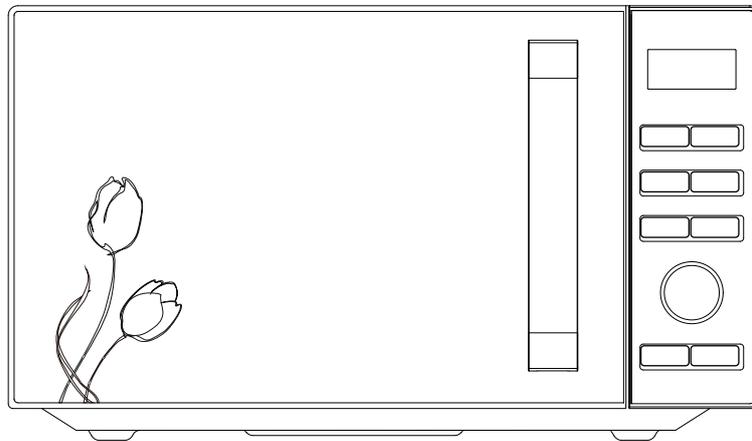




MODEL: 30BC5

CONVECTION MICROWAVE OVEN
User Manual



PLEASE READ THESE OWNERS'S MANUAL INSTRUCTION CAREFULLY BEFORE OPERATION 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 particularly important that the oven door close properly and that there is no damage to the
 - a. Door (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 properly qualified service personnel.

SPECIFICATIONS

Power Consumption:	230-240V/50Hz
	1400W(Microwave) 1250W(Grill) 2200W(Convection)
Microwave Power Output:	900W
Operation Frequency:	2450MHz
Outside Dimensions:	300mm(H)×539mm(W)×437mm(D)
Oven Cavity Dimensions:	240mm(H)×354mm(W)×358mm(D)
Oven Capacity:	Compact 30 Litres
Net Weight:	Approx.18.4kg

INSTALLATION

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.
10. The microwave oven should be operated at the same voltage as that specified on the rating label.

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 this 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:** When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
6. **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.
7. To reduce the risk of fire in the oven cavity:
 - a) When heating food in plastic or paper container, keep an eye on the oven due to the possibility of ignition;
 - b) Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c) If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
 - d) Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
 - e) The microwave oven is intended for heating food and beverages. Drying of clothing and heating of warming pads, 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 product is a Group 2 Class B ISM equipment. The definition of Group 2 which contains all ISM (Industrial, Scientific and Medical) equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and spark erosion equipment. For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purpose.

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 cooktop or other heat-producing appliance. If installed could be damaged and the warranty would be void.
22. The microwave oven shall not be placed in a 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 touching heating elements inside the oven, for cooking ranged and ovens.
26. WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person
27. The instructions shall state that appliances are not intended to be operated by means of an external timer or separate remote-control system.
28. The microwave oven is for household use only and not for commercial use.
29. Never remove the distance holder in the back or on the sides, as it ensures a minimum distance from the wall for air circulation.
30. Please secure the turntable before you move the appliance to avoid damages.
31. 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.
32. The microwave oven is intended for defrosting, cooking and steaming of food only.
33. Use gloves if you remove any heated food.
34. Caution! Steam will escape, when opening lids or wrapping foil.
35. 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.
36. If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

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.

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/Black = NEUTRAL

Brown/Red = LIVE

MICROWAVE COOKING PRINCIPLES

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 microwaving 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.

BEFORE YOU CALL FOR SERVICE

If the oven fails to operate:

1. Check to ensure that the oven is plugged in securely. If it is not, remove the plug from the outlet, wait 10 seconds, and plug it in again securely.
2. 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.

3. Check to ensure that the control panel is programmed correctly and the timer is set.
4. Check to ensure that the door is securely closed engaging the door safety lock system. Otherwise, the microwave energy will not flow into the oven.

IF NONE OF THE ABOVE RECTIFIES THE SITUATION, THEN CONTACT A QUALIFIED TECHNICIAN. CALL ON THE IFB CARE NUMBER MENTIONED ON THE PRODUCT STICKER. DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.

UTENSILS GUIDE

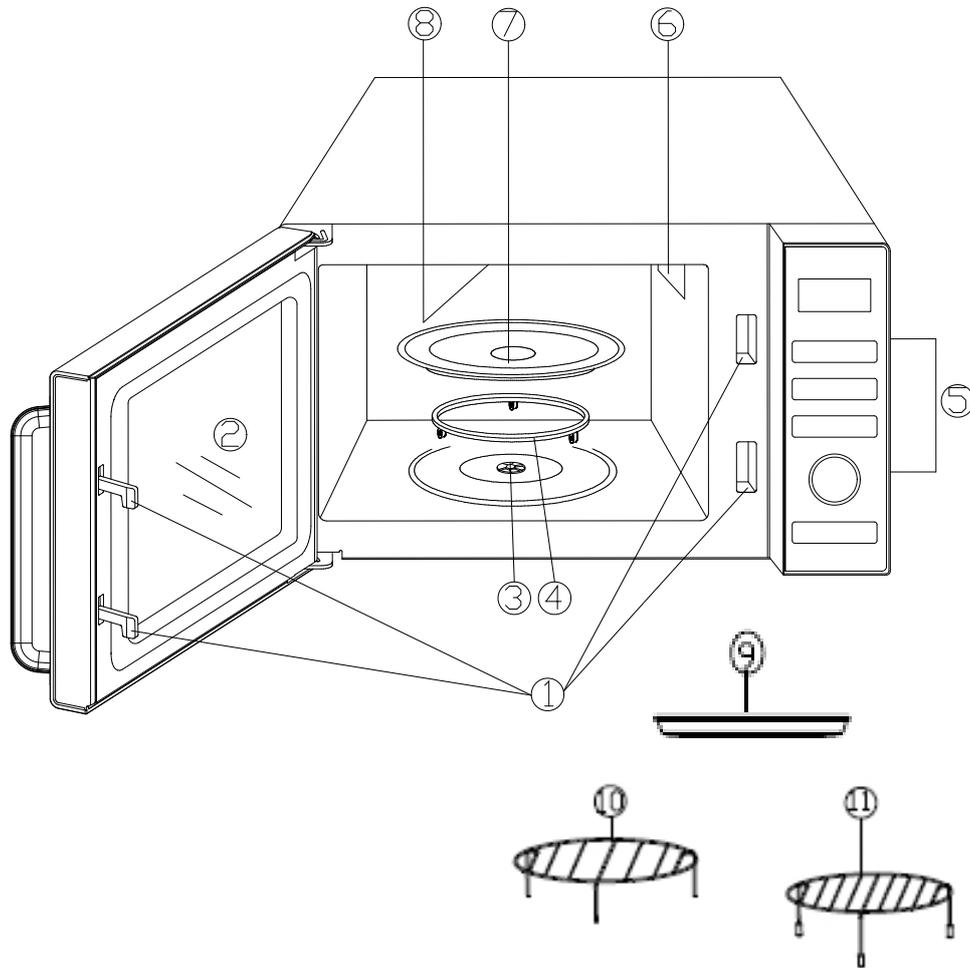
1. Microwave cannot penetrate metal. Only use utensils that are suitable for use in microwave ovens. Metallic containers for food and beverages are not allowed during microwave cooking. This requirement is not applicable if the manufacturer specifies size and shape of metallic containers suitable for microwave cooking.
2. Microwave cannot penetrate metal, so metal utensils or dishes with metallic trim 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
Baking plate	No	Yes	Yes	No
Aluminum Foil & Foil Container	No	Yes	Yes	No

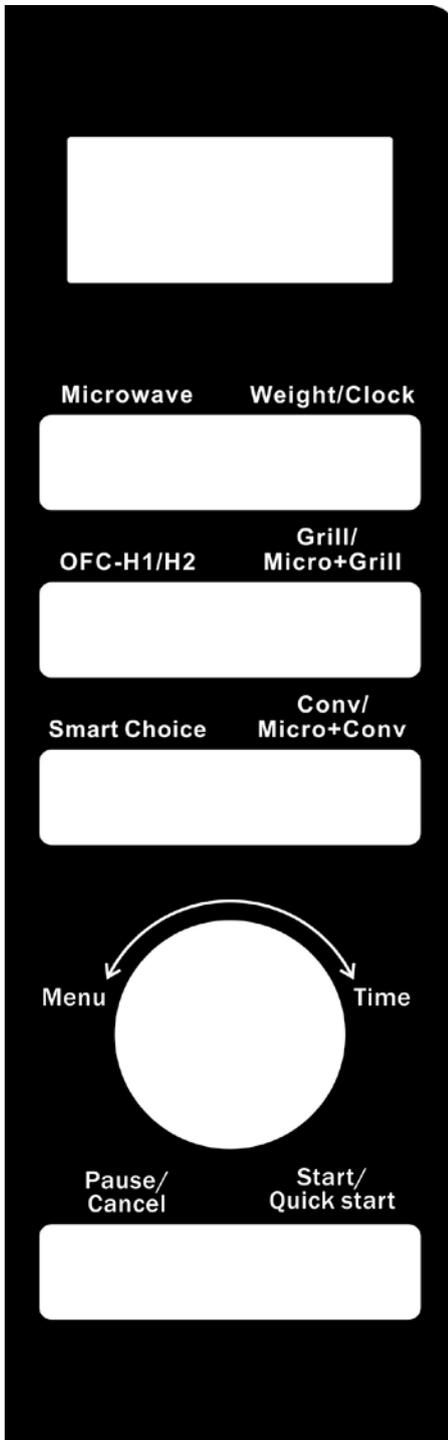
* Combination: applicable for both "micro+grill", and "micro+convection" cooking.

PART NAMES



1. Door Safety Lock System
2. Oven Window
3. Shaft
4. Roller Ring
5. Control Panel
6. Wave Guide(Please do not remove the mica plate covering the wave guide)
7. Glass Tray
8. Grill Heater
9. Bake Tray (Tawa)
10. Metal Rack 1
11. Metal Rack 2

CONTROL PANEL



- MENU ACTION SCREEN
- ✘ Cooking time, power, action indicators, and clock time are displayed.
 - MICROWAVE
- ✘ Press this button a number of times to set microwave cooking power level.
 - WEIGHT/CLOCK
- ✘ Press to set clock time.
- ✘ Press to specify food weights or number of servings.
 - OFC-H1/H2
- ✘ Use to set ofc-h1/h2 function.
 - GRILL/MICRO + GRILL
- ✘ Press to set grill program.
- ✘ Press to select one of two combination cooking settings.
 - SMART CHOICE
- ✘ Use to set keep warm, deodorize, cleaning, ferment, power save and weight defrost program.
 - CONV/MICRO+ CONV
- ✘ Press to program convection cooking.
- ✘ Press to select one of four combination cooking settings.
 - PAUSE/CANCEL
- ✘ Press to cancel setting or reset the oven before setting a cooking program.
- ✘ Press once to temporarily stop cooking, or twice to cancel cooking altogether.
- ✘ It is also used for setting child lock
 - MENU/TIME(KNOB)
- ✘ Turn the knob to enter time.
- ✘ Turn the knob to select an auto-cooking menu.
 - START/QUICK START
- ✘ Press once to start a cooking program.
- ✘ Simply press it a number of times to set cooking time and cook immediately at full power level

HOW TO SET THE OVEN CONTROLS

- When the oven first plugged in, beep will sound and the display will show "1:00" and .
- During cook setting mode, the system will return to waiting mode if there is not any operation within 20seconds.
- During cooking, if press PAUSE/CANCEL pad once, the program will be paused, then press START/QUICK START pad to resume, but if press PAUSE/CANCEL pad twice, the program will be canceled.
- After ending cooking, the system will sound beeps to remind user every two minutes until user press PAUSE/CANCEL pad or open the door.
- 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 oven door or cooking program is paused, the oven fan will work about 3 minutes automatically to cool the oven for prolonging the life of the oven.

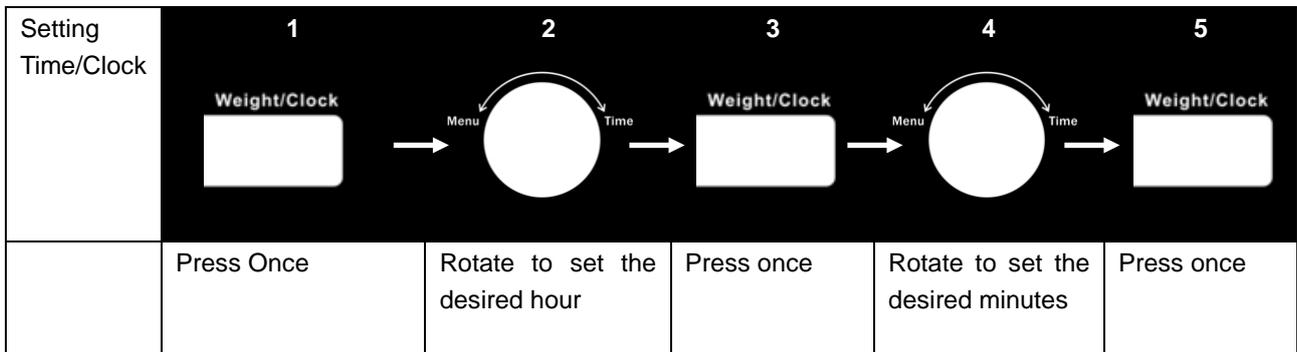
SETTING CLOCK TIME

This is a 12 or 24 hour clock.

FOR EXAMPLE: Suppose you want to set the oven clock time to 8:30.

1. Press WEIGHT/CLOCK button once or twice to select 12 or 24 hour clock cycle
2. Turn MENU/TIME knob to set hour digit 8.
3. Press WEIGHT/CLOCK button once to confirm the hour setting.
4. Turn MENU/TIME to set minute digit 30.
5. Press WEIGHT/CLOCK button once to confirm the setting.

NOTE: During cooking, the display will show the current time of the clock by touching WEIGHT/CLOCK pad.

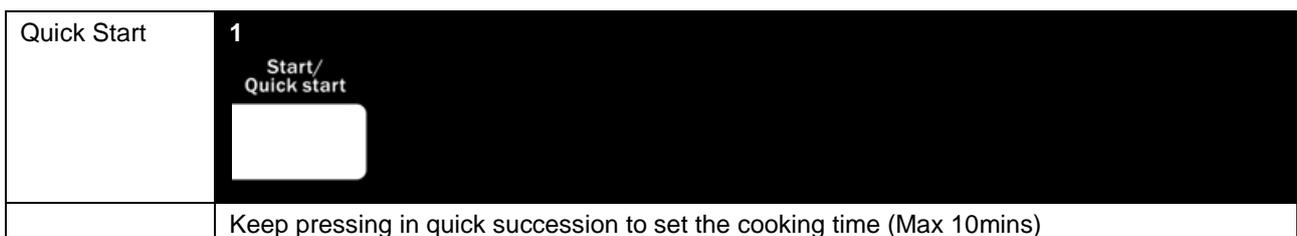


QUICK START

The oven will cook food quickly at HIGH power (100% power output) for quick start cooking program.

Just press the START/QUICK START a number of times to set cooking time, the oven starts working automatically at full power. The maximum cooking time you can enter is 10 minutes.

NOTE: During cooking, you can check the power level by touching MICROWAVE pad.



MICROWAVE COOKING

For microwave cooking, just press the MICROWAVE button a number of times to select a cooking power level, and then use the MENU/TIME knob to set a desired cooking time. The longest cooking time is 95 minutes. The oven will start cooking after user press START/QUICK START button.

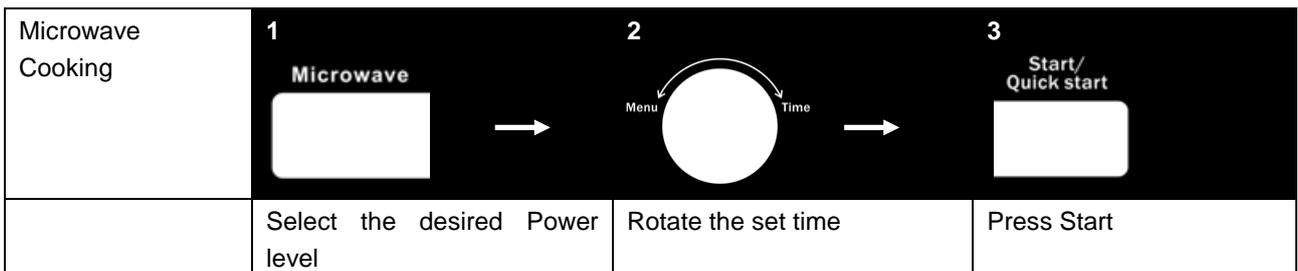
For example, suppose you want to cook for 10 minute at 60% of microwave power.

1. Press MICROWAVE button a number of times to set 60%.

Press MICROWAVE button	COOKING POWER
Once	100%
Twice	80%
3 times	60%
4 times	40%
5 times	20%
6 times	00%

2. Turn MENU/TIME knob to 10:00.
3. Press START/QUICK START.

NOTE: During cooking, you can check the power level by touching MICROWAVE pad. If you want to cook at full power level, turn the MENU/TIME dial clockwise to enter cooking time, and then press START/QUICK START knob start cooking.



MICROWAVE + CONVECTION

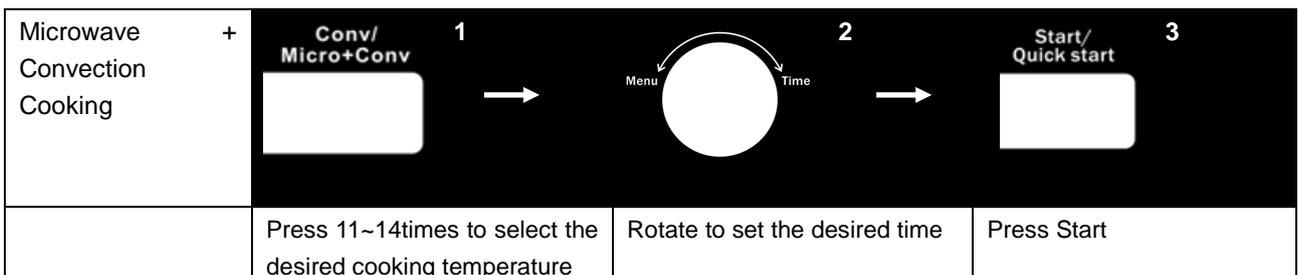
This oven has four pre-programmed settings that make it easy to cook with both convection heat and microwave automatically. Max cooking time user can set is 95 min

Press CONV/MICRO+CONV button 11~14 times to choose convection temperature (200 °C → 170 °C → 140 °C → 110 °C).

Suppose you want to cook at 140°C for 30 minutes.

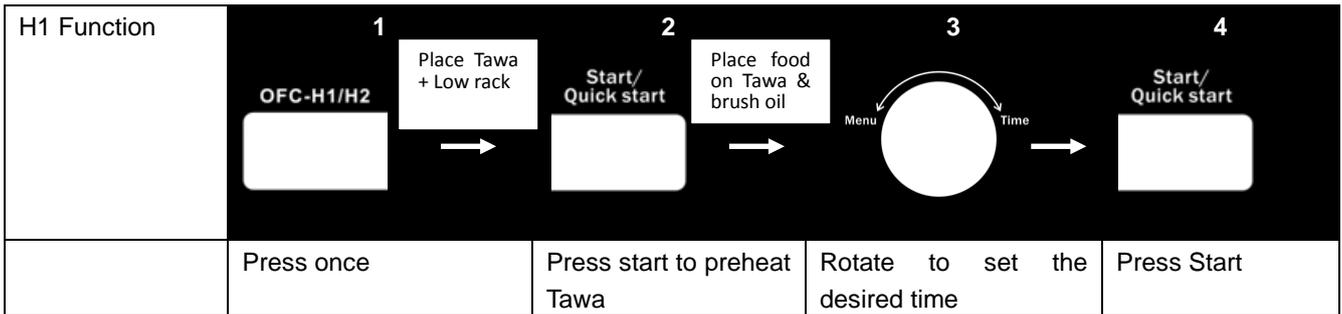
1. In waiting mode, place food into oven, and close it.
2. Press CONV/MICRO+CONV button to 13 times to indicate convection temperature.
3. Turn MENU/TIME knob to enter cooking time.
4. Press START/QUICK START button.

NOTE: During cooking, you can check the convection temperature by pressing the CONV/MICRO+CONV button.



Setting H1 function

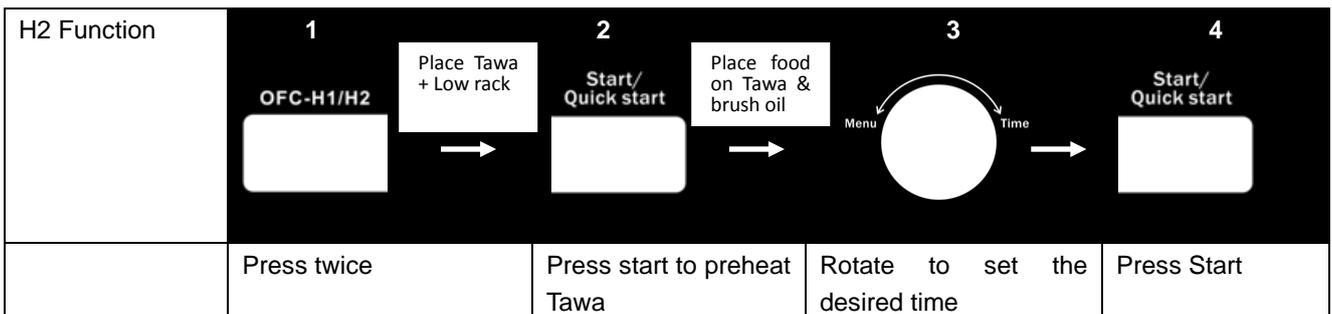
1. In waiting mode, press OFC-H1/H2 button once, and the display will show “H-1”.
2. Press START/QUICK START button to confirm. The oven will start to preheat 2 minutes at 100% microwave power level. After preheat, beep will sound, program will be paused and “:0” will show on the display.
3. Turn MENU/TIME to enter cooking time. The longest cooking time you can set is 95 minutes.
4. Press START/QUICK START to confirm. The oven will start cooking with grill power level.



Setting H2 function

1. In waiting mode, press OFC-H1/H2 button twice, and the display will show “H-2”.
2. Press START/QUICK START button to confirm. The oven will start to preheat 2 minutes at 100% microwave power level. After preheat, beep will sound, program will be paused and “:0” will show on the display.
3. Turn MENU/TIME to enter cooking time. The longest cooking time you can set is 95 minutes.
4. Press START/QUICK START to confirm. The oven will start cooking at convection power level with 200 °C temperature.

NOTE: After preheating, the buzzer emits two beeps every 10 seconds for 1 minute. If there is not any operation within 1 minute, the buzzer will sound four beeps and the oven will return to standby mode



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. Max cooking time user can set is 95 minutes.

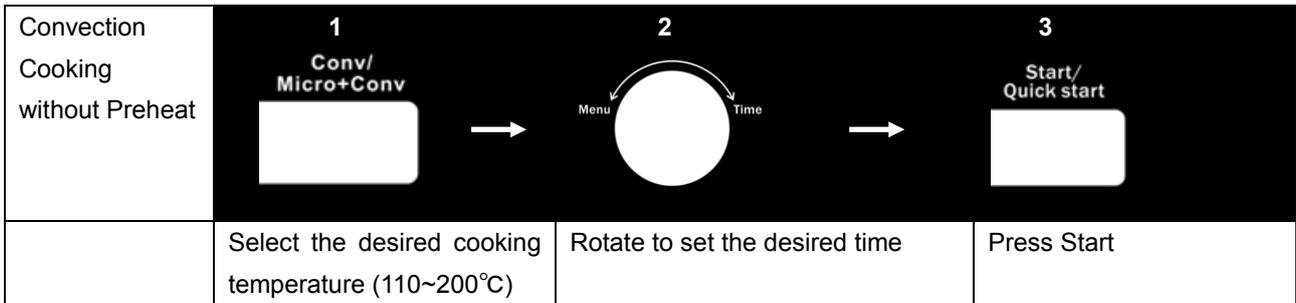
To Cook with Convection

To cook with convection, presses CONV/MICRO+CONV pad to enter the desired convection temperature ((200°C → 190°C → 180°C → 170°C → 160°C → 150°C → 140°C → 130°C → 120°C → 110°C).

Suppose you want to cook at 180°C for 40 minutes.

1. In waiting mode, place food into oven, and close it.
2. Press CONV/MICRO+CONV pad to indicate convection temperature.
3. Turn MENU/TIME knob to enter cooking time.
4. Press START/QUICK START button.

NOTE: You can check the convection temperature while cooking is in progress by touching the CONV/MICRO+CONV pad.



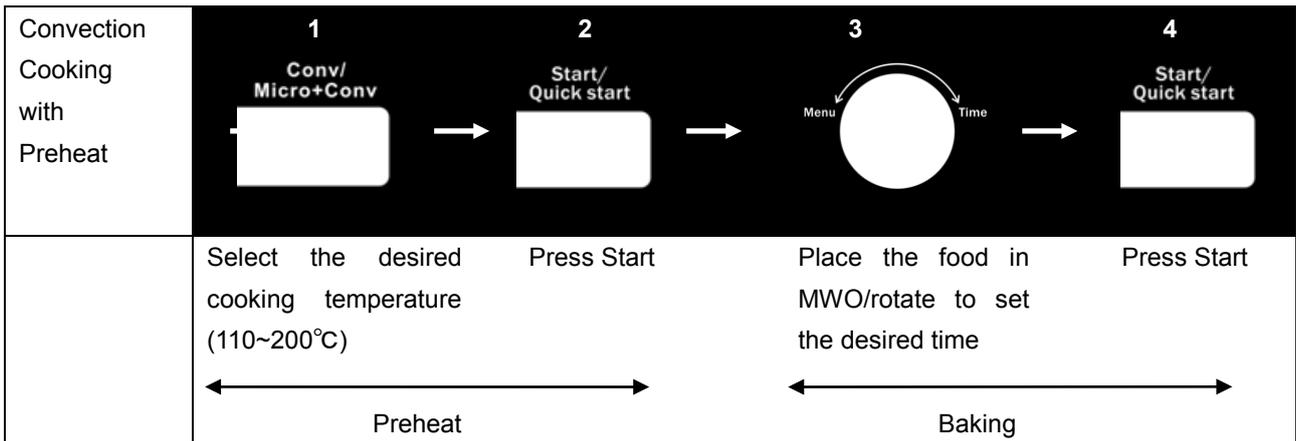
To Preheat and Cook with Convection

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

Suppose you want to preheat to 170°C and then cook 35 minutes.

1. In waiting mode, press CONV/MICRO+CONV pad to indicate convection temperature.
2. Press START/QUICK START button.
3. When oven reaches the designated temperature, it “beep” per 5 sec to remind user.
4. Open the door and place container of food at the center of the turntable.
5. Turn MENU/TIME knob to enter cooking time.
6. Press START/QUICK START button.

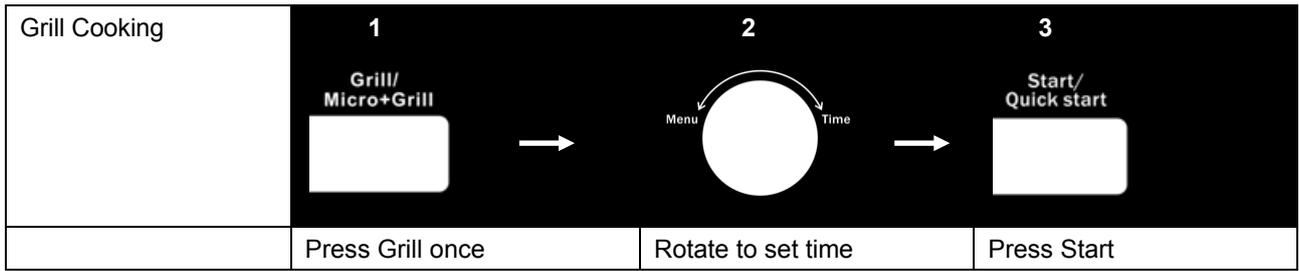
NOTE: The longest preheat time is 30 minutes, and the preheat time cannot be set.



GRILL

The oven allows you to grill food based on the time entered by user. The longest cooking time is 95 minutes.

1. Press GRILL/MICRO+ GRILL button once.
2. Turn MENU/TIME knob to enter cook time.
3. Press START/QUICK START.

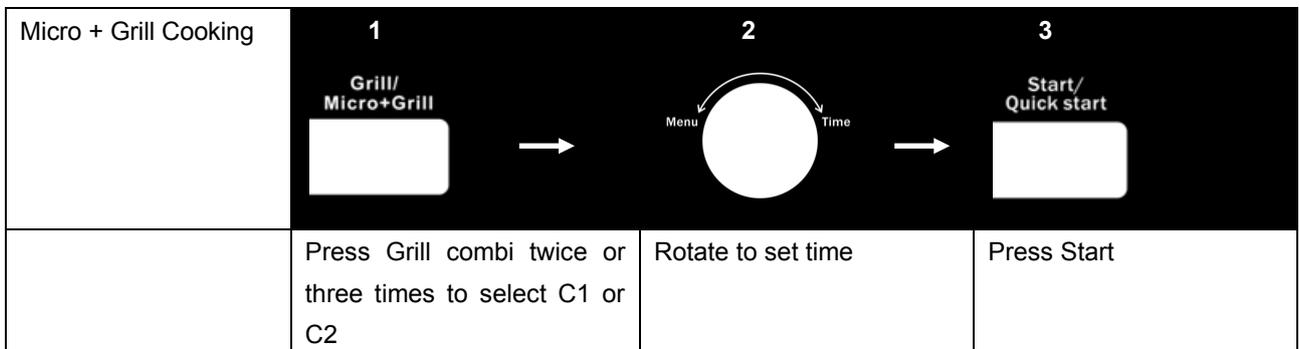


MICRO+GRILL

This oven has three pre-programmed settings. You can select COMBINATION 1 or COMBINATION 2 by press the GRILL/MICRO+GRILL twice or three times, and the display will show “Co-1” and “Co-2”. The longest cooking time is 95 minutes.

1. In waiting mode, press GRILL/MICRO+GRILL pad repeatedly to select cooking program.
2. Turn MENU/TIME knob to enter cooking time.
3. Press START/QUICK START button.

Press GRILL/MICRO+GRILL button	Combination	Cooking time	
		Microwave	Grill
Twice	Co-1	30%	70%
Three Times	Co-2	55%	45%



SMART CHOICE

Keep warm

1. In standby mode, press SMART CHOICE button once
2. Press START/QUICK START. The display will show “30:00” and the oven start countdown.

Deodorize

1. In standby mode, press SMART CHOICE button twice.
2. Press START/QUICK START. The display will show “5:00” and the oven start countdown.

Steam Cleaning

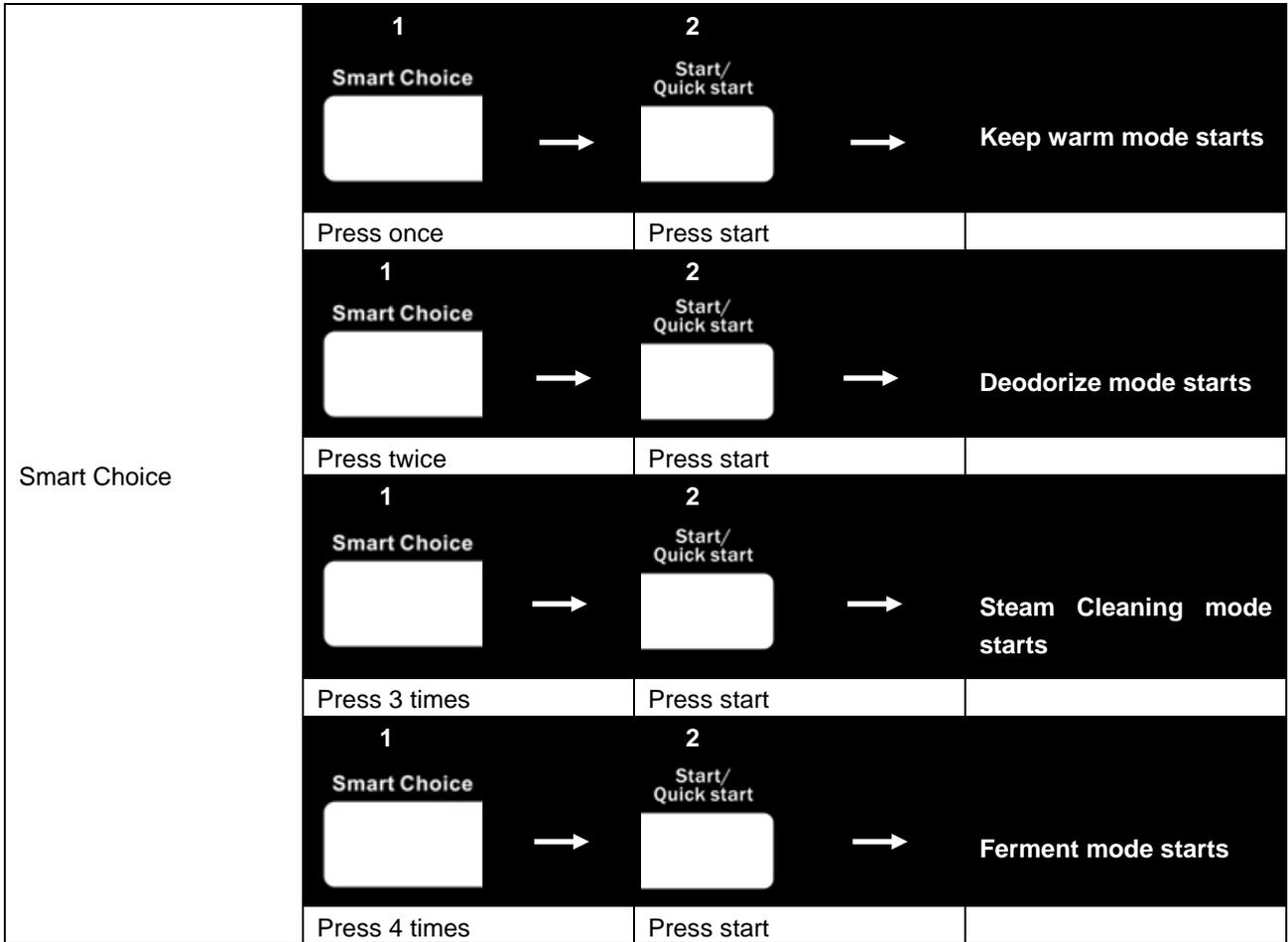
In a Microwave safe glass bowl, add 1 cup of water along with lemon peel, place it in the microwave oven. Press START. Upon beep wipe the cavity with a soft cloth.

1. In standby mode, press SMART CHOICE button 3 times.

2. Press START/QUICK START. The display will show "5:00" and the oven start countdown.

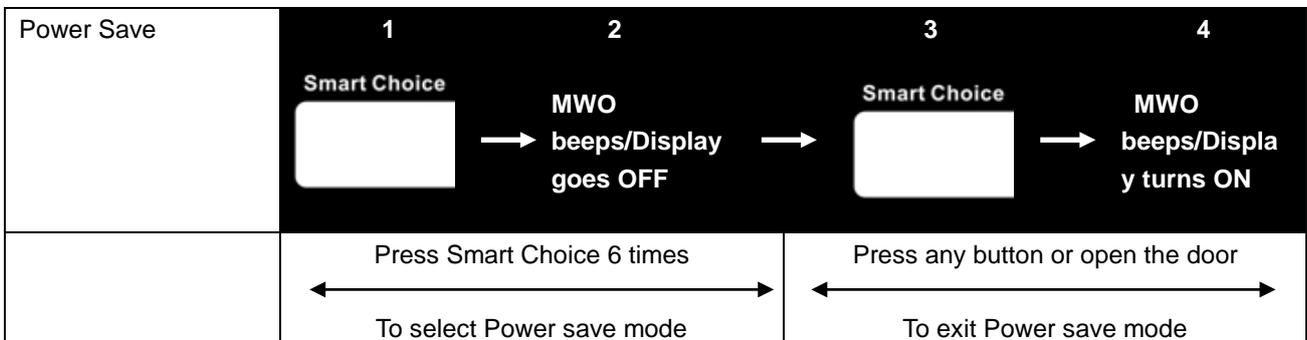
Ferment

1. In standby mode, press SMART CHOICE button 4 times.
2. Press START/QUICK START. The display will show "30:00" and the oven start countdown.



Power save

In standby mode, press SMART CHOICE button 6 times, turn off the display screen. The ovens enter power save mode. Press any button, open or close the oven door to light the display screen exit power save mode.



WEIGHT DEFROST

The oven allows you to defrost food based on the weight entered by user. The defrosting time and power level are

PROTECTION

OVERHEATING PROTECTION

When the system enters into super high temperature protection status, the digital display shows "E01" and continues to beep until troubleshooting, then press "PAUSE/CANCEL", the system comes back to normal standby mode.

LOW TEMPERATURE PROTECTION

When the system enters into super low temperature protection status, the digital display shows "E02" and continues to beep until troubleshooting, then press "PAUSE/CANCEL", 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 until troubleshooting, then press "PAUSE/CANCEL", the system comes back to normal standby mode.

AUTO COOKING

For the following foods or cooking operation, you do not need to input cooking power and time. Try to focus on telling the oven what you want to cook and how much the food weighs. The oven starts to work after you pressing the START/QUICK START.

For example:

1. In standby mode, turn the MENU/TIME dial anti-clockwise to select food code. The order of change in this cycle is "bC:" → "bF:" → "PA:SA" → "SP:" → "CS:" → "AF:" → "rd:" → "ld:" → "HC:" → "dS:".
2. Press START/QUICK START to confirm.
3. Turn MENU/TIME dial to select submenu code.
4. Press WEIGHT/CLOCK button a number of times to indicate the desired weight or shares.
5. Press START/QUICK START button.

NOTE:

- For dosa, after dosa 1(60ml) cook ending, the display will show countdown for 10 seconds, open and close the door within the 10 seconds, the system will auto automatic switchover to dosa 2(60ml) and the display will show total cooking time. Press START/QUICK START to start. In this way, the END is displayed directly until cooking to dosa 4(60ml).
- For convection menu, when the oven reach the preheat temperature, two beeps will sound and the display will show countdown for 10 minutes, and the oven will continue sound beep every 10 seconds during 10 minutes countdown until user open the door and put food into the oven. Close the door and press START/QUICK START button. The oven will return waiting mode, if there is not any operation for 10 minutes.
- When cooking menu has 2 or 3 stage cooking time. The oven will sound beep every 10 seconds after finished once stage cooking until you press START/QUICK START pad to start another stage cooking
- After a cooking program, the display will start 5 seconds countdown, if you open and close the door once, the oven will return to clock setting interface. You can set the cooking time. The longest time you can set is 95 minutes

Bake Counter: Bc

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:01	Chocolate Cake	0.325 kg.	Baking cake tin/Tawa	Ingredients		
				Refined flour	115 gms.	
				Margarine	55 gms.	
				Eggs	2 Nos.	
				Powdered Sugar	85 gms.	
				Baking Powder	1 tsp.	
				Soda Bi-carb	1/2 tsp.	
				Milk	as required	
				Cocoa Powder	2 tbsp.	
				Chocolate essence	1 tsp.	
Cooking Method						
1 .Sieve the flour with the baking powder, cocoa powder and soda bicarbonate. Whisk the butter and sugar until light and fluffy. Add eggs and beat well. Add the essence and fold in the refined flour with sufficient milk to make a soft consistency. Pour in a greased and lined 6” baking round cake tin.						
2 .Place tawa on the glass turntable. Select the program and press START. The microwave oven will preheat. After preheating, place the baking tin on tawa and press START.						
3. After baking, cool the cake on a wire rack.						
Cut and serve.						

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:02	Crème Caramel	0.63kg	Low rack/Tawa/Small pudding moulds-9nos	Ingredients		
				Milk	2 + 1/2 Cup	
				Sugar	8tsp	
				Milk Powder	1tsp	
				Vanilla Essence	1/4tsp	
				Vanilla Custard Powder	1tsp	

				Eggs	3nos	
				Cooking Method 1. Milk egg mixture preparation method: Mix sugar, custard powder in milk. Pour the milk mixture in a deep microwave proof bowl and microwave at P80 for 10 minutes. Beat eggs and essence together and add to the cooled milk mixture. 2. Melt sugar (1tbsp) and pour in 9 small heat proof metal bowls and let set for 5 minutes. 3. Pour egg mixture in the moulds. Place the moulds on tawa. 4 .Select the program and press START. The microwave oven will preheat. After preheating, place the tawa along with custard moulds on the low rack placed on glass turntable and press START. 5. Upon beep, cool, refrigerate & Serve Chilled.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:03	Chocolate Eggless cake	0.450 Kg.	Baking cake tin /tawa	Ingredients		
				Maida	150g	
				Cocoa powder	2tbsp	
				Butter	100g	
				Milk	100ml	
				Baking powder	1tsp	
				Vanilla Essence	1tsp	
				Condense milk	200gms	
			Cooking Method			
			1. Sieve the Maida with baking powder and keep it aside. Whisk the butter and condensed milk until creamy. Add the vanilla essence and mix. Fold in the maida, alternatively adding milk till the batter achieves the right consistency. 2 Pour in a greased and lined 6" baking round cake tin.			

				<p>3 Place tawa on the glass turntable .Select the program and press START. The microwave oven will preheat. After Preheating, place the baking tin on the glass turntable and press START.</p> <p>4 After baking, cool the cake on a wire rack. Cut and serve.</p>
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:04	Marble cake	0.610 Kg.	Baking cake tin -6.25" square/tawa	Ingredients		
				Refined flour	150 gms	
				Eggs	3nos	
				Butter	100 gms	
				Sugar	150gms	
				Baking Powder	1 tsp	
				Vanilla essence	1 tsp	
				Cocoa Powder	2 tbsp	
				Milk or water	As required	
				Cooking Method		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:05	Chocolate Cake	0.320 Kg.	heat resistant	Ingredients		

	Muffins		Muffin moulds-8nos./ Low rack/Tawa	Refined flour	100 gms	
				Eggs	2nos	
				Butter	100 gms	
				Sugar	100gms	
				Baking Powder	½ tsp	
				Vanilla essence	1 tsp	
				Cocoa Powder	1 tbsp	
				Milk or water	1tbsp or As required	
				Cooking Method		
				<p>1 Whisk the butter and sugar. Gradually add eggs and beat the mixture. Add the sieved maida and baking powder. Add the essence & Cocoa powder. Add water as required to bring it to dropping consistency.</p> <p>2 Pour the batter in a greased muffin moulds.</p> <p>3 Place tawa on the low rack in the microwave oven .Select the program and press START. The microwave oven will preheat. After preheating, place the muffin moulds on the tawa and press START.</p> <p>4 After baking, cool the cake on a wire rack and serve.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:06	Orange Muffins	0.320 Kg.	heat resistant Muffin moulds-8nos./ Low rack/Tawa	Ingredients		
				Refined flour	100 gms	
				Butter	60 gms.	
				Eggs	2 No.	
				Orange Juice,	50 ml	
				Sugar	100gms	
				Orange Rind	2tbsp.	
				Baking Powder	1/4 th tsp.	
				Milk or water	30 ml.	
				Cooking Method		
1 Sieve together the flour and baking						

				<p>powder and keep aside.</p> <p>2 Whisk the butter and sugar until light and fluffy.</p> <p>3 Whisk the eggs and orange rind. Gradually mix the egg into the sugar-butter mixture.</p> <p>Alternately add orange juice, mixing well after each addition. Put into greased muffin trays.</p> <p>4 Place tawa on the low rack in the microwave oven .Select the program and press START. The microwave oven will preheat. After preheating, place the muffins on the tawa and press START.</p> <p>5 After baking, cool the muffins on a wire rack.</p>
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:07	Pineapple upside down cake	0.350 Kg.	Baking cake tin -6"/tawa	Ingredients		
				Maida	100 gm.	
				Powdered Sugar	100 gms.	
				Baking Powder	1 tsp.	
				Eggs	2 Nos.	
				Pineapple Essence	1 tsp.	
				Butter	100gms	
				Pineapple pieces cut into rounded shape	2Nos.	
				Yellow colour	1/4 th tsp.	
			Cooking Method			
			<p>1 Whisk the butter and sugar. Gradually add eggs and beat the mixture. Add the sieved maida and baking powder. Add the essence and colouring.</p> <p>2 Take a 6" baking tin and arrange the pineapple pieces on it. Pour the cake mixture in it.</p>			

				<p>3 Place tawa on the glass turntable. Select the program and press START. The microwave oven will preheat. After preheating, place the baking tin on the tawa and press START.</p> <p>4 After baking, cool the cake on a wire rack. Cut and serve with fresh cream.</p>
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
				Ingredients	Wt	
bC:08	Sponge cake	0.325 Kg.	Baking cake tin/Tawa	Ingredients	Wt 325 gms	
				Refined flour	100 gm	
				Butter	50 gm	
				Eggs	2 nos.	
				Powdered Sugar	100 gm	
				Baking Powder	1 tsp	
				Vanilla essence	1 tsp	
				Cooking Method		
<p>1 Sieve the flour with the baking powder thrice and keep aside. Whisk the butter and powdered sugar until light and fluffy. Beat eggs, essence and add to the creamed mixture little by little, beating thoroughly between each addition. Fold in the flour a little at a time. Pour the cake batter in greased baking tin (6inch).</p> <p>2 Place tawa on the glass turntable. Select the program and press START. The microwave oven will preheat. After preheating, place the baking tin on the tawa and press START.</p> <p>3 After baking, cool the cake on a wire rack. Cut and serve.</p>						

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
				Ingredients	Wt	
bC:09	Coconut Cookies	0.160 kg	Tawa	Ingredients	Wt 160 gms.	
				Maida	110 gm	
				Butter	75 gm	

				Powder Sugar	50 gm	
				Desiccated Coconut	35 gm	
				Vanilla Essence	½ tsp	
				Baking Powder	1/8 tsp	
				Cooking Method		
				1 Sieve the maida and baking powder together. Whisk the butter and sugar powder until creamy. Add the vanilla essence and remaining ingredients.		
				2 Make a soft dough and divide the dough into balls and keep aside.		
				3 Place tawa on the glass turntable .Select the program and press START. The microwave oven will preheat. After preheating ends, place the cookies on the tawa and press START.		
				4 After baking, cool the cookies on a wire rack.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method					
bC:10	Almond Cookies	0.290 kg	Low rack/Tawa	Ingredients	Wt.290gms.				
				Maida	125gm				
				Butter	70 gm				
				Powder Sugar	45 gm				
				Chopped Almonds	¼ cup				
				Vanilla Essence	1 tsp				
				Baking Powder	¼ tsp				
							Cooking Method		
							1 Sieve the maida and baking powder together and keep aside. Whisk the butter and sugar powder till fluffy. Add the essence and remaining ingredients and make soft dough.		
			2 Make small balls and keep aside.						
			3 Place tawa on the low rack .Select the program and press START. The microwave oven will preheat. After preheating ends, place the cookies on the tawa and press						

				START. 4 After baking, cool the cookies on a wire rack.
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:11	Chocolate Cookies	0.150 kg.	Tawa	Ingredients	Wt.150 gms.	
				Refined flour	65 gms.	
				Butter	40 gms.	
				Powder sugar	35 gms.	
				Vanilla essence	1 tsp.	
				Baking powder	½ tsp.	
				Cocoa powder	1tbsp.	
				Golden syrup	1tbsp	
				Cooking Method		
1 Sieve the flour with cocoa and baking powder and keep aside. Whisk the margarine and sugar until light and creamy. Add the vanilla essence and golden syrup and beat well. Add the flour to the mixture and mix well.						
2 Shape the biscuit as desired and keep aside.						
3 Place tawa on the glass turntable .Select the program and press START. The microwave oven will preheat. After preheating, place the cookies on the tawa and press START.						
4 After baking, cool the cookies on a wire rack.						

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:12	Kesar Nankatai	0.140kg.	Low rack/Tawa	Ingredients	Wt.140 gms.	
				Refined flour	50 gms.	
				Powdered sugar	35 gms.	
				Ghee	35 gms.	
				Semolina	2tsp	

				Cardamom powder	^{1/2} tsp	
				Nutmeg powder	1 tsp.	
				Fresh curd	1 tsp	
				Saffron	^{1/4} tsp	
				Milk	1 tsp	
				Cooking Method		
				1 Sieve the flour and keep aside. Whisk the ghee and sugar until light and creamy. Add the cardamom and nutmeg powder and cream it again. Dissolve the saffron in 1 tsp of milk. Add the yogurt and prepared saffron. Mix well in the ghee and sugar mixture. Add the flour and semolina and knead well.		
				2 Make small round shapes and keep aside.		
				3 Place tawa on the glass turntable .Select the program and press START. The microwave oven will preheat. After preheating, place the nankatai on the tawa and press START.		
				4 After baking, cool the nankatais on a wire rack. Serve with tea or coffee.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:13	Cheese Straw	0.09 kg.	Tawa	Ingredients	Wt.180 gms.	
				Refined flour	100 gms	
				Butter	50 gms	
				Grated cheese	25 gms.	
				Cold water	as required	
				pepper powder	^{1/4} tsp,	
				Baking Powder	1/8 tsp.,	
				chili powder	^{1/4} tsp	
				salt	^{1/4} tsp	

				<p>Cooking Method</p> <p>1 Sieve the refined flour, pepper powder, baking powder, chilli powder and salt in a bowl, mix maida, butter and cheese and add a little cold water to make a soft dough.</p> <p>2 Roll it as a roti and cut thin strips, twist them and keep aside.</p> <p>3 Place tawa on the glass turntable .Select the program and press START. The microwave oven will preheat. After preheating, place the cheese straws on the tawa and press START.</p> <p>4 After baking, cool the cheese straws on a wire rack. Serve with tea or coffee.</p>
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:14	Cashew Cookies	0.190 kg.	Tawa	Ingredients		
				Refined flour	70 gms.	
				Butter	45 gms.	
				Powder sugar	55 gms.	
				Vanilla essence	1 tsp.	
				Baking powder	½ tsp.	
				Cashew nuts pieces	2tbsp.	
				Cooking Method		
<p>1 Sieve the flour with baking powder and keep aside. Whisk the butter and sugar until light and creamy. Add the vanilla essence and beat well. Add the flour & cashew nuts to the mixture and mix well.</p> <p>2 Shape the biscuit as desired and keep aside.</p> <p>3 Place tawa on the glass turntable .Select the program and press START. The microwave oven will preheat. After preheating, place the cookies on the tawa and press START.</p> <p>4 After baking, cool the cookies on a wire rack.</p>						

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:15	Pizza	0.185 kg.	Low Rack /Tawa	Ingredients		
				Pizza base (precooked)	80 gms.	
				Pizza spread or sauce	1tsp	
				Finely chopped -Mix vegetables (Onion, Tomato, Capsicum)	2 tbsp	
				salt, kalimirch, oregano, chilli flakes	As per your taste.	
				Grated cheese	2 tbsp	
				Cheese Spread	1tsp	
				Paneer	50gms	
				Oil	1tsp	
				Cooking Method		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:16	Cheese Puffs	0.300 kg.	Tawa/Low Rack	Ingredients		
				Pastry puff Sheets	7 nos	
				Cheddar Cheese Cubes –cut to fit in the size of puff pastry	7 pieces	

				<p>Cooking Method</p> <p>1.Place pastry square on the flat surface.Place a pice of cheese in the center of each square.Moisten edges with water, and fold pastry over the cheese to form a rectangular puff.Press edges together firmly to seal.Brush pastries with egg yolk.</p> <p>2.Place tawa on the low rack, select the program and press START. (Preheat tawa)</p> <p>3 Upon beep, place the pastries on the tawa, press START and resume cooking.</p>
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Breakfast: bF

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method			
bF:01	Kadak Chai	300ml 620ml	MWS safe glass bowl	Ingredients	Wt	Wt	
					300 ml.	620 ml	
				Tea Leaves	2 tsp.	5 tsp	
				Milk	250ml	500ml	
				Sugar	3 tsp	6 tsp	
				Water	50ml	120ml	
				Tea Masala	As per your taste		
				Ginger			
Elaichi							
Cooking Method				<p>1. In a microwave safe glass bowl add all ingredients, Select the menu and press START.</p> <p>2. Sieve and serve hot.</p>			

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method			
bF:02	Bread sandwich Twist	0.120Kg	High rack	Ingredients			
				Sandwich Bread Slices	4nos		
				Mayonnaise	4tbsp		
				Grated carrot & chicken shredded(optional)	3tbsp		

				Butter	1tbsp		
				Pepper powder	1/4tsp		
				Cooking Method			
				1 In a glass bowl mix together Mayonnaise, grated carrot, butter and pepper.			
				2 Apply Mayonnaise mixture In-between 2 bread slices. Repeat the same for the other 2 bread slices.			
				3 Cut off 2 round sandwiches with mould of approx. 5-6cms.			
				4. Cut in the center to get semicircles. Secure the two ends with toothpick.			
				5 Place 8 twists on high grill rack and keep the rack on glass turntable.			
				6 Select the programme and press START.			
				7 Turn over the bread twist, when the programme stops and beeps.			
				8 Keep the rack back on glass turntable and press START. Upon beep serve hot.			

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:03	Potato Poha	0.6 kg.	MWS glass bowl	Ingredients		
				Poha	150 gms.	
				Onion Chopped	1 Nos.	
				Boiled and diced potatoes	200gms	
				Green Chili	2-1/2	
				<u>For Tempering :</u> Mustard, cumin, asafetida, turmeric, Curry leaves	As required	
				Oil	1tbsp	
				Salt and sugar	As per taste	
				<u>For Garnishing :</u> Grated	As per your taste	

				Coconut & Coriander		
				Roasted peanuts	3tbsp	
				Lemon juice	1 tbsp	
				<p>Cooking Method</p> <p>1 Add the oil, mustard, cumin and green chilies in a microwave safe glass bowl, place it in the microwave oven, select the program and press START.</p> <p>2 Upon beep, add the onions, turmeric powder, curry leaves, replace the bowl in the microwave oven and press START.</p> <p>3 Upon beep, add the washed poha, potato salt, 2tbsp water and sugar to taste, mix well, and replace the bowl in the microwave oven and press START. Garnish with coconut coriander and peanuts. Squeeze lemon & Serve hot.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:04	Sweet Poha	0.4 kg.	MWS glass bowl	Ingredients		
				Poha	2 ½ cup	
				Jaggery	90gms	
				Cardamom powder	1/4tsp	
				Fresh coconut grated	1cup	
				Almonds chopped	6-7nos	
				<p>Cooking Method</p> <p>1 Wash and drain water from Poha and keep aside.</p> <p>2 Add Jaggery,cardamom powder, fresh coconut, Almonds and 2tbsp of water in microwave safe heat resistant glass bowl , place the bowl in the microwave oven and press START.</p> <p>3 Upon beep, add the washed poha, add 2tbsp water, mix well, and replace the bowl in the microwave oven and press START. Serve hot.</p>		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
bF:05	Seviya Kheer	0.150 Kg/0.250Kg	Microwave Safe Glass Bowl	Ingredients	Wt.150 g	Wt.250 g
				Seviya	150 g	200 g
				Ghee	1 tbsp	2 tbsp
				Water + Milk	½ cup +1cup	¾ cup +1 ½ cup
				Sugar	50 g	100 g
				Elaichi Powder	To taste	To taste
				Dry Fruits	To taste	To taste
				Cooking Method		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:06	Dhokla_	0.450 Kg	MWS flat dish	Ingredients		
				Gram Flour	200 gm	
				Warm Water	As per your requirement (reference: 240ml)	
				Curd	60ml	
				Green chili-ginger	1 tbsp.	
				Fruit Salt	1 tsp.	
				Salt & Sugar	As per your taste	
				Oil	3tbsp	
				Grated coconut & coriander	As required	
				Lemon juice	1tbsp	
Cooking Method :			Grease the MWS flat dish, with little oil. Mix			

				gram flour, curd, sugar, salt, water, ginger – green chili paste, yellow color, fruit salt together. Pour the mixture in greased dish, Place the dish in microwave oven. Select menu and press START. Upon beep, remove the dish from the microwave oven. Cut the dhokla into pieces, garnish with grated coconut and coriander and serve with sauce or chutney.
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:07	Idli	0.130 Kg	Microwave Safe Idli steamer	Ingredients		
				Instant Idly Mix	200gms	
				Oil	1tbsp	
				Water	As required	
				Cooking Method		
1 Mix all the ingredients to make idli batter and pour into a greased microwave idli stand.						
2 Add ¼ cup of water in the steamer, place the idli stand in it, cover and place it in the microwave oven.						
3 Select the program and press START. Upon beep, Allocate 2 minutes standing time. Serve hot with chutney and sambar.						

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:08	Cornflakes Porridge	0.25kg/0.50kg	MW safe Glass Bowl	Ingredients	Wt 250 gms.	Wt 500 g
				Cornflakes	50 gms.	100 gms.
				Milk	1 cup	2cup
				Sugar	As per your choice	As per your choice
				Cooking Method		
1 Add all the ingredients in a microwave safe glass bowl, place it in the microwave oven, select the program and press START.						

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:09	Egg bhurjee	0.150 Kg./0.250 Kg.	MW safe Glass Bowl	Ingredients	Wt 150gm	Wt 250gm
				Egg	2 nos.	3 nos.

				Chopped tomato	2 tbsp.	3tbsp.
				Chopped medium sized onion	1no.	2no.
				Salt	To taste	To taste
				Oil	1 tbsp.	2 tbsp.
				Turmeric powder	1/8 th tsp	1/8 th tsp
				Finely Chopped Green chilli	1-2	1-2
				Water	1tbsp	2tbsp
				Cooking Method 1 Add the oil, turmeric powder, finely chopped green chillies, chopped tomato and chopped onion in a microwave safe glass bowl, place it in the microwave oven, select the program and press START. 2 Upon beep, add the beaten egg, salt, water and press START. After cooking, scramble the mixture with the back of the spoon. Serve hot with roti.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
bF:10	Seviya Upma	0.2 Kg/0.4Kg	Microwave Safe Glass Bowl	Ingredients	200 g	400 g
				Seviya	100 g	200 g
				Onion (Chopped)	1no. medium	2 no.
				Salt and Sugar	To taste	To taste
				Ghee	1 tbsp	2 tbsp
				Water	1 cup	2cup
				Lemon Juice	½ tsp	1 tsp
				Curry Leaves	2-3	3-4
				For Tempering		
				Oil	½ tbsp	1 tbsp
				Mustard Seeds (Roasted)	½ tsp	½ tsp
				Asafotida	¼ tsp	¼ tsp

				Turmeric Powder	½ pinch	½ pinch
				Finely Chopped Green Chillies	1-2	1-2
				<p>Cooking Method</p> <p>1 Add the ghee and seviya in a microwave safe glass bowl, place it in the microwave oven, select the program and press START to roast the seviya.</p> <p>2 Add the oil, asafetida, mustard seeds, turmeric powder, finely chopped green chillies, curry leaves and chopped onion in a second microwave safe glass bowl and place it in the microwave oven and press START.</p> <p>3 Upon beep, add the water, salt, sugar and fried seviya and press START.</p> <p>Add lemon juice and serve hot.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:11	Rava Sheera	0.200 Kg.	MW safe Glass Bowl	Ingredients		
				Semolina/Rava/Suji	80 gms.	
				Milk	½ cup	
				Water	½ cup	
				Sugar	45gms	
				Ghee	2tbsp	
				Cardamom powder	A pinch	
				Dry fruits	As per your taste	
				<p>Cooking Method</p> <p>1 In a microwave safe glass bowl, add the suji and ghee, select the program and press START.</p> <p>2 Upon beep, stir the suji ,add all the other ingredients and press START</p> <p>3 Upon beep ,mix well and press START.</p> <p>4 Serve hot.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:12	Oats Porridge	0.1 kg/0.2 kg	MWS glass bowl	Ingredients	Wt.100 gms.	Wt.200 gms.
				Oats	50 gms.	100 gms
				Sugar	30 gms.	60 gms
				Milk	100 ml.	200 ml.
				Ilaichi	as per your taste	as per your taste
				Cooking Method		
1 In a microwave safe glass bowl add the oats, sugar and milk, mix well, place it in the microwave oven, select the program and press START.						
2 Upon beep, mix the ilaichi powder and serve hot.						

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:13	Paneer bhurjee	0.2 Kg./0.4 kg.	MW safe Glass Bowl	Ingredients	Wt 200 gm	Wt 400 gm
				Paneer (crumbled)	150 gms.	300 gms
				Chopped tomato	2 tbsp.	4 tbsp
				Chopped onion	2 tbsp.	4 tbsp
				Salt	To taste	To taste
				Oil	1 tbsp.	2 tbsp
				Mustard seeds	1/2 tsp.	1 tsp
				Asafetida	1/4 tsp.	¼ tsp
				Turmeric powder	1 pinch	1/8 tsp
				Finely Chopped Green chilli	1-2	1-2
				Cooking Method		
1 Add the oil, asafetida, turmeric powder, finely chopped green chillies, chopped tomato and chopped onion in a microwave safe glass bowl, place it in the microwave oven, select the program and press START.						

				2 Upon beep, add the crumbled paneer, salt and press START. Serve hot with roti.
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Pasta/Sauces (PA: SA)

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
PA:01	Italian Pasta (Boil)	0.2 Kg.	MW safe Glass Bowl	Ingredients		
				Penne Pasta	200 gm	
				Oil	1tbsp.,	
				Salt	As per taste	
				Water	4 1/2 cups	
				Cooking Method		
1 Add the pasta, water and oil in a microwave safe glass bowl and place it in the microwave oven.						
2 Select the program and press START.						
3 Upon beep, stir and press START.						
4. Upon beep ,drain the water from the pasta.						

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
PA:02	Fusilli Pasta (Boil)	0.2 Kg.	MW safe Glass Bowl	Ingredients		
				Fusilli Pasta	200 gm	
				Salt	As per taste	
				Water	2½ cups	
				Oil	1tbsp	
				Cooking Method		
1 Add the pasta, water and oil in a microwave safe glass bowl and place it in the microwave oven.						
2 Select the program and press START.						
3 Upon beep, stir and press START.						
4. Upon beep, drain the water from the pasta.						

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
PA:03	Spaghetti Pasta	0.150 Kg.	MW safe Glass	Ingredients		

	(boil)		Bowl	Spaghetti Pasta	150 gm	
				Oil	1tbsp.,	
				Water	2 1/2 cups	
				Cooking Method		
			<p>1 Mix together the pasta, water and oil in a microwave safe glass bowl and place it in microwave oven.</p> <p>2 Select the program and press START.</p> <p>3 Upon beep, stir and press START.</p> <p>4 Upon beep, drain the water from the pasta. Add it to a soup or serve with stirfried vegetables.</p>			

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
PA:04	Balsamic Mushroom Pasta	0.500 Kg.	MW safe Glass Bowl	Ingredients		
				Fettuccine Pasta (Boiled)	200 gm	
				butter	2tbsp.,	
				Olive oil	2tbsp	
				Shallot	¼ cup	
				Garlic cloves minced	1/2tsp	
				Mushrooms (sliced)	200gms	
				Soya sauce	1tbsp	
				Lemon juice	2tbsp	
				Honey	1tbsp	
				Milk cream	¼ cup	
				Parmesan Cheese(grated)	¼ cup +2tbsp for garnishing	
				Parsley (chopped)	1tbsp	
				Salt	To taste	
				Black pepper powder	½ tsp	
			Cooking Method			
			<p>1 In a large microwave safe cookware, add butter, olive oil, shallots and garlic and place it in microwave oven.</p> <p>2 Select Program and press START.</p>			

				<p>3 Upon beep, add sliced mushrooms, soya sauce, lemon juice, honey and press START.</p> <p>3 Upon beep, pour cream, Parmesan cheese, and boiled pasta and toss to combine. Add salt as per taste.</p> <p>4 Press START to continue cooking. Upon beep sprinkle 2 tbsp Parmesan, Black pepper powder and parsley and serve.</p>
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
PA:05	Asian Peanut Spaghetti	0.250 Kg.	MW safe Glass Bowl	Ingredients		
				Spaghetti (Boiled)	150 gm	
				Peanut butter	1tbsp.,	
				Crushed Roasted Peanuts	75gms	
				Mix vegetables (Julienne carrot, green peas, cauliflower-small florets)	100gms	
				Pasta Sauce	3tbsp	
				Cooking Method		
<p>1 In a large microwave safe cookware, add peanut butter, mix vegetables, pasta sauce and place it in microwave oven.</p> <p>2 Select Program and press START.</p> <p>3 Upon beep, add Spaghetti and press START.</p> <p>4 Upon beep Garnish with crushed peanuts and serve.</p>						

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
SA:01	White Sauce	0.250 Kg	Microwave Safe Glass Bowl	Ingredients		
				Butter	2 tbsp	
				Maida	2 tbsp	
				Milk	1 cup	
				Salt	To taste	
Freshly cracked pepper	To taste					

				Ground Nutmeg(optional)	To taste	
				Cooking Method 1 Mix butter & maida in a microwave safe glass bowl. 2 Select the program and press START. 3 Upon beep gradually add milk, mix well to prevent lumps, keep the bowl in microwave and press START.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
SA:02	Salsa Sauce	0.2 Kg	Microwave Safe Glass Bowl	Ingredients		
				Tomatoes	2	
				Onion	1	
				Capsicum	1	
				Tomato Sauce	2 tbsp	
				Red Chilli Powder	1 tsp	
				Oregano	1 tsp	
				Pepper	1/4 th tsp	
				Oil	2 tbsp	
				Fresh cream	2 tbsp	
				Salt	To taste	

Soups:SP

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
SP:01	Corn Soup	500ml	Microwave Safe Glass Bowl	Ingredients		
				Sweet Corn	150 g	
				Salt, Pepper and Sugar	To taste	
				Water	3 ½ cup	
				Oil	2 tsp	

				Cornflour (make a paste with water)	1tbsp	
				Onion, Chopped	2 tbsp	
				Green Chillies, Chopped	1	
				Milk Cream	2tbsp	
				Bouillon cube	1 no.	
				<p>Cooking Method</p> <p>1 Grind the sweet corn with 100 ml of water and put it in a microwave safe glass bowl.</p> <p>2 Place the bowl in the microwave oven, select the program and press START. Upon beep, remove and Keep it aside.</p> <p>3 In another bowl, mix well the oil, green chillies and onion place it in the microwave oven and press START.</p> <p>3 Upon beep, add the corn mixture, mix in the cornflour paste, add water, salt, pepper and sugar and press START. Serve hot.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
SP:02	Chicken soup	500 ml	MW safe Glass Bowl	Ingredients		
				Boneless chicken (shredded)	100 gms.	
				Ginger garlic paste	1 ½ tsp.	
				Garlic paste	1 tsp.	
				Salt & pepper powder	To taste	
				Corn flour paste	2 tbsp. dissolve in ¹ / ₄ cup of water	
				Oil	1½ tbsp.	
				Chicken	600 ml.	

				Stock		
				Cooking Method 1 In a microwave safe glass bowl mix together the oil, shredded chicken, ginger paste, garlic paste,salt,pepper , corn flour paste and chicken stock. 2 Place it in the microwave oven and press START. 3 Upon beep, stir and press START. 4 Upon beep, stir well and serve hot.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
SP:03	Mix Veg. Soup	500ml	MW safe Glass Bowl	Ingredients	I	
				Chopped carrot	1/2 medium size	
				Chopped cauliflower	25 gms.	
				Chopped onion	1/2 tbsp.	
				Green peas	¼ cup	
				Butter	1/4 tbsp	
				Milk cream	1/4 cup	
				Salt & pepper	as per your taste	
				Veg stock	500ml	

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
SP:04	Manchow soup	350 ml	MWS safe Glass Bowl	Ingredients		
				Ginger, Garlic,	1/2 tbsp.,	

				Green chili - small pieces		
				Salt & pepper powder	as per your taste	
				Corn flour paste	3 tbsp. (dissolve in 1/2 cup of water)	
				Steamed Mix Veg. (Carrot, capsicum, cauliflower)	1 cup	
				Vinegar	1/2 tsp.	
				Chili sauce	1/4 tsp	
				Soya sauce	1/4 tsp	
				Oil	1 tbsp.	
				Vegetable stock	300 ml	
				<p>Cooking Method</p> <p>1 Add the oil, mixed vegetables, ginger, garlic and green chillies in a microwave safe glass bowl.</p> <p>2 Select the program and press START.</p> <p>3 Upon beep, add the cornflour paste, chilli sauce, soya sauce, vinegar and water, steamed vegetables and mix well. Replace the bowl in the microwave oven and press START.</p> <p>4 Upon beep, add salt and pepper and press START.</p> <p>5 Stir well and serve hot.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
SP:05	Tomato Soup	0.2 kg.	MW safe Glass Bowl	Ingredients		
				Tomato puree	200gms	
				Garlic	3-4 cloves	
				Carrot	1/2 small	
				Celery	1 stick	
				Onion	1/2 medium size	

				Pepper powder	1/4tsp	
				Oil	1/2 tbsp.,	
				Butter	1/2 tbsp,	
				Cream	2 tbsp	
				Salt & sugar	as per your taste	
				Water	2cups	
<p><u>Cooking Method</u> :</p> <p>1) Wash & chop garlic, wash: peel & cut carrots in rounds, wash & chop celery, wash & slice onion & crush pepper corns. In MWS glass bowl put oil ,onion, carrot, celery, and garlic & press START.</p> <p>2) Upon beep,add 2 cups of water and press START.</p> <p>2) Let it cool & then blend in blender & strain it in MWsafe bowl. Add butter & tomato puree, salt & sugar & press START. Add cream & serve it hot.</p>						

Cooking Secrets: CS

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method			
CS:01	Potato boil	0.2 Kg/.4kg/0.6Kg	MW safe Glass Bowl	Ingredients			
				Potato	200gms	400gms	600gms
				Water	½ cup	1cup	1½ cup
				<p>Cooking Method</p> <p>1 In a microwave safe glass bowl pour water. Wash and prick the potatoes, cut them into 4 pieces each and place them in the bowl with the water.</p> <p>2 Place the bowl in the microwave oven, select the program and press START.</p>			

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method			
CS:02	Garlic Peel	0.1 Kg/0.2 Kg	Microwave Safe Glass Bowl	Ingredients			
				Garlic Cloves	100 g		200 g
				<p>Cooking Method</p> <p>1 In a microwave safe glass bowl, spread the garlic cloves evenly, place it in the</p>			

				microwave oven, select the program and press START. The garlic will now be easy to peel.
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Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
CS:03	Blanching Tomatoes	0.22 Kg/0.4Kg	Microwave Safe Glass Bowl	Ingredients		
				Tomatoes	220 g	400 g
				Cooking Method		
			1 Arrange the tomatoes properly in a microwave safe glass bowl, place it in the microwave oven, select the program and press START.			

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
CS:04	Ghee	0.5 kg.	MWS MWS glass bowl	Ingredients		
				Milk thick Cream	500 gms.	
				Cooking Method		
			1 Take the milk cream in a microwave safe glass bowl, place it in the microwave oven, select the program and press START. 2 Upon beep, take out the bowl and let it cool, then sieve to get pure ghee. Store in a glass jar.			

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
CS:05	Chocolate Melt	0.2 Kg	Microwave Safe Glass Bowl	Ingredients		
				Chocolate Slab	200 g	
				Cooking Method		
			1 In a microwave safe glass bowl, add the chocolate slab pieces, select the program and press START. 2. Upon beep, stir and place it in microwave oven and press START. 3 Stir well and use as desired.			

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
CS:06	Chicken Stock	600ml	Microwave	Ingredients		

			Safe Glass Bowl	Chicken (Curry Pieces)	300 g	
				Water	600ml	
<p>Cooking Method</p> <p>1 In a microwave safe glass bowl pour water, add the chicken pieces, select the program and press START.</p> <p>2. Upon beep, stir and place it in microwave oven and press START.</p> <p>3 Use the chicken stock for soups or gravies.</p>						

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
CS:07	Bread Crumbs	0.05kg/0.150kg	Microwave Safe Glass plate	Ingredients	Approx.50-75gms	150 gms
				Bread Slices	2-3nos	4-6 nos
				<p>Cooking Method</p> <p>1 To make the breadcrumbs in the food processor, place chunks of bread into the processor or blender jar. Pulse to desired crumb size, approximately the size of grains of rice.</p> <p>2 Spread the crumbs on microwave safe glass plate and keep it in microwave oven.</p> <p>3 Select menu and press START.</p> <p>4 Upon beep, cool the breadcrumbs and keep it in airtight jar.</p>		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
CS:08	Salted Peanuts	0.250 Kg	Microwave Safe Glass Bowl	Ingredients		
				Peanuts	250 g	
				Salt	To taste	
				Water	2 tsp	
				Cooking Soda Powder	¼ tsp	
			<p>Cooking Method</p> <p>1 In a microwave safe flat dish, add the Peanuts, place it in the microwave oven, select the program and press START.</p> <p>2 Meanwhile, mix together the soda powder, water and salt.</p> <p>3 Upon beep, sprinkle the water with soda</p>			

				<p>on the peanuts, mix well and press START.</p> <p>4 Let the peanuts cool before serving.</p>
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Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
CS:09	Atta roast	0.250 Kg	Microwave Safe Glass Bowl	Ingredients		
				Atta	250gms	
				<p>Cooking Method</p> <p>1 In a microwave safe safe flat dish, add the atta, spread it evenly on the dish, place it in the microwave oven, select the program and press START.</p> <p>2 Upon beep, stir well, replace the bowl in the microwave oven and press START.</p> <p>3 Upon beep, cool the mixture and use it to make ladoos.</p>		

All Time Favorite: AF

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
AF:01	Popcorn (Ready to pop in microwave proof bags)	0.099 Kg	Microwave Safe Popcorn Packaging	Ingredients		
				Corn in microwave safe packing	99 g	
				<p>Cooking Method</p> <p>1 Remove the plastic wrap and unfold bag, read all instructions on the packaging, place it in the microwave oven, select the program and press START.</p> <p>2 Upon beep, carefully remove the bag from microwave; pour popcorn in bowl & Enjoy.</p>		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
AF:02	Instant Noodles	0.3 Kg/0.6 Kg	Microwave Safe Glass Bowl	Ingredients	Wt 300 g	Wt 600 g
				Noodles	70 g	140 g
				Water	260ml	520ml

				<p>Cooking Method</p> <p>Mix the tastemaker in water. Add the noodles, select the program and press START. Serve hot.</p>
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Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
AF:03	Corn Chaat	0.3 Kg/0.5 Kg	Microwave Safe Glass Bowl	Ingredients		
				Sweet Corn	300 g	500 g
				Salt, Sugar, Butter, Chaat Masala, Pepper Powder	To taste	To taste
				<p>Cooking Method</p> <p>1 In a microwave safe glass bowl add the sweet corn, chaat masala, salt, pepper powder, chilli and butter, place it in the microwave oven, select the program and press START.</p> <p>2 Upon beep, add lemon juice and serve hot.</p>		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
AF:04	Grilled Chicken Breast (2 nos).	0.480 Kg	Tawa	Ingredients	Wt.480gms	
				Chicken Breast	300 g	
				Hung Curd	150 g	
				Lemon Juice	1 tsp	
				Salt	To taste	
				Red Chilli Powder	1 tsp	
				Ginger-Garlic Paste	2 tbsp	
				Cornflour	1 tbsp	
				Chopped Coriander	2 tbsp	
				Dry Fenugreek Leaves	2 tsp	

				<p>Cooking Method</p> <p>1 In a bowl, add yogurt, ginger-garlic paste, lemon juice, salt, red chilli powder, fenugreek leaves and cornflour and marinate the chicken with all these ingredients and put it in refrigerator for half an hour.</p> <p>2 When the chicken is marinated, put it on the Tawa and place it in the microwave oven.</p> <p>3 Select the program and press START.</p> <p>4 Upon beep, turn the chicken breast over and press START. Serve hot. Garnish with coriander and lemon slices.</p>
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Rice Dishes: rd

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
rd:01	Chicken Pulao	0.7 Kg	Microwave Safe Glass Bowl	Ingredients		
				Basmati Rice (Soaked for 15 min)	2cups	
				Boneless Chicken Pieces	300gms	
				Onions, Chopped	3nos	
				Cloves	3-4nos	
				Cinnamon	2"	
				Black Cardamom	2	
				Ghee	1-1/2 tbsp	
				Tomatoes Chopped	2nos	
				Green Chillies	3long	
				Salt	Top taste	
				Red Chilli Powder	1tsp	
				Garlic Paste	1/2 tsp	
				Ginger Paste	1/2 tsp	
				Turmeric powder	1tsp	
Dry Mint	1tbsp					

				powder		
				Water	4 cups	
				<p>Cooking Method</p> <p>1 Mix together the ghee, onion, green chillies, cloves, cinnamon and black cardamom in a microwave safe bowl. Select the menu and press START.</p> <p>2. Upon beep add rice and marinated chicken with spice powder (red chilli, turmeric, dry mint). Place the bowl in the microwave oven and press START.</p> <p>3 Upon beep, add tomatoes, salt, garam masala, red chillies, garlic /ginger paste and water, mix well and press START. Serve hot.</p>		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
rd:02	One Dish Italian Chicken and Rice	0.5 Kg	Microwave Safe Glass Bowl	Ingredients		
				Basmati R ice (Soaked for 15 min)	1cups	
				Boneless Chicken Pieces	250gms	
				Pepper powder	½ tsp	
				Garlic powder	1tsp	
				Onion powder	1tsp	
				Vinegar	1tbsp	
				Oregano	1/2 tsp	
				Oil	3tbsp	
				Tomatoes ,diced	2nos.	
				Fresh Spinach leaves (cut lengthwise strips)	110gms	
				Chicken Broth	2 cups	
				Mozarella Cheese -grated	1/2 Cup	

				<p>Cooking Method</p> <p>1 Mix together the chicken, oil, salt, pepper, garlic powder, onion powder, vinegar, tomatoes, and oregano in microwave safe bowl. Place the bowl in the microwave oven, Select the menu and press START.</p> <p>3 Upon beep, add Spinach, rice and chicken broth, mix well and press START. Sprinkle Cheese and Serve hot.</p>
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Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
rd:03	Veg Pulao	0.2 kg/0.3 Kg	Microwave Safe Glass Bowl	Ingredients		
				Basmati Rice(Soaked for 15 min)	200 g	300 g
				Onions (Sliced Thin)	2	2
				Mixed Vegetables (Cauliflower, Peas, Carrots, Beans)	75 g	75 g
				Cloves	2	2
				Cinnamon	1/2"	1/2"
				Black Cardamom	2	2
				Ghee	1 tbsp	1 tbsp
				Salt	To taste	To taste
				Water	2 cups	3 cups
				Coriander (for Garnishing)	1tbsp	1tbsp
				Ginger Garlic paste	1tsp	
				bouillon cube	2nos	3nos
				Cooking Method		
				1 Mix together the ghee, onion, black cardamom, cloves, cinnamon and mixed vegetables in a microwave safe glass bowl. Place the bowl in microwave oven, select		

				<p>the menu and press START.</p> <p>2 Upon beep, add rice, salt and water, mix well and press START.</p> <p>3 Garnish with chopped coriander and serve hot.</p>
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Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method												
rd:04	Rice	0.2 Kg	Microwave Safe Glass Bowl	<table border="1"> <tr> <td>Ingredients</td> <td>200 g</td> <td></td> </tr> <tr> <td>Sona Masuri Rice(Soaked for 15 min)</td> <td>200 g</td> <td></td> </tr> <tr> <td>Salt</td> <td>To taste</td> <td></td> </tr> <tr> <td>Water</td> <td>2 cups</td> <td></td> </tr> </table> <p>Cooking Method</p> <p>1 Mix together the rice, salt and water in a microwave safe glass bowl. Place the bowl in microwave oven , select the menu and press START.</p> <p>2 Upon beep mix well and press START.</p>	Ingredients	200 g		Sona Masuri Rice(Soaked for 15 min)	200 g		Salt	To taste		Water	2 cups	
Ingredients	200 g															
Sona Masuri Rice(Soaked for 15 min)	200 g															
Salt	To taste															
Water	2 cups															

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method																					
rd:05	Raisins Rice	0.2 Kg	Microwave Safe Glass Bowl	<table border="1"> <tr> <td>Ingredients</td> <td></td> <td></td> </tr> <tr> <td>Sona Masuri Rice(Soaked for 15 min)</td> <td>200 g</td> <td></td> </tr> <tr> <td>Raisins</td> <td>½ cup</td> <td></td> </tr> <tr> <td>Sugar</td> <td>2tsp</td> <td></td> </tr> <tr> <td>Water</td> <td>2 cups</td> <td></td> </tr> <tr> <td>Unsalted butter</td> <td>1tbsp</td> <td></td> </tr> <tr> <td>Salt</td> <td>½ tsp</td> <td></td> </tr> </table> <p>Cooking Method</p> <p>1 Mix together the rice, salt,sugar, and water in a microwave safe glass bowl. Place the bowl in microwave oven , select the menu and press START.</p> <p>2 Upon beep mix well,add raisins ,butter and press START.</p>	Ingredients			Sona Masuri Rice(Soaked for 15 min)	200 g		Raisins	½ cup		Sugar	2tsp		Water	2 cups		Unsalted butter	1tbsp		Salt	½ tsp	
Ingredients																									
Sona Masuri Rice(Soaked for 15 min)	200 g																								
Raisins	½ cup																								
Sugar	2tsp																								
Water	2 cups																								
Unsalted butter	1tbsp																								
Salt	½ tsp																								

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method
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rd:06	Cheese Cabbage Rice	0.2 kg.	MWS Glass Bowl	Ingredients	200 gms	
				Rice(Soaked for 15mins)	100 gms.	
				Chopped Cabbage	25 gms.	
				Grated Cheese	50 gms.	
				Chopped capsicum	1/2 no.	
				Chopped coriander	1 tbsp.	
				Water	1 1/2 cup	
				Black pepper powder	a pinch	
				Salt & sugar	As per your taste	
				Butter	1 tbsp.	
				<u>Cooking Method :</u>		

Indian Daily Menu: Id

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
Id:01	Red Lentil Dal	0.250 Kg	Microwave Safe Glass Bowl	Ingredients		
				Red Lentil Dal (Soaked for 1 hour)	1 cup	
				Finely Chopped Green Chillies	2 tsp	
				Onion -finely chopped	1no	
				Garlic	4 cloves	
				Cumin Seeds	½ tsp	
				Turmeric	1/4 tsp	

				powder		
				Salt	To taste	
				Water	As required (2 ½ to 3 cup)	
				Oil	1tbsp	
				Fresh Coriander Leaves for Garnishing	1 tbsp each	
				<p>Cooking Method</p> <p>1 Mix dal, the finely chopped green chillies, garlic, and water in a microwave safe bowl, select the menu and press START.</p> <p>2 Upon beep, Check the water in the dal and add more if required. Mix well and press START.</p> <p>3 In another heat resistant glass bowl, Mix oil, jeera, turmeric powder and press START.</p> <p>4 Upon beep, add the cooked dal, mix well and press START. Garnish with coriander and serve hot.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
Id:02	Chicken Jalfreji	0.5 Kg.	MW safe Glass Bowl	Ingredients		
				Chicken (Cut into Medium Size Pieces)	400 g	
				Onion (Chopped)	1	
				Garlic (Chopped)	4-5 flakes	
				Tomato Puree	1/2 cup	
				Grated Ginger	1 tsp	
				Garam Masala	1 tsp	
				Cumin Powder	1 tsp	

				Red Chilli Powder	1 tsp	
				Lemon Juice	1/2 tsp	
				Turmeric Powder	½ tsp	
				Oil	3 tbsp	
				Chopped Capsicum	1 No	
				Milk cream	1/2 cup	
				Salt	To taste	
				<p>Cooking Method</p> <p>1 Mix together the oil, onion, ginger, garlic, turmeric powder and chicken in a microwave safe glass bowl, place it in the microwave oven, select the menu and press START.</p> <p>2 Upon beep, add capsicum and all the other ingredients except the cream. Mix well and press START. Upon beep, add the cream, mix well and serve hot.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
Id:03	Mix veg. Masala	0.2 kg.	MW safe glass bowl	Ingredients		
				Mixed Vegetables— Cluster Beans, White Ash Gourd, White Pumpkin, Red Pumpkin, Raw Banana, Carrots (Peeled and Chopped)	150 g	
				Fresh Coconut	1/2 cup	
				Finely Chopped Green Chillies	1-2	
				Salt and	To taste	

				Sugar		
				Cumin	1/4 tsp	
				Curry Leaves	5-6	
				Turmeric	a pinch	
				Yogurt	1 tbsp.	
				Coconut oil	1/2 tsp	
				<p>Cooking Method</p> <p>1 Grind the coconut, green chillies and cumin with a little water and keep aside.</p> <p>2 In a microwave safe glass bowl add all the vegetables with some water, place it in the microwave oven, select the menu and press START.</p> <p>3 Upon beep,in another microwave safe bowl, add coconut oil, curry leaves and turmeric powder, mix well ,place in microwave oven and press START.</p> <p>4 Upon beep, add yogurt, coconut paste, veggies, mix well and press START.</p> <p>Serve hot with roti or rice.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
Id:04	Bottle gourd veg	0.4 kg.	MW safe glass bowl	Ingredients		
				Bottle gourd (peeled ,deseeded and diced)	400 g	
				Fresh Coconut grated	1/2 cup	
				Finely Chopped Green Chillies	1-2	
				Salt	To taste	
				Onion (chopped)	1 med	
				Turmeric	1/8 th tsp	
				Coconut oil	1tsp	
				<p>Cooking Method</p> <p>2 In a microwave safe glass bowl add onion, green chili, oil. Place it in the microwave oven, select the menu and press START.</p> <p>3 Upon beep, add diced bottlegourd, fresh coconut, salt, ½ cup water, mix well, place in microwave oven and press START.</p>		

				4 Upon beep, mix well and Serve hot.
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method	
Id:05	Sambar	0.5 kg.	MWS glass bowl	Ingredients	
				Aarhar Dal (soaked for 30mins)	400 gms.
				Oil	4 tbsp
				Chopped Onion	1
				Finely Chopped Tomatoes	1
				Tomato puree	4 tbsp
				Sambar Masala	2 tsp
				Red Chilli Powder	1 tsp.
				Salt	To taste
				Curry leaves	4 Nos.
				Fenugreek seeds	1 tsp.
				Small pieces of bottle gourd	3 tbsp
				Boiled Drum stick pieces	7-8
				Tamarind extract	1 tbsp
				Jaggery	2tsp.
<u>Cooking Method :</u>					
1) In a microwave safe bowl mix together soaked dal and water. Place the bowl in microwave ,Select menu & press START.(Check water inbetween and add if required)					
2) When beep ,remove and keep dal bowl aside. Take another bowl. Add oil curry leaves ,fenugreek seeds , keep the bowl in mwo and press START.					
3) When beep add tomoto puree, chopped onion ,tomato ,drumstick					

				pieces,bottlegourd,boiled dal, sambar masala ,red chilli powder,salt, tamarind extract, jaggery and keep the bowl in microwave (add water to adjust consistency) and press START. Upon beep, mix well and press START. Serve hot.
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Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method					
Id:06	Fish Curry	0.5 Kg	Microwave Safe Glass Bowl	Ingredients					
				Fish	200 g				
				Lemon Juice	1 tbsp				
				Salt	1/2 tsp				
				Oil	4 tbsp				
				Tamarind (soaked)	1 ½ lump				
				Water	1 cup				
				Green Chillies (Dedeseed and sliced)	2				
				Onion (Finely Chopped)	1 no				
				Salt and Sugar	To taste				
				Water to Grind	2–3 tbsp				
				To be ground					
				Turmeric	1/2 tsp				
				Jeera	½ tsp				
				Kashmiri chillies	3-4 nos.				
				Coriander seeds	1tbsp				
				Grated Coconut	100gms				
				Fresh Chopped Coriander	1tbsp				
				Cooking Method			1Marinate the fish with salt and lemon juice for 10 minutes. Grind all the ingredients listed to be Ground.		

				<p>2 Add the oil, onion and green and turmeric powder in a microwave safe glass bowl, place it in the microwave oven, select the program and press START.</p> <p>3 Upon beep add the ground paste. Mix well, add one cup of water, replace the bowl in the microwave oven and press START.</p> <p>4 Upon beep, add the fish, salt and press START.</p> <p>5 Garnish the fish curry with fresh chopped coriander and serve hot with rice.</p>
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
Id:07	Lazeez Bhindi	0.250 Kg./0.5kg	MWS Glass Bowl	Ingredients	250 gms.	500 gms.
				Bhindi (Cut into Pieces)	200 gms.	400 gms
				Onion (Chopped)	1 no.	2 no.
				Tomato (Chopped)	1 no.	1 no.
				Ginger-Garlic Paste	1 tbsp.	1 tbsp.
				Coriander Powder, Cumin Powder, Turmeric, Red Chilli Powder, Garam Masala, Salt	As per your taste	As per your taste
				Oil	As required.	As required.
				Milk Cream	2 tbsp.	3 tbsp.
				Cooking Method		
				<p>1 Mix together the oil, chopped onion and ginger-garlic paste in a microwave safe glass bowl, place it in the microwave oven, select the program and press START.</p> <p>2 Upon beep, add the powder masala, tomato, bhindi and salt, replace it in the microwave and press START.</p> <p>3. Upon beep, stir well ,add salt and Press START. Serve hot with rotis.</p>		

Healthy Cook: HC

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:01	Crunchy Chicken	0.380 Kg.	Low rack/Tawa	Ingredients		
				chicken breasts –wash and pat dry .chill in the freezer for 20 minutes, Cut lengthwise into thin 1/2" broad, long stripes	2nos	
				Marinade		
				olive oil	1-2 tbsp	
				balsamic vinegar	1-2 tbsp	
				Ginger garlic paste	1tbsp	
				mustard paste	1tbsp	
				tomato ketchup	1tsp	
				salt and pepper	1/4th tsp each	
				For Coating-Egg white & bread Crumbs	As required	
				Cooking Method 1 Mix all ingredients of the marinade in a bowl. 2 Marinade chicken stripes in the marinade .keep covered in the refrigerator for 1-2 hours or overnight in fridge. 3 Dip the chicken fingers in egg white and coat with dry bread crumbs. 4 Place low rack on the glass turntable. Keep tawa on the low rack. Select the program and press START. 2 Upon beep, Place chicken coated with		

				bread crumbs on hot tawa, replace it in the microwave and press START. 3. Upon beep, turn the chicken stripes upside down and press START. 4. Serve hot.
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Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:02	French Fries	0.200 Kg	Low rack/Tawa	Ingredients		
				Instant French Fries	200 g	
				Oil	2 tsp	
				Cooking Method 1 Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the program and press START. 2 Upon beep, Place instant French fries on the greased tawa and brush with oil, and press START. 3 Sprinkle with salt and serve hot.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:03	Omelet	0.150 Kg	Tawa /Low rack	Ingredients		
				Eggs	2	
				Onion (Chopped)	1	
				Tomato (Chopped)	1tbsp	
				Milk	1 tbsp	
				Salt and Pepper	As required	
				Oil	1 tsp	
				oregano	1tsp	
				Chilli flakes	1tsp	
				Grated Paneer	2tbsp	
				Coriander Leaves	1tbsp	

				<p>Cooking Method</p> <p>1 Beat the eggs, mix the chopped onions, tomatoes, green chillies, coriander, salt, pepper, milk, oregano, chilli flakes, grated paneer and mix well.</p> <p>2 Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the program and press START.</p> <p>3 Upon beep, Pour the egg mixture on tawa, spread it well and press START.</p> <p>4 Upon beep, turn over the omelet on the tawa , place tawa on the low rack and press START.</p>
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Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:04	Stuffed Paratha	0.120 Kg	Tawa /High rack	Ingredients	120 g	
				Maida	1 cup	
				Paneer (shredded)	4tbsp	
				Coriander Leaves	1tsp	
				Jeera powder	1tsp	
				Garlic powder	1tsp	
				Garam masala	1/2 tsp	
				Salt	As per taste	
				Olive oil	2tsp	

				Place the paratha on tawa, and press START. 4 Upon beep, flip the paratha upside down on the tawa and press START 5 Serve hot.
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:05	Chicken Nuggets (ready to cook)	0.3Kg.	Tawa / Low rack	Ingredients		
				Chicken Nuggets	300 gms.	
				Oil	1 tbsp	
				Cooking Method : 1 Place tawa on low rack in microwave oven. Select the menu and press START. 3 Upon beep place the Nuggets. Brush them with oil and press START 4 Serve Hot.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:06	Smiles (ready to cook)	0.300kg.	Tawa/low rack	Ingredients		
				Instant Smiles	12 pieces	
				Oil	1 tsp	
				Cooking Method 1 Place oil greased tawa on low rack in microwave oven. Select the menu and press START. 3 Upon beep, place the smiles on the tawa, brush with oil and press START. 4 Sprinkle with salt and serve hot.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:07	Dosa	60ml per dosa	Tawa/high rack	Ingredients		
				Dosa batter (room temp)	240ml	
				Oil	4 tsp	

				<p>Cooking Method</p> <p>1 Place oil greased tawa on high rack in microwave oven. Select the menu and press START.</p> <p>2 Upon beep, pour & spread dosa batter on the tawa and press START.</p> <p>3. Upon beep remove dosa, keep the high rack along with the oil greased tawa in the mwo and press START to preheat tawa.repeat step 2</p> <p>Note: You can make 3 dosa by repeating step 3 & Step 2.</p> <p>After first dosa (60ml), the display will show countdown for 10 seconds, open and close the door within the 10 seconds, the system will auto automatic switchover to dosa 2(60ml) and the display will show total cooking time. Press START/QUICK START to start. In this way, the END is displayed directly until cooking to dosa 4(60ml).</p>
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:08	Parmesan Cauliflower Bites	0.270Kg.	Borosil bowl/Low rack/Tawa	Ingredients		
				Bread Crumbs	1Cup	
				Parmesan Cheese	¾ cup	
				Cauliflower Florets	270 cups	
				All purpose flour	½ cup	
				Egg	2no.	
				Paprika, garlic powder,black pepper powder,Onion powder,Oregano and thyme	½ tsp each	
				Salt	To taste	
				Cooking Method		
<p>1 Place the borosil bowl with cauliflower florets in microwave oven. Select the menu and press START.</p> <p>2 In a large bowl, combine breadcrumbs, Parmesan cheese, paprika, garlic powder, black pepper powder, onion powder, oregano, salt and thyme.</p> <p>3 working in batches, Dredge cauliflower in flour, dip into eggs, and dredge in bread</p>						

				crumbs mixture, pressing to coat. 4 Arrange cauliflower on oil greased tawa, keep it on low rack in microwave oven and press START. 5 Upon beep, turn over the cauliflower, grease with oil and press START. 6 Serve hot
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:09	Fish tandoor	0.250Kg.	High rack/Tawa	Ingredients	Wt 250gm	
				Pomfret	250gms	
				Lemon juice	1tbsp	
				Coriander (fresh leaves)	50gms	
				Green chilli chopped	4nos	
				Garlic	8 flakes	
				Kashmiri Chilli Powder	1tsp	
				Besan flour	1tsp	
				Mustard Oil	4tbsp	
				Tandoori Food Color	A pinch	
				Salt	As per taste	
				Cooking Method		
				1 Marinade fish with salt and lemon juice for 5 minutes. 2 Grind green chilli, coriander & garlic to fine paste. 3 Apply spice paste to fish and let it marinate for 10 minutes. 4 Place high rack on the glass turntable. Arrange fish on the tawa. Place tawa on high rack. 5 Select the program and Press START. 6 When beep , Turn over fish and press START 7 Serve hot.		

Recipe	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
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code					
HC:10	Bati	0.350 Kg.	Low rack + Tawa	Ingredients	
				Wheat flour	300 gms.
				Gram flour	50 gms.
				Makai ka atta	50 gms.
				Salt	As per your taste
				Water	As required
				Ghee	1 cup
				Cooking Method	
1 Mix the different flours together with as much water as required. Make round balls of 50–60 g each of the dough. Press them slightly to create bati shape.					
2 Place the tawa on the low rack, keep it in microwave oven.					
3 Select the program and press START.					
4 After preheat, place the bati on tawa and press START.					
5 Upon beep, Brush ghee on bati, turn it upside down, and press START.					
6 Serve bati with dal.					

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:11	Paneer Oats Tikki	0.360Kg.	Low rack/Tawa	Ingredients	250gms	
				Oats (grind to powder)	1cup	
				Brown bread crumbs	¼ cup	
				Grated carrots	½ cup	
				Grated Paneer	100gms	
				Boiled potato (boiled & mashed coarsely)	1cup	
				Mint leaves powder	1tsp	
				Green chillies (chopped)	2-3nos	
				Grated ginger	1 tsp	
				Coriander leaves	½ cup	
				Chat masala	1tsp	
				Red chilli powder	1tsp	

				Ajwain seeds	1 tsp	
				curd	As required	
				Salt	To taste	
				Oil	1tbsp	
				Cooking Method		
				1 Mix together coriander leaves, mint leaves powder , ginger, green chillies , mashed potatoes, ground oats, grated carrot, grated paneer ,green chillies chopped,chat masala,chilly powder and ajwain seeds.		
				2 Add curd to bind the ingredients together.Add salt as per taste.		
				3 Lightly wet hands and make 12 tikkis from this mixture.		
				4 Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the menu and press START. (to preheat tawa)		
				5 Upon beep, Place Paneer Oats Tikki on the tawa, brush with oil and press START.		
				6 Upon beep, turn the tikki upside down and press START.		
				7 Serve hot with green chutney.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:12	Toast Exotica	0.250Kg	Tawa / Low rack	Ingredients		
				Bread Slices (sliced)	2	
				Sandwich spread	1tsp	
				Butter	1 Tsp	
				Paneer-grated	100 gms	
				Green lettuce leaves chopped -(dip in chilled water overnight and pat dry	2	
				Small tomato	1no.	
				Salt and pepper	to taste	
				Mustard sauce	To taste	
				Black olives(sliced)	Few slices	
				Cheddar cheese	1/4 cup	

				<p>Cooking Method :</p> <p>1 Apply butter to the bread, followed by sandwich spread , spread grated paneer, arrange tomato slices, top tomatoes with mustard and then arrange olive slices. Grate Cheese.</p> <p>2 Place low rack on the glass turntable. Keep tawa on the low rack.</p> <p>3 Select the menu and press START. (To preheat tawa.</p> <p>4 Place Toast Exotica on the hot tawa and press START.</p> <p>5 Sprinkle salt & pepper, chopped lettuce leaves on toast exotica before serving.</p>
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Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:13	Potato wedges (Ready to fry)	0.420 Kg	Tawa /Low rack	Ingredients		
				Potato wedges (Ready to fry)	420gms	
				Oil	1tbsp	
				Cooking Method		
				<p>1 Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the program and press START. (to preheat tawa)</p> <p>2 Upon beep, Place Ready to fry Potato wedges on the tawa, brush them with oil and press START.</p> <p>3 Upon beep, serve hot.</p>		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:14	Besan Chilla	0.150Kg	Tawa /Low rack	Ingredients		
				Besan flour	1 cup	
				Onion(finely chopped)	¼ cup	
				Tomatoes (finely chopped)	¼ cup	

				Chopped ginger	½ tsp	
				Chopped green chilies	½ tsp	
				Chopped coriander leaves	1 tbsp	
				Salt	To taste	
				Turmeric powder	¼ tsp	
				Red chili powder	¼ tsp	
				Cooking Method		
				1 Prepare besan chilla batter by mixing all the ingredients with ½ cup water. Add tbsp of water each time to form smooth flowing batter.		
				2. Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the program and press START. (to preheat tawa)		
				3 Upon beep, Spread batter on the tawa, and press START.		
				3 Upon beep, serve hot.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:15	Crunchy Paneer	0.350 Kg	Tawa /Low rack	Ingredients		
				Paneer, Cut lengthwise, long stripes as per individual choice	300gms	
				Ingredients for marinade		
				Curd	3tbsp	
				Ginger garlic paste	1tsp	
				Milk	1 tbsp	
				Chilli Powder	½ tsp	
				Garam masala	½ tsp	

				Black pepper powder	¼ tsp	
				Salt	1tsp	
				Cornflour	2tbsp	
				Dry bread crumbs: For coating	100 gms	
				<p>Cooking Method</p> <p>1 Mix all ingredients of the marinade in a bowl. Marinade Paneer stripes in the marinade .Coat the Paneer fingers with dry bread crumbs.</p> <p>2 Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the menu and press START. (to preheat tawa)</p> <p>3 Upon beep, Place the Paneer on tawa and press START.</p> <p>4. Upon beep, flip the paneer stripes upside down and press START.</p> <p>5 Upon beep, serve hot.</p>		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:16	Patrani Machi	0.270 Kg	Tawa /Low rack	Ingredients		
				Bhetki fish fillet (wash and drain water)	250gms	
				Salt	¼ tsp	
				Lemon juice	1tbsp	
				Marinade 2		
				Coconut grated	½ cup	
				Coriander	50gms	
				Green chillies chopped	5-6 nos	
				Black mustard paste	2tbsp	
				Kashmiri chilli powder	1/2tsp	

				Mustard oil	3tbsp	
				Salt	To taste	
				Banana leaves :for covering fish	Wash and wipe clean with a soft clean cloth.	
				Cooking Method 1 Marinade fish with salt and lemon juice for 10 minutes. 2 Mix all the ingredients of marinade 2 and mix in fish fillet. 3 Wrap one piece of fish fillet to banana leaf. 4 Bush oil on the patrani machi. 5 Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the program and press START. (to preheat tawa) 6 Upon beep, Place banana leaf wrap fish on the tawa and press START. 7 Upon beep, serve hot.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:17	Veg. Fingers (Ready to fry)	0.250 Kg	Tawa /Low rack	Ingredients		
				Veg. Fingers (Ready to fry)	250gms	
				Oil	1tbsp	
				Cooking Method 1 Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the program and press START. (to preheat tawa) 2 Upon beep, Place Ready to fry Veg. fingers on the tawa, brush veg. fingers with oil and press START. 3 Upon beep, serve hot.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:18	Veg. Nuggets	0.325 Kg	Low rack/Tawa	Ingredients		
				Instant Veg	325 g	

				Nuggets		
				Oil	1 tsp	
				Cooking Method 1 Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the menu and press START. (to preheat tawa) 2 Upon beep, Place instant Veg nuggets on the greased tawa and brush with oil, and press START. 3 Serve hot.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:19	Samosas (Ready to fry)	0.250 Kg	Tawa /Low rack	Ingredients		
				Samosas (Ready to fry)	250gms	
				Oil	1tbsp	
				Cooking Method 1 Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the program and press START. (to preheat tawa) 2 Upon beep, Place Ready to fry samosas on the tawa, brush the samosas with oil and press START. 3 Upon beep, serve hot.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:20	Chicken Fry (Boneless)	0.230 Kg	Tawa/low rack	Ingredients		
				Chicken cubes	230 g	
				Curds	4tbsp	
				Lemon Juice	1 tsp	
				Salt	To taste	
				Red Chilli Powder	1 tsp	
				Ginger-Garlic Paste	2 tbsp	

				Cornflour	1 tbsp	
				Chopped Coriander	2 tbsp	
				Dry Fenugreek Leaves	2 tsp	
				Paprika	1tsp	
				Lemon slices	To serve	
				<p>Cooking Method</p> <p>1 In a bowl, mix the yogurt, ginger-garlic paste, lemon juice, salt, red chilli powder, coriander, fenugreek leaves ,paprika and cornflour .Marinate the chicken cubes with all these ingredients and put it in refrigerator for half an hour.</p> <p>2 Place the tawa on the low rack. Select the menu and press START.</p> <p>3 Upon beep, place the chicken cubes on the tawa , brush with oil and press START.</p> <p>4 Upon beep, turn over the chicken pieces and press START. Serve hot with lemon slices.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:21	Beetroot Rolls	0.450Kg.	Low rack/Tawa	Ingredients		
				Boiled and mashed potato	1no.	
				Beetroot boiled and grated	1no.	
				boiled carrot	1 small	
				Onion Chopped	1no	
				Cumin powder	1tsp	
				Salt	To taste	
				Garam masala	1 tsp	
				Chaat masala	1tsp	
				Lemon juice	1tsp	
				Bread crumbs	2 tbsp.	
				Oil	1 tbsp	
				<p>Cooking Method</p> <p>1 Add onion , grated carrot, beetroot , Cumin powder,garam masala,lemon juice,salt,chaat masala and mashed potato.. Mix thoroughly to bind the ingredients together.</p>		

				<p>2 Take a portion of the mixture, and roll it to give desired shape.</p> <p>3 Roll them in bread crumbs to coat them properly.</p> <p>4 Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the menu and press START. (to preheat tawa)</p> <p>5 Upon beep, Place beetroot rolls on the tawa, and press START.</p> <p>6 Upon beep, Flip the beetroot rolls upside down on the tawa, and press START.</p> <p>7 Upon beep, serve hot.</p>
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Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:22	Veg. Spring Rolls (Ready to fry)	0.330 Kg	Tawa /Low rack	Ingredients		
				Veg Spring Rolls (Ready to fry)	330gms	
				Oil	1tbsp	
				Cooking Method		
				<p>1 Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the menu and press START. (to preheat tawa)</p> <p>2 Upon beep, Place Ready to fry veg Spring rolls on the tawa, and press START.</p> <p>3 Upon beep, serve hot.</p>		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:23	Aloo Tikki (Ready to fry)	0.200 Kg	Tawa /Low rack	Ingredients		
				Aloo Tikki (Ready to fry)	200gms	
				Oil	1tbsp	
				Cooking Method		
				<p>1 Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the menu and press START. (to preheat tawa)</p> <p>2 Upon beep, Place Ready to fry aloo tikki on the tawa, and press START.</p> <p>3 Upon beep, serve hot.</p>		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:24	Achaari Bhindi	0.200Kg	Tawa /Low rack	Ingredients		
				Lady Fingers (Ready to fry)	200gms	
				Chilli powder	½ tsp	
				Salt	To taste	
				Chat masala	1tbsp	
				Turmeric powder	¼ tsp	
				Amchur powder	½ tsp	
				Oil	1tbsp	
				Cooking Method		
				1Mix together chilli powder, salt, chat masala,turmeric powder and amchur powder		
				2Wash bhindi and dry it with clean kitchen cloth. Separate the ladyfingers lengthwise into 2 pieces. Apply the spice mix to bhindi.Mix in oil.		
				3Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the menu and press START (to preheat tawa).		
				4 Upon beep, Place spiced lady fingers on the tawa, and press START.		
				5 Upon beep, serve hot.		

Desi Masala Mix (dS)

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
dS:01	Maharashtran Goda Masala	0.150 Kg/0.225 Kg.	MW safe Glass Bowl	Ingredients	150gms	225gms
				Coriander Seeds	1 cup	1 ¼ cup
				Cumin Seeds	¼ cup	½ cup
				White sesame Seeds	1/3 cup	1/3 cup
				Cloves	2 tbsp	2 tbsp
				Big Cardamom	2 tbsp	2 tbsp
				Cinnamon	2 tbsp	2 tbsp
				Black peppercorns	2 tbsp	2 tbsp

				Dagalphool(Lichen)	2 tbsp	2 tbsp
				Tamalpatra (Bay Leaf)	½ cup	½ cup
				Oil	1-2 tsp	1-2 tsp
				<p><u>Cooking Method</u></p> <p>1. Mix all the ingredients in the heat resistant glass dish. Place it in the microwave oven.</p> <p>2. Select the menu and press START.</p> <p>3. Upon beep, cool and grind the roasted ingredients in an electric blender. Store the masala in airtight container.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
dS:02	Panch Phoron	0.100 Kg./0.170 Kg.	MW safe Glass Bowl	Ingredients	100gms	170gms
				Aniseed	4tbsp	6tbsp
				Cumin Seeds	4tbsp	6tbsp
				Fenugreek Seeds	4tbsp	6tbsp
				Mustard Seeds	4tbsp	6tbsp
				Nigella (fennel)/Kalonji	4tbsp	6tbsp
				<p><u>Cooking Method</u></p> <p>1. Mix all the ingredients in the heat resistant glass dish. Place it in the microwave oven.</p> <p>2. Select the menu and press START.</p> <p>3. Upon beep, cool and grind the roasted ingredients in an electric blender. Store the masala in airtight container.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
dS:03	Chaat Masala	0.045Kg./0.080 Kg.	MW safe Glass Bowl	Ingredients	45gms	80gms
				Coriander Seeds	2tbsp	3tbsp
				Cumin Seeds	1tbsp	1 ½ tbsp
				Ajwain Seeds	1/2tsp	1 tsp
				Red Chillies	2	3
				Amchur powder	½ tsp	1 tsp
				Salt	1tbsp	1 ½ tbsp

				Garam Masala	1tsp	1 ½ tsp
				Peppercorns	½ tsp	1 tsp
				<u>Cooking Method</u>		
				1. Mix all the ingredients except amchur powder, in the heat resistant glass dish. Place it in the microwave oven.		
				2. Select the menu and press START.		
				3. Upon beep, cool and grind the roasted ingredients in an electric blender. Add amchur powder, mix well, and store the masala in airtight container.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
dS:04	Curry Leaves Powder	0.065 Kg./0.080 Kg.	MW safe Glass Bowl	Ingredients	65gms	80gms
				Curry leaves (dry)	2cups	3cups
				Cumin Seeds	1tbsp	1 ½ tbsp
				Coriander Seeds	2 tbsp	3 tbsp
				Red Chillies	6	9
				Fenugreek Seeds	½ tsp	1 tsp
				Salt	To taste	To taste
				Garlic Flakes	6 (optional)	9 (optional)
				Peppercorns	1 tsp	1 ½ tsp
			<u>Cooking Method</u>			
			1. Mix all the ingredients in the heat resistant glass dish. Place it in the microwave oven.			
			2. Select the menu and press START.			
			3. Upon beep, cool and grind the roasted ingredients in an electric blender. Store the masala in airtight container.			

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
dS:05	Garam Masala	0.025 Kg./0.050 Kg.	MW safe Glass Bowl	Ingredients	25gms	50gms
				Coriander Seeds	4tsp	6tsp
				Cumin Seeds	4tsp	6tsp
				Peppercorns	30	45

				Cardamom	16	24
				Cinnamon	4inch stick	6inch stick
				Mace flower	2	3
				Bay Leaf	4	6
				<u>Cooking Method</u>		
				1. Mix all the ingredients in the heat resistant glass dish. Place it in the microwave oven.		
				2. Select the menu and press START.		
				3. Upon beep, cool and grind the roasted ingredients in an electric blender. Store the masala in airtight container.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
dS:06	Pappula Podi	0.100 Kg./0.130 Kg.	MW safe Glass Bowl	Ingredients	100gms	130gms
				Split Chick Peas	½ cup	¾ cup
				Cumin Seeds	½ tsp	1tsp
				Garlic Flakes	2	3
				Red Chillies	4	6
				Dry Coconut powder	2 tsp (optional)	3tsp
				Salt	To taste	To taste
				<u>Cooking Method</u>		
				1. Mix all the ingredients in the heat resistant glass dish. Place it in the microwave oven.		
				2. Select the menu and press START.		
				3. Upon beep, cool and grind the roasted ingredients in an electric blender. Store the masala in airtight container.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
dS:07	Rasam powder	0.208 Kg.	MW safe Glass Bowl	Ingredients	208gms	
				Red Chillies	24	
				Coriander Seeds	3Cup	
				Toor Dal	¾ Cup	
				Fenugreek Seeds	1½tsp	
				Peppercorns	½ cup	

				Cumin Seeds	½ cup	
				Mustard Seeds	1 tbsp	
				Turmeric Powder	1 tbsp	
				<u>Cooking Method</u>		
				1. Mix all the ingredients in the heat resistant glass dish. Place it in the microwave oven.		
				2. Select the menu and press START.		
				3. Upon beep, cool and grind the roasted ingredients in an electric blender. Store the masala in airtight container.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
dS:08	Sambar Powder	0.140 Kg.	MW safe Glass Bowl	Ingredients		
				Red Chillies	1 ½ cups	
				Coriander Seeds	½ cup	
				Chana Dal	½ tbsp	
				Urad Dal	½ tbsp	
				Peppercorns	½ tsp	
				Cumin Seeds	¼ tbsp	
				Methi Seeds	½ tsp	
				Asafoetida	½ tsp	
				Mustard Seeds	½ tsp	
				Curry Leaves	¼ cup	
			1. Mix all the ingredients in the heat resistant glass dish. Place it in the microwave oven.			
			4. Select the menu and press START.			
			5. Upon beep, cool and grind the roasted ingredients in an electric blender. Store the masala in airtight container.			

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
dS:09	Tandoori Masala Powder	0.090 Kg.	MW safe Glass Bowl	Ingredients		
					90gms	
				Coriander Seeds	½ cup	
				Cumin Seeds	½ cup	
				Amchur Powder	2tsp	

				Dried Mint leaves	1tsp	
				Deep red color	1tbsp	
				Chilli powder	2tsp	
				<u>Cooking Method</u>		
				1. Mix all the ingredients in the heat resistant glass dish. Place it in the microwave oven.		
				4. Select the menu and press START.		
				5. Upon beep, cool and grind the roasted ingredients in an electric blender. Store the masala in airtight container.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
dS:10	Fish Masala	0.210 Kg.	MW safe Glass Bowl	Ingredients		
				Chilly Powder	50	
				Pepper Powder	35	
				Coriander Seeds	100	
				Jeera	1 ½ tbsp	
				Mustard	1tsp	
				Fenugreek Seeds	2tsp	
				Turmeric Powder	2tsp	
				Curry Leaves	¼ cup	
				<u>Cooking Method</u>		
				1. Mix all the ingredients except for powder masalas in the heat resistant glass dish. Place it in the microwave oven.		
				2. Select the menu and press START.		
				3. Upon beep, cool and grind the roasted ingredients in an electric blender. Mix in powder ingredients. Store the masala in airtight container.		

CLEANING AND CARE

1. Turn off the oven and remove the power plug from the wall socket before 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 detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
3. The outside surfaces 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 both sides of the door and window, 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 sudsy water or dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace 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 deep microwaveable bowl, microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
11. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
12. The oven should be cleaned regularly and any food deposits removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
13. Please do not dispose 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.

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 on Magnetron & Cavity, shall be replaced or repaired free of charge, on intimation to the Company I Company's authorized service centre nearest to the place where the appliance is installed This warranty is subject to Limitations of Warranty.

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 I installation by the company's authorised dealer I service engineer.
 - b) If the completed warranty card is not presented to the authorised personnel at the time of service I 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 I caused by accidents, alteration, misuse, neglect, abuse, substitution of original components with spurious I non-genuine components, attack by household pests I rodents, fire, flood, earth-quake, lightning and I or any other acts of God I 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 authorized service center.
7. This warranty is not applicable, if the microwave 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 I town I municipal limits from the Company I 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 incase 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/ 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 /or other judicial/quasi judicial forums having jurisdiction over the registered office of the Company.

Note: For all types of repairs / 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 & Address:
.....
.....

=====

Service Station Copy

Mr./Mrs./Ms
.....

Address
.....

Telephone No.:
.....

Model Name:
.....

Serial No.:
.....

Date of Purchase:
.....

Cash Memo No.
.....

Products Owned by the customer:

(Please tick in the appropriate box)

- | | | | | |
|--|---|------------------------------------|---|--|
| <input type="checkbox"/> Washing Machine | <input type="checkbox"/> Refrigerator | <input type="checkbox"/> Color TV | <input type="checkbox"/> 100%ClothesDryer | <input type="checkbox"/> Dishwasher |
| <input type="checkbox"/> Music System | <input type="checkbox"/> oven Toaster Grill | <input type="checkbox"/> 2 Wheeler | <input type="checkbox"/> Car | <input type="checkbox"/> Air Conditioner |

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