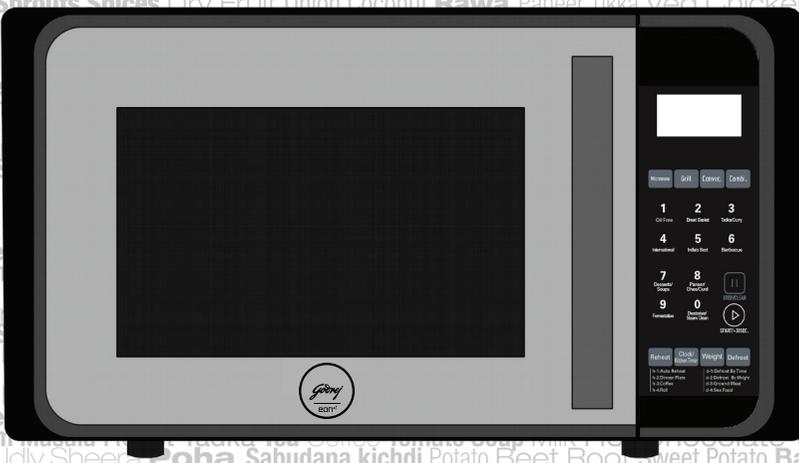


HOW TO GET THE BEST OUT OF YOUR GODREJ MICROWAVE OVEN...



User Manual

GME 734 CR1 PM

34 Ltr. Microwave, Convection

Thank you for purchasing Godrej Microwave Oven

Please record the model number and serial number of this unit for future reference. Staple your receipt here for proof of purchase.

Model No: _____

Serial No: _____

Dealer: _____

Dealer Phone No: _____

SPECIFICATION

| | |
|-------------------------|-----------------------------------|
| Power Consumption: | 230V/50Hz,1550W(Microwave) |
| | 1100W (Grill), 2500W (Convection) |
| Rated Microwave Output: | 1000W |
| Operation Frequency: | 2450MHz |
| Product Dimensions: | 31.5 x 51.9 x 47.8 cm |
| Oven Capacity: | 34 Litres |
| Cooking Uniformity: | Turntable System |
| Net Weight: | 18.6 Kg |

TABLE OF CONTENT

| | |
|--------------------------------|-----|
| IMPORTANT SAFETY INSTRUCTIONS | 3 |
| UTENSIL GUIDE | 5 |
| INSTALLATION INFORMATION | 6 |
| GROUNDING INSTRUCTIONS | 6 |
| ELECTRICAL REQUIREMENTS | 6 |
| RADIO INTERFERENCE | 7 |
| EXTENSION CORD INFORMATION | 7 |
| PART NAMES | 7 |
| ROTISSERIE SKEWER INSTALLATION | 8 |
| CONTROL PANEL | 9 |
| OPERATION INSTRUCTIONS | 10 |
| INSTACOOK MENU | 17 |
| TROUBLESHOOTING | 220 |
| CLEANING AND CARE | 221 |
| FAQs | 222 |
| WARRANTY | 223 |

IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE USE

Important Safety instructions

The Safety instructions mentioned below will tell you how to use your Microwave Oven without harming yourself and damaging your oven.

Warning – To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy

- Read all the instructions before using your oven
- Do not allow children to use this oven without close supervision

Precautions to avoid possible exposure to excessive microwave energy:

- a) 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 tamper with the safety interlocks.
 - b) Do not place any object between the microwave oven cavity and the door or allow soil or cleaner residue to accumulate on sealing surfaces
 - c) Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damages to the:
 - i. Door (bent)
 - ii. Hinges and latches (broken or loosened)
 - iii. Door seals and sealing surfaces
 - d) It is hazardous for anyone other than properly qualified competent service personnel to repair, adjust or remove the cover which gives protection against exposure to microwave energy
- 1. Do not heat the following items in the microwave oven:** Whole eggs in the shell, water with oil or fat, sealed containers, or closed glass jars.

These items may explode.

- Do not cover or block any openings in the oven
- Use your oven only for the operations described in this manual
- Do not run the oven empty, without food in it

- Do not deep fry in your microwave oven
 - Do not remove the turn table while using the microwave oven
 - Do not make popcorn, peanuts and suji roast in plastic utensil. Use only microwaveable glass utensil.
2. Only use utensils suitable for use in microwave oven
 3. Remove wire twist-ties and metal handles from paper or plastic containers/bags before placing them in the oven
 4. The oven should be cleaned regularly and any food deposits should be removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface, and could adversely affect the life of the appliance and possibly result in a hazardous situation.
 5. When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
 6. To avoid a fire hazard do not severely overcook food. Severely overcooked foods can start a fire in the oven.
 7. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
 8. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames
 9. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
 10. Do not use this oven for commercial purposes. This appliances is intended to be used in household and similar application such as:
 - Staff Kitchen areas in shops, offices and other working environments;
 - Farm Houses;
 - By clients in hotels, motels and other residential environments;
 - Bed and breakfast type environments.

11. When cleaning the door and the surfaces that touch the door, use only mild, non-abrasive soaps or detergents and a sponge or soft cloth
12. Do not use corrosive chemicals or vapours, 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
13. Do not use or store this appliance outdoors. Do not use this product near water for example near a kitchen sink, in a wet basement, or near a swimming pool, and the likes.
14. Do not tamper with the built-in safety switches on the oven door. The oven has several built-in safety switches to make sure the power is off when the door is open.
15. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard
16. If your oven is dropped or damaged, have it thoroughly checked by a qualified service technician before using it again
17. The temperature of accessible surfaces may be high when the appliance is operating. Keep cord away from heated surface, and do not cover the oven.
18. Do not immerse the electrical cord or plug in water
19. Pierce food with heavy skin such as potatoes, whole squashes, apples, tomatoes, brinjals, mutton, chicken before cooking
20. Cooking utensils may become hot because of heat transferred from heated food. Potholders may be needed to handle the utensils. Utensils should be checked to ensure that they are suitable for use in microwave ovens.
21. The microwave oven shall not be placed in a cabinet
22. Liquids, such as water, coffee, or tea can be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present **THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.**
23. To reduce the risk of injury to persons:
 - Do not overheat the liquid
 - Stir the liquid both before and halfway through heating it
 - While cooking or reheating in microwave mode, ensure the vent of the lid is kept open at all times or the lid is partially open
 - After heating, allow the container to stand in the microwave oven for a short time before removing the container
 - Use extreme care when inserting a spoon or other utensil into the container
24. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns
25. The appliances 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
26. The rear surface of the appliance shall be placed against the wall
27. Microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
28. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
29. Details for cleaning door seals, cavities and adjacent parts are given on page **CLEANING AND CARE.**
30. No temperature sensing probe to be inserted into the food placed inside the cavity of this oven by user, during switched ON state. A temperature probe may be placed on the food once the food is taken outside the oven.
31. The microwave is intended to be used freestanding.

UTENSIL GUIDE

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

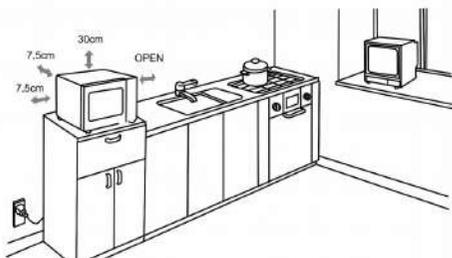
| Cookware | Microwave | Grill | Convection | Combination* |
|--------------------------------|-----------|-------|------------|--------------|
| Heat-Resistant Glass | Yes | Yes | Yes | Yes |
| Non Heat-Resistant Glass | No | No | No | No |
| Heat-Resistant Ceramics | Yes | Yes | Yes | Yes |
| Microwave-Safe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

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

**Only for short time reheating.

INSTALLATION INFORMATION

- 1) Select a level surface that provides enough open space for the intake and/or outlet vents



A minimum clearance of 7.5 cm is required between the oven and any adjacent walls. One side must be open.

- a) Leave a minimum clearance of 30 cm above the oven
- b) Do not remove the legs from the bottom of

- c) Blocking the intake and/or outlet openings can damage the oven
 - d) Place the oven as far away from radios and TV as possible
- 2) Plug your oven into a standard household outlet. Be sure the voltage and frequency is the same as the voltage and the frequency on the rating label at the back of the microwave oven.
 - 3) Do not operate the oven without glass tray, roller support and shaft in their proper positions (applicable for microwave ovens with turn tables)

WARNING: Do not install oven over a range cooktop or other heat-producing appliance. If installed near or over a heat source, the oven could damage and the warranty would be void.



The accessible surface may be hot during operation.

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 mains cable are coloured in accordance with the following code:
Green and/or Yellow = EARTH
Blue and/or Black = NEUTRAL
Brown and/or Red = LIVE

ELECTRICAL REQUIREMENTS

The oven is designed to operate on a standard 230V/50Hz household outlet. Be sure the circuit is at least 15A or 20A and the

microwave oven is the only appliance on the circuit.

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

EXTENSION CORD INFORMATION

1. A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord

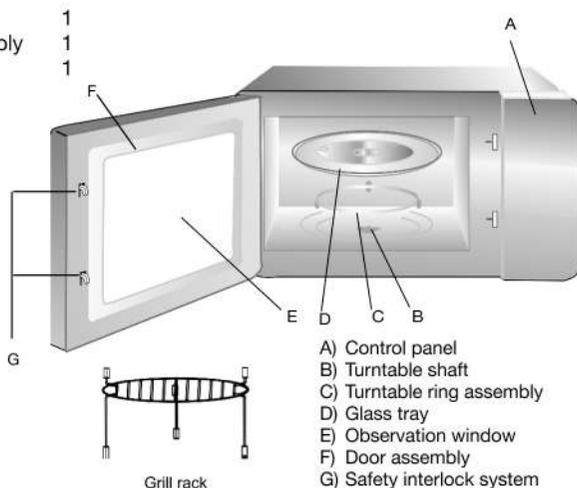
2. DO NOT USE AN EXTENTION CORD

PART AND ACCESSORIES NAME

Glass tray

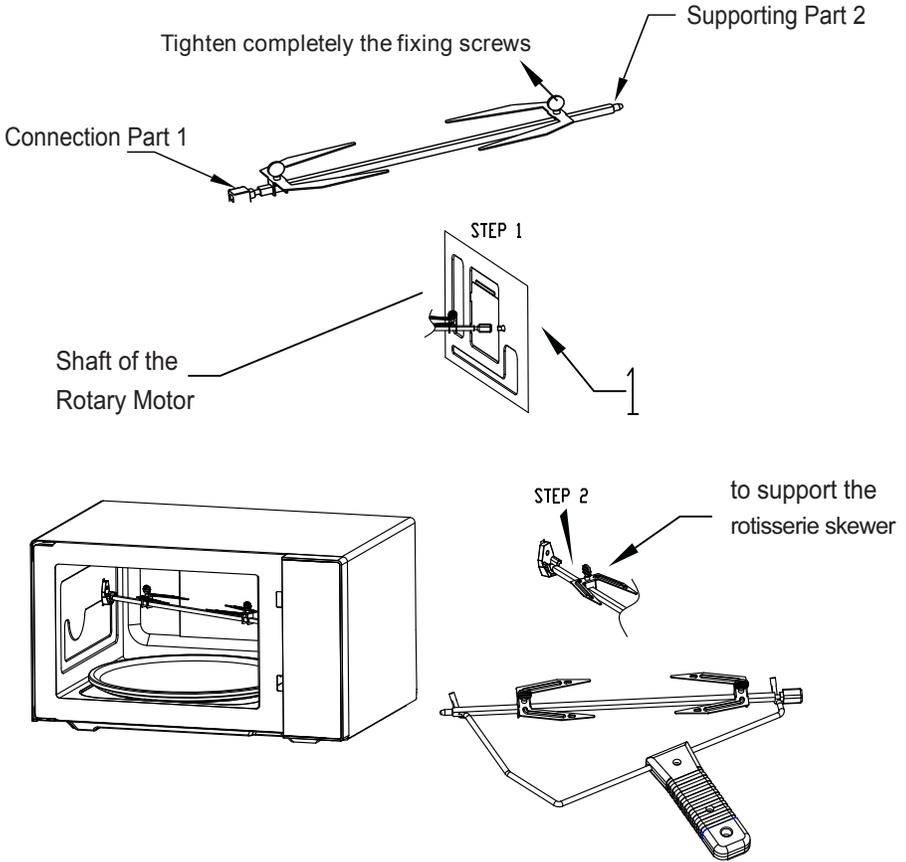
Turntable ring assembly

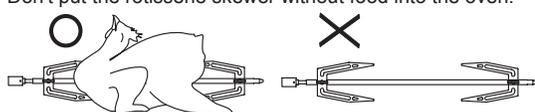
Instruction manual



Rotisserie Skewer Installation

After putting the food on the rotisserie skewer, firstly, connection part 1 of the rotisserie skewer should be aimed at the shaft of the rotary motor. Then the shaft is put into the hole of the connection part. Secondly, put the supporting part 2 of the rotisserie skewer to the upside of the rotisserie skewer which is on the profile of the cavity. There is a semicircular position in the middle of the supporting part where the food can be put on it.



| | |
|--|---|
| <p>Don't put the rotisserie skewer without food into the oven.</p>  | <p>Tighten completely the fixing screws.</p>  |
|--|---|

Warning: using the rotisserie skewer under microwave is forbidden.

CONTROL PANEL



1. DISPLAY SCREEN

- Cooking time, power, indicators and present time are displayed.

2. Oil Free, Bread Basket, Tadka/curries, International, India's Best, Barbecue, Desserts/Soups, Paneer/Ghee/Curd, Fermentation/keep warm, Deodoriser/Steam Clean –

- Press to select dishes under the option.

3. Weight

- Used to set the weight.

4. Defrost

- Press to defrost.

5. Clock/Kitchen Timer

- To set clock/Kitchen timer.

6. Microwave-

- Press to set microwave cooking program.

7. Grill -

- Press to set Grill cooking program.

8. Convection

- Press to set convection cooking program.

9. Combination

- Press to set combination cooking program.

10. Stop/Clear

- Touch to stop cooking program or clear the same.

11. Start

- Press to start the microwave oven.

12. Reheat

- Press to reheat.

OPERATION INSTRUCTION

1. Clock Setting

When the microwave oven is electrified, the oven will display "0:00", buzzer will ring once.

The input time should be within 0:00--23:59(24 Hour).

Example: To set 12:12 .

(1) Press " CLOCK/KITCHEN TIMER " once, "00:00" displays.

(2) Press the number buttons of "1", "2", "1", "2" in order.

(3) Press " CLOCK/KITCHEN TIMER " to finish clock setting. ":" will flash, and the time will light.

Note: 1) If the clock is not set, it would not function when powered.

2) During the process of clock setting, if you press "STOP/CLEAR" or if no operation in 1 minute, the oven will go back to the previous status automatically.

2. Microwave Cooking

Select different microwave power level and set cooking time as you wish. There are five power levels available for choosing. Keep on pressing "MICROWAVE" to choose the power.

Example: If you want to use 80% microwave power to cook for 10 minutes, you can operate the oven as the following steps.

1) Press "MICROWAVE" once, the oven will display "P100".

2) Press "MICROWAVE" once again to choose 80% power, the oven will display "P80".

3) Press the number buttons of "1", "0", "0", "0" in order, the oven will display "10:00"

4) Press "START/+30SEC." to start cooking, ":" will light.

Note: "MICROWAVE" Pad presses instructions

| Presses Instructions | Display | Microwave Power |
|----------------------|---------|-----------------|
| 1 | P100 | 100% |
| 2 | P 80 | 80% |
| 3 | P 50 | 50% |
| 4 | P 30 | 30% |
| 5 | P 10 | 10% |

3. Kitchen Timer

- (1) Press " CLOCK/KITCHEN TIMER " twice, LED will display 00:00.
- (2) Press the number keys and enter the correct time.(the maximum cooking time is 99 minutes and 99 seconds)
- (3) Press " START/+30SEC. " to confirm setting, clock indicator will be lighted.
- (4) When the kitchen time is reached, the buzzer will ring 5 times.Then turn back to waiting state. If the clock be set (24-hour system), LED will display the current time.

Note: 1) The kitchen Time is differ from 24-hour system,Kitchen Timer is a timer.

2) During the kitchen timer, any program cannot be set.

4. Grill Cooking

Example: If you want to use grill function to cooking for 35 minutes, you can operate the oven as the following steps.

- 1) Press the "GRILL" key , the oven will display " G-1 " .
- 2) Press the number buttons of "3", "5", "0", "0" in order, the oven will display "35:00"
- 3) Press the "START/+30SEC." key to start cooking.

5. Convection Cooking(With preheating function)

The convection cooking can let you to cook the food as a traditional oven. Microwave is not used. It is recommended that you should preheat the oven to the appropriate temperature before placing the food in the oven.

- 1) Press the "CONVEC." key once, the oven will display "150". Press the "CONVEC." key several times to select the temperature from 150°C to 240°C.
- 2) Press the "START/+30SEC." key to start preheating. The temperature figure will flash when reach to the temperature in advance and buzzer will ring twice to remind you to put the food into the oven.
- 3) Press the number buttons to set the cooking time.
- 4) Press the "START/+30SEC." key to start cooking.

Note: a. Cooking time cannot be input until the preheating temperature arrives.

If the temperature arrives, door must be opened to input the cooking time.

b. If the time not input in 5 minutes, the oven will stop preheating. The buzzer sound five times and turn back to waiting states.

6. Convection Cooking(Without preheating function)

- 1) Press the "CONVEC." key once, the oven will display "150". Press the "CONVEC." key several times to select the temperature from 150°C to 240°C.
- 2) Press the number buttons to set the cooking time.
- 3) Press the "START/+30SEC." key to start cooking.

7. Combination Cooking

Example: If you want to use combination to cook (C-1) for 40 minutes, you can operate the oven as following steps.

- 1) Press the "COMBINE" key once, the oven will display "C-1".
- 2) Press the number buttons of "4", "0", "0", "0" in order, the oven will display "40:00".
- 3) Press the "START/+30SEC." key to start cooking.

Note: " COMBINE" Pad presses instructions

| Presses Instructions | Display | Microwave Power | Grill Power | Convection Power |
|----------------------|---------|-----------------|-------------|------------------|
| 1 | C-1 | ● | | ● |
| 2 | C-2 | ● | ● | |
| 3 | C-3 | | ● | ● |
| 4 | C-4 | ● | ● | ● |

8. Reheat

- 1) Press "REHEAT" pad , the "h-1" will display in oven and flash.
(Press the "REHEAT" pad several times to select the the cooking program you wanted.)
- 2) Press ""START/+30SEC." key to confirm,the "h-1" will display.
- 3) Press "REHEAT" pad , the oven will display "150".
(Press the "REHEAT" pad several times to select the the weight of the cooking food.)
- 4) Press "START/+30SEC." key to start cooking.

Reheat Chart

| Menu | Weight(g) | Display |
|-----------------------|----------------------------|---------|
| h-1 (Auto Reheat) | 150 | 150 |
| | 250 | 250 |
| | 350 | 350 |
| | 450 | 450 |
| | 600 | 600 |
| h-2 (Dinner Plate) | 250 | 250 |
| | 350 | 350 |
| | 450 | 450 |
| h-3 (Coffee) | 1 cup(approximately 240g) | 1 |
| | 2 cups(approximately 480g) | 2 |
| | 3 cups(approximately 720g) | 3 |
| h-4 (Roll) | 1(approximately 70g) | 1 |
| | 2(approximately 140g) | 2 |
| | 3(approximately 210g) | 3 |

9. Defrost By time

1) Press "DEFROST" once, the oven will display "d-1".

2) Input the figure of the time of cooking.
(The maximum cooking time is 99 minutes and 99 seconds.)

3) Press "START/+30SEC." key to start defrosting.

10. Defrost By weight

1) Press "DEFROST" pad twice, the oven will display "d-2".

2) Input the figure of the weight of food.
(The input figure of the weight should be within 100--2000g)

3) Press "START/+30SEC." key to start defrosting.

11. Defrost Groud meat

1) Press " DEFROST " pad thrice, the oven will display "d-3".

2) Input the figure of the weight of food.
(The input figure of the weight should be within 100--2000g)

3) Press " START/+30SEC. " key to start defrosting.

12. Defrost Sea food

1) Press " DEFROST " pad 4 times, the oven will display "d-4".

2) Input the figure of the weight of food.
(The input figure of the weight should be within 100--2000g)

3) Press " START/+30SEC. " key to start defrosting.

13. Auto Cook

There are 10 buttons available on the panel to select different types of recipes one wishes to cook.

| Sr. No. | COOK | Sr. No. | COOK | Sr. No. | COOK | Sr. No. | COOK |
|---------|--------------|---------|---------------|---------|----------------------------|---------|------------------------|
| 1 | Oil Free | 4 | International | 7 | Desserts/Soups | 10 | Deodorizer/Steam Clean |
| 2 | Bread Basket | 5 | India's Best | 8 | Paneer/Ghee/ Curd | | |
| 3 | Tadka/Curry | 6 | Barbecue | 9 | Fermentation/ Keep Warm | | |

Example: For Cooking RESHMI KABAB of 300g:

(1) Press " OIL FREE" button, display will show "OF".

(2) Press "09" on the number pad for selecting "RESHMI KABAB ". Display will show "OF- 09"

(3) Now press: "Weight" button once for selecting "300 grams". Display will show "300".

(4) Press "START" to start cooking, Display will show the count down, with the mode of working "convection" being displayed on the bottom right.

14. Multi-Stage Cooking

Two stages of cooking can be maximumly set. If one of the stages is defrosting, it should be put in the first stage automatically, and auto menu should not be set here. The buzzer will ring once after each stage and the next stage will begin.

Example: If you want to cook the food with 100% microwave power for 10 minutes+ 80% microwave power for 15 minutes. Do it as following:

- 1) Press "MICROWAVE" once to choose 100% microwave power;
- 2) Press number keys "1","0","0","0" in order to adjust the cooking time;
- 3) Press "MICROWAVE" twice to choose 80% microwave power;
- 4) Press number keys "1","5","0","0" in order to adjust the cooking time;
- 5) Press "START/+30SEC. " to start cooking.

Note: Auto menu and preheating cannot be set as one of the multi-stage.

15. Speedy Cooking

- 1) When the oven is in the waiting states, press "START/+30SEC." key to start cooking with full microwave power for 30 seconds.(the maximum setting is 99 minutes and 99 seconds)
- 2) When the oven is in the grill, convection and combination cooking states, press "START/+30SEC." key to add 30 seconds cooking time.(in the Weight Defrosting, Multi-stage cooking or Auto Menu state is invalidation)

16. Inquiring Function

- (1) In cooking state, press "COMBINE", "MICROWAVE", or "CONVEC.", and the current power will be displayed for 2~3 seconds.
- (2) In cooking state, press "CLOCK/KITCHEN TIMER" to inquire the time. The time will flash for 2~3 seconds.

17. Lock-out Function for Children

Lock: In waiting state, press "STOP/CLEAR" for 3 seconds, there will be a long "beep" denoting entering into the children-lock state and a key indicator will light. The oven will display "0:00" or current time.

Lock quitting: In locked state, press "STOP/CLEAR" for 3 seconds, there will be a long "beep" denoting that the lock is released and the key indicator will go out.

18. Display Specification

- (1) In waiting state, the oven will display clock and " : " will flash.
- (2) In function setting state, the oven will display the related setting.
- (3) In the operation and suspending state, the oven will display the residual cooking time.

INSTACOOK MENU

OIL FREE

| Category | Recipe- | Ingredients: | 500 gr |
|---|--------------------|----------------------|---------|
| OF1 | CHICKEN LOLLY POPS | Chicken Wings | 500 gms |
| | | Maida | 3 tbsp |
| | | Eggs | 3 |
| | | Soya Sauce | 1½ tbsp |
| | | Green Chilli Paste | 2½ tsp |
| | | Ginger, Garlic Paste | 2 tsp |
| | | Garam Masala | 2 tsp |
| | | Pepper Powder | ½ tsp |
| | | Chilli Sauce | 1½ tbsp |
| | | Red Color (Optional) | |
| | | Oil As Required | |
| | | Salt To Taste | |
| <p>Method of Preparation: "Marinate the chicken with the all ingredients for 1 hour . Arrange the marinate chicken in a lightly greased crusty plate and then place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between."</p> | | | |

| Category | Recipe- | Ingredients: | 500 gr |
|--|--------------|-------------------------|--------|
| OF2 | MUTTON KABAB | Boneless Mutton, Minced | 500 gr |
| | | Coriander Powder | 2 tsp |
| | | Khus Khus Grinded | ¾ cup |
| | | Cumin Powder | 2 tsp |
| | | Curd | ¾ cup |
| | | Garlic Paste | 2 tsp |
| | | Ginger Paste | 2 tsp |
| | | Onion Paste | ¾ cup |
| | | Salt To Taste | |
| <p>Method of Preparation: "Apply ginger-garlic paste, coriander- cumins powder, khus khus, beaten curds, salt, to the minced mutton and allow the mutton to marinate for about 2 hours. Make the meat into shape of kebab and arrange the mutton kababs in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start."</p> | | | |

OIL FREE

| Category | Recipe- | Ingredients: | 500 gr |
|---|------------------|------------------------|--------|
| OF3 | CHICKEN TANDOORI | Chicken Breast Or Legs | 500 gr |
| | | Red Chilli Powder | 1½ tsp |
| | | Lemon Juice | 1½ tsp |
| | | Yogurt | 1 cup |
| | | Ginger Paste | 1½ tsp |
| | | Garlic Paste | 1½ tsp |
| | | Garam Masala Powder | 1½ tsp |
| | | Oil 2 Tablespoons | 1½ tsp |
| | | Chaat Masala | 1½ tsp |
| | | Salt To Taste | |
| <p>Method of Preparation: "Marinate the chicken with the all ingredients for 3 hours. Arrange the marinate chicken in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between."</p> | | | |

| Category | Recipe- | Ingredients: | 500 gr |
|---|---------|--------------------------|--------|
| OF4 | LITTI | Wheat Flour | 2½ cup |
| | | Yogurt | 1½ cup |
| | | Salt To Taste | |
| | | | |
| | | Filling | |
| | | Sattu | 2 cup |
| | | Ginger, Garlic Paste | 1¼ tsp |
| | | Cloves | 6 |
| | | Green Chilies Chopped | 1 tsp |
| | | Coriander Leaves Chopped | ¾ cup |
| | | Ajwain | 1¼ tsp |
| | | Onion Seeds | 1¼ tsp |
| | | Salt To Taste | |
| | | Lemon Juice | 1¼ tsp |
| <p>Method of Preparation: "Add salt and yogurt to the wheat flour and knead into a soft dough. Rest the dough for some time. For the filling mix sattu with all filling ingredients. Now, Divide the dough into lemon sized balls and spread them into small puris with your fingers. Place a portion of the filling mixture and once again roll them into balls. Arrange them on a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between."</p> | | | |

OIL FREE

| Category | Recipe- | Ingredients: | 500 gr |
|----------|---------|-----------------------------------|--------|
| OF5 | BATI | Whole Wheat Flour (Gehun Ka Atta) | 2 cup |
| | | Semolina (Rava) | 1 cup |
| | | Besan (Bengal Gram Flour) | 3 tbsp |
| | | Milk | 1½ cup |
| | | Melted Ghee | 1 cup |
| | | Salt To Taste | |

Method of Preparation:

"Mix all the ingredients and knead into a firm dough and make round flatten shape batis . Arrange batis in a lightly greased crusty plate and place the crusty plate on the mesh rack in he microwave oven. Select category, enter weight and press start. Turn once in-between."

| Category | Recipe- | Ingredients: | 500 gr |
|----------|---------------|---------------------|---------|
| OF6 | CHICKEN ROAST | Chicken | 500 gms |
| | | Ground Black Pepper | 2 tsp |
| | | Lemon Juice | 2 tsp |
| | | Garlic | 2 tsp |
| | | Thyme | 2 tsp |
| | | Oil As Required | |
| | | Salt To Taste | |

Method of Preparation:

"Take a mixing bowl. Add oil, chicken, salt, pepper, garlic, lemon, thyme and mix well. Now, set it aside for 30 minutes to marinate. Arrange marinated chicken in a lightly greased crusty plate and place the crusty plate on the mesh rack and in the microwave oven. Select category, enter weight and press start. Turn once in-between."

OIL FREE

| Category | Recipe- | Ingredients: | 500 gms |
|----------|---------------|--------------------------|---------|
| OF7 | LEMON CHICKEN | Boneless Chicken Breast | 500 g |
| | | Garlic Paste | 2 tsp |
| | | Grated Lemon Zest | 1¼ tsp |
| | | Lemon Juice | 2 tbsp |
| | | Dried Oregano | 1¼ tsp |
| | | Thyme Leaves | few |
| | | Salt And Pepper To Taste | |
| | | Oil As Required | |

Method of Preparation:

First, marinate the chicken with the all ingredients for 1 hour. Arrange the marinated chicken in a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.

| Category | Recipe- | Ingredients: | 500 gr |
|----------|----------------|--|--------|
| OF8 | CHICKEN KABABS | Boneless Chicken (Cut Into 1½" Pieces) | 500 gr |
| | | | |
| | | For Marinade | |
| | | Onion Paste | 1 cup |
| | | Garlic, Ginger Paste | 2 tsp |
| | | Cumin Powder | 1 tsp |
| | | Red Chilli Flakes | 1 tsp |
| | | Black Pepper (Freshly Crushed) | 1 tsp |
| | | Barbeque Sauce | 2 tsp |
| | | Oregano | 2 tsp |
| | | Thyme | 2 tsp |
| | | Oil | 3 tbsp |
| | | Salt To Taste | |

Method of Preparation:

"Take a mixing bowl. Mix all the ingredients and then add the chicken. Mix well & set it aside for 1 hour. Keep the marinated chicken on lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between."

OIL FREE

| Category | Recipe- | Ingredients: | 300 gms |
|---|--------------|------------------------|---------|
| OF9 | RESHMI KABAB | Boneless Chicken | 500 gms |
| | | Garlic Paste | 2 tsp |
| | | Ginger Paste | 2 tsp |
| | | Coriander Leaves Paste | 2 tbsp |
| | | Onions Paste | 2 tbsp |
| | | Yoghurt | 2 cup |
| | | Almonds Grated | 2 tbsp |
| | | Juice Of Lemon | 1 |
| | | Salt To Taste | |
| | | Oil As Required | |
| Method of Preparation: "Marinate the chicken with the all ingredients for 2 hour. Arrange the marinate chicken in a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between." | | | |

| Category | Recipe- | Ingredients: | 500 gr |
|--|----------------|---------------------------------|--------|
| OF10 | KASTOORI KABAB | Boneless Chicken Mince (Keema) | 500 gr |
| | | | |
| | | For Marinade | |
| | | Bread Crumbs | 1½ cup |
| | | Roasted Besan | 3 tbsp |
| | | Chopped Coriander Leaves | 4 tbsp |
| | | Red Chilli Powder | 2 tsp |
| | | Jeera Powder | 1 tsp |
| | | Pepper Powder | 1 tsp |
| | | Ginger Garlic Paste | 2 tsp |
| | | Elaichi Powder | 1 tsp |
| | | Kesar (Soaked In ½ Cup In Milk) | 1 tsp |
| | | Lemon Juice | 2 tsp |
| | | Oil | 4 tbsp |
| | | Chaat Masala For Garnish | 1 tsp |
| | | Salt To Taste | |
| Method of Preparation: "Marinate the mince with all the ingredients mentioned under marinade. Make flat kababs of the mixture. Keep the kababs on lightly greased crusty plate, place the crusty plate on the mesh rack in the microwave oven. Select category & weight & press start. Turn once in between. Sprinkle chaat masala & serve." | | | |

OIL FREE

| Category | Recipe- | Ingredients: | 500 gr |
|--|---------------|---------------|--------|
| OF11 | BAKED CHICKEN | Chicken | 500 gr |
| | | Tomato Sauce | 1 cup |
| | | Butter | 3 tbsp |
| | | Bread-Crumbs | 1½ cup |
| | | Salt To Taste | |
| <p>Method of Preparation: In a mixing bowl add butter, chicken, tomato sauce, salt, mix well and toss the chicken in the bread crumbs and arrange chicken pieces in a lightly greased crusty plate. Place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight, press start.</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|------------|---------------------------|---------|
| OF12 | CHICKEN 65 | Chicken Breast - Boneless | 500 gms |
| | | Red Chilli Powder | 1½ tsp |
| | | Pepper Powder | 1½ tsp |
| | | Egg Whites | 3 |
| | | Corn Flour | 1 tbsp |
| | | Wheat Flour | 1 tbsp |
| | | Butter Milk | 1 cup |
| | | Ginger Paste | 1½ tsp |
| | | Garlic Paste | 1 tsp |
| | | Orange Food Color | 1 tsp |
| | | Oil | 1 tbsp |
| | | Lemon Juice | 1½ tsp |
| | | Salt To Taste | |
| <p>Method of Preparation: Marinate the chicken with the all ingredients for 2 hours. Arrange the marinate chicken in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.</p> | | | |

OIL FREE

| Category | Recipe- | Ingredients: | 300 gms |
|----------|------------|-----------------------|---------|
| OF13 | BAKED FISH | Fish | 300 gms |
| | | Butter | 2 tbsp |
| | | Sour Cream | 2 tbsp |
| | | Bread Crumbs | 1½ cup |
| | | Grated Cheese | 1 tbsp |
| | | Parsley (For Garnish) | |
| | | Salt To Taste | |

Method of Preparation:

Marinate fish with butter and sour cream for 30 minutes. Toss the marinated fish in bread crumbs and arrange it in a lightly greased baking dish, sprinkle the grated cheese over it and place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between. Garnish with parsley.

| Category | Recipe- | Ingredients: | 300 gr |
|----------|-----------------|--|--------|
| OF14 | CHICKEN NUGGETS | All-Purpose Flour | ¾ cup |
| | | Garlic Paste | 1½ tsp |
| | | Ground Black Pepper | ¾ tsp |
| | | Chicken Breasts, Cut Into 1½-Inch Pieces | 300 gr |
| | | Breadcrumbs | 1½ cup |
| | | Egg | 2 |
| | | Salt To Taste | |

Method of Preparation:

"Take flour, garlic, pepper, salt and chicken. Mix them well. Dip the chicken in the beaten egg , then in the breadcrumbs. Arrange them on a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between."

OIL FREE

| Category | Recipe- | Ingredients: | 300 gr |
|----------|----------------|--|--------------|
| OF15 | FISH AMRITSARI | Boneless Fish (Cut Into 2" Pieces) | 300 gr |
| | | Lemon Juice | 1½ tsp |
| | | Salt | ½ tsp |
| | | For Batter | |
| | | Egg (Beaten) | 2 |
| | | Besan | 2½ tbsp |
| | | Curd | 2½ tbsp |
| | | Ajwain | 1½ tsp |
| | | Ginger-Garlic Paste | 1 tbsp |
| | | Lemon Juice | 1½ no |
| | | Salt, Red Chilli Powder, Garam Masala, | As per taste |
| | | Chaat Masala, Turmeric Powder | As per taste |
| | | Bread Crumbs (For Coating) | 1½ cup |
| | | Oil (for basting) | 2 tbsp |

Method of Preparation:

Apply lemon juice, salt to fish pieces and set aside for 10 minutes. Apply oil to the fish pieces. Make batter with all ingredients other than bread crumbs. Rub the batter on the fish pieces and toss it in bread crumbs. Set it aside for 1 hour for marinate. Arrange the fish in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight, press start. Serve hot.

| Category | Recipe- | Ingredients: | 300 gr |
|----------|-------------|--------------------------|--------|
| OF16 | MATAR KABAB | Boiled Peas | 300 gr |
| | | Roasted Makhana | 1½ cup |
| | | Chopped Green Chillies | 1½ tsp |
| | | Garam Masala | 1½ tsp |
| | | Seeds Of Elaichi | few |
| | | Cashewnuts | 3 tbsp |
| | | Pepper Powder | ¾ tsp |
| | | Chaat Masala For Garnish | ¾ tsp |
| | | Salt To Taste | |

Method of Preparation:

Grind the boiled peas, green chillies & elaichi seeds together to form a fine paste. Grind the makhana & cashewnuts together into a rough powder. Mix peas & makhana paste. Add salt, pepper and garam masala. Make small balls & flatten them to get small round kababs. Keep the kababs on lightly greased crusty plate, place the crusty plate, on the mesh rack in the microwave oven. Select category & weight & press start. Sprinkle chaat masala & serve.

OIL FREE

| Category | Recipe- | Ingredients: | 300 gr |
|---|------------|--------------------------|---------------|
| OF17 | CORN KABAB | Boiled Potatoes | 300 gr |
| | | Boiled Sweet Corns | ¾ cup |
| | | Onions (Chopped) | ¾ cup |
| | | Green Chillies (Chopped) | 1½ tsp |
| | | Coriander (Chopped) | 3 tbsp |
| | | Pudina (Chopped) | 3 tbsp |
| | | Melted Butter | 3 tbsp |
| | | Garam Masala | 1½ tsp |
| | | Lemon Juice | 1½ tsp |
| | | Bread Crumbs | 1 cup |
| | | Pepper Powder | ¾ tsp |
| | | Salt To Taste | |
| <p>Method of Preparation: Mash the boiled potatoes & corns. Mix them well. Now add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice. Make long kababs out of this mixture. Keep the kababs on lightly greased crusty plate. Place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between. Serve with chutney or sauce.</p> | | | |

| Category | Recipe- | Ingredients: | 300 gr |
|---|-------------------|-----------------------------|--------|
| OF18 | CHEESE CORN BALLS | Boiled Sweet Corn Kernels, | 2 cup |
| | | Cheese Grated | ½ cup |
| | | Potatoes, Boiled And Mashed | ½ cup |
| | | Capsicum, | ½ cup |
| | | Breadcrumbs | 1½ cup |
| | | Maida | 1 tbsp |
| | | Corn Flour, | 1 tbsp |
| | | Oregano, | few |
| | | Oil As Required | |
| | | Salt To Taste, | |
| <p>Method of Preparation: Blend all ingredients together. Roll them to make corn balls. Arrange corn balls in a crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.</p> | | | |

OIL FREE

| Category | Recipe- | Ingredients: | 300 gr |
|----------|---------------|------------------------------|--------|
| OF19 | PANEER PAKORA | Paneer (Cut Into 1.5" Cubes) | 300 gr |
| | | For Batter | |
| | | Besan | 1½ cup |
| | | Turmeric Powder | ¼ tsp |
| | | Red Chilli Powder | 1½ tsp |
| | | Garam Masala | 1½ tsp |
| | | Oil | 2½ tsp |
| | | Salt To Taste, | |
| | | Water As Required | |

Method of Preparation:

In a bowl take all the batter ingredients, mix well and make a smooth paste of it. Place all the paneer pieces evenly coated with the batter, on the tawa. Keep the tawa on the high rack & pour oil on all pakoras. Select category, enter weight, press start. Turn the pakoras once in between. Serve hot with Chutney or Sauce.

| Category | Recipe- | Ingredients: | 300 gr |
|----------|-----------------|------------------------------------|---------|
| OF20 | HARA BARA KABAB | Spinach, Finely Chopped | ¾ cup |
| | | Green Peas Boiled And Mashed | ¾ cup |
| | | Potatoes Boiled, Peeled And Grated | 1 cup |
| | | Green Chillies Chopped | 1½ tsp |
| | | Ginger Chopped | 1½ tsp |
| | | Coriander Leaves Chopped | 2½ tbsp |
| | | Chaat Masala | 1½ tsp |
| | | Cornflour | 2½ tbsp |
| | | Oil | 2 tsp |
| | | Salt To Taste | |

Method of Preparation:

In a bowl take all the ingredients other than oil. Mix well and make flat tikkies of it. Arrange all the tikkies in a lightly greased crusty plate. Apply oil and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight, press start. Serve hot with Sauce.

OIL FREE

| Category | Recipe- | Ingredients: | 300 gr |
|---|---------------|----------------------------|--------|
| OF21 | SABUDANA VADA | Boiled Potato | 2 nos. |
| | | Sabudana (Soaked) | ¾ cup |
| | | Roasted & Crushed Peanuts | 2 tbsp |
| | | Chopped Green Chilli | 2 nos. |
| | | Finely Chopped Ginger | ½ tsp |
| | | Fresh Curry Leaves | few |
| | | Foriander Leaves (Chopped) | 1 tbsp |
| | | Salt | |
| <p>Method of Preparation: In a bowl take all ingredients other than oil. Mix well and make flat tikkies of it. Arrange all the tikkies in a lightly greased crusty plate, apply oil and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight, press start. Serve hot with Sauce.</p> | | | |

| Category | Recipe- | Ingredients: | 300 gr |
|---|--------------|------------------------------|--------|
| OF22 | CHANA KABABS | Kabuli Chana (Chole), Boiled | 300 gr |
| | | Soaked Bread Pieces | 2 |
| | | Bread Crumbs (For Coating) | 1 cup |
| | | Red Chilly | 1½ tsp |
| | | Garlic ,Ginger Paste | 1½ tsp |
| | | Cloves | ¼ tsp |
| | | Pepper Powder | ¾ tsp |
| | | Cinnamon Powder | ¾ tsp |
| | | Salt To Taste | |
| <p>Method of Preparation: Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces and whole red chilli to form a paste. Now shape the paste in the from of kababs & roll out each kababs in bread crumbs for complete coating. Keep the kababs on tawa & keep the tawa on high rack. Select category & weight & press start. Turn once in between. Serve hot.</p> | | | |

OIL FREE

| Category | Recipe- | Ingredients: | 300 gr |
|---|---------------|----------------------|--------|
| OF23 | FISH TANDOORI | Pomfret | 300 gr |
| | | For Marinade | |
| | | Red Chili Powder | 1½ tsp |
| | | Garlic ,Ginger Paste | 1½ tsp |
| | | Jeera | ¾ tsp |
| | | Garam Masala | 1½ tsp |
| | | Tandoori Masala | 1½ tsp |
| | | Dhania Powder | ¾ tsp |
| | | Amchoor Powder | ¾ tsp |
| | | Chaat Masala | ¾ tsp |
| | | Lemon Juice | 1½ tsp |
| | | Salt To Taste | |
| <p>Method of Preparation: Marinade fish with all marinate ingredients for 2 hours. Arrange the marinated fish in a lightly greased baking dish. Place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Serve hot.</p> | | | |

| Category | Recipe- | Ingredients: | 300 gr |
|---|-----------------|--------------------------|---------|
| OF24 | BHARWAN TAMATAR | Tomato (Hollowed) | 300 gr |
| | | For Stuffing | |
| | | Onion Chopped | 1 cup |
| | | Paneer (Mashed) | 1 cup |
| | | Garam Masala, | 1½ tsp |
| | | Red Chillli Powder, | 1½ tsp |
| | | Cumin Powder | ¾ tsp |
| | | Coriander Leaves Chopped | 2½ tbsp |
| | | Oil As Required | |
| <p>Method of Preparation: Take microwave oven safe bowl, add add all ingredients hollowed tomatoes with all stuffing ingredients. Grease the tomatoes with few drops of oil. Arrange the stuffed tomatoes in a lightly greased baking dish, place the baking dish on the mesh rack in the microwave oven. Select category, enter weight, press start.</p> | | | |

OIL FREE

| Category | Recipe- | Ingredients: | 300 gr |
|----------|----------------|----------------------|--------|
| OF25 | GRILLED PRAWNS | Prawns | 300 gr |
| | | Onion Paste | 1½ cup |
| | | Ginger, Garlic Paste | 2 tsp |
| | | Red Chilli Powder | 1½ tsp |
| | | Pepper Powder | ½ tsp |
| | | Salt To Taste | |
| | | Oil As Required | |

Method of Preparation:

Marinate the prawns with the all ingredients for 30 minutes. Arrange the marinate prawns in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.

| Category | Recipe- | Ingredients: | 300 gr |
|----------|------------|------------------------------|--------|
| OF26 | FISH ROAST | Pomfret - Washed And Cleaned | 300 gr |
| | | Garlic Paste | 1½ tsp |
| | | Lemon Juice | 1 tsp |
| | | Chilli Powder | 1½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Pepper Powder | ¼ tsp |
| | | Garam Masala | 1½ tsp |
| | | Rice Flour | 2 tbsp |
| | | Oil | 3 tbsp |
| | | Salt To Taste | |

Method of Preparation:

Mix all the ingredients to make a paste. Toss the fish into it and apply evenly on all sides. Set aside for 1 hr. Arrange the marinated fish in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between. Remove and serve.

OIL FREE

| Category | Recipe- | Ingredients: | 300 gr |
|----------|-------------------|------------------------------|--------|
| OF27 | VEGETABLE CUTLETS | Potatoes boiled | 1½ cup |
| | | Green Peas boiled | ½ cup |
| | | Beans boiled | ½ cup |
| | | Beetroot boiled | ½ cup |
| | | Corn flour | ½ cup |
| | | Dry Mango Powder | 1½ tsp |
| | | Red chilli powder | 1½ tsp |
| | | Oil as required | |
| | | Salt to taste | |
| | | Coriander leaves for garnish | |

Method of Preparation:

Blend all boiled ingredients together. Mash them lightly. Add all remaining ingredients, mix well in the shape of medium sized cutlets. Arrange cutlets in a lightly greased crusty plate. Place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.

| Category | Recipe- | Ingredients: | 300 gr |
|----------|------------|---------------------|---------|
| OF28 | ALOO TIKKI | Boiled Aloo | 300 gms |
| | | Green Peas Cooked | 1½ cup |
| | | Black Pepper Powder | ¾ tsp |
| | | Ginger Paste | 1½ tsp |
| | | Garam Masala | 1½ tsp |
| | | Red Chili Powder | 1½ tsp |
| | | Cumins Powder | 1½ tsp |
| | | Oil As Required | |
| | | Salt Or To Taste | |

Method of Preparation:

Mash potatoes and green peas together. Add all the remaining ingredients, mix well and shape them as medium sized tikkis. Arrange tikki in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.

| Category | Recipe- | Ingredients: | 300 gr |
|----------|------------------|--------------------------------|--------|
| OF29 | CHICKEN SAUSAGES | Ready To Cook Chicken Sausages | 300 gr |

Method of Preparation:

Arrange chicken sausages in a lightly greased crusty plate, place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.

OIL FREE

| Category | Recipe- | Ingredients: | 300 gr |
|---|--------------|-----------------------------------|--------|
| OF30 | FRENCH FRIES | Slice Potatoes In To French Fries | 300 gr |
| | | Sea Salt As Required | |
| | | Cold Water As Needed | |
| <p>Method of Preparation: Take water in a mixing bowl, add potatoes into it and set it aside for 1 hr. Drain off the water and dry them with paper towel. Arrange the french fries in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between. Remove and mix with salt. Serve hot.</p> | | | |

| Category | Recipe- | Ingredients: | 300 gms |
|--|--------------|------------------------------|---------|
| OF31 | FISH CUTLETS | Fish boiled & bones removed | 300 gms |
| | | Egg | 2 |
| | | Bread slices soaked in water | 3 |
| | | Garlic paste | ½ tsp |
| | | Ginger paste | ½ tsp |
| | | Bread Crumbs | 1½ tbsp |
| | | Green Chillies | 3 |
| | | Corn Flour | 1½ tbsp |
| | | Garam Masala | 1½ tbsp |
| | | Turmeric Powder | ½ tsp |
| | | Coriander Leaves | 1½ tbsp |
| | | Salt to taste | |
| | | Oil as required | |
| <p>Method of Preparation: Mash the fish and bread slices gently with the hands and adds all ingredients together other than eggs, bread crumbs and mash them lightly. Add all remaining ingredients, mix well and shape them as medium sized cutlets. Arrange cutlets in a lightly greased crusty plate. Place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.</p> | | | |

OIL FREE

| Category | Recipe- | Ingredients: | 300 gr |
|----------|---------------|--------------------------|--------|
| OF32 | SURAN CUTLETS | Suran (Cooked) | 300 gr |
| | | Lime Juice | 2 tsp |
| | | Chopped Ginger | 1 tsp |
| | | Chopped Green Chillies | few |
| | | Curry Leaves Chopped | few |
| | | Chopped Coriander Leaves | 3 tbsp |
| | | Rice Flour | 3 tbsp |
| | | Rice Flour For Coating | 2 tbsp |
| | | Black Pepper | ½ tsp |
| | | Cumin Seeds | 1 tsp |
| | | Fennel Seeds | few |
| | | Fenugreek Seeds | few |
| | | Cloves | 3 |
| | | Oil As Required | |
| | | Salt As Required | |

Method of Preparation:

Mash the suran gently with the hands and adds all ingredients together other than oil, mash them lightly, mix well and shape as medium sized cutlets. Coat with rice flour . Arrange all the cutlets in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.

| Category | Recipe- | Ingredients: | 300 gr |
|----------|---------------|--------------------------|---------|
| OF33 | TANDOORI ALOO | Aloo (Cut Into Quarters) | 300 gr |
| | | For Marinade | |
| | | Curd | 2½ tbsp |
| | | Garlic Paste | 1½ tsp |
| | | Cumin Powder | ¾ tsp |
| | | Red Chilli Powder | 1½ tsp |
| | | Tandoori Masala | 1½ tsp |
| | | Tandoori Color | a pinch |
| | | Salt To Taste, | |
| | | Chaat Masala For Garnish | |
| | | Lime Juice For Garnish | |

Method of Preparation:

"Take a mixing bowl. Add all the ingredients of marinade and add the aloo pieces, mix well & set aside for ½ hour for marinate. Keep the marinated aloo on lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven. Select category, weight & press start. Sprinkle chaat masala, lemon juice & serve."

OIL FREE

| Category | Recipe- | Ingredients: | 300 gr |
|--|----------------|-------------------------|---------|
| OF34 | TANDOORI GOBHI | Cauliflower Florets | 300 gr |
| | | For Marinade | |
| | | Curd | 2½ tbsp |
| | | Red Chilli Powder | 1½ tsp |
| | | Jeera Powder | ¾ tsp |
| | | Coriander Powder | ¾ tsp |
| | | Garam Masala | 1½ tsp |
| | | Tandoori Color Or Haldi | a pinch |
| | | Oil | 1½ tbsp |
| | | Salt To Taste | |
| <p>Method of Preparation: "Take a mixing bowl, Add all the ingredients of marinade, cauliflower florets and mix well. Set it aside for 1 hour to marinate. Keep the marinated cauliflower florets on lightly greased baking dish. Place the baking dish on the mesh rack in the microwave oven. Select category, weight & press start. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | 300 gr |
|--|-------------------|----------------------------------|---------|
| OF35 | TANDOORI MUSHROOM | mushroom buttons (stalk removed) | 300 gr |
| | | For Marinade | |
| | | curd | 2½ tbsp |
| | | ginger,garlic Paste | 1½ tsp |
| | | coriander powder | ¾ tsp |
| | | cumin powder | ¾ tsp |
| | | amchoor powder | ¾ tsp |
| | | cornflour | 2½ tbsp |
| | | tandoori color | |
| | | salt to taste | |
| <p>Method of Preparation: "Take a mixing bowl, add all the ingredients of marinade and add the mushroom buttons. Mix well & set it aside 1 hour for marinate. Keep the marinated mushroom buttons on lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven. Select category & weight & press start. Serve hot."</p> | | | |

OIL FREE

| Category | Recipe- | Ingredients: | 300 gr |
|---|-----------------|---------------------------------------|---------|
| OF36 | MIX VEG PLATTER | Paneer (Cut 1½" Cubes) | ¾ cup |
| | | Mushroom Buttons (Trim The Stalk) | ¾ cup |
| | | Baby Corn (Blanched) | ¾ cup |
| | | Capsicum (Cut Into Large Cubes) | ¾ cup |
| | | Tomatoes (Cut Into Quarters) | ¾ cup |
| | | Onion (Cut Into Quarters & Separated) | ¾ cup |
| | | For Marinade | |
| | | Curd | 2½ tbsp |
| | | Thick Cream | 2½ tbsp |
| | | Cornflour | 2½ tbsp |
| | | Red Chilli Powder | 1½ tsp |
| | | Ginger Garlic Paste | 1½ tsp |
| | | Tandoori Masala | 1½ tsp |
| | | Tandoori Color | a pinch |
| | | Salt To Taste | |
| <p>Method of Preparation: "Take a mixing bowl, add all the ingredients of marinade and add the panner, mushroom buttons, baby corn, capsicum, tomatoes, onion. Mix them well & set aside for ½ hour for marinate. Keep the marinated vegetables on lightly greased baking dish, place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Serve hot."</p> | | | |

BREAD BASKET

| Category | Recipe- | Ingredients: | 1 (230 gms) |
|---|------------|---------------------------|-------------------|
| BB1 | MILK BREAD | All Purpose Flour (Maida) | 2 cups |
| | | Dry Yeast | 2 tsp |
| | | Sugar | 1 tbsp |
| | | Oil | 1 tbsp |
| | | Salt | 1 tsp |
| | | Milk Powder | 3 tbsp |
| | | Water | $\frac{3}{4}$ cup |
| <p>Method of Preparation: "Take warm water in a bowl, add dry yeast, sugar, mix well and cover with lid, set it aside for 5 minutes. Take another mixing bowl, add maida, oil, salt, milk powder and dry yeast water, mix well to make a smooth, soft dough. Punch the dough for 10 minutes. Set it aside for 15 minutes. Punch the dough again for 7 minutes. Set the dough batter in a bread tin and cover with lid, set it aside again for 20 minutes. Step 1: To preheat the oven, select category, enter weight & press start. Step 2: When your oven beeps, arrange bread tin in on the turn table and press start. "</p> | | | |

BREAD BASKET

| Category | Recipe- | Ingredients: | 1 (230 gms) |
|---|--------------|----------------------------------|-------------|
| BB2 | GARLIC BREAD | Warm Milk | ¼ cup |
| | | Dry Yeast | 1 tsp |
| | | Sugar | 1 tsp |
| | | Salt | pinch of |
| | | Garlic, Finely Chopped | 3 cloves |
| | | Oregano | ¾ tsp |
| | | Unsalted Butter, Melted | 1 tbsp |
| | | Maida | 1 cup |
| | | Oil | 2 tsp |
| | | | |
| | | For Garlic Butter: | |
| | | Butter, Melted | ¾ cup |
| | | Garlic, Finely Chopped | 3 cloves |
| | | Coriander Leaves, Finely Chopped | 2 tbsp |
| | | | |
| | | Other Ingredients: | |
| | | Maida To Dust | 3 tbsp |
| | | Grated Cheese | ¼ cup |
| | | Chili Flakes | 2 tsp |
| | | Oregano | 1 tsp |
| | | Mixed Herbs | 1 tsp |
| Method of Preparation: | | | |
| <p>"Take warm milk in a bowl. Add dry yeast, sugar, mix well and cover with a lid. Set it aside for 5 minutes. Add salt, butter, garlic, origano and maida. Mix well to make a smooth and soft dough. Add oil and punch the dough for 5 minutes. set it aside for 15 minutes. Punch again the dough for 5 minutes. Set the dough batter in a bowl and cover with lid. Set it aside again for 1 hour. Mix batter, garlic, coriander leaves in a bowl and spread it over the dough. Further top it with cheese on half of the dough. Season with chili flakes and origano and fold the dough. Seal the edges. Brush and top with the prepared garlic butter, chili flakes and mixed herbs. Make marks over bread without cutting them fully and place it on lightly greased baking dish.</p> <p>Step 1: For preheat the oven select category & enter weight & press start.</p> <p>Step 2: When you hear a beep, arrange baking dish in on the turn table and press start. Cut and serve."</p> | | | |

BREAD BASKET

| Category | Recipe- | Ingredients: | 230 gms |
|--|-------------|-------------------|---------|
| BB3 | WHEAT BREAD | Warm Water | 1¼ cups |
| | | Active Dry Yeast | ½ tbsp |
| | | Salt | 1 tsp |
| | | Sugar | 1 tbsp |
| | | Butter, Melted | 2 tbsp |
| | | Curd | 2 tbsp |
| | | Whole Wheat Flour | 3 cups |
| | | Milk For Brushing | 2 tbsp |
| <p>Method of Preparation: "Take warm water in a bowl, add dry yeast, sugar, mix well and cover with lid. Set it aside for 5 minutes. Take another mixing bowl. Add wheat flour, salt, butter, dry yeast and curd. Mix well to make a smooth and soft dough. Punch the dough for 10 minutes. set it aside for 15 minutes. Punch again the dough for 5 minutes. Set the dough batter in a bread tin and cover with lid, set it aside again for 20 minutes.</p> <p>Step 1: To preheat the oven, select category, enter weight & press start. Step 2: When your oven beeps, arrange bread tin in on the turn table and press start. "</p> | | | |

BREAD BASKET

| Category | Recipe- | Ingredients: | 1 (230 gms) |
|---|--------------------|-------------------|-------------|
| BB4 | TOOTY FROOTY BREAD | All-Purpose Flour | 2 cups |
| | | Custard Powder | 2 tbsp |
| | | Sugar | 2 tsp |
| | | Milk Powder | 2 tbsp |
| | | Dry Yeast | 1½ tsp |
| | | Tutti Frutti | ½ cup |
| | | Oil | 2 tbsp |
| | | Butter | 2 tbsp |
| | | Water As Required | |
| | | Salt As Required | |
| <p>Method of Preparation: "Take warm water in a bowl. Add dry yeast, sugar, mix well and cover with a lid. Set it aside for 5 minutes. Take another mixing bowl. Add maida, oil, salt, milk powder, custard powder, butter, dry yeast and water. Mix well to make a smooth and soft dough. Punch the dough for 10 minutes. Set it aside for 15 minutes. Punch the dough again for 7 minutes. Set the dough batter in a bread tin and cover with all lid. Set it aside again for 20 minutes. Step 1: To preheat the oven, select category, enter weight & press start. Step 2: When your oven beeps, arrange bread tin in on the turn table and press start. "</p> | | | |

| Category | Recipe- | Ingredients: | 1 (230 gms) |
|---|-------------|---------------------------|-------------|
| BB5 | BURGER /PAV | All Purpose Flour (Maida) | 3 cups |
| | | Salt | 1 tsp |
| | | Bread Improver | 1 tsp |
| | | Butter | 3 tbsp |
| | | Dry Yeast | 1 tbsp |
| | | Sugar | 2 tsp |
| | | Vanilla Powder | 1 tsp |
| | | Water As Required | |
| <p>Method of Preparation: "Take half a cup of warm water, add sugar, yeast and a pinch of flour, stir and cover. Keep aside for 5 minutes. Sieve the flour, add salt and mix, add the yeast water. make soft dough using water as required. add butter and knead the dough for 10 minutes. cover the dough and leave in a warm place for 30 minutes, till the dough is almost double in size. Knead the dough and make medium smooth roundels from it. Place them on a lightly greased baking tray. Keep distance in between to let them rise and leave it for 20 minutes. Step 1: To preheat the oven, select category, enter weight & press start. Step 2: When your oven beeps, arrange baking tray on the turn table and press start. "</p> | | | |

BREAD BASKET

| Category | Recipe- | Ingredients: | 1 (230 gms) |
|---|---------------|-------------------------------|-------------|
| BB6 | DABELI KA PAV | All Purpose Flour | 3 cup |
| | | Butter | 2½ tbsp |
| | | Baking Powder | 1 tsp |
| | | Oil | 2 tbsp |
| | | Salt | 1 tsp |
| | | Butter For Basting (Optional) | |
| | | Sesame Seeds (Optional) | |
| | | Water Or Milk As Required | |
| | | | |
| | | Yeast Preparation | |
| | | Dry Yeast | 2 tsp |
| | | Water | 1/2 cup |
| | | Milk | 3 tsp |
| | | Sugar | 2 tsp |
| <p>Method of Preparation: "Take half a cup of warm water. Add sugar, yeast and milk. Stir and cover. Keep aside for 5 minutes. Sieve the flour. Add all other ingredients, mix well, add the yeast water. Make soft dough using water or milk as required. Set it aside for 15 minutes. Knead the dough and make medium smooth roundels from it. Place them on a lightly greased baking tray. Keep distance between them to rise and leave it for 20 minutes. Step 1: For preheat the oven select category, enter weight & press start. Step 2: When you hear a beep, arrange the baking tray on the low grill mesh rack and press start. "</p> | | | |

BREAD BASKET

| Category | Recipe- | Ingredients: | 1 (230 gms) |
|---|----------------|---------------------|-------------|
| BB7 | FOCACCIA BREAD | All-Purpose Flour | 2½ cups |
| | | Salt | 1 tsp |
| | | Sugar | 1 tsp |
| | | Active Dry Yeast | 1 tbsp |
| | | Garlic Powder | 1 tsp |
| | | Dried Oregano | 1 tsp |
| | | Dried Thyme | 1 tsp |
| | | Dried Basil | ½ tsp |
| | | Ground Black Pepper | a pinch |
| | | Oil | 2 tbsp |
| | | Mozzarella Cheese | 1 cup |
| | | Olive Oil | 2 tbsp |
| | | Water As Required | |
| <p>Method of Preparation: "In a large bowl, mix all ingredients other than cheese and olive oil to make a smooth, soft dough. Place the dough in the bowl, cover with a damp cloth and let it rise in a warm place for 30 minutes. Punch dough down and place it on greased baking try. Pat into a 1/2 inch thick rectangle. Brush the top with olive oil. Sprinkle mozzarella cheese. Step 1: To preheat the oven, select category, enter weight & press start. Step 2: When your oven beeps, arrange baking tray on low grill mesh rack and press start. Serve warm."</p> | | | |

| Category | Recipe- | Ingredients: | 1 (230 gms) |
|--|----------------|-------------------|-------------|
| BB8 | SANDWICH BREAD | All-Purpose Flour | 2 cups |
| | | Warm Water | ½ cup |
| | | Active-Dry Yeast | 2 tsp |
| | | Unsalted Butter | 1 tbsp |
| | | Milk Powder | 3 tbsp |
| | | Sugar | 1tsp |
| | | Oil | 2 tbsp |
| | | Salt To Taste | |
| | | Water As Required | |
| <p>Method of Preparation: "Take warm water in a bowl, add dry yeast, sugar and 2 tsp flour. Mix well and set it aside for 5 minutes. Take another mixing bowl, add maida, oil, salt, milk powder, butter, dry yeast and water. Mix well to make a smooth, soft dough. Punch the dough for 10 minutes. set it aside for 15 minutes. Punch the dough again for 5 minutes. Set the dough batter in a bread tin and cover it with a lid. Set it aside again for 20 minutes. Step 1: To preheat the oven, select category, enter weight & press start. Step 2: When your oven beeps, arrange the bread tin on the turn table and press start. "</p> | | | |

BREAD BASKET

| Category | Recipe- | Ingredients: | 1 (230 gms) |
|----------|-------------|---------------------------|-------------|
| BB9 | PIZZA DOUGH | All Purpose Flour (Maida) | 2 cups |
| | | Salt | 1 tsp |
| | | Dry Yeast | 2 tsp |
| | | Sugar | 1 tsp |
| | | Oil | 3 tsp |
| | | Oregano | 1 tsp |
| | | Chili Flakes | 1 tsp |
| | | Water As Required | |

Method of Preparation:

"Take half a cup of warm water. Add sugar, yeast and a pinch of flour. Stir and cover it. Keep it aside for 5 minutes. Sieve the flour, add salt, chili flakes, oregano, oil and mix well. Add the yeast water and make smooth and soft dough using water as required. Set it aside for 15 minutes. Roll out the dough. Place it on baking tray and prick with a fork. Cover and leave it for 20 minutes to double its size.

Step 1: To preheat the oven select category, enter weight & press start.

Step 2: When your oven beeps, arrange the baking tray on the low grill mesh rack and press start. "

| Category | Recipe- | Ingredients: | 1 (230 gms) |
|----------|-------------|--------------|-------------|
| BB10 | BREAD TOAST | Bread Slices | 4 peices |

Method of Preparation:

"Arrange bread slices on the high grill mesh rack. Place the grill mesh rack in the oven.

Step 1: Select category, enter weight & press start.

Step 2: When the oven beeps, turn the slices upside down and press start. "

| Category | Recipe- | Ingredients: | 1 (230 gms) |
|----------|------------------|-------------------------------------|-------------|
| BB11 | ROASTED SANDWICH | Bread Slices | 8 |
| | | Onion Cut Into Round Slices | 1 medium |
| | | Cucumber Cut Into Round Slices | 1 medium |
| | | Tomatoes Cut Into Round Slices | 2 medium |
| | | Green Capsicum Cut Into Thin Strips | 1 medium |
| | | Green Mint And Coriander Chutney | 4 tbsp |
| | | Cheese | |
| | | Tomato Ketchup | 4 tbsp |
| | | Chaat Masala | 1 tsp |
| | | Salt To Taste | |

Method of Preparation:

"Arrange paneer, onion, cucumber, tomato, capsicum slices on four bread slices. Sprinkle salt and chaat masala over them. Top it with a cheese slice. Apply one tablespoon green chutney on each of the remaining four slices. Top it with one tablespoon of tomato ketchup. Keep them on lightly greased crusty plate, place the crusty plate on the mesh rack in the microwave oven.

Step 1: Select category, choose weight & press start.

Step 2: When the oven beeps, turn over & press start. Serve hot."

BREAD BASKET

| Category | Recipe- | Ingredients: | 1 (230 gms) |
|----------|---------------|-----------------------------|-------------|
| BB12 | TANDOORI ROTI | Wheat Flour | 1 cup |
| | | Dry Yeast | 1 tsp |
| | | Sugar | 1 tsp |
| | | Curd | ½ cup |
| | | Oil To Finish Up The Dough | 1 tbsp |
| | | Ghee To Brush All The Rotis | 4 tbsp |
| | | Water As Required | |
| | | Salt To Taste | |
| | | Wheat Flour For Rolling | |

Method of Preparation:

"Take warm water in a bowl. Add dry yeast, sugar. Mix well and cover it with a lid. Set it aside for 10 minutes. Take another mixing bowl, combine all the ingredients other than ghee, including the yeast mixture and knead it into a smooth, soft dough using enough water. Cover it with a damp cloth and keep it aside for 30 minutes. Divide the dough into 6 equal portions . Roll out each portion into a diameter of 5 inches. Use little dry flour for rolling the roti.

Step 1: Keep the tawa on the low rack. Keep it inside the microwave. Select category, enter weight & press start.

Step 2: When the oven beeps, keep 2 rolled out roties on tawa & press start.

Step 3: When the oven beeps again, turn & again press start. Make all the roties following the same procedure.

Brush the ghee to the rotis and Serve hot."

| Category | Recipe- | Ingredients: | 1 (230 gms) |
|----------|-------------|----------------------------------|-------------|
| BB13 | BUTTER NAAN | All Purpose Flour | 1 cup |
| | | Wheat Flour | ¼ cup |
| | | Sugar | 1 tsp |
| | | Instant Yeast | ½ tsp |
| | | Water As Required | |
| | | Curd | 2 tbsp |
| | | Butter, Melted | 1 tbsp |
| | | Salt As Required | |
| | | Butter For Spreading On The Naan | 3 tbsp |

Method of Preparation:

"Take warm water in a bowl. Add dry yeast, sugar, mix well and cover with lid. Set it aside for 5 minutes. Take another mixing bowl. Combine all the ingredients, including the yeast mixture and knead into a smooth, soft dough using enough water. Cover it with a damp cloth and keep it aside for 2 hours. Divide the dough into 6 equal portions . Roll out each portion into a diameter of 5 inches. Use little dry flour while rolling the roti.

Step 1: Keep the tawa on the low rack. Keep it inside the microwave oven. Select the category, enter weight & press start.

Step 2: When the oven beeps, keep 2 rolled out naan roti on tawa & press start.

Step 3: When the oven beeps, turn & again press start.

Make all the naan roties following the same procedure. Brush the butter to the naan rotis and Serve hot."

BREAD BASKET

| Category | Recipe- | Ingredients: | 1(230 gms) |
|----------|---------------|-------------------|------------|
| BB14 | PLAIN PARATHA | Wheat Flour | 1 cup |
| | | Melted Butter | 2 tbsps |
| | | Butter Milk | ¼ cup |
| | | Ghee As Needed | |
| | | Salt To Taste | |
| | | Water As Required | |

Method of Preparation:

"In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & butter then water & knead a soft dough. Step 1: Keep tawa on the rack, keep inside the microwave to preheat the tawa. Select category, enter weight & press start. Divide the dough into 5 equal portion (approx of 45-46 gms). Roll out each portion to a diameter of 6" spread ½ tsp ghee/oil all over & dust some dry flour. Fold to half & again repeat the same procedure. So that you get a long strip. Apply few drops of ghee on the strip. Again roll the strip to form a ball. Roll out the ball to 5" diameter for parantha. When the oven beeps, remove the tawa keep 2 rolled out parantha on tawa & press start. Step 2: When the oven beeps, turn the paranthas & again press start. Make all laccha paranthas following the same procedure. Apply some ghee on top (optional) & crush the parantha slightly to open up the layers. Serve hot with gravy/curry of your choice. Wrap in foil & store."

| Category | Recipe- | Ingredients: | 1(230 gms) |
|----------|--------------|--------------------------|------------|
| BB15 | ALOO PARATHA | For The Potato Stuffing: | |
| | | Boiled & Mashed Potato | 1 cup |
| | | Green Chili, Chopped | 2 |
| | | Coriander Leaves | 2 tsp |
| | | Ajwain | ½ tsp |
| | | Garam Masala | ¼ tsp |
| | | Chili Powder | ¼ tsp |
| | | Salt As Required | |
| | | | |
| | | For The Dough: | |
| | | Wheat Flour | 2 cup |
| | | Salt To Taste | |
| | | Oil (Optional) | ½ tsp |
| | | Water As Required | |
| | | | |
| | | For Frying The Parathas | |
| | | Oil Or Ghee As Required | |

Method of Preparation:

"Mix the flour with salt and oil. Add water and knead a smooth and soft dough. Cover and let the dough rest for 15-20 minutes. Mix all stuffing ingredients uniformly. Take two medium balls from the dough and roll the balls into small circles. Place a few tbsps of the filling on one of the dough circle. Lightly sprinkle some wheat flour and roll the aloo paratha gently into a diameter of 6-8 inches. Step 1: Keep the tawa on low rack. Keep inside the microwave Select category, enter weight & press start. Step 2: When the oven beeps, keep 2 rolled out paratha on tawa & press start. Step 3: When the oven beeps, turn & again press start. Make all the paratha following the same procedure. Brush the oil or ghee to the paratha and Serve hot."

BREAD BASKET

| Category | Recipe- | Ingredients: | 1(230 gms) |
|--|---------|------------------|-------------|
| BB16 | KULCHA | Maida | 1 cup |
| | | Dry Yeast | 1 tsp |
| | | Sugar | 1 tbsp |
| | | Warm Water | 50 ml |
| | | Fresh Cream | 2 tbsp |
| | | Coriander Leaves | as required |
| | | Kalonji | as required |
| | | Oil | ½ tsp |
| | | Salt | a pinch |
| <p>Method of Preparation: "In a cup take warm water add dry yeast & add sugar. Stir well to dissolve. Keep aside for at least 5 minutes. In a mixing bowl take maida, salt & fresh cream. Mix well with hands. Add the yeast water & knead a firm dough. Pour ½ tsp oil & cover the dough and keep a side for 2 hours. Divide the dough into 4 equal portions (approx. 60 gm each). Make balls & apply butter on top & sprinkle kalonji & coriander leaves on top. Press with fingers & dust with maida & roll out each ball into a diameter of 5". Keep the rolled dough on dusted multi cook tawa. Keep them covered in dark & warm place for at least 30 minutes. Step1: Select category, enter weight & press start. Step 2: When the oven beeps, keep tawa with rolled doughs & press start. Step 3: Apply butter on top of kulchas or roast them a little & serve hot with chhole."</p> | | | |

BREAD BASKET

| Category | Recipe- | Ingredients: | 1(230 gms) |
|----------|-------------|--------------------------|-------------|
| BB17 | ALOO KULCHA | For The Potato Stuffing: | |
| | | Boiled & Mashed Potato | 1 cup |
| | | Green Chili, Chopped | 2 |
| | | Coriander Leaves | 2 tsp |
| | | Ajwain | ½ tsp |
| | | Garam Masala | ¼ tsp |
| | | Chili Powder | ¼ tsp |
| | | Salt As Required | |
| | | For Kulcha: | |
| | | Maida | 1 cup |
| | | Dry Yeast | 1 tsp |
| | | Sugar | 1 tbsp |
| | | Warm Water | 50 ml |
| | | Fresh Cream | 2 tbsp |
| | | Coriander Leaves | as required |
| | | Kalonji | as required |
| | | Oil | ½ tsp |
| | | Salt | a pinch |

Method of Preparation:

"In a cup take warm water add dry yeast & add sugar. Stir well to dissolve. Keep aside for at least 5 minutes. In a mixing bowl take maida, salt & fresh cream. Mix well with hands. Add the yeast water, oil & knead a firm dough. Cover the dough and keep a side for 2 hours. Mix all stuffing ingredients, mix uniformly. Take two medium balls from the dough and roll the balls into small circles, apply butter on top & sprinkle kalonji & coriander leaves on top. Place a few tbsps of the filling on one of the dough circle. Press with fingers & dust with maida & roll out each ball into a diameter of 5". Keep the rolled dough on dusted multi cook tawa. Keep them covered in dark & warm place for at least 30 minutes.

Step1: Select category, enter weight & press start.

Step 2: When the oven beeps, keep tawa with rolled doughs & press start.

Step 3: Apply butter on top of kulchas or roast them a little & serve hot."

BREAD BASKET

| Category | Recipe- | Ingredients: | 1(230 gms) |
|----------|-------------|-----------------|------------|
| BB18 | GARLIC NAAN | Maida | 230 gms |
| | | Curd | 4 tbsps |
| | | Milk | 100 ml |
| | | Butter | 1 tbsps |
| | | Salt | 1/8 tsp |
| | | Castor Sugar | 1 tsp |
| | | Baking Powder | ½ tsp |
| | | Butter (Melted) | 1 tsp |
| | | Soda | ¼ tsp |
| | | Onion Seeds | 1 tsp |
| | | Garlic Paste | 1 tsp |

Method of Preparation:

"In a bowl sieve the flour, salt, sugar & baking powder. Rub in butter, garlic, curd & soda, add to the dough. Mix it well & knead a soft dough, add the milk & water (if required). After making the dough add melted butter & knead the dough again. Keep the dough covered in a warm place for about 2 hours to ferment properly.

Step 1: Keep the tawa on low rack & keep inside the microwave. Select category, enter weight & press start. Divide the dough into 10 equal portions/balls. (approx. of 40 gm each). Roll out each portion in an oblong shape. Brush with melted butter & sprinkle onion seeds on the top.

Step 2: When the oven beeps, keep 2 rolled out naan on the tawa & press start.

Step 3: When the oven beeps, turn and press start. Serve hot with gravy curry for your choice. "

| Category | Recipe- | Ingredients: | 1(230 gms) |
|----------|----------------|-------------------|------------|
| BB19 | LACHHA PARATHA | Whole Wheat Flour | 2 cups |
| | | Ghee | 2 Tbsps |
| | | Milk | ½ cup |
| | | Water | ½ cup |
| | | Salt | ½ tsp |

Method of Preparation:

"In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & then water & knead a soft dough. Set aside for 20 minutes.

Step 1: Keep tawa on low rack. Keep it inside the microwave. Select category, enter weight & press start. Divide the dough into equal portion. Roll out each portion to a diameter of 6"". Spread ghee/oil all over & dust some dry flour. Fold to half & again repeat the same procedure. So that you get a long strip. Apply few drops of ghee on the strip. Again roll the strip to form a ball. Roll out the ball to 5"" diameter for laccha parantha.

Step 2: When the oven beeps, keep 2 rolled out laccha parantha on tawa & press start.

Step 3: When the oven beeps, turn the paranthas & again press start. Make all laccha paranthas following the same procedure. Apply some ghee on top. Serve hot with gravy/curry of your choice. "

BREAD BASKET

| Category | Recipe- | Ingredients: | 1(230 gms) |
|--|---------------|-------------------|------------|
| BB20 | TANDOORI NAAN | Maida | 230 gr |
| | | Curd | 4 tbsp |
| | | Milk For Brushing | 100 ml |
| | | Butter | 1 tbsp |
| | | Salt | 1/8 tsp |
| | | Sugar | 1 tsp |
| | | Baking Powder | ½ tsp |
| | | Butter (Melted) | 1 tsp |
| | | Soda | ¼ tsp |
| | | Onion Seeds | 1 tsp |
| | | Kalonji Seeds | 1 tsp |
| | | Aniseeds | 1 tsp |
| <p>Method of Preparation: "In a bowl sieve the flour, salt, sugar & baking powder. Rub in butter. curd & soda, add to the dough. Mix it well & knead a soft dough adding all the seeds, milk & water (if required). After making the dough add melted butter & knead the dough again. Keep the dough covered in a warm place for about 2 hours to ferment properly. Step 1: Keep the tawa on the low rack & keep inside the microwave. Select category, enter weight & press start. Divide the dough into 10 equal portions/balls. (approx. of 40 gm each). Roll out each portion in an oblong shape. Brush with melted butter & sprinkle onion seeds on the top. Step 2: When the oven beeps, keep 2 rolled out naan on the tawa & press start. Step 3: When the oven beeps, turn and press start. Serve hot with gravy curry for your choice. "</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|---------|--|---------|
| BB21 | TART | All-Purpose Flour, Plus More As Needed | 1¼ cups |
| | | Unsalted Butter, Melted | 8 tbsp |
| | | Sugar Powder | 3 tbsp |
| | | Salt To Taste | |
| <p>Method of Preparation: "Combine the butter, sugar, and salt in a large bowl and stir until evenly incorporated. Add the flour and stir until a soft dough forms. Sprinkle the dough over the bottom of a 9-inch tart pan with a removable bottom. Using your fingers, evenly press the dough into the bottom and top side of the pan. Cover the tart shell with plastic wrap and let it rest in the refrigerator for 30 minutes. Once chilled, prick it all over with a fork. Step 1: Select category & press start. Step 2 : When the oven beeps, keep tart pan on the grill mesh rack in the oven & press start. Step 3: Apply little butter on the top of the tart and press start.."</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | 200 gr |
|----------|-----------------------|------------------|--------|
| TC1 | TADKA / CHOWK/ VAGHAR | Oil / Ghee | 3 tbsp |
| | | Green Chillies | 3 |
| | | Chopped Onions | 2 |
| | | Jeera | 1 tsp |
| | | Garlic | ½ tsp |
| | | Ginger | ½ tsp |
| | | Hing | ½ tsp |
| | | Mustard Seeds | ½ tsp |
| | | Turmeric Powder | ½ tsp |
| | | Red Chili Powder | 1½ tsp |
| | | Curry Leaves | few |
| | | Cinnamon | 3 |
| | | Cardamom | 4 |
| | | Bay Leaves | 3 |
| | | Coriander | few |
| | | Cloves | 3 |
| | | Pepper Corns | 6 |

Method of Preparation:

Take a microwave oven safe bowl, add the ingredients according to the recipe, mix well. Select Category, enter weight and press start. When the oven beeps, remove and use it for seasoning your dish.

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|---|----------------|--------------------------|--------|
| TC2 | COCONUT PRAWNS | To Marinate | |
| | | Prawns | 250gr |
| | | Ginger, Garlic Paste | 1 tsp |
| | | Red Chili Powder | 1 tsp |
| | | Lemon Juice | 1 tsp |
| | | Salt To Taste | |
| | | | |
| | | For Curry | |
| | | Granted Coconut | 1 cup |
| | | Onion Paste | 1 cup |
| | | Tomatoes Paste | ½ cup |
| | | Curry Leaves | 6 |
| | | Green Chilies Chopped | 2 |
| | | Ginger, Garlic Paste | 1 tsp |
| | | Red Chili Powder | ½ tsp |
| | | Coriander Powder | ½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Cumin Powder | ½ tsp |
| | | Garam Masala | ½ tsp |
| | | Chopped Coriander Leaves | 2 tbsp |
| | | Oil As Required | |
| <p>Method of Preparation: "In a mixing bowl, add all marinate ingredients, mix well and set aside 20 minutes for marination. Take another microwave oven safe bowl, combine all the curry ingredients, mix well, keep bowl on the turn table. Step 1: Select category, enter weight, press start. Step 2: When the oven beeps, remove and add marinated prawns, mix smoothly and press start. Serve hot."</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|--|-------------------------|------------------------------------|--------|
| TC3 | SCHEZWAN CHICKEN | Boneless Chicken | 250 gr |
| | | Spring Onions | ¾ cup |
| | | Tomato Ketchup | 2 tbsp |
| | | Dry Red Chillies | 2 nos. |
| | | Garlic Paste | 1 tsp |
| | | Red Chilli Sauce | 1 tsp |
| | | Ajinomoto | 1 tbsp |
| | | Vinegar | ¼ tsp |
| | | Sugar | 1 tsp |
| | | Cornflour (Mixed With ¼ Cup Water) | 2 tsp |
| | | Oil | 2 tbsp |
| | | Salt To Taste | |
| Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than chicken, ketchup, vinegar, cornflour and mix well. Select category & press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and & press start. Serve hot. " | | | |

| Category | Recipe- | Ingredients: | 250 g |
|---|-----------------------------|-----------------|--------|
| TC4 | KASHMIRI KAJU PANEER | Paneer Pieces | 250 g |
| | | Kaju Paste | 4 tsp |
| | | Onions Chopped | ¾ cup |
| | | Chopped Ginger | 1 tsp |
| | | Chopped Garlic | 1 tsp |
| | | Chilli Powder | 1 tsp |
| | | Khus Khus Paste | 3 tbsp |
| | | Tomato Puree | 1 cup |
| | | Milk | 1 cup |
| | | Garam Masala | 1 tsp |
| | | Salt To Taste | |
| Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than paneer, kaju paste, khus khus paste, tomato puree and mix well. Select category & press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and & press start. Serve hot. " | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | 250 g |
|----------|---------|--------------------------------------|---------|
| TC5 | KADHI | Yogurt | 2 cup |
| | | Besan | 4 tsp |
| | | Grated Ginger | ½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Ghee | ½ tbsp |
| | | Dry Red Chillies | 2 |
| | | Curry Leaves | few |
| | | Chopped Green Chillies | 1 |
| | | Hing | a pinch |
| | | Sugar | 1 tsp |
| | | Cumin Seeds | ½ tsp |
| | | Mustard Seeds | ½ tsp |
| | | Salt To Taste | |
| | | Chopped Coriander Leaves For Garnish | |
| | | Water As Required | |

Method of Preparation:

"Step 1: Beat the yogurt, water & besan in a vessel so that no lumps are formed. Take a microwave oven safe bowl, add all the ingredients other than yogurt, besan, water mixture and mix well. Select category, enter weight, press start.

Step 2: After the beep, Remove and add the remaining ingredients and mix well and press start. Remove and garnish with coriander leaves and serve."

TADKA / CURRY

| Category | Recipe- | Ingredients: | 250 gms |
|---|-----------------|-----------------------------|---------|
| TC6 | MUSHROOM MASALA | Mushrooms (Sliced) | 250 gms |
| | | Bread Crumbs | 1 tbsp |
| | | Sour Cream | 1 cup |
| | | Flour | 1 tbsp |
| | | Red Chili Powder | 1 tsp |
| | | Lemon Juice | ½ tsp |
| | | Butter | 1½ tsp |
| | | Salt To Taste | |
| | | Cheese (Grated) For Garnish | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than bread crumbs, sour cream, flour and cheese and mix them well and select Category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients other than the cheese, mix well and press start. Remove, garnish with grated cheese and serve."</p> | | | |

| Category | Recipe- | Ingredients: | 250 gms |
|--|------------------------|-------------------|---------|
| TC7 | DRUMSTICK LEAVES CURRY | Drum Stick Leaves | 3 cup |
| | | Coconut Grated | 1 tbsp |
| | | Masoor Dal | 1 tsp |
| | | Cumins Seeds | ½ tsp |
| | | Mustard Seeds | ½ tsp |
| | | Red Chilli Powder | 1½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Oil As Required | |
| | | Salt To Taste, | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than drum stick leaves and mix well. Select category, enter weight, press start. Step 2: After the beep, remove and add remaining ingredients , mix well and press start. Serve hot."</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|---|---------------------|------------------------------|--------|
| TC8 | HONEY CHILLI POTATO | Potatoes, Sliced | 2 cup |
| | | Onion, Finely Chopped | 1 cup |
| | | Spring Onions, Chopped Round | ¼ cup |
| | | Tomatoes, Chopped | ½ cup |
| | | Garlic & Ginger Paste | 1 tsp |
| | | Soya Sauce | 1 tsp |
| | | Tomato Ketchup | 1 tbsp |
| | | Chili Sauce | 1 tsp |
| | | Honey | 1 tbsp |
| | | Maida | 1 tbsp |
| | | Corn Flour | 1 tbsp |
| | | Parsley | 1 tbsp |
| | | Oregano | ¼ tsp |
| | | Red Chilli Powder | 1 tsp |
| | | Salt To Taste | |
| | | Oil As Required | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add oil, sliced potatoes, maida, corn flour and mix well. Select category, enter weight and press start. Step 2: After the beep, remove and add some more oil and all remaining ingredients, mix well and press start. Serve hot."</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|---|-------------------|------------------------------|---------|
| TC9 | PANEER PEAS CURRY | Paneer Cubed | 250 gms |
| | | Green Peas | ½ cup |
| | | Onions | 2 |
| | | Tomato Puree | 1½ cup |
| | | Ginger, Garlic Paste | 1½ tsp |
| | | Coriander Powder | ½ tsp |
| | | Cumin Powder | ½ tsp |
| | | Garam Masala | ½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Green Chillies Chopped | 3 |
| | | Heavy Cream | ¼ cup |
| | | Oil As Required | |
| | | Salt To Taste | |
| | | Coriander Leaves For Garnish | |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe bowl, add all the ingredients other than paneer, tomato puree, heavy cream, coriander leaves and salt and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients other than the coriander leaf and mix well and press start. Remove, garnish with coriander leaves and serve. | | | |

| Category | Recipe- | Ingredients: | |
|---|---------------------|------------------------------|---------|
| TC10 | GRATED RADISH CURRY | Radish (Grated) | 250 gms |
| | | Coconut (Grated) | 1 cup |
| | | Onion Chopped | 1 cup |
| | | Chilli Powder | 1½ tsp |
| | | Chopped Green Chillies | 3 |
| | | Turmeric Powder | ¼ tsp |
| | | Mustard Seeds | ½ tsp |
| | | Curry Leaves | few |
| | | Oil As Required | |
| | | Salt To Taste | |
| | | Coriander Leaves For Garnish | |
| Method of Preparation: | | | |
| "Step 1: Take a microwave oven safe bowl, add all the ingredients other than grated radish, grated coconut and coriander leaves, mix well. Select Category, enter weight, press start. Step 2: When the oven beeps, remove; add all remaining ingredients other than coriander leaves and mix well, Cover the bowl with lid and press start. Remove, garnish with coriander leaves and serve." | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|---|---------------------|---------------------------|---------|
| TC11 | MUSHROOM CHILLI FRY | Mushrooms Cut Into Halves | 250 gms |
| | | Mustard Seeds | ½ tsp |
| | | Red Chillies | 2 |
| | | Butter To Taste | |
| | | Salt To Taste | |
| Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than salt and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and press start." | | | |

| Category | Recipe- | Ingredients: | |
|---|--------------------|----------------------|----------|
| TC12 | PALAK MAKAI SHORBA | Spinach | 2 cup |
| | | Vegetable Stock Cube | 1½ |
| | | Corn Kernels | ¾ cup |
| | | Onion Chopped Finely | ¾ cup |
| | | Cumin Seeds | ¾ tsp |
| | | Butter | 2½ tbsps |
| | | Milk | ¾ cup |
| | | Salt To Taste | |
| | | Water If Reuired | |
| Method of Preparation: Step 1: Take a microwave oven safe bowl, Add butter, cumins, spinach, corn kennels, onions and mix well. Select category, eneter weight, press start. After the beep, remove and grind to a fine paste. Step 2: Take another MWO safe bowl, add all other ingredients to grinded paste, mix well and press start. Serve hot. | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|--------------|----------------------------|---------|
| TC13 | CARROT CURRY | Carrots Chopped | 250 gms |
| | | Roasted Sesame Seeds Paste | ¾ cup |
| | | Dried Red Chillies | 2 |
| | | Red Chilli Powder | 1½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Mustard Seeds | ½ tsp |
| | | Cumin Seeds | ½ tsp |
| | | Urad Dal | 1½ tsp |
| | | Curry Leaves | few |
| | | Oil As Required | |
| | | Salt To Taste | |
| | | Coriander For Garnish | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than carrots and salt. Select category, enter weight, press start. Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Remove, garnish with coriander and serve."

| Category | Recipe- | Ingredients: | |
|----------|-----------|------------------------------|---------|
| TC14 | SEV BHAJI | Sev | 2 cup |
| | | Tomato Puree | ¾ cup |
| | | Chopped Tomato | 1 |
| | | Chopped Onions | 1 |
| | | Mustard Seeds | ¼ tsp |
| | | Cumin Seeds | ¼ tsp |
| | | Green Chilli | 1 |
| | | Hing | a pinch |
| | | Curry Leaves | few |
| | | Turmeric Powder | ¼ tsp |
| | | Red Chilli Powder | 1tsp |
| | | Ground Coriander | ½ tsp |
| | | Ground Cumin | ½ tsp |
| | | Oil | 1 tbsp |
| | | Salt To Taste | |
| | | Water As Required | |
| | | Coriander Leaves For Garnish | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than tomato puree, sev, water. mix well, select category, enter weight, press start. Step 2: When it beeps, remove and add the remaining ingredients, mix well and press start. Remove and garnish with coriander leaves and serve."

TADKA / CURRY

| Category | Recipe- | Ingredients: | 250 gr |
|---|-------------------|---------------------------------------|------------|
| TC15 | CRISPY DRUMSTICKS | Scraped Rumstick (Chopped Lenth-wise) | 250 gr |
| | | Mustard Seeds | ½ tsp |
| | | Asafoetida | a pinch of |
| | | Chopped Green Chilli | ½ tsp |
| | | Chopped Tomato | ½ cup |
| | | Powdered Turmeric | ¼ tsp |
| | | Cumin Powder | 1 tsp |
| | | Curry Leaves | few |
| | | Chopped Garlic | ½ tsp |
| | | Chopped Onion | 1 cup |
| | | Red Chilli Powder | 1 tsp |
| | | Coriander Powder | 1½ tsp |
| | | Garam Masala Powder | 1 tsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than tomato, drumsticks, mix well, select category, enter weight, press start. Step 2: When you hear a beep, remove and add the remaining ingredients, mix well and press start. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | 250 gr |
|---|--------------------|---------------------|--------|
| TC16 | PRAWNS MATAR CURRY | Prawns | 2 cup |
| | | Green Peas | ¾ cup |
| | | Onion | 1 cup |
| | | Tomato | ¾ cup |
| | | Ginger Garlic Paste | 1 tsp |
| | | Green Chilli | ¾ tsp |
| | | Chilli Powder | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Garam Masala Powder | 1 tsp |
| | | Coriander Leaves | 2 tbsp |
| | | Salt To Taste | |
| | | Oil As Required | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than prawns, tomato, mix well, select category, enter weight, press start. Step 2: When beep, Remove and add the remaining ingredients, mix well and press start. Remove and Serve hot."</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | 250 gr |
|--|----------------------|-----------------|--------|
| TC17 | KASHMIRI KAJU PANEER | Paneer Pieces | 250 gr |
| | | Sliced Onions | 1 cup |
| | | Tomato Puree | 1 cup |
| | | Kaju Paste | 4 tsp |
| | | Khus Khus Paste | 3 tbsp |
| | | Milk | 1 cup |
| | | Chopped Ginger | 3 tsp |
| | | Chopped Garlic | 2 tsp |
| | | Chilli Powder | 1 tsp |
| | | Garam Masala | |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than paneer, tomato puree, milk and mix well. Select category, enter weight and press start. Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Remove and Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | 250 gr |
|--|--------------------|------------------------------|--------|
| TC18 | CHILI SOYA NUGGETS | Soya Nuggets, Soaked | 250 gr |
| | | Spring Onions, Chopped | 1 cup |
| | | Garlic Paste | 1 tsp |
| | | Green Chillies, Sliced | 1 tsp |
| | | Soya Sauce | 3 tsp |
| | | Vinegar | 1 tsp |
| | | Coriander Leaves For Garnish | 3 tbsp |
| | | Salt To Taste | |
| | | Oil As Required | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than soya nuggets, soya sauce, coriander leaves and mix well. Select category, enter weight, press start. Step 2: After the beep, remove and add the remaining ingredients other than coriander leaves, mix well and press start. Remove and garnish with coriander leaves. Serve hot."</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|---|-----------------|------------------------------|---------|
| TC19 | MIRCHI KA SALAN | Deep fried Green chilies | 250 gms |
| | | Onion paste | 1 cup |
| | | Ginger garlic paste | ½ tsp |
| | | Mustard seeds | ½ tsp |
| | | Cloves | few |
| | | Curry leaves | few |
| | | Tamarind pulp | 1 cup |
| | | Oil as required | |
| | | Coriander leaves for garnish | |
| | | Salt to taste | |
| | | | |
| | | Salan Paste | |
| | | Grated Coconut | 1 cup |
| | | Roasted Peanuts | ¾ cup |
| | | Coriander seeds | ½ cup |
| | | Sesame seeds | ½ cup |
| | | Cumin seeds | 1½ tsp |
| | | Peppercorns | 1½ tsp |
| | | Red Chili | 4 |
| <p>Method of Preparation: "Grind all salan paste ingredients to make fine paste. Step 1: Take a microwave oven safe bowl, add all the ingredients other than green chilies, tamarind pulp and coriander leaves and mix well. Select category, enter weight, press start. Step 2: After the beep, remove, add the remaining ingredients other than the coriander leaves and mix smoothly and press start. Finally, remove, garnish with grated coriander and serve."</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|---|-----------------|----------------------|---------|
| TC20 | PRAWNS VINDALOO | Shelled Prawns | 250 gms |
| | | Tomatoes, Chopped | 1½ cup |
| | | Cumin Seeds | 1 tsp |
| | | Ginger, Garlic Paste | 1½ tsp |
| | | Curry Leaves | few |
| | | Chili Powder | 1½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Vinegar | 1 tbsps |
| | | Corn Flour | 1 tbsps |
| | | Sugar | 1½ tsp |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than prawns and vinegar and mix well. Select category, enter weight, press start. Step 2: After the beep, remove, add the remaining ingredients and mix well and press start. Remove and serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|------------|-----------------------|----------|
| TC21 | CRAB CURRY | Big Size Crabs | 5 |
| | | Big Size Onion Sliced | 2 |
| | | Red Chillies Whole | 2 |
| | | Tamarind Pulp | 1½ tbsps |
| | | Cumin Seeds | 1 tsp |
| | | Coconut Scraped | 1½ tbsps |
| | | Garam Masala Powder | 1½ tsp |
| | | Garlic & Ginger Paste | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Oil As Required | |
| | | Water As Required | |
| | | Salt To Taste | |
| <p>Method of Preparation: "Clean the crabs, only the body and claws are used (the crab claws can be lightly cracked and the body cut into half, to facilitate eating). Grind the scraped coconut with red chillies, cumin seeds, turmeric powder and garlic to a fine paste. Step 1: Take a microwave oven safe bowl, add all ingredients other than tamarind pulp and water. mix well and select category, enter weight, press start. Step 2: After the beep, remove and add tamarind pulp, water, mix well and press start. Serve hot."</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|--|--------------|------------------------------|---------|
| TC22 | PAKODA CURRY | Pakodas | 250 gms |
| | | Tomato Puree | 1½ cup |
| | | Green Chili | 2 |
| | | Ginger Paste | ½ tsp |
| | | Curry Leaves | few |
| | | Mustard Seeds | ½ tsp |
| | | Cumin Seeds | ½ tsp |
| | | Hing | a pinch |
| | | Coriander Powder | ½ tsp |
| | | Red Chili Powder | ½ tsp |
| | | Sugar | 1½ tsp |
| | | Turmeric | a pinch |
| | | Salt To Taste | |
| | | Coriander Leaves For Garnish | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than pakodas, tomato puree and coriander leaves and mix well. Select category, enter weight, press start. Step 2: After the beep, remove, add the remaining ingredients other than the coriander leaf and mix well and press start. Remove, garnish with grated coriander and serve."</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | 250 gms |
|----------|----------|-------------------|---------|
| TC23 | DUM ALOO | Aloo (Potatoes) | 250 gms |
| | | Ghee | 1½ tbsp |
| | | Tomato Puree | 1½ cup |
| | | Curd | ½ cup |
| | | | |
| | | Spices | |
| | | Cloves | 3 |
| | | Bay Leaves | 2 |
| | | Black Peppercorns | 5 |
| | | Green Cardamoms | 3 |
| | | Brown Cardamom | 3 |
| | | Cinnamon Stick | 2 |
| | | | |
| | | Paste | |
| | | Onion (Chopped) | 2 |
| | | Flakes Garlic | 4 |
| | | Ginger | ½" inch |
| | | Black Peppercorns | 5 |
| | | Poppy Seeds | ½ tsp |
| | | Coriander Seeds | ½ tsp |
| | | Cumin Seeds | ½ tsp |
| | | Dry Red Chilies | 3 |
| | | Turmeric Powder | ¼ tsp |
| | | Ground Mace | a pinch |
| | | Ground Nutmeg | a pinch |
| | | Salt To Taste | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than potato, tomato puree, curd and all the paste items. Mix well and select category, enter weight, press start.

Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Remove and Serve hot."

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|----------------|---------------------------------|---------|
| TC24 | CAPSICUM CURRY | Capsicum, Chopped | 250 gms |
| | | Onion, Chopped | 1½ cup |
| | | Green Chillies, Slit Lengthwise | 4 |
| | | Ginger Paste | 1 tsp |
| | | Garlic Paste | 1 tsp |
| | | Turmeric Powder | ½ tsp |
| | | Chole Masala | 1 tbsp |
| | | Cumins Seeds | 1 tsp |
| | | Mustard Seeds | 1 tsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| | | Water As Required | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than capsicum, chole masala and water. Mix well and select category, enter weight, press start.

Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Remove and Serve hot."

| Category | Recipe- | Ingredients: | 250 gms |
|----------|-------------------|----------------------|---------|
| TC25 | METHI MALAI MATAR | Green Peas | 1½ cup |
| | | Methi Leaves | 1½ cup |
| | | Malai / Cream | 100 gms |
| | | Onion Paste | 1½ cup |
| | | Green Chili Paste | 1½ tsp |
| | | Garlic, Ginger Paste | 1 tsp |
| | | Khus Khus Paste | 2 tbsp |
| | | Cumins | 1 tsp |
| | | Cashew Nuts | 5 |
| | | Milk | 1½ cup |
| | | Oil As Required | |
| | | Salt To Taste | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than baby corn, tomatoes and coriander leaves. Mix well and select category, enter weight, press start.

Step 2: After the beep, remove and add the remaining ingredients other than coriander leaf and mix well and press start. Remove and garnish with coriander leaves. Serve hot. "

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|------------------|------------------------------|---------|
| TC26 | BABY CORN MASALA | Baby Corn | 250 gms |
| | | Tomatoes Chopped | 1½ cup |
| | | Onion Chopped | 1½ cup |
| | | Roasted Groundnut Powder | ½ cup |
| | | Chilli Powder | 1½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Mustard Seeds | ¾ tsp |
| | | Cumin Seeds | 1½ tsp |
| | | Fenugreek Seeds | 1½ tsp |
| | | Saunf | 1½ tsp |
| | | Salt To Taste | |
| | | Oil As Required | |
| | | Coriander Leaves For Garnish | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than baby corn, tomatoes and coriander leaves. Mix well and select category, enter weight, press start.

Step 2: After the beep, remove and add the remaining ingredients other than coriander leaf and mix well and press start. Remove and garnish with coriander leaves. Serve hot. "

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|--|------------|------------------------------|---------|
| TC27 | KARELA FRY | Karela (Cut Into Thin Round) | 250 gms |
| | | Lemon Juice | 2 tsp |
| | | Turmeric Powder | ¾ tsp |
| | | Red Chilli Powder | 1½ tsp |
| | | Jeera Powder | 1½ tsp |
| | | Garam Masala | 1½ tsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| <p>Method of Preparation: "Marinate karela with the lemon juice, turmeric, salt for 20 minutes and wash it well. Step 1: Take a microwave oven safe bowl, add all the ingredients other than garam masala and mix well. Select category, enter weight, press start. Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Remove and Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|-----------------------|---------------------|---------|
| TC28 | CAULIFLOWER ONION FRY | Cauliflower Florets | 250 gms |
| | | Onion Chopped | 2 |
| | | Green Chillies | 3 |
| | | Coriander Powder | 3 tsp |
| | | Lemon Juice | 2 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Mustard Seeds | ½ tsp |
| | | Cumin Seeds | 1 tsp |
| | | Curry Leaves | few |
| | | Oil As Required | |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than cauliflower florets and salt. Mix well and select category, enter weight, press start. Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Remove and Serve hot."</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|---|----------------------|-----------------------------|---------|
| TC29 | ARBI / TARO ROOT FRY | Taro Root (Boiled & Peeled) | 250 gms |
| | | Roasted Dalia Powder | 1½ cup |
| | | Red Chilli Powder | 1 tsp |
| | | Turmeric Powder | a pinch |
| | | Mustard Seeds | ½ tsp |
| | | Cumin Seeds | 1 tsp |
| | | Urad Dal | 4 tsp |
| | | Curry Leaves | few |
| | | Oil As Required | |
| | | Salt To Taste | |
| Method of Preparation: | | | |
| " Step 1: Take a microwave oven safe bowl, add all the ingredients other than taro root, salt and mix well. Select category, enter weight, press start. | | | |
| Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Serve hot. " | | | |

| Category | Recipe- | Ingredients: | 250 gms |
|---|-------------------|----------------------|---------|
| TC30 | GREEN CHANA CURRY | Green Chana | 1½ cup |
| | | Tomato Chopped | 1½ cup |
| | | Onion Chopped | 1½ cup |
| | | Green Chilli Chopped | 3 |
| | | Ginger, Garlic Paste | 2 tsp |
| | | Cumins Powder | 1½ tsp |
| | | Hing | a pinch |
| | | Turmeric Powder | a pinch |
| | | Coriander Powder | 1½ tsp |
| | | Garam Masala | 2 tsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| Method of Preparation: | | | |
| "Step 1: Take a microwave oven safe bowl, add all the ingredients other than green chana and tomato. Mix well and select category, enter weight, press start. | | | |
| Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Serve hot. " | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|------------|--|---------|
| TC31 | DOI MACHCH | Fish (Rohu)-sliced & rubbed with turmeric & salt | 250 gms |
| | | Curd | 1½ cup |
| | | Onion paste | 1½ cup |
| | | Garlic paste | ¾ tsp |
| | | Ginger paste | ¾ tsp |
| | | Turmeric powder | ¼ tsp |
| | | Chilli powder | 1½ tsp |
| | | Bay leaves | 2 |
| | | Cumin seeds | ¾ tsp |
| | | Cardamoms | 4 |
| | | Cloves | 3 |
| | | Cinnamon-broken | 2 |
| | | Sugar | 1½ tsp |
| | | Oil as required | |
| | | Salt to taste | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than fish, curd, and sugar. Mix well and select category, enter weight, press start.

Step 2: After the beep, remove and add all the remaining ingredients, mix well and press start. Serve hot. "

TADKA / CURRY

| Category | Recipe- | Ingredients: | 250 gms |
|----------|-------------------|-------------------------|---------|
| TC32 | TAMATAR KA SHORBA | Tomatoes, Chopped | 1½ cup |
| | | Chopped Ginger | ¾ tsp |
| | | Chopped Garlic | ¾ tsp |
| | | Green Chili | ¾ tsp |
| | | Garam Masala | ¾ tsp |
| | | Bay Leaf | 3 |
| | | Chopped Green Coriander | 2½ tbsp |
| | | Cumin Seeds | ¾ tsp |
| | | Sugar | ¾ tsp |
| | | Salt To Taste | |
| | | Oil As Required | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than tomatoes, sugar and mix well. Select category, enter weight, press start.

Step 2: After the beep, remove and add all the remaining ingredients, mix well and press start. Serve hot. "

| Category | Recipe- | Ingredients: | 250 gms |
|----------|----------------|-------------------------------|---------|
| TC33 | MATAR MUSHROOM | Mushrooms, cut in to halves | 1½ cup |
| | | Green peas | ¾ cup |
| | | Tomato puree | ¾ cup |
| | | cardamoms | 4 |
| | | cinnamon | 3 |
| | | Chopped onion | ¾ cup |
| | | Ginger garlic paste | ¾ tsp |
| | | Chilli powder | ¾ tsp |
| | | Coriander powder | ¾ tsp |
| | | Turmeric powder | ¼ tsp |
| | | Garam masala | ¾ tsp |
| | | Cashew nuts paste | 1½ tbsp |
| | | Salt to taste | |
| | | Oil as required | |
| | | Chopped coriander for garnish | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than mushrooms, green peas, tomato puree and garnish ingredient, mix well and category, enter weight, press start.

Step 2: After the beep, remove and add all remaining ingredients other than coriander, mix well and press start. Garnish with coriander. Serve hot."

TADKA / CURRY

| Category | Recipe- | Ingredients: | 250 gms |
|--|------------|---------------------|---------|
| TC34 | GOBI SUBZI | Cauliflower Florets | ¾ cup |
| | | Green Peas | ¾ cup |
| | | Chopped Cabbage | ¾ cup |
| | | Green Chillies | 3 |
| | | Cashew Nut Paste | ¾ cup |
| | | Garam Masala | 2 tsp |
| | | Curd | 1½ cup |
| | | Oil As Required | |
| <p>Method of Preparation: " Step1: Take a microwave oven safe bowl, add all ingredients other than cabbage, green peas and curd and mix well. Select category, enter weight, press start. Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|------------|---------------------------------|----------|
| TC35 | METHI ALOO | Methi leaves (chopped) | 3 cups |
| | | Big size potato (cut in pieces) | 2 nos. |
| | | Tomato (chopped) | 2 nos. |
| | | Oil | 1½ tbsps |
| | | Green chilli (chopped) | 2 nos. |
| | | Red chilli powder, haldi, | 1½ tsp |
| | | Turmeric powder | ¼ tsp |
| | | Garam masala | 1½ tsp |
| | | Salt to taste | |
| <p>Method of Preparation: "Step 1: In a microwave oven safe bowl add all ingredients other than methi leaves, tomato, mix well. Select category & weight and press start. Step 2: When the oven beeps, remove and add all other remaining ingredients, mix well and cover the bowl with lid. Press start. Serve hot."</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|--------------|---------------------------|-------|
| TC36 | CURD BRINJAL | Brinjal (cut into pieces) | 250 g |
| | | Curd | 200 g |
| | | Chopped ginger | 1 tsp |
| | | Curry leaves | 3 tsp |
| | | Mustard seeds | 1 tsp |
| | | Cumins seeds | 1 tsp |
| | | Oil as required | |
| | | Salt to taste | |

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than curd, mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot."

| Category | Recipe- | Ingredients: | |
|----------|----------------|-------------------|--------|
| TC37 | BROCCOLI CURRY | Broccoli, Chopped | 250 g |
| | | Onions, Chopped | 1 cup |
| | | Chili Powder | 1 tsp |
| | | Black Pepper | few |
| | | Cumin | 1 tsp |
| | | Coriander Powder | 1 tsp |
| | | Turmeric | ¼ tsp |
| | | Dried Coconut | ½ cup |
| | | Lemon Juice | 1 tsp |
| | | Butter | 3 tbsp |
| | | Salt To Taste | |

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than braccoli, lime juice, mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot."

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|-------------|-------------------------------|-------|
| TC38 | KEEMA PALAK | chicken mince | 250 g |
| | | spinach, chopped | 1 cup |
| | | onion, finely chopped | 1 cup |
| | | tomato puree | ½ cup |
| | | green chilli, finally chopped | 3 |
| | | ginger garlic paste | 1 tsp |
| | | cumins | 1 tsp |
| | | bay leaf | few |
| | | garammasala | 1 tsp |
| | | oil as required | |
| | | salt to taste | |

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than chicken, tomato puree, mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot."

| Category | Recipe- | Ingredients: | |
|----------|-----------|------------------------------|-------|
| TC39 | ALOO GOBI | Cauliflower Florets | 1 cup |
| | | Potatoes Sliced | 1 cup |
| | | Ginger Chopped | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Red Chili Powder | 1 tsp |
| | | Garam Masala | 1 tsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| | | Coriander Leaves For Garnish | |

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than cauliflower, coriander leaves, mix well. Select category & weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients other than coriander leaves, mix well and press start. Garnish with coriander leaves. Serve hot.

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|--------------|----------------------|--------|
| TC40 | BEANS PORIAL | French beans chopped | 250 gr |
| | | Urad dhal | 3 tsp |
| | | Grated coconut | 1 cup |
| | | Mustard seeds | 1 tsp |
| | | Green chillies | 1 tsp |
| | | Salt to taste | |
| | | Oil as required | |

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than french beans, mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot."

| Category | Recipe- | Ingredients: | |
|----------|-----------------|---------------------|--------|
| TC41 | BABY CORN CURRY | Baby corn | 250 gr |
| | | Tomatoe puree | 1 cup |
| | | Onion paste | 1 cup |
| | | Ginger,Garlic paste | 1 tsp |
| | | Cumin seeds | 1 tsp |
| | | Green chilli | 1 tsp |
| | | Turmeric powder | ¼ tsp |
| | | Coriander powder | 1 tsp |
| | | Chilli powder | 1 tsp |
| | | Garam masala | 1 tsp |
| | | Cashew nuts | few |
| | | Oil as required | |
| | | Salt to taste | |

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than baby corn, tomato puree, cashew nuts, mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot."

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|---|----------------|------------------------------|--------|
| TC42 | KADDU KI SUBZI | Kaddu (cut into pieces) | 250 gr |
| | | Chopped tomato | 1 cup |
| | | Chopped green chilli | 1 tsp |
| | | Finely chopped ginger | 1 tsp |
| | | Garam masala | 1 tsp |
| | | Red chilli power | 1 tbsp |
| | | Turmeric powder | ¼ tsp |
| | | Amchoor powder | 1 tsp |
| | | Oil as required | |
| | | Salt to taste | |
| | | Coriander leaves for garnish | |
| <p>Method of Preparation: "Step 1: In a microwave oven safe bowl add all ingredients other than kaddu, tomato, coriander leaves, mix well. Select category & weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients other than coriander leaves, mix well and press start. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|------------|------------------------------|--------|
| TC43 | JEERA ALOO | Potatoes, Chopped | 250 gr |
| | | Cumin Seeds | 2 tsp |
| | | Green Chilies, Chopped | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Red Chili Powder | 1 tsp |
| | | Lemon Juice | 1 tsp |
| | | Oil As Required | |
| | | Salt As Per Taste | |
| | | Coriander Leaves For Garnish | |
| <p>Method of Preparation: "Step 1: In a microwave oven safe bowl add all ingredients other than potatoes, lemon juice, coriander leaves, mix well. Select category & weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients other than coriander leaves, mix well and press start. Serve hot."</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|--|------------------|-------------------|--------|
| TC44 | MACHI KALI MIRCH | Pomfret | 250 gr |
| | | Chopped Onion | 1 cup |
| | | Tomatoes, Chopped | 1 cup |
| | | Garlic Paste | 2 tsp |
| | | Kali Mirch powder | 1 tsp |
| | | Lemon Juice | 3 tsp |
| | | Salt to taste | |
| | | Oilas required | |
| <p>Method of Preparation: "Take Pomfret slices and marinate with salt, lemon juice, kali mirch powder and set aside for one hour. Step 1: In Microwave Safe bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select category & weight and press start. Step 2: When the oven beeps, open door and add marinated fish, salt to taste and some water. Cover & press start. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|----------------|------------------------------|----------|
| TC45 | TANDOORI SUBZI | Paneer cubes | ¾ cup |
| | | Capsicum Cut into fine rings | ¾ cup |
| | | Onion Cut into fine rings | ¾ cup |
| | | Tandoori Color | pinch of |
| | | Tandoori Masala | 2 tsp |
| | | Ginger,Garlic paste | 2 tsp |
| | | Red chilli powder | 1 tsp |
| | | Green Chillies | 1 tsp |
| | | Jeera | 1 tsp |
| | | Lemon juice | 1 tsp |
| | | Oil as required | |
| | | Salt to taste | |
| <p>Method of Preparation: Step 1: In a mixing bowl, add all ingredients, mix well and set it aside for 20 minutes to marinate. Place all marinated ingredients in the crispy plate, on the grill mesh rack. Select category & weight and press start. Step 2: When the oven beeps, remove and turn smoothly and press start. Serve hot.</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|-------------|-----------------------|--------|
| TC46 | MALAI KHUMB | Sweet Corn Kernels | ¾ cup |
| | | Mushrooms | ¾ cup |
| | | Cupcapsicum Cubes | ¾ cup |
| | | Cumin Seeds | 1 tsp |
| | | Onions Chopped | ¾ cup |
| | | Green Chillies | 2 |
| | | Ginger, Garlic | 1 tsp |
| | | Cumin Seeds Powder | 1 tsp |
| | | Chilli Powder | 1 tsp |
| | | Tomatoes | ¾ cup |
| | | Tomato Ketchup | 2 tbsp |
| | | Cornflour | 2 tbsp |
| | | Sugar | 1 tsp |
| | | Salt To Taste | |
| | | Oil | |
| | | Coriander For Garnish | |

Method of Preparation:

Step 1: In a mixing bowl, add all ingredients, mix well and set it aside for 20 minutes for marinate. Place all marinated ingredients in the crispy plate on the grill mesh rack. Select category & weight and press start. Garnish with coriander leaves. Serve hot.

| Category | Recipe- | Ingredients: | |
|----------|-----------|------------------------------|--------|
| TC47 | MOONG DAL | Yellow Lentils (Moong Dal) | 1½ cup |
| | | Tomato Chopped | 3 |
| | | Onion Chopped | 1½ |
| | | Red Chilli Powder | 1½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Ginger Paste | ¾ tsp |
| | | Garlic Paste | ¾ tsp |
| | | Green Chillies Chopped | 3 |
| | | Mustard Seeds | ¼ tsp |
| | | Dried Red Chillies | 3 |
| | | Salt To Taste | |
| | | Water As Required | |
| | | Oil As Required | |
| | | Coriander Leaves For Garnish | |

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than lentils, tomatoes, water, coriander leaves and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients other than coriander leaves, mix well and press start. Serve hot.

TADKA / CURRY

| Category | Recipe- | Ingredients: | 200 gr |
|----------|-------------|--------------------------------|------------|
| TC48 | SPINACH DAL | Chana Dal | ¾ cup |
| | | Toor Dal | ¾ cup |
| | | Moong Dal | ¾ cup |
| | | Chopped Palak | 2 cup |
| | | Cumin Seeds | 1 tsp |
| | | Hing | a pinch of |
| | | Onion, Finely Chopped | 1 cup |
| | | Ginger-Garlic Paste | 1 tsp |
| | | Green Chillies, Finely Chopped | 1 tsp |
| | | Coriander Powder | 1 tsp |
| | | Lemon Juice | 1 tsp |
| | | Oil As Required | |
| | | Ghee As Required | |
| | | Salt To Taste | |

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than palak, lemon juice and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients. Mix well and press start. Serve hot.

| Category | Recipe- | Ingredients: | |
|----------|--------------------|-----------------------|--------------|
| TC49 | GUJARATI TUVAR DAL | Tuvar dal soaked | 200 gr |
| | | Chopped tomato | ¾ cup |
| | | Chopped onion | 1 cup |
| | | Red chilli powder | 1 tsp |
| | | Mustard seeds | ½ tsp |
| | | Jeera | ½ tsp |
| | | Finely chopped ginger | 1 tbsp |
| | | Slit green chillies | 3 nos. |
| | | Curry leaves | A few |
| | | Hing | A pinch |
| | | Turmeric powder, | As per taste |
| | | Jaggery (Gud) | As per taste |
| | | Water as required | |
| | | Oil as required | |
| | | Salt to taste | |

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than dal, tomato, water and mix well. Select category & enter weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot."

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|---|---------------|------------------------|-------|
| TC50 | AMRITSARI DAL | Urad Dal | 1 cup |
| | | Channa Dal | 1 cup |
| | | Tomatoes | 1 cup |
| | | Onion Chopped | 1 cup |
| | | Mint Leaves | few |
| | | Ginger, Garlic Paste | 1 tsp |
| | | Green Chillies Chopped | 2 |
| | | Butter As Required | |
| | | Salt To Taste | |
| <p>Method of Preparation: Step 1: In a microwave oven safe bowl add all ingredients other than urad dal, tomato, channa dal and mix well. Select category & enter weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot.</p> | | | |

| Category | Recipe- | Ingredients: | 200 gr |
|---|-----------|------------------------------|--------|
| TC51 | TADKA DAL | Red Lentils (Masoor Dal) | 1 cup |
| | | Yellow Lentils (Moong Dal) | 1 cup |
| | | Tomato Chopped | 2 |
| | | Onion Chopped | 1 |
| | | Oil | 1 tbsp |
| | | Red Chilli Powder | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Ginger Paste | ½ tsp |
| | | Garlic Paste | ½ tsp |
| | | Green Chillies Chopped | 2 |
| | | Mustard Seeds | ¼ tsp |
| | | Dried Red Chillies | 2 |
| | | Coriander Leaves For Garnish | |
| | | Salt To Taste | |
| | | Water As Required | |
| <p>Method of Preparation: "Step 1: In a microwave oven safe bowl add all ingredients other than red lentils, yellow lentils, tomato, water, coriander leaves and salt and mix well. Place the bowl in the microwave oven, select category, enter weight and press start. Step 2: After the oven beeps, Remove, add the remaining ingredients other than coriander leaves and mix well and press start. Remove, garnish with coriander leaves and serve hot."</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|---------|-------------------|--------|
| TC52 | DALMA | Moong dal, soaked | 200 gr |
| | | Raw banana | ¼ cup |
| | | Drumsticks | ¼ cup |
| | | Potato | ¼ cup |
| | | Tomato | ¼ cup |
| | | Pumpkin | ¼ cup |
| | | Brinjal | ¼ cup |
| | | | |
| | | For tadka | |
| | | Oil | 2 tbsp |
| | | Dry chillies | 3 |
| | | Grated coconut | 4 tbsp |
| | | Chopped onion | 1 cup |
| | | Turmeric powder | ¼ tsp |
| | | Bay leaves | few |
| | | Jeera | 1 tsp |
| | | Water as required | |
| | | Salt to taste | |

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than all vegetables and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot.

| Category | Recipe- | Ingredients: | |
|----------|--------------|--------------------------|--------|
| TC53 | MUTTON MINCE | Mutton mince (kheema) | 200 gr |
| | | Green peas | 1 cup |
| | | Onion | 1 cup |
| | | Tomato puree | 1 cup |
| | | Ginger-Garlic paste | 1 tsp |
| | | Red chili powder | 1 tsp |
| | | Garam masala | 1 tsp |
| | | Turmeric powder | ¼ tsp |
| | | Oil | 2 tbsp |
| | | Salt to taste | |
| | | Coriander for garnishing | |

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than mince, tomato puree, coriander leaves and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients than coriander leaves, mix well and press start. Serve hot.

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|--------------|----------------------|--------|
| TC 54 | EGGPLANT DAL | Toovar Dal | 1½ cup |
| | | Eggplants Chopped | 2 cup |
| | | Dried Coconut | 3 tbsp |
| | | Turmeric Powder | ¼ tsp |
| | | Green Chillies | 3 |
| | | Cumins Seeds | ½ tsp |
| | | Garlic, Ginger Paste | 1 tsp |
| | | Mustard Seeds | ½ tsp |
| | | Oil As Required | |
| | | Salt To Taste | |

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than eggplants and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot.

| Category | Recipe- | Ingredients: | |
|----------|--------------|-------------------------------|---------|
| TC55 | SINDHI CURRY | Chopped Carrots | ¾ cup |
| | | Chopped Potatoes | ¾ cup |
| | | Chopped Cauliflower | ¾ cup |
| | | Chopped Eggplant | ¾ cup |
| | | Chopped Okra | ¾ cup |
| | | Besan | 1½ tbsp |
| | | Cumin Seeds Roasted | 1 tsp |
| | | Methi Seeds Roasted | 1 tsp |
| | | Hing | a pinch |
| | | Turmeric Powder | ½ tsp |
| | | Red Chilli Powder | 2 tsp |
| | | Tamarind Paste Juice | 1 cup |
| | | Curry Leaves | few |
| | | Green Chilli | 4 |
| | | Chopped Ginger | ¾ tsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| | | Warm Water | |
| | | Chopped Coriander For Garnish | |
| | | Chopped Mint For Garnish | |

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than hing, tamarind juice, water and coriander, mint leaves. mix well and Select category, enter weight and press start. Step 2: When the oven beeps, remove and add the remaining ingredients other than coriander, mint leaves and mix well and press start. Remove, garnish with coriander, mint leaves. Serve hot.

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|--------------|--------------------------------------|---------|
| TC56 | KOOTTU CURRY | Bengal Gram Dal (Channa Dal) | 1 cup |
| | | White Gram Dal (Urad Dal) | 1½ tbsp |
| | | Pumpkin (Cut Into Small Pieces) | 1 cup |
| | | Snake Gourd (Cut Into Small Pieces) | 1 cup |
| | | French Beans (Cut Into Small Pieces) | 1 cup |
| | | Yam (Cut Into Small Pieces) | 1 cup |
| | | Cucumber (Cut Into Small Pieces) | 1 cup |
| | | Inner Flesh Of Drum Stick Pieces | 1 cup |
| | | Grated Coconut Paste | 1 cup |
| | | Turmeric Powder | ¾ tsp |
| | | Green Chillies Paste | 1 tsp |
| | | Mustard Seeds | ¾ tsp |
| | | Dried Red Chillies | 5 |
| | | Curry Leaves | few |
| | | Ghee Or Coconut Oil | 2 tbsp |
| | | Salt To Taste | |
| | | Water As Required | |

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than channa dal, urad dal, pumpkin, snake gourd, french beans, yam, cucumber, drumsticks and water. mix well and Select category, enter weight and press start.

Step 2: When the oven beeps, remove, add the remaining ingredients except coriander leave, mix well and press start. Serve hot.

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|---------------|------------------------------|-------|
| TC57 | ACHARI MUTTON | Mutton | 3 cup |
| | | Tomatoes | 2 |
| | | Onions | 2 |
| | | Fenugreek Seeds | 1 tsp |
| | | Fennel Seeds | 1 tsp |
| | | Cumin Seeds | 1 tsp |
| | | Turmeric Powder | ½ tsp |
| | | Dried Red Chilli | 3 |
| | | Red Chilli Powder | 2 tsp |
| | | Cloves | 4 |
| | | Ginger, Garlic Paste | 2 tsp |
| | | Mustard Seeds | 1 tsp |
| | | Coriander Leaves For Garnish | |
| | | Oil As Required | |
| | | Salt To Taste | |

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than mutton, tomato and coriander leaves. mix well and Select category, enter weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients other than coriander leaves and mix well and press start. Remove, and garnish with coriander leaves. Serve hot.

| Category | Recipe- | Ingredients: | |
|----------|-----------|-------------------------|-------|
| TC58 | PULISSERI | Grated Coconut | 2 cup |
| | | Onion, Finely Chopped | 1 |
| | | Curds | 3 cup |
| | | Cumin Seeds (Jeera) | ½ tsp |
| | | Coriander Powder | ½ tsp |
| | | Fenugreek Seeds (Methi) | ½ tsp |
| | | Garlic Paste | ½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Mustard Seeds | ½ tsp |
| | | Curry Leaves | few |
| | | Green Chili, Broken | 1 |

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than curd and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients, mix well and press start. Serve hot.

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|--------------|--------------------------|--------|
| TC59 | SHAHI SHORBA | Onions, Chopped | 1½ cup |
| | | Butter Melted | 3 tbsp |
| | | Whole Wheat Flour | 3 tbsp |
| | | Mint Leaves Paste | 3 tbsp |
| | | Coarsely Chopped Walnuts | 1½ tsp |
| | | Sugar | 2 tsp |
| | | Black Pepper Powder | ½ tsp |
| | | Salt To Taste | |
| | | Water As Required | |

Method of Preparation:

Step 1: Take a microwave oven safe bowl, Add butter, wheat flour, onions and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove, and add all remaining ingredients, mix well and press start. Serve hot.

| Category | Recipe- | Ingredients: | |
|----------|---------------------|------------------------------|----------|
| TC60 | MIX VEGETABLE CURRY | Carrots (Cut Into Pieces) | ¼ cup |
| | | Potatoes (Cut Into Pieces) | ¼ cup |
| | | French Beans (Chopped) | ¼ cup |
| | | Green Peas (Chopped) | ¼ cup |
| | | Tomato (Chopped) | ¼ cup |
| | | Onion (Chopped) | 2 |
| | | Mustard | ¼ tsp |
| | | Garlic Ginger Paste | ½ tsp |
| | | Red Chili Powder | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Bay Leaves | 2 |
| | | Cinnamon | 2" stick |
| | | Cloves | few |
| | | Cumins | 1 tsp |
| | | Garam Masala | 1 tsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| | | Coriander Leaves For Garnish | |

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than carrots, potato, beans, green peas, tomato and coriander leaves and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove, Remove, add the remaining ingredients other than the coriander and mix well and press start. Remove, garnish with coriander leaves and serve.

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|----------------|---------------------------|-------|
| TC61 | CHICKEN SHORBA | Boneless Chicken Shredded | 2 cup |
| | | Chicken Stock | 2 cup |
| | | | 1 tsp |
| | | Cumin Seeds | 1 tsp |
| | | Flour | 1 cup |
| | | Fresh Cream | 1 cup |
| | | Butter As Required | |
| | | Salt & Pepper To Taste | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than chicken stock, flour, fresh cream and mix well. Select category, enter weight, press start.

Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot."

| Category | Recipe- | Ingredients: | |
|----------|-------------|-------------------------------|--------|
| TC62 | MURG KESARI | Chicken cut into pieces | 250 gr |
| | | For Kesari gravy: | |
| | | White onion paste | 1 cup |
| | | Almond paste | 2 tbsp |
| | | Cashew paste | 2 tbsp |
| | | Cream | ¼ cup |
| | | Curd | ½ cup |
| | | Lemon juice | 1 tsp |
| | | peppercorns | few |
| | | Cumin | ½ tsp |
| | | Green cardamoms | few |
| | | Cloves | few |
| | | Saffron strands | few |
| | | Red chili powder | 1 tsp |
| | | Green chilies chopped | 1 tsp |
| | | Ginger paste | 1 tsp |
| | | Bay leaf | few |
| | | Butter | 2 tbsp |
| | | Water as required | |
| | | Salt to taste | |
| | | Chopped coriander for garnish | |

Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than chicken and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot."

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|------------------------|--|--------|
| TC63 | CHILI - GARLIC CHICKEN | Chicken breast (cut into small pieces) | 250 gr |
| | | Capsicum (cut into cubes) | ¾ cup |
| | | Ginger garlic paste | 1 tsp |
| | | Vinegar | 1 tsp |
| | | Cornflour | 2 tbsp |
| | | All purpose flour | 2 tbsp |
| | | Oil | 2 tbsp |
| | | Garlic (chopped) | ½ tsp |
| | | Ginger (chopped) | ½ tsp |
| | | Red chillies (slit into halves) | 3 |
| | | Red chili paste | 1 tsp |
| | | Soy sauce | 1 tsp |
| | | Tomato ketchup | 3 tbsp |
| | | Salt to taste | |
| | | Spring onion for garnishing | |

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than chicken, vinegar, soya sauce, ketchup, spring onions and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients other than spring onions, mix well and press start. After the beep, remove and garnish with spring onions. Serve hot.

| Category | Recipe- | Ingredients: | |
|----------|------------|------------------------------|---------|
| TC64 | BOMBIL FRY | Bombay Duck Fish | 250 gms |
| | | Ginger, Garlic Paste | 1½ tsp |
| | | Red Chilli Powder | 1 tsp |
| | | Garam Masala Powder | ½ tbsp |
| | | Rice Flour | ¾ tbsp |
| | | Salt To Taste | |
| | | Oil As Required | |
| | | Coriander Leaves For Garnish | |

Method of Preparation:

Marinate bombil with all ingredients other than oil and coriander leaves for 20 minutes. Step 1: Take a microwave oven safe bowl, add oil and marinated bombil, mix well. Place the bowl in the microwave oven. Select the category, enter weight and press start. Remove, garnish with coriander leaves, serve hot.

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|--------------------|------------------------------|---------|
| TC65 | PRAWNS MALAI CURRY | Prawns | 250 gms |
| | | Onion Paste | 1 cup |
| | | Coconut Milk | ½ cup |
| | | Cinnamon Stick | 2 |
| | | Green Cardamom | 3 |
| | | Ginger Paste | 1 tsp |
| | | Chilli Powder | 1 tsp |
| | | Garam Masala Powder | 1 tsp |
| | | Cumin Powder | 1 tsp |
| | | Lime Juice | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Sugar | 1 tsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| | | Coriander Leaves For Garnish | |

Method of Preparation:

Marinate prawns with all ingredients other than oil and coriander leaves for 20 minutes. Step 1: Take a microwave oven safe bowl, add oil and marinated prawns and mix well. Place the bowl in the microwave oven selects category, enter weight and press start. Remove, garnish with coriander leaves and serve hot.

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|----------|------------|------------------------------|---------|
| TC66 | FISH BARTA | Fish Bones Removed | 250 gms |
| | | Onion, Finely Chopped | 1 cup |
| | | Tomatoes, Finely Chopped | 1 cup |
| | | Chopped Garlic | 1 tsp |
| | | Green Chili, Chopped | 1 tsp |
| | | Red Chili Powder | 1 tsp |
| | | Oil As Required | |
| | | Coriander Leaves For Garnish | |
| | | Salt As Required | |

Method of Preparation:

Step 1: Take a microwave oven safe bowl and add the fish. Select category, enter weight, press start. After the beep, remove fish bones and smash them well. Step 2: Add all remaining ingredients other than coriander leaves, mix well and press start. After the beep, remove and garnish with coriander leaves. Serve hot.

| Category | Recipe- | Ingredients: | |
|----------|--------------|-------------------|--------|
| TC67 | BATHUA RAITA | Chopped bathua | 0.3 kg |
| | | Cumin seed powder | 2 tsp |
| | | Beaten curd | 1 cup |
| | | Salt to taste | |
| | | Water as required | |

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add bathua. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot.

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|--|---------|------------------------------|--------|
| TC68 | PITHLA | Besan | 1½ cup |
| | | Onion (chopped) | 1 cup |
| | | Tomato (chopped) | ¾ cup |
| | | Green chillies (chopped) | 1 tsp |
| | | Ginger, Garlic paste | 1 tsp |
| | | Turmeric powder | ¼ tsp |
| | | Red chilli powder | 1 tsp |
| | | Garam masala | 1 tsp |
| | | Coriander leaves for garnish | |
| | | Water as required | |
| | | Oil as required | |
| | | Salt to taste | |
| <p>Method of Preparation: "Step 1: In a microwave oven safe flat glass dish put besan. Select category & press start. When the oven beeps, remove & set it a side. Step 2: Take another microwave oven safe bowl, add all ingredients other than besan, water, salt, mix well & press start. Step 3: When the oven beeps, mix besan with masala, add water & salt. Mix well and press start. Garnish with coriander leaves & serve."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|---------------|---------------------|---------|
| TC69 | PANEER BHURJI | Paneer Grated | 250 gms |
| | | Oil | ½ tbsp |
| | | Cumin Seeds | ½ tsp |
| | | Green Chillies | 3 |
| | | Onion Chopped | 1 cup |
| | | Turmeric Powder | ¼ tsp |
| | | Garam Masala Powder | 1 tsp |
| | | Ginger-Garlic Paste | 1 tsp |
| | | Tomatoes | 1 cup |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than grated paneer, tomato and salt and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove, and add tomatato, mix well and press start. Step 3: When the oven beeps, remove and add grated paneer, salt, mix well and press start. Serve hot."</p> | | | |

TADKA / CURRY

| Category | Recipe- | Ingredients: | |
|---|-------------------|---|--------|
| TC70 | GAON POTATO CURRY | Potato, chopped | 1½ cup |
| | | Mix veg (capsicum, cauliflower, carrot, peas) | 1 cup |
| | | Chopped onion | 1 no. |
| | | Mustard seeds | 1 tsp |
| | | Grated coconut | 2 tbsp |
| | | Coconut milk | 1 cup |
| | | Tomato puree | ½ cup |
| | | Kaju powder | 1 tbsp |
| | | Red chilli powder | 1 tsp |
| | | Fresh cream | 2 tbsp |
| | | Coriander leaves for garnish | |
| | | Salt to taste | |
| | | Oil as required | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than potato, capsicum, peas, coconut milk, tomato puree, fresh cream, coriander leaves and mix well. Select category, enter weight, prest start. Step 2: When the oven beeps, remove, and add potato, capsicum, peas, mix well and press start. Step 3: When the oven beeps, remove and add coconut milk, tomato puree, fresh cream, mix well and press start. Garnish with coriander leaves. Serve hot."</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|-----------------|-----------------------|----------|
| IB1 | KASHMIRI PULLAO | Basmati Rice Soaked | 1½ cup |
| | | Cinnamon Stick | 3 |
| | | Shahjeera | 1 tsp |
| | | Tej Patta | 3 |
| | | Cloves | few |
| | | Cardamoms | 4 |
| | | Dry Ginger Powder | ½ tsp |
| | | Fennel Powder | 1 tsp |
| | | Ghee | 2 tbsp |
| | | Water As Required | |
| | | Salt As Required | |
| | | | |
| | | For Garnishing Pulao: | |
| | | Onion, Sliced Thinly | 1 |
| | | Cashews | 6 |
| | | Almonds | 5 |
| | | Walnuts | 5 |
| | | Saffron | pinch of |

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than water, garnish ingredients, mix well. Select category & weight and press start. Step 2: When the oven beeps, remove and add water, mix well and press start. Remove and garnish with onions, cashew, almonds, saffron and Serve hot.

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|--|----------------|----------------------|---------|
| IB2 | BISI BELE BATH | Red gram dal | ½ cup |
| | | Rice | 1 cup |
| | | Brinjal chopped | 2 |
| | | Tamarind juice | ½ cup |
| | | Hing | a pinch |
| | | Oil as required | |
| | | Salt to taste | |
| | | Water as required | |
| | | Paste ingredients | |
| | | Onion | 1 |
| | | Green chillies | 1 tsp |
| | | Cashew nuts | ½ cup |
| | | Grated coconut | ½ cup |
| | | Khus khus | ½ cup |
| | | Curry leaves | few |
| | | Coriander leaves | ½ cup |
| | | | |
| | | Powdered ingredients | |
| | | Dry red chillies | 3 |
| | | Fenugreek seeds | 1 tsp |
| | | Coriander seeds | ½ tsp |
| | | Mustard | ½ tsp |
| | | Cardamoms | 3 |
| | | Cinnamon | 1 |
| | | Cloves | 3 |
| | | Saunf | 1 tsp |
| Method of Preparation: | | | |
| "Step 1: In a microwave oven safe bowl add oil, add all paste and powder ingredients other than rice, dal, brinjal, water, mix well. Select category & weight and press start. | | | |
| Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot." | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|-------------------|------------------------|--------|
| IB3 | VEGETABLE BIRYANI | Rice | 1½ cup |
| | | Ghee | 1 tbsp |
| | | Carrot Chopped | ¼ cup |
| | | French Beans Chopped | ¼ cup |
| | | Green Peas | ¼ cup |
| | | Red Chilli Powder | ½ tsp |
| | | Garam Masala | ¾ tsp |
| | | Garlic Paste | ¼ tsp |
| | | Ginger Paste | ¼ tsp |
| | | Green Chillies Chopped | ¼ tbsp |
| | | Onion Chopped | 1 |
| | | Tomato Chopped | 1 |
| | | Cinnamon | ½ inch |
| | | Cloves | 4 |
| | | Cardamom | 4 |
| | | Coconut Milk | 1cup |
| | | Cashew Nuts | few |
| | | Mint Leaves | few |
| | | Coriander Leaves | few |
| | | Lemon Juice | ½ tsp |
| | | Salt To Taste | |
| | | Water As Required | |

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than rice, tomato, coconut milk, water, cashew nuts, mint leaves, coriander leaves, lemon juice and salt. Mix well, select category, enter weight, press start.
Step 2: When the oven beeps, remove, add the remaining ingredients, mix well and press start. Serve hot."

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|-------------|------------------------------|--------|
| IB4 | VEG- PULLAO | Rice (Soaked) | 1 cup |
| | | Potato Cut Into Cubes | ½ cup |
| | | Carrot Cut Into Cubes | ½ cup |
| | | Cauliflower Cut Into Florets | ½ cup |
| | | Peas | ½ cup |
| | | Cashew Nuts | ½ tbsp |
| | | Raisins | 1 tsp |
| | | Onions | 1 |
| | | Ghee | 2 tbsp |
| | | Oil | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Ginger Paste | ½ tsp |
| | | Garlic Paste | ½ tsp |
| | | Green Chilli Paste | ½ tsp |
| | | Cinnamon Stick | 2 |
| | | Cloves | 3 |
| | | Mint Leaves | ¼ tbsp |
| | | Cardamom | 3 |
| | | Water As Required | |
| | | Salt To Taste | |

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than rice, water and salt. mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove, add the remaining ingredients and mix well and press start. Serve hot."

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|------------|---------------------|--------|
| IB5 | JEERA RICE | Rice | 1½ cup |
| | | Jeera (Cumin Seeds) | 2 tsp |
| | | Cashew Nuts | 2 tbsp |
| | | Peppercorns | 4 |
| | | Bay Leaves | 2 |
| | | Cloves | 3 |
| | | Cinnamon Sticks | 2 |
| | | Onions, Sliced | 1 |
| | | Ghee As Required | |
| | | Salt To Taste | |
| | | Water As Required | |

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than rice and water. Mix well. Select category & weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients, mix well and press start. Serve hot."

| Category | Recipe- | Ingredients: | |
|----------|--------------|------------------------------|--------|
| IB6 | MUTTON CURRY | Mutton | 2 cup |
| | | Tomato (Chopped) | 1 cup |
| | | Red chili powder | 1½ tsp |
| | | Onions (Chopped) | 1 cup |
| | | Black Pepper Powder | ¾ tsp |
| | | Turmeric Powder | |
| | | Cinnamon | 1½ tsp |
| | | Coriander seeds | 1½ tsp |
| | | Cumin seeds | ¾ tsp |
| | | Cloves | 3 |
| | | Green Cardamoms | 4 |
| | | Ginger and Garlic Paste. | 1½ tsp |
| | | Curry Leaves | few |
| | | Poppy Seeds | few |
| | | Fennel Seeds | ¾ tsp |
| | | Black Peppercorns | ¾ tsp |
| | | Oil as required | |
| | | Salt to taste | |
| | | Coriander Leaves for garnish | |

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than mutton, tomato and coriander leaves. Mix well. Select category & weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients other than coriander leaves, mix well and press start. Remove and garnish with coriander leaves. Serve hot."

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|-------------------|----------------------------------|-------|
| IB7 | GOSHT DUM BIRYANI | Basmati Rice (Soaked For 1 Hour) | 1 cup |
| | | Boneless Mutton | 2 cup |
| | | Chopped Onion | 1 cup |
| | | Ginger Garlic Paste | 1 tsp |
| | | Cumins | 1 tsp |
| | | Red Chilli Powder | 1 tsp |
| | | Garam Masala | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Cloves | few |
| | | Bay Leaves | few |
| | | Salt To Taste | |
| | | Water As Required | |
| | | Oil As Required | |

Method of Preparation: "Step 1: In a microwave oven safe bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton & cover. Select category & weight and press start. Step 2: When the oven beeps, mix well. Add rice, water, salt, red chilli powder, garam masala & cover. Press start. Serve hot."

| Category | Recipe- | Ingredients: | |
|----------|---------|------------------------------|---------|
| IB8 | RASAM | Red Gram Dal | 1½ cup |
| | | Tomatoes | 2 |
| | | Garlic Paste | ½ tsp |
| | | Garlic Grated | ½ tsp |
| | | Ginger Chopped | ½ inch |
| | | Green Chillies Chopped | 1 |
| | | Turmeric Powder | ¼ tsp |
| | | Mustard Seeds | ½ tsp |
| | | Cumin Seeds | ½ tsp |
| | | Dried Red Chillies | 2 |
| | | Hing | a pinch |
| | | Curry Leaves | few |
| | | Pepper Powder | ½ tsp |
| | | Oil | 2 tbsp |
| | | Salt To Taste | |
| | | Water As Required | |
| | | Coriander Leaves For Garnish | |

Method of Preparation: "Step 1: In a microwave oven safe bowl add all ingredients other than red gram dal, tomato, water and coriander leaves. Mix well. Select category & weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients other than coriander leaf and mix well and press start. Remove, garnish with coriander leaves and serve hot."

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|---------|---|---------|
| IB9 | SAMBHAR | Red Gram Dal | 1½ cup |
| | | Turmeric Powder | ¼ tsp |
| | | Bitter Gourd (Sliced Into Long Pieces) | ¾ cup |
| | | Brinjal (Sliced Into Long Pieces) | ¾ cup |
| | | Drum Stick (Sliced Into Long Pieces) | ½ stick |
| | | Ladies Finger (Sliced Into Long Pieces) | 3 |
| | | Dried Red Chillies | 4 |
| | | Curry Leaves | few |
| | | Tamarind | ¾ cup |
| | | Hing | ¼ tsp |
| | | Red Chilli Powder | 1 tsp |
| | | Oil | 2 tbsp |
| | | White Gram Dal (Fried) | 1 tsp |
| | | Coriander Seeds (Fried) | ½ tbsp |
| | | Mustard Seeds (Fried) | ½ tsp |
| | | Coriander Leaves For Garnish | |
| | | Mustard Seeds For Tadka | |
| | | Water | |
| | | Salt To Taste | |

Method of Preparation:

"Make a paste of fried white gram dal, coriander seeds, mustard seeds. Keep it aside. Mash the tamarind in a cup of water and strain. Keep it aside.

Step 1: Take a microwave oven safe bowl add all the ingredients other than red gram dal and water. Mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove, add the remaining ingredients, mix well and press start. Serve hot."

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|---------------|-------------------------------------|--------|
| IB10 | ZAFRANI PULAO | Basmati Rice | 1½ cup |
| | | Water | 2 cup |
| | | Sugar | 3 tbsp |
| | | Milk | 1½ cup |
| | | Cashews | ¾ cup |
| | | Cardomoms | 5 |
| | | Cloves | few |
| | | Cinnamon, Broken | few |
| | | Almonds, Blanched And Cut | ¾ cup |
| | | Saffron Strands, Soaked In Hot Milk | 1½ tsp |
| | | Ghee As Required | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than water and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add water, mix well and press start. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|-----------|------------------------------|--------|
| IB11 | DAL TADKA | Red Lentils (Masoor Dal) | 1 cup |
| | | Yellow Lentils (Moong Dal) | 1 cup |
| | | Tomato Chopped | 2 |
| | | Onion Chopped | 1 |
| | | Oil | 1 tbsp |
| | | Red Chilli Powder | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Ginger Paste | ½ tsp |
| | | Garlic Paste | ½ tsp |
| | | Green Chillies Chopped | 2 |
| | | Mustard Seeds | ¼ tsp |
| | | Dried Red Chillies | 2 |
| | | Coriander Leaves For Garnish | |
| | | Salt To Taste | |
| | | Water As Required | |
| <p>Method of Preparation: "Step 1: In a microwave oven safe bowl add all ingredients other than red lentils, yellow lentils, tomato, water and salt. Mix well. Select category & weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients, mix well and press start. Serve hot."</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|--|-------------------|------------------------------|---------|
| IB12 | CHICKEN CHETTINAD | Chicken | 200 gms |
| | | Khus Khus Roasted | 1 tbsp |
| | | Dry Red Chillies Roasted | 3 |
| | | Coriander Roasted | ½ tsp |
| | | Mustard Roasted | ½ tbsp |
| | | Cinnamon Roasted | ½ inch |
| | | Cardamom Roasted | 2 |
| | | Cloves Roasted | 2 |
| | | Chilli Powder | 1 tsp |
| | | Turmeric Powder | ½ tsp |
| | | Chopped Ginger | 1 tsp |
| | | Chopped Garlic | 1 tsp |
| | | Chopped Tomato | 1 |
| | | Chopped Onions | 1 |
| | | Oil | 1 tbsp |
| | | Curry Leaves | few |
| | | Lemon Juice | ½ tsp |
| | | Sugar | ½ tsp |
| | | Grated Coconut for Garnish | |
| | | Coriander Leaves for Garnish | |
| | | Salt To Taste | |
| <p>Method of Preparation: "In a mixer, grind all the roasted ingredients with garlic and ginger to make a uniform paste. Step 1: Take a microwave oven safe bowl add all the ingredients other than chicken, tomato, coconut and coriander leaves. Mix well. Select category & weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients except coconut and coriander leaves, mix well and press start. Remove, garnish with coconut and coriander. Serve hot."</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|-------------------|--------------------------------|---------|
| IB13 | RIDGE GUARD CURRY | Ridge Gourd (Peeled & Chopped) | 2 cup |
| | | Moong Dal | ½ cup |
| | | Urad Dal | ½ cup |
| | | Jeera | ¾ tsp |
| | | Mustard Seeds | ½ tsp |
| | | Red Chilli Powder | 1½ tsp |
| | | Onion (Chopped) | 1½ cup |
| | | Curry Leaves | few |
| | | Whole Red Chillies | 3 |
| | | Turmeric Powder | ¼ tsp |
| | | Fresh Coconut | ½ cup |
| | | Hing | a pinch |
| | | Oil As Required | |
| | | Salt To Taste | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than ridge gourd, salt. Mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove the bowl, add the remaining ingredients mix well and press start. Remove and serve."

| Category | Recipe- | Ingredients: | |
|----------|-------------|-------------------------|--------|
| IB14 | FISH MASALA | Fish | 250 g |
| | | Onion Chopped | 1 cup |
| | | Tomato Chopped | ½ cup |
| | | Green Chillies, Chopped | ½ tsp |
| | | Coriander Leaves | 2 tbsp |
| | | Garam Masala | 1 tsp |
| | | Turmeric Powder | ⅙ tsp |
| | | Coriander Powder | ½ tsp |
| | | Chili Powder | 1 tsp |
| | | Lemon Juice | ½ tsp |
| | | Ginger-Garlic Paste | ½ tsp |
| | | Water As Required | |
| | | Oil As Required | |
| | | Salt To Taste | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than fish, tomato, coriander leaves, water and mix well. Select category, enter weight, press start.

Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot."

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|--|----------------|------------------------------|--------|
| IB15 | BUTTER CHICKEN | Boneless Chicken | 250gms |
| | | Yogurt | 1 tbsp |
| | | Lime Juice | 1 tsp |
| | | Red Chilli Powder | 1 tsp |
| | | Roasted Cloves | 2 |
| | | Roasted Pepper Corns | 2 |
| | | Roasted Cinnamon | ½ inch |
| | | Cardamom | 2 |
| | | Roasted Almonds | 3 |
| | | Bay Leaves | 1 |
| | | Oil | ½ tbsp |
| | | Chopped Onions | 1 |
| | | Garlic Paste | ½ tsp |
| | | Ginger Paste | ½ tsp |
| | | Coriander Powder | ½ tsp |
| | | Cumin Powder | ½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Tomato Puree | 1 tbsp |
| | | Chicken Stock | 1 cup |
| | | Kasuri Methi | 1 tsp |
| | | Butter | ½ tbsp |
| | | Salt To Taste | |
| | | Coriander Leaves For Garnish | |
| <p>Method of Preparation: "Grind & make a paste of cloves, pepper corns, cinnamon, almonds & cardamom. Marinate the chicken with the above paste and butter, yogurt, salt, lime juice, red chilli powder, bay leaves, coriander, cumin, turmeric powder & set aside for 1 hour. Step 1: Take a microwave oven safe bowl, Add oil, onion, garlic, ginger paste, mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove, add the remaining ingredients and mix well and press start. Remove and garnish with coriander leaves and serve."</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|--------------|-------------------------------|---------|
| IB16 | SHAHI PANEER | Paneer (Cut In Thin Slices) | 2 cups |
| | | Milk | 1 tsp, |
| | | Turmeric Powder | 1 tbsp, |
| | | Fennel (Saunf) Grinded | 2 |
| | | Bay Leaves | 4 |
| | | Cardamoms | 2 |
| | | Sticks Cinnamon | 1tsp |
| | | Cumin Seeds | 4 |
| | | Fresh Seedless Green Chillies | |
| | | Salt To Taste | |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe glass bowl, add all the ingredients other than paneer slices, fennel (Saunf powder),milk and mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove, add all remaining ingredients and mix well smoothly and press start. Remove and serve. | | | |

| Category | Recipe- | Ingredients: | |
|--|-----------------|------------------------------|---------|
| IB17 | KARELA KA SUBJI | Karela, Chopped | 250 gms |
| | | Onion, Finely Chopped | 2 |
| | | Besan | ½ tbsp |
| | | Green Chilli, Finely Chopped | 3 |
| | | Ginger, Garlic Paste | ½ tsp |
| | | Fresh Coriander, Chopped | few |
| | | Oil As Required | ½ tbsp |
| | | Red Chilli Powder | 1½ tsp |
| | | Coriander Powder | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Amchoor Powder | ½ tsp |
| | | Cumin Seeds | ½ tsp |
| | | Hing | a pinch |
| | | Salt To Taste | |
| Method of Preparation: | | | |
| "Step 1: Take a microwave oven safe glass bowl, add all the ingredients other than karela and besan and mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove, add the remaining ingredients and mix well and press start. Remove and serve." | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|--------------|----------------------------|--------|
| IB18 | POTATO CURRY | Potatoes, Peeled And Cubed | 2 cup |
| | | Tomatoes, Chopped | 1½ cup |
| | | Onion, Chopped | 1½ cup |
| | | Garlic, Ginger Paste | ¾ tsp |
| | | Chili Powder | 1½ tsp |
| | | Coriander Powder | 1½ tsp |
| | | Cumin Seeds | 1½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Ghee | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than potato and tomatoes. Mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove, add the all remaining ingredients, mix well and press start. Remove and serve hot."</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|-----------------|----------------------------------|---------|
| IB19 | GOAN FISH CURRY | Fish | 250 gms |
| | | Fried onion, paste | 1½ cup |
| | | Tomato puree | 1 cup |
| | | Ginger-Garlic paste | 1½ tsp |
| | | Goan fish masala | 1½ tsp |
| | | Tamarind paste | ½ cup |
| | | Cumin | 1 tsp |
| | | Peppercorns | few |
| | | Cloves | few |
| | | Red chilies whole | 3 |
| | | Red chili powder | 1 tsp |
| | | Turmeric powder | ¼ tsp |
| | | Lemon juice | 1 tsp |
| | | Sugar | ½ tsp |
| | | Oil as required | |
| | | Salt to taste | |
| | | Chopped coriander for garnishing | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than fish, tomato puree, tamarind paste, lemon juice, coriander leaves, mix well, select category, enter weight, press start.

Step 2: When the oven beeps, remove and add the all remaining ingredients other than coriander leaves, mix well and press start. Remove and garnish with coriander leaves. Serve hot."

| Category | Recipe- | Ingredients: | |
|----------|----------------|----------------------|--------|
| IB20 | ACHARI CHICKEN | Boneless chicken | 250 g |
| | | Fennel seeds | 1 tsp |
| | | Chili powder | 1 tsp |
| | | Kalonji | 1 tsp |
| | | Mustard seeds | ½ tsp |
| | | Cumin | 1 tsp |
| | | Fenugreek seeds | ½ tsp |
| | | Ginger, Garlic paste | 1½ tsp |
| | | Turmeric powder | ¼ tsp |
| | | Dry red chillies | 3 |
| | | Vinegar | 2 tbsp |
| | | Salt to taste | |

Method of Preparation: Step 1: Take a microwave oven safe bowl, add all the ingredients other than vanigar and salt. Mix well, select category, enter weight, press start, Step 2: When the oven beeps, remove and add the all remaining ingredients, mix well and press start. Remove and serve hot.

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|--------------|----------------------------------|---------|
| IB21 | CHICKEN STEW | Chicken (Cut In To Pieces) | 2 cups |
| | | Potatoes (Cut In To Pieces) | ½ cup |
| | | Carrot Medium (Cut In To Pieces) | ½ cup |
| | | Onion (Cut In To Pieces) | ½ cup |
| | | Tiny Pearl Onions (Peeled) | ½ cup |
| | | French Beans (Cut In To Pieces) | ½ cup |
| | | Cauliflower Florets | ½ cup |
| | | Garlic (Crushed) | few |
| | | Corn Flour | ¾ cup |
| | | Bay Leaves | few |
| | | Parsley | 1½ tbsp |
| | | Celery Stalk (Lightly Crushed) | 1½ tbsp |
| | | Dried Thyme | few |
| | | Block Pepper Corns (Crushed) | few |
| | | Salt To Taste | |
| | | Oil As Required | |
| | | Water As Required | |

Method of Preparation:

"Step 1: Take a microwave oven safe glass bowl, add all the ingredients other than chicken. Mix well and select category, enter weight, press start.

Step 2: When the oven beeps, Remove and add remaining ingredients, mix well and Press start. Serve hot. "

| Category | Recipe- | Ingredients: | |
|----------|---------|-----------------|-------|
| IB22 | AVIAL | Carrot | ½ cup |
| | | Potato | ½ cup |
| | | Drumstick | ½ cup |
| | | French beans | ½ cup |
| | | Bottlegourd | ½ cup |
| | | Coconut milk | ½ cup |
| | | Curd (beaten) | ½ cup |
| | | Curry leaves | few |
| | | Mustard seeds | 1 tsp |
| | | Turmeric powder | ¼ tsp |
| | | Salt to taste | |
| | | Oil as required | |

Method of Preparation:

"Step 1: Take a microwave oven safe glass bowl, add all the ingredients other than coconut milk, curd and mix well and select category, enter weight, press start.

Step 2: When the oven beeps, Remove and add remaining ingredients, mix well and Press start. Serve hot. "

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|--------------|------------------------------|---------|
| IB23 | BEAN SPROUTS | Mixed Bean Sprouts | 250 gms |
| | | Onion Chopped | 1½ cup |
| | | Tomato Chopped | 1 cup |
| | | Cumin Seeds | 1 tsp |
| | | Ginger, Garlic Paste | 1½ tsp |
| | | Green Chillies - Chopped | 2 |
| | | Cumin Powder | 1 tsp |
| | | Coriander Powder | 1 tsp |
| | | Garam Masala | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Asafoetida | ¼ tsp |
| | | Water As Required | |
| | | Oil As Required | |
| | | Coriander Leaves For Garnish | |
| | | Salt To Taste | |

Method of Preparation:

"Step 1: Take a microwave oven safe glass bowl, add all the ingredients other than bean sprouts, tomato, water, coriander leaves. Mix well and select category, enter weight, press start.

Step 2: When the oven beeps, remove and add remaining ingredients other than coriander leaves, mix well and Press start. Remove and garnish with coriander leaves, Serve hot. "

| Category | Recipe- | Ingredients: | |
|----------|---------|---------------------------|--------|
| IB24 | USAL | Soaked pea | 1½ cup |
| | | Garam masala | 2 tbsp |
| | | Roasted jeera | 2 tsp |
| | | Turmeric powder | ¼ tsp |
| | | Oil | 2 tbsp |
| | | Salt to taste | |
| | | Water as required | |
| | | | |
| | | For Paste | |
| | | Coriander leaves | 1½ cup |
| | | Grated coconut | ¾ cup |
| | | Green chilli | 4 nos. |
| | | Water (to make the paste) | |

Method of Preparation: "Make a paste of coriander leaves, grated coconut, green chilli, adding required amount of water in a mixer. Step 1: Take a microwave oven safe bowl take oil, roasted jeera & coriander paste. Mix well. Select category & weight and press start. Step 2: When the oven beeps, add boiled peas, all the spices & water. Mix well and press start. Serve usal garnished with grated coconut & serve with pav. "

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|-----------|--------------------------|---------|
| IB25 | MISAL PAV | Mixed Sprouts | 250 gms |
| | | Tomato Puree | 1½ cup |
| | | Chilli Powder | 1 tsp |
| | | Jeera | 1 tsp |
| | | Ginger Garlic Paste | 1½ tsp |
| | | Cumin Powder | ½ tsp |
| | | Misal Masala | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Sugar | ½ tsp |
| | | Cloves | few |
| | | Cinnamon Powder | ¼ tsp |
| | | Oil As Required | |
| | | Coriander For Garnishing | |
| | | Salt To Taste | |
| | | Water As Required | |
| <p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than tomato puree, coriander leaves, mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients other than coriander leaves, mix well & press start. Garnish with coriander leaves.</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|---------------|------------------------------|---------|
| IB26 | KADAI CHICKEN | To marinate: | |
| | | Chicken | 250 gms |
| | | Red chilly pwd | 1 tsp |
| | | Turmeric pwd | ½ tsp |
| | | Ginger garlic paste | 1 tsp |
| | | Lemon juice | 1 tbsp |
| | | Salt to taste | |
| | | | |
| | | To prepare Gravy: | |
| | | Onion | 1½ cup |
| | | Tomato | 1 cup |
| | | Chopped capsicum | ½ cup |
| | | Cardamom | 2 |
| | | Cloves | 3 |
| | | Cinnamon | 1 |
| | | Star anise | 1 |
| | | Ginger garlic paste | 1 tsp |
| | | Coriander powder | ½ tsp |
| | | Cumin powder | ½ tsp |
| | | Bay leaf | 3 |
| | | Red chilly powder | ½ tsp |
| | | Oil | 2 tbsp |
| | | Coriander leaves for garnish | |
| | | Salt to taste | |
| <p>Method of Preparation: "Marinate the chicken with all marinate ingredients for 20 minutes. Step 1: Take a microwave oven safe bowl, add all ingredients other than marinated chicken, tomato, coriander leaves and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients other than coriander leaves, mix well & press start. Garnish with coriander leaves. Serve hot."</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|---------------|---------------------------------|--------|
| IB27 | SARSON KA SAG | Sarson (Green Mustard) Chopped | 2 cup |
| | | Palak Chopped | 2 cup |
| | | Onion Chopped | 4 |
| | | Garlic, Ginger Paste | 2 tsp |
| | | Green Chillies (Finely Chopped) | 2 tsp |
| | | Makkai Ka Atta (Corn Flour) | 2 tbsp |
| | | Powdered Gul (Jaggery) | 2 tbsp |
| | | Red Chilli Powder | 2 tsp |
| | | Ghee As Required | |
| | | Salt To Taste | |
| Method of Preparation: | | | |
| "Step 1: Take a microwave oven safe bowl, add all ingredients other than sarson, spinach, corn flour and mix well. Select category, enter weight, press start. | | | |
| Step 2: When the oven beeps, remove, add the remaining ingredients and mix well and press start. Remove, set to cool and grind the mixture to a rough paste and serve hot." | | | |

| Category | Recipe- | Ingredients: | |
|---|--------------------|------------------------------|--------|
| IB28 | MUTTON LEVER CURRY | Mutton lever | 2½ cup |
| | | Tomato (Chopped) | 1 cup |
| | | Red chili powder | 2 tsp |
| | | Onions (Chopped) | 1 cup |
| | | Black Pepper Powder | ½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Cinnamon | 2 |
| | | Coriander seeds | 2 tsp |
| | | Cumin seeds | 1 tsp |
| | | Cloves | 4 |
| | | Green Cardamoms | 5 |
| | | Ginger and Garlic Paste. | 2 tsp |
| | | Curry Leaves | few |
| | | Oil as required | |
| | | Salt to taste | |
| | | Coriander Leaves for garnish | |
| Method of Preparation: | | | |
| "Step 1: Take a microwave oven safe bowl, add all ingredients other than mutton, tomato, coriander leaves and mix well. Select category, enter weight, press start. | | | |
| Step 2: When the oven beeps, remove, add the remaining ingredients other than coriander leaves, mix well and press start. Serve hot." | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|--------------|---------------------------------|-------------------|
| IB29 | CHANA MASALA | Chickpeas, Soaked | 250 gms |
| | | Chopped Onion | 1 cup |
| | | Chopped Tomato | $\frac{3}{4}$ cup |
| | | Mustard Seeds | $\frac{1}{2}$ tsp |
| | | Curry Leaves | few |
| | | Green Chili | 1 tsp |
| | | Bay Leafs | 3 |
| | | Turmeric Powder | $\frac{1}{4}$ tsp |
| | | Asafoetida | $\frac{1}{4}$ tsp |
| | | Ginger-Garlic Paste | 1 tsp |
| | | Coriander Leaves For Garnishing | |
| | | Salt As Required | |
| | | Oil As Required | |
| | | Water As Required | |
| | | Oil As Required | |
| | | | |
| | | For Roasting Masala: | |
| | | Grated Coconut | $\frac{3}{4}$ cup |
| | | Cinnamon | 3 |
| | | Fennel | 1 tsp |
| | | Cumin Seeds | 1 tsp |
| | | Coriander Seeds | 1 tsp |
| | | Red Chillies | 2 |
| | | Cloves | few |
| | | Cardamom | 1 |
| | | Black Pepper | few |
| Method of Preparation: | | | |
| "Step 1: Take a microwave oven safe bowl, add all ingredients other than chickpeas, tomato, coriander leaves, water and mix well. Select category, enter weight, press start. | | | |
| Step 2: When the oven beeps, remove, add the remaining ingredients other than coriander leaves, mix well and press start. Remove and garnish with coriander leaves. Serve hot." | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|------------|----------------------------|---------|
| IB30 | FISH CURRY | Fish - Washed & Sliced | 250 gms |
| | | Coriander Leaves - Chopped | 1½ tbsp |
| | | Tomatoes - Finely Chopped | 2 |
| | | Garlic Cloves | 6 |
| | | Green Chillies - Chopped | 3 |
| | | Methi Seeds | 1½ tsp |
| | | Coriander Powder | 1½ tsp |
| | | Turmeric Powder | ½ tsp |
| | | Salt To Taste | |
| | | Oil As Required | |

Method of Preparation:

"Marinate the fish in salt and turmeric powder for 15 minutes. Grind the coriander leaves, methi seeds, garlic and green chillies into a paste.

Step 1: Take a microwave oven safe bowl, add all the ingredients other than the fish and above paste. Mix well, select category, enter weight, press start.

Step 2: When the oven beeps, remove and add fish & coriander, methi seeds, green chili, garlic paste to the tadka and mix smoothly and press start. Remove and serve hot."

| Category | Recipe- | Ingredients: | |
|----------|--------------|------------------------------|---------|
| IB31 | TOMATO RASAM | Red Gram Dal | 3 tbsp |
| | | Tomatoes | 5 |
| | | Garlic Paste | 2 tsp |
| | | Garlic Grated | 2 tsp |
| | | Ginger Chopped | 1 inch |
| | | Green Chilies Chopped | 3 |
| | | Turmeric Powder | ¾ tsp |
| | | Mustard Seeds | 1½ tsp |
| | | Cumin Seeds | 1½ tsp |
| | | Dried Red Chillies | 4 |
| | | Hing | a pinch |
| | | Curry Leaves | few |
| | | Pepper Powder | 2 tsp |
| | | Oil | 2 tbsp |
| | | Salt To Taste | |
| | | Water | |
| | | Coriander Leaves For Garnish | |

Method of Preparation: "Step 1: In a microwave oven safe bowl, add all ingredients other than tomatoes, water, coriander, mix well. Place in the microwave, select category, enter weight, press start. Step 2: After the beep, remove & add remaining ingredients other than coriander leaves, mix well and press start. Remove and garnished with coriander leaves. Serve hot"

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|---------------|------------------------------|---------|
| IB32 | PANEER MASALA | Paneer (Cut Into Cubes) | 250 gms |
| | | Tomatoes (Chopped) | 1 cup |
| | | Oil | 1½ tbsp |
| | | Green Chilli | 4 |
| | | Cumin Seeds | 1 tsp |
| | | Garlic Ginger Paste | 1 tsp |
| | | Cloves | 4 |
| | | Turmeric Powder | ¾ tsp |
| | | Red Chilli Powder | 2 tsp |
| | | Pepper Powder | 1 tsp |
| | | Cardamom Powder | 1 tsp |
| | | Salt To Taste | |
| | | Water As Required | |
| | | Coriander Leaves For Garnish | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than paneer, water and coriander leaves. Mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove and add paneer and water and mix well and press start. Remove, garnish with coriander and serve."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|-----------------|----------------------------------|--------|
| IB33 | LEAFY VEGETABLE | Spinach Leaves, Washed & Chopped | 2 cup |
| | | Mustard Greens, Washed & Chopped | 2 cup |
| | | Cumin Seeds | 1 tsp |
| | | Green Chilli (Minced) | 1 tsp |
| | | Ginger Paste | 1 tsp |
| | | Garlic Paste | 1 tsp |
| | | Turmeric Powder | ½ tsp |
| | | Red Chilli Powder | 1½ tsp |
| | | Hing A Pinch | |
| | | Oil As Required | |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than spinach leaves and mustard greens. Mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well. Cover the bowl with lid and place it in the microwave oven and press start. Serve hot."</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|--------------|----------------------|---------|
| IB34 | TOMATO CURRY | Tomatoes (Chopped) | 250 gms |
| | | Finely Chopped Onion | 3 |
| | | Red Chilly Powder | 1½ tsp |
| | | Cumins | 1 tsp |
| | | Turmeric Powder | ½ tsp |
| | | Garam Masala | 1½ tsp |
| | | Garlic Crushed | 4 |
| | | Curry Leaves | few |
| | | Oil As Required | |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than tomato and garam masala. Mix well. select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven and press start. Remove and serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|--------------|------------------------------|---------|
| IB35 | PRAWNS CURRY | Prawn - Shelled | 250 gms |
| | | Onions Cut Into Small Pieces | 3 |
| | | Garlic Paste | ½ tsp |
| | | Ginger Paste | ½ tsp |
| | | Chilli Powder | 1 tsp |
| | | Turmeric Powder | ½ tsp |
| | | Mustard Seeds | ½ tsp |
| | | Oil | 1 tbsp |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than the prawns. Mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove and add the prawns and mix well. Place the bowl in the microwave oven and press start. Remove, and serve."</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|--------------|---------------------|---------|
| IB36 | PALAK PANEER | Paneer | 250 gms |
| | | Palak Paste | 3 cup |
| | | Onion Paste | 2 cup |
| | | Black Pepper Powder | ½ tsp |
| | | Ginger-Garlic Paste | 1 tsp |
| | | Green Chilli Paste | 1 tsp |
| | | Bay Leaves | 3 |
| | | Cumin Seeds | 1 tsp |
| | | Garam Masala Powder | 1 tsp |
| | | Butter As Required | |
| | | Salt To Taste | |
| Method of Preparation: | | | |
| "Step 1: Take a microwave oven safe bowl, add all ingredients other than paneer, spinach paste, and salt. Mix well, select category, enter weight, press start. | | | |
| Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and press start. Serve hot." | | | |

| Category | Recipe- | Ingredients: | |
|--|------------|-----------------------------|---------|
| IB37 | BHENDI FRY | Lady Finger (Okra / Bhendi) | 250 gms |
| | | Gram Flour | 1 cup |
| | | Sliced Onion | 1 cup |
| | | Sliced Green Chilli | 3 |
| | | Coriander Powder | 1 tsp |
| | | Red Chilli Powder | 1½ tsp |
| | | Garam Masala Powder | 1½ tsp |
| | | Cumin Seeds | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe bowl, add all ingredients other than lady finger. Mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove and add lady fingers, mix well and press start. Remove and serve hot. | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|------------|------------------------------|--------|
| IB38 | ALOO MATAR | Potatoes | 2 cup |
| | | Green Peas | 1½ cup |
| | | Curd | 1½ cup |
| | | Green Chillies | 2 |
| | | Turmeric Powder | ¼ tsp |
| | | Onion | 2 |
| | | Tomatoes Puree | 1½ cup |
| | | Ginger | ½ tsp |
| | | Coriander Powder | ½ tsp |
| | | Red Chilli Powder | 1 tsp |
| | | Garam Masala | 1 tsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| | | Coriander Leaves For Garnish | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than tomato puree, salt, green peas, coriander leaves and curd. Mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients other than coriander leaves, mix well and press start. Remove, garnish with coriander leaves and serve."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|-------------------|--------------------------------|--------|
| IB39 | PLAIN PALAK CURRY | Palak (Spinach) Finely Chopped | 2½ cup |
| | | Red Chilly Powder | 1 tsp |
| | | Moong Dal | ½ cup |
| | | Garam Masala | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Garlic Paste | ¼ tsp |
| | | Ginger Paste | ¼ tsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than palak and salt. Mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and press start. Remove and serve hot."</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|--------------|--------------------------|--------|
| IB40 | KADAI PANEER | Paneer | 2 cup |
| | | Tomatoes Chopped | 1 cup |
| | | Capsicums | 1 cup |
| | | Onions Cubed | 2 cup |
| | | Ginger Garlic Paste | 2 tsp |
| | | Turmeric Powder | ½ tsp |
| | | Coriander Seeds | 1 tsp |
| | | Red Chillies | few |
| | | Garam Masala | 2 tsp |
| | | Kasoori Methi | 1 tsp |
| | | Coriander Leaves Chopped | 3 tbsp |
| | | Cream | 3 tbsp |
| | | Salt To Taste | |
| | | Oil As Needed | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than paneer, capsicum, tomato, coriander leaves, cream and mix well and select category, enter weight, press start.

Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot."

| Category | Recipe- | Ingredients: | |
|----------|-----------------|--------------------|-------|
| IB41 | SOYABEAN MASALA | Soya beans | 1 cup |
| | | Onions (chopped) | 1 cup |
| | | Tomato (chopped) | ¾ cup |
| | | Ginger paste | ½ tsp |
| | | Garlic paste | ½ tsp |
| | | Chillipowder | 1 tsp |
| | | Corianderpowder | 1 tsp |
| | | Turmericpowder | ¼ tsp |
| | | Curryleaves | few |
| | | Cloves | few |
| | | Cinnamon | 2 |
| | | Thick coconut milk | ½ cup |
| | | Salt - As reqd | |
| | | Oil as required | |
| | | Water as required | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than soya beans, tomato, milk, water and mix well. Select category, enter weight, press start.

Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot."

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|--------------|---------------------------------|-------|
| IB42 | PANEER MATAR | Paneer | 2 cup |
| | | Matar | 1 cup |
| | | Chopped Tomatoes | ¾ cup |
| | | Chopped Onions | 1 cup |
| | | Cumin Seeds | 1 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Red Chili Powder | 1 tsp |
| | | Garam Masala | 1 tsp |
| | | Ginger Paste | ½ tsp |
| | | Garlic Paste | ½ tsp |
| | | Oil Or Ghee | |
| | | Coriander Leaves For Garnishing | |
| | | Salt As Required | |
| | | Water As Required | |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe bowl, add all ingredients other than paneer, tomato, coriander, water and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add all the remaining ingredients other than coriander leaves, mix well and press start. Remove garnish with coriander leaves, Serve hot. | | | |

| Category | Recipe- | Ingredients: | |
|--|----------------------|-----------------------|--------|
| IB43 | GARLIC GINGER PRAWNS | Prawns, Peeled | 300 gr |
| | | Onion Chopped | 1 cup |
| | | Tomato Chopped | ¾ cup |
| | | Garlic | 2 tsp |
| | | Ginger, Grated Finely | 3 tsp |
| | | Soy Sauce | 2 tsp |
| | | Corn Flour | ½ cup |
| | | Chicken Stock | 1 cup |
| | | Rice To Serve | |
| | | Oil As Required | |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe bowl. Add all ingredients other than prawns, tomato, soya sauce, chicken stock, rice and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients other than rice, mix well and press start. Remove and serve with rice. | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|-----------|-------------------------------|---------|
| IB44 | RAVA UPMA | Roasted Rava (Suji) | 2 cup |
| | | Potato Finely Chopped | ½ cup |
| | | Chopped Tomato | ½ cup |
| | | Carrot Grated | ½ cup |
| | | Onion, Chopped | 1 cup |
| | | Green Chillies Finely Chopped | 2 |
| | | Channa Dal | ½ tbsp |
| | | Urad Dal | ½ tbsp |
| | | Mustard Seeds | ¼ tsp |
| | | Jeera | ½ tsp |
| | | Green Peas | ¼ cup |
| | | Cashew | ½ tbsp |
| | | Ghee | ½ tbsp |
| | | Turmeric | a pinch |
| | | Green Coriander For Garnish | |
| | | Coconut Grated For Garnish | |
| | | Water | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than rava, tomato, cashew, coconut, coriander, water, mix well and select category, enter weight, press start. Step 2: When the oven beeps, remove and add all the remaining ingredients other than coconut, coriander and mix well. Cover the bowl with a lid and place it in the microwave oven and press start. Remove, garnish with coconut and coriander. Serve hot."

| Category | Recipe- | Ingredients: | |
|----------|---------------|------------------------------|---------|
| IB45 | DALIYA KICHDI | Dalia (Broken Wheat) | 1½ cup |
| | | Mix Vegetable Chopped | 1½ cup |
| | | Onion Chopped | 1½ cup |
| | | Green Chillies | 3 |
| | | Garlic, Ginger Paste | 1½ tsp |
| | | Turmeric Powder | a pinch |
| | | Cumins Seeds | 1½ tsp |
| | | Coriander Powder | 1½ tsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| | | Coriander Leaves For Garnish | |

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than dalia and coriander leaves. Mix well, select category, enter weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients other than the coriander leave, mix well and press start. Remove, garnish with grated coriander and serve.

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|--|-------------|------------------------------|---------|
| IB46 | FISH PULUSU | Fish | 300 g |
| | | Chopped Onions | ¾ cup |
| | | Green Chilies Slit | 3 |
| | | Ginger Garlic Paste | 1½ tsp |
| | | Slightly Roasted Poppy Seeds | ¾ tsp |
| | | Grated Coconut | ¾ cup |
| | | Garam Masala | 1½ tsp |
| | | Red Chili Powder | 1½ tsp |
| | | Lemon Juice | 1½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Red Chili Powder | 1½ tsp |
| | | Fresh Coriander Leaves | 2½ tbsp |
| | | Bay Leaf | few |
| | | Cloves | 4 |
| | | Cinnamon Stick | 3 |
| | | Cumin | ¾ tsp |
| | | Green Cardamom | 3 |
| | | Tamarind Juice | ¾ cup |
| | | Curry Leaves | few |
| | | Oil As Required | |
| | | Salt As Needed | |
| <p>Method of Preparation:</p> <p>Step 1: Take a microwave oven safe bowl, add all ingredients other than fish, lemon juice, tamarind juice and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot.</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|----------------|----------------------------------|---------|
| IB47 | CHILLI CHICKEN | Boneless Chicken | 300 g |
| | | Chilli Sauce | 1½ tsp |
| | | Soya Sauce | 1½ tsp |
| | | Pepper Powder | 1½ tsp |
| | | Vinegar | 1½ tsp |
| | | Corn Flour | 1½ tbsp |
| | | Red Chili Powder | 1½ tsp |
| | | Eggs | 3 |
| | | Salt To Taste | |
| | | | |
| | | Seasoning :- | |
| | | Soya Sauce | ¾ tsp |
| | | Chilli Sauce | ¾ tsp |
| | | Red Chilli Powder | ¾ tsp |
| | | Sugar | ¾ tsp |
| | | | |
| | | Veggies :- | |
| | | Onion Thinly Sliced | ¾ cup |
| | | Garlic Chopped | ¾ tsp |
| | | Capsicum | ¾ cup |
| | | Green Chilies Slit And Deseeded | ¾ tsp |
| | | Celery Chopped Finely (Optional) | ½ cup |
| | | Spring Onions For Garnish | |

Method of Preparation:

Step 1: Take a microwave oven safe bowl, Add chicken and mix well. Select category, enter weight and press start to cook. After the oven beeps, remove and add all ingredients other than seasoning and veggies. mix well and set it aside for 20 minutes for marination. Step 2: When the oven beeps, remove and add seasonings, veggies, mix well and press start to cook. Garnish with spring onions, Serve hot.

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|--|-------------|------------------------|--------|
| IB48 | METHI CURRY | Methi , finely chopped | 300 gr |
| | | Gram flour | 3 tbsp |
| | | Onion chopped | 1 cup |
| | | Tomato chopped | 1 cup |
| | | Garlic, minced | few |
| | | Cumin seeds | 1 tsp |
| | | Turmeric powder | ¼ tsp |
| | | Red chilli powder | 1 tsp |
| | | Salt to taste | |
| | | Lemon juice | 1 tsp |
| | | Oil as required | |
| <p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than methi, tomato, lemon juice and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot.</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|-----------------|--------------------|---------|
| IB49 | STIR FRIED OATS | Oats | 2½ cup |
| | | Raisins | few |
| | | Flour | 1½ tbsp |
| | | Cinnamon | 3 stick |
| | | Sugar | 2 tsp |
| | | Butter As Required | |
| | | Salt To Taste | |
| | | Water As Required | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl,add all ingredients other than raisins, water and flour. Mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients and mix well and press start. Serve hot."</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|--|---------------|------------------------------------|---------|
| IB50 | HAKKA NOODLES | Boiled Noodles | 1½ cup |
| | | Spring Onions | 1½ tbsp |
| | | Carrot Chopped | ¼ cup |
| | | Garlic Chopped | ½ tsp |
| | | Capsicum Chopped | 1½ tbsp |
| | | Pepper Powder | ½ tsp |
| | | Chili Sauce | 1½ tsp |
| | | Soya Sauce | 1½ tsp |
| | | White Vinegar | 1½ tsp |
| | | Beans Chopped (Optional) | ¼ cup |
| | | Finely Shredded Cabbage (Optional) | ¼ cup |
| | | Mushrooms Chopped (Optional) | ¼ cup |
| | | Salt To Taste | |
| | | Oil As Required | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than noodles. Mix well . Select category, enter weight, press start. Step 2: When the oven beeps, remove and add noodles. mix well and press start. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|-----------|------------------------------|--------|
| IB51 | EGG CURRY | Boiled Eggs | 4 |
| | | Chopped Onions | 1½ cup |
| | | Tomato Puree | 1 cup |
| | | Ginger Garlic Paste | 1 tsp |
| | | Cumin | 1 tsp |
| | | Chili Powder | 1 tsp |
| | | Curry Leaves | few |
| | | Mint Leaves | few |
| | | Garam Masala | 1 tsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| | | Coriander Leaves For Garnish | |
| <p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than eggs, tomato puree, coriander leaves and mix well. Select category, enter weight and press start. Step 2: After the oven beeps, remove and add all remaining ingredients other than coriander leaves, mix smoothly and press start. garnish with coriander leaves. Serve hot.</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|----------------|---------------------|---------|
| IB52 | PANEER MAKHANI | Paneer | 300 gms |
| | | Tomato Puree | 1½ cup |
| | | Fresh Cream | 1½ cup |
| | | Green Chillies | 2 |
| | | Red Chilli Powder | 1 tsp |
| | | Garam Masala Powder | 1 tsp |
| | | Dried Kasuri Methi | few |
| | | Butter As Required | |
| | | Salt To Taste | |
| <p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than tomato puree and fresh cream. Mix well, select category, enter weight, press start. Step 2: After the oven beeps, remove, add the remaining ingredients, mix well and press start. Remove, and serve hot.</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|-----------------|----------------------------|---------|
| IB53 | SEMIYA PULIHORA | Roasted Vermicelli / Semya | 300 gms |
| | | Urad Dal | 1½ tsp |
| | | Chana Dal | 1½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Green Chillies | 3 |
| | | Oil | 1 tbsp |
| | | Lemon | ¾ tsp |
| | | Mustard Seeds | ¾ tsp |
| | | Cumin Seeds | ¾ tsp |
| | | Fenugreek Seeds | ¾ tsp |
| | | Broken Dry Chillies | 3 |
| | | Hing | a pinch |
| | | Curry Leaves | few |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than roasted semya, lemon, hing, mix well and select category, enter weight, press start. Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. serve hot."</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|-----------------|----------------------|--------|
| IB54 | VERMICELLI UPMA | Vermicelli, Roasted | 2 cup |
| | | Onion, Chopped | 1½ cup |
| | | Curry Leaves | few |
| | | Mustard Seeds | ½ tsp |
| | | Cumin | 1 tsp |
| | | Urad Dal | 2 tbsp |
| | | Green Chili, Chopped | 1 tsp |
| | | Red Chili | 2 |
| | | Ginger | ½ tsp |
| | | Salt As Required | |
| | | Oil As Required | |
| | | Water As Required | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than roasted vermicelli, water, mix well and select category, enter weight, press start.

Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. serve hot."

| Category | Recipe- | Ingredients: | |
|----------|------------|--------------------------------------|---------|
| IB55 | BREAD UPMA | Bread slices (cut into small pieces) | 2½ cup |
| | | Oil | 2½ tbsp |
| | | Mustard seeds | 1 tsp |
| | | Jeera | 1 tsp |
| | | Curry leaves | few |
| | | Onion (chopped) | 1 cup |
| | | Chopped green chillies | 4 nos. |
| | | Chopped tomatoes | 2 nos. |
| | | Red chilli powder | 1 tsp |
| | | Lemon juice | 1 tsp |
| | | Turmeric powder | ¼ tsp |
| | | Salt to taste | |

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than bread slices, tomatoes, lemon juice, mix well, Select category & weight and press start.

Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. "

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|--|---------|-----------------|---------|
| IB56 | CHIVDA | Thin White Poha | 2 cup |
| | | Raw Peanuts | ¾ cup |
| | | Chana Dal | 2 tbsp |
| | | Cashew Nuts | ½ cup |
| | | Coconut Slices | ½ cup |
| | | Raisins | 1 tbsp |
| | | Curry Leaves | few |
| | | Green Chili | 2 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Hing | a pinch |
| | | Sugar | 1 tsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than poha, cashew nuts, raisins, mix well and select category, enter weight, press start. Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|---------|----------------------------|---------|
| IB57 | UGGANI | Puffed rice (murmura) | 3 cup |
| | | Besan (roasted) | 2 tbsp |
| | | Oil | 1½ tbsp |
| | | Mustard seeds (spluttered) | 1 tsp |
| | | Green chilli (chopped) | 2 nos. |
| | | Curry leaves | few |
| | | Coriander leaves (chopped) | 2 tbsp |
| | | Onion (chopped) | 2 nos. |
| | | Tomato (chopped) | 2 nos. |
| | | Lemon juice (optional) | 1 tbsp |
| | | Red chilli powder | 1 tsp |
| | | Garam masala | 1 tsp |
| | | Turmeric powder | ¼ tsp |
| | | Salt to taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than poha, cashew nuts, raisins, mix well and select category, enter weight, press start. Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. serve hot."</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|--|----------------|--------------------------|--------|
| IB58 | KOTHIMBIR VADI | Kothimbir (Hara Dhaniya) | 300 g |
| | | Besan | 1½ cup |
| | | Suji | 4 tbsp |
| | | Red chilli powder | 1 tsp |
| | | Baking powder | ½ tsp |
| | | Garam masala | 1 tsp |
| | | Salt to taste | |
| Method of Preparation: | | | |
| "Mix all the ingredients together & make vadis out of it. Step 1: Take a microwave oven safe idli maker bowl, add 1 cup water, Select category, enter weight, press start. Step 2: When you hear a beep, remove and place the vadis in idli plates. Keep in the bowl & cover and press start. Allow to stand for 3 minutes." | | | |

| Category | Recipe- | Ingredients: | |
|---|-------------|---------------|--------|
| IB59 | SHAKARKANDI | Shakarkandi | 250 gr |
| | | Chat Masala | 1 tsp |
| | | Salt to taste | |
| Method of Preparation: | | | |
| "Step 1: In a microwave oven safe bowl, add ½ water. Keep the peeled off shakarkandi in the bowl. Select category enter weight & press start. Step 2: After the beep, remove and it turn up side down and press start. Remove and sprinkle salt & chaat masala & serve hot." | | | |

| Category | Recipe- | Ingredients: | |
|--|-----------|-----------------------------------|--------|
| IB60 | CORN CHAT | Sweat Corn Kernels | ¾ cup |
| | | Tomato Chopped To Small Pieces | ¾ cup |
| | | Cooked Potato Cut To Small Pieces | ¾ cup |
| | | Cucumber Cut To Small Pieces | ¾ cup |
| | | Chopped Coriander | ½ tbsp |
| | | Lime Juice | ¼ tsp |
| | | Chat Masala | 2 tsp |
| | | Cumins Powder | 1 tsp |
| | | Red Chili Powder | 1 tsp |
| | | Salt To Taste | |
| Method of Preparation: | | | |
| "Step 1: In a microwave oven safe bowl, add all ingredients other than cucumber, coriander, lemon juice. Mix well and select category, enter weight and press start. Step 2: After the beep, remove and add all remaining ingredients, mix well and press start." | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|----------------|--------------|--------|
| IB61 | MUMPALLI ROAST | Mumpalli | 250 gr |
| Method of Preparation: "Step 1: In a microwave oven safe glass bowl, add mumpalli and select category, enter weight and press start. Step 2: When the oven beeps, remove and mix well and press start. Serve hot." | | | |

| Category | Recipe- | Ingredients: | |
|---|------------|-------------------|---|
| IB62 | SWEET CORN | Whole Sweet Corns | 2 |
| Method of Preparation: "Step 1: Remove the husk until three layers remain. Arrange the sweet corn of the turn table, Select category, enter weight & press start. Step 2: When the oven beeps, remove and turn the corns up side down and press start. Set to cool. Deseed and serve." | | | |

| Category | Recipe- | Ingredients: | |
|--|---------|-------------------|-------|
| IB63 | TEA | Milk | 4 cup |
| | | Tea Powder | 3 tsp |
| | | Sugar To Taste | |
| | | Water As Required | |
| Method of Preparation: "Step 1: In a microwave oven safe bowl, add all ingredients other than sugar, mix well and select category, enter weight and press start. Step 2: When the oven beeps, remove and add sugar, mix well and press start. Serve hot." | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|-------------|------------------------------|---------|
| IB64 | CHANNA CHAT | Green Chana / Kabuli Chana | ¾ cup |
| | | Potato Chopped | ¾ cup |
| | | Tomato Chopped | ¾ cup |
| | | Onion Chopped | ¾ cup |
| | | Grated Raw Mango(Optional) | few |
| | | Green Chili Finely Chopped | few |
| | | Garam Masala | 1 tsp |
| | | Hing | A pinch |
| | | Cumin Powder | 1 tsp |
| | | Chili Powder | 1 tsp |
| | | Lime Juice | 1 tsp |
| | | Coriander Leaves For Garnish | |
| | | Salt To Taste | |
| <p>Method of Preparation:</p> <p>Step 1: Take a microwave oven safe bowl; add all the ingredients other than raw mango, hing and coriander leave. Place the bowl in the microwave oven. Select category, enter weight and press start. Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. Garnish with coriander leaves and serve.</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|----------------|---------------------------|---------|
| IB65 | MASALA PEANUTS | Peanuts | 250 gms |
| | | Red Chilli Powder | 1 tbsp |
| | | Gram Flour (Besan) | 1½ cup |
| | | Rice Flour | 1 tbsp |
| | | Coriander Powder (Dhania) | 1½ tsp |
| | | Turmeric Powder | 1 tsp |
| | | Salt To Taste | 2 tsp |
| | | Water As Required | |
| <p>Method of Preparation:</p> <p>"Mix all ingredients in a mixing bowl and set aside for 20 minutes to marinate.</p> <p>Step 1: In a microwave oven safe glass bowl, add all marinated ingredients, Select category, enter weight, press start.</p> <p>Step 2: When the oven beeps, remove, stir well and press start. "</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|---------|------------------------|---------|
| IB66 | KHANDVI | Besan | 2 cup |
| | | Butter Milk | 4 cup |
| | | Turmeric Powder | ½ tsp |
| | | Oil | ¾ tbsp |
| | | Sesame Seeds | 2 tsp |
| | | Mustard Seeds | ¾ tsp |
| | | Coconut Scraped | ¾ tbsp |
| | | Chopped Coriander | ¾ tbsp |
| | | Hing | a pinch |
| | | Chopped Green Chillies | 3 |
| | | Salt To Taste | |

Method of Preparation:

"Step 1: Take butter milk in a microwave oven safe bowl, add besan, turmeric powder, oil, salt, sesame seeds, mustard, hing, coconut, coriander, green chillies & mix well to avoid lump formation. Place the bowl on the turn table in the microwave oven, select category, enter weight & press start.

Step 2: When the oven beeps, remove, stir well and press start. When done, pour a cup full in a large flat plate. Spread as thin as possible with the back of a large flat spoon using circular outward movements. Allow to cool & cut into 1½ inch wide strips. Carefully roll each strip & Serve with chutney."

| Category | Recipe- | Ingredients: | |
|----------|--------------|------------------------------|---------|
| IB67 | BREAD CHIVDA | Bread Slices | 250 gms |
| | | Mustard Seeds | ½ tsp |
| | | Cumin Seeds | 1 tsp |
| | | Onion Finely Chopped | 1 |
| | | Turmeric Powder | ¼ tsp |
| | | Hing | a pinch |
| | | Curry Leaves | few |
| | | Raw Peanuts | 1 tbsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| | | Coriander Leaves For Garnish | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl; add all the ingredients other than bread slices, hing and coriander leaves, mix well and select category, enter weight and press start.

Step 2: When the oven beeps, remove and add all remaining ingredients other than the coriander leaf and mix well and press start. Remove, garnish with grated coriander and serve."

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|---------|------------------------------|--------|
| IB68 | POHA | Poha | 3 cup |
| | | Green Peas | ¾ tbsp |
| | | Channa Dhal | 1½ tsp |
| | | Urad Dhal | 1½ tsp |
| | | Onions (Chopped) | 2 |
| | | Green Chili (Small Chopped) | 3 |
| | | Carrot (Chopped) | 3 tbsp |
| | | Turmeric Powder | ¼ tsp |
| | | Cumin Seeds | 1 tsp |
| | | Salt To Taste | |
| | | Oil As Required | |
| | | Grated Coconut For Garnish; | |
| | | Fresh Coriander For Garnish; | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl; add all the ingredients other than pohe, salt, sugar, lime and garnish ingredients. mix well and select category, enter weight and press start. Step 2: When the oven beeps, remove and add the remaining ingredients other than garnish ingredients, mix well, cover the bowl with lid and place it in the microwave oven and press start. Remove, garnish with coriander and grated coconut. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|-----------------|------------------------|---------|
| IB69 | SABUDANA KICHDI | Sabudana (Soaked) | 3 cup |
| | | Ground Nut Powder | 1½ cup |
| | | Chopped Green Chillies | 4 |
| | | Boiled & Peeled Potato | 1 cup |
| | | Oil | 2 tbsp |
| | | Hing | a pinch |
| | | Cumin Seeds | ¾ tsp |
| | | Sugar | 1½ tsp |
| | | Lime Juice | ¾ tsp |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl; add all the ingredients other than sabudana, salt, sugar and lime. mix well and select category, enter weight and press start. Step 2: When the oven beeps, remove and add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven and press start. Remove and mix well and serve hot."</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|----------------|--|---------|
| IB70 | ROTI KA CHIVDA | Leftover Chapattis, Cut In To Small Peices | 4 |
| | | Mustard Seeds | ½ tsp |
| | | Cumin Seeds | 1 tsp |
| | | Onion Finely Chopped | 1 |
| | | Turmeric Powder | ¼ tsp |
| | | Hing | a pinch |
| | | Curry Leaves | few |
| | | Raw Peanuts | 2 tbsp |
| | | Oil As Required | |
| | | Salt To Taste | |
| | | Coriander Leaves For Garnish | |

Method of Preparation:

Step 1: Take a microwave oven safe bowl; add all the ingredients other than chapatti, hing and coriander leaves. After the beep, remove, add the remaining ingredients other than the coriander leave, mix well and select category, enter weight, press start. Remove, garnish with grated coriander and serve.

| Category | Recipe- | Ingredients: | |
|----------|---------|---------------------------------|-------|
| IB71 | OMLETTE | Eggs - Beaten | 4 |
| | | Onion - Finely Chopped | 2 |
| | | Green Chillies - Finely Chopped | 1 tsp |
| | | Red Chilli Powder | 1 tsp |
| | | Oil | 3 tsp |
| | | Coriander Leaves For Garnish | |
| | | Salt To Taste | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl; add all the ingredients other than egg and coriander leaves. Mix well and select category, enter weight and press start.

Step 2: When the oven beeps, remove and add the beaten eggs, but not the coriander leaves, mix well and press start. Remove, garnish with coriander leaves and serve"

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|----------------|----------------------------|-------|
| IB72 | MURMURA CHIDWA | Poha (Thin Flattened Rice) | 1 cup |
| | | Murmura (Puffed Rice) | 2 cup |
| | | Peanuts | 1 cup |
| | | Almonds | few |
| | | Cashew Nuts | few |
| | | Black Raisins | few |
| | | Coconut Flakes | few |
| | | Chopped Green Chillies | 3 |
| | | Curry Leaves | few |
| | | Mustard Seeds | ½ tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Sugar | 1 tsp |
| | | Oil As Required | |
| | | Salt To Taste | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl; add all the ingredients other than the poha, murmura and sugar. Mix well and select category, enter weight and press start.

Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and press start. Remove, and serve."

| Category | Recipe- | Ingredients: | |
|----------|-----------------|-------------------|--------|
| IB73 | VEGETABLE PULAO | Basmati rice | 1½ cup |
| | | Gobhi | ½ cup |
| | | Matar | ½ cup |
| | | Fench beans | ½ cup |
| | | Red chilli powder | 1 tsp |
| | | Gajar | ½ cup |
| | | Jeera | 1 tsp |
| | | laung | few |
| | | tej patta | 3 |
| | | garam masala | 1 tsp |
| | | Water as required | |
| | | Oil as required | |
| | | Salt to taste | |

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add oil, jeera, laung, tej patta & all vegetables and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add rice, water, salt, garam masala, red chilli powder, mix well and press start. Step 3: After the oven beeps, mix well and press start. Serve hot.

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|-------------|------------------------|--------|
| IB74 | VEG BIRYANI | Rice | 1½ cup |
| | | Ghee | 2 tbsp |
| | | Carrot Chopped | ¼ cup |
| | | French Beans Chopped | ¼ cup |
| | | Green Peas | ¼ cup |
| | | Red Chilli Powder | ½ tsp |
| | | Garam Masala | ¾ tsp |
| | | Garlic Paste | ¼ tsp |
| | | Ginger Paste | ¼ tsp |
| | | Green Chillies Chopped | ¼ tbsp |
| | | Onion Chopped | 1 |
| | | Tomato Chopped | 1 |
| | | Cinnamon | ½ inch |
| | | Cloves | 4 |
| | | Cardamom | 4 |
| | | Coconut Milk | 1cup |
| | | Cashew Nuts | few |
| | | Mint Leaves | few |
| | | Coriander Leaves | few |
| | | Lemon Juice | ½ tsp |
| | | Salt To Taste | |
| | | Water As Required | |

Method of Preparation:

Step 1: Take a microwave oven safe bowl; add all the ingredients other than rice, tomato, coconut milk, water, cashew nuts, mint leaves, coriander leaves, lemon juice and salt and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add the remaining ingredients other than coconut milk, cashew nuts, lemon juice, mix well and press start. Step 3: After the oven beeps. Remove, and all remaining ingredients, mix well and press start. Serve hot.

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|-------------|-----------------------|---------|
| IB75 | KHUMB PULAO | Basmati Rice (Soaked) | 2 cup |
| | | Sliced mushrooms | 1½ cup |
| | | Chopped spring onions | 1 cup |
| | | Milk | 1 cup |
| | | Chopped garlic | 1½ tbsp |
| | | Pepper to taste | |
| | | Salt to taste | |
| | | Oil as required | |
| | | Water as required | |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe bowl, add oil, chopped garlic & spring onions. Select category & weight and press start. Step 2: When the oven beeps, remove and add rice, milk, water, mix well & press start. Step 3: When the oven beeps, remove and add mushrooms, salt & pepper, mix well and press start. Serve hot. | | | |

| Category | Recipe- | Ingredients: | |
|---|-----------------|----------------------------|--------|
| IB76 | CHICKEN BIRYANI | Basmati rice (half cooked) | 1½ cup |
| | | Boneless chicken | 3 cup |
| | | Curd | 1½ cup |
| | | Tomato puree | 3 tbsp |
| | | Ginger garlic paste | 1 tsp |
| | | Garam masala | 1 tsp |
| | | Red chilli powder | 1 tsp |
| | | Onion paste | 1½ cup |
| | | Coriander leaves | few |
| | | Coriander powder | 1 tsp |
| | | Turmeric powder | ¼ tsp |
| | | Water as required | |
| | | Salt to taste | |
| | | Oil as required | |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, chicken, curd, tomato, water and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add chicken, curd, tomato, mix well & press start. Step 3: When the oven beeps, remove and add half cooked rice, water, mix well and press start. Serve hot. | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|-----------------|----------------------------|--------|
| IB77 | MALABAR BIRYANI | Basmati rice (half cooked) | 1½ cup |
| | | Boneless chicken | 3 cup |
| | | Sliced onion | 1 cup |
| | | Red chilli powder | 1 tsp |
| | | Turmeric powder | ¼ tsp |
| | | Biryani masala | 2 tsp |
| | | Curd | 1 cup |
| | | Sliced tomato | 1 cup |
| | | Water as required | |
| | | Oil as required | |
| | | Salt to taste | |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, chicken, curd, tomato, water and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add chicken, curd, tomato, mix well & press start. Step 3: When the oven beeps, remove and add half cooked rice, water, mix well and press start. Wait for 3 minutes. Serve hot. | | | |

| Category | Recipe- | Ingredients: | |
|--|------------|---------------------|--------|
| IB78 | VEN PONGAL | Rice (soaked) | 1 cup |
| | | Moong dal (soaked) | 1 cup |
| | | Cumin seeds | 1 tsp |
| | | Pepper powder | 1 tsp |
| | | Cashewnuts | few |
| | | Ghee | 3 tbsp |
| | | Water as required | |
| | | Salt to taste | |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, water and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add rice, water, mix well & press start. Step 3: When the oven beeps, remove, mix well and press start. Serve hot. | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|--|-----------------|----------------------------|--------|
| IB79 | BENGALI BIRYANI | Basmati rice (half cooked) | 1½ cup |
| | | Fish (Hilsa) | 250 g |
| | | Ghee | 2 tbsp |
| | | Onion (sliced) | 2 nos. |
| | | Ginger-garlic paste | 2 tsp |
| | | Red chilli powder | 1 tsp |
| | | Cumin powder | 1 tsp |
| | | Black pepper | few |
| | | Bayleaf | 3 |
| | | Cloves | few |
| | | Turmeric powder | ¼ tsp |
| | | Garam masala | 1 tsp |
| | | Cardamom | 3 |
| | | Cinnamon | 2 |
| | | Curd | 1 cup |
| | | Oil as required | |
| | | Water as required | |
| | | Salt to taste | |
| <p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, fish, curd, water and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add chicken, curd, mix well & press start. Step 3: When the oven beeps, remove and add half cooked rice, water, mix well and press start. Wait for 3 minutes. Serve hot.</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|--|------------|------------------------|-------|
| IB80 | VEG TAHIRI | Basmati rice (soaked) | 1 cup |
| | | Gobhi | ½ cup |
| | | Matar | ½ cup |
| | | Gajar | ½ cup |
| | | Tomato | ½ cup |
| | | Potato | ½ cup |
| | | Jeera | 1 tsp |
| | | Garam masala | 1 tsp |
| | | Laung | 3 |
| | | Tej patta | 3 |
| | | Haldi | ¼ tsp |
| | | Red chilli powder | 1 tsp |
| | | Salt to taste | |
| | | Water as required | |
| | | Oil as required | |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, tomato, water and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well & press start. Step 3: When the oven beeps, remove, mix well and press start. Serve hot. | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|-------------|------------------------|--------|
| IB81 | PEPPER RICE | Soaked Rice | 1½ cup |
| | | Dry coconut | 1 cup |
| | | Green chilli (Chopped) | 1 tsp |
| | | Garlic (Chopped) | 1 tsp |
| | | Black pepper powder | ¼ tsp |
| | | Mustard seeds | ½ tsp |
| | | Black gram dal | 2 tbsp |
| | | Bengal gram dal | 2 tbsp |
| | | Curry leaves | few |
| | | Dry Red Chilli | 3 |
| | | Water as required | |
| | | Ghee as required | |
| | | Salt to taste | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, water and mix well. Select category, enter weight, press start.

Step 2: When the oven beeps, remove and add all remaining ingredients, mix well & press start.

Step 3: When the oven beeps, remove, mix well and press start. Serve hot."

| Category | Recipe- | Ingredients: | |
|----------|-----------|---------------------------------|--------|
| IB82 | CURD RICE | Rice | 1½ cup |
| | | Dahi / Yogurt | 1½ cup |
| | | Milk | 1 cup |
| | | Mustard Seeds | ½ tsp |
| | | Cumins Seeds | ½ tsp |
| | | Dry Red Chilly (Cut Into Small) | 2 |
| | | Ghee | 1 tbsp |
| | | Medium Size Cucumber Grated | ½ |
| | | Seedless Grapes (Chopped) | 50 gms |
| | | Pomegranate (Dalim) Seeds | ¼ tsp |
| | | Water As Required | |
| | | Salt To Taste | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, yogurt, milk, cucumber, grapes, dalim and water. Mix well. Select category, enter weight, press start.

Step 2: When the oven beeps, remove and add the remaining ingredients other than grapes, dalim, mix well and press start. Remove, add grapes, dalim and serve hot."

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|--|--------------|------------------|--------|
| IB83 | VEG SANDWICH | Bread slices | 6 |
| | | Chopped onion | 1 cup |
| | | Chopped tomato | 1 cup |
| | | Chopped capsicum | 1 cup |
| | | Grated cheese | 4 tbsp |
| | | Pepper | ½ tsp |
| | | Butter | 4 tbsp |
| | | Sauce / spread | 4 tbsp |
| | | Salt to taste | |
| <p>Method of Preparation: "On a bread slice apply butter, layer with sauce, spread chopped vegetables, sprinkle grated cheese. Cover it with the other bread slice. Step 1: Keep the sandwich on high rack. Select category & weight and press start. Step 2: When the oven beeps, change the side of the sandwich & again press start."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|---------------------------|----------------------------|--------|
| IB84 | BAKED POTATO CHEESE BALLS | Potatoes, boiled & smashed | 250 gr |
| | | Breadcrumbs | 1½ cup |
| | | Cheese grated | ½ cup |
| | | Pepper powder | ½ tsp |
| | | Mint powdered | ½ tsp |
| | | Salt to taste | |
| <p>Method of Preparation: "Combine all ingredients to make small potato cheese balls. Step 1: Keep the potato cheese balls in the crispy plate, on the high mesh rack. Select category & weight and press start. Step 2: When the oven beeps, change the side of the sandwich & again press start."</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|--------------|--------------------------|--------|
| IB85 | CHEESE TOAST | Bread slices | 6 |
| | | Butter as required | |
| | | For Filling | |
| | | Boiled cabbage | ¼ cup |
| | | BoiledCauliflower | ¼ cup |
| | | BoiledCapsicum | ¼ cup |
| | | Chopped onions | ¼ cup |
| | | Mashed boiled potatoes | ¼ cup |
| | | Chopped green chillies | 1 tsp |
| | | Red chilli powder | 1 tsp |
| | | Grated cheese | 1 cup |
| | | Green peas | ¼ cup |
| | | Grench beans | ¼ cup |
| | | Garam masala | 1 tsp |
| | | Chopped coriander leaves | 3 tbsp |
| | | Salt to taste | |

Method of Preparation:

"In a bowl add mashed boiled potatoes, boiled vegetables, Mash them well. Add chopped onion, green chillies & hopped coriander leaves. Mix well. Now add salt, red chilli powder, garam masala. Mix well. Apply butter on one side of all bread slices. Put the filling & grated cheese on one slice & cover with other slice. Prepare all the toasts in same way.

Step 1: Keep the toasts on the high rack. Select category & weight and press start.

Step 2: When the oven beeps, turn over the side & press start."

| IB86 | CORN TIKKI | Potatoes, Boiled | 1½ cup |
|------|------------|------------------------|--------|
| | | Corn Kennels, Boiled | 1½ cup |
| | | Red Chili Powder | 1 tsp |
| | | Chaat Masala | 1 tsp |
| | | Ginger, Finely Chopped | 1 tsp |
| | | Cumin Powder | 1 tsp |
| | | Coriander Powder | 2 tsp |
| | | Corn Starch | ½ cup |
| | | Lime Juice | 1 tsp |
| | | Salt As Required | |

METHOD OF PREPARATION:

"Combine all ingredients to make tikkies.

Step 1: Keep the corn tikkies in the crispy plate, on the high mesh rack. Select category & weight and press start.

Step 2: When the oven beeps, change the side of the sandwich & again press start."

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|--|---------|---------------------------|----------|
| IB87 | HANDVO | Toovar Dal, Soaked | ½ cup |
| | | Urad Dal, Soaked | ¼ cup |
| | | Moong Dal, Soaked | ¼ cup |
| | | Chana Dal, Soaked | ¼ cup |
| | | Rice, Soaked | ½ cup |
| | | Curd | ½ cup |
| | | Lauki, Grated | 1 cup |
| | | Oil | 2 tbsp |
| | | Lemon Juice | 1 tsp |
| | | Soda | pinch of |
| | | Sugar | 1 tsp |
| | | Chilli Powder | 1 tsp |
| | | Turmeric Powder (Haldi) | ¼ tsp |
| | | Ginger-Green Chilli Paste | 2 tsp |
| | | Salt To Taste | |
| | | Mustard Seeds | ½ tsp |
| | | Sesame Seeds | 1 tsp |
| | | Ajwain | ½ tsp |
| | | Hing | pinch of |
| <p>Method of Preparation: "Blend the dals, rice in a mixer to a smooth mixture. Transfer the mixture to a bowl, add the curds and mix well. Cover and keep aside to ferment overnight. Add all other ingredients, mix well and set a side for 20 minutes. Pour the mixture in a lightly greased baking dish. Step 1: Place the baking dish in on the turn table, select category, enter weight, press start. "</p> | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|------------|------------------------------|-------|
| IB88 | EGG-BHURJI | Eggs | 4 |
| | | Onion, chopped | 2 cup |
| | | Tomato | 1 cup |
| | | Green chilli, chopped | 3 |
| | | Ginger Garlic paste | 1 tsp |
| | | Cumin seeds | 1 tsp |
| | | Chilli powder | 1 tsp |
| | | Coriander powder | 1 tsp |
| | | Turmeric powder | ¼ tsp |
| | | Garam masala | 1 tsp |
| | | Oil as required | |
| | | Coriander leaves for garnish | |
| | | Salt to taste | |

Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than eggs, coriander leaves, mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients other than coriander leaves, mix well and press start. Step 3: After the beep, Remove, smash and mix well. Press start. Serve hot.

| Category | Recipe- | Ingredients: | |
|----------|------------------|---------------------------------|---------|
| IB89 | BAINGAN KA BARTA | Large Seedless Oval Eggplant | 1 |
| | | Large Onion Grated | ½ tsp |
| | | Ginger Finely Chopped | ½ tsp |
| | | Garlic Finely Chopped | 2 |
| | | Green Chillies Finely Chopped | 1 tbsp |
| | | Coriander Leaves Finely Chopped | ¼ tsp |
| | | Garam Masala | ½ tsp |
| | | Red Chilli Powder | ¼ tsp |
| | | Turmeric Powder | 1 pinch |
| | | Asafetida (Hing) | 1 tsp |
| | | Lemon Juice | ¼ tsp |
| | | Cumin | ¼ tsp |
| | | Mustard Seeds | 1 tbsp |
| | | Oil | |
| | | Water | |
| | | Salt To Taste | |

Method of Preparation: Step 1: Place the eggplant (pierced on all sides with a fork) on the turn table in the microwave oven. Select category, enter weight & press start. Step 2: Remove After the beep, mash eggplant till soft and add all remaining ingredients, mix well, cover bowl with lid and press start. Step 3: After the beep, remove, mix well and press start., Serve hot.

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|--|-----------|----------------------|--|
| IB90 | PAV BHAJI | Potato, chopped | |
| | | Cauliflower, chopped | |
| | | Capsicum, chopped | |
| | | Green Peas, chopped | |
| | | Chopped onion | |
| | | Chopped tomato | |
| | | Garlic paste | |
| | | Red chilli powder | |
| | | Pav bhaji masala | |
| | | Lemon juice | |
| | | Hara dhania | |
| | | Butter | |
| | | Water | |
| | | Salt to taste | |
| | | Pav for serve | |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe bowl, add all ingredients other than pav, water, mix well and select category, enter weight, press start. Step 2: Remove After the beep, add all remaining ingredients, mix well press start. Step 3: After the beep, remove, mix well and press start.. Serve hot. | | | |

| Category | Recipe- | Ingredients: | |
|--|---------|--------------|--------|
| IB91 | IDLY | Idly Batter | 250 gr |
| Method of Preparation: | | | |
| Pour idly batter in lightly greased microwave safe idly stand. Pour some water in the bottom of the idly bowl and cover the bowl with lid. Place the bowl in the microwave oven, select category, enter weight & press start. Remove After the beep & serve hot with sambar and coconut chutney. | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|---------|---------------------------------|--------|
| IB92 | DOKHLA | Besan (Gram Flour) | 2 cup |
| | | Corn Flour | 2 tsp |
| | | Sugar | 1½ tsp |
| | | Turmeric Powder | ½ tsp |
| | | Citric Acid | 1 tsp |
| | | Soda-Bi-Carb | ½ tsp |
| | | Lemon Juice | 2 tsp |
| | | Mustard Seeds | ¾ tbsp |
| | | Green Chillies - Finely Chopped | 2 tsp |
| | | Amchoor Powder | ½ tsp |
| | | Salt To Taste | |
| | | Oil As Required | |
| | | Grated Coconut For Garnish | |
| | | Coriander Leaves For Garnish | |
| | | Water As Required | |

Method of Preparation:

"Take gram flour, curd, water, salt, mix well into a batter. Cover it and set aside for 4 hours to marinate. Add green chillies, ginger paste, turmeric, lime juice, oil, soda-bi-carb and mix into a smooth batter.

Step 1: Pour into microwave oven safe lightly greased bowl, place in the microwave oven, select category, enter weight, and press start. For tampering use curry leaves, mustard seeds, oil, and green chillies. garnish with coriander leaves and grated coconut. Serve with chutney."

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|----------|----------------|--|--------|
| IB93 | VEGETABLE CHAT | Sev | ¼ cup |
| | | Peanuts - Roasted & Crushed | ¼ cup |
| | | Boiled Potato - Diced Into Small Cubes | ¼ cup |
| | | Chick Peas (Kabuli Channa) - Boiled (Optional) | ¼ cup |
| | | Corn Kernel - Boiled | ¼ cup |
| | | Tomato - Chopped Finely | ¼ cup |
| | | Onion - Chopped Finely | 1 |
| | | Green Chilli - Chopped Finely | 2 |
| | | Fresh Coriander Leaves - Chopped | ½ tbsp |
| | | Chaat Masala Powder (Optional) | 1 tsp |
| | | Red Chilli Powder | ½ tsp |
| | | Lemon Juice | ½ tsp |
| | | Tamarind Chutney | ½ tbsp |
| | | Salt To Taste | |

Method of Preparation:

Step 1: Take a Microwave oven safe bowl, combine all the ingredients, mix them well, keep bowl on the turn table and select category, enter weight, press start. Remove and serve.

| Category | Recipe- | Ingredients: | |
|----------|-------------|--------------------------|--------|
| IB94 | PAPADI CHAT | Crisp Papdis | 1 cup |
| | | Curd | ½ cup |
| | | Potato Boiled, | ½ cup |
| | | Boiled Chickpeas | 1 cup |
| | | Onion, Chopped | 1 cup |
| | | Tomato, Chopped | ½ cup |
| | | Chopped Coriander Leaves | ¼ cup |
| | | Red Chili Powder | 1 tsp |
| | | Cumin Powder | 1 tsp |
| | | Chaat Masala | 1 tsp |
| | | Lemon Juice | 1 tsp |
| | | Sev | 3 tbsp |
| | | Salt To Taste | |

Method of Preparation:

Step 1: Take a Microwave oven safe bowl, combine all the ingredients, mix them well, keep bowl on the turn table and select category, enter weight, press start. Remove and serve.

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|----------|------------------------------|---------|
| IB95 | POP CORN | Pop Corn | 250 gms |
| | | Butter | 2 tsp |
| | | Red Chilli Powder (Optional) | ½ tsp |
| | | Turmeric Powder | ½ tsp |
| | | Salt To Taste | |
| Method of Preparation: "Step 1: Take a microwave oven safe large glass bowl, add all ingredients, mix well and place the bowl in the microwave oven, select category, set weight, press start. Remove and serve hot." | | | |

| Category | Recipe- | Ingredients: | |
|--|-------------------|-----------------|--------|
| IB96 | CHOCOLATE MUFFINS | Maida | 1 cup |
| | | Cocoa Powder | ¼ cup |
| | | Caster Sugar | ½ tsp |
| | | Dark Choc Bits | ¼ cup |
| | | Oil | 2 tbsp |
| | | Cup Milk | ¼ cup |
| | | Vanilla Extract | ¼ tsp |
| | | Eggs | 1 |
| Method of Preparation: "Step 1: Take a mixing bowl, add all ingredients to make a smooth batter, mix well and pour the batter in maffin tins and place the maffin tins in the microwave oven, select category, set weight, press start. Remove and serve hot." | | | |

| Category | Recipe- | Ingredients: | |
|--|-----------------|----------------------|-------|
| IB97 | CHOCOLATE BALLS | Milkmaid | 1 cup |
| | | Marie biscuit powder | 1 cup |
| | | Milk powder | ½ cup |
| | | Bournvita | ½ cup |
| | | Grated coconut | ½ cup |
| Method of Preparation: Step 1: In a microwave oven safe glass bowl add milkmaid, marie biscuit powder, milk powder, bournvita. Mix well. Select category & press start. Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut. Keep in refrigerator for half an hour. | | | |

INDIA'S BEST RECIPES

| Category | Recipe- | Ingredients: | |
|---|---------------|-----------------------|--------|
| IB98 | CHEESY NACHOS | Nachos | 250 g |
| | | Grated cheese | 1 cup |
| | | Pizza sauce | 6 tbsp |
| | | Chopped onion, tomato | 2 cups |
| Method of Preparation: | | | |
| Step 1: In a microwave oven safe flat glass dish; add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select category, enter weight & press start | | | |

| Category | Recipe- | Ingredients: | |
|--|-------------|--|--------|
| IB99 | EGG BIRYANI | Rice | 1½ cup |
| | | Boiled Eggs (Prick With A Fork Randomly) | 5 |
| | | Tomato Chopped | ¾ cup |
| | | Ginger Garlic Paste | 1 tsp |
| | | Onion Thinly Sliced | ¾ cup |
| | | Green Chilies Minced | 4 |
| | | Turmeric Powder | ½ tsp |
| | | Red Chili Powder | 1½ tsp |
| | | Biryani Masala Powder | 1½ tsp |
| | | Coriander Leaves Chopped | few |
| | | Curd | 1 cup |
| | | Star Anise | 4 |
| | | Bay Leaf | 5 |
| | | Shahi Jeera | 1 tsp |
| | | Cardamoms | 4 |
| | | Cloves | 5 |
| | | Cinnamon Stick | 5 |
| | | Mace | 3 |
| | | Salt To Taste | |
| | | Water As Required | |
| | | Oil As Required | |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, eggs, curd, water, mix well. Select category, enter weight and press start. Step 2: After the beep, remove and add all remaining ingredients other than eggs, mix well and press start. Step 3: After the beep, remove and add boiled eggs and press start. Serve hot. | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|--|--------------|------------------|--------|
| IN1 | SPANISH RICE | Rice (Boiled) | 2 cup |
| | | Tomato (Chopped) | 2 cup |
| | | Tomato Puree | 1 cup |
| | | Onion (Chopped) | ½ cup |
| | | Butter | 2 tbsp |
| | | Pepper | ½ tsp |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl; add butter, onion, tomato, tomato puree, salt and pepper stir and select category, enter weight, press start. Step 2: When the oven beeps, remove and add boiled rice, mix well and press start. Serve hot. "</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|-------------|------------------------|---------|
| IN2 | TOFU (THAI) | Tofu (Cut In To Cubes) | 200 gr |
| | | Chopped Onion | ½ cup |
| | | Sesame Oil | 1½ tsp |
| | | Olive Oil | 1½ tsp |
| | | Soya Sauce | 2 tsp |
| | | Grated Ginger | 1 tsp |
| | | Chunky Peanut Butter | ¼ cup |
| | | Flaked Coconut | |
| | | Sesame Seeds | 1½ tbsp |
| <p>Method of Preparation: "Step 1: In a MWO safe bowl add olive oil, sesame oil, onion, tofu, Soya sauce, peanuts butter, ginger, stir carefully without breaking the tofu, until well incorporated, and select category, enter weight, press start. Step 2: When the oven beeps, remove the bowl from microwave oven and add flaked coconut and sprinkle sesame seeds. Cover the bowl with lid and press start. Serve hot. "</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|---|----------------------|----------------------|---------|
| IN3 | ITALIAN VEGGIE PIZZA | Pizza Base | 1 |
| | | Butter | 1 tbsp |
| | | Chopped Cabbage | ¼ cup |
| | | Chopped Green Pepper | ¼ cup |
| | | Chopped Mushrooms | ¼ cup |
| | | Sweat Peas | ¼ cup |
| | | Chopped Carrot | ¼ cup |
| | | Tomato Ketch Up | 2 tbsp, |
| | | Red Chili Powder | 1 tsp |
| | | Grated Cheese | ½ cup |
| | | Salt To Taste | |
| <p>Method of Preparation: Step 1: Take a pizza base, apply butter, ketchup, some grated cheese on the pizza base and arrange all vegetables on it, pour the remaining grated cheese on the top of vegetables. Put pizza base on the grill mesh rack, place it in the oven and select category, enter weight, press start. Cut in to pieces and Serve hot.</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|---|--------------------|----------------------------|---------|
| IN4 | MOYETTES (MEXICAN) | Mushrooms (Quartered) | 1 cup |
| | | Tomatoes (Chopped) | 1 cup |
| | | Crushed Garlic | 1 clove |
| | | Chopped Green Chilies | 1 tsp |
| | | Onions Chopped | 1 cup |
| | | Red Chilly Powder | ½ tsp |
| | | Roasted Cumin Seeds Powder | 1 tsp |
| | | Sugar | 2 tsp |
| | | Butter | 3 tbsp |
| | | Salt To Taste | |
| | | Bread Buns | 4 |
| | | Grated Cheese | ½ cup |
| | | | |
| | | (Option For The Topping) | |
| | | Shredded Cabbage | |
| | | Grated Carrot | |
| | | Chopped Spring Onions | |
| <p>Method of Preparation: "Take a mixing bowl, add 2 tbsp butter, onion, mushrooms, tomato, garlic, green chilly, chilly powder. Cumin's seed powder, sugar, salt, mix all ingredients. Step 1: Cut off the tops from the buns, scoop out the centers, and fill the centers with some mixed vegetable and top with some grated cheese; apply 1 table spoon butter lightly on to all buns. Arrange all buns in on a crusty plate and put it on grill rack and sselect category, enter weight, press start.Take out moyettes from oven and top with cabbage, carrot, spring onions and serve."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|--|---------------------|------------------------------------|-------|
| IN5 | JAMAICAN JERK PIZZA | Pizza base | 1 |
| | | Chicken chopped | ½ cup |
| | | Bell pepper | ½ cup |
| | | Chopped onion | ½ cup |
| | | Pineapple chunks drained | few |
| | | Jamaican jerk sauce (Tomato sauce) | ¼ cup |
| | | Cheddar cheese, grated | ½ cup |
| | | Salt & Pepper to taste | |
| <p>Method of Preparation: "Take a mixing bowl, add all ingredients other than pizza base and cheese and mix well. Step 1: Place the pizza base in on the crusty plate and top with all mixed ingredients, sprinkle the grated cheese over it and place the crusty plate in on grill rack. Select category, enter weight and press start. Remove and Serve."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|-----------------------|-------------------------------|-------|
| IN6 | MEXICAN CHICKEN PIZZA | Pizza base | 1 |
| | | Cooked Chicken, shredded | ¼ cup |
| | | Yellow Bell Pepper, chopped | ¼ cup |
| | | Roasted Diced Tomatoes | ¼ cup |
| | | Plain Diced Tomatoes, drained | ¼ cup |
| | | Sweet Corn Kennels | ¼ cup |
| | | Spring onion, chopped | ¼ cup |
| | | Grated Cheese | ½ cup |
| | | Chopped Coriander leaves | few |
| <p>Method of Preparation: Take a mixing bowl, add all ingredients other than pizza base, roasted diced tomatoes, chicken, cheese and coriander leaves, mix well. Spread cooked chicken and vegetables over pizza base. Sprinkle the grated cheese over it. Place the pizza base on the crusty plate and place it on the grill rack. Select category, enter weight and press start. Remove and serve.</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|---|--------------------------|--------------------------|--------|
| IN7 | MEXICAN GREEN WAVE PIZZA | Pizza base | 1 |
| | | Crunchy Onions | ½ cup |
| | | Crispy Capsicum | ¼ cup |
| | | Braccoli Florets | ¼ cup |
| | | Tomato Ketchup | 2 tbsp |
| | | Basil | few |
| | | Mozzrella Cheese, grated | ½ cup |
| | | Red chilli popwder | ½ tsp |
| | | Salt & Pepper to taste | |
| <p>Method of Preparation: Take a microwave oven safe bowl; add all ingredients other than pizza base and cheese and mix them well. Spread cooked vegetables over pizza base. Sprinkle the grated mozzarella cheese over it. Place the pizza base on the baking dish. Select category, enter weight and press start. Remove and serve.</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|--------------|--------------------------|-------|
| IN8 | SPANISH FLAN | White Sugar | 2 cup |
| | | Eggs | 6 |
| | | Sweetened Condensed Milk | 1 cup |
| | | Evaporated Milk (Thick) | 1 cup |
| | | Vanilla Extract | ¼ tsp |
| <p>Method of Preparation: "Step 1: Take sugar in a microwave oven safe bowl, add little water and select category, enter weight, press start to melt the sugar. Step 2: When you hear a beep, remove and press start to preheat the oven. Step 3: After the beep, add beaten eggs, condensed milk, evaporated milk and vanilla extract, in to melted sugar and blend all ingredients until smooth. Pour the egg mixture in a Baking dish. Set the baking dish in a pre heated oven and press start. Let cool completely to serve."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|----------|--------------------|-----------------------|--------|
| IN9 | SPANISH BAKED FISH | Fish | 300 g |
| | | Butter | 2 tbsp |
| | | Sour cream | ½ cup |
| | | Bread crumbs | 1 cup |
| | | Grated cheese | ¼ cup |
| | | Parsley (for garnish) | |

Method of Preparation:

"Marinate fish with butter and sour cream for 15 minutes.

Step 1: Put the marinade fish in a microwave oven safe bowl and cover with lid then select category, enter weight, press start.

Step 2: When the oven beeps, press start to preheat the oven.

Step 3: Sprinkle with bread-crumbs and grated cheese over fish and put in on high rack and press start. Garnish with parsley. Serve hot."

| Category | Recipe- | Ingredients: | |
|----------|-----------------------|-----------------------|--------|
| IN10 | SPANISH BAKED CHICKEN | Chicken | 300 g |
| | | Tomato Sauce | 2 tbsp |
| | | Butter | 1 tbsp |
| | | Bread-Crumbs | 2 tbsp |
| | | Boiled Rice For Serve | 2 cup |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add chicken with butter, salt & pepper and select category, enter weight, press start.

Step 2: When the oven beeps, press start to preheat the oven.

Step 3: Put the chicken in a baking dish (top rack) pour over tomato sauce highly seasoned, sprinkle with bread-crumbs and press start."

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|----------|-------------------|------------------------------|----------|
| IN11 | LASAGNA (ITALIAN) | Butter (Melted) | 2 tbsp |
| | | Flour | 2 tbsp |
| | | Milk | 1 cup |
| | | Garlic | ½ tsp |
| | | Chicken Broth | ½ cup |
| | | Cheese | 1 cup |
| | | Onions Chopped | 2 |
| | | Salt To Taste | |
| | | Basil (Dried) | ½ tsp |
| | | ½ Tsp Oregano Leaves (Dried) | ½ tsp |
| | | ½ Tsp Pepper | ½ tsp |
| | | Lasagna Layers (Cooked) | 4 |
| | | Chicken Chunks | 1 cup |
| | | Spinach | 50 gms |
| | | *Béchamel Sauce; * | 1½ Cup |
| | | | |
| | | *Béchamel Sauce; * 1½ Cup | |
| | | Flour | 10 gram |
| | | Butter | 10 gram |
| | | Milk | 100 gram |
| | | Bay Leave | 3 |
| | | Nutmeg | pinch of |
| | | Salt | pinch of |
| | | A Pinch Of Block Pepper | few |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add butter, onions, spinach, flour, salt, milk, broth, cheese, basil, oregano, pepper, chicken chunks and stir. Select category, enter weight, press start. When the oven beeps, remove and keep it aside to cool. Spread the béchamel sauce mixture in the bottom of the baking dish and spread the cheese. Arrange Lasagna layer over the sauce. Pour some chicken, spinach mixture, cheese, over the lasagna layer and spread remaining sauce evenly over lasagna layers and sprinkle with cheese.

Step 2: Press start to preheat oven.

Step 3: When the oven beeps, insert baking dish in preheated oven and press start to bake."

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|----------|-------------------------------------|------------------------------|----------|
| IN12 | CRUSTLESS MICROWAVE QUICHE (FRENCH) | Eggs | 2 |
| | | Light Cream | ½ cup |
| | | Nut Mug | Pinch of |
| | | Pepper | ½ tsp |
| | | Spinach (Broccoli, Optional) | 300 gr |
| | | Bacon (Cooked & Crumbled) | 2 slices |
| | | Cheese | ½ cup |
| | | Chopped Onions | ¼ cup |
| | | Salt To Taste | |

Method of Preparation:

"Step 1: Mix all ingredients together and pour it into lightly greased oven safe bowl, select category, enter weight, press start.

Step 2: When the oven beeps, press start to preheat oven.

Step 3: After the beep, remove and put quiche on the grill rack and press start to bake."

| Category | Recipe- | Ingredients: | |
|----------|-------------------------|--|--------|
| IN13 | SPANISH ALMOND BISCIUTS | All Purpose Flour | 2 cups |
| | | Baking Powder | 1 tsp |
| | | Butter | ½ cup |
| | | Granulated Sugar | ¾ cup |
| | | Egg (¾ Egg For Flour Mix, ¼ Egg For Glazing) | 1 |
| | | Almond Essence | ¼ tsp |
| | | Blanched Almonds For Decoration | |
| | | Water As Required | |

Method of Preparation:

"Take a mixing bowl; add butter, sugar, ¾ parts of egg, flour, essence, and baking powder and stir all the ingredients to make stiff dough. Form the mixture into balls of about 1 to 1.5 inch diameter and place these on a greased baking tray. Place half an almond (split lengthways) on each ball and press to flatten. Slightly brush with ¼ part of the remaining egg. Step 1: Select category, enter weight, press start to preheat the oven.

Step 2: Arrange the baking tray in preheated oven and press start to bake. Set it aside to cool and serve."

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|----------|-----------------|--------------------|---------|
| IN14 | SPANISH COOKIES | All- Purpose Flour | 2 cups |
| | | Melted Butter | 1 cup |
| | | White Sugar | ¾ cup |
| | | Anise Extract | ¼ tsp |
| | | Ground Cinnamon | 1/8 tsp |
| | | Blanched Almonds | 24 |

Method of Preparation:

"Combine flour, sugar, and cinnamon together, and add melted butter until all is mixed well. Stir in the anise extract and knead for 15 minutes. Roll it into 1 inch balls and place it on the ungreased baking dish. Place blanched almonds on the top of each cookie and push it down slightly.

Step 1: Selcvt category, enter weight, press start to pre heat the oven.

Step 2: When the oven beeps, Put the baking dish in preheated oven and press start to bake. Let cookies cool on baking dish for 10 minutes."

| Category | Recipe- | Ingredients: | |
|----------|-------------------------|-------------------------------|-------|
| IN15 | BUTTER COOKIES (FRENCH) | All-Purpose Flour | 2 cup |
| | | Baking Powder | 1 tsp |
| | | Salt | ¼ tsp |
| | | Butter | ¾ cup |
| | | Sugar | ¾ cup |
| | | Egg | 1 |
| | | Vanilla Extract | ¼ tsp |
| | | Almond Extract | ¼ tsp |
| | | Powdered Sugar For Sprinkling | |

Method of Preparation:

"Take a mixing bowl, combine flour, baking power, and salt and set it aside. Take another bowl; beat together butter, sugar, and egg until light fluffy. Add vanilla and almond extracts and mix well. Add flour mixture to butter mixture and mix until it blended properly, with your hands to form a ball shaped dough or any other shape. Place cookies on an un greased cookie sheet or baking dish.

Step 1: Select category, enter weight, press start to preheat the oven.

Step 2: Put the baking dish in preheated oven and press start to bake. Sprinkle powdered sugar over the cookies and serve. "

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|---|-------------------|------------------------|--------|
| IN16 | THAI CHIKEN BALLS | Ground Chicken | 300 g |
| | | Bread Crumbs | 1 cup |
| | | Green Onions (Sliced) | ½ cup |
| | | Ground Coriander Seeds | few |
| | | Chopped Fresh Cilantro | 2 tbsp |
| | | Sweat Chili Sauce | 2 tbsp |
| | | Fresh Lemon Juice | 1 tsp |
| | | Oil | 2 tbsp |
| <p>Method of Preparation: "In a MWO safe bowl mix together the chicken and bread crumbs, onion, coriander, Cilantros, chili sauce, lemon juice. Mix well. Using damp hands, form the mixture into evenly shaped balls that are either small enough to eat as mini balls or large enough to use it as a filling for burgers. Apply oil lightly to all the balls from outside . Arrange the balls on the crusty plate. Step 1: Select category, enter weight, press start to pre-heat the oven. Step 2: When the oven beeps, place the crusty plate in on grill rack and press start to bake the balls. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|-----------------------------|-----------------------------------|----------|
| IN17 | THAI SPICED SHRIMP (PRAWNS) | Medium Shrimp (Peeled & Deveined) | 300 g |
| | | Fresh Lemon Juice | 3 tbsp |
| | | Soy Sauce | 1 tbsp |
| | | Mustard | 1 tbsp |
| | | Garlic, Minced | 2 cloves |
| | | Brown Sugar | 1 tbsp |
| | | Curry Paste | 2 tsp |
| <p>Method of Preparation: "Take a microwave oven safe bowl, add and mix together the lemon juice, soy sauce, mustard, garlic, brown sugar, curry paste, shrimp and marinate it in the refrigerator for 1 hour. Transfer the marinate to a baking tray. Step 1: Select category, enter weight, press start to preheat the oven. Step 2: When the oven beeps, place the baking try in on the grill rack and press start. Serve hot."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|---|----------------------------|-------------------------------------|---------|
| IN18 | ENGLISH MUFFINS. (ENGLAND) | Warm Milk | ¾ liter |
| | | Desolved Yeast | ½ cup |
| | | Grounded Sugar | 1 tsp |
| | | Flour (Enough To Make Stiff Batter) | |
| | | Butter | ½ cup |
| | | Soda (Dissolved In A Little Water) | 1 tsp |
| <p>Method of Preparation: "Take a mixing bowl, add warm milk, yeast, sugar and enough flour to make a stiff batter. Let it stand for 1 hour to rise. Add melted butter and soda. Take enough flour to make a very stiff batter and let it rise for one hour. Fill the batter into well greased muffin rings or plate. Step 1: Select category, enter weight, press start to preheat the oven. Step 2: Put the muffin rings in pre-heated oven and press start to bake."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|-----------------------------------|-------------------------------|----------|
| IN19 | CHOCOLATE-BREAD PUDDING (ENGLAND) | Bread Crumbs | 300 gr |
| | | Milk | ½ liter |
| | | Butter | 50 gram |
| | | Sugar | 100 gram |
| | | Chocolate | 70 gram |
| | | Eggs (Yolks& White Suppurate) | 4 |
| | | Vanilla Essence | ¼ tsp |
| <p>Method of Preparation: "Soak the bread crumbs in milk and dry them, add butter mixed sugar, chocolate, and egg yolks, vanilla essence and egg white. Mixes all the ingredients well and set it aside. Step 1: Select category, enter weight, press start to preheat the oven. Pour the pudding in lightly greased baking dish. Step 2: place the baking dish on the grill rack and press start."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|--|--------------------------|-----------------|--------|
| IN20 | BAKED POTATOES (ENGLAND) | Potato, Boiled | 300 gr |
| | | Bread Crumbs | 2 cup |
| | | Butter | 50 gr |
| | | Eggs | 2 |
| | | Milk | 3 tbsp |
| | | Pepper To Taste | |
| | | Salt To Taste | |
| <p>Method of Preparation: " Take potato in a bowl dish and mash with butter. Now add salt & pepper. Put it in well buttered glass baking dish. A layer of the potatoes followed by a layer of bread crumbs until dish is full. Add the beaten eggs on the top of bread crumbs. Step 1: Select category, enter weight, press start to preheat the oven. Step 2 : When the oven beeps, put the baking dish on the high Rock and press start to bake. Serve with boiled fish. "</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|------------------------|----------------------------------|------------|
| IN21 | APPLE SOUFFLE (FRENCH) | Apples, Peeled & Chopped | 2 big size |
| | | Eggs (Divide In To Yolks& White) | 2 |
| | | Butter | 2 tbsp |
| | | Sugar | 2 tbsp |
| | | Lime Juice | 1 tsp |
| | | Lemon Rind | ¼ tsp |
| <p>Method of Preparation: "In a bowl, add apples and butter. Mash well. Take another mixing bowl, beat the yolk of eggs with sugar, apple mash, lime juice, rind of lemon, mix well and add the egg white to it. Mix properly. Step 1: Select category enter weight, press start to preheat the oven. Step 2: Pour the apple mixture in a buttered pudding dish and press start to bake."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|----------|----------------------|---|----------|
| IN22 | MEXICAN VEG - KEBABS | Green Peppers (Cut In To Large Slices) | |
| | | Yellow Peppers (Cut In To Large Slices) | |
| | | Baby Corns (Cut In To Two) | |
| | | Cottage Cheese (Paneer) Large Slices | |
| | | Mushrooms | |
| | | White Onions (Cut In To Large Slices) | |
| | | Chilly Powder | 2 tsp |
| | | Cocoa Powder | 2 tsp |
| | | Crushed Garlic | 4 cloves |
| | | Oregano | ½ tsp |
| | | Fresh Curd | 1 tbsp |
| | | Sour Cream For Serve | 1 cup |
| | | Spring Onions (Chopped) For Garnish | ½ cup |
| | | Salt To Taste | |
| | | Sepper To Taste | |

Method of Preparation:

"Take a mixing bowl; add green and yellow peppers, baby corns, cottage cheese, mushrooms, white onions, chilly powder, cocoa powder, garlic, oregano, curds, salt and pepper. Stir all ingredients and allow to marinade for 4 hours. Arrange one piece each of all vegetables on the skewer.

Step 1: Select category, enter weight, press start to pre heat the oven.

Step 2: When the oven beeps, insert skewer properly in oven and press start. Serve hot with sour cream and spring onions."

| Category | Recipe- | Ingredients: | |
|----------|----------------------|-----------------|--------|
| IN23 | CARROT CAKE (FRENCH) | Grated Carrots | 1½ cup |
| | | Flour | 1 cup |
| | | Sugar | 1 cup |
| | | Cinnamon | ½ tsp |
| | | Nut Meg | ½ tsp |
| | | Baking Powder | 1 tsp |
| | | Baking Soda | ½ tsp |
| | | Egg | 1 |
| | | Oil | ½ cup |
| | | Vanilla Extract | ¼ tsp |
| | | Chopped Walnuts | ¼ cup |

Method of Preparation:

"Take a mixing bowl, add flour sugar, cinnamon, nutmeg, baking soda, baking powder. Mix well. Now add oil, egg, carrots, vanilla and walnuts and stir.

Step 1: Select category, enter weight, press start to pre heat the oven.

Step 2: When the oven beeps, pour the mixture in to Lightly greased baking dish put in preheated oven and press start to bake."

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|---|---------------------|-----------------------|--------|
| IN24 | APPLE CAKE (FRENCH) | Finely Chopped Apples | 2 cups |
| | | Sugar | 1½ cup |
| | | Egg (Beaten) | 1 |
| | | Flour | 1 cup |
| | | Cinnamon | ½ tsp |
| | | Baking Powder | ½ tsp |
| | | Vanilla Extract | ¼ tsp |
| | | Raisins (Kismis) | 2 tbsp |
| | | Nuts (Chopped) | 2 tbsp |
| <p>Method of Preparation: "Place apples in large mixing bowl, add sugar, stir and let stand for ½ hour. Add egg, flour, cinnamon, baking powder, nuts, and raisins and blend well. Step 1: Select category, enter weight, press start to preheat the oven. Step 2: When the oven beeps, pour the mixture in to lightly greased baking dish and press start to bake. Serve with powdered sugar sprinkled over cake."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|---------------------------------|-------------------------------------|---------|
| IN25 | GRILLED KEY LIME CHICKEN (THAI) | Chicken Breast (Boneless, Skinless) | 300 gr |
| | | Lime Juice | 2½ tbsp |
| | | Honey | 3 tbsp |
| | | Water | ½ cup |
| | | Black Pepper (Ground) | ¼ tsp |
| | | Oil | 2 tbsp |
| | | Ginger (Grated) | ½ tbsp |
| <p>Method of Preparation: "Combine all ingredients except the chicken, in a blender or food processor. Process until combined well. Pour it over the chicken, cover and let it marinate in the refrigerator over night. Step 1: Select category, enter weight, press start to Preheat the oven. When the oven beeps, remove and arrange the marinade chicken on to lightly greased baking dish and place the dish on the grill rack and press start. Garnish with cilantro and lime slices."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|----------|---|-------------------|----------|
| IN26 | CINNAMON HONEY WINGS (ITALIAN) | Chicken Wings | 300 gr |
| | | Garlic (Chopped) | 4 cloves |
| | | Olive Oil | 2 tbsp |
| | | Soy Sauce | 2 tbsp |
| | | Rice Vinegar | ¼ cup |
| | | Honey | ¼ cup |
| | | Cinnamon (Ground) | ¼ tsp |
| | | Thyme | 1 tsp |
| | | Ginger (Ground) | ½ tsp |
| | | Mustard (Dry) | ½ tsp |

Method of Preparation:

"Take a mixing bowl; add oil, garlic, ginger, mustard, thyme, cinnamon, honey, vinegar, soy sauce, chicken wings. Mix well and set it aside for 2 hours to marinate.

Step 1: Select category, enter weight, press start to pre heat the oven.

Step 2: When the oven beeps, Arrange the chicken wings on lightly greased baking dish and press start. Serve hot. "

| Category | Recipe- | Ingredients: | |
|----------|---|---|---------|
| IN27 | BARBECUED ORANGE CHICK- EN (ENGLAND) | Chicken | 300 gr |
| | | onions (chopped) | 2 |
| | | tomato (cut in to wedges) | 1 cup |
| | | vinegar | 1 tbsp |
| | | pepper | 1/8 tsp |
| | | salt to taste | |
| | | oil to taste | |
| | | orange slices (with out rind) for garnish | |
| | | | |
| | | *BBQ Sauce*: | |
| | | oil | 1 tbsp |
| | | orange juice | 2 tbsp |
| | | vinegar | 1 tbsp |
| | | tomato paste | 2 tbsp |
| | | orange zest (removed with grater) | 1 tbsp |

Method of Preparation:

"Marinate the chicken with all BBQ ingredients for 30 minutes.

Step 1: Take a microwave oven safe bowl, add all ingredients other than marinated chicken, orange slices and mix well. Select category , enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients other than orange slices, mix well and arrange into a lightly greased baking dish and press start. Serve chicken with orange slices on the side."

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|---|----------------------------------|--------------------------------------|--------|
| IN28 | CHICKEN ALFREDO (MEXICAN) | Chicken Breasts (Skinless, Boneless) | 300 gr |
| | | Eggs | 2 |
| | | Milk | 1 cup |
| | | Grated Cheese | 1 cup |
| | | Heavy Cream | ½ cup |
| | | Parsley (For Garnish) | |
| | | Butter As Required | |
| <p>Method of Preparation: "Take the chicken in a mixing bowl and add beaten eggs, milk, butter, mix well and set it aside for 3 hours for marinade. Step 1: Take a microwave oven safe bowl, add marinated chicken, select category, enter weight and press start. When the oven beeps, take out the Chicken pieces from the mixture and roll in bread crumbs and set all the pieces in a baking dish and top it with grated cheese. Step 2: Place the baking dish on the grill rack and press start. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|-------------------------------------|--------------------------------|---------|
| IN29 | MACARONI AND CHEESE (FRENCH) | Butter | ½ cup |
| | | Onion, Finely Chopped | 1 cup |
| | | Flour | 3 tbsps |
| | | Milk | 1½ cup |
| | | Grated Tasty Cheese | ½ cup |
| | | Cooked Macaroni (Drained Well) | 2½ cup |
| | | Paprika | 1 tsp |
| <p>Method of Preparation: "Step 1: Take onion, flour, milk, mix well and blend all smoothly. Pour the mixture into a microwave oven safe bowl and select category, enter weight, press start. Step 2: When the oven beeps, add butter, macaroni, cheese and sprinkle with paprika, stir and press start. Step 3: After the beep, remove and collect the mixture into another Grill safe utensil and top it with extra grated cheese. Put it on grill rack and Press start."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|----------|---------------------------|--------------------|--------|
| IN30 | SPANISH FRICASEED SHRIMPS | Shrimps | 400 gm |
| | | Onion (Chopped) | 1½ cup |
| | | Tomatoes (Chopped) | 1½ cup |
| | | Flour | 1 tbsp |
| | | Butter | 1 tbsp |
| | | Parsley | 1 tbsp |
| | | Pepper | ½ tsp |
| | | Egg Yolk | 1 |
| | | Boiled Rice | 2 cup |
| | | Water As Required | |
| | | Salt To Taste | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add butter, onion, tomatoes, flour, and mix well. Select category, enter weight, press start.

Step 2: When the oven beeps, remove and add water, shrimps, salt & pepper, parsley, and stir it and then press start.

Step 3: After the beep, add the egg yolk, stir and press start. Put some boiled rice on a plate, add Shrimps and pour over the sauce. Serve very hot."

| Category | Recipe- | Ingredients: | |
|----------|---------------------------|--|--------|
| IN31 | SEA FOOD PAELLA (SPANISH) | Rice (Cooked) | 2 cup |
| | | Tomato Puree | 1 cup |
| | | Chicken Broth (For Veg : Coconut Milk) | 1 cup |
| | | Onions (Grounded) | 2 |
| | | Thyme | 1 tsp |
| | | Black Pepper | ½ tsp |
| | | Green Peas | ½ cup |
| | | Mussels (Optional) | 200 gm |
| | | Shrimps (For Veg : Mushrooms) | 200 gm |
| | | Fish (Roughly, Pomfret Or Surmai) (For Veg : Paneer) | 200 gm |
| | | Oil | 2 tsp |
| | | Chilly Powder | 1 tsp |
| | | Salt | 1 tsp |
| | | Spring Or Green Onions For Garnish | |

Method of Preparation:

"Step 1: In a deep microwave able casserole bowl, combine grounded onion, tomato puree, broth thyme, ½ tsp salt and pepper. Cover the bowl with lid and select category, enter weight, press start. When the oven beeps, remove and add rice and peas. Mix well and set it aside. Step 2: Take mussels, shrimp and fish in an another oven safe bowl, add oil, chilly powder, ½ tsp salt. Stir and press start. Step 3: Arrange fish, shrimps, mussels on the top of the rice mixture and cover with lid and press start. Let it Wait for 3 minutes. Sprinkle with green or spring onions and Serve. "

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|----------|-----------------|------------------------------------|---------|
| IN32 | CHINISE LO MEIN | Cooked Chinese Noodles (Spaghetti) | 2 cups |
| | | Diced Cooked Chicken | 200gm |
| | | French Beans (Thawed) | 100gm |
| | | Bean Sprout | 1 cup |
| | | Scallions (Chopped) | 2 |
| | | Gingers (Shredded) | ½ slice |
| | | Garlic (Minced) | 1 clove |
| | | Lime Juice | 1 tsp |
| | | Sugar | 1 tsp |
| | | Soya Sauce | 1 tbsp |
| | | Oil | 1½ tbsp |
| | | Sesame Oil | ½ tsp |
| | | Sherry | 1 tbsp |

Method of Preparation:

"Step 1: Mix together soya sauce, lime juice, sugar and set it aside . Take a MWO safe bowl, add vegetable oil, garlic, ginger, scallions, bean sprouts, french beans, sherry, and mix well and select category, enter weight, press start. Set it aside.

Step 2: Take another MWO safe bowl, add sesame oil, cooked noodles and cooked chicken, soya sauce mixture, stir and Press start.

Step 3: After the beep, now add the vegetables, mix thoroughly and press start. Serve hot."

INTERNATIONAL RECIPES

| IN33 | CHINISE GARLIC CHICKEN | Boneless, Skinless, Chicken Breasts (Cut In To Thin Shreds) | 400 gm |
|------|------------------------|--|--------|
| | | Egg White | 2 |
| | | Corn Starch | 3 tbsp |
| | | Sherry | 1 tbsp |
| | | Green Onion (Cut In To Thin Slices) | ½ cup |
| | | Ginger (Minced) | 1 tsp |
| | | Garlic (Minced) | 3 tsp |
| | | Oil As Required | |
| | | | |
| | | Sauce: | |
| | | Crushed Chilly Paste | 1 tsp |
| | | Corn Starch | 1 tsp |
| | | Sugar | 1 tsp |
| | | Rice Vinegar | 2 tsp |
| | | Sherry | 2 tbsp |
| | | Soya Sauce | 2 tbsp |
| | | Sesame Oil | 1 tsp |
| | | Water As Required | |

Method of Preparation:

"Marinate chicken with egg white, sherry, and starch, mix well, and set it aside for 30 minutes.

Step 1: Take a MWO safe bowl, add oil, onions, ginger, garlic, chilly paste, sugar, corn starch, rice vinegar, combine all ingredients mix well and select category, enter weight, press start.

Step 2: When the oven beeps, remove and add marinade chicken stir and press start.

Step 3: After the beep, remove and add water, sherry, soya sauce in to chicken mixture stir and press start. Splash with 1 tsp of dark sesame oil. Serve over rice."

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|--|--|----------------------------|---------|
| IN34 | PIQUANT CHICKEN WINGS (CHINESE) | Chicken Lollipops | 300 gms |
| | | Orange Juice | 1 cup |
| | | Corn Flour | 2 tbsp |
| | | Crushed Black Pepper Corns | 1 tsp |
| | | Crushed Red Chillies | 2 tsp |
| | | Honey | 3 tbsp |
| | | Lemon Juice | 2 tbsp |
| | | Salt To Taste | |
| <p>Method of Preparation: "Place the chicken lollipops in a bowl and add orange juice and salt. Marinate the chicken for 30 minutes. Step 1: Select category, enter weight, press start to cook the marinade chicken. Step 2: When the oven beeps, remove and add crushed peppercorns, crushed red chillies, honey and press start. Step 3: After the beep, remove and mix corn flour in a half cup of water. Add the flour mix and lemon juice onto chicken lollipops. Stir and press start. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|---------------------------------------|---------------------------------|--------|
| IN35 | NEW YEAR'S NOODLES (CHINA) | Noodles | 3 cups |
| | | Mushrooms (Chopped) | 1 cup |
| | | Vegetable Broth | 1 cup |
| | | Soy Sauce | 2 tbsp |
| | | Corn Starch | 3 tbsp |
| | | Sugar | 1 tsp |
| | | Peanut Oil | 2 tbsp |
| | | Minced Garlic | 1 tsp |
| | | Minced Ginger | 1 tsp |
| | | Chopped Cabbage | 1 cup |
| | | Bean Sprouts | 1 cup |
| | | Chopped Spring Onion | ½ cup |
| | | Chopped Scallions (For Garnish) | 2 |
| <p>Method of Preparation: "Soak mushrooms in warm water for 15 minutes and cut it into bite sized pieces. While the mushrooms are soaking, make the sauce by mixing vegetable broth, soy sauce, corn starch and sugar in a small bowl and set it aside. Step 1: Take the noodles and water into a microwave oven safe bowl and select category, enter weight and press start. Allow it to cool. Step 2: When the oven beeps, take another bowl; add oil, garlic, ginger, mushrooms, cabbage, bean sprouts, and spring onion, stir and press start. Step 3: After the beep, remove and add sauce, noodles and press start Garnish with scallions and serve."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|--|-----------------------------|--|----------|
| IN36 | CHICKEN NOODLES SOUP (THAI) | Skinless, Boneless, Chicken Breast (Cut Into Small Pieces) | 400 gm |
| | | Soaked Egg Noodles (Brake In To Small Pieces) | 1 cup |
| | | Chopped Spring Onion | 1 cup |
| | | Garlic | 3 cloves |
| | | Chicken Stock | 2 cups |
| | | Crunchy Peanut Butter | 1 tsp |
| | | Ginger (Sliced) | ½ inch |
| | | Black Pepper Corn (Crushed) | ¼ tsp |
| | | Coriander Leaves (Chopped) | ½ cup |
| | | Red Chillies (Slit) | 3 |
| | | Lemon Juice | 1 tsp |
| | | Thick Coconut Milk | ¼ cup |
| | | Oil As Required | |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: In a MWO safe bowl add oil, garlic, spring onion, peanut butter, ginger, chicken, salt, crushed pepper corns, red chillies, mix all the ingredients well and select category, enter weight, press start. Step 2: When the oven beeps, remove and add chicken stock, lemon juice, stir and press start. Step 3: After the beep, remove and now add soaked egg Noodles and coconut milk cover the bowl with lid and press start."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|--|--------------------|---|--------|
| IN37 | PRAWN CURRY (THAI) | French Beans | 1 cup |
| | | Prawns | 2 cup |
| | | Mushrooms (Sliced) | 1 cup |
| | | Red Pepper (Cut In To Slices) | 1 cup |
| | | *Thai Red Curry Paste* | 2 tbsp |
| | | Chicken Stock | |
| | | Thai Fish Sauce | 2 tbsp |
| | | Coconut Milk | 1 cup |
| | | Basil | 1 tsp |
| | | Coriander | 2 tbsp |
| | | Lime Juice | 1 tsp |
| | | Olive Oil | 2 tbsp |
| | | Basmati Rice (Cooked) | 2 cup |
| | | | |
| | | *Thai Red Curry Paste* | |
| | | 5 Red Chillies (Soaked In Warm Water/ Drained) | |
| | | ¼ Cup Chopped Onions | |
| | | 2 Peeled Garlic Cloves | |
| | | ½ Tbsp Grated Ginger | |
| | | 1 Stalk Lemon Grass | |
| | | 1 Stalk Coriander | |
| | | 1 Tbsp Coriander Seeds (Dania) | |
| | | ½ Tbsp White Pepper | |
| | | ½ Tsp Salt | |
| Method of Preparation: | | | |
| "Step 1: Take a MWO safe bowl, add oil, beans, red peppers, mushrooms and thai red curry paste. Mix well and select category, enter weight, press start. | | | |
| Step 2: When the oven beeps, remove and add prawn, chicken stock, fish sauces, basil, coriander, coconut milk, lime juice, stir and press start. Serve over basmati rice." | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|----------|--------------------|----------------------|-------|
| IN38 | FRITTATA (ITALIAN) | Eggs | 4 |
| | | Red Capsicums | ½ cup |
| | | Yellow Capsicum | ½ cup |
| | | Zucchini | ½ cup |
| | | Fresh Basil Leaves | few |
| | | Crushed Black Pepper | ½ tsp |
| | | Oil As Required | |
| | | Salt To Taste | |

Method of Preparation:

"Beat the eggs in a bowl with salt & pepper. Set it aside.

Step 1: Take a MWO safe bowl add oil, red capsicum, yellow capsicum, zucchini, basil, crushed black pepper, stir and select category, enter weight, press start.

Step 2: When the oven beeps, remove and pour the egg mixture in it, cover the bowl with lid, mix well and press start.

Step 3: When the oven beeps, remove and turn over and press start. Serve hot. "

| Category | Recipe- | Ingredients: | |
|----------|------------------|------------------------|--------|
| IN39 | SPANISH OMELETTE | Olive Oil | 3 tbsp |
| | | Onion (Minced) | 2 cup |
| | | Boiled Potato (Minced) | 2 cup |
| | | Salt | ¼ tsp |
| | | Eggs, Beaten | 5 |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl; add oil, onion, potato, salt, stir and select category, enter weight, press start.

Step 2: When the oven beeps, remove and add beaten eggs on the top of potato mix and press start.

Step 3: When the oven beeps, remove and turn potato and eggs mixture and press start. Serve hot."

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|---|--------------|-----------------|--------|
| IN40 | MEXICAN RICE | Oil | 2 tbsp |
| | | Rice | 1½ cup |
| | | Salt | 1 tsp |
| | | Cumin | ½ tsp |
| | | Chopped Tomato | 1 cup |
| | | Tomato Puree | ½ cup |
| | | Chicken Broth | 3 cup |
| | | Onion (Chopped) | 1 cup |
| <p>Method of Preparation: "Step 1: In a microwave oven safe bowl add oil, cumin's, onions, salt, rice and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, now add chicken broth and tomato sauce stir, and press start. Step 3: After the beep, remove, mix well and cover the bowl with lid and press start. Let it stand for 5 minutes & serve."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|----------------------|-----------------------------|---------|
| IN41 | IRISH EGGS (ENGLAND) | Butter (Melted) | 2½ tbsp |
| | | Potatoes (Cut In To Slices) | 1½ cup |
| | | Onion (Minced) | 1 cup |
| | | Green Bell Pepper (Chopped) | 1 cup |
| | | Eggs (Beaten) | 5 |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl; add butter, potatoes, onion and green peppers. Stir and select category, enter weight, press start. Step 2: When the oven beeps, remove and stir the eggs and press start. Serve warm."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|--|--------------------------------------|---|----------|
| IN42 | FISH A LA MARSEILLES (FRENCH) | Fish (Use Two Kinds Of Fish Cut In To Slices) | 300 g |
| | | Onion (Sliced) | 1 cup |
| | | Tomato (Chopped) | 1 cup |
| | | Parsley (Minced) | ¼ cup |
| | | Thyme (Minced) | ¼ cup |
| | | Bay Leaves (Minced) | 3 |
| | | Pepper | ½ tsp |
| | | Chilly Powder (Optional) | 1 tsp |
| | | Garlic (Minced) | 2 cloves |
| | | Butter | ¼ cup |
| | | Juice Of Lemon | 2 tsp |
| | | Water | 2 cup |
| | | Sherry (White Wine) | 1 cup |
| | | Sugar | |
| | | Salt To Taste | |
| <p>Method of Preparation: "Season the fish slices with salt, garlic, parsley, thyme, bay leaves and pepper. Set it aside. Step 1: Take a oven safe bowl; add butter, onion, tomato, chilly powder, juice of lemon and seasoned fish slices. Mix all ingredients well, then select category, enter weight, prsee start. Step 2: When the oven beeps, remove and add water, sherry, sugar pour over the fish. Mix slowly and press start. Serve with toast."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|---------------------------------|---------------------|--------|
| IN43 | SCRAMBLED EGGS (ENGLAND) | Eggs | 5 |
| | | Mozzarella Cheese | ¼ cup |
| | | Butter (Melted) | ¼ cup |
| | | Milk | 3 tbsp |
| | | Onion (Chopped) | 2 cup |
| | | Mushrooms (Chopped) | 2 cup |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl; add butter, onion, mushrooms stir and select category, enter weight, press start. Step 2: When the oven beeps, remove and break eggs in to a bowl. Whip until fully beaten. Add milk, mix well and press start. Place cheese slice on the top of the eggs, cover with lid and stand until cheese melts. Serve hot."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|---|--------------------|--|---------|
| IN44 | CHINISE FRIED RICE | Eggs | 2 |
| | | Ground White Pepper | ¼ tsp |
| | | Soya Sauce | ¼ cup |
| | | Rice (Cooked) | 4 cups |
| | | Scallions Including Green Ends (Chopped) | ½ cup |
| | | Chicken (Diced) | 2 cup |
| | | Ginger (Minced) | 1 slice |
| | | Garlic (Minced) | 1 clove |
| | | Sliced Mushrooms (Optional) | ½ cup |
| | | Oil | ¼ cup |
| <p>Method of Preparation: "Put first three ingredients in a mixing bowl and stir slightly; eggs should not be well beaten. Keep it sside. Step 1: Take a microwave oven safe bowl, add oil, garlic, ginger, scallions, chicken, and mushrooms, mix all Ingredients and select category, enter weight, press start. Step 2: When the oven beeps, remove and add the rest of the ingredients. Cooked rice and egg mixture; stir constantly until thoroughly mixed. Coat with oil and press start. Serve hot."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|---|---------------------|---|--------|
| IN45 | GREEN CURRY CHICKEN | Boneless, Skinless, Chicken Breast (Cut Into 1 Inch Cubes) | 300 g |
| | | Dark Soya Sauce | ½ tbsp |
| | | All Purpose Flour | 2 tbsp |
| | | Oil | 2 tbsp |
| | | *Green Curry Paste* | 3 tbsp |
| | | Green Onions With Tops (Chopped) | 2 |
| | | Cloves Garlic (Peeled & Chopped) | 3 |
| | | Ginger | 1 tsp |
| | | Coconut Milk | 2 cup |
| | | Fish Sauce | 1 tbsp |
| | | Soya Sauce | ½ tbsp |
| | | White Sugar | 2 tbsp |
| | | Cilantro Leaves For Garnish | ½ cup |
| | | | |
| | | *Green Curry Paste* | |
| | | 12 Green Chillies (Chopped) | |
| | | 6 Cloves Garlic (Peeled) | |
| | | 1 Large Onion (Chopped) | |
| | | 1" Piece Of Ginger (Peeled) | |
| | | 1 Cup Coriander (Chopped) | |
| | | 1 Tsp Lemon Juice | |
| | | 1 Tbsp Ground Coriander | |
| | | 2 Tsp Cumin (Ground) | |
| | | 2 Stalks Of Lemon Grass | |
| | | 1 Tsp Salt | |
| | | ½ Tsp Pepper | |
| Method of Preparation: | | | |
| "Toss chicken first in dark Soya sauce, then in the flour, coating pieces evenly. | | | |
| Step 1: Take a MWO Safe bowl add oil, green curry paste, garlic, ginger, and green onions, mix well and select category, enter weight, press start. | | | |
| Step 2: When the oven beeps, remove and now add the chicken, stir and press start. | | | |
| Step 3: When the oven beeps, remove and add coconut milk, fish sauce, soya sauce and sugar in to the chicken, mix well and press start. Garnish with cilantro leaves. Serve hot." | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|---|----------------------------------|-------------------------------|---------|
| IN46 | CHICKEN HUNTER'S STYLE (ITALIAN) | Chicken | 300 g |
| | | Butter | 2 tbsp |
| | | Oil | 1½ tbsp |
| | | Finely Chopped Onion | 1 cup |
| | | Green Peppers Chopped | ½ tsp |
| | | Garlic Cloves Minced | 2 |
| | | Basil | ½ tsp |
| | | Salt | 1 tsp |
| | | Pepper | ½ tsp |
| | | Stewed Tomato (Undrained) | 1 cup |
| | | Tomato Juice Or Chicken Broth | ½ cup |
| | | Sliced Mushrooms For Garnish. | |
| <p>Method of Preparation: "Step 1: Take a microwave safe bowl; add butter, oil, onion, green pepper, garlic, basil, salt, pepper. Stir well and select category, enter weight, press start. Step 2: When the oven beeps, remove and add chicken stir and press start. Step 3: When the oven beeps, remove and add tomato, tomato juice or chicken broth or water, stir and press start. Garnish with mushroom slices, if desired. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|-------------------------|-------------------------------------|--------|
| IN47 | PASTA CHICKEN (ITALIAN) | Chicken Breast (Diced) | 300 g |
| | | Broccolis (Diced) | ½ |
| | | Garlic Cloves (Minced) | 5 |
| | | Basil | ¼ tbsp |
| | | Oregano | ¼ tbsp |
| | | Carrots (Cut In To Small Pieces) | ½ cup |
| | | Ripe Tomatoes | ½ cup |
| | | Shell Pasta | 1½ cup |
| | | Olive Oil | 2 tbsp |
| | | Grated Cheese (For Taste & Garnish) | |
| <p>Method of Preparation: "Step 1: Take a MWO safe bowl; add water, pasta, broccoli, mix well and select category, enter weight, press start. Keep it aside. Step 2: When the oven beeps, take another MWO safe bowl, add oil, tomatoes, garlic, basil, oregano, and chicken mix all ingredients and press start. Step 3: When the oven beeps, remove and drain the boiled pasta and broccoli add in to cooked chicken. Stir well and cover the bowl with lid and press start to cook. Garnish with grated cheese and serve."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|--|--------------------------------------|--------------------|--------|
| IN48 | MUSHROOMS A LA BORDE-LAISE (SPANISH) | Mushroom (Chopped) | 300 g |
| | | Onions (Chopped) | 4 |
| | | Butter | 2 tbsp |
| | | Pepper | ½ tsp |
| | | Salt To Taste | |
| | | Parsley | 1 tbsp |
| | | Bay Leaf | 3 |
| | | Glass Of Sherry | ½ |
| <p>Method of Preparation:</p> <p>"Step 1: Take some butter in a microwave safe oven bowl, add onions, mushrooms, stir and select category, enter weight, press start.</p> <p>Step 2: When the oven beeps, remove and add the sherry, parsley, bay leaf, salt and pepper, mix well and press start. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|---------------------------|--|----------|
| IN49 | MOO GOO GAI PAN (CHINESE) | Chicken (Breast Halves, Skinned, And Sliced) | 300 g |
| | | Pepper | 1 tsp |
| | | Garlic | 3 cloves |
| | | Water | 1 cup |
| | | Corn Starch | 3 tbsp |
| | | Oil | 2 tbsp |
| | | Sliced Mushrooms | ½ cup |
| | | Chopped Cabbage | ¾ cup |
| | | Sugar | 2 tbsp |
| | | Soy Sauce | 2 tbsp |
| | | Scallions (Chopped) | 1 cup |
| | | Salt To Taste | |
| <p>Method of Preparation:</p> <p>"In a bowl, toss chicken with salt and pepper, garlic and cornstarch mixture. Set it aside.</p> <p>Step 1: Take an oven safe bowl add oil, mushrooms, cabbage, sugar Mix well and select category, enter weight, press start.</p> <p>Step 2: When the oven beeps, remove and add chicken, Soy sauce, scallions stir well and press start. Serve hot."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|----------|--------------------------------------|---------------------------------|----------|
| IN50 | COUNTRY STYLE CHICKEN STEW (ENGLAND) | Chicken (Cut In To Pieces) | 300 g |
| | | Potatoes (Cut In To Pieces) | 1 cup |
| | | Carrot (Cut In To Pieces) | ½ cup |
| | | Onion, Cut In To Pieces | 1 cup |
| | | Tiny Pearl Onions (Peeled) | 5 |
| | | French Beans (Cut In To Pieces) | ½ cup |
| | | Cauliflower Florets | ½ cup |
| | | Bay Leaves | 3 |
| | | Springs Of Parsley | few |
| | | Celery Stalk (Lightly Crushed) | 2 inch |
| | | Dried Thyme | ½ tsp |
| | | Block Pepper Corns (Crushed) | 3 |
| | | Oil | 2 tbsp |
| | | Garlic (Crushed) | 6 cloves |
| | | Whole Wheat Flour | 2 tbsp |
| | | Salt To Taste | |
| | | Water As Required | |

Method of Preparation:

"Step 1: Take oil in a oven safe bowl, add flour, chicken, garlic, stir and select category, enter weight, press start.
 Step 2: When the oven beeps, remove and add potatoes, carrot, turnip, french beans, cauliflower, onions, bay leaf, parsley, celery, water, thyme, and pepper corns, salt. Stir all ingredients and press start. Serve hot."

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|--|------------------------------------|----------------------------|---------|
| IN51 | CHICKEN CASSEROLE (ITALIAN) | Chicken (Cut In To Pieces) | 300 gr |
| | | Baby Onions | 1 cup |
| | | Tomatoes | 1 cup |
| | | Tomato Paste | 1 cup |
| | | Marjoram | ¼ tsp |
| | | Oregano | ¼ tsp |
| | | Button Mushrooms | 1 cup |
| | | Block Olives | 1 tsp |
| | | Garlic | 1 clove |
| | | Chopped Parsley | few |
| | | Salt And Pepper To Taste | |
| | | Water As Required | |
| | | Oil As Required | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl; add oil, garlic, onions, marjoram, oregano, chicken, block olives, stir well and select category, enter weight, press start. Step 2: When the oven beeps, remove and add tomatoes, tomato paste, mushrooms, water, parsley, salt & pepper. Stir and press star. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|----------------------------|---|-------|
| IN52 | SPAGHETTI (MEXICAN) | | |
| | | Skinless, Bone Less Chicken Breast (Cut In To Small Pieces) | 200 g |
| | | Spaghetti Noodles (Broken In To Half) | 2 cup |
| | | Chopped Tomato | 1 cup |
| | | Onion | 1 cup |
| | | Cumin | 1 tsp |
| | | Chilly Powder | 2 tsp |
| | | Cheese | ½ cup |
| | | Oil As Required | |
| | | Salt And Pepper To Taste | |
| | | Water As Required | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl; add oil, broken spaghetti, stir well and select category, enter weight, press start. Step 2: When the oven beeps, remove and add tomato, onion, chicken breasts, with cumin's, chilly powder, Salt and pepper, mix well, pour water stir and cover the bowl with lid and press start. Garnish with cheese. Serve hot."</p> | | | |

INTERNATIONAL RECIPES

| Category | Recipe- | Ingredients: | |
|--|--|---|----------|
| IN53 | GARLIC AND GINGER PRAWN'S (CHINESE) | Prawns | 300 g |
| | | Red Capsicums (Cut In To Strips) | 1 cup |
| | | Spring Onion Greens (Cut In To ½ Inch-Diamonds) | 1 cup |
| | | Grated Ginger | 2 inch |
| | | Chopped Red Chilly | 2 |
| | | Garlic (Chopped) | 4 cloves |
| | | Soya Sauce | 2 tsp |
| | | Sugar | 2 tsp |
| | | Chicken Stocks | 1 cup |
| | | Corn Flour | 2 tbsp |
| | | Lemon Juice | 1 tsp |
| | | Coriander Leaves (Chopped) | 2 tbsp |
| | | Oil | 2 tbsp |
| | | Salt & Pepper To Taste | |
| <p>Method of Preparation: Step 1: Take a MWO safe bowl, add oil, garlic, ginger, red chili and red capsicum stir and select category, enter weight, press start. Step 2: When the oven beeps, remove and add prawns. Soya sauce, sugar, chicken stock, mixes well and press start. Mix the corn flour in a ¼ cup of water, add the flour mix and lemon juice in to boiled prawns bowl. Garnish with spring onion greens and coriander leaves. Serve hot.</p> | | | |

BARBECUE

| Category | Recipe- | Ingredients: | |
|--|------------------------|---------------------|--------|
| BQ1 | BARBECEUD CHICKEN LEGS | Chicken Legs | 4 |
| | | Bbq Sauce | ½ cup |
| | | Ground Black Pepper | ½ tsp |
| | | Paprika | ½ tsp |
| | | Cumin Powder | 1 tsp |
| | | Cayenne Pepper | 1 tsp |
| | | Garlic Paste | 1 tsp |
| | | Onion Paste | 3 tbsp |
| | | Olive Oil | 2 tbsp |
| | | Salt To Taste | |
| <p>Method of Preparation: "Take a mixing bowl, add all the ingredients, mix well and set a side 2 hours for marinade. Grease the rotisserie skewers with some oil. Arrange the chicken legs on rotisserie skewers and assemble the rotisserie. Install the rotisserie in the microwave, spread the tissue paper on the glass tray. Select category, enter weight and press start. Serve hot. "</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|---------------------|-------------------|----------|
| BQ2 | CHICKEN HONEY WINGS | Chicken Wings | 400 gm |
| | | Garlic (Chopped) | 4 cloves |
| | | Olive Oil | ¼ cup |
| | | Soy Sauce | 1 tbsp |
| | | Rice Vinegar | ¼ cup |
| | | Honey | ¼ cup |
| | | Cinnamon (Ground) | ½ tsp |
| | | Thyme | 1 tsp |
| | | Ginger (Ground) | ½ tsp |
| | | Mustard (Dry) | ½ tsp |
| <p>Method of Preparation: "Take a mixing bowl, add oil, garlic, ginger, mustard, thyme, cinnamon, honey, vinegar, soy sauce and chicken wings. Mix well and set it aside for 2 hours to marinate. Grease the rotisserie skewers with some oil. Arrange the chicken wings on rotisserie skewers and assemble the rotisserie. Install the rotisserie in the microwave, spread the tissue paper on the glass tray. Select category, enter weight, press start. Serve hot."</p> | | | |

BARBECUE

| Category | Recipe- | Ingredients: | |
|--|-------------|--------------------------------|--------------|
| BQ3 | MALAI TIKKA | Boneless Chicken (1½" pieces) | 400 gm |
| | | Oil | 2 tbsp |
| | | Thick cream | ¼ cup |
| | | Green cardamom powder | ¼ tsp |
| | | Pepper powder | As per taste |
| | | Garlic paste | ½ tsp |
| | | Ginger paste | 1 tsp |
| | | Melted butter | ¼ tbsp |
| | | Garam masala | As per taste |
| | | Cumins powder | 1 tsp |
| | | Green chillies Paste | 1 tsp |
| | | Amchoor powder | ½ tsp |
| | | Salt to taste | |
| <p>Method of Preparation: Mix all the ingredients in a bowl, marinate the chicken & keep it in the refrigerator for 1 hour. Grease the rotisserie skewers with some oil. Put the chicken pieces on the skewers. Assemble the rotisserie. Install the rotisserie in the microwave, spread the tissue paper on the glass tray. Select category, enter weight & press start. Sprinkle the chaat masala & serve.</p> | | | |

BARBECUE

| Category | Recipe- | Ingredients: | |
|---|---------------|-------------------------------|---------|
| BQ4 | CHICKEN TIKKA | Chicken | 400g |
| | | | |
| | | For Marinade; | |
| | | Curd | 1 cup |
| | | Cumin (Jeera Powder) | 1 tsp |
| | | Thick Cream | 3 tbsp |
| | | Orange Colour | 3 drops |
| | | Oil | 2 tbsp |
| | | Corn Flour | 2 tbsp |
| | | Red Chilly Powder | 1 tsp |
| | | Garam Masala | 1 tsp |
| | | Ginger, Garlic Paste | ½ tbsp |
| | | Lime Juice | 1 tsp |
| | | Salt To Taste. | ¼ cup |
| | | | |
| | | For Garnish; | |
| | | Capsicum, Chopped & Cooked | 1 large |
| | | Onion, Chopped & Cooked | 1 |
| | | Tomato, Chopped & Cooked | 1 |
| | | Chopped Coriander For Garnish | ¼ cup |
| <p>Method of Preparation: Marinade the chicken with all marinade ingredients. Stir and set it aside in the fridge for 2 hours to marinade. Grease the rotisserie skewers with some oil. Put the chicken pieces on skewers. Assemble the rotisserie. Install the rotisserie in the microwave, spread the tissue paper on the glass tray. Select category, enter weight & press start. Mix with all vegetables and garnish with coriander. Serve hot.</p> | | | |

BARBECUE

| Category | Recipe- | Ingredients: | |
|---|--------------|--------------------------------------|--------------|
| BQ5 | PANEER TIKKA | Paneer cubes, cut into 1½" cubes | 1 cup |
| | | Capsicum, cut into cubes | 1 cup |
| | | Onion, cut into cube | 1 cup |
| | | Tomato, cut into cubes, pulp removed | 1 cup |
| | | | |
| | | For marinade | |
| | | Hung curd | 2 tbsp |
| | | Ginger garlic paste | 1 tbsp |
| | | Red Chilli powder | As per taste |
| | | Tandoori masala | 1 tsp |
| | | Tandoori Color | A pinch |
| | | Garam masala | 1 tsp |
| | | Oil | For basting |
| | | Salt to taste | |
| Method of Preparation: | | | |
| Make holes in the paneer pieces with the rotisserie skewers. Mix all the ingredients of the marinade in a bowl. Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour. Arrange vegetables to rotisserie skewers, assemble the rotisserie & install the rotisserie in the oven. Select category, enter weight & press start. Serve hot. | | | |

| Category | Recipe- | Ingredients: | |
|--|-----------------|---------------------|--------|
| BQ6 | BABY CORN TIKKA | Baby Corns | 300 g |
| | | For Marinade | |
| | | Cornflour | ½ cup |
| | | Red Chilly Powder | 1 tsp |
| | | Cumin Powder | 1 tsp |
| | | Garam Masala Powder | 1 tsp |
| | | Coriander Powder | 1 tsp |
| | | Tomato Sauce | ½ cup |
| | | Oil | 4 tbsp |
| | | Salt To Taste | |
| Method of Preparation: | | | |
| Make holes in the corn pieces with the rotisserie skewers. Mix all the ingredients of the marinade in a bowl. Now add the corn pieces, mix well and keep in the refrigerator for 1 hour. Arrange the corn onto the rotisserie skewers, assemble the rotisserie & install the rotisserie in the oven. Select category, enter weight & press start. Poke a tooth pick to the corn. Baby Corn Tikka is ready to serve. Serve hot. | | | |

BARBECUE

| Category | Recipe- | Ingredients: | |
|--|---------------------|-------------------------------|--------|
| BQ7 | CHICKEN SEEKH KABAB | Minced Chicken | 400 gr |
| | | Chilli Flakes | 1 tsp |
| | | Ginger & Garlic Paste | 2 tsp |
| | | Lemon Juice | 2 tsp |
| | | Coriander Powder | 1 tsp |
| | | Cumin Powder | 1 tsp |
| | | Garam Masala | 1 tsp |
| | | Onion Paste | ½ cup |
| | | Bread Crumbs | ½ cup |
| | | Egg, Yolk And White Separated | 2 |
| | | Oil As Required | |
| | | Salt To Taste | |
| <p>Method of Preparation: Mix all the ingredients in a bowl and mix the chicken kababs. Marinate Chicken & keep in the refrigerator for 1 hour. Grease the rotisserie skewers with some oil. Put the chicken kababs on skewers. Assemble the rotisserie. Install the rotisserie in the microwave, spread the tissue paper on the glass tray. Select category, enter weight & press start. Serve hot.</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|------------------|--------------------|---------|
| BQ8 | HARI SEEKH SALAD | Spinach leaves | 100 gms |
| | | Spring onion bulbs | 100 gms |
| | | Cabbage leave | 100 gms |
| | | Broccoli | 100 gms |
| | | | |
| | | For Marinade | |
| | | Hung curd | 1 cup |
| | | Onion paste | 1 cup |
| | | Garam Masala | 2 tsp |
| | | Amchoor | 1 tsp |
| | | Oil as required | |
| | | Salt to taste | |
| <p>Method of Preparation: Mix all the ingredients of marinade in a bowl. Take one vegetable at a time and spread the marinade on each vegetable or leaf on both the sides thoroughly. Mix well and leave it aside for 1 hour. Mix it at least twice in between. Oil & wipe the skewers of the rotisserie. Skewer the vegetables, thread them starting with broccoli, then fold a cabbage leaf & insert, fold a spinach leaf (one) & then fold again (like a pan) & insert, then insert a whole spring onion & then again another folded cabbage leaf & spinach leaf in the same skewer, Repeat the same for all the skewers. Install the rotisserie in the oven. Select category, enter weight & press start. Serve hot.</p> | | | |

BARBECUE

| Category | Recipe- | Ingredients: | |
|----------|---------------|--|--------------|
| BQ9 | TIKKA ACHAARI | Boneless chicken (Cut into 1½" pieces) | 400 gr |
| | | | |
| | | For marinade | |
| | | Hung curd | 3 tbsp |
| | | Raw papaya Paste | ½ tbsp |
| | | Onion (Sliced) | ¼ cup |
| | | Red chilli powder | As per taste |
| | | Amchoor powder | As per taste |
| | | Saunf | 2 tsp. |
| | | Jeera | ½ tsp. |
| | | Mustard seeds | ½ tsp |
| | | Ginger garlic paste | 1 tbsp |
| | | Tandoori Color | A pinch |
| | | Methidana | A pinch |
| | | Salt to taste | |

Method of Preparation:

Wash the chicken pieces. Prick them with a fork. Mix all the ingredients of marinade in a bowl. Add the chicken pieces & keep them for 3 hours in a refrigerator. Remove from the fridge & let them come to the room temperature. Spread the tissue paper on glass tray & insert the chicken pieces in rotisserie skewers. Assemble the rotisserie & install it in the microwave. Select category, enter weight, press start. Serve hot.

| Category | Recipe- | Ingredients: | |
|----------|---------------|-------------------|--------------|
| BQ10 | MURG TANDOORI | Whole Chicken | 1 Kg |
| | | | |
| | | For Marinade | |
| | | Hung Curd | 1 Cup |
| | | Garlic Paste | 3 Tbsp |
| | | Ginger Paste | 1 Tbsp |
| | | Tandoori Masala | 3 Tsp |
| | | Cumin Powder | As per taste |
| | | Tandoori Color | A pinch |
| | | Red Chilli Powder | As per taste |
| | | Salt to taste | |

Method of Preparation:

Mix all the ingredient of marinade in a bowl. Wash the Chicken properly & make cuts on the chicken all over. Marinate the Chicken properly coating all the places. keep marinated for 3 hours in refrigerator. Keep paper towel on glass tray. Assemble the rotisserie & insert the Chicken & tie up with thread. Install the rotisserie in the microwave. Select category, enter weight & press start. Serve with grilled onion slices, lemon wedges & schezwan chutney.

DESSERTS/ SOUPS

| Category | Recipe- | Ingredients: | |
|---|--------------|------------------------|---------|
| DS1 | BANANA HALWA | Banana Ground To Paste | 2½ cup |
| | | Wheat Flour | 1 cup |
| | | Milk | 1 cup |
| | | Cardamom Powder | a pinch |
| | | Sugar | 1½ cup |
| | | Cashews | few |
| | | Almonds | few |
| | | Ghee As Required | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe glass bowl, add ghee and wheat flour, mix them well and select category, enter weight, press start. Step 2: After the beep, remove, add the remaining ingredients, mix well and press start. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|---------------|--------------------|-------------|
| DS2 | COCONUT LADOO | Suji / Rava | 2 cup |
| | | Grated Coconut | 3 cup |
| | | Condensed Milk | as required |
| | | Powdered Sugar | 2 cup |
| | | Dry Coconut Powder | ¾ cup |
| <p>Method of Preparation: "Step 1: Take suji (rava) in a microwave oven safe glass bowl, Place in the microwave oven, select category, enter weight & press start. Step 2: After the beep, remove, add grated coconut, condensed milk, powdered sugar & mix well and press start. Remove After the beep & set aside to cool. Make small balls of the mixture. Roll the balls in dry coconut powder & serve."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|---------|-------------------------|--------|
| DS3 | SUKHDI | Whole Wheat Flour | 2 cup |
| | | Ghee | 1½ cup |
| | | Jaggery - Sliced Thinly | 1½ cup |
| | | Milk | 1 cup |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe glass bowl; add wheat flour and ghee mix well. To roast the wheat flour, select category, enter weight, press start. Step 2: After the beep, remove and add jaggery, milk, mix well and press start. Serve hot."</p> | | | |

DESSERTS/ SOUPS

| Category | Recipe- | Ingredients: | |
|----------|----------------|-------------------------|---------|
| DS4 | BESAN KA LADOO | Besan | 2 cup |
| | | Sugar Powder | 1 cup |
| | | Elaichi Powder | ¼ tsp |
| | | Ghee (If Needed) | 1½ tbsp |
| | | Roasted Cashews Chopped | ¼ cup |
| | | Raisins (Optional) | 1½ tbsp |

Method of Preparation:

"Step 1: Take a microwave oven safe glass bowl. Add ghee, besan, mix them well and select category, enter weight and press start. (stir twice in between).

Step 2: After the beep, remove and add sugar, cardamom, add the ghee if needed, mix well and press start.

Step 3: After the beep, remove and add cashew, raisins. Take small portions and roll to balls. Serve warm."

| Category | Recipe- | Ingredients: | |
|----------|------------|----------------------------|--------|
| DS5 | KAJU KATLI | Roasted Cashew Nuts Powder | 1½ cup |
| | | Sugar | ¾ cup |
| | | Rose Water | 1 tsp |
| | | Cardamom Powder | ¼ tsp |
| | | Water As Required | |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, Add sugar, cardamom powder and rose water, mix well and select category, enter weight, press start.

Step 2: When the sugar melts off completely add the cashew nuts powder into it. Mix well and press start. After the beep, remove, mix well and blend the sugar syrup and powder. The mixture must be smooth. Pour the mixture in to a lightly greased baking dish. Set to cool and cut to it into desired shapes."

| Category | Recipe- | Ingredients: | |
|----------|------------|-----------------------------|-----------|
| DS6 | RAGI KHEER | Ghee | 1 tbsp |
| | | Ragi Flour | 2 tbsp |
| | | Hot Milk | 2 cup |
| | | Sugar | 1 cup |
| | | Cashews | 6 |
| | | Pistachios - Chopped Finely | 4 |
| | | Almonds - Chopped Finely | 3 |
| | | Saffron - Optional | 6 strands |
| | | Cardamom Powder | ¼ tsp |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, Add sugar, milk, mix well and select category, enter weight, press start.

Step 2: When the oven beeps, remove and add ragi flour, ghee, mix well and press start. After the beep, remove, mix them well and add all remaining ingredients and serve hot."

DESSERTS/ SOUPS

| Category | Recipe- | Ingredients: | |
|----------|-----------|------------------------|--------|
| DS7 | APPLE PIE | Apples cut into slices | 4 cup |
| | | Corn starch | 3 tbsp |
| | | Honey | 3 tbsp |
| | | Raisins (optional) | 3 tbsp |
| | | Nutmeg to taste | |
| | | Cinnamon to taste | |
| | | Butter as required | |

Method of Preparation:

"Marinate the apples with the all ingredients for ½ hour.

Step 1: Arrange the marinate apples in a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between."

| Category | Recipe- | Ingredients: | |
|----------|-----------------|-------------------|-------|
| DS8 | CARAMEL PUDDING | Milk | 4 cup |
| | | Sugar | 2 cup |
| | | Eggs | 4 |
| | | Vanilla extract | ¾ tsp |
| | | water as required | |

Method of Preparation:

Step 1: Take a grill safe deep bowl, add all the ingredients, mix well and place the bowl in on the mesh rack, select category, enter weight and press start. Remove, set to cool and refrigerate. Serve chilled.

| Category | Recipe- | Ingredients: | |
|----------|-------------|-----------------|---------|
| DS9 | CHHENA PODA | Paneer | 2 cup |
| | | Suji | ¾ cup |
| | | Cardamom | ½ tsp |
| | | Raisins | few |
| | | Roasted Cashews | few |
| | | | |
| | | Syrup:- | |
| | | Ghee | 1½ tbsp |
| | | Sugar | 1½ cup |

Method of Preparation:

"Take a mixing bowl, Add paneer , suji, cardamom, mix it and set a side for kneading, till it get a very mashed quality. Add sugar, nuts and mix it with paneer thoroughly to get a crumbly mixture finally.

Step 1: Take a baking bowl, pour the ghee, sugar syrup in to a bowl, Pour in the paneer mix over the syrup and select category, enetr weight, press start to bake. Serve it warm."

DESSERTS/ SOUPS

| Category | Recipe- | Ingredients: | |
|----------|-------------|----------------------|-------|
| DS10 | NAAN KHATAI | Maida | 150 g |
| | | Suji | 50 g |
| | | Powdered sugar | 85 g |
| | | Vanilla essence | 1 tsp |
| | | Butter | 100 g |
| | | Almonds & cashewnuts | A few |

Method of Preparation:

"Cream the butter & sugar together till it turns fluffy. Add vanilla essence followed by maida & suji. Make a dough out of this mixture. Make medium sized balls & put cashewnut on the top of each piece.

Step 1: Arrange them on crusty plate and place the plate in on the grill mesh rack, Select category, enter weight & press start. "

| Category | Recipe- | Ingredients: | |
|----------|-------------|----------------------|----------|
| DS11 | SHAHI TUKDA | Roasted Bread Slices | 3 slices |
| | | Milkmaid | 150 ml |
| | | Milk | 125 ml |
| | | Sugar | 3 tbsp |
| | | Badam | few |
| | | Elaichi Powder | a pinch |
| | | Pista Pieces | few |
| | | Kesar as per taste | |

Method of Preparation:

"Take a mixing bowl, add milkmaid, milk, sugar, dry fruits and kesar elaichi powder, mix well.

Step 1: Take a microwave oven safe flat glass dish, pour the mixture on the slices and select category, enter weight, press start. Serve hot."

| Category | Recipe- | Ingredients: | |
|----------|---------------|--------------------------------|----------|
| DS12 | BREAD PUDDING | Bread Crumbs | 250 gms |
| | | Sugar | 200 gram |
| | | Milk | ¾ liter |
| | | Butter | 50 gms |
| | | Chocolate | 20 gram |
| | | Eggs (Yolks & White Suppurate) | 4 |
| | | Vanilla Essence | 1 tsp |

Method of Preparation:

"Soak bread crumbs in milk and press dry, add butter mixed sugar, chocolate, egg yolks, Mix well and add vanilla essence, egg white, mix all ingredients well and set a side.

Step 1: Pour the pudding in lightly greased glass bowl and place it in the microwave, select category, enter weight and press start."

DESSERTS/ SOUPS

| Category | Recipe- | Ingredients: | |
|--|---------------------|----------------------------|--------|
| DS13 | PURAN POLI KA PURAN | Chana Dal, Soaked & Cooked | 1½ cup |
| | | Jaggery Grated | 1½ cup |
| | | Turmeric Powder | ¼ tsp |
| | | Cardamom Powder | ½ tsp |
| | | Nutmeg Powder | ½ tsp |
| | | Oil If Required | |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe bowl; add all the ingredients, mix them well. Place the bowl in the microwave oven, select category, enter weight and press start. Remove; add in flour flatten dough and make puran poli. Serve hot. | | | |

| Category | Recipe- | Ingredients: | |
|--|----------|------------------|--------|
| DS14 | KALAKAND | Condensed Milk | 1 cup |
| | | Crumbled Paneer | 1½ cup |
| | | Milk | ¾ cup |
| | | Cardamom Powder | ½ tsp |
| | | Nuts For Garnish | few |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe bowl, add all ingredients other than cardamom powder, nuts, mix well and select category, enter weight and press start. After the beep, remove and add cardamom powder, mix smoothly and garnish with nuts, cut it into desired shapes. Serve warm. | | | |

| Category | Recipe- | Ingredients: | |
|---|---------------|----------------|---------|
| DS15 | APPLE CUSTARD | Apple Slices | 2 cup |
| | | Custard Powder | 2½ tbsp |
| | | Sugar | 2½ tbsp |
| | | Milk | 2½ cup |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe bowl, Add all ingredients other than apples, mix well and select category, enter weight, press start. After the beep, remove and add apples, mix well, set a side to cool. Serve warm or cool. | | | |

DESSERTS/ SOUPS

| Category | Recipe- | Ingredients: | |
|----------|----------------|--------------------|---------|
| DS16 | BEETROOT HALWA | Grated Beetroot | 3 cup |
| | | Milk | 2 cup |
| | | Sugar | 1 cup |
| | | Ghee | 3 tbsp |
| | | Cardamom Powder | a pinch |
| | | Cashews | 10 |
| | | Raisins - Optional | 6 |

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than cardamom powder, cashew nuts, raisins, mix well and select category, enter weight and press start. After the beep, remove and add cardamom powder, cashew, raisins, mix smoothly and Serve warm.

| Category | Recipe- | Ingredients: | |
|----------|--------------|-----------------|---------|
| DS17 | NARIAL BURFI | Coconut scraped | 2 cup |
| | | Sugar | 1 cup |
| | | Powdered sugar | 2 tbsp |
| | | Fresh cream | ½ cup |
| | | Cardamom powder | a pinch |
| | | Ghee | 1 tbsp |

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than cardamom powder, mix them well and select category, enter weight and press start. After the beep, remove and add cardamom powder, mix smoothly and cut it in desired shapes. Serve warm.

| Category | Recipe- | Ingredients: | |
|----------|---------|--------------------------|---------|
| DS18 | PEDA | Soft Khoya | 250 gms |
| | | Sugar Powdered | 1 cup |
| | | Cardamom Powder | ¼ tsp |
| | | Cardamom Seeds (Crushed) | ¼ tsp |
| | | Pistachios | few |

Method of Preparation:

Step 1: Take a microwave oven safe glass bowl, add all ingredients other than cardamom seeds and pistachios, mix well and select category, enter weight, press start. After the beep, remove and set to cool. When set well, make peda shape and garnish with cardamom seeds and pistachios on top and serve.

DESSERTS/ SOUPS

| Category | Recipe- | Ingredients: | |
|----------|------------|-----------------------------------|-------|
| DS19 | RAVA LADOO | Rava | 1 cup |
| | | Coconut Grated And Roasted | ¾ cup |
| | | Sugar Powder | ¾ cup |
| | | Cardamoms | 3 |
| | | Melted Ghee As Required | |
| | | Raisins And Cashew Nuts As Needed | |

Method of Preparation:

Step 1: Take a Microwave oven safe glass bowl, Add ghee, rava, mix well and select category, enter weight, press start.(Stir twice in between) After the beep, remove and add powdered sugar, cardamoms, coconut, raisins. Add them to the blended mixture. Add ghee as needed and mix. Take small portions of the mix and roll to balls. Serve warm.

| Category | Recipe- | Ingredients: | |
|----------|------------|-------------------------|---------|
| DS20 | RICE KHEER | Rice | 2 cup |
| | | Milk | 4 cup |
| | | Cardamom Seeds | few |
| | | Almonds | few |
| | | Saffron Threads, Soaked | a pinch |
| | | Pistachio Nuts | few |
| | | Raisins (Optional) | few |
| | | Sugar | 1 cup |
| | | Water As Required | |

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all the ingredients other than cardamom, almonds, saffron, pistachio and raisins mix well. Place the bowl in the microwave oven, select category, enter weight and press start.
Step 2: When the oven beeps, remove and add cardamom, almonds, mix well and press start. After the beep remove and add all remaining ingredients, mix well and serve hot.

DESSERTS/ SOUPS

| Category | Recipe- | Ingredients: | |
|--|-------------|------------------------------------|---------|
| DS21 | BADAM HALWA | Almonds (Soaked & Peeled) | 1½ cup |
| | | Sugar | 1 cup |
| | | Ghee | 1½ tbsp |
| | | Cardamom Powder | ¼ tsp |
| | | Milk As Required | |
| | | Few Drops Of Rose Water (Optional) | |
| | | Pinch Of Saffron (Optional) | |
| <p>Method of Preparation: "Blend badam, sugar, cardamoms, saffron with milk to a smooth paste. Step 1: Take a microwave oven safe bowl. Add ghee, add the ground paste, rose water. Select category, enter weight, press start. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|------------|----------------|--------|
| DS22 | KAJU BURFI | Kaju | 2 cups |
| | | Powdered sugar | 1¼ cup |
| | | Water | ½ cup |
| <p>Method of Preparation: Take kaju in a grinder & make a fine powder and keep aside. Step 1: In a microwave oven safe glass bowl take all the ingredients. Stir very well. Select category, enter weight & press start. When the oven beeps, stir till all the lumps are removed. Keep stirring till the paste becomes like a dough (ball formation stage). Grease the kitchen-slab (marble top) a little with ghee. Take the dough & roll out to 1" thickness carefully. Cut the kaju burfi in desired square or diamond shape & decorate with vark and serve.</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|---------|----------------|--------|
| DS23 | BROWNIE | Flour – Sifted | 1½ cup |
| | | Margarine | 2 tbsp |
| | | Sugar | 1½ cup |
| | | Baking Powder | 1 tsp |
| | | Cocoa Powder | ¾ cup |
| | | Walnuts | ½ tbsp |
| <p>Method of Preparation: Mix the margarine and sugar in a mixing bowl until the sugar is completely dissolved. Add cocoa powder, flour, nuts, baking powder and mix well until smooth. Pour into a lightly greased flat glass bowl. Place in the microwave oven, select category, enter weight and press start. Remove, allow to cool and serve.</p> | | | |

DESSERTS/ SOUPS

| Category | Recipe- | Ingredients: | |
|---|---------|------------------------------|--------|
| DS24 | BASUNDI | Milk | 6 cups |
| | | Sugar | 2tbsp |
| | | Chopped Almonds | 6 |
| | | Lemon Juice | 1½ tsp |
| | | Crushed Cardamoms | 6 |
| | | Chopped Charoli Nuts (Saara) | 1 tsp |
| Method of Preparation: Step 1: Take a microwave oven safe large bowl; add all ingredients other than almonds, cardamom and charoli, mix well. Place the bowl in the microwave oven, select category, enter weight and press start. Remove, add all remaining ingredients and serve. | | | |

| Category | Recipe- | Ingredients: | |
|--|---------|--------------------------------|---------------|
| DS25 | RABDI | Milk | 1 cup |
| | | Grated paneer | 1 cup |
| | | Condensed milk | ½ cup |
| | | Deshi ghee | 1 tbsp |
| | | Elaichi powder | ¼ tsp |
| | | Saffron | A few strands |
| | | Rose essence | A few drops |
| | | Chopped pistachios | 1 tbsp |
| | | Chopped almonds (skin removed) | 2 tbsp |
| Method of Preparation: "Dissolve strands of saffron in 2 tbsp lukewarm milk. Step 1: In a microwave oven safe bowl, put all the ingredients of rabdi except chopped pistachios. Mix them well. Keep the bowl in Microwave. Select category, enter weight & press start. Serve chilled garnished with chopped pistachios." | | | |

DESSERTS/ SOUPS

| Category | Recipe- | Ingredients: | |
|--|---------------|-------------------------|-------|
| DS26 | FRUIT CUSTURD | Custard Powder | 1 cup |
| | | Milk | 5 cup |
| | | Sugar | 1 cup |
| | | Apple | 2 |
| | | Banana | 3 |
| | | Pineapple Slices | ½ cup |
| | | Strawberries | ½ cup |
| | | Black Grapes (Seedless) | ½ cup |
| | | Green Grapes (Seedless) | ½ cup |
| | | Cherries To Garnish | ½ cup |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe large glass bowl; add milk, sugar and mix well. Place the bowl in the microwave oven, select category, enter weight and press start. Step 2: When the oven beeps, remove and add custard powder, mix well and press start. Slice the apple, banana, pineapple into pieces and put them into a bowl which is large enough to hold all the contents. The grapes and the strawberries need not be cut and should be added along with it. Add custard to the fruits and mix gently. Set to cool and serve."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|--------------------|----------------|-------|
| DS27 | STRAWBERRY CUSTARD | Custard Powder | 1 cup |
| | | Milk | 5 cup |
| | | Sugar | 1 cup |
| | | Strawberries | 1 cup |
| <p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add milk, sugar and mix well. Place the bowl in the microwave oven, select category, enter weight and press start. Step 2: When the oven beeps, remove and add custard powder, mix well and press start. The strawberries need not be cut. Put them into a custard bowl, mix gently. Set to cool and serve.</p> | | | |

DESSERTS/ SOUPS

| Category | Recipe- | Ingredients: | |
|---|---------------|-------------------|--------|
| DS28 | SUJI KA HALWA | Suji - Roasted | 2 cup |
| | | Milk | 2 cup |
| | | Sugar | 2 cup |
| | | Ghee | 1½ cup |
| | | Cardamom Powder | 1½ tsp |
| | | Cashews | 8 |
| | | Almonds | 8 |
| | | Raisins | few |
| | | Water As Required | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe glass bowl; add the suji. Select category , enter weight, press start (Stir once in between). Step 2: When the oven beeps, remove and add all other ingredients mix well and press start. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|---------|-----------------|---------|
| DS29 | SANDESH | Paneer (grated) | 250 g |
| | | Milkmaid | 75 g |
| | | Rose water | 1½ tbsp |
| | | Elaichi seeds | 1 tsp |
| | | Chopped pista | few |
| | | Khoa (mashed) | 150 gm |
| <p>Method of Preparation: "Step 1: In a microwave oven safe bowl add grated paneer, khoa, rose water & milkmaid. Mix well. Select category, enter weight and press start. Step 2: When the oven beeps, stir well & press start. Allow to cool. Hang in Muslin cloth for 20 minutes if it is too wet. Make balls out of the mixture & roll them in elaichi powder & chopped pista. Refrigerate till set."</p> | | | |

DESSERTS/ SOUPS

| Category | Recipe- | Ingredients: | |
|----------|---------------|--------------------|---------|
| DS30 | COCONUT BURFI | Ghee | 2 tbsp |
| | | Grated Coconut | 2 cups |
| | | Khoya, Grated | 1 cup |
| | | Milk | 1½ cups |
| | | Sugar | 1 cup |
| | | Cardamom Powder | a pinch |
| | | Chopped Pistachios | 1 tbsp |
| | | Saffron Strands | a pinch |

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all the ingredients and mix well. Select category , enter weight, press start. After the beep, remove and set to cool, cut into required shapes and serve.

| Category | Recipe- | Ingredients: | |
|----------|---------|---------------------|---------|
| DS31 | PAYASAM | Milk | 6 cups |
| | | Vermicelli (Seviya) | 1½ cups |
| | | Sugar | 1½ cup |
| | | Cardamom | 6 |
| | | Cashew Nuts | ½ tbsp |
| | | Almonds | ½ tbsp |
| | | Ghee | 1 tbsp |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than milk, sugar, cardamom, select category, enter weight, press start.

Step 2: When the oven beeps, remove and add the remaining ingredients, mixwell and press start. Serve hot."

| Category | Recipe- | Ingredients: | |
|----------|----------------|--------------------------------|------------|
| DS32 | SABUDANA KHEER | Sabudana Soaked | 1 cup |
| | | Milk | 2 cup |
| | | Sugar | ¾ cup |
| | | Cardamom Powder | ½ tsp |
| | | Cashews For Garnish | ¾ tbsp |
| | | Raisins For Garnish | ¾ tbsp |
| | | Ghee | 1½ tbsp |
| | | saffron, soaked in 1 tbsp milk | a pinch of |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl. Add sabudana and mix well. Select category, enter weight, press start.

Step 2: After the beep, remove and add ghee, milk, sugar, cardamom powder, mix well and press start. Then add the saffron milk and garnish with nuts and raisins. Serve warm."

DESSERTS/ SOUPS

| Category | Recipe- | Ingredients: | |
|---|-------------|----------------------------|-------|
| DS33 | GAJAR HALWA | Carrots (Grated) | 3 cup |
| | | Kawa (Mawa Grated) | 1cup |
| | | Sugar | 2 cup |
| | | Milk Condensed | 1 cup |
| | | Milk | 1 cup |
| | | Cardamoms | few |
| | | Pistachio Flakes (Almonds) | few |
| | | Ghee As Required | |
| | | Raisins | few |
| Method of Preparation: | | | |
| "Step 1: Take a microwave oven safe bowl, add all the ingredients other than milk, condensed milk, cardamom, flakes and raisins and mix well. Select category, enter weight, press start. | | | |
| Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and press start." | | | |

| Category | Recipe- | Ingredients: | |
|---|--------------|-----------------------------|---------|
| DS34 | SEVIYA KHEER | Seviya | 3 cup |
| | | Milk | 6 cup |
| | | Condensed Milk | 1½ cup |
| | | Sugar | 1½ cup |
| | | Raisins | 1½ tbsp |
| | | Cashew Nut Pieces (Roasted) | 1½ tbsp |
| | | Almonds (Roasted) | 1tbsp |
| | | Powdered Elaichi (Cardamom) | 1½ tsp |
| | | Water As Required | |
| Method of Preparation: | | | |
| "Step 1: Take a microwave oven safe bowl; add seviya and select category, enter weight, press start. | | | |
| Step 2: When the oven beeps, remove and add all the ingredients except elaichi powder and raisins mix well and press start. | | | |
| Step 3: When the oven beeps, remove and add all remaining ingredients. Mix well and press start. Serve hot." | | | |

| Category | Recipe- | Ingredients: | |
|--|------------|----------------|-------|
| DS35 | MYSORE PAK | Besan | 2 cup |
| | | Melted ghee | 1 cup |
| | | Powdered Sugar | 1 cup |
| | | Milk | ½ cup |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe flat glass dish add besan. Select Category, enter weight, press start. Step 2: When the oven beeps, mix well & add melted ghee, powdered sugar. Mix very well while adding and press start. | | | |
| Step 3: When the oven beeps, mix well & add milk. Press start. Allow to cool & cut into pieces & serve. | | | |

DESSERTS/ SOUPS

| Category | Recipe- | Ingredients: | |
|----------|----------------|-----------------------|--------|
| DS36 | KADDU KI KHEER | Grated Pumpkin | 2 cup |
| | | Milk | 2 cup |
| | | Ghee | 2 tbsp |
| | | Sugar | 2 tbsp |
| | | Cardamom Powder | ¼ tsp |
| | | Saffron Strands | 5 |
| | | Almonds Thinly Sliced | 4 |

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than cardamom, saffron and almonds and mix well. Select category, enter weight, press start.

Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and press start."

SOUPS

| Category | Recipe- | Ingredients: | |
|--|-----------------|-----------------------|--------|
| DS37 | SWEET CORN SOUP | Corn Kernels | 1½ cup |
| | | Potato Finely Chopped | ¼ cup |
| | | Green Peas | ¼ cup |
| | | Chopped Carrots | ¼ cup |
| | | Chopped Beans | ¼ cup |
| | | Spring Onions Chopped | ¼ cup |
| | | Corn Starch | 2 tbsp |
| | | Butter As Required | |
| | | Water As Required | |
| | | Salt / Sugar To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl. Add all the ingredients other than water and corn starch, mix well select category, enter weight and press start. Step 2: After the beep, remove and add corn starch and water, mixwell and press start. Serve warm with pepper."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|--------------|------------------------|---------|
| DS38 | PUMPKIN SOUP | Pumpkin | 250 gms |
| | | Chopped Onion | 1 cup |
| | | Green Chillies | 2 |
| | | Garlic, Finely Chopped | 3 |
| | | Curry Powder | 1 tsp |
| | | Chili Powder | 1½ tsp |
| | | Black Pepper | few |
| | | Sugar | 1½tsp |
| | | Curry Leaves | few |
| | | Chicken Broth | 1 cup |
| | | Evaporated Milk | 1 cup |
| | | Coconut Milk | 1 cup |
| | | Butter As Required | |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than pumpkin, chicken broth, evaporated milk and coconut milk and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and press start."</p> | | | |

SOUPS

| Category | Recipe- | Ingredients: | |
|---|----------------|---------------------|---------|
| DS39 | ASPARAGUS SOUP | Asparagus (Chopped) | 1 cup |
| | | Carrots Chopped | 1 cup |
| | | Celery Chopped | 1½ tbsp |
| | | Garlic Paste | 1 tsp |
| | | Corn Starch | 2½ cup |
| | | Sugar | 1½ tsp |
| | | Bay Leaves | 3 |
| | | Oil As Required | |
| | | Water As Required | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl. Add all ingredients other than water, corn starch, sugar, mix them well and select category, enter weight and press start. Step 2: After the beep, remove and add all remaining ingredients, mix them well and press start. Blend and strain the soup. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|---------------|------------------------------|---------|
| DS40 | MUSHROOM SOUP | Button Mushrooms | 250 gms |
| | | Chicken Stock | 1½ cup |
| | | Sprig Onions, Chopped Finely | ½ tbsp |
| | | Ginger Paste | ½ tsp |
| | | Block Peppers | few |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: In a microwave oven safe glass bowl, add all the ingredients other than mushrooms and salt, mix them well and select category, enter weight, press start. Step 2: After the beep, remove, add all remaining ingredients and mix well and press start. Remove and serve."</p> | | | |

SOUPS

| Category | Recipe- | Ingredients: | |
|---|--------------------------|----------------------|---------|
| DS41 | SWEET POTATO SOUP | Sweet Potato Chopped | 250 gms |
| | | Onion Chopped | 1 |
| | | Nutmeg Powder | a pinch |
| | | Black Pepper Powder | a pinch |
| | | Milk Or Heavy Cream | 1 cup |
| | | Corn Flour | 1 tbsp |
| | | Vegetable Stock | 1 cup |
| | | Lemon Juice | 1 tsp |
| | | Butter | 1 tbsp |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: In a microwave oven safe bowl, add all the ingredients other than nutmeg powder, pepper powder, milk, vegetable stock and lemon juice. Mix them well and select category, enter weight, press start. Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. Remove and make puree of the sweet potato mixture. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|----------------------------|-------------------|--------------|
| DS42 | HOT & SOUR SOUP | Water | 1½ cup |
| | | Chilli sauce | 2 tsp |
| | | Soya sauce | 2 tsp |
| | | Vinegar | As per taste |
| | | Chopped capsicum, | ½ cup |
| | | Spring onions | ½ cup |
| | | Carrots | ½ cup |
| | | Cabbage | ½ cup |
| | | Paneer | ½ cup |
| | | Tomato sauce | 2 tbsp |
| | | Cornflour | 2 tbsp |
| | | Pepper | 1 tsp |
| | | Sugar | 1 tsp |
| | | Ajinomoto | a pinch |
| | | Salt to taste | |
| <p>Method of Preparation: Step 1: In a microwave oven safe glass bowl add water, chili sauce, soya sauce, vinegar, sugar, salt, pepper powder and ajinomoto. Select category, enter weight & press start. Step 2: When the oven beeps, stir well & add all the chopped vegetables, stir well & add corn flour, tomato sauce, paneer pieces & press start.</p> | | | |

SOUPS

| Category | Recipe- | Ingredients: | |
|---|------------------|---------------------|---------|
| DS43 | BABY POTATO SOUP | Baby Potato | 250 gms |
| | | Onion Chopped | 1 |
| | | Nutmeg Powder | a pinch |
| | | Black Pepper Powder | a pinch |
| | | Milk Or Heavy Cream | 1 cup |
| | | Corn Flour | 1 tbsp |
| | | Vegetable Stock | 1 cup |
| | | Lemon Juice | 1 tsp |
| | | Butter | 1 tbsp |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: In a microwave oven safe bowl, add all the ingredients other than nutmeg powder, pepper powder, milk, vegetable stock and lemon juice. Mix them well and select category, enter weight, press start. Step 2: After the beep, remove and add all remaining ingredients, mix them well and press start. Remove and make puree of the baby potato mixture. Serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|-------------------|---------------------------|--------|
| DS44 | CHICKEN CORN SOUP | Chicken Stock | 6 cup |
| | | Chicken Breast (Boneless) | 2 cup |
| | | Corn Kernels | 1 cup |
| | | Cornflour | 2 tbsp |
| | | Soy Sauce | 1 tbsp |
| | | Eggs (Beaten) | 2 |
| | | Spring Onions | ¾ cup |
| <p>Method of Preparation: "Step 1: In a microwave oven safe bowl, add all the ingredients other than chicken stock, eggs, mix them well and select category, enter weight, press start. Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. Remove and blend the and strain the soup. Serve hot."</p> | | | |

SOUPS

| Category | Recipe- | Ingredients: | |
|--|--------------|----------------------|---------|
| DS45 | CHICKEN SOUP | Chicken | 250 gms |
| | | Spring Onion Chopped | ½ cup |
| | | Eggs | 1 |
| | | Black Pepper Powder | 1 tsp |
| | | Coconut Milk | ½ cup |
| | | Chicken Stock | ½ cup |
| | | Sugar | 1 tsp |
| | | Salt As Per Taste | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than coconut milk and chicken stock, mix them well and select category, enter weight, press start. Step 2: After the beep, remove, add the all remaining ingredients and mix well and press start. Remove and serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|----------------|------------------------|---------|
| DS46 | VEGETABLE SOUP | Carrot - Chopped | ½ cup |
| | | Sweet Potato - Chopped | ½ cup |
| | | Onion - Chopped | ½ cup |
| | | Tomato Chopped | ½ cup |
| | | Vegetable Broth | 2 cup |
| | | Coconut Milk | 1 cup |
| | | Ginger Sliced | 1 inch |
| | | Garlic Chopped | 2 clove |
| | | Curry Powder | 1 tsp |
| | | Pepper Powder | 1 tsp |
| | | Salt To Taste | |
| <p>Method of Preparation: "Step 1: take a microwave oven safe bowl, add all the ingredients other than coconut milk & vegetable broth and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add coconut milk and vegetable broth mix well and press start. After the beep, Remove, allow to cool and blend in the vegetables in a juicer. Drain, reheat and serve."</p> | | | |

SOUPS

| Category | Recipe- | Ingredients: | |
|--|----------------------|--------------------------------|--------|
| DS47 | BROCCOLI SOUP | Butter | 3 tbsp |
| | | Broccoli | 250 gr |
| | | Onion, Chopped | 1 cup |
| | | Carrot, Chopped | ½ cup |
| | | All-Purpose Flour | 3 tbsp |
| | | Chicken Broth | 4 cup |
| | | Cream | ½ cup |
| | | Salt And Black Pepper To Taste | |
| <p>Method of Preparation: "Step 1: Put chicken pieces, cabbage, carrot, capsicum, mushrooms, spring onion bulbs, peppercorns and chicken stock in a microwave oven safe glass bowl. Select category, enter weight, press start. Step 2: When the oven beeps, take the bowl out & add red chilli paste, vinegar, salt & sugar, cornflour dissolved in ¼ cup cold water & paneer pieces. Stir well & press start. Garnish with greens of spring onions. Adjust seasonings & serve hot."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|--------------------|------------------------|--------|
| DS48 | CARROT SOUP | Carrot - Chopped | 1½ cup |
| | | Sweet Potato - Chopped | 1 cup |
| | | Onion - Chopped | 1 cup |
| | | Vegetable Broth | 1 cup |
| | | Coconut Milk | 1 cup |
| | | Ginger Sliced | ½ tsp |
| | | Garlic Chopped | ½ tsp |
| | | Curry Powder | ½ tsp |
| | | Pepper Powder | 1 tsp |
| | | Salt To Taste | |
| <p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all the ingredients other than coconut milk & vegetable broth and mix well. Select category, enter weight, press start. Step 2: After the oven beeps, remove, add coconut milk and vegetable broth mix well and press start. Remove, allow to cool and blend in the juicer. Drain, reheat and serve.</p> | | | |

SOUPS

| Category | Recipe- | Ingredients: | |
|---|-------------|------------------------|-----|
| DS49 | TOMATO SOUP | Tomatoes - Large | 5 |
| | | Mint Leaves | few |
| | | Salt & Pepper To Taste | |
| Method of Preparation: Step 1: Keep tomatoes in a microwave oven safe bowl; add all ingredients and mix well. Select category, enter weight and press start. Remove After the oven beeps, when cool; blend the tomatoes in a mixer. Strain and serve hot. | | | |

| Category | Recipe- | Ingredients: | |
|---|--------------|--------------------------|--------|
| DS50 | SPINACH SOUP | Spinach (Palak), Chopped | 2 cup |
| | | Onions, Chopped | 2 cup |
| | | Garlic, Chopped | 3 |
| | | Gram Flour (Besan) | 2 tbsp |
| | | Cumin Powder | 1 tsp |
| | | Bay Leaf | 2 |
| | | Water | 2 cup |
| | | Oil | 2 tbsp |
| | | Salt As Required | |
| | | Pepper As Required | |
| Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than spinach and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add spinach, mix well and press start. After the oven beeps, when it cools; blend the spinach in a mixer. Strain and serve hot. | | | |

SOUPS

| Category | Recipe- | Ingredients: | |
|--|------------|----------------------------|---------|
| DS51 | BADAM SOUP | Almonds | 1½ cup |
| | | White Stock | 3 cups |
| | | Butter Melted | 2 tsp |
| | | Plain Flour (Maida) | 2 tbsp |
| | | Almond Essence | 4 drops |
| | | Fresh Cream | 3 tbsp |
| | | Almond Slivers For Garnish | 3 tbsp |
| | | Salt & Pepper To Taste | |
| <p>Method of Preparation: "Soak the almonds in hot water for 20 minutes, drain and remove the skin. Blend the almonds in a mixer till coarse. Keep aside. Step 1: Take a microwave oven safe bowl, add butter, plain flour, almond coarse paste, white stock, mix well and select category, enter weight, press start. After the beep, remove Add the fresh cream, salt and pepper and mix well. Serve hot garnished with almond slivers."</p> | | | |

| Category | Recipe- | Ingredients: | |
|---|-------------|------------------------------|--------|
| DS52 | LENTIL SOUP | Split Lentils | 2½ cup |
| | | Garlic, Ginger Paste | 2 tsp |
| | | Red Chilli Powder | 2 tsp |
| | | Turmeric Powder | ½ tsp |
| | | Green Chili, Chopped | 3 |
| | | Salt To Taste | |
| | | Coriander Leaves For Garnish | |
| | | Water As Required | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than water and coriander leaves, mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients other than coriander leaves and mix well and press start. Remove and garnish with coriander leaves. Serve hot."</p> | | | |

SOUPS

| Category | Recipe- | Ingredients: | |
|--|-----------------|--------------------------------|--------|
| DS53 | KALA CHANA SOUP | Black chana | 1 cup |
| | | Cumin seeds | 1 tsp |
| | | Hing | ¼ tsp |
| | | Pepper powder | ½ tsp |
| | | Ghee | 2 tbsp |
| | | Lemon juice | 1 tsp |
| | | Salt to taste | |
| | | Water as required | |
| | | Spring onion (for garnishing) | |
| <p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than hing, lemon juice, water, spring onions, mix well and select category, enter weight, press start. Step 2: After the beep, remove add all remaining ingredients, mix well and press start. Remove, allow to cool and blend in the juicer. Drain, reheat and serve."</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|--------------|-------------------------------|--------|
| DS54 | SICHUAN SOUP | Boneless chicken pieces | ½ cup |
| | | Carrot (grated) | ½ cup |
| | | Capsicum (chopped) | ½ cup |
| | | Cabbage (shredded) | ½ cup |
| | | Mushrooms (sliced) | ½ cup |
| | | Paneer (pieces) | ½ cup |
| | | Spring onions (bulb & greens) | ½ cup |
| | | Peppercorns (freshly crushed) | few |
| | | Chicken stock | 3 cup |
| | | Cornflour | 3 tbsp |
| | | Vinegar | 2 tsp |
| | | Red chilli paste | 1 tbsp |
| | | Salt & sugar to taste | |
| <p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than spinach and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, Remove and add spinach, mix well and press start. After the oven beeps, when cool; blend the spinach in a mixer. Strain and serve hot.</p> | | | |

PANEER/GHEE/ CURD

| Category | Recipe- | Ingredients: | |
|---|---------|--------------|-------|
| PG1 | PANEER | Milk | 6 cup |
| | | Curd | ¼ cup |
| Method of Preparation: Step 1: Take a microwave oven safe bowl, add all the ingredients and mix well. Select category, enter weight, press start. After the beep, remove and strain the milk in the cheesecloth. Drain the whey. Collect the cheesecloth together with the coagulated milk shredded tightly. Place it on a plate and keep a heavy weight on top of the cheesecloth. check after 30-40 minutes. the paneer would be set. once warm or cooled cut paneer into cubes or any shape. | | | |

| Category | Recipe- | Ingredients: | |
|--|---------------|------------------|--------|
| PG2 | MASALA PANEER | Milk | 500 ml |
| | | Curd | 2 tbsp |
| | | Coriander powder | 1 tbsp |
| | | Jeera powder | 1 tsp |
| Method of Preparation: Step 1: Take a microwave oven safe glass bowl add all ingredients and mix well. Select category, enter weight, press start. When the oven beeps, remove and strain and press in a muslin cloth. | | | |

| Category | Recipe- | Ingredients: | |
|--|------------------------|-----------------------|--------|
| PG3 | BABY CORN, BEANS SALAD | Baby Corn (drained) | 1 cup |
| | | Lima Beans (drained) | 1 cup |
| | | Cauliflower Pieces | 1 cup |
| | | Vinegar | 2 tbsp |
| | | Sugar | 1 tsp |
| | | Celery (finely diced) | ½ cup |
| | | Oil | 2 tbsp |
| | | Salt to taste | |
| Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients and mix well. Select category, enter weight and press start. Remove, warm and serve. | | | |

PANEER/GHEE/ CURD

| Category | Recipe- | Ingredients: | |
|--|---------|-----------------|-------|
| PG4 | GHEE | butter globules | 3 cup |
| Method of Preparation: Step 1: Take a microwave oven safe deep glass bowl, add butter globules, mix well, cover the bowl with lid and select category, enter weight, press start. After the beep, remove and set to cool and store in a glass jar. | | | |

| Category | Recipe- | Ingredients: | |
|--|---------|--------------|-------|
| PG5 | CURD | Milk | 8 cup |
| | | Curd | ¼ cup |
| Method of Preparation: Step 1: Take a microwave oven safe deep glass bowl, add all ingredients and mix well. Select category, enter weight, press start. | | | |

| Category | Recipe- | Ingredients: | |
|--|--------------|----------------|-------|
| PG6 | TOMATO SAUCE | Tomato | 200 g |
| | | Onion | 1 cup |
| | | Chilli powder | 1 tsp |
| | | Chopped ginger | 1 tsp |
| | | Chopped garlic | 1 tsp |
| | | Garam masala | 1 tsp |
| | | Sugar | 1 tsp |
| | | Salt to taste | |
| Method of Preparation: Step 1: Take a microwave oven safe glass bowl put tomato pieces, cover and keep it in a Microwave. Select category, enter eight & press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. allow to cool and grind it in a mixer. Strain it. | | | |

| Category | Recipe- | Ingredients: | |
|--|-------------|-----------------|--------|
| PG7 | PIZZA SAUCE | Tomato | 200 g |
| | | Onion | 1 No. |
| | | Ajwain | 1 tsp |
| | | Oregano | 1 tsp |
| | | Sugar | 1 tsp |
| | | Basil leaves | 8 nos |
| | | Garlic pods | 2 tbsp |
| | | Oil as required | |
| | | Salt to taste | |
| Method of Preparation: Step 1: Take a microwave oven safe glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select category, enter weight & press start. Step 2: When the oven beeps, remove, allow to cool and grind it in a mixer. Now add salt, sugar, ajwain, basil leaves. Keep it in Microwave and press start. | | | |

PANEER/GHEE/ CURD

| Category | Recipe- | Ingredients: | |
|----------|---------------------|----------------------------|---------|
| PG8 | MASHED POTATO SALAD | Potatoes | 200 gms |
| | | Chopped Celery | ½ cup |
| | | Onion Paste | 1 cup |
| | | Milk | 1 cup |
| | | Dry Mustard | ½ tsp |
| | | Green Bell Pepper Rings | few |
| | | Pepper To Taste | |
| | | Salad Dressing As Required | |
| | | Salt To Taste | |

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add potatoes. Place the bowl in the microwave oven select category, enter weight and press start. Step 2: After the oven beeps, remove and mash the potatoes with milk and onion and all the ingredients, mix well and press start. Remove, warm and serve.

| Category | Recipe- | Ingredients: | |
|----------|-------------------|------------------------|-------|
| PG9 | LEHSUN KI CHUTNEY | Chopped tomatoes | 4 nos |
| | | Chopped garlic | 20 g |
| | | Chopped green chillies | 2 nos |
| | | Chopped onion | 1 cup |
| | | Oil | 2 tsp |
| | | Jeera | 1 tsp |
| | | Red chilli powder | 1 tsp |
| | | Turmeric powder | ¼ tsp |
| | | Water if required | |
| | | Salt to taste | |

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all the ingredients other than water, salt, mix well. Select category, enter weight & press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. When the cooking ends, allow it to cool. Grind it & serve.

PANEER/GHEE/ CURD

| Category | Recipe- | Ingredients: | |
|----------|--------------|---------------|---------|
| PG10 | LEMON PICKLE | Lemon pieces | 200 gr |
| | | Sugar | 200 gr |
| | | Chilli powder | 1 tbsp |
| | | Mustard | 2 tsp |
| | | Cumins | 2 tsp |
| | | Hing | a pinch |
| | | Salt to taste | |

Method of Preparation:

Cut lemon and remove seeds. Step 1: Take a microwave oven safe bowl, add lemon pieces. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Store it in a bottle after it cools.

| Category | Recipe- | Ingredients: | |
|----------|-----------------|-----------------------------------|--------------|
| PG11 | COCONUT CHUTNEY | Fresh grated coconut | 300 g |
| | | Chopped green chillies | 2 nos. |
| | | Chopped ginger | ½ tbsp |
| | | Roasted split gram dal (optional) | 1 tbsp |
| | | Salt | As per taste |
| | | | |
| | | For tempering | |
| | | Oil | 2 tbsp |
| | | Mustard seeds | 1 tsp |
| | | Broken dry red chillies | 3 no. |
| | | Curry leaves | A few |

Method of Preparation:

Grind grated coconut, chopped green chillies, ginger, roasted split gram dhal and salt together in a blender. Step 1: Take a microwave oven safe glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select category, enter weight & press start. When the oven beeps, remove and Pour the tempering over the chutney & serve.

PANEER/GHEE/ CURD

| Category | Recipe- | Ingredients: | |
|---|----------------|------------------|--------------|
| PG12 | TIL KI CHUTNEY | Roasted til | 2 cup |
| | | Tamarind paste | 3 tbsp |
| | | Green chilli | 5 nos |
| | | Coriander leaves | 2 tbsp |
| | | Mint leaves | 1 tbsp |
| | | Water | ½ cup |
| | | Garlic pods | 3 nos |
| | | Salt | As per taste |
| | | | |
| | | For Tempering | |
| | | Oil | 2 tbsp |
| | | Cumin seeds | 1 tsp |
| | | Curry leaves | 7 nos |
| | | Red chilli (dry) | 2 nos |
| <p>Method of Preparation: Grind together roasted til, tamarind paste, green chilli, coriander leaves, mint leaves, garlic pods, salt & water in spice grinder. Make a rough paste. Step 1: Take a microwave oven safe glass bowl take oil, cumin seeds, curry leaves & dried red chilli. Mix well. Select category, enter weight & press start. When the oven beeps, add the grounded paste to the tempering & mix well.</p> | | | |

| Category | Recipe- | Ingredients: | |
|--|--------------|--------------------------|--------|
| PG13 | PAPAYA SALAD | Papaya - Finely Shredded | 250 gr |
| | | Garlic Cloves | 4 |
| | | Green Chillies | 2 |
| | | Jaggery | 4 tbsp |
| | | Lemon Juice | 1 tsp |
| | | Soy Sauce | 1 tsp |
| | | Peanuts - Roasted | 2 tbsp |
| <p>Method of Preparation: Step 1: Take a microwave oven safe flat glass bowl, add all ingredients, mix well and keep it on the turn table. Select category, enter weight & weight and press start. Chill & serve.</p> | | | |

PANEER/GHEE/ CURD

| Category | Recipe- | Ingredients: | |
|--|----------------|-------------------|--------|
| PG14 | BEETROOT SALAD | Beetroot (sliced) | 250 gr |
| | | Saunf | 1 tsp |
| | | Coriander powder | 1 tsp |
| | | Lemon juice | 1 tsp |
| | | Pepper powder | ½ tsp |
| | | Salt to taste | |
| Method of Preparation: | | | |
| Step 1: Take a microwave oven safe flat glass bowl, add sliced beetroot. Keep the in the on the turn table. Select category, enter weight & weight and press start. After the oven beeps, remove and add saunf, coriander powder, pepper powder, salt & lemon juice. Toss well. Chill & serve. | | | |

| Category | Recipe- | Ingredients: | |
|--|--------------------|-------------------|-------|
| PG15 | CARROT, PEAS SALAD | Carrot | 150 g |
| | | Peas | 100 g |
| | | Pepper powder | 1 tsp |
| | | Lemon juice | 1 tsp |
| | | Salt to taste | |
| | | Water if required | |
| Method of Preparation: | | | |
| Step 1: Take a microwave safe bowl add carrot & peas together. Add some water cover. Select category & weight & press start. Add salt, lemon juice, pepper powder. Mix well & Serve. | | | |

| Category | Recipe- | Ingredients: | |
|---|---------------|------------------|--------|
| PG16 | TIRANGA SALAD | Grated carrot | 1½ cup |
| | | Grated raddish | 1½ cup |
| | | Broccoli florets | 1½ cup |
| | | Olive | 2 |
| | | Lemon juice | 1 tsp |
| | | Salt to taste | |
| Method of Preparation: | | | |
| Step 1: In a microwave oven safe flat glass dish arrange grated carrot first in the form of a band, then grated raddish & then broccoli florets. Select category, enter weight & press start. After the oven beeps, remove and add salt & lemon juice. Mix each layer separately. Take olive & cut into thin slices. Now make a flower at the centre of the raddish layer with olive slices, chill & serve. | | | |

PANEER/GHEE/ CURD

| Category | Recipe- | Ingredients: | |
|---|------------------|---------------|----------------------|
| PG17 | MANCHURIAN SAUCE | Water | 1½ cup |
| | | Vinegar sauce | 1 tbsp |
| | | Soya sauce | 1 tsp |
| | | Tomato sauce | ½ cup |
| | | Ajinomoto | A pinch |
| | | Cornflour | 2 tbsp + ½ cup water |
| Method of Preparation: Step 1: Take a microwave oven safe bowl add all the ingredients and mix well. Select category, enter weight & press start. | | | |

| Category | Recipe- | Ingredients: | |
|--|--------------|---------------------------|---------|
| PG18 | DALIYA SALAD | Dalia | 200 gr |
| | | Coriander Leaves, Chopped | 1 tbsp |
| | | Mint Leaves, Chopped | 1 tbsp |
| | | Onion, Chopped | 1 cup |
| | | Tomato Chopped | ½ cup |
| | | Lemon Juice | 1 tsp |
| | | Olive Oil | 2 tbsp |
| | | Pepper Powder | 1 tsp |
| | | Cinnamon Powder | a pinch |
| | | Salt To Taste | |
| | | Water As Required | |
| Method of Preparation: Step 1: Take a microwave oven safe bowl add dalia, water & few drops of oil. Select category & press start. Step 2: When the oven beeps, remove and add all ingredients, mix well and press start. Chill & serve. | | | |

PANEER/GHEE/ CURD

| Category | Recipe- | Ingredients: | |
|----------|-------------|----------------------|--------------|
| PG19 | PASTA SALAD | Pasta | 200 g |
| | | Grated carrot | ½ cup |
| | | Chopped capsicum | ½ cup |
| | | Chopped spring onion | ½ cup |
| | | Sliced olives | few |
| | | Pepper powder | 1 tsp |
| | | Olive oil | 2 tsp |
| | | Vinegar | 1 tsp |
| | | Oregano (optional) | As per taste |
| | | Curd | 2 tbsp |
| | | Water as required | |
| | | Salt to taste | |

Method of Preparation:

Step 1: Take a microwave oven safe bowl add pasta, water & few drops of oil. Select category, enter weight & press start. Wash the boiled paste under cold water to separate them. Step 2: In a another bowl take boiled pasta, add vegetable, salt, pepper powder, vinegar, curd, olive oil. Mix well and press start. Chill & serve.

| Category | Recipe- | Ingredients: | |
|----------|----------------|---------------------|---------|
| PG20 | MIX VEG PICKLE | Green peas | ½ cup |
| | | Beetroot (sliced) | ½ cup |
| | | Carrot (sliced) | ½ cup |
| | | Cauliflower florets | ½ cup |
| | | Radish (sliced) | ½ cup |
| | | Lemon juice | 1 tsp |
| | | Chilli powder | 1 tsp |
| | | Pickle Masala | 1 tsp |
| | | Oil | 2 tbsp |
| | | Mustard | 1 tsp |
| | | Cumins | 1 tsp |
| | | Hing | a pinch |
| | | Sugar | 1 tsp |
| | | Salt to taste | |

Method of Preparation:

Step 1: Take a microwave oven safe glass bowl, add all vegetables. Cover and keep it in Microwave. Select category, enter weight and press start. Step 2: When it gives a beep, remove and add all remaining ingredients, mix well and prss start. Set to cool. Mix well and store it in a fridge.

FERMENTATION / KEEP WARM

| Category | Recipe- | Ingredients: | |
|----------|---------|--------------|--------|
| FE1 | YOGURT | Curd | 250 ml |
| | | Milkmaid | 100 ml |
| | | Fresh cream | 200 ml |
| | | Essence | ¼ tsp |

Method of Preparation:

"Step 1: Select category, enter weight, press start to pre heat the oven. Take a mixing bowl, add all ingredients mix well.

Step 2: When the oven beeps, place the bowl in pre heated oven and press start."

| Category | Recipe- | Ingredients: | |
|----------|-------------|-------------------|--------|
| FE2 | BREAD DOUGH | All-Purpose Flour | 2 cups |
| | | Warm Water | ½ cup |
| | | Active-Dry Yeast | 2 tsp |
| | | Unsalted Butter | 1 tbsp |
| | | Milk Powder | 3 tbsp |
| | | Sugar | 1tsp |
| | | Oil | 2 tbsp |
| | | Salt To Taste | |
| | | Water As Required | |

Method of Preparation:

Take warm water in a bowl, add dry yeast, sugar and 2 tsp flour, mix well and set it aside for 5 minutes. Take another mixing bowl, add maida, oil, salt, milk powder, butter and dry yeast water, mix well to make a smooth, soft dough. Punch the dough for 10 minutes. Set it aside for 15 minutes. Punch the dough again for 5 minutes. Set the dough batter in a bowl. Select category & enter weight & press start.

| Category | Recipe- | Ingredients: | |
|----------|--------------------|---------------------------|--------|
| FE3 | PIZZA DOUGH BATTER | All Purpose Flour (Maida) | 2 cups |
| | | Salt | 1 tsp |
| | | Dry Yeast | 2 tsp |
| | | Sugar | 1 tsp |
| | | Oil | 3 tsp |
| | | Oregano | 1 tsp |
| | | Chili Flakes | 1 tsp |
| | | Water As Required | |

Method of Preparation:

Take half a cup of warm water, add sugar, yeast and a pinch of flour, stir and cover. Keep aside for 5 minutes. Sieve the flour, add salt, chili flakes, oregano and oil, mix well, add the yeast water. Make smooth and soft dough using of water as required. Set it aside for 15 minutes. Roll out the dough. Place on a dusted baking tray and prick with a fork. Cover and leave in the oven select category & enter weight & press start.

FERMENTATION / KEEP WARM

| Category | Recipe- | Ingredients: | |
|---|-------------|--------------------|--------|
| FE4 | DOSA BATTER | Parboiled Rice | ½ cup |
| | | Regular Rice | ½ cup |
| | | Urad Dal | ¼ cup |
| | | Methi Seeds | ½ tsp |
| | | Poha | 3 tbsp |
| | | Water For Soaking | |
| | | Water For Grinding | |
| | | Salt As Required | |
| | | Oil As Required | |
| Method of Preparation: Soak & make a smooth batter with all above ingredients and take the batter in a large bowl, place it in the oven and select category, enter weight, press start. | | | |

| Category | Recipe- | Ingredients: | |
|---|---------------|-------------------|---------|
| FE5 | JALEBI BATTER | All Purpose Flour | 2 cup |
| | | Besan | 4 tbsp |
| | | Turmeric Powder | 1/8 tsp |
| | | Baking Soda | 1 pinch |
| | | Water | 2 cup |
| Method of Preparation: Soak & make a smooth batter with all above ingredients and take the batter in a large bowl, place it in the oven and select category, enter weight, press start. | | | |

| Category | Recipe- | Ingredients: | |
|---|-------------|--------------------|--------|
| FE6 | IDLI BATTER | Parboiled Rice | ½ cup |
| | | Regular Rice | ½ cup |
| | | Urad Dal | ¼ cup |
| | | Methi Seeds | ½ tsp |
| | | Poha | 3 tbsp |
| | | Water For Soaking | |
| | | Water For Grinding | |
| | | Salt As Required | |
| | | Oil As Required | |
| Method of Preparation: Soak & make a smooth batter with all above ingredients and take the batter in a large bowl, place it in the oven and select category, enter weight, press start. | | | |

FERMENTATION / KEEP WARM

| Category | Recipe- | Ingredients: | |
|---|--------------|-----------------|--------|
| FE7 | APPAM BATTER | Raw rice | 2 cup |
| | | Par boiled rice | 2 cup |
| | | Fenugreek seeds | 2 tsp |
| | | Urad dal | 5 tbsp |
| | | Coconut milk | 6 tbsp |
| | | Cooking soda | 1 tsp |
| Method of Preparation: Soak & make a smooth batter with all above ingredients and take the batter in a large bowl, place it in the oven and select category, enter weight, press start. | | | |

| Category | Recipe- | Ingredients: | |
|--|------------|-------------------|--------|
| FE8 | NAAN DOUGH | All Purpose Flour | 1 cup |
| | | Wheat Flour | ¼ cup |
| | | Sugar | 1 tsp |
| | | Instant Yeast | ½ tsp |
| | | Water As Required | |
| | | Curd | 2 tbsp |
| | | Butter, Melted | 1 tbsp |
| | | Salt As Required | |
| Method of Preparation: Take warm water in a bowl, add dry yeast, sugar, mix well and cover with lid, set it aside for 5 minutes. Take another mixing bowl, Combine all the ingredients, including the yeast mixture and knead into a smooth, soft dough using enough water. Cover with a damp cloth and place it in the oven, Select category, enter weight & press start. | | | |

| Category | Recipe- | Ingredients: | |
|---|---------------|-----------------------------|---------|
| FE9 | DHOKLA BATTER | Gram Flour | 1½ cup |
| | | Rava (Optional) | 1 tbsp |
| | | Ginger-Green Chillies Paste | 3 tsp |
| | | Turmeric Powder | ¼ tsp |
| | | Asafoetida | a pinch |
| | | Baking Soda | 1 tsp |
| | | Lime Juice | 1 tsp |
| | | Water As Required | |
| | | Salt To Taste | |
| Method of Preparation: Combine all ingredients to make a smooth batter and pour the batter in a mixing bowl. Place it in the oven and select category, enter weight, press start. | | | |

FERMENTATION / KEEP WARM

| Category | Recipe- | Ingredients: | |
|---|-----------|-----------------|-------|
| FE10 | KEEP WARM | Any Cooked Food | 250 g |
| Method of Preparation: Place the cooked food bowl in the oven and select category, enter weight, press start. | | | |

DEODORISER/STEAM CLEAN

| | | | |
|--|-------------------|--|--|
| Category | Recipe- | | |
| DE1 | DEODORIZER | | |
| Method of Preparation: To use deodorizer press the category button once and press start. | | | |

| | | | |
|---|--------------------|--------------|--------------|
| Category | STEAM CLEAN | Water | 1 cup |
| DE2 | | Lime juice | 1 tbsp |
| Method of Preparation: Take water in a microwave oven safe bowl, add lemon juice, press the category & press start. When the oven beeps, wipe out with salt & clean napkin. | | | |

TROUBLE SHOOTING

Before calling for service check the following list to be sure that a service call is necessary. Reviewing additional information on items in the following table may prevent an unneeded service call

| PROBLEM | POSSIBLE CAUSE |
|---|---|
| If nothing on the oven operates | <ul style="list-style-type: none"> - Check for a blown circuit fuse or a tripped main circuit breaker - Check if oven is properly connected to the electric circuit in house - Check if controls are set properly |
| If oven does not work | <ul style="list-style-type: none"> - Check that the control panel was programmed correctly - Check that the door is firmly closed - Check that Start/Enter pad was touched |
| If oven takes longer than normal to cook or cooks too rapidly | <ul style="list-style-type: none"> - Be sure the power level is programmed properly |
| If the time of the day clock does not always keep the correct time | <ul style="list-style-type: none"> - Check that the power cord is fully inserted into the power outlet - Be sure the oven is the only appliance in the electrical circuit |
| If food cooks unevenly | <ul style="list-style-type: none"> - Be sure that the food is evenly placed - Be sure that the food is completely defrosted before cooking - Check placement of aluminum foil strips used to prevent over cooking |
| If food is under cooked | <ul style="list-style-type: none"> - Check recipe to be sure all directions (amount, time and power levels) were correctly followed - be sure the oven is the only appliance in the electrical circuit - Be sure that the food is completely defrosted before cooking |
| If food is over cooked | <ul style="list-style-type: none"> - Check recipe to be sure all directions (amount, time power levels & size of dish) were correctly followed |
| If arcing (sparks) occur | <ul style="list-style-type: none"> - Be sure microwavable dishes were used. - Be sure wire-twist ties were not used - Be sure that the oven was not operated when empty - Be sure that metal racks is not used in the microwave mode |

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 door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaner.
5. 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.
6. 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.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
8. 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.
9. 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.
10. When it becomes necessary to replace the oven light, please consult the nearest service center to have it replaced
11. 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.
12. Please do not dispose this appliance into the domestic rubbish bin; it should be disposed to the particular disposal center provided by the municipalities

FREQUENTLY ASKED QUESTION

| QUESTION | ANSWER |
|---|---|
| Can I use a rack in my microwave oven so that I may reheat or cook in two rack positions at a time? | <p>It is recommended that while using the microwave mode to cook or reheat, place food on the turn table only.</p> <p>The metal rack provided along with the microwave oven (*Select models) is not to be used in the microwave mode. Only use the rack that is supplied with your microwave oven in the grill, combination or convection mode.</p> <p>Use of any other rack can result in poor cooking performance and/or arcing and may damage your oven.</p> |
| Can I use either metal or aluminum pans in my microwave oven? | <p>Usable metal includes aluminum foil for shielding (use small, flat pieces).</p> <p>Never allow metal to touch the walls or door.</p> |
| Sometimes the door of my microwave oven appears wavy. Is this normal? | This appearance is normal and does not affect the operation of your oven. |
| What are the humming noises I hear when my microwave oven is operating? | This is the sound of the transformer when the magnetron tube cycles on and off. |
| Why does the dish become hot when I microwave food in it? | <p>As the food becomes hot, it will conduct the heat to the dish. Use hot pads to remove food after cooking.</p> <p>The dish may not be microwave safe.</p> |
| What does standing time mean? | Standing time means that food should be left in the oven for a short period of time after the cooking is over which allows the cooking to finish |
| Can I pop popcorn in my microwave oven? How do I get the best results? | <p>Yes. Pop packaged microwave popcorn following manufactures guideline or use the pre programmed popcorn pad.</p> <p>Do not use regular paper bags.</p> <p>Use the listening test by stopping the oven as soon as the popping slows to a pop every 1 to 2 secs. Do not try to repop unpopped kernels.</p> |
| Why does steam come out of the air exhaust vent? | Steam is normally produced during cooking. The microwave oven has been designed to vent this steam out the top vent. |

MICROWAVE OVEN WARRANTY

The Godrej Microwave Oven comes with a FOUR years warranty on the magnetron and a ONE year warranty (except for plastic parts, glass components and decorative strips, knobs etc.) against defective material or workmanship on all components of the microwave oven. Godrej & Boyce Mfg. Co. Ltd. Appliance Division undertakes repairs, free of charge during the warranty period.

INSTRUCTIONS FOR THE CUSTOMER

1. Kindly ensure that the dealer fills the warranty details correctly and completely.
2. You should retain the warranty page for record and produce the same in the event of any warranty repairs.
3. In the event of a defect developing in the product, contact the nearest authorised Godrej & Boyce Service Centre for obtaining warranty service and inform the defect, model details and Serial No.

TERMS AND CONDITIONS

1. Repairs and replacement of parts will be carried out through the authorised customer service centre.
2. For units installed beyond the municipal limits of the jurisdiction of the authorised customer care centre all expenses incurred in collecting the units or parts thereof from the company's customer care centre, as well as expenses incurred with depositing of service personnel/technician's towards conveyance and other incidents will be borne by the customer.
3. The concerned customer care centre will advise the customer whether to effect the repair at site or at the customer care centre.
4. While the company will make every effort to carry out the repairs at the earliest, it however is made expressly clear that the company is under no obligation to do so in a specified period of time.
5. The company or Its authorised customer care centre/service dealer reserves the right to retain any parts, components replaced at it's discretion.
6. Warranty does not cover accessories to the equipment.
7. The warranty is confined to the first purchaser of MWO only and non-transferable.
8. Call registered with the centralised helpline/authorised service centre, where in only cleaning of the unit/parts in the unit due to dust accumulation on portions of the units are not to be considered as defects.
9. **In case of any damages to the product, customer abuse, repairs by unauthorised personnel & misuse detected by the authorised service centre personnel, the warranty conditions are not applicable.**
10. If any coloured internal or external components are replaced, effort will be made to ensure that the shades match with the original or other components. However, the replaced shades, pattern, tints may vary from the customer's unit due to usage of the unit. Any matching components changed at customer's request will be charged, except the component which is actually needed.
11. **The unit shall be operated with variation +/-5% of the rated voltage. Fluctuation beyond specified tolerance will not be covered under warranty. Customer shall not operate the product below 210V under any circumstances.**
12. Parts not covered - Main door, Glass, Bulb, Rubber, Plastic Components.
13. This warranty does not cover any type of painting, plating including rusting etc. or defects thereof.
14. **The Appliance or any part thereof is subjected to neglect, abuse or misuse, tampering, alteration, accident, fire, floods or other acts of God, or Damage by rodents or insects, the COMPANY is not responsible for any damage caused to the appliance & Shall not be liable for any consequential loss or compensation. nor refund of purchase price or replacement of the appliance.**

Godrej & Boyce Mfg. Co. Ltd.- Appliance Division

MODEL NO.

UNIT SR. NO.

| |
|---------------------------|
| CUSTOMER'S NAME & ADDRESS |
| _____ |
| _____ |
| _____ |
| TEL. _____ |

WARRANTY DETAILS

UNIT SR. NO.

| |
|-------------------------|
| DEALER'S NAME & ADDRESS |
| _____ |
| _____ |
| _____ |
| TEL. _____ |

Customer's Signature:

Dealer's Signature:

This card is valid only if it is filled in and stamped by our authorised dealer on the date of purchase.

Warranty is Void If:

1. The warranty card is not completed properly at the time of purchase.
2. The completed warranty card is not presented to the authorised personnel at the time of service of the product.
3. The microwave is not operated according to instructions given in the 'User Guide'.
4. Defects are caused by improper or reckless use, which shall be determined by the company personnel.
5. Any repair work earned out by persons other than authorised company personnel.
6. Defects caused beyond control like abnormal voltage, acts of God, or while in transit to service centre or purchaser's residence.
7. The warranty is not valid in case the serial number is deleted, defaced or altered.
8. Damage to the microwave or any parts due to transportation or shifting is not covered by the warranty.
9. The warranty automatically expires after 12 month of original date of purchase, even if the microwave may not be in use for any time for whatever reasons during the warranty period.

GODREJ & BOYCE MFG. CO. LTD., Appliances Division

| Branch | Address |
|--|---|
| Ahmedabad | 4th Floor, APM Shopping Mall Near IOCL Petrol Pump, Shyamal-Karnavati, 100 ft. Road, Satellite, Ahmedabad - 380 015 |
| Bangalore | 3rd Floor, The Karnataka Film Chamber of Commerce Bldg. 28, 1st Main, Crescent Road, High Grounds Nr. Shivanand Circle, Bangalore - 560 001 |
| Bhopal | 217, Zone I, M.P. Nagar, Beh. Jyoti Talkies, Bhopal - 462 011 |
| Bhubaneshwar | Highway Complex, NH-5, Rudrapur, Bhubaneshwar - 752 101 |
| Chandigarh/Mohali | Plot No. A-40, Phase VIII-A, Industrial Area, Mohali - 160 059 |
| Chennai | No. 1, Sidco Industrial Estate, Ambattur, Chennai - 600 098 |
| Coimbatore | No. 585 - 590 3rd Floor, Sathya Towers, DB Road, R S Puram, Coimbatore - 641002 |
| Delhi | Godrej Bhavan, 2nd Floor, Shershah Suri Marg, Mathura Road, Okhla, New Delhi - 110 065 |
| Faridabad | Godrej Bhavan, 2nd Floor, Shershah Suri Marg, Mathura Road, Okhla, New Delhi - 110 065 |
| Ghaziabad | Plot No. 229/230, Sardar Pashu Ahaar, Bulandshahar Road, Village-chaprolia, Ghaziabad |
| Guwahati | Basundhara Enclave, 1st & 2nd Floor Ulubari, Guwahati - 781007 |
| Hyderabad | 201 & 202, Lala-1 Land Mark, 5-4-94 to 97, 2nd Floor, Above Digital Shoppy, Ranigunj, M.G. Road, Secunderabad -500 003 |
| Jaipur | 502-506, 5th Floor, Gaurav Towers, Malviya Nagar, Jaipur - 302 017 |
| Kochi | 2nd floor, Angels Arcade, South Kalamasserry, Near CUSAT PO Kochi - 682022 |
| Kolkata | Plot-30, Block-GN, Sector-V, Salt Lake city, Kolkata - 700 091 |
| Lucknow | C-3/3 & C-3/4, Sanjay Complex, Near All India Radio, Vidhan Sabha Marg, Lucknow-226001 |
| Mumbai | Appliance Division, Plant 4, Pirojshahnagar, Vikhroli, Mumbai - 400 079 |
| Nagpur | Dr. Bhiwapurkar Chamber, 2nd Floor, Opp. Yashwant Stadium, Dhantoli, Nagpur - 440 012 |
| Patna | Grand Plaza 6th Floor, 6001-6004, Dakbunglow Crossing, Frazer Road, Patna-800001 |
| Pune | Apollo Building Square, Plot No. 60, Survey No. 599, Sahaney Sujan Park, Lullanagar, Bibewadi Road, Pune - 411 040 |
| Raipur | 9/1, Besides Bharat Petrol Pump, Opp, Hotel Picadelly, Mahoba Bazaar, G.E. Road, Raipur - 492 001, Chhatisgarh |
| Ranchi | C/o. Surya Motors, Near Krishi Bazaar Samiti Pandra, Ranchi (Jharkand) - 835 222 |
| Toll-Free : 1800-209-5511 | |
| Website: www.godrejappliances.com & www.godrejsmartcare.com E-mail: smartcare@godrej.com | |

Protection of Environment:

Protection of environment" is one of the core values of Godrej and we seek your co-operation to make sure that the product, packaging and plastic material is not disposed as unsorted municipal waste.



This symbol is known as the "Crossed-out Wheellie Bin Symbol". It means that the product should not be disposed of with your general house-hold waste.

It should be disposed of only through the company's collection points with special treatment so as to prevent any damage to the environment. Please call: **1800 209 5511** for applicable buy back arrangement or **visit: www.godrejappliances.com/green-think** for details about Godrej Appliances authorised collection points.

Godrej | APPLIANCES