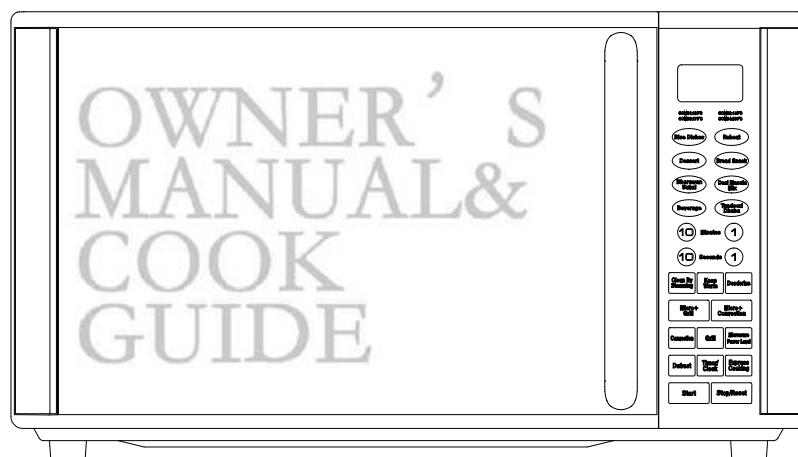


MICROWAVE OVEN

IFB

MODEL:30SC4

CONVECTION MICROWAVE OVEN



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
Model number

Serial number

Purchase date

WELCOME AND CONGRATULATIONS

Congratulations on your purchase of a new IFB microwave oven! At IFB Industries Ltd, we are very proud of our product and are completely committed to providing you with the best service possible.

Your satisfaction is our number one priority.

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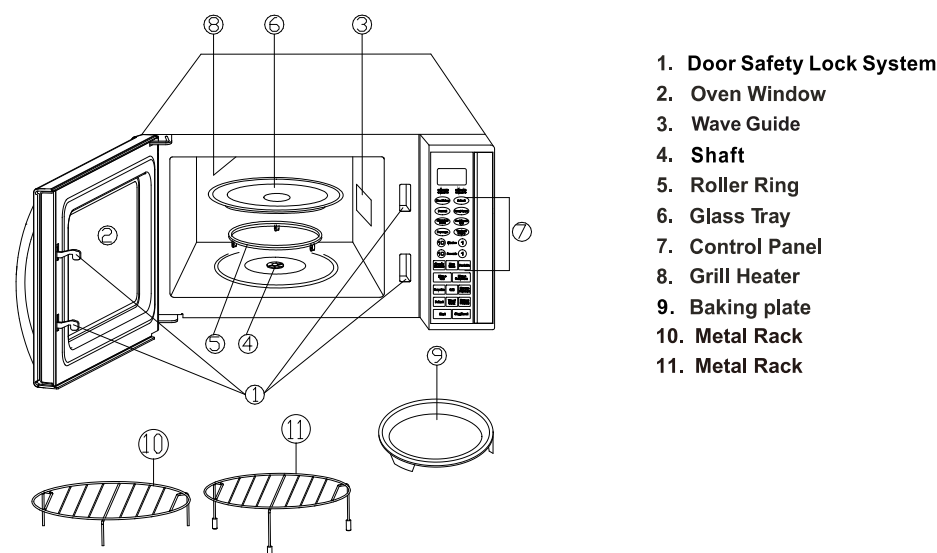
SPECIFICATIONS*

Power Consumption:	230V~ 50Hz, 1400W (Microwave)
	2200W (Convection)
	1250W (Grill)
Rated Microwave Output:	900W
Operation Frequency:	2450MHz
Outside Dimensions:	300mm(H)×539mm(W)×438mm(D)
Oven Capacity:	30Litres (1.1cu.ft)
Cooking Uniformity:	Turntable System{Φ315mm}
Net Weight:	Approx. 18.4 kg

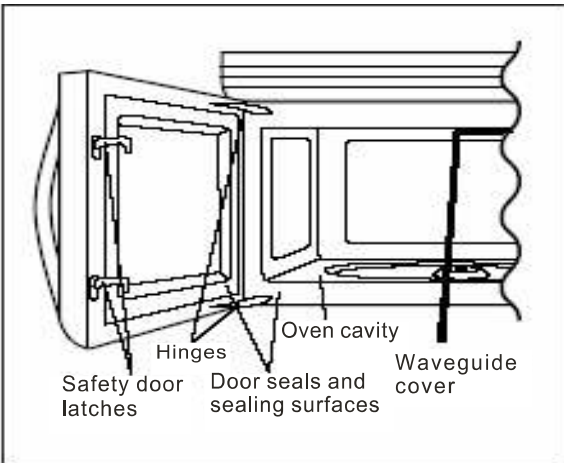
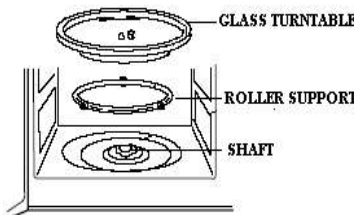
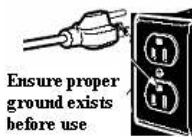
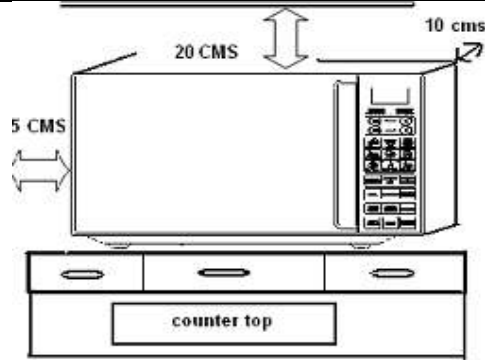
PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- 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.

PART NAMES



INSTALLATION INSTRUCTIONS

STEPS	INSTRUCTIONS	
1	This microwave oven must be placed on a flat surface to hold its weight and the heaviest food likely to be cooked in the oven	
2	Do not place the oven where heat, moisture or high humidity are generated or near combustible materials	
3	Remove all the packaging material from the microwave oven	
4	WARNING: Check the oven for any damages, 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 personnel. Refer figure 1	
5	Install shaft, roller support and glass turntable in their proper position. Refer figure 2	figure 2 
6	Plug power cord into a dedicated 15 Amps Electrical outlet.	figure 3 
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 easily accesible so that it can be easily unplugged in an emergency.	
9	For correct operation oven must have sufficient airflow. Allow 20cm of space above the oven, 10cm at back and 5cm at both sides (figure 4). Do not cover or block any openings on the appliance. Do not remove feet.	
10	Do not use the oven outdoors.	

GROUNDING INSTRUCTIONS

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

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

NOTE:

If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.

Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the electrical connection procedures.

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

Green and Yellow = EARTH

Blue = NEUTRAL

Brown = LIVE

RADIO INTERFERENCE

Operation of the microwave oven can cause interference to your radio, TV, or similar equipment.

When there is interference, it may be reduced or eliminated by taking the following measures:

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

SAFETY INSTRUCTIONS ABOUT YOUR MICROWAVE OVEN

When using electrical appliance basic safety precautions should be followed to reduce the risk of burns, electric shock, and fire, injury to persons or exposure to excessive microwave

- 1) Read all instructions before using the appliance.
- 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. drying of food or clothing and heating warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.

The microwave oven is intended for defrosting, cooking and steaming of food only.

- 3) Do not operate the oven when empty (except during preheating the oven in convection mode).
- 4) Do not rinse the turntable by placing it in water soon after cooking.
- 5) 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.
- 6) Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
- 7) When using the microwave oven at power levels below 100%, you may hear the magnetron cycling on and off.
- 8) **SAFETY PRECAUTIONS TO REDUCE THE RISK OF FIRE IN MICROWAVE OVEN**

- 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.

ARCING

If you see arcing, press **Stop/Clear** pad and correct the problem. Arcing is the microwave term for sparks in the oven.

Arcing is caused by :

- a) Metal or foil touching the side of the oven.
- b) Foil not molded to food (upturned edges act like antennas).
- c) Metal such as twist-ties, poultry pins, or gold rimmed dishes in the microwave.
- d) Recycled paper towels containing small metal pieces being used in the microwave.

WARNING

- 9) 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.
- 10) When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
- 11) 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.
- 12) 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.

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

SAFETY INSTRUCTIONS ABOUT FOOD

It is normal for the exterior of the microwave oven to be warm to touch when Cooking or reheating.

Condensation is a normal part of microwave cooking. Room Humidity and the moisture in food will influence the amount of moisture that condenses in the microwave oven. Generally, covered food will not cause as much condensation as uncovered ones. Ventilation openings must not be blocked.

LIQUIDS

- 1) Liquid or other food must not be heated in sealed containers since they are liable to explode.
- 2) Microwave heating of beverage can result in delayed eruptive boiling; therefore care has to be taken when handling the container.

To reduce the risk of injury to persons:

- Do not overheat the liquid.
- Stir the liquid both before and halfway through heating it.
- Do not use straight-sided containers with narrow necks. Use a wide-mouthed container.
- After heating, allow the container to stand in the microwave oven at least for 20 seconds before removing the container.
- Use extreme care when inserting a spoon or other utensil into the container.

FATS AND OIL

- 3) Do not deep fry food in the oven. Hot oil can damage oven parts and utensils and even result in skin burns.

EGGS

- 4) 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.

BABY FOODS

- 5) 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.

COOKWARES

- 6) Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
- 7) Utensils should be checked to ensure that they are suitable for use in microwave oven.

POPCORN

Do not pop popcorn in your microwave oven unless in a special Microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.

- 8) 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.

MICROWAVE COOKING PRINCIPLES

- **More volume = more cooking time**
- **Colder temperature = more cooking time**
- **More moisture in food = more cooking time**
- **More dense foods= more cooking time**
- **More sugar, fat = less cooking time**
- **Higher wattage microwave = less cooking time**

INSTRUCTIONS WHILE MICROWAVE COOKING	
Because a microwave works like thisDo this while cooking in a microwave
1.Microwave causes molecules in food to vibrate.This creates heat that cooks the food.Heat from the food warms the container that the food is in	Use potholders to avoid burns.
2. Microwaves cannot pass through metal, but they do pass through glass, ceramic, plastic, or paper.	Hence do not use metal cookwares in microwave mode of cooking.
3. Energy in a microwave oven can be uneven.Some parts of the oven may have more energy and will cook faster than other parts.	Rearrange food while they are cooking. Turn dishes several times during the cooking period.
4. Microwave penetrate food only $\frac{3}{4}$ to 1 $\frac{1}{2}$ inches. Food cook from the outside of the dish toward the center.	Stir food while cooking. Bring food in the center toward the edge and food at the edge toward the center.
5. Microwave bounce off the sides of the oven.	Arrange foods so the thickest parts are toward the side of the oven.
6. A microwave oven has no heating element .This allows you to use paper and plastic products safely in a microwave oven.	Plastic wrap, paper towels,and wax paper can be used to cover food and help reduce spatters.
7. Heat is inside the food,so food does not stop cooking when you turn off the oven.	Remove food from the oven before it is totally cooked .Allow food some standing time to finish cooking.
8. The more food you are cooking ,the less energy there is for each item to absorb.	Larger amounts of food will need a longer time to cook
9. Steam can build up inside confined areas and cause food to explode.	Pierce food with skin (such as egg yolks, potatoes, or sausage) to let steam escape.
10. Many ovens can operate at several different power levels.At lower than 100 percent power levels,the oven turns on and off,allowing times for the heat level to equalize.	The high fat content of cheese attracts microwave .When heating large quantities of cheese, use less than 100 percent power so that outside edges will not get too hot before the inside is heated.
11.Foods cooks quickly ,and most do not have time to brown	Use sauces,herbs ,or toppings to make pale food look better.

MICROWAVE COOKING TECHNIQUES

Stirring

Stir food such as casseroles and vegetables while cooking to distribute heat evenly.

Arrangement

Arrange unevenly shaped foods, such as chicken pieces or chops, with the thicker, meatier parts toward the outside of the turntable where they receive more microwave energy.

Shielding

Shield food with narrow strips of aluminum foil to prevent overcooking (poultry wing-tips, the ends of poultry legs, and corners of square baking dishes). Use only small amounts of aluminum foil. Larger amounts can damage your oven.

Turning

Turn food over midway through cooking to expose all parts to microwave energy. This is especially important with large items such as roasts.

Standing

Food cooked in the microwave build up internal heat and continue to cook for a few minutes after the oven stops. Let food stand to complete cooking, especially food such as roasts and whole vegetables. Roasts need this time to complete cooking in the center without overcooking the outer areas.

All liquids, such as soup or hot chocolate, should be shaken or stirred when cooking is Complete. Let liquids stand a moment before serving.

FOOD DONENESS SIGNS INCLUDE:

- Food steams throughout, not just at edge.
- Center bottom of dish is very hot to touch.
- Poultry thigh joints move easily.
- Meat and poultry show no pinkness.
- Fish is opaque and flakes easily with a fork.

DEFROSTING TIPS

Defrosting in a microwave is speedy and hygienic .It prevents the growth of bacteria & retains the natural texture & flavor of the food, offers quick and complete defrosting.

- Foods must be weighed correctly.
- Remove food to be defrosted from the packaging material.
- Allow the food to stand for few minutes to thaw food completely.
- Spacing of the food to be thawed should be in circular pattern.
- Place though or bigger pieces on the outer edge of the dish.
- When defrosting stir or turn halfway for even defrosting.
- Separate the pieces as they thaw.
- Remove the small pieces which have been thawed to prevent them from cooking

GRILLING TIPS

Marinate foods only in the refrigerator. Reserve a portion of the marinade, before raw meat is placed in it, for use later in basting or as a dip for cooked food.

To avoid flare-ups and charred food, remove visible fat from meat.

Don't partially cook, unless food will go immediately onto the grill.

If cooking ahead, cook completely, then cool down fast for reheating later.

Serve food from the grill on clean platter, not one that has raw, possibly contaminated juices on it.

CONVECTION TIPS

ALWAYS PREHEAT OVEN BEFORE PUTTING FOOD IN OVEN (unless your recipe directs otherwise).

As with any recipe, check the food about 5-10 minutes before the expected finish time, due to variables such as the temperature of the food when first placed in the oven, quantity of food in the oven, your preferred level of "doneness", etc.

The more food in the oven at one time, the longer the cooking time.

COOKWARE SELECTION GUIDE

The ideal material for a microwave utensil is transparent to microwave, it allows energy to pass through the container and heat the food.

1. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
2. Round /oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.
3. Narrow strips of aluminum foil may be used to prevent overcooking of exposed areas. But be careful don't use too much and keep a distance of 1 inch (2.54cm) between foil and cavity.

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

COOKWARE	MICROWAVE	GRILL	CONVECTION	COMBINATION
Heat-Resistant Glass	Yes	Yes	Yes	Yes
Non Heat-Resistant Glass	No	No	No	No
Heat-Resistant Ceramics	Yes	Yes	Yes	Yes
Microwave-Safe Plastic Dish	Yes	No	No	No
Kitchen Paper	Yes	No	No	No
Metal Tray	No	Yes	Yes	No
Metal Rack	No	Yes	Yes	No
Aluminum Foil & Foil Containers	No	Yes	Yes	No

CONTROL PANEL

DISPLAY WINDOW

Used to indicate clock, cooking time, etc.

NUMBER PADS

Used to enter clock, cooking time, etc.

MICROWAVE POWER LEVEL

Press to select microwave power level.

GRILL

Press to set a grill-cooking program.

CONVECTION

Press to program convection cooking.

MICRO + GRILL

Press to select one of two combination cooking settings.

MICRO + CONVECTION

Press to select one of four combination cooking settings.

DEFROST

Touch to defrost food.

TIMER/CLOCK

Use to set the clock and the oven timer.

QUICK COOK BUTTONS:

Touch for easy access to cooking popular foods.

START

Press to start cooking program.

EXPRESS COOKING

Touch to start the oven quickly at full power

STOP/RESET

Touch to stop cooking program or clear all previous settings before cooking starts.

CLEAN BY STEAMING

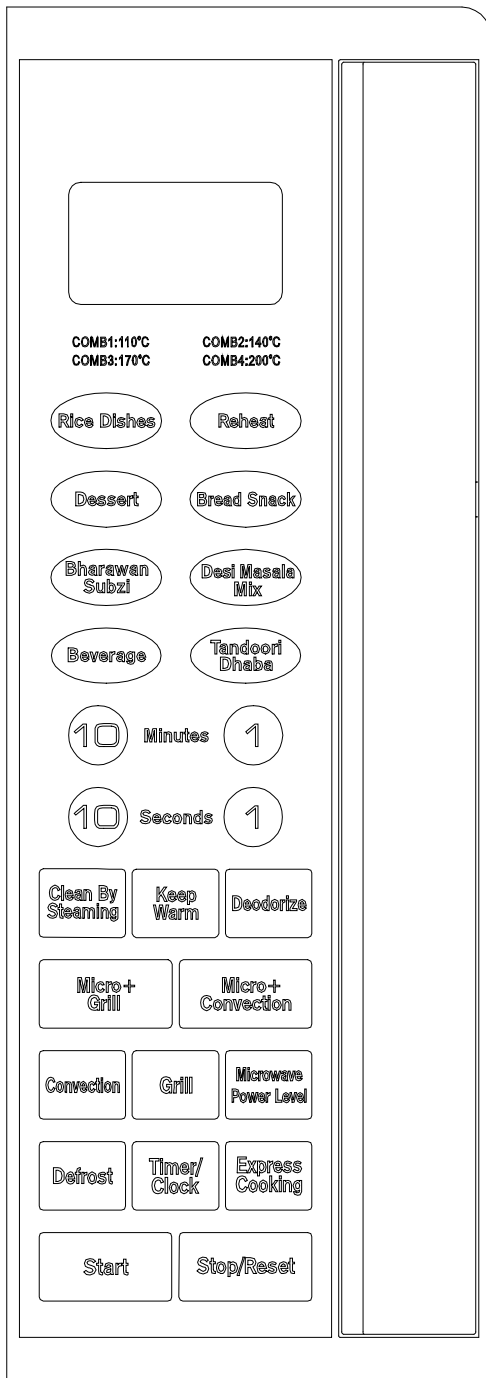
Press to use steam to clean the oven inside.

KEEP WARM

Press to set the oven to operate at keep warm mode.

DEODORIZE

Press to set a deodorize program.



HOW TO SET THE OVEN CONTROLS

BEEPS DURING OVEN SETTINGS

ONE BEEP: Oven accepts the entry.

TWO BEEPS: Oven does not accept the entry .Please check and try again.

SETTING THE CLOCK

When the oven is first plugged in, you can set the clock time.

To set the clock time later:

1. Press and hold down TIMER/CLOCK for 3 sec.
2. Use the number pads to enter the clock time.
3. Press TIMER/CLOCK to confirm.

MICROWAVE COOKING

Microwave cooking allows you to customize cooking power and time. First ,you select a power level by pressing the MICROWAVE POWER LEVEL pad a number of times (see the table below).Then you set the cooking time using the numeric pads, before pressing the START pad.

Number of times press MICROWAVE POWER LEVEL	POWER LEVEL	DESCRIPTION
Once	100% (P-HI)	HIGH Boil water, Boil milk, Cook cereals & cereal products (rice, idlis ,poha etc),Cook vegetables, Roast groundnuts, Roast papads, Prepare soups, curries etc.
Twice	90% (P-90)	
Thrice	80% (P-80)	
4 times	70% (P-70)	MEDIUM HIGH
5 times	60% (P-60)	Reheat food, Cook food containing cheese or eggs, Cook shell fish /mushrooms etc.
6 times	50% (P-50)	MEDIUM Bake cakes, Cook custard etc.
7 times	40% (P-40)	
8 times	30% (P-30)	MED.LOW
9 times	20% (P-20)	Melt butter, Melt chocolate etc
10 times	10% (P-10)	LOW
11 times	0% (P-00)	Soften butter /cheese, Soften ice cream etc

Suppose you want to cook for 5 minutes at 60 % power level.

1. Press MICROWAVE POWER LEVEL pad a number of times to set power.
2. Press number pads to enter cooking time (5:00), is displayed.
3. Press START pad.

NOTE:

1. If you want to temporarily stop a cooking session, press the STOP/RESET pad once and then you can start the cooking again by pressing START ;or press the STOP/RESET twice to cancel the cooking program altogether.
2. After the cooking time ends, the system will beep four times and END is displayed. Before starting

another cooking session, press STOP/RESET pad to clear the display and reset the system.

GRILL

Grill cooking is particularly useful for thin slices of meat, steaks, chops, kebabs, sausages and pieces of chicken. It is also suitable for hot sandwiches and au gratin dishes.

Suppose you want to program grill cooking for 12 minutes.

1. If required, press the STOP/RESET pad once to reset the system.
2. Press GRILL button.
3. Use the number pads to enter cooking time.
4. Press START button.

NOTE:

Grill cooking power is set at full power level by the system.

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.

(110 °C - 120 °C - 130 °C - 140 °C - 150 °C - 160 °C - 170 °C - 180 °C - 190 °C - 200 °C)

TO COOK WITH CONVECTION

Press convection repeatedly for temperature setting.

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

1. Press CONVECTION pad a number of times to select the temperature.
2. Use the number pads to enter cooking time.
3. Press START pad.

NOTE: After the time has elapsed four beeps sound and END appears in display.

Press STOP/RESET button or open door to clear END before starting another cooking programme.

TO PREHEAT AND COOK WITH CONVECTION

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

Suppose you want to preheat to 200 °C and then cook for 35 minutes.

1. Press CONVECTION pad a number of times until the temperature-200 °C appears on the display.
2. Press START button .PREH will flicker in the display until it reaches the designated temperature.
3. Open the door and place container of food at the center of the turntable.

4. Use the number pads to enter cooking time (35 minutes).
5. Press START button.

MICROWAVE +GRILL

This feature allows you to combine grill and microwave cooking on two different settings. First, press this button once or twice to choose a proper combination setting, then, at the screen prompt, enter the desired cooking time. After you have pressed the START pad, the system begins to count down.

COMBINATION 1

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

Suppose you want to set combination 1 cooking for 25 minutes.

1. Press MICRO+GRILL button once.
2. Use the number pads to enter 25:00.
3. Press START button.

COMBINATION 2

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

Suppose you want to set combination 2 cooking for 12 minutes.

1. Press MICRO+GRILL button twice.
2. Use the number pads to enter 12:00.
3. Press START button.

MICROWAVE + CONVECTION

This oven has four pre-programmed settings that make it easy to cook with both convection heat and microwave automatically.

Press MICRO+CONVECTION button repeatedly to program convection temperature.

MICRO+CONVECTION	Number of times press MICRO+CONVECTION	TEMPERATURE °C
COMB1	Once	110
COMB2	Twice	140
COMB3	Thrice	170
COMB4	4 times	200

Suppose you want to bake a cake for 24 minutes on COMB3

1. Press MICRO+CONVECTION button 3 times.
2. Use the number pads to enter cooking time as desired.
3. Press START button to start.

NOTE:

After time has elapsed four beeps sound and END appears in display. Press STOP/RESET button or open door to clear END before starting another cooking function. You can check the convection temperature while cooking is in progress by pressing the MICRO + CONVECTION button.

DEFROST

The oven can be used to defrost meat, poultry, and seafood.

Suppose you want to defrost frozen meat.

1. Press DEFROST once.
2. Use the number pads to enter defrost time.
3. Press START

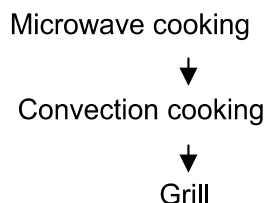
NOTE:

Microwave will stop inbetween during the programme to remind you to separate the portions of food which are defrosted to prevent them from cooking.

MULTISTAGE COOKING

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

Suppose you want to set the following cooking program.

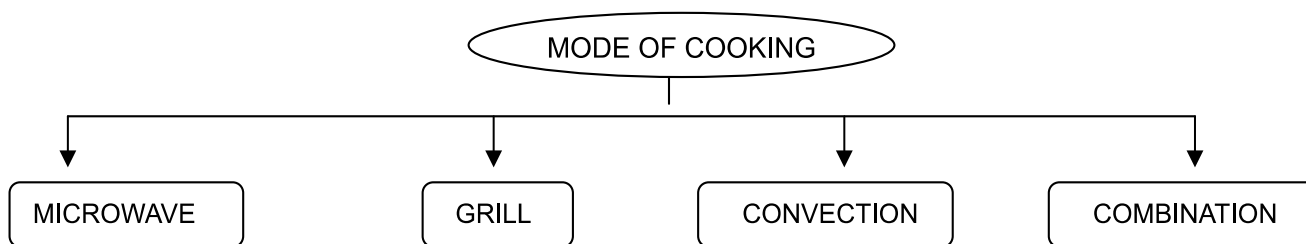


1. Press MICROWAVE POWER LEVEL button to set power level.
2. Use the number pads to enter cooking time.
3. Press CONVECTION pad repeatedly until the desired temperature appears on display.
4. Use the number pads to enter convection cooking time.
5. Press GRILL pad
6. Use the number pads to enter grill cooking time.
7. Press START button.

QUICK RECIPES FOR THE BEGINNERS

INSTRUCTIONS BEFORE COOKING RECIPE FROM A RECIPE BOOK

1. Read the recipe carefully before cooking.
2. Note down the mode of cooking



3. Check the power level, temperature or type of combination in the required mode of cooking.
4. Select the container to be used based on the mode of cooking.
5. Check the cooking time.
6. Then set the cooking programme.

Example -1

MICROWAVE RECIPE	GUIDELINES FOR MICROWAVE COOKING
<p>RECIPE :Tomato Soup</p> <p>Ingredients :</p> <p>2 grated carrots,1 kg tomatoes, 2 finely chopped onions,a pinch of sugar,¼ teaspoon of tulsī,1 tbsp fresh cream,1 celery stick,salt and pepper to taste.</p> <p>METHOD OF PREPARATION:</p> <p>In the microwave, cook the tomatoes in a bowl for 5 minutes and then place in cold water.</p> <p>Remove the skin, puree it and drain the seeds.</p> <p>In another bowl take butter, carrots, onion and celery and cook for 3 minutes in the microwave.</p> <p>Puree the carrot mixture and mix with the tomato puree and the seasoning.</p> <p>Continue to cook for 6 minutes.</p> <p>Stirr both the liquid mixtures, cook well in the microwave for 4 minutes and serve with croutons and cream swirled on top.</p> <p>Serves : 2-3</p>	<p>PRECOOKING INSTRUCTIONS</p> <p>Keep all the ingredients required for the recipe in a tray as instructed.</p> <p>COOKING INSTRUCTIONS</p> <p>STAGE 1In the microwave, cook the tomatoes in a bowl for 5 minutes and then place in cold water.</p> <ol style="list-style-type: none"> 1.MODE OF COOKING is MICROWAVE 2. POWER LEVEL –not given in the recipe hence you need to select HIGH POWER LEVEL. 3. COOKWARE-Microwave safe plastic or borosil since the mode of cooking is microwave. 4.COOKING TIME-5minutes <p>STAGE 2In another bowl take butter, carrots, onion and celery and cook for 3 minutes in the microwave.</p> <ol style="list-style-type: none"> 1.MODE OF COOKING is MICROWAVE 2. POWER LEVEL –not given in the recipe hence you need to select HIGH POWER LEVEL. 3. COOKWARE-Microwave safe plastic or borosil since the mode of cooking is microwave. 4.COOKING TIME-3minutes <p>STAGE 3Continue to cook for 6 minutes.</p> <p>Cook at high power for 6 minutes</p> <p>Stirr both the liquid mixtures, cook well in the microwave for 4 minutes</p> <p>Cook at high power for 4 minutes.</p>

Example -2

CONVECTION RECIPE	GUIDELINES FOR MICROWAVE COOKING
<p>RECIPE :Cheese ballsIngredients:</p> <p>600 ml water,150 gms butter,300 gms plain white flour,5 eggs,200 gms cheese(grated), 2 egg yolks.</p> <p>METHOD OF PREPARATION:</p> <p>Put water, salt and butter in a pot on a hot flame. When it boils, add flour and whisk the mixture well until it becomes a smooth ball.</p> <p>When the mixture is cold, add whole eggs and the cheese.Stir it until it becomes smooth.</p> <p>Form small balls.</p> <p>Place on a flat tray and brush them with egg yolk before putting in the center of a 200 degree C oven for 35-40 minutes.</p>	<p><u>PRECOOKING INSTRUCTIONS</u></p> <p>Keep all the ingredients required for the recipe in a tray as instructed.</p> <p><u>COOKING INSTRUCTIONS</u></p> <p>Place on a flat tray and brush them with egg yolk before putting in the center of a 200 degree C oven for 35-40 minutes</p> <p>1.MODE OF COOKING is CONVECTION</p> <p>2. TEMPERATURE - 200 °C</p> <p>Preheat the microwave oven at 200 °C.</p> <p>3. COOKWARE-baking tray (metal).</p> <p>4.COOKING TIME-35-40 minutes</p> <p>Refer instructions on page number <u>13</u> topic TO PREHEAT AND COOK IN CONVECTION for setting the programme.</p>

Example -3

GRILL RECIPE	GUIDELINES FOR MICROWAVE COOKING
<p>RECIPE :Chicken grill</p> <p>Ingredients:</p> <p>500 g - bone less chicken,1 cup – curds, 1 ½ cup - onion(chopped),2 tbsp - lime juice, 6 - green chillies,3 cm – ginger,10 to 12 flakes – garlic,3 tbsp - mint leaves,3 tbsp - coriander leaves, 1 ½ tsp - chilli powder½ tsp - turmeric powder, 1 tsp - coriander powder,1 tsp -garam masala powder,salt to taste,oil to grill.</p> <p>METHOD OF PREPARATION</p> <p>Cut the chicken into 2 cm wide, 5 cm long strips. Beat the curds till smooth. Add lime juice and salt and pour over chicken. Grind all the ingredients from green chilies to garam masala together to a paste and mix with the chicken. Leave to marinate for 2 hours.</p> <p>Thread the chicken pieces on bamboo skewers taking a stitch through each piece. (Pierce the piece 1 cm above one end of the strip and bring it up 1 cm from the other end.) Heat a thick griddle and place the skewers on it. Pour some oil all round and grill till the chicken is cooked, turning over the skewers half way through cooking. Serve hot as a snack or starter with mint chutney.</p>	<p><u>PRECOOKING INSTRUCTIONS</u></p> <p>Keep all the ingredients required for the recipe in a tray as instructed.</p> <p><u>COOKING INSTRUCTIONS</u></p> <p>Heat a thick griddle and place the skewers on it. Pour some oil all round and grill till the chicken is cooked, turning over the skewers half way through cooking.</p> <p>1.MODE OF COOKING is GRILL</p> <p>Preheat the microwave oven along with the rack in grill mode until the cavity is hot.</p> <p>3. COOKWARE-Grill rack</p> <p>4.COOKING TIME- until cooked (initially grill for 8 minutes and add cooking time as required)</p> <p>Once the chicken is grilled on one side turn and grill the other side of the chicken.</p> <p>Brush oil halfway during the grilling process.</p> <p>NOTE</p> <p>Soak bamboo skewers in water for 30 minutes to prevent them from burning.</p>

AUTO COOK MENUS – INSTRUCTIONS

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

1. Press the individual icon pads once or repeatedly to select the weight of the food to be cooked.
2. Press START

RECIPE GUIDE FOR AUTO COOK MENUS

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

Auto Cook Menu	ADDITIONAL OPTIONS TO BE PRINTED
RICE DISHES	1. Plain Rice 2. Prawn Biryani 3. Rajasthani Pulao 4. Rice with Peas 5. Rice in coconut Milk 6. Namkin Chawal 7. Veg Pulao 8. Spiced Rice 9. Chicken Biryani 10. Pongal 11. Khichdi 12. Indian Sticky Rice 13. Jeera Rice 14. Methi Pulao 15. Carrot Rice 16. Mint Rice 17. Sweet Corn Rice 18. Paushtik Khichdi 19. Palak Pulao
DESSERT	20. Chocolate Cake 21. Coffee Cake 22. Pineapple Upside down cake 23. Spiced Cake 24. Carrot Cake 25. Dates & Walnut Cake 26. Fruit Cake 27. Eggless Cake 28. Sponge Cake 29. Vanilla Cake 30. Marble Cake 31. Creme Caramel 32. Bread Pudding 33. Semolina Pudding with Raisins.
BREAD SNACK	34. Chicken Tikka Sandwich 35. Toasty Paneer Sandwich 36. Milk Toasted Sandwich 37. Cheese Toast

	38. Stuffed Bread 39. Bread Cutlet 40. Spiced Bread Toast 41. Moong Toast 42. Vegetable Toast 43. Garlic Toast 44. Plain Bread Toast 45. Pickled Ginger Pizza 46. Capsicum Pizza 47. Paneer Pizza 48. Savory Onion Pizza 49. Corn And Mushroom Pizza 50. Veg. Cheese Pizza 51. Cheese Pizza 52. Indian Spiced Pizza
BHARAWAN SUBZI	53. Stuffed Potato 54. Aloo Chaat 55. Aloo Methi 56. Aloo Jeera 57. Stuffed Tomato 58. Stuffed Baigan 59. Stuffed Capsicum 60. Stuffed Karela 61. Pickled Potatoes 62. Stuffed Carrot 63. Stuffed Beetroot 64. Stuffed Bottle gourd
DESI MASALA MIX	65. Maharashtra Goda Masala 66. Panch Phoron 67. ChaAt Masala 68. Curry Leaves Powder 69. Garam Masala Powder 70. Pappula Podi 71. Rasam Powder 72. Sambar Powder 73. Tandoori Masala Powder 74. Fish Masala
BEVERAGE	75. Plain Milk Tea 76. Ginger Tea 77. Masala Tea 78. Non –Fat Masala Tea 79. Cardamom Tea 80. Rose Tea 81. Tulsi Tea

	82. Chocolate Flavor Tea 83. Lemon Tea 84. Coffee 85. Jeera Water 86. Herbal Water 87. Sole Kadhi/Cocum Saar 88. Bel Ka Sherbet 89. Aam Ka Panna 90. Cocoa Drink 91. Hot Chocolate Drink
TANDOORI DHABA	92. Chicken Tandoori 93. Chicken Tikka 94. Minced Meat kebab 95. Chicken Kebabs 96. Chicken Cafreal 97. Achaari Chicken 98. Pudina Chicken 99. Spicy Chilli Chicken 100. Coriander Chicken Fry 101. Pepper Chicken Fry

Sr.no	RICE DISHES	Cookware	Ingredients	Method
1	Plain rice	Microwave safe bowl/ microwave safe rice cooker	Rice 1 cup Water 2 cups	Wash and soak the rice for about half an hour. Drain water from the rice and add 2 cups water, cover and cook, selecting the menu. Allow it to stand for 5 to 10 minutes and then serve hot.
2	Prawn Biryani	Microwave safe bowl/ microwave safe rice cooker	Uncooked rice (Soaked for 30 minutes)-1 cup, peeled and deveined tiger prawns-100gms, ginger garlic paste-1 tbsp, Garam masala-1 tbsp, black pepper -1 tbsp, cloves-4, cardamom seeds-4, cinnamon stick, salt-to taste, plain yogurt- ½ cup, vegetable oil- ¼ cup, water 2 cup, Chicken bouillon cube-5	Stir together the prawns, ginger garlic paste, garam masala, black pepper, cloves, cardamom seeds, cinnamon sticks, salt, yogurt, and oil in a microwave safe bowl until well mixed. Stir the rice, water, and chicken bouillon cubes and mix well. Add water and cook by selection the menu prawn biryani. Discard cinnamon stick, cloves, and cardamom seeds before serving.
3	Rajasthani Pulao	Microwave safe bowl/	1 ¼ cup long grain rice 1 tablespoons ghee or oil, 2	If the rice needs washing, wash well in several changes of cold water and

		microwave safe rice cooker	medium onions- finely sliced ,2 sticks cinnamon, 3 cardamom pods, bruised, 5 whole cloves,8 whole black pepper,2 ½ cups hot stock or water ,Salt to taste. Note: Serves 2	leave to soak for 1 hour. Then drain in a colander for at least 30 minutes. Mix all the ingredients, add water or stock and cook by selecting the menu. Serve hot with curry.
4	Rice with Peas	Microwave safe bowl/ microwave safe rice cooker	1 1/2 cups long grain rice,1 tablespoon ghee,4 whole cloves,1 small cinnamon stick,3 or 4 cardamom pods, bruised,1 teaspoon cumin seeds,1/2 teaspoon ground turmeric ,1 1/2cups shelled green peas and diced carrots ,2 1/2 teaspoons salt,3 1/4 cups hot water	Wash the rice well and leave to soak in cold water for 30 minutes, then drain well. Mix all the ingredients, add water or stock and cook by selecting the menu. Remove whole spices, fork rice grains lightly and serve hot with meat or vegetable curries.
5	Rice in coconut milk	Microwave safe bowl/ microwave safe rice cooker	Coconut milk-2 cup Rice -1 cup Carrot-50 gms Beans-50 Gms Ghee-1 tbsp Bay leaf Cloves-4 Salt to taste Poppy seeds-1/4 tsp	Wash and soak rice for 10 minutes. Mix all the ingredients, and cook by selecting the menu.
6	Namkin Chawal	Microwave safe bowl/ microwave safe rice cooker	1 cup long grain rice ,2 cups hot water, 2 teaspoons ghee ,2 1/2 teaspoons salt	Wash rice well and soak I hour in cold water. Mix all the ingredients, and cook by selecting the menu. Lift lid to allow steam to escape for about 5 minutes, and then lightly fluff up rice with fork, taking care not to mash the grains, which will be firm, separate and perfectly cooked. Dish up using a slotted metal spoon rather than a wooden spoon, which will crush the grains. Serve with curries or other spiced dishes.
7	Veg Pulao	Microwave safe bowl/ microwave safe rice	1 cup Rice ,2 cups Water, 1/4 cup chopped Vegetables,1/2" Cinnamon stick,2 Cloves,2 Cardamom, Salt as per taste,1/4	Mix all the ingredients, and cook by selecting the menu.

		cooker	teaspoon turmeric powder,1 teaspoon coriander powder ,2 Chillies ,4 tomatoes, ½ cup Coconut (grated),1 bunch Coriander leaves,2 pieces Garlic,1/ 2" piece Ginger (made into a paste),2 tablespoons Butter,1 onion cut lengthwise	Serve Hot with Raitha.
8	Spiced Rice	Microwave safe bowl/ microwave safe rice cooker	1 cup Rice, 2 cups Water, Cinnamom, Cloves.Salt to taste.	Mix all the ingredients, and cook by selecting the menu.
9	Chicken Biryani	Microwave safe bowl/ microwave safe rice cooker	200gms boneless meat (chicken/lamb), cut in 1 inch strips ,1 cups rice, washed and drained(preferably Basmati Rice) ,5 cloves garlic ,1 inch piece of ginger ,2 dried red chillies , 2 medium onions, sliced into rings , 2 medium tomatoes, diced , 5 mint leaves , pinch of saffron (optional) , 1 large potato, peeled and diced, 1/2 tsp turmeric powder , 2 tbsp butter , 3 pods cardamoms , 3 cloves, 2 inch stick of cinnamon ,salt to taste . Method for preparing meat: Make a paste of the garlic, ginger and chillies in a food processor. Saute the onions in the butter until golden brown, about 5-7 minutes. Remove the onions, and put them aside.Put the ginger-garlic-chili paste into the same pan used above and saute for 3-4 minutes.Add the meat and saute.Lamb should be sauteed for about 7-8 minutes, while the chicken will take about 4-5 minutes.The meat should be about half cooked at	Add the rice and potatoes to cooked meat. Mix all the ingredients, and cook by selecting the menu. Serve hot, garnished with the fried onions.

			the end of this step.Add chopped tomatoes, cloves, cinnamon, cardamoms, turmeric, mint leaves and salt and saute for 2 minutes.Add a little water and cook until the meat is almost cooked.	
10	Pongal	Microwave safe bowl	Rice (soaked for 30 minutes) -1 cup, green gram dal-4tbsp,ginger (finely chopped)- 1tbsp,curry leaves-few, broken cashewnuts-4tbsp,black pepper-1 ½ tsp, cumin seeds-1tsp,ghee-3 -4tbsp,water 3 ½ cup, salt as per taste.	Drain soaked rice and dal, add ginger and cook by selecting the menu. Tip to serve: Microwave cashew nuts, pepper and cumin seeds in ghee for 2 ½ minutes and add it to rice-dal mixture. Mix well and serve steaming hot with ghee on top.
11	Khichdi	Microwave safe bowl/ microwave safe rice cooker	Rice -1 cup, tur dal (arhar dal-1/2 cup, Ghee or oil- 1tbsp, Hing powder-1/4 tsp, Laung-3-4 , Dalchini (cinnamon)-2 inch stick, Jeera-1/2 tsp, Dry red chillies (broken to 2-3 pieces) -2 no ,groundnuts roasted-25 gms , Turmeric powder- ¼ tsp, salt as per taste, water 3 cups.	Wash and soak dal and rice for 30 minutes. Mix all the ingredients, and cook by selecting the menu. Serve hot with ghee and kadhi.
12	Indian Sticky Rice	Microwave safe bowl/ microwave safe rice cooker	Sticky Rice-1 cup Milk-2 cup Water-1 cup Sugar-1/2 cup Coconut Grated-1/4 cup Cashewnuts-1/4 cup Ghee-2 tbsp	Wash and soak dal and rice for 30 minutes. Mix all the ingredients, and cook by selecting the menu. Serve hot with ghee .
13	Jeera Rice	Microwave safe bowl/ microwave safe rice cooker	1 cup basmati rice ,1 tsp shahjeera or caraway seeds ,1 black cardamom ,1 green cardamom ,2-3 black peppercorns ,2 cloves ,1 inch cinnamon ,2 tsp ghee ,2 cups water .	Wash and soak dal and rice for 30 minutes. Mix all the ingredients, and cook by selecting the menu. Once done, the remove the cooker and let it stand for 5 minutes.
14	Methi Rice	Microwave	Methi (Fenugreek leaves) 1 cup	Wash the rice well and leave to soak

		safe bowl/ microwave safe rice cooker	chopped (you can use the frozen one) 1 cup Basmati rice ,2 to 4 black Peper (Kali Mirch), 2 Cloves 1 Cinnamon stick, 2 Green Elaichi (Cardamom), 1 Medium sized sliced Onion, 1/2 Cup sweet corn kernels 1/4 Teaspoon turmeric powder (haldi) ,1 Tablespoon butter 1 Tablespoon oil ,Water 2 cups Salt to taste	in cold water for 30 minutes, then drain well. Mix all the ingredients, and cook by selecting the menu.
15	Carrot rice	Microwave safe bowl/ microwave safe rice cooker	1cup Basmati Rice 2 medium onions chopped 2 cups water 3 carrots grated 2 tsp fried groundnuts cinnamon sticks ¼ tsp cloves Oil -1 tbsp Salt as per taste	Wash the rice well and leave to soak in cold water for 30 minutes, then drain well. Mix all the ingredients, and cook by selecting the menu.
16	Mint Rice	Microwave safe bowl/ microwave safe rice cooker	1 Thinly sliced Onions 1 chopped Tomatoes 1/4 Bunch of Mint Leaves 1 Cups of Basmati ½ tsp Red Chili Powder ¼ tsp Turmeric Powder ¼ tsp Fresh Ginger Paste ¼ tsp Fresh Garlic Paste 1 Green Chilies slit into half 2 Bay leaves 1 inch cinnamon stick ¼ tsp cloves Fried Cashews -2tbsp Ghee 1tbsp Salt (As required)	Wash the rice well and leave to soak in cold water for 30 minutes, then drain well. Mix all the ingredients, and cook by selecting the menu.
17	Sweet Corn Rice	Microwave safe bowl/ microwave safe rice cooker	1 Cup Basmati Rice ½ cup Fresh corn 1 finely chopped Onion ½ tsp Grated ginger 2 cloves ¼ tsp Black Pepper Powder Chopped Coriander leaves	Wash the rice well and leave to soak in cold water for 30 minutes, then drain well. Mix all the ingredients, and cook by selecting the menu.

			Oil -1tbsp Salt to taste	
18	Paushtik Khichdi	Microwave safe cooker	1/2 cup rice 1 tablespoon moog dal 1 tbsp tur dal 1 tomatoes 1 onion 1 cups leafy greens (plus you could include any other vegetable that you fancy) salt 1 teaspoon ghee/ oil 1/2 teaspoon turmeric 1/2 teaspoon red chili powder 1/2 teaspoon garam masala powder <i>tadka/ seasoning</i> 1 teaspoon oil 1/2 teaspoon mustard seeds 1 pinch asafoetida 4-5 curry leaves	In a microwave safe pressure cooker put together the rice and the two dals. Wash thoroughly. Add the chopped onion, tomatoes, greens and vegetables. Add all the spice powders. Pour about 1 glasses of water and a teaspoon of oil or ghee. After cooling the pressure cooker completely add salt and then prepare the tadka and pour on the khichdi. Serve hot in a bowl so that it does not cool quickly. It has to be enjoyed steaming hot.
19	Palak Pulao	Microwave safe bowl/ microwave safe rice cooker	1 cup Rice , ½ bunch palak (washed & chopped) ,2 cups Water, 1/4 cup chopped Vegetables,1/2" Cinnamon stick,2 Cloves,2 Cardamom, Salt as per taste,1/4 teaspoon turmeric powder,1 teaspoon coriander powder ,2 Chillies ,4 tomatoes, ½ cup Coconut (grated),1 bunch Coriander leaves,2 pieces Garlic,1/ 2" piece Ginger (made into a paste),2 tablespoons Butter,1 onion cut lengthwise	Mix all the ingredients, and cook by selecting the menu. Serve Hot with Raitha.

Sr .no	DESSERT	Cookware	Ingredients	Method
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20	Chocolate cake	Metal Cake tin	1/2 cup maida 1/2 cup Superfine Sugar 2 level Tbsp Cocoa pinch Salt 1/4 cup Melted butter 1/2 cup Milk 2 Egg 1/2 tsp baking powder	Place all ingredients into a mixing bowl in the above order. Beat well with a electric beater until it is light & fluffy. Pour into a prepared pan. Bake by selecting the cake programme until cake is baked.
21	Coffee cake	Metal Cake tin	1 cup –all purpose flour, 1/2 cup brown sugar , 1/4 cup sugar, 1 tsp baking soda, 1/4 tsp salt, 1/2 tsp ground ginger, 1 1/4 tbsp ground cinnamon, 1/4 cup vegetable oil, 3/4 cup apple peeled and chopped, 1/3 cup buttermilk, 1 tsp vanilla, 1` large egg.	Mix flour, brown sugar, sugar, baking soda, and baking powder, salt, ground ginger and 2 1/2 tsp cinnamon in a food processor or bowl. Add oil and process until mixture resembles coarse meal. Transfer 3/4 cup of mixture to smaller bowl and stir in remaining cinnamon. Set aside and reserve for topping. Add remaining ingredients to mixture in processor and process until just combined. Pour batter into prepared pan. Sprinkle reserved topping over top and bake until tester comes out clean when inserted into centre. Transfer to rack and cool slightly.
22	Pineapple upside down cake	Metal Cake tin	3 tablespoons butter 3/4 cup brown sugar, firmly packed 6 slices pineapple or 1 can (20 ounces) can of drained pineapple chunks maraschino cherries pecan halves Ingredients for Cake: 1/2 cup butter 1/2 cup sugar 1 egg 1 1/2 cups all-purpose flour 1 1/2 teaspoon baking powder 1/2 teaspoon salt 1/2 cup milk	In a 9-inch square cake pan, melt butter; sprinkle with brown sugar. Arrange pineapple and cherries and nut halves on sugar, making a design. Prepare cake batter: Cream 1/2 cup butter; gradually add 1/2 cup sugar and beat until light and fluffy. Add egg and beat well. Add sifted dry ingredients alternately with the milk; beat until smooth, ending with dry ingredients. Pour over pineapple design. Bake by selecting the menu. Let cake cool for about 5 minutes before turning out onto a serving plate. Serve warm with whipped cream, if desired.
23	Spice cake	Metal Cake tin	1/3 cup Soft butter 1 3/4 cups Flour 1 1/3 cups Brown sugar 3 tsp Baking powder 2 Eggs 1/2 tsp Cinnamon 1/2 cup Milk	Preheat oven, butter and flour pan. Put ingredients in a bowl and beat all together for three minutes, using a wooden cake spoon. Bake. If directions are followed this makes a most satisfactory cake; but if ingredients are added

			1/2 tsp Grated nutmeg 1/2 lb Dates, pitted and cut in pieces	separately it will not prove a success.
24	Carrot cake	Metal Cake tin	3 cups Grated Carrot 2 tsp Ground Cinnamon 1-1/2 cup Flour 1-1/2 tsp Baking Soda 1 cup Chopped Walnuts 3 Beaten Eggs. 1/2 tsp Salt 1 tsp Nutmeg 1-1/2 Cup Sugar 1cup Canola Oil	Sieve the flour and mix it with baking soda, nutmeg, cinnamon and salt together. Blend grated carrots, sugar, oil, some walnuts and eggs. Mix dry ingredients into the above mixture. Pour it into a pan. Bake the cake by selecting the menu. Add food color to the cake if needed. Garnish with remaining walnuts and serve.
25	Dates and walnut cake	Metal Cake tin	Dates – ½ cup (chopped), Boiling water – ½ cup Flour - 1 cup Salt – ½ tsp Cinnamon powder - 1/4 tsp Butter - 1/2 cup Fine sugar - 3/4 cup Vanilla essence - 1/2 tsp Eggs - 1 Walnuts - 1/2 cup, diced Walnuts - chopped, to garnish	Soak the dates in boiling water then allow them to cool at room temperature. Sift the flour, salt and cinnamon together. Cream the butter and sugar in a large bowl until the mixture is light and fluffy. Add the vanilla and the egg and beat well. Fold the sifted flour into the creamed butter, alternating with the dates. Stir in the walnuts. Spoon the cake batter into a greased and lined baking tin, garnish with walnuts and bake until the top is brown and a skewer inserted into the cake comes out clean. Allow the cake to cool in the tin before turning it out.
26	Fruit Cake	Metal Cake tin	1cups Brown Sugar 1 ½ cups All-Purpose Flour 1 ½ tsp Baking Soda 1 tbsp Ground Cinnamon 1 tbsp Ground Cloves 1 tbsp Ground Allspice 1 tbsp Ground Nutmeg 2 Eggs 1 tbsp Lemon Zest 1 tbsp Vanilla Extract	In a large bowl, mix sugar, flour, soda, spices, eggs, lemon zest, vanilla, fruit, nuts and melted butter. Pour the mixture over a greased pan. Bake the mixture for about an hour or until a tester comes out clean. Cool it on a wire rack and wrap it in a foil.

			1/2 cups Raisins 1/2 cups Chopped Nuts 1/2 cups Dried Mixed Fruit 1 ½ cups Butter, melted	
27	Eggless Cake	Metal Cake tin	1/2 tin (200 grams) condensed milk 140 gms self raising flour 1 tsp baking powder 1/2 tsp baking soda 60 ml melted butter or margarine 1 tsp vanilla essence	Sieve the flour, baking powder and soda bi-carb together. Mix the flour mixture, condensed Milk, melted butter, essence and 75 ml. water and beat well. Pour the mixture into a greased and dusted cake tin and bake by selecting the menu. The cake is ready when it leaves the sides of the tin and is springy to touch.
28	Sponge Cake	Metal Cake tin	Eggs -6, sugar-1 cup, lemon juice-1tbsp, 1/2 tsp grated lemon rind, 1 cup flour.	Separate the whites and yolks of the eggs, beat the yolks until thick and lemon colored, add sugar gradually, then add the lemon juice and rind. Cut and fold in the sifted flour and cut and fold in the stiffly beaten egg whites. Bake in an ungreased pan in a very moderate oven. Bake until the cake is puffed, has lost its shine, and springs back when gently pressed.
29	Vanilla Cake	Metal Cake tin	Eggs-2 Maida-100 gms Margarine-100 gms Sugar-100 gms	Beat sugar and margarine together, Gradually add beaten eggs. Fold in flour. Bake in an ungreased pan in a very moderate oven. Bake until the cake is puffed, has lost its shine, and springs back when gently pressed.
30	Marble cake	Metal Cake tin	Prepare vanilla cake batter and chocolate cake batter; alternately place a tablespoon on batter in a cake tin, repeating the same for the second layer.	Bake until tester comes out clean when inserted into center using the menu. Transfer to rack and cool slightly.

31	Crème Caramel	Small oven proof bowls-6 nos	<p>2 1/2 cup milk, 8 tsp sugar, 3 tbsp milk powder, 3 eggs, 1tsp vanilla essence.1 tsp vanilla custard powder.</p> <p>Milk egg mixture preparation method: Mix milk with sugar, milk powder and custard powder till smooth in a deep microwave proof bowl and microwave for 10 minutes, beat eggs and essence and add to the cooled milk.</p> <p>Melt sugar (3 tsp) and pour in 6 small heat proof metal bowls and let set for 5 minutes.</p>	Pour egg mixture in the mould and cover with aluminium foil, and bake by selecting the menu.
32	Bread Pudding	Pudding mould-heat resistant	<p>8 slices of bread 2 cups milk 50 grams butter 3 tablespoons sugar 1/2 teaspoon vanilla essence 1/2 cup chopped cashew nuts or walnuts 2 eggs beaten well</p>	Remove the crusts from the bread slices and break into small pieces. Take a baking dish and grease it. Spread the pieces of bread in it. Mix the milk, beaten eggs, sugar, vanilla essence and butter together and pour this mixture over the pieces of bread soaking them completely. Sprinkle the nuts on the top. Bake by selecting the menu.
33	Semolina Pudding with raisins	Pudding mould-heat resistant	<p>75 g semolina ¼ cup sugar ¼ cup raisins 2 cups milk 1 egg whites 1 egg yolks 1 tsp finely grated lemon rind Ground bread</p>	<p>Heat milk in a saucepan and bring to the boil. At that moment, sprinkle the semolina into the milk, stirring continuously and keep cooking for about 5 minutes over a moderate heat.</p> <p>Remove from the heat and cool. Stir in sugar, lemon rind, raisins and egg yolks. Blend well.</p> <p>In another bowl, whisk the egg whites with 1 tablespoon of sugar until they are stiff and fold into the mixture.</p> <p>Pour the batter into a greased ovenproof dish, sprinkled with ground bread. Bake by selecting the menu. Serve warm.</p>

Sr.no	BREAD SNACK	Cookware	Ingredients	Method
34	Chicken Tikka Sandwich	Baking tray	Sandwich bread, Chicken tikka (chop into small slices), Butter, Onion sliced, Lemon juice, Chaat masala, Mint coriander chutney, Cheese-optional	Apply butter, followed by chutney to bread slice, arrange the chicken tikka pieces on it, grate cheese and bake by selecting the menu.
35	Toasty Paneer Sandwich	Baking tray	Sandwich bread, Crumbled paneer, Butter, Cumin seeds, Onion and green chillies-chopped finely, Tomato (chopped finely), Salt. NOTE: (Prepare the topping by frying cumin seeds, onion, green chillies, tomatoes in butter and then add panner and salt.)	Lay the slices of bread on a clean cutting board and apply butter. Spread a layer of paneer filling on top. Select the menu and bake the toasty paneer sandwich.
36	Milk Toasted Sandwich	Baking tray	Buttered Sandwich bread-grilled on both the sides, Milk, Grated cheese, Salt, Fresh ground black pepper.	Dip the toasted bread in milk for a second. Place it on a cutting board and spread grated cheese. Select the menu and cook. Sprinkle pepper and salt and serve.
37	Cheese toast	Baking tray	Sandwich bread-grilled on both the sides, Grated cheese, finely chopped capsicum, finely chopped green chillies (optional)	Mix cheese, capsicum, chillies together. Spread the cheese mixture on the bread and bake by selecting the menu.
38	Stuffed bread	Baking tray	Bread slices-6 for 1 serving For filling: 4-5 medium size boiled potatoes-mashed, 1 green chili- finely chopped, 2 tbsp finely chopped cilantro/coriander leaves, 1/4 tsp red chili powder, 1 tsp amchur powder, black salt or common salt. 1/2 cup of mint coriander chutney , for outer coating: 1 cup besan (chick pea flour/gram flour), a pinch of hing, 1/4 tsp red chili powder, 1/4 tsp garam masala powder, 2 tbsp oil, 1/2 tsp ajwain – carom seeds, water to mix the ingredients to form a medium	Mix all the ingredients of filling. Apply chutney to bread, spread the filling and place the bread slice over it. Press slightly and dip in the besan batter. Place on the greased baking tray and bake by selecting the menu.

			consistency batter and salt .	
39	Bread cutlet	Baking tray	<p>Bread - 8 slices, Onion(Medium) - 1 no</p> <p>Garlic pods - 4 nos</p> <p>Ginger - 2" pieces</p> <p>Green chillies - 3 nos</p> <p>Chilly powder - 1/2 tsp</p> <p>Salt – as per taste</p> <p>Grated coconut - 2 tbsp</p> <p>Coriander leaves - A few</p> <p>Oil - 3 tbsp</p>	<p>Chop onion, garlic, ginger and chillies. Heat 2 tsp of oil in a pan. Add onions and saute well. Add chillies, ginger and garlic followed by chilly powder, salt, grated coconut and coriander leaves. Remove the sides of the bread, dip in water and squeeze out the excess water.</p> <p>Mix together the fried mixture and the crumbled bread pieces and knead them well. Shape them into cutlets and bake by selecting the menu.</p>
40	Spiced bread toast	Baking tray	<p>Plain White Bread</p> <p>Tomato- 2 medium size (chopped finely)</p> <p>Onion - 2 Medium size (chopped finely)</p> <p>Green chilly 6-8 (chopped finely)</p> <p>Cilantro - 2 tbsp. (chopped finely)</p> <p>Carrots - 2 (grated finely)</p> <p>Fresh lime juice - 1 tbsp.</p> <p>Red chilly powder - 1tsp. (Optional)</p> <p>Olive oil - 3 tbsp.</p> <p>Turmeric - 1 tsp.</p>	<p>Heat 2 tbsp olive oil in a pan. Add turmeric, onion and green chillies and cook. Add tomato and let it cook. Add salt, red chilly powder (for extra spicy) and stir for 2 minutes.</p> <p>Place the tomato preparation on the bread and spread it. Sprinkle grated carrots and cook using the, menu. Sprinkle cilantro, lime juice and serve hot.</p>
41	Moong toast	Baking tray	<p>Moong dal-1 cup - soaked for 1-2 hours only and ground to a paste ,2-4 green chillies ,a bunch of coriander leaves - finely chopped ,1/2 tsp baking powder ,1 tbsp besan, 1 1/2 tsp lemon juice ,4-5 tbsp oil ,4 slices bread - lightly buttered ,1 1/4 tsp salt or to taste</p>	<p>Drain and grind dal along with chillies to a fine batter .Mix moong dal paste, coriander leaves, baking powder, besan, lemon juice and salt</p> <p>Heat 4-5 tbsp oil in a non stick pan. Butter the slices lightly ,Spread the dal mixture on the slice on the buttered side.Bake by selecting the menu and serve hot with tomato sauce or mint chutney</p>
42	Vegetable toast	Baking tray	<p>Sliced bread - 1 loaf</p> <p>Butter - 100 gms</p> <p>Mint chutney - 3 tbsp</p> <p>Boiled potato-1no. (sliced)</p> <p>Carrots - 2</p> <p>Green chillies – 6</p>	<p>Trim brown edge crusts of the bread slices with knife or scissors.</p> <p>Apply butter on one side of bread slices.</p> <p>Take one buttered bread slices. Spread little chutney on top of butter.</p> <p>Arrange sliced potato and carrots on that.</p>

			<p>Tomato -1 (Sliced)</p> <p>Sliced Onions - 2</p> <p>Chopped coriander leaves - 2 tbsp</p> <p>Salt, Pepper powder - As required.</p>	<p>Now arrange onions and tomatoes slices with minced chillies and coriander leaves. Sprinkle salt, pepper.</p> <p>Put one more buttered slice as second layer on top of vegetables. (Butter applied side should face up). And bake by selecting the menu.</p> <p>Press well and cut into four square pieces with sharp knife.</p> <p>Dot with tomato ketchup and serve immediately.</p>
43	Garlic toast	Baking tray	<p>6 slices of Bread</p> <p>100 gms Butter</p> <p>4 Garlic flakes</p> <p>1/2 tsp freshly ground Black Pepper</p>	<p>Cut each bread slice into two and arrange on a plate. Place the butter in a saucer and mash with a fork. Peel the garlic flakes, crush them and mash along with the butter, salt and pepper.</p> <p>Spread the garlic butter on each bread piece and arrange them on the baking tray.</p> <p>Bake by selecting the menu, remove and serve the garlic bread with a soup.</p>
44	Plain bread toast	Baking tray	<p>Bread slices</p> <p>Butter (optional)</p>	<p>Apply butter on the bread slices and bake by selecting the menu.</p>
45	Pickled Ginger Pizza	Grill Rack	<p>Pizza base, toppings of your choice, Pickled ginger minced</p> <p>Pizza cheese and pizza sauce.</p>	<p>Apply Pizza sauce, arrange Precooked toppings, Grate Pizza cheese, Sprinkle pickled ginger and cook by selecting the menu.</p>
46	Capsicum Pizza	Grill Rack	<p>Pizza base, Sliced capsicum,</p> <p>Pizza cheese and pizza sauce.</p>	<p>Apply Pizza sauce, place the sliced capsicum slices , grate Pizza cheese and cook by selecting the menu.</p>
47	Paneer Pizza	Grill Rack	<p>Pizza base, cut pieces of paneer,</p> <p>Pizza cheese and pizza sauce.</p>	<p>Apply Pizza sauce, arranged paneer pieces, grate Pizza cheese and cook by selecting the menu.</p>
48	Savoury onion pizza	Grill Rack	<p>Pizza base, fried slices of onion with olive oil, Pizza cheese and pizza sauce.</p>	<p>Brush the base with olive oil, Spread the onion slices, grate Pizza cheese and cook by selecting the menu.</p>
49	Corn & Mushroom Pizza	Grill Rack	<p>Pizza base-1,tomato sauce/pizza sauce-1tbsp,onion sliced-1 small, red bell pepper-1 sliced, Mushroom -1/2 cup, baby corn-8 no., grated mozzarella cheese-1 cup, oregano/pizza seasoning-2tsp,chilly flakes-1/2</p>	<p>Spread the tomato or pizza sauce evenly over the pizza base. Sprinkle ½ cup of cheese over it, now spread onion, mushroom and bell pepper, Place 6 baby corn pointing to the center.Dizzle olive oil .Sprinkle oregano or pizza seasoning over it. At the end sprinkle remaining cheese and cook by</p>

			tsp,olive oil-1/2 tsp	selecting pizza menu. Serve hot sprinkling chilly flakes as required.
50	Veg. cheese Pizza	Grill Rack	Pizza base, thinly sliced mix veg, Pizza cheese and pizza sauce, cream cheese.	Spread pizza sauce over pizza, spread cream cheese, arrange mix veg and then sprinkle with cheese and cook by selecting the menu.
51	Cheese pizza	Grill Rack	2 teaspoons olive oil 1 cup fat-free bottled pizza sauce 2 cups (8 ounces) shredded part-skim mozzarella cheese 1/2 cup (2 ounces) grated fresh Parmesan cheese	Spread sauce in an even layer over crust, leaving a 1/4-inch border. Top with mozzarella and Parmesan cheeses. Cook by selecting the menu.
52	Indian Spiced Pizza	Baking tray	Pizza Base Tomato- 2 medium size (chopped finely) Onion - 2 Medium size (chopped finely) Green chilly 6-8 (chopped finely) Cilantro - 2 tbsp. (chopped finely) Carrots - 2 (grated finely) Fresh lime juice - 1 tbsp. Red chilly powder - 1tsp. (Optional) Olive oil - 3 tbsp. Turmeric - 1 tsp. Pizza Cheese	Heat 2 tbsp olive oil in a pan. Add turmeric, onion and green chillies and cook. Add tomato and let it cook. Add salt, red chilly powder (for extra spicy) and stir for 2 minutes. Place the tomato preparation on the pizza base and spread it. Sprinkle grated carrots and grated pizza Cheese. Cook using the, menu. Sprinkle cilantro, and serve hot.

Sr.No	BHARAWAN SUBZI	Cookware	Ingredients	Method
53	Stuffed Potato	Heat resistant glass dish/steamer	Potatoes- Amount as per the programme selected. Ingredients for preparing the stuffing- Onion ,Capsicum, Peas, Green chillies, Tomato, Garlic cloves, Oil, Salt as per taste.	Prepare filling as per individual preference for taste, additional ingredients could be added or deleted while preparing the filling. Slice off the top of the aloo and use it later as a lid. Carefully scoop the inside. Fill the potato with precooked stuffing prepared from the above mentioned ingredients and cover the potato with the potato slice

				securing it with a toothpick. Bake the potato using Bharawan subzi menu by selecting appropriate weight.
54	Aloo Chaat	Microwave proof plastic dish	3 Aloo (potatoes), peeled 1/2 tsp red chilli powder 1 tsp roasted cumin powder 1 tsp chaat masala Tamarind Chutney Mint Chutney Chopped Coriander Leaves optional garnish - chopped onion, tomato julienne, fresh pomegranate seeds oil for frying	Cook potatoes by selecting the Bharawan subzi programme. Dice and then mix with the ingredients for chaat. Garnish with chopped coriander and enjoy.
55	Aloo Methi Serves :3-4	Heat resistant glass dish/Steamer	2 medium potatoes 1 small onion (chopped) 2 medium ripe tomatoes (chopped) 2 cups of fresh methi/fenugreek leaves (stems removed) A pinch turmeric powder 1 tsp red chilli powder (optional) ½ Tbsp grated ginger 2-3 green chillies 1 tsp mustard seeds 1 Tbsp fennel seeds 1 Tbsp coriander seeds/dhaniya 1 tsp cumin seeds Oil 1 tbsp Salt to taste	Peel the potato and dice it into small cubes. Powder the fennel seeds and coriander seeds together coarsely. Clean the fenugreek leaves and chop it finely. Mix all the ingredients together and cook by selecting the Bharawan subzi programme. Serve hot along with roti or hot daal/yogurt rice.
56	Aloo Jeera	Microwave proof plastic dish	Coriander leaves-10gms Coriander powder-20gms Cumin seeds-10gms Garam masala-5gms Garlic-30gms Ginger -20gms Oil-50ml Potatoes -200gms Red chilli powder-20gms Tomatoes-100gms	Wash and dice potatoes . Chop onions, garlic, ginger, coriander and the tomatoes. Mix all the ingredients and cook by selecting the Bharawan subzi programme.

			Turmeric—10gms	
57	Stuffed Tomato	Heat resistant glass dish	<p>Tomatoes- Amount as per the programme selected.</p> <p>Ingredients for preparing the stuffing- Onion, Coriander, Crumbly cottage cheese, Grated cheese, Bread crumbs Salt as per taste</p>	Prepare filling as per individual preference for taste, additional ingredients could be added or deleted while preparing the filling. Cut the head of the tomatoes and scoop out the pulp inside. Mix the pulp with chopped onion, coriander, grated cheese, bread crumbs and fill in the tomatoes. Top the tomatoes with a bit of cheese and cook the stuffed tomato by using Stuffed tomato menu by selecting appropriate weight.
58	Stuffed baigan (brinjal)	Heat resistant glass dish	<p>Brinjals- Amount as per the programme selected.</p> <p>Ingredients for preparing the stuffing: Mashed potatoes, Garlic paste, Roasted groundnuts, Coriander powder, Cumin powder, Mustard seeds, Asafetida, Turmeric powder, Tomato paste, Red chilli powder, Garam masala, Tamarind extract, Salt ,oil.</p>	Slit the brinjal lengthwise and scoop out the pulp, stuff the brinjal with the filling and then cook it using the menu Bharawan subzi.
59	Stuffed Capsicum	Heat resistant glass dish	Capsicum stuffed with potatoes, green peas & masalas.	Cook stuffed capsicum using the programme Bharawan subzi.
60	Stuffed Karela (Bittergourd)	Heat resistant glass dish	Stuffed bittergourd stuffed with prawns and potato preparation along with the masala.	Cook the stuffed bittergourd by selecting the menu.

61	Pickled Potatoes	Microwave proof plastic dish	chili powder-1 tsp black sesame seeds-1/4 cup coriander leaves-1 tbsp green chillies-2-3 nos lemon juice-3-4 tsp mustard oil-1-2 tbsp potatoes-10-12 nos salt- to taste turmeric-1/4 tsp	Mix all the ingredients except coriander and cook by selecting the Bharawan subzi programme. . Garnish with coriander leaves and enjoy
62	Stuffed Carrot	Microwave proof plastic dish	7 no's thick carrots 1/2 cup onion chopped 1/2 cup of tomato paste 250 gms pound of minced Chicken, spices: 1 tsp garam masala, 1/2 tsp of turmeric powder, 1/4 tsp pepper, 1 inch cinnamon, 1 tsp (or more) of salt olive oil, as needed	Prepare stuffing separately , fry onion , add tomato , cook and add spices , mix chicken minced and cook . Slit carrots and scoop out the interior of carrot, stuff with chicken stuffing. Cook carrot using the menu Bharawan subzi.
63	Stuffed Beetroot	Microwave proof plastic dish	4 no's beetroot 1/2 cup onion chopped 1/2 cup of tomato chopped 250 paneer crumbs, 1 tsp garam masala, 1/2 tsp of turmeric powder , 1 tsp (or more) of salt olive oil, as needed	Mix all the ingredients . Scoop the beetroot. Stuff with paneer mixture and cook by selecting the programme.
64	Stuffed Bottle gourd	Microwave proof plastic dish	1 bottle gourd, cut into 4 pcs. 1/2 cup paneer, crumbled 1 tablespoon cashewnuts chopped 2 tablespoons fresh coriander chopped 1 tbsp tomato puree 1/2 teaspoon garam masala 1 teaspoon green chilli finely chopped salt to taste	Mix all the ingredients . Scoop the bottlegourd . Stuff with paneer mixture and cook by selecting the programme.

Code	DESI MASALA MIX	Cookware	Ingredients	Method
65	Maharashtran Goda Masala	Microwave safe flat glass dish	Coriander seeds-1cup Cumin seeds-¼ cup Til (white sesame seeds)- 1/3 cup Lavang (cloves) -2 tbsp Badi elaichi (big cardamom)- 2 tbsp Dalchini (cinnamon sticks)- 2 tbsp Kaale mire(black peppercorns)- 2 tbsp Dagalphool (lichen)- 2 tbsp Tamalpatra (Bay leaf)- 1/2 cup Oil to roast the spices-1-2 tsp	Roast all the ingredients using the menu except masala powders and salt. Stir in between during the programme. Roast till they turn aromatic and brown. Cool and grind the
66	Panch Phoron		Aniseed-¼ cup,Cumin-¼ cup, Fenugreek seeds-¼ cup, Mustard seeds-¼ cup, Nigella (fennel) / kalonji-¼ cup.	roasted ingredients in an electric blender. Mix in the remaining
67	Chat Masala		Coriander seeds- 2 tbsp Cumin seeds- 1 tbsp Ajwain seeds- ½ tsp Red chillies- 2 Amchur powder -½ tsp Salt -2 tbsp or to taste Garam masala1- tsp Pepper corns-½ tsp	masala powders if mentioned and store in airtight containers.
68	Curry Leaves Powder		Curry leaves-washed and dried2 cups, Cumin seeds1- tbsp,Coriander seeds-2 tbsp, Red chillies-6 or to taste,Fenugreek-½ tsp,Salt- to taste,Pepper corns-1 tsp, Garlic flakes-6 (optional)	
69	Garam Masala		Coriander-2 tsp,Cumin -2 tsp,Peppercorns- 15,Cardamom- 8,Cinnamon-8 ,Cloves -8, Mace flower- 1, Bay leaf-2.	
70	Pappula Podi		Split chick peas-½ cup Cumin seeds-½ tsp Garlic flakes-2 Red chillies-4 or to taste Dry coconut powder-2 tsp (optional) Salt- To taste	Roast Split chick peas using the programme, stir in between. Cool and grind along with the other ingredients in an electric blender. Serve with plain white rice and ghee.
71	Rasam Powder	Microwave safe flat glass	Red chillies8 Coriander seeds1 cup	Roast all the ingredients using the menu except

		dish	<p>Toor dal ¼ cup Fenugreek (methi seeds) ½ tsp Peppercorns ¼ cup Cumin seeds ¼ cup Mustard seeds ½ tbsp Turmeric powder ½ tbsp</p>	<p>masala powders.</p> <p>Stir in between during the programme.</p> <p>Roast till they turn aromatic and brown.</p>
72	Sambar Powder		<p>Red chillies 2 cups Coriander seeds ¾ cup Chana dal ½ tbsp Urad dal (black gram dal) ½ tbsp Peppercorns ½ tsp Cumin seeds ¼ tbsp Methi seeds ½ tsp Asafoetida ½ tsp Mustard seeds ½ tsp Curry leaves (washed and dried) ¼ cup</p>	<p>Cool and grind the roasted ingredients in an electric blender.</p> <p>Mix in the remaining masala powders if mentioned and store in airtight containers.</p>
73	Tandoori Masala Powder		<p>Coriander seeds-½ cup Cumin seeds-½ cup Amchur powder- 2 tsp Dried mint leaves-1 tsp Deep red colour- 3 tsp Chilli powder 1- tsp</p>	
74	Fish Masala		<p>Chilly powder 75 gms, Pepper powder 50 gms. Coriander seeds 150 gms Jeera 2 tbsp Mustard 1 tsp Fenugreek 2 tsp Turmeric 2 tsp. Curry leaves a few</p>	

Sr.no	BEVERAGE	Cookware	Ingredients	Method
75	Plain milk tea	Microwave proof tea cup/microwave safe kettle	Water- ¾ cup; Milk-¼ cup Tea leaves- 1 tsp Sugar-1tsp	Mix all the ingredients and keep it in the microwave and then select the menu to select the weight and press start. NOTE: Amount of ingredients may differ as per individual preferences.
76	Ginger tea		Water-1/2 cup; Milk-1/2 cup; Tea leaves- 1 tsp; ¾ inch crushed ginger Sugar-1tsp	
77	Masala tea		Water-1/2 cup Whole Milk-1/2 cup Sugar-1tsp; Tea leaves- 1 tsp Masala (crush with mortar and pestle or coffee/spice grinder) : 1 pod cardamom, 2 pea size fresh ginger (mulched), 1-2 big size whole black pepper, 1/8 to 1/6 cinnamon stick	
78	Non Fat Masala tea		Water-1/2 cup Skimmed Milk-1/2 cup Sugar-1tsp; Tea leaves- 1 tsp Masala (crush with mortar and pestle or coffee/spice grinder) : 1 pod cardamom, 2 pea size fresh ginger (mulched), 1-2 big size whole black pepper, 1/8 to 1/6 cinnamon stick	
79	Cardamom tea		Water-¾ cup; Milk-¼ cup Crush two pieces of cardamom, add to it little Saffron Sugar-1tsp; Tea leaves- 1 tsp	
80	Rose Tea		Water-1/2 cup; Milk-1/2 cup Tea leaves- 1 tsp Sugar-1tsp	
81	Tulsi Tea		Water-1 cup Tulsi leaves-1 tsp	
82	Chocolate flavour tea		Water-1/2 cup, Milk-1/2 cup Chocolate flavor Tea leaves- 1 tsp Sugar-1tsp	
83	Lemon tea		Water-1 cup ; Tea leaves-1 tsp Fresh lemon juice-1 tsp Sugar-1tsp	
84	Coffee		Water-¾ cup; Milk-¼ cup; Coffee-1 tsp Sugar -1tsp	

85	Jeera Water	Microwave proof cup/microwave safe kettle	Water -¾ cup Jeera - 1 tsp	
86	Herbal Water	Microwave proof tea cup/microwave safe kettle	Water -200ml, Saunf –a pinch, Ajwain –a pinch, Cardamom-1, Tulsi leaves---2-3, Mint leaves-2 to 3	
87	Sole Kadhi /Cocum Saar	Microwave proof tea cup/microwave safe kettle	Water-200ml Cocum-5 Salt- To taste Ginger (grated)- ¼ tsp Green chillies (slit)- 2 Coriander (chopped fine)- 1 tbsp	<p>Mix water and cocum in a microwave proof cookware, keep it in the microwave and then select the beverage option for selecting the serving size and press start. Strain and add ginger and chillies and allow it to cool. Add coriander and refrigerate until serving time.</p> <p>NOTE: Amount of ingredients may differ as per individual preferences but the volume of water will remain the same. It is an excellent appetizer.</p>
88	Bel ka Sherbet	microwave safe kettle	Stone Apple (belfal) ,halved and seeded-1 Sugar1/3 cup Lemon juice2 1/2 teaspoons	<p>Scoop out the flesh of the stone apple with a spoon and put into a non stick pan. Add 4 cups water and cook by selecting the menu. Add sugar and mix well.</p> <p>Add lemon juice and mix and cook till sugar dissolves. Remove from heat and strain. Set aside to cool then keep</p>

				in a refrigerator to chill. Pour into glasses and serve chilled.
89	Aam Ka Panna	Microwave safe kettle	Raw mango 1 large Cumin powder 1 teaspoon Black peppercorns, crushed 4-5 Black salt (kala namak) to taste Asafoetida a pinch Sugar 1/2 cup	Wash and cut raw mango white portion and pour 1 cup water. Cook by selecting the programme . Let it cool. Mash and strain the pulp. Add cumin powder, crushed peppercorns, black salt, asafoetida and sugar. Mix well till sugar is dissolved. Divide the mixture into four tall glasses; fill it up with chilled water. Stir well and serve.
90	Cocoa Drink	Microwave proof cookware	3 tbsp sugar 1 tbsp cocoa powder 5 cubes chocolate cubes a pinch of salt 2 cups milk	Combine sugar, cocoa, salt ,chocolate cubes and microwave for 30 seconds. Add milk and boil the contents by selecting Beverage programme.
91	Hot Chocolate Drink	Microwave proof cookware	250 ml whole milk 113 gms milk chocolate 1/2 tsp. cornstarch	Combine all the ingredients , cook using beverage programme.Stirr in-between .Serve hot.

Sr.no	TANDOORI DHABA	Cookware	Ingredients	Method
92	Chicken Tandoori	Heat resistant flat dish	Chicken- Make slits in the flesh of the chicken pieces, Add Tandoori masala and Salt -As per taste	Marinate the chicken and then use this programme to prepare the tandoor. Turn over the chicken tandoor inbetween.

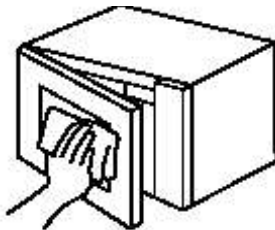
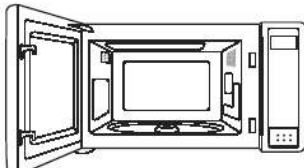
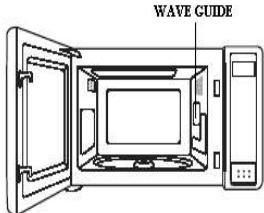


93	Chicken tikka	Heat resistant flat dish	Chicken cubes Crushed Ginger-1 tsp Crushed garlic-2 cloves Lemon juice, Turmeric -1/2 tsp Chilli powder-1 tsp Curry powder-1/4 tsp Hung curd-2/3 rd cup Garam masala -1/4 tsp Coriander -1/4 tsp Corn starch-1/4 tsp <i>Oil ,Salt-as per taste</i>	Mix all the ingredients together and let the chicken marinate for 3-4 hours. <i>Put the chicken onto the grill rack and use the menu to cook.</i> Turn over the chicken tikka in-between the programme.
94	Minced meat kebab	Heat resistant flat dish	500 gms minced lamb -boiled 1/2 cup besan, Ingredients to be ground to paste: 1/2 teaspoon poppy seeds-roasted, 4 cloves garlic, 1 teaspoon garam masala, 1 teaspoon black cumin seeds roasted 1 tablespoon coriander seeds roasted, 1 teaspoon grated green ginger ; salt to taste; 2 green chillies (chopped), 1 large onion-finely chopped, 2 large eggs, 3 tablespoons chopped green coriander, 3 tablespoons bread crumbs.	Grind cooked and water dried lamb mince along with ½ cup besan, poppy seeds, garlic cloves, garam masala, black cumin, coriander seeds. Add the chillies and onion and mix well. Add one egg over the mince and add the chopped coriander and mix thoroughly. Divide the mixture into 16 portions. First roll each one into a ball and then flatten into a fat round disc. Dip each kabab in the beaten egg and then roll it over the bread crumbs. Cook kebab by selecting the menu .Serve with garnishing and chutney of your choice.
95	Chicken kebabs	Heat resistant flat dish	Minced meat-500gms 1 Onion chopped very fine Garlic paste -6 cloves Ginger paste -1tbsp Fresh chopped coriander Lemon Juice-1 tbsp Yogurt (not sour) Garam masala -1 tsp Green chillies very finely -2 tsp, chopped (optional) ,	Mix all the ingredients till all the ingredients are well blended. Cover the bowl with cling film and put into the refrigerator for an hour. Soak bamboo skewers in water to prepare the kebabs. Remove the meat mixture from fridge and divide the mix into equal portions. Take each portion and form it into a long kebab while pressing on to a skewer. Do this till the mix has firmly adhered to the skewer. Put some oil on your hands to prevent meat from

			Salt to taste Vegetable/ canola/ sunflower cooking oil for basting kebabs while cooking 1 large onion cut into thin rings (to serve the kebabs on)	sticking. Cook the kebab Basting with cooking oil as required selecting the menu. Turn the kebab as often as required. Serve piping hot on a bed of onion rings, with Mint-Coriander Chutney
96	Chicken Cafreal	Heat resistant flat dish	Chicken cut into 8 pieces Oil 3 tablespoons Ingredients to be ground to paste: Onion ,sliced finely2 medium Coriander seeds 1 tablespoon Cumin seeds 1 teaspoon Cloves 6 Green cardamoms 8 Black peppercorns 8 Cinnamon 1 inch stick Ginger roughly chopped1 1/2 inch pieces Garlic roughly chopped4-5 cloves Green chillies roughly chopped -6 Salt to taste Vinegar 3 tablespoons	Mix all the ingredients. Cover the bowl with cling film and put into the refrigerator for an hour and then use this programme to cook by selecting weight of the food to be cooked.
97	Achaari Chicken	Heat resistant flat dish	500gms chicken pieces (any pieces of your choice) skin removed Ingredients to be ground to paste: ½ tsp fenugreek seeds ½ tsp mustard seeds ½ tsp aniseed/fennel seeds ½ tsp cumin seeds ½ tsp onion seeds 1 tsp red chilli powder 1 tsp turmeric powder 6 green chillies 1 large onions sliced thin 1 tsps garlic paste ½ tsp ginger paste ½ cup yogurt Juice of 1 lime Salt to taste 2 tbsps-vegetable oil	Mix all the ingredients. Cover the bowl with cling film and put into the refrigerator for an hour and then use this programme to cook by selecting weight of the food to be cooked.

98	Pudina Chicken	Heat resistant flat dish	<p>500 gms chicken</p> <p>Ingredients to be ground to paste:</p> <p>1 bunch Pudina leaves , 6 sprigs of cilantro(corainder) leaves, 1 sprig Curry Leaves, 1 medium minced onion ,1 cup curd ,2 tbsp garlic ginger paste, 4 number green chilli ,2 Red Chillies ,1tsp Shahi Jeera ,3 Cloves ,1 inch Cinnamon Stick, 2 Elachi ,1 1/2tsp Pepper powder, 2tsp Coriander powder ,1/2 tsp garam masala powder, 2 tbsp oil ,1 pinch turmeric powder salt to taste</p>	Mix all the ingredients. Cover the bowl with cling film and put into the refrigerator for an hour and then use this programme to cook by selecting weight of the food to be cooked.
99	Spicy Chilli Chicken	Heat resistant flat dish	<p>500gms boneless chicken</p> <p>4-5 green chillies (The ones I used were not very hot)</p> <p>5-6 red chillies</p>	Marinate the chicken and then use this programme to prepare the spicy chilli chicken fry. Turn over the chicken halfway during the programme.
			<p>1/2 tsp black pepper</p> <p>4-5 cloves</p> <p>1 tsp fresh ground ginger</p> <p>1 tsp fresh ground garlic</p> <p>2-3 strands coriander leaves</p> <p>1/2 cup onion</p> <p>Oil</p> <p>Lemon wedges</p> <p>Salt</p>	
100	Coriander Chicken fry	Heat resistant flat dish	<p>Boneless chicken -500gms</p> <p>6 tbsps vegetable oil</p> <p>5 cloves chopped garlic (finely)</p> <p>1 tbsp ginger (fresh grated, mixed with 4 tbsps water)</p> <p>1 cup coriander (fresh, leaves, washed and very finely chopped)</p> <p>1 green chili peppers (finely chopped and deseeded)</p> <p>14 tsp cayenne pepper-ground</p> <p>2 tsps ground cumin</p> <p>1 tsp ground coriander</p> <p>12 tsp ground turmeric</p> <p>salt</p> <p>2 tbsps lemon juice</p>	Marinate the chicken and then use this programme to prepare coriander chicken. Turn over the chicken halfway during the programme.

101	Pepper chicken Fry	Heat resistant flat dish	Chicken -350gms, cleaned n cut into bite size pieces, preferably with bone Onion - 1 cup, chopped Tomato - 1 medium sized, cubed (optional) Ginger garlic paste - 1 1/2 tbsp Turmeric powder - a dash Coriander powder - 1 1/2 tsp Salt - to taste Curry leaves - a sprig Coriander leaves - 2 tbsp, chopped Sesame oil - 2 tbsp Oil - 2 tsp Water - as needed Lemon juice - juice of half a lemon	Marinate the chicken and then use this programme to prepare the pepper chicken fry. Turn over the pepper chicken halfway during the programme.
			To dry roast and grind: Whole peppercorns - 3 tsp Cumin seeds - 1 3/4 tsp Fennel seeds - 1 1/2 tsp Cinnamon - 1/2" piece Cloves - 2 nos. Cardamom - 1nos.	

CLEANING AND CARE

Disconnect the power cord before cleaning or leave the door open to inactivate the oven during cleaning.		
Cleaning surface	INSTRUCTIONS	
EXTERIOR	Clean the outside with mild soap and water; rinse and dry with a soft cloth. Do not use any type of household or abrasive cleaner.	 EXTERIOR
DOOR	Wipe the window on both sides with a damp cloth to remove any spills or spatters. Metal parts will be easier to maintain if wiped frequently with a damp cloth. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.	
TOUCH CONTROL PANEL	Care should be taken in cleaning the touch control panel. If the control panel becomes soiled, open the microwave oven door before cleaning. Wipe the panel with a cloth dampened slightly with water only. Dry with a soft cloth. Do not scrub or use any sort of chemical cleaners.	
INTERIOR	Cleaning is easy because little heat is generated to the interior surfaces; therefore, there is no baking and setting of spills or spattering. To clean the interior surfaces, wipe with a soft cloth and warm water. DO NOT USE ABRASIVE OR HARSH CLEANERS OR SCOURING PADS. For heavier soil, use baking soda or a mild soap; rinse thoroughly with hot water. The rack can be cleaned with hot soapy water, rinsed and dried.	 INTERIOR
WAVEGUIDE COVER	The waveguide cover is located on the ceiling in the microwave oven cavity. It is made from mica so requires special care. Keep the waveguide cover clean to assure good microwave oven performance. Carefully wipe with a damp cloth any food spatters from the surface of the cover immediately after they occur. Built-up splashes may overheat and cause smoke or possibly catch fire. DO NOT REMOVE THE WAVEGUIDE COVER.	 WAVE GUIDE
ODOR REMOVAL	Occasionally, a cooking odor may remain in the microwave oven. To remove, combine 1 cup water, grated peel and juice of 1 lemon and several whole cloves in a 2-cup glass measuring cup. Boil for several minutes using 100% power. Allow to set in microwave oven until cool. Wipe interior with a soft cloth.	
TURNTABLE/TURNTABLE SUPPORT	The turntable and turntable support can be removed for easy cleaning. Wash them in mild, sudsy water; for stubborn stains use a mild cleanser and non-abrasive scouring sponge. They are also dishwasher-proof. Use upper rack of dishwasher. The turntable motor shaft is not sealed, so excess water or spills should be wiped up immediately.	 TURNTABLE  TURNTABLE SUPPORT

SERVICE CALL CHECK

Please check the following before calling for service:

- Check that the power cord is securely plugged in.
- Check that the door is firmly closed.
- Check that the cooking time is set.
- Check for a blown circuit fuse or tripped main circuit breaker in your house.

Place one cup of water in a glass measuring cup in the microwave oven and close the door securely. Operate the microwave oven for one minute at HIGH 100%.

1) Does the microwave oven light come on? YES _____ NO _____

2) Does the cooling fan work? (Put your hand on the louver above the Interactive Display.)
YES _____ NO _____

3) Does the turntable rotate? (It is normal for the turntable to turn in either direction.)

YES _____ NO _____

4) Is the water in the microwave oven warm?

YES _____ NO _____

If “NO” is the answer to any of the above questions and electrical outlet, fuse and/or circuit breaker are functioning properly, then

CONTACT IFB SERVICE CENTER.

DO NOT ATTEMPT TO SERVICE THE OVEN YOURSELF!

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 / 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 / installation by the company's authorised dealer / service engineer.
 - b) If the completed warranty card is not presented to the authorised personnel at the time of service / repair.
 - c) If the appliance is not used in accordance with manufacturer's instructions given in the **Operating Manual**.
 - d) If the appliance has been serviced, repaired, opened or tampered by any unauthorized personnel.
 - e) If defects arise / caused by accidents, alteration, misuse, neglect, abuse, substitution of original components with spurious / non-genuine components, attack by household pests / rodents, fire, flood, earth-quake, lightning and / or any other acts of God / natural calamities.
 - f) If damages occur by improper electrical, circuit outside the appliance or by any defective electrical supply thereof.
 - g) If the machine serial number on the appliance is defaced, missing or altered.
 - h) If the appliance is taken out of India.
2. This warranty does not cover any type of painting, plating including rusting etc or defects thereof.
3. This warranty does not cover normal wear and tear of parts.
4. Liability for consequential damages is neither accepted nor implied.
5. Parts replaced or repaired under this warranty are warranted throughout the remaining of the original warranty period.
6. Company is not liable for any delay in servicing due to reasons beyond the control of the company or any of its authorised service center.
7. This warranty is not applicable, if the 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 / town / municipal limits from the Company / authorized service centre, a fixed charge of Rs. 250 /- will be collected from the customer in addition to the actual to and fro charges by the shortest route. Alternatively the customer can bring the appliance to the nearest service centre for carrying out the neccessary repairs, at customer's own cost.
9. During the warranty period whenever the appliance is shifted from the original city of purchase to another city / town where service is provided by the company's authorized service agent, a warranty transfer charge of Rs. 300 /- will be collected from the customer by the company's authorized service agent. The above charges also include the reinstallation of the appliance. However in case of transfer to a city where the company provides direct service, a nominal charge of Rs. 250 /- only will be collected from the customer towards reinstallation. The Company, however, shall not undertake the responsibility of shifting / 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.

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CUSTOMER COPY

Mr./Mrs./Ms. _____

Address. _____

Telephone No.: _____

Model Name: _____

Serial No.: _____

Date of Purchase: _____

Cash Memo No.: _____

Dealer Name and: _____

Address Stamp: _____

=====

Service Station Copy

Mr./Mrs./Ms _____

First Name Middle Name Last Name

Address: _____

Pin Code: _____

Telephone No.: (R) _____ (O) _____

E-mail Address: _____

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% Clothes Dryer	<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

IFB Industrial Limited
Regd.off.: 14 Taratolla Road
Kolkata - 700088