Safe Idli Mould	Idli ingredients: 1 cup suji roasted in 1 ½ tbsp oil, 1 cup curd, 1/2 cup water, ½ tsp soda bicarb, ¾ tsp salt. Other ingredients: 1 firm tomato-cut into 8 slices, 4-5 cashew-split into halves, 8-10 curry leaves.	Mix the idli ingredients and keep aside. Arrange tomato slice, curry leaf and split cashew on a greased idli mould, pour 3-4 table spoon of idli mixture into each mould and cook in microwave by selecting the menu.

code	Chinese Menu	cookware	Ingredients	Method
CH 01	Chicken Dimsum	Microwave Safe steamer	150 gms finely chopped skinless, boneless chicken breast, 3 black mushrooms, finely chopped, 1 tbsp oil, finely chopped 2 sprigs of cilantro, minced 8 water chestnuts, finely chopped, 1 scallion (minced), ¼ tsp. salt, 1/8 tsp. white pepper, Approximately 1 tsp. oyster sauce, ¼ tsp. sesame oil, Extra cilantro sprigs Method: Beat the egg whites lightly with the cornstarch, salt and white pepper until blended. Oil a sauté pan and heat it over medium high heat. Put 2 tsp. of the egg white mixture into the pan and spread it into a paper-thin circle shape. Continue making egg white pancakes until the batter is gone. Combine chicken, mushrooms, fat, cilantro, water chestnuts, scallions, salt, white pepper, oyster sauce and sesame oil in a food processor. Set a food process or on pulse setting and pulse until the ingredients are in small pieces. Strip the leaves from several sprigs of cilantro. Boil the sprigs for about 25 seconds or until soft.	Place an egg white pancake on a plate. Roll a small amount of chicken filling into a meatball shape. Bring the egg white pancake up around the filling and tie the pancake closed with a sprig of boiled cilantro. Put the dim sum in a steamer and cook by selecting the menu and the weight. Garnish the chicken dim sum with some finely chopped hard boiled eggs or chopped ham.

CH 02	Chicken stew	Microwave Safe bowl	1 med. Potato-quartered, 1 cup. Sliced carrots, 50gms.-chopped celery 1 med. Onion(quartered), 1 can cream of celery soup 100ml cream of chicken soup. 1 tsp.sage, 1/8 tsp.pepper 200 gms.skinned chicken parts or breasts	Place cut up vegetables mixed with soups and spices in microwave dish. Arrange chicken on top.select the menu,amount and press start.
CH 03	Chinese Noodles	Microwave Safe bowl	Pre cooked chow mein noodles-200gms, Baby bok choy-1 cup(chopped), Celery-2 stalk(sliced) White onions-1/2(sliced) Garlic-2cloves(minced) Chicken or vegetable stock-1 cup Roasted peanuts-1tbsp (chopped) Hot sauce-1 tbsp Light soy sauce-1 tbsp White vinegar-½ tbsp Sesame oil-1tps Brown sugar-½ tsp cornstarch-½ tbsp vegetable oil-1tbsp	Mix together onion,celery,bok choy,garlic,stock,Soy sauce,hot sauce,vinegar,sesameoil,brown sugar and add cornstarch mixed with 1 tbsps of cold water.And cook using the menu. Mix in noodles and press start. Sprinkle evenly with peanuts and serve
CH 04	Chicken wings	Borosil flat Dish	6 chicken wings 1 tbsp Ginger-Garlic paste 2 tbsp Flour (maida) 2 tbsp Con flour 2 Eggs(beatened) 1/4 tsp pepper/chili powder A pinch of sugar Salt to taste 1 tbsp soya sauce Oil for frying	In a bowl add soya sauce,ginger-garlic paste,sugar. Add chicken wings coat well and set aside for 1/2 hour. Make a smooth batter by adding corn flour,all purpose flour,salt, pepper and beat in the eggs.Dip each wing in the batter and coat evenly and cook by selecting the menu. Serve fried chicken wing shot with thin slices of onions and lemon.

CH05	Garlic& Ginger Prawns	Borosil flat Dish	6 Large prawns,peeled and deveined ·2 tbsp oil ·2 Garlic cloves,finely chopped ·1 tsp sugar ·1 Inch piece ginger,finely chopped ·2 tbsp stock ·2 spring onions ·1 small onion,sliced ·1 tbsp Light soy sauce	Mix all the ingredients and select the menu,the amount and press start. Prawns should turn opaque. Add sliced onions and spring onions and cook further.
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Code	Combicook	Cook are	Ingredients	Method
CC 01	Vegau Gratin	Borosil Bake ware	Mixed vegetable-1 cup,Tomato(chopped)-1, Capsicum(chopped)-1, Ginger garlic paste-¼ tsp salt-asneeded, Pepper powder-as needed Whitesauce: 1 cup	In a borosil bakeware arrange mix vegetables, pour white sauce,garnish with tomato and capsicum. Sprinkle grated cheese and keep the bowl in microwave oven and cook using the menu.
CC 02	Baked Vegetable in White sauce	Borosil Bake ware	Mix vegetables(steamed):-1cup (leeks,broccoli,onions,cauliflower), White sauce-1cup Topping :cheese,grated-50gms	Stir the vegetables into the sauce. Spoon into an ovenproof dish. Sprinkle on the grated cheese and bake by selecting the menu.
CC 03	Chicken au Gratin	Borosil Bake ware	Fried chicken breast- 4 pieces <i>(Ingredient: 4 chicken breasts,1 egg beaten 100 gms-fresh bread crumbs,75gms-butter.</i> <i>Method: Dip each chicken breast in egg and bread crumbs,shaking off any excess crumbs. Heat 75g butter in a large frying pan and when bubbling, add the chicken.Turn over when golden brown and cook on the other side. Drain on absorbent kitchen paper)</i> White sauce-1cup 100gms-cheddar cheese,sliced	Put the chicken pieces in an oven proof dish and cover with the sauce. Place the dish in the microwave,select menu, weight and press start.
CC 04	Shephards Pie	Borosil Bake ware	500 gms ground mutton,1 onion Chopped, 1 cup vegetables chopped(carrots,corn,peas),250gms	Place Mutton mince and onions in baking dish.Distribute mashed potatoes on top

			potatoes, 3 tablespoon butter, 1/2 cup mutton broth, 1 tsp Worcestershire sauce, salt, pepper, and other seasoning of choice. Boil & mash potatoes and keep aside. Saute onions in butter, add vegetables and cook for a while, add ground mutton and sauté until no longer pink, Add salt and pepper, worcesterchire sauce, half cup broth and cook uncovered. Saute the potatoes in butter	Rough up with a fork so that there are peaks that will brown nicely. You can use the fork to make some designs in the potatoes as well. Place the dish in the microwave oven, select the menu and press start.
CC 05	Apple Pie	9" pie plate	CRUST (recipe makes one double crust) 2 1/2 cups white flour 2 tbsp sugar 1/4 tsp salt 1/2 cup cold butter, broken into small pieces 5 tbsp cold vegetable shortening 8 tbsp ice water (Method: Add the chilled butter pieces and shortening to bowl with flour. Cut them in with a pastry cutter or knife. Don't over mix them) Add the ice water. Mix until the dough holds together (add a bit more water, if necessary) Turn the dough onto a lightly floured surface, knead it together, then divide in half. Flatten each half into a disk, wrap in plastic wrap and chill for at least half an hour Filling: 1/3 to 2/3 cup sugar, 1/4 cup all-purpose flour; 1/2 teaspoon ground nutmeg; 1/2 teaspoon ground cinnamon; Pinch of salt; 8 medium sized apples (a medium apple = about 1 cup); 2 tablespoons margarine Method: Fill, peel, core and slice the apples. Try to keep the size of the slices even. Mix sugar, flour, nutmeg, cinnamon, and salt in large bowl and mix well.	Roll out one of the dough on a lightly floured surface until you have a circle that's about 12 inches in diameter. Put the circle in a 9" pie plate, trimming any extra dough from the edges with a sharp knife (parents only) Return it to the refrigerator until you are ready to make the pie. Arrange the apple pieces. Dot with margarine. Roll out the second ball of dough and cover top. Use a fork or your fingers to pinch the edges together. Cut a couple of slits in the top. Bake by selecting the menu.

code	Taste Enhancers	Cook ware	Ingredients	Method
En 01	Strawberry Jam	Microwave safe bowl	¾ cups mashed berries, 1/2 cups sugar, 1 Tbsp. butter	Put all ingredients in a microwave container. Do not cover. Cook by selecting the menu, weight and press start. stir in between.
En 02	Dates & Tamarind chutney	Microwave safe bowl	Tamarind pulp: 100gms; Dates 75gms; Jaggery 50gms; Jeera powder-1/2 tsp; Salt to taste	Soak tamarind and date in water for 10 mins. Grind into a paste. Add jaggery, salt and jeera powder to the pulp and cook using the menu.
En 03	Lemon Pickle	Microwave safe bowl	Lemon 4, Lemon juice (4 lemons), Sugar ¾ cup, Ginger-2" piece, Chilli -1, Salt -1½ tsp	Wash the lemon thoroughly. Cut each into 8 pieces. Add salt and mix well. Keep aside for 1-2 days. Squeeze the juice from the remaining 4 lemons. Finely chop the ginger. Cut the chillies into ring. Mix the lemon juice with the cut pieces of lemon. Add sugar. Cook it by selecting the menu. stir in between, cool and add the remaining ingredients and mix well. pour into a jar and refrigerate for 2-3 days before consuming.
En 04	Apple Jam	Microwave safe bowl	2 med. Apples, cored and peeled 1 1/2 cup (microwaved for a minute, cool and blend in a mixer). ¼ cup sugar, 1 tsp. lemon juice	Combine apple paste and sugar in medium bowl and cook by selecting the menu, stirring in between during cooking time, stir in lemon juice. Cool and store in clean and dry jar; seal and refrigerate.
En 05	Quick Carrot Pickle	Microwave safe bowl	Carrot, chopped into thin 1 inch long sticks, 2 cup Lime or lemon juice-fresh, 2 Tablespoon Turmeric powder, 1 teaspoon crushed Mustard seeds, 2 teaspoon Aniseed, 1 teaspoon Red chilli powder, 1/2 teaspoon Fenugreek powder, 1/2 teaspoon and salt to taste	Mix all the ingredients in a bowl thoroughly and cook using the menu to prepare the pickle, cool and transfer to a jar.

Code	Flavors of Rice	cookware	Ingredients	Method
Fr01	Plain rice	Microwave Safe bowl/ microwave safe rice cooker	Rice 1cup Water 2cups	Wash and soak the rice for About half an hour.Drain Water from the rice and add 2 Cups water,cover and cook, Selecting the menu.Allow it To stand for 5 to 10 minutes And then serve hot.
Fr02	Prawn Biryani	Microwave Safe bowl/ microwave safe rice cooker	Uncooked rice(soaked for 30 minutes)-1cup,peeled and deveined tiger prawns-100gms,ginger garlic paste-1 tbsp, Garam masala-1 tbsp,black pepper -1 tbsp,cloves-4, cardamom seeds-4,cinnamon stick,salt-totaste,plain yogurt-½ cup,vegetable oil-¼ cup, water 2 cup,chicken bouillon cube-5	Stir together the prawns, ginger garlic paste,garam masala,black pepper,cloves, cardamom seeds,cinnamon sticks,salt,yogurt,and oil in a microwave safe bowl until well mixed.Stir the rice, water,and chicken bouillon cubes and mix well.Add water and cook by selection the menu prawn biryani. Discard cinnamon stick, cloves,and cardamom seeds before serving.
Fr03	Rajasthani pulao	Microwave Safe bowl/ microwave safe rice cooker	1 ¼cup long grain rice 1 tablespoons ghee or oil. 2 medium onions-finely sliced,2 sticks cinnamon,3 cardamom pods, bruised,5 whole cloves,8 whole black pepper.2½ cups hot stock or water,salt to taste. Note: serves 2	Wash rice in cold water and drain in a colander for at least 30 minutes. Mix all the ingredients, add water or stock and cook by selecting the menu. Serve hot with curry.
Fr04	Rice with peas	Microwave Safe bowl/ microwave	1 1/2 cups long grain rice,1 tablespoon ghee,4 whole cloves,1 Small cinnamon stick,3 or 4	Wash the rice well and leave to soak in cold water for 30

		safe rice cooker	cardamom pods,bruised,1 teaspoon cumin seeds,1/2 teaspoon ground turmeric,1 1/2 cups shelled green peas and diced carrots, 2 1/2 teaspoons salt,3 1/4 cups hot water	minutes,then drain well · Mix all the ingredients,add Water or stock and cook by Selecting the menu. Remove whole spices,fork rice grains lightly and serve hot with meat or vegetable curries.
Fr05	Rice in coconut milk	Microwave safe bowl/ microwave safe rice cooker	Coconut milk-2 cup Rice-1 cup carrot-50 gms Beans-50 Gms Ghee-1 tbsp Bay leaf Cloves-4 Salt to taste Poppy seeds-1/4 tsp	Wash and soak rice for 30 minutes. Mix all the ingredients, and cook by Selecting the menu.
Fr06	Namkin chawal	Microwave safe bowl/ microwave safe rice cooker	1 cup long grain rice,2 cup shot water:2 teaspoons ghee,2 1/2 teaspoons salt	Wash rice well and soak it for 1 hour in cold water. Mix all the ingredients, and cook by selecting the menu. Lift lid to allow steam to escape for about 5 minutes, and then lightly fluff up rice with fork,taking care not to mash the grains,which will be firm,separate and perfectly cooked.Dish up using a slotted metal spoon, rather than a wooden spoon, which will crush the grains. serve with curries or other spiced dishes.
Fr07	Veg Pulao	Microwave safe bowl/ microwave safe rice cooker	1 cup Rice,2 cups water,1/4 cup Chopped vegetables,1/2" cinnamon stick,2 cloves,2 cardamom,saltas pertaste,1/4 teaspoon turmeric powder,1 teaspoon coriander powder,2 chillies, 4 tomatoes,½ cup Coconut(grated),1 bunch Coriander leaves,2 pieces Garlic,1/ 2" piece Ginger (made into a paste),2 tablespoons Butter,1 onion logo technology	Mix all the ingredients,and cook by selecting the menu. Serve Hot with Raitha.

Fr08	chicken Biryani	Microwave Safe bowl/ microwave safe rice cooker	200gms boneless meat (chicken/lamb),cut in 1 inch strips, 1 cups rice,washed and drained(preferably Basmati Rice),5 cloves garlic,1 inch piece of ginger,2 dried red chillies ,2 medium onions,sliced in to rings, 2 medium tomatoes,diced,5 mint leaves,pinch of saffron(optional), 1 large potato,peeled and diced,1/2 tsp turmeric powder,2 tbsp butter. 3 pods cardamoms,3 cloves,2 inch stick of cinnamn,salt to taste. Method for preparing meat:Make a paste of the garlic,ginger and chillies in a food processor.Saute the onions in the butter until golden brown,about 5-7 minutes.Remove the onions,and put them aside.Put the ginger-garlic-chili paste in to the same pan used above and sauted for 3-4 minutes.Add the meat and saute.Lamb should be sauted for about 7-8 minutes,while the chicken will take about 4-5 minutes.The meat should be about half cooked at the end of this step.Add chopped tomatoes,cloves, cinnamon,cardamoms,turmeric, mint leaves and salt and saute for 2 minutes.Add a little water and cook until the meat is almost cooked.	Add the rice and potatoes to cooked meat. Mix all the ingredients,and cook by selecting the menu. serve hot,garnished with the fried onions.
Fr09	Pongal	Microwave Safe bowl	Rice(soaked for 30 minutes)-1 cup,green gram dal-4tbsp,ginger (finely chopped)-1 tbsp,curry leaves-few,broken cashewnuts-4 tbsp,black pepper-1½ tsp,cumin seeds-1tsp,ghee-3-4tbsp,water3½ cup,salt as per taste.	Drain soaked rice and dal, add ginger and cook by selecting the menu. Tip to serve:Microwave cashew nuts,pepper and cumin seeds in ghee for 2½ minutesandaddittorice-dal mixture.Mix well and serve steaming hot with ghee on top.

Fr10	khichdi	Microwave safe bowl/ microwave safe rice cooker	Rice-1 cup,tur dal(arhar dal-1/2 cup,Ghee or oil-1 tbsp,Hing powder-1/4 tsp, Laung-3-4,Dalchini(cinnamon)-2 Inch stick,Jeera-1/2 tsp,Dry red chillies(broken to 2-3 pieces)-2 no,groundnuts roasted-25gms, Turmeric powder-¼ tsp,salt as per taste,water 3 cups.	Wash and soak dal and rice for 30 minutes. Mix all the ingredients,and cook by selecting the menu. Serve hot with ghee and kadhi.
Fr11	Jeera Rice	Microwave Safe bowl/ microwave safe rice cooker	1 cup basmati rice,1 tsp shahjeera or caraway seeds,1 black cardamom, 1 green cardamom,2-3 black peppercorns,2 cloves,1 inch cinnamon,2 tsp ghee,2 cups water.	Wash and soak dal and rice for 30 minutes. Mix all the ingredients,and cook by selecting the menu. Once done, remove the cooker from the microwave oven and let it stand for 5 minutes.
Fr12	Methi Pulao	Microwave Safe bowl/ microwave safe rice cooker	Methi(Fenugreekleaves) 1 cup chopped(you can use the frozen one) 1 cup Basmati rice,2 to 4 black Peper (Kali Mirch),2 Cloves 1 Cinnamon stick,2 Green Elaichi (Cardamom),1 Medium sized sliced Onion,1/2 Cup sweet corn kernels 1/4Teaspoon turmeric powder (haldi),1Tablespoon butter 1Tablespoon oil,water 2 cups Salt to taste	Wash the rice well and leave to soak in cold water for 30 minutes,then drain well. Mix all the ingredients,and cook by selecting the menu.

Code	Cakes	Cookware	Ingredients	Method
CA01	chocolate cake	Metal Cake tin	1/2 cup maida 1/2 cup superfine Sugar 2 level Tbsp Cocoa pinch salt 1/4 cup Melted butter 1/2 cup Milk 2 Egg a little Vanilla	Place all ingredients into a mixing bowl in the above order. Beat well for 2 minutes. Pour into a prepared pan. Bake in a preheated oven, check if the cake is baked by inserting a toothpick in the center of the cake, when it comes out clean it is baked.
CA02	coffee cake	Metal Cake tin	1 cup-all purpose flour, ½ cup brown sugar, ¼ cup sugar, 1 tsp baking soda, ¼ tsp salt, ½ tsp ground ginger, 1 ¼ tbsp ground cinnamon, ¼ cup vegetable oil, ¾ cup apple peeled and chopped, 1/3 cup butter milk, 1 tsp vanilla, 1 large egg.	Mix flour, brown sugar, sugar, baking soda, baking powder, salt, ground ginger and 2 ½ tsp cinnamon in a food processor or bowl. Add oil and process until mixture resembles coarse meal. Transfer 3/4 cup of mixture to smaller bowl and stir in remaining cinnamon. Set aside and reserve for topping. Add remaining ingredients to mixture in processor and process until just combined. Pour batter into prepared pan. Sprinkle reserved topping over top and bake until tester comes out clean when inserted into center. Transfer to rack and cool slightly.
CA03	Marble cake	Metal Cake tin	Prepare vanilla cake Batter and chocolate cake batter; alternately place a tablespoon on batter in a cake tin, repeating the same for the second layer.	Bake until tester comes out clean when inserted into center using the menu. Transfer to rack and cool slightly.
CA04	Pineapple upside down cake	Metal Cake tin	3 tablespoons butter 3/4 cup brown sugar, firmly packed 6 slices pineapple or 1 can (20 ounces) can of drained pineapple chunks maraschino cherries pecan halves Ingredients for cake: 1/2 cup butter	In a 9-inch square cake pan, melt butter; sprinkle with brown sugar. Arrange pineapple and cherries and nut halves on sugar, making a design. Prepare cake batter: Cream 1/2 cup butter; gradually add 1/2 cup sugar and beat until light and fluffy. Add egg and beat well. Add sifted dry Ingredients alternately with the milk; beat

			1/2 cup sugar 1 egg 1 1/2 cups all-purpose flour 1 1/2 teaspoon baking powder 1/2 teaspoon salt 1/2 cup milk	until smooth,ending with dry ingredients pour over pineapple design.Bake by selecting the menu.Let cake cool for about 5 minutes before turning out onto a serving plate.Serve warm with whipped cream,if desired·
CA05	Spice cake	Metal Cake tin	1/3 cup soft butter 1 3/4 cups Flour 1 1/3 cups Brown sugar 3 tsp Baking powder 2 Eggs 1/2 tsp Cinnamon 1/2 cup Milk 1/2 tsp Grated nutmeg 1/2 lb Dates,pitted and cut in pieces	Preheat oven,butter and flour pan. Put ingredients in a bowl and beat all together for three minutes,using a wooden cake spoon. . If directions are followed this makes a most satisfactory cake;but if ingredients are added separately it will not prove a success.
CA06	Carrot cake	Metal Cake tin	3 cups Grated Carrot 2 tsp Ground Cinnamon 1-1/2 Cup Flour 1-1/2 tsp Baking Soda 1 cup Chopped Walnuts 3 Beaten Eggs. 1/2 tsp Salt 1 tsp Nutmeg 1-1/2 Cup Sugar 1 cup Canola Oil	Sieve the flour and mix it with baking soda,nutmeg, cinnamon and salt together. Blend grated carrots,sugar, oil,some walnuts and eggs. Mix dry ingredients into the above mixture· pour it into a pan. Bake the cake by selecting the menu. Add food color to the cake if needed· Garnish with remaining walnuts and serve.
CA07	Dates and walnut cake	Metal Cake tin	Dates- 1/2 cup (chopped) Boiling water-1/2 cup Flour-1 cup salt- 1/2 tsp Cinnamon powder- 1/4 tsp Butter-1/2 cup Finesugar-3/4 cup vanillaessence-1/2 tsp Eggs-1 Walnuts-1/2cup,diced Walnuts-chopped,to	Soak the dates in boiling water then allow them to cool at room temperature. Sift the flour,salt and cinnamon together. Cream the butter and sugar in a large bowl until the mixture is light and fluffy.Add the vanilla and the egg and beat well. Fold the sifted flour into the creamed butter,alternating with the dates.Stir in the walnuts. Spoon the cake batter into a greased and lined baking tin,garnish with walnuts and bake until the top is brown and a skewer

			garnish	inserted into the cake comes out clean. Allow the cake to cool in the tin before turning it out.
CA08	Fruit Cake	Metal Cake tin	1 cups Brown Sugar 1 1/2 cups All-Purpose Flour 1 1/2 tsp Baking Soda 1 tbsp Ground Cinnamon 1 tbsp Ground Cloves 1 tbsp Ground Allspice 1 tbsp Ground Nutmeg 2 Eggs 1 tbsp Lemon Zest 1 tbsp Vanilla Extract 1/2 cup Raisins 1/2 cup Chopped Nuts 1/2 cup Dried Mixed Fruit 1 1/2 cups Butter,melted	In a large bowl,mix sugar,flour,soda, spices,eggs ,lemon zest,vanilla,fruit, nuts and melted butter. Pour the mixture over a greased pan. Bake the mixture using the menu CA 08, the cake is baked when cake tester comes out clean. Cool it on a wire rack and wrap it in a foil.
CA09	Eggless Cake	Metal Cake tin	1/2 tin(200 grams) condensed milk 140 gms self raising flour 1 tsp baking powder 1/2 tsp baking soda 60 ml melted butter or margarine 1 tsp vanilla essence	Sieve the flour,baking powder and soda bi-carb together. Mix the flour mixture,condensed Milk,melted butter,essence and 75ml· water and beat well. pour the mixture into a greased and dusted cake tin and bake by selecting the menu. The cake is ready when it leaves the sides of the tin and is springy to touch.
CA10	Sponge Cake	Metal Cake tin	Eggs-6,sugar-1 cup, lemon juice-1 tbsp,1/2 tsp grated lemon rind,1 cup flour.	Separate the whites and yolks of the eggs, beat the yolks until thick and lemon colored,add sugar gradually,then add the lemon juice and rind. Cut and fold in the sifted flour and cut and fold in the stiffly beaten egg whites. Bake in an ungreased pan in a very moderate oven. Bake until the cake is puffed,has lost its shine,and springs back when gently pressed.

Code	Pulse pre Cook	Cookware	Ingredients	Method
PC 01	Beans	Microwave safe bowl	Add 750 ml of water for every 250 ml(1cup) of pulses	Combine pulse and water in a suitable microwave casserole dish,Cover and pre cook by using this programme. Let stand for 1 hour before cooking the pulses further.
PC 02	Whole peas			
PC 03	Chick peas			
PC 04	Split Dal			
PC 05	Moong			

code	Bake counter	cookware	Ingredients	Method
bc 01	Chocochip Cookies	Metal tray	110 grams-unsalted butter (room temperature), 75gms granulated white sugar, 80 gms firmly packed-light Brown sugar, 1 large eggs, 1 teaspoons pure vanilla extract, 150 gms maida, 1/2 teaspoon baking soda, 1/2 teaspoon salt 140 gms semisweet chocolate chips, 100 grams-walnuts or pecans,coarsely chopped (optional)	In the bowl of your electric mixer (or with a hand mixer),beat the butter until smooth and creamy.Add the white and brown sugars and beat until fluffy(about 2 minutes).Beat in eggs, one tbsp at a time,making sure to beat well after each addition.Add the vanilla and beat until incorporated. Scrape down the sides of the bowl as needed. In a separate bowl,combine flour, Baking soda,and salt.Add the dry Ingredients to the egg mixture and beat until incorporated,adding the chocolate chips and nuts(if using) about half way through mixing.If you find the dough very soft,cover and refrigerate until firm(from 30 minutes to two hours) For large cookies,use about a 2 tablespoon ice cream scoop or with two spoons,drop about 2 tablespoons of dough (35 grams)onto the prepared baking sheets.Bake using the menu. Cool completely on wire rack. Makes about 4 dozen-3 inch round

				cookies.
bc 02	Peanut butter Cookies	Metal tray	170 grams unsalted butter (room temperature), 105 grams light brown sugar, 100 grams granulated white sugar, 1 large egg, 1 teaspoon pure vanilla extract, 185 grams peanut butter (smooth or crunchy), 260 grams all purpose flour, 1/2 teaspoon baking soda, 1/4 teaspoon salt, 1/2 cup chopped peanuts	In the bowl of your electric mixer (or with a hand mixer), beat the butter. Add the peanut butter and sugars and beat until light and fluffy (about 2-3 minutes). Add the egg and vanilla extract and beat to combine. Beat in the milk. In a separate bowl whisk together the flour, baking soda, and salt. Add to the peanut butter mixture and beat until incorporated. Cover and chill the batter for about an hour, or until firm enough to roll into balls. Roll the batter into 1 inch (2.54 cm) round balls. Place the granulated white sugar in a shallow bowl and roll each ball in the sugar. Place on the prepared baking sheet, spacing about 2 inches (5 cm) apart. Bake the cookies by selecting the menu. Cool completely on a wire rack. Makes about 4 dozen cookies.
bc 03	Oatmeal Cookies	Metal tray	110 grams walnuts or pecans, toasted and chopped (optional), 170 grams unsalted butter (room temperature), 210 grams packed light brown sugar, 1 large egg, 1 teaspoon pure vanilla extract, 105 grams Maida, 1/2 teaspoon baking soda, 1/2 teaspoon salt, 1/2 teaspoon ground cinnamon, 260 grams rolled oats 1 cup dried cranberries, or raisins To toast nuts: place nut on	In the bowl of your electric mixer (or with a hand mixer), beat the butter and sugar until creamy and smooth (about 2-3 minutes). Add the egg and vanilla extract and beat to combine. In a separate bowl, whisk together the flour, baking soda, salt, and ground cinnamon. Add the flour mixture to the creamed mixture and beat until incorporated. Stir in the nuts, oats, and dried cranberries or raisins. For large cookies, use 1/4 cup of batter (or use an ice cream scoop) and space the cookies about 2 inches (5 cm) apart on the baking sheet. Then wet your hand and flatten the cookies slightly with your fingers so they are about 1/2 inch (1.25 cm) thick.

			a baking sheet and bake for 8-10 minutes or until lightly browned and fragrant. Let cool and then chop into pieces.	Bake the cookies by selecting the menu.Remove from oven and let the cookies cool a few minutes on the baking sheet before transferring. Them to a wire rack to cool. Makes about 20-24 large cookies.
bc 04	Sugar Cookies	Metal tray	$\frac{1}{2}$ cup butter (softened), cup sugar- $\frac{1}{2}$ large eggs, 1 tsp.milk,1 $\frac{1}{2}$ cup maida, $\frac{1}{2}$ tsp.baking powder, 1/4 tsp. salt	Using electric mixer,mix up the butter and sugar properly.Mix in egg and milk.Mix flour,salt and baking powder in a bowl.Mix together butter mixture and flour mixture with the electric mixer.Roll into $\frac{1}{4}$ inch thick. Cover in plastic wrap and store at a low temperature for 2 to 24 hours. Using cookies cutter cut down cookies about $\frac{1}{4}$ inch in various shapes.Put cookies on sheet and bake by selecting the menu. Take out cookies from cookies sheet and keep in cool place for 10 minutes
bc 05	Butter Cookies	Metal tray	1 cup butter,1 cup white sugar,1 egg 2 $\frac{2}{3}$ cups maida,1/4 teaspoon salt,2 teaspoons vanilla extract	In a large bowl,cream together the butter and white sugar until light and fluffy.Beat in the egg,then stir in vanilla extract.Combine the flour and salt;stir into the sugar mixture.Cover dough,and chill for at least one hour. Chill cookie sheets.Press dough out onto ungreased,chilled cookie sheets. Bake using the menu.Remove from cookie sheets to cool on wire racks.
bc 06	Wheat Bran Cookies	Metal tray	100 gms salted butter , 125 gms cup sugar, $\frac{1}{2}$ egg, 100 gms wheat bran , 275 gms cups flour	Stir butter and sugar until creamy , add the egg and mix well. Add the wheat bran and the flour and work it into dough.Make small balls,put them on a baking sheet and flatten them with for example a fork.Bake by selecting the menu.
bc 07	Short Bread	Metal tray	226 grams-unsalted butter (room temperature),1 teaspoon pure vanilla extract 120 grams-powdered or icing sugar, 325 grams Maida,1/2	In the bowl of your electric mixer(or with a hand mixer),beat the butter and vanilla extract until smoth and creamy (about one minute).Add the sugar and beat until light and fluffy.In a separate bowl whisk the flour with the salt and then add the flour mixture

			teaspoon salt,260 grams-dark raisins Glaze: 1 large egg,lightly beaten	to the butter mixture and beat until the dough just comes together. Divide the dough into two halves, making one half slightly larger than the other half .Spread the smaller half of dough over the bottom of the prepared pan and gently press the dough,with your fingertips or the back of a spoon, to form an even layer.Sprinkle the raisins evenly over the dough and gently press the raisins into the dough. Take the other half of dough and using Your fingers,crumble it over the top of the raisins.Then lightly press the dough into an even layer. Take the lightly beaten egg and,using a pastry brush,coat the top of the shortbread with the egg wash.Then, with the tines of a fork,slowly drag the fork back and forth across the shortbread to make a decorative pattern· Cut the shortbread into about 1 x 3 Inch (2.5 x 7.5 cm)rectangular bars.Bake by selecting the menu. Makes about 32 shortbread fingers
bc 08	Thumppri nt cookies	Metal tray	113 grams-unsalted butter (room temperature), 50 grams-granulated white sugar, 1 large egg(separated) 1/2 teaspoon pure vanilla extract,130 grams-maida, 1/8 teaspoon salt, 100 grams-hazelnuts almonds,walnuts,toasted-finely chopped 1/2 cup jam	In the bowl of your electric mixer(or with a hand mixer),beat the butter and sugar until light and fluffy (2-3 minutes).Add the egg yolk and vanilla extract and beat until combined. In a separate bowl,whisk together the flourand salt.Add the flour mixture to the batter and beat just until combined. If the batter is too soft to roll into balls refrigerate for about 30 minutes. In a small bowl,whisk the egg white until frothy.Place the chopped nuts on a plate.Roll the dough into 1 inch(2.5 cm)balls.Taking one ball of dough at

				A time,dip first into the egg white and then lightly roll in the nuts.place on the prepared baking sheet spacing about 1 inch(2.5 cm)apart.Using your thumb or end of a wooden spoon,make a indentation into the center of each cookie and fill with about 1/2 teaspoon of jam. Bake by selecting the menu.Remove from oven and place on wire rack to cool.
bc 09	Garam Masala Cookies	Meta ltray	2 1/4 cups all-purpose flour 1 teaspoon baking soda 1 heaping teaspoon salt 2 tablespoons garam masala 1 teaspoon cinnamon 1 cup(2 sticks)butter,one softened 1/2 cup granulated sugar 1 cup packed light brown sugar 1 teaspoon vanilla extract 2 large eggs	Mix flour,baking soda,salt,garam masala,and cinnamon in a medium bowl.Set aside. In a sauce pan,heat 1 stick of butter over medium high heat until completely melted.Keep cooking the butter until it turns a rich golden brown color and begins to take on a warm, nutty smel.This may take up to 6 or 7 minutes.Be careful not to burn your butter!Pour into a heat resistant bowl and set aside for 10-15 minutes. In another bowl, mix brown sugar,granulated sugar,and softened stick of butter with an electric mixer, adding cooled browned butter gradually until completely combined. Add vanilla.Add eggs one at a time, blend until creamy.Slowly add flour mixture and mix,scraping the sides of the bowl to ensure even distribution throughout the dough. Drop rounded teaspoons of dough on to an ungreased cookie sheet 2 inches apart and bake by selecting the menu. Don't overbake these cookies-they should look almost under done when you take them out of the oven.set on wire racks to cool for 5 minutes,then remove from cookie sheet to cool completely.

bc 10	Cashew Cookies	Metal tray	Ingredients A: 210g butter 80g icing sugar 1egg yolk 1/2 tsp vanilla essence Ingredients B: 250g plain flour 1/4 tsp baking soda 1/8 tsp cinnamon powder Ingredients C: 300g cashew nuts(100 gms roasted chopped and 200gms unroasted) 2 egg yolks(beaten for eggwash)	Cream butter and icing sugar lightly at speed 1 using k beater.Add in eggs yolk and vanilla essence.Mix well. Stir in Ingredients B and chopped cashew nuts.Mix well.Chill dough and roll into small balls.Arrange on a lined baking tray. Brush with beaten egg yolk and place a whole (or half) cashew nuts on top of cookies and press slightly to flatten it.Bake by selecting the menu.Cool and keep in airtight container.
bc 11	Crème Caramel	Small Microwave a proof bowls-6	2 1/2 cup milk,8 tsp sugar,3 tbsp milk powder,3 eggs, 1 tsp vanilla essence.1 tsp vanilla custard powder. Milk egg mixture preparation method:Mix milk with sugar,milk powder and custard powder till smooth in a deep microwave proof bowl and microwave for 10 minutes, beat eggs and essence and add to the cooled milk. Melt sugar(3 tsp) and pour in 6 small heat proof metal bowls and let set for 5 minutes.	Pour egg mixture in the mould and cover with aluminium foil,and bake by selecting the menu.
bc 12	Chicken potato pie	Pie dish	Tow tbsp vegetable oil, 1 medium onion-finely chopped, 100g leek-washed and sliced,375gms potatoes-peeled and cut into chunks, 30g butter 1 1/2 tbsp milk,	Heat the oil in a pan and saute the onion and leek for 5 minutes to soften, Meanwhile,cook the potatoes in a pan of lightly salted water until tender and then mash together with the milk and butter,Season to taste. Add the minced chicken,celery and grated carrot and cook for about 5

			salt and freshly ground black pepper, 200gms minced chicken, half stick celery-chopped, 1 small carrot (approx 50g) grated, 2 tbsp tomato ketchup 100 ml chicken stock $\frac{1}{2}$ tsp fresh thyme or pinch of dried thyme an extra knob of butter To Decorate 1 leek, washed and sliced 2 baby sweetcorn, halved 1 tomato, slice 1 carrot 6 frozen peas basil leaves	minutes. Transfer to a food processor and chop for a few seconds to give the mixture a smooth texture, if desired. Return to the pan, add the ketchup, boiling stock and herbs, Cover and cook for about 4 minutes. Divide the chicken in three 10cm/4 "ramekin dishes and top with the mashed potato. Dot the top with a little butter and bake by selecting the menu. Information: Makes 3 Mini Chicken Pies
bc 13	Bread Pudding	Pudding mould-heat resistant	8 slices of bread 2 cups milk 50 grams butter 3 tablespoons sugar $\frac{1}{2}$ teaspoon vanilla essence $\frac{1}{2}$ cup chopped cashew nuts or walnuts 2 eggs beaten well	Remove the crusts from the bread slices and bread into small pieces. Take a baking dish and grease it. Spread the pieces of bread in it. Mix the milk, beaten eggs, sugar, vanilla essence and butter together and pour this mixture over the pieces of bread soaking them completely. Sprinkle the nuts on the top. Bake by selecting the menu.
bc 14	Chicken & Sweet Corn	bakeware	200gms cooked chicken, 100gms sweetcorn-drained, 1 small red pepper-finely diced, 150gms Low Fat Chicken Condensed Soup, 50ml milk, 25g cheddar cheese-roughly chopped, 50g bread crumbs, 1 tbsp chopped fresh parsley, large ovenproof dish.	In a large bowl mix together the chicken, sweet corn, red pepper, Low Fat Chicken Condensed Soup and milk. Mix well. Place in a large ovenproof dish. Mix together cheese, breadcrumbs and parsley and scatter over chicken mixture. Bake by selecting the menu.
bc 15	Oven Baked Rice Pudding	bakeware	2 cups cooked rice $\frac{1}{2}$ cup sugar 2 eggs, slightly beaten 2 cup milk $\frac{1}{2}$ tsp vanilla $\frac{1}{4}$ cup raisins	Place rice in bowl, add all ingredients and mix well. Pour into grease baking dish or pan and bake by selecting the menu.

			1/2 tsp.powdered cinnamon	
bc 16	Samoas	Meta ltray	Samosa Crust Maida-2 cups,warm oil-1/2 Cup, ajwain-1/2 tsp,warm water-if required to knead. Filling: oil 3 tbsp,ginger garlic paste- 1 tbsp,peas (boiled)-1 cup,potatoes (boiled)-2 medium,coriander- 1 tbsp jeers powder-1 tsp,mustard-1 tsp,garam masala-1 tsp,turmeric powder-1/2 tsp,fennel seeds- 1 tbsp,salt-to taste. Method to prepare Samosa filling: Microwave oil mustad seed in an earthen pot for 3 minutes. Microwave peas in a borosil bowl along with mustard, ginger garlic paste,turmeric for 2 minutes. Add jeera powder, garam masala and potatoes and microwave for 1.30 minutes. At last add coriander leaves for the flavour.	Samosa crust: Take maida mix salt,ajwain and warm oil together and make a dough,then just wet your hand with warm water to make the dough soft. Punjabi samosa: Take a big ball of the dough and roll it very thickly.Then cut it into half and put the above filling into it and close it with the help of water. Repeat the samething with the other half also Place the samosas on a lightly oiled baking sheet and brush lightly with oil and bake by selecting the menu.Then enjoy it with any garlic or simple green chutney.
bc 17	Puffs	Metal tray	Maida-225gms puff fat-110gms Margarine-20gms Chilled water-to knead the dough. Prepare filling for puffs of your choice.	Prepare the puff crust and keep it in a cool place for 1/2 an hour. Roll& cut into squares and then fill it with the filling and bake by selecting the menu.
bc 18	Bread Rolls	Baking tray	Bread Dough: Refined flour-225gms,yeast -10gms,sugar- 10gms,Margarine-15gms,salt -to taste,water-to knead the dough	Prepare the dough for bread rolls, shape them into rolls and place on greased bake tray.Bake by selecting the menu.

bc 19	Buns	Baking tray	Refined flour-250 gms, Fresh yeast-20gms,sugar-40gms,Salt-1/2 tsp,Margarine-30gms,milk powder-2 tsp,egg-1,water-70ml,color-few drops,egg (beaten)-little,vanilla-1/4tsp, lemon essence-1 1/4 tsp	Sieve the flour with milk powder,Add few dropd of color in the flour,prepare a dough using ingredients listed. Ferment it for 30 minutes,then punch the dough,divide into 7 to 8 portions.Make round balls and shape them.Keep it on greased tray and brush beaten eggs on them.Let it stand for 10 to 15 minutes.
bc 20	Magic rolls	Baking tray	Ingredients:(Makes 8 thin rolls) wheat Flour-1 cup Maida/ All Purpose Flour-2 and 1/2 Cup's(Divided) Active Dry Yeast-2 tsp Sugar-2 tsp Warm Milk-1/3 cup Warm Water-1/3 cup Salt-2 tsp Egg-1 Sunflower Oil-1/3 cup For the stuffing: Indian Tomato Pickle/ Thokku Mozarella Cheese Paneer/Cottage Cheese Egg-1(for egg wash) Sesame Seeds	Warm the water and Milk and mix together. Add Dry Yeast and Sugar to it and mix well, till the yeast gets mixed.Let them rest for 10 minutes,till the yeast mix,turns frothy- In a mixing bowl-mix the oil and one Egg- Beat it well.Add the Yeast mix to the bowl. Add Wheat Flour to the bowl and mix.Now add all purpose flour-1 cup and mix well- Add another one cup of all purpose flour and mix,combine all the flour together and make it as dough ball. Knead the Dough ball,with the help of the 1/2 a cup of all purpose flour,for atleast 10 minutes. Grease a Glass bowl,with little oil and put the kneaded dough into the bowl-Wrap the bowl with a cling sheet and let the dough raise for about land 1/2 an hour. After the Dough has raised,pinch a lemon sized dough and roll it,by dusting some flour fo rhelp. Get Ready with the stuffing ingredients.Also mix an egg with a tbsp o fwater and beat well with a fork,for egg wash. Roll the dough very thin.Spread a tsp of Indian Tomato Pickle/Thokku in the centre of the rolled dough. Grate some Mozarella chesse over the Tomato pickle. Grate Some Paneer over the cheese. Get ready with Egg wash by breaking a egg into a small bowl.mix a tbsp of water to the egg and beat with a fork.and get some dried parsely,to sprinkle over the paneer stuffing start Rolling the Dough slowly- Make some incisions over the roll and give a egg wash and sprinkle some sesame seeds over the top of the roll.

bc 21	Pizza	Baking tray	Pizza base,toppings of your choice,Pizza cheese and pizza sauce.	Apply pizza sauce,arranged Precooked toppings-veg or non veg-grate Pizza cheese and bake by selecting the menu.
bc 22	Chicken Tikka sandwich	Baking tray	Sandwich bread,chicken tikka(chop into small slices),Butter,onion sliced, Lemon juice,chaat masala, Mint coriander chutney, Cheese-optional	Apply butter,followed by chutney to bread slice,arrange the chicken tikka pieces on it,grate cheese and bake by selecting the menu.
bc 23	Toasty Paneer Sandwich	Baking tray	sandwich bread,Crumbled paneer,Butter,cumin seeds, onion and green chillies-chopped finely,Tomato (chopped finely),Salt. NOTE:(prepare the topping by frying cumin seeds, onion,green chillies, tomatoes in butter and then add panner and salt)	Lay the slices of bread on a clean cutting board and apply butter. Spread a layer of paneer filling on top. Select the menu and bake the toasty paneer sandwich.
bc 24	Milk Toasted Sandwich	Baking tray	Buttered Sandwich bread-grilled on both the sides, Milk,Grated cheese,salt,Fresh ground black pepper.	Dip the toasted bread in milk for a second.Place it on a cutting board and spread grated cheese.Select the menu and cook.Sprinkle pepper and salt and serve.
bc 25	cheese toast	Baking tray	sandwich bread-grilled on both the sides,Grated cheese,finely chopped capsicum,finely chopped green chillies(optional)	Mix cheese,capsicum,chillies together.Spread the cheese mixture on the bread and bake by selecting the menu.
bc 26	Muffins	Baking tray	1 3/4 cups all-purpose flour 1/4 cup granulated sugar 2 tablespoons baking powder 1/2 teaspoon salt 1 large egg 3/4 cup milk 1/3 cup vegetable oil	Combine the flour,sugar,baking powder and salt.Add egg,milk and oil to dry ingredients.Stir until just moistened.Do not over mix.Grease or line muffin tins with paper baking cups.Bake by selecting the menu.

Code	Steam Cook	Cookware	Ingredients	Method
HC 01	Sprouts	Steamer-microwave safe	Sprouts-200gms	Place sprouts in a microwave-safe Steamer; Add 1/4 cup water at the bottom. Select the sprouts programme and steam.

HC 02	Dhokla	steamer /microwave safe dish which can be placed in the steamer.	Dhokla batter-200 gms Dhokla seasonings.	Pour the dhokla batter in microwave safe flat dish and place it in a steamer with $\frac{1}{4}$ cup water at the bottom, steam by selecting the menu,pour the tempering on the steamed dhokla and serve with chopped coriander.
HC 03	Idli	Microwave safe idli maker	Idli batter-200gms	Put the batter in the moulds of microwave proof idli maker. Steam the idlis by selecting the idli programme. Allocate 5 minutes standing time.Serve hot with chutney or sambhar.
HC 04	Mix Vegetables	Microwave safe steamer	Mix vegetables-200gms	Place vegetables in a microwave-safe bowl,add no more water than what it takes to rinse your vegetables before washing.No additiona lwater is needed! Cover the bowl with microwave safe plastic wrap , leaving one corner open to vent or place the vegetables in a steamer and steam.
HC 05	Garlic prawns	Microwave safe flat dish	500gms-prawns, 1 tablespoon cooking oil,1/2 teaspoon salt,1 tsp ground white pepper,1 tsp finely chopped fresh ginger root,4 large garlic cloves(finely chopped),3 tbsp chopped fresh coriander,2 tbsp finely sliced spring onions.	Mix all the flavouring ingredients together and then turn in the prawns until they are evenly coated. Place on the microwave safe flat dish and steam by selecting the menu garlic prawns. Add coriander and spring onions after prawns are steamed.
HC 06	Chicken	Microwave safe flat dish	Chicken boneless-200gms, ginger garlic paste,salt as per taste.	Arrange boneless chicken in a single layer in a shallow 10-to 12-inch microwave-safe dish or plate,positioning thickest parts toward outside of dish.Cover and cook by.

				selecting the menu.Let stand,covered,for 2 minutes.chicken should no longer be pink in thickest part; cut to test.
HC 07	Kofta	Microwave safe Steamer	300 gm.cabbage grated or very finely chopped. 1 level tsp.baking powder, 2 cloves garlic crushed or 1 tsp.grated(optional) 1 inch piece or 1 tsp.grated ginger, 1 medium or 100 gm.Onion- finely chopped or grated, 2-3 green chillies, very finely chopped, 1 tbs.corriander leaves- finely chopped, 1 cup besan or gram flour * Salt to taste, 1 tsp.oil 1/2 tsp.Garam Masala	Sift gram flour/besan and baking powder together in a bowl. Add all other kofta ingredients. Add water slowly and make a stiff batter, much stiffer than you would make normally when frying the koftas. Place spoonfuls or dollops of batter on a microwave steamer plate, leaving approximately 1 inch /2.54cm.space all around it Cook by selecting the menu..Test one,if undercook. Cook for another 30 seconds.
HC 08	Fish	Microwave safe dish with a bit of depth	Fish(1piece)-200gms,1 thick stalk spring onion,5 slices ginger-cut into strips,1 chilli- chopped,1/2 tomato-cut into small wedges,2 mushrooms-cut into strips,1 sour plum (salted),1/2 tbsp light soy sauce, 1 tbsp water	Place fish (skin side down) in a plate with a bit of depth. Drizzle light soy sauce and water over it and keep in fridge(covered) for atleast 30 minutes.Scatter the rest of the ingredients evenly over the fish.Steam by selecting the menu.
HC 09	Muthiya	Microwave safe Steamer	wheat flour-1 cup, suji- 1 tbsp , Besan (gram flour) -2 tbsp,Doodhi (grated) or methi (chopped), coriander leaves-1 tbsp,oil 3 tbsp,sugar-1 tsp,lemon juice-1t sp,haldi-1/4 tsp,red chilli powder -1/2ts ,Dhania powder-1 tsp,salt-1 1/2tsp, sodabi carb-1/4 tsp Grind to paste -Green chillies- 2,Ginger-1/4 inch Ingredients for tempering: Oil- 2tsp,mustard-1 tsp,till-1 tsp	Mix wheat flour,suji,besan in a bowl.Add grated doodhi and ginger chilli paste.Add all the other ingredients except the ingredients for tempering. Bind the mixture together. Add water(1-2 tbsp) if required. Apply oil to the hands and roll the dough into a thick roll of 6-8 inches length. cover and steam cook by selecting the menu. cool and cut the roll into 1/2

				inch thick slices.
HC 10	Corn	Microwave safe Steamer	1 corn(unhusked) Salt to taste 2 tsp butter 1/4 tsp lemon juice 1/2 tsp kasuri methi	Add water to the base of the steamer and add the corn in the upper portion.Steam the corn by selecting the menu.Remove from microwave carefully.Corn will still be very hot.Allow to cool again slightly.Pull husk back. Corn should be steamed perfectly. If corn isn't cooked enough,pull husk back up and cook for 1 more minute.Add salt,butter or garlic for flavor.
Code	Health corner	Cookware	Ingredients	Method
HC11	Mix veg salad	Microwave safe bowl	50gms French beans 1 small carrots 50 gms cabbage 100gms Broccoli(cut into florets) 1/2 capsicum salt to taste 1 Tomato(cut into thin rings) 2 green chilies(slit vertically) Finely chopped coriander leaves 1 lemon juice Black pepper powder to taste	cut and cook the vegetables in microwave safe bowl.Add tomatoes, green chilies salt,pepper powder and lemon juice, and mix well. Garnish with coriander leaves.
HC12	Carrot Halwa	Heat resisitant glass bowl	50 ml condensed milk 250 gms-carrots grated 1-2 tbsp sugar(to taste) 2 tsp Ghee 50 gm Dry fruits(optional) 3-4 pods cardamom,powdered A few strands of saffron	Mix all the ingredients together and cook by selecting the menu.
HC13	Mix Veg Idli	Microwave safe Idli Mould	Idli batter-100gms Mix vegetables(chopped)-50gms	Mix in the vegetables in idli batter and cook using the menu.
HC14	Paushtik Khichdi	Microwave safe cooker	1/2 cuprice 1 tablespoon moog dal 1 tbsp tur dal 1 tomatoes 1 onion 1 cups leafy greens (plus you could include any	Wash rice and dals together and transfer them to a microwave safe rice cooker.Add the chopped onion, tomatoes, green sand vegetables. Add all the spice powders,

			other vegetable that you fancy) salt 1 teaspoon ghee/oil 1/2 teaspoon turmeric 1/2 teaspoon red chili powder 1/2 teaspoon garam masala powder tadka/ seasoning 1 teaspoon oil 1/2 teaspoon mustard seeds 1 pinch asafoetida 4-5 curry leaves	Pour about 1 glasses of water and a teaspoon of oil or ghee. Cook using the menu Paushtik khichdi. Open and add salt and then prepare the tadka and pour on the khichdi. Serve hot in a bowl so that it does not cool quickly. It has to be enjoyed steaming hot.
HC15	Soya chunks subji	Microwave safe bowl	Soya chunks(soaked and sliced into curry sized pieces-1/2 cups),Red chilly powder-1/2 tsp,onion(sliced)-1 large, Tomato(sliced)-1 large,Green chillies(slit)-1, Curry Leaves -A sprig, Coriander powder-1/2 tsp, Turmeric powder-1/4 tsp, Pepper Powder-1/4 tsp, Ginger paste-1/4 tsp, Garlic paste-1/4 tsp, Tomato Sauce-1 tbsp (optional), Cilantro-A few, oil -2 tbsp, Mustard seeds-1/2 tsp, Salt-As required, Water-As required.	Mix all the ingredients and select the menu and cook. Serve along with rice or chappathis.
HC16	Patrani Machi	Microwave safe glass plate	Boneless fish pieces-100 gms lemon juice-1 tsp, salt-to taste, red chilli powder-1/4 tsp. For paste: coriander-1 cup gms, coconut(grated)-1/4, mint-1/4 cup, garlic-4 flakes, sugar-1/2 tsp, salt and black pepper to taste lemon juice-1 tbsp, banana leaves-for wrapping the fishes	Wash the fish and rub lemon juice, salt and red chilli powder on it and keep aside for 15-20 mins. Make a fine paste of all the ingredients give above. Rub well over the pieces and refrigerate for an hour. Wrap each fillet in the banana leaves and seal with a tooth pick. Cook fish by selecting the menu.

HC 17	Baked Chicken	Heat resistant glass tray or baking tray	100 gms chicken-boneless, 3 teaspoon butter Mint/green chutney,lemon wedges and fresh salad for serving 1 st marination:1 teaspoon ginger-garlic paste,1 teaspoon lemon juice,1/2 teaspoon salt 2 nd marination:2 tablespoon hung curd, 1 tablespoon malai , 1/4 teaspoon black salt,1 teaspoon oil,1 teaspoon Kashmiri red chilli powder, 1/2 teaspoon turmeric powder,1/2 teaspoon garam masala powder.	Wash and clean chicken pieces and pat dry with a kitchen towel. Marinate chicken with ginger-garlic paste,lemon juice and salt.keep aside for an hour . Separately mix the 2nd marinade ingredients in a mixing bowl and whisk till smooth. Add the chicken pieces, along with the marinade into this mixture and keep aside for 3 hours. Final preparation: Arrange marinated chicken pieces on a greased baking tray.Remove from the oven and apply 1 teaspoon melted butter evenly on chicken pieces. serve hot with freshsalad, mint chutney and lemon wedges.
HC18	Baked Vegetables	Heat resistant flat glass dish	1/4 cupgreenpeas,50 gms cauliflowers(cut into florets), 30 gms french beans (chopped),1small carrot (chopped),1 large capsicums (chopped),1 large onion (chopped),2 green chillies (chopped),tsp butter1/4 cup mushroom(sliced),Salt and black pepper powder(to taste) (Note: Mix all the ingredients and microwave for a minute)	Bake the vegetables by selecting the menu.
HC19	Stewed Apple	Microwave safe glass bowl	Apples-peeled and sliced-100gms,1 tbsp.-sugar, 1 tbsp.-flour,1/4 tspcinnamon 1/8 tsp.salt	Blend together sugar,flour, cinnamon and salt.coat apples in mixture and select the menu and press start.
HC20	Stewed banana	Microwave safe glass bowl	Water-50 ml,4 tbsp instant rice flour with salt mixed in 1/2 cup cold water,1/2 cup low fat evaporated milk,handful of raisins,1 big banana,sliced,2 cardamom, white sugar to taste.	Mix all the ingredients together and select the menu and press start . Can serve hot or cold.

Code	Crisp Snacks/Stuff Veg.	Cookware	Ingredients	Method
CS 01	Peanuts	Heat resistant glass	100 gms peanuts	Spread out the nuts on a plate and cook by selecting the menu/amount and press start. Watch carefully, and take out when nuts are just slightly less browned than you want, as nuts will continue to brown for a moment after removal (from the heated oil inside the nut). Once your nuts are toasty and warm, salt them generously and enjoy.
CS02	Cashewnuts	Heat resistant glass	100 gms cashewnuts	
CS03	Popcorn	Popcorn in microwave safe pack	Ready to microwave popcorn-100gms	Follow the instructions on the popcorn packaging material, and select the menu.
CS04	Masala peanuts	Heat resistant glass dish	Peanuts-1/2 cup, Gram flour-1 tablespoon, Corn flour-1 tsp, Turmeric powder-1/4 tsp, Red chilli powder-1 tsp, Garam masala powder-1/2 tsp, Ginger garlic paste-1/2 tsp, oil-5 to 6 drops and salt as per taste.	Mix all the ingredients except oil, Add little water and mix well so that the peanuts are coated with the mixture evenly, grease the plate with oil, spread the masala peanuts on the plate and select the menu/weight and press start.
CS05	Garlic almonds	Heat resistant glass dish	1 tsp unsalted butter, 2 tsp soy sauce., 1/4 teaspoons hot pepper sauce, 2 cloves garlic, 100 gms blanched whole almonds, 3 teaspoons seasoned pepper 1/4 teaspoon dried red pepper flakes, salt to taste	Mix all the ingredients, place in microwave and select menu and press start.

CS06	Bharawan Potato	Heat resistant glass dish	Potatoes-Amount as per the programme selected. Ingredients for preparing the stuffing- Onion, Capsicum, Peas, Green chillies, Tomato, Garlic cloves, oil, salt as per taste.	Prepare filling as per individual preference for taste, additional ingredients could be added or deleted while preparing the filling. slice off the top of the aloo and use it later as a lid. Carefully scoop the inside. Fill the potato with precooked stuffing prepared from the above mentioned ingredients and cover the potato with the potato slice securing it with a tooth pick. Bake the potato using BHARAWAN potato menu by selecting appropriate weight.
CS07	Stuffed Tomato	Heat resistant glass dish	Tomatoes-Amount as per the programme selected. Ingredients for preparing the stuffing- onion, coriander, crumbly cottage cheese, Grated cheese, Bread crumbs salt as per taste	Prepare filling as per individual preference for taste, additional ingredients could be added or deleted while preparing the filling. cut the head of the tomatoes and scoop out the pulp inside. Mix the pulp with chopped onion, coriander, grated cheese, bread crumbs and fill in the tomatoes. Top the tomatoes with a bit of cheese and cook the stuffed tomato by using stuffed tomato menu by selecting appropriate weight.
CS08	Stuffed Brinjal	Heat resistant glass dish	Brinjals-Amount as per the programme selected. Ingredients for preparing the stuffing: Mashed potatoes, Garlic paste, Roasted groundnuts, Coriander powder, cumin powder, Mustard seeds, Asafetida, Turmeric powder, Tomato paste, Red chilli powder, Garam masala, Tamarind extract, salt, oil	Slit the brinjal length wise and scoop out the pulp, stuff the brinjal with the filling and then cook it using the menu stuffed brinjal.

CS 09	Stuffed Capsicum	Heat resistant glass dish	Capsicum stuffed with potatoes, green peas & masalas.	Cook stuffed capsicum using the programme Bharawan subzi.
CS10	Stuffed Bittergourd	Heat resistant glass dish	Stuffed bittergourd stuffed with prawns and potato preparation along with the masala	Cook the stuffed bittergourd by selecting the menu.

Code	Cooking tips	Cookware	Ingredients	Method
Co 01	Garlic peel	Heat resistant glass dish	Garlic-100gms	Put garlic pods in microwave, select menu and press start.
Co 02	Blanching Almonds	Microwave safe bowl	Almonds-100 gms	Add 50 ml of water to almonds. select menu and press start. Allocate standing time of 5 minutes and then peel.
Co 03	Blanching Tomato	Microwave safe bowl	Tomato-100gms	To blanch tomatoes, use a toothpick to prick the tomato to allow the steam to escape and select the menu to blanch.
Co 04	Re crisp	Heat resistant glass dish	soggy biscuits-100gms	Place biscuit on the dish and select menu, check in between to prevent them from burning as the time will vary based on the level of moisture content. Allocate a standing time of 5 minutes and biscuits will be crisp again.
Co 05	Ghee	Heat resistant glass bowl	Milk cream-100 gms	Place the dish with milk cream, select the menu and press start. Stir in between during the programme and press start to resume cooking.
Co 06	Pulping tamarind	Heat resistant glass bowl	Tamarind (deseeded)-100gms, water 50 ml	To extract juice from tamarind, add some water to it and select menu and press start. Allow standing time of 5-10 minutes and extract the juice. It's much easier to do this way.
Co 07	Tadka/Popu	Heat resistant glass bowl	onion/tomato/jeera/mustard/oil	Put the seasonings in a bowl and select the menu and press start. This can be used for preparing vegetables, dals etc.

Co 08	Coconut milk	Microw ave safe bowl	Coconut grated- 100 gms	Grind the coconut with water as required,select menu and press start, then strain the milk through the strainer.
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Code	Beautysecrets	Cookware	Ingredients	Method
SE01	Almond Hand Cream	Heat resistant glass bowl	1/2 cup of coconut oil and almond oil.1/4 cup of rosewater and 1/4 cup of beeswax for cosmetic purpose.	Mix all the ingredients and select the programme and press start.The mix will harden after it cools down
SE02	Fruity Lip Gloss	Heat resistant glass bowl	2 Tbsp solid shortening, 1 Tbsp fruit-flavored powderd drink mix 35 mm film container(clean and sterelised)	Mix shortening & drink mix together in a microwave safe bowl till smooth.Place in microwave by selecting the until mix becomes a liquid.Pour into clean(wash thoroughly before use) film container.Place mix into fridge for 20-30 minutes or till firm.
SE03	Massage oil	Heat resistant glass bowl	Baseoil, Essential oil,Herbs, cheesecloth, Bottle	Step1:Choose a light oil as your base.Olive,canola,or coconut are great choices.They are light weight and feel smooth against the skin. Not greasy like some heavier oils. Step2:Add a desired herb.Herbal plants and flowers have been around for centuries and are known for their healing properties.If you want to feel stimulated and more energized choose a mint extraction.If it's peace and serenity that you seek a few drops of lavender will do the trick. Step3:Heat things up.Once you have combined the oil and herbs place them in a microwave safe glass bowl and select the programme and press start.Allow the mixture to sit for 30 minutes. Step4:Purify.Drain the oil using cheesecloth into a bottle.This step helps eliminate impurities.

SE04	Carrot Face pack		1 large carrots 2 tablespoons honey	Chop carrot and select the menu and press start,then mash.Mix with honey.Apply gently to the skin and wait 10 minutes.Rinse off with cool water.
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TO STOP THE OVEN WHILE THE OVEN IS OPERATING

1.Press cancel button

You can restart the oven by pressing **Start/+30 Sec.** pad.

Touch Cancel to erase all instructions.

2.Open the door.

You can restart the oven by closing the door and pressing **Start/+30 Sec.** pad.

NOTE:oven stops operating when door is opened

AUTOMATIC PROTECTION MECHANISM

1. Ultra-high temperature protection

In the hot air convection or hot air convection combination and barbecue or barbecue combination function, when the temperature in the furnace is greater than 250 °C, the system enters the ultra-high temperature protection state. The display displays "E 01" and the buzzer keeps sounding "BE". After the fault is rectified, press Stop/Reset. The system enters the normal state.

2. Ultra-low temperature protection

After the microwave oven works continuously for 5 minutes with hot air convection or hot air convection combination and barbecue or barbecue combination function, if the temperature in the oven is lower than 40 °C, the system enters the ultra-low temperature protection state. At this time, the screen displays "E 02" and the buzzer keeps sounding "BE". After the fault is rectified, press Stop/Reset. The system enters the normal state.

3. Sensor fault protection

When the sensor is short-circuited, the system enters the sensor fault protection state. The screen displays E 03 and the buzzer keeps sounding BE. After the fault is rectified, press Stop/Reset to enter the standby state.

CLEANING AND CARE

1. Turn off the oven and unplug the power cord from the wall when cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergents may be used if the oven gets very dirty. Avoid using spray or other harsh cleaners. They may stain, streak or dull the door surface.
3. The outside of the oven should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or splatters. Do not use abrasive cleaner.
5. A steam cleaner is not be used.
6. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
7. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition. And it is normal.
8. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
9. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild, soapy water or in a dishwasher. When removing the roller ring, be sure to replace it in the proper position.
10. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a microwaveable bowl. Microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
11. If the light bulb burns out, please contact customer service to have it replaced.
12. The oven should be cleaned regularly and any food deposits should be removed. Failure to maintain the oven in a clean condition could lead to deterioration of surface that could adversely affect the life of the unit and could possibly result in a hazardous situation.
13. Please do not dispose of this appliance into the domestic rubbish bin; it should be disposed to the particular disposal center provided by the municipalities.
14. When the microwave oven with grill function is first used, it may produce slight smoke and smell. This is a normal phenomenon, because the oven is made of a steel plate coated with lubricating oil, and the new oven will produce fumes and odor generated by burning the lubricating oil. This phenomenon will disappear after a period of using.

ABOUT E-WASTE

E-waste or Electronic Waste or Waste Electrical and Electronic Equipment (WEEE) are the terms used to describe old, end-of-life or discarded appliances which are operated using electricity.

Do's and don'ts for customers

Do's

- Always dispose of products that have reached end-of-life by calling an Authorized local E-waste Recycler.
- Always drop off your used/discarded or end-of-life electronic products, batteries or any accessories at your nearest Authorized E-Waste Recycler or E-waste collection center.
- Wherever possible or as instructed, separate the packaging material according to responsible waste disposal and recycling options.
- Check with your nearest dealer or electronic showroom if any scheme is available with return of old and end-of-life electronic item.

Don'ts

- Do not dismantle your electronic products on your own.
- Do not throw electronics in bins having "Do Not Dispose" sign.
- Do not give E-waste to informal and unorganized sectors like Local Scrap Dealer and Rag Pickers.
- Do not dispose off your product in garbage bins along with municipal waste that ultimately reaches landfills.

Risks of improper handling of E-waste

E-waste usually includes components which if disposed off improperly hold adverse environmental consequences such as air, water, and soil pollution and also pose risks to human health. By ensuring this product is disposed off correctly, you will help prevent potential negative consequences for the environment and human health.

Components and materials used in the manufacture of this product are RoHS compliant.

For detailed information and disposal request

Please visit our website <https://www.ifbappliances.com/e-waste> or Contact IFB Care at 080 458 45678 and provide your details to our representative to raise a request for product to be picked up for recycling and safe disposal.



WARRANTY

IFB Industries Limited. ("The Company") warrants to the original domestic purchase of this Microwave oven ("Appliances") that it is free from defects in workmanship & materials. During 12 months from the date of purchase of the new microwave oven model, all the parts of the microwave oven and 36 months magnetron & cavity, shall be replaced or repaired free of charge, on intimation to the Company | Company's authorized service centre nearest to the place where the appliance is installed. This warranty is subject to Limitations of Warranty.

1. This warranty is not valid in case of the following events.

- a) If the warranty card is not fully and properly filled in and signed at the time of purchase | installation by the company's authorised dealer | service engineer.
- b) If the completed warranty card is not presented to the authorised personnel at the time of service | repair.
- c) If the appliance is not used in accordance with manufacturer's instructions given in the Operating Manual.
- d) If the appliance has been serviced, repaired, opened or tampered by any unauthorized personnel.
- e) If defects arise caused by accidents, alteration, misuse, neglect, abuse, substitution of original components with spurious | non-genuine components, attack by household pests | rodents, fire, flood, earth-quake, lightning and | or any other acts of God natural calamities.
- f) If damages occur by improper electrical, circuit outside the appliance or by any defective electrical supply thereof.
- g) If the machine serial number on the appliance is defaced, missing or altered.
- h) If the appliance is taken out of India.

2. This warranty does not cover any type of painting, plating including rusting etc or defects thereof.

3. This warranty does not cover normal wear and tear of parts.

4. Liability for consequential damages is neither accepted nor implied.

5. Parts replaced or repaired under this warranty are warranted throughout the remaining of the original warranty period.

6. Company is not liable for any delay in servicing due to reasons beyond the control of the company or any of its authorised service center.

7. This warranty is not applicable, if the built in oven is used for commercial purpose of at places like Institutions, Hotels, Hostels, Hospitals, Community Halls and other similar applications.

8. For any service under this warranty beyond city, town, municipal limits from the Company, authorized service centre, a fixed charge of Rs. 250/- will be collected from the customer in addition to the actual to and fro charges by the shortest route.

Alternatively the customer can bring the appliance to the nearest service centre for carrying out the necessary repairs, at customer's own cost.

9. During the warranty period whenever the appliance is shifted from the original city of purchase to another city , town where service is provided by the company's authorized service agent, a warranty transfer charge of Rs. 300 /- will be collected from the customer by the company's authorized service agent. The above charges also include the reinstallation of the appliance. However in case of transfer to a city where the company provides direct service, a nominal charge of Rs. 250 /- only will be collected from the customer towards reinstallation. The Company, however, shall not undertake the responsibility of shifting I transferring the appliance from the location where the appliance was originally installed.

10. This warranty is issued subject to the jurisdiction of Kolkata courts, and I or other judicial/ quasi judicial forums having jurisdiction over the registered office of the Company.

Note: For all types of repairs I maintenance under warranty, the appliance shall be brought to the nearest **Company service centre or its authorised service agent.**

CUSTOMER COPY

Mr./Mrs./Ms - - - - -
Address - - - - -
- - - - -
Telephone No.: - - - - -
-
Model Name: - - - - -
Serial No.: - - - - -
Date of Purchase: - - - - -
Cash Memo No.: - - - - -
Dealer Name and: - - - - -
- -
Address stamp: - - - - -

Service Station Copy

Mr./Mrs./Ms - - - - -
-
Address - - - - -
- - - - -
Pin code : - - - - -
Telephone No.: (R) - - - - - (0) - - - - -
Model Name: - - - - -
Serial No.: - - - - -
Date of Purchase: - - - - -
- - - - -
Cash Memo No.: - - - - -
- - - - -

Products Owned by the customer:

Products Owned by the customer:(Please tick in the appropriate box.)

☐ Washing Machine ☐ Refrigerator ☐ ColorTV ☐ 100% Clothes Dryer ☐ Dishwasher
☐ Car ☐ Air Conditioner

IFB Industries Limited
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Kolkata – 700088