



## 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: \_\_\_\_\_

### SPECIFICATIONS

Power Consumption	230V/50Hz, 1270W (Microwave)
	1200W (Grill)
	1200W (Convection)
Rated Microwave Output:	800W
Operation Frequency:	2450MHz
Product Dimensions:	25.5cm (H) x 45.5cm (W) x 31.0cm (D)
Over Capacity:	20 Litres
Cooking Uniformity:	Turnable System
Net Weight:	Approx. 12.7 Kg

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# 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 recommended, 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.

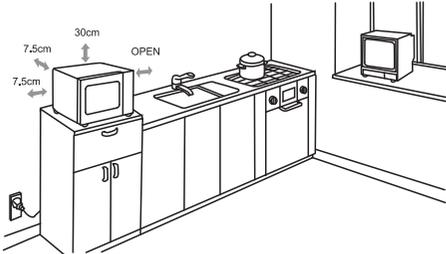
Cookware	Microwave	Grill	Convection	Combination*
Heat-Resistant Glass	Yes	Yes	Yes	Yes
Non Heat-Resistant Glass	No	No	No	No
Heat-Resistant Ceramics	Yes	Yes	Yes	Yes
Microwave-Safe Plastic Dish	Yes	No	No	No
Kitchen Paper	Yes	No	No	No
Metal Tray	No	Yes	Yes	No
Metal Rack	No	Yes	Yes	No
Aluminum Foil & Foil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

the oven

- 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

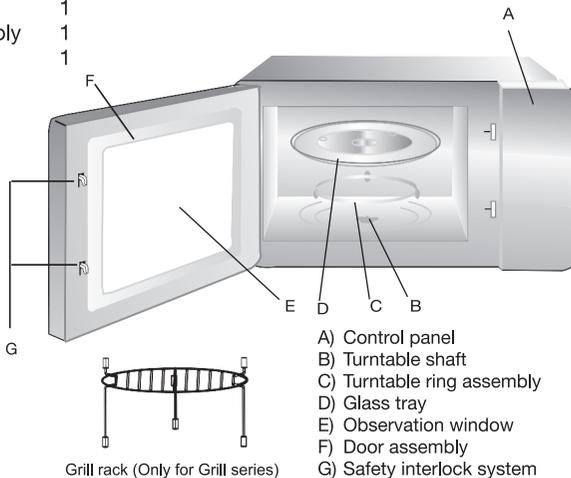
1. A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord
2. DO NOT USE AN EXTENTION CORD

## PART AND ACCESSORIES NAME

Glass tray 1

Turntable ring assembly 1

Instruction manual 1



# 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 "**KITCHEN TIMER/CLOCK**" twice, "00:00" displays.
- (2) Press the number buttons of "1", "2", "1", "2" in order.
- (3) Press "**KITCHEN TIMER/CLOCK**" to finish clock setting. ":" will flash, and the time will light.

**Note:** 1) The clock will not work if it is not set when powered.  
2) During the process of clock setting, if you press "**STOP/CLEAR**" or if no operation in 5 minutes, 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 " **KITCHEN TIMER/CLOCK** " once, 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 lit.
- (4) When the kitchen time is reached, the buzzer will ring 5 times. Then turn back to waiting state. If the clock has been set (24-hour system), LED will display the current time.

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

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

### 4. Grill Cooking

Example: If you want to use 100% 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.

Note: If half the grill time passes, the oven will sound twice to tell you to turn the food over. You can just leave it continue cooking. But in order to have a better effect of grilling food, you should turn the food over, close the door, and then press "START/+30SEC." to continue 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 several times, the oven will display "180".  
(Press the "**CONVEC.**" key several times to select the temperature.)
- 2) Press the "**START/+30SEC.**" key to start cooking. 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 of "4", "0", "0", "0" in order, the oven will display "40:00"
- 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 "120".  
(Press the "**CONVEC.**" key several times to select the temperature.)
- 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: "CONVEC." Pad presses instructions

Presses Instructions	Display	Convection
1	120°C	●
2	130°C	●
3	140°C	●
4	150°C	●
5	160°C	●
6	170°C	●
7	180°C	●
8	190°C	●
9	200°C	●
10	210°C	●

## 7. Combination Cooking

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

- 1) Press the "**COMBI.**" 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: "COMBI." 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.)

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- 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(approximately 240g)	1
	2(approximately 480g)	2
	3(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".

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

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

## 10. Defrost By weight

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

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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.

---

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.

---

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

## 13.MEMORY

- 1) Press "**MEMORY**" key one to three times to set "memory 1", "memory 2" or "memory 3" program, and the oven will display "1", "2" or "3".
- 2) Set one or two stages program you want.  
Example:a) Press "**MICROWAVE**" once to choose 100% microwave power;  
b) Press number keys "1","0","0","0" in order to adjust the cooking time;
- 3) Press "**MEMORY**" key to save the memory program setted, or press "**START/+30SEC.**" to start cooking and save the program automatically.
- 4) Next time when you want to cook with the memory program which has been set, you just only need to press "**MEMORY**" key to choose the program wanted and then press "**START/+30SEC.**" to start cooking.

Note: 1) If the electricity is cut off, the procedure that has been saved will be cancelled.  
2) Preheating, defrosting and auto menu cooking cannot be set here.

## 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, 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.

## 15. EXPRESS COOKING

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 senonds.)

When the oven is in the grill, convection and combination cooking states, press "**START/+30SEC.**" key to add 30 seconds cooking time.

## 16. Inquiring Function

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

## 18. Display Specification

- (1) When cooking finishes, buzzer sounds five times to alert user that the cooking finishes.
- (2) If the oven door is open, the lamp will turn off automatically after ten minutes.
- (3) During setting the program, the oven will turn back to waiting state after five minutes.

## 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

## INSTACOOK MENU'S

Khatte-Meethe Mutter	
A1	
8 minutes	
Ingredients	Method
3 cups shelled green - Peas	Wash, drain and combine green peas, olive oil and 1 tsp salt in a large micro safe bowl; sprinkle 1/4 cup water; cover with lid and select 1, press start. After beep, Remove & Mix the remaining ingredients. Serve hot.
2 cups fresh - Pomegranate seeds, 2 tbsp- Olive oil	
1 tbsp- Lemon juice	
1 tsp leveled- Ginger powder	
1 tsp- Pepper powder	
1tsp- Black salt powder	
1 tsp- Salt	
Chaat masala to taste	

Masala Idli	
A2	
5 min, 80%	
Ingredients	Method
2 cups - Semolina / rava masala Idli mixture	Mix all the ingredients in a large bowl and stand for 30 minutes. Mix it again, as the batter should not be very thick/thin. Lightly grease the Idli stand. Put 1 tbsp full of batter in each cavity of micro safe Idli stand; put 1/4 cup of water in its vessel and place Idli stand in it. Cover it and select 2, press start. After beep, Take out the Idli stand. Stand the dish for 2 minutes covered and remove the Idlies to be served. Serve them with Coconut chutney.
1 cup – Curds	
1 and 1/2 cup Water	
1 tbsp grated – Ginger	
2 tbsp chopped – Coriander	
1 green - Chili Chopped fine	
Salt to taste.	
Chaat masala to taste	

Moong Sprouts Chaat	
A3	
3min	
Ingredients	Method
2 cups - Green moong sprouts	Mix all the ingredients (except garnishing ingredients) in a large micro safe bowl. Cover it and select 3, press start. After beep, Remove, add coriander & chaat masala. Serve hot.
1 - Onion finely chopped	
1 - Tomatoes finely chopped	
2 green - Chillies deseeded and chopped, Salt & Pepper to taste	
1 tbsp- oil	
1/2 tsp- Mustard seeds and 1/4 tsp- Asa-fetida powder	
Garnishing: 1/4 cup-chopped Coriander	
Chaat masala- as per requirement.	

Dalia	
A4	
30 min	
Ingredients	Method
1½ cup or 300 gm - roasted Dalia	In a large micro safe glass bowl combine all the ingredients and select 4, press start. (Stir twice in between) Serve hot.
2 cups-Milk	
4 cup – Water	
1/4 cup-Sugar (opt)	
2 tbsp – Ghee	
1/4 cup- soaked Raisins	
6 - Almond slivers	
Chaat masala to taste	

Oats	
A5	
10 min	
Ingredients	Method
1 and 1/2 cup - ready to cook Oats	Mix all the ingredients in a large micro safe glass bowl and select 5, press start. (Stir twice in between) Serve hot.
2 cups-Water	
3 cups Milk	
1/4 cup Sugar	

Khaman Dhokla	
A6	
6 min	
Ingredients	Method
1 cup - Gram flour / besan	Mix gram flour, semolina and rice powder; add butter milk and 1 pinch of cooking soda, stir properly and stand the batter for 2 hours. Add all the pastes, turmeric and salt. Mix eno fruit salt mixed with 1 tbsp water, and immediately mix it nicely. Pour into a greased square micro safe dish and cover with lid. Select 6, press start. (To make tempering select 3, press start.) Garnish with coriander leaves, serve hot.
2 tbsp - Rice powder	
2 tbsp - Semolina / suji	
1 cup - Butter milk	
1/2 tsp -Ginger paste	
1 tsp - Green chili paste	
1/2 tsp- Garlic paste	
1 tsp leveled - Turmeric powder	
1 tsp leveled - Salt or salt to taste	
1 tsp - Sugar (opt)	
1 tsp full - Eno fruit salt mixed with 1 tbsp water	
For Tempering: 2 tbsp – Oil	
1 tsp- Mustard seeds	
a few- Curry leaves	
4 - Green chilies	
2 tsp - Lemon juice and 1/2 cup – water	
Garnishing: 1/4 cup- chopped Coriander.	

Corn on the Cob	
A7	
6 min	
Ingredients	Method
3 Corn on the cobs	Clean the corn on cobs by removing corn husk and silk. Place them in the steaming basket with 1/4 cup water underneath and Select 7, press start. Take out the steamed corn. Rub salt with cut lemon halves and chili powder or chaat masala on all the steamed corn-cobs and serve hot.
3 – Lemons	
2 tsp – Salt	
2 tsp - Red chili powder or Chaat masala to taste.	

Green Peas Guggni	
A8	
7 min	
Ingredients	Method
3 cups tender - Green peas shelled	In a large micro safe bowl combine green peas, oil, salt, sugar, chili, pepper and ginger powders; mix well with a spatula; add 1/4 cup of water; cover with a lid and Select 8, press start. After beep, Remove, sprinkle mango and cumin powders; add butter and stir gently. Garnish it with chopped coriander, green chilies and fried potato. Serve hot.
1 tbsp - Olive / cooking oil	
1 tbsp – Butter	
1 tsp - Cumin powder	
1 tsp – Sugar	
1 tsp leveled - Mango powder	
2 tsp – Salt	
1/2 tsp - Pepper Powder	
1/4 tsp - Chili powder	
1/4 tsp - Ginger powder	
1/4 tsp – Asafetida	
2- Green chilies (opt)	
1/4 cup - Coriander chopped	
1/4 to 1/2 cup grated and crisp fried Potatoes for garnishing.	

Steamed Wadi	
A9	
7 min	
Ingredients	Method
1 cup - Gram flour	Grate carrot and onion. Chop capsicum very fine. Now combine remaining ingredients in a serving bowl, add carrot, onion and capsicum too. Mix well. Stand the mixture for 15 minutes and then transfer it to a micro safe greased shallow dish. Cover with lid. Select 6, press start. Take out the steamed vadi, cool a bit and cut vadies in diamond shape. (To make tempering select 3, press start.) Temper it and pour over wadies. Serve with any sauce or chutney.
1 cup grated - Cottage cheese/paneer	
1 large – Carrot	
1 medium-Capsicum	
1 medium – Onion	
1/4 cup - Coriander chopped	
2 tsp - Chili paste	
1/2 tsp- Baking soda	
1/4 tsp – Asafetida	
Salt to taste	
For tempering: 1 tsp- Mustard seeds	
1 tbsp- Cooking oil	
A few Curry leaves (opt).	

Moong Dal Idli	
A10	
5 min 80%	
Ingredients	Method
2 cups - Split Moong dal	Soak moong dal for 5 hours; then wash and remove as much dal husk as you can (save nutritious dal husk , season it and use for making parathas); drain dal and grind it with 1/2 cup water to a fine paste; remove from the mixer and add a pinch of cooking soda, ginger powder, garlic and chili paste. Cover and keep aside for 2 hours (it makes dal lighter). Meantime grease a micro safe idli stand. After 2 hours, add salt and eno fruit salt mixed with 2 tbsp water; mix thoroughly and put 1 tbsp full of batter in each Idli stand cavity. Place it in the vessel with 1/4 th cup water underneath. Cover it and select 10, press start. After beep, Take out the Idli stand. Stand the dish for 2 minutes covered and remove the Idlies to be served. Serve them with Coconut chutney.
1 and 1/2 tsp - Eno fruit salt	
1/2 tsp - Ginger powder	
1 tsp - Garlic paste	
2 tsp - Green chili paste	
1 /4 tsp – Asafetida	
Salt to taste	
1 pinch - Cooking soda	
1/4 cup - chopped Coriander	
For Tempering	
2 tbsp- Cooking oil	
2 tsp-Mustard seeds	

Spicy Almonds	
A11	
7 min	
Ingredients	Method
2 cups - Almonds shelled	Combine all the ingredients except almonds in a square dish; stir well; add almonds and mix well with a spatula, so that almonds coat well; and cook uncovered, select 10, press start. stirring twice in between.
4 tbsp -Butter at room temperature	
4 tbsp - Worcestershire sauce	
1 tbsp - Chili garlic sauce	
1/2 tsp - Salt	
1/4 tsp -Cinnamon powder and	
1 pinch - Clove powder	

Microwave Orange Jelly	
A12	
12 min	
Ingredients	Method
2 cups unsweetened - Orange juice	Chill the dish in which you want to set jelly. Chop all the fruits. Combine orange juice and sugar in a medium microsafe bowl. Mix gelatine with 4 tbsp water over pan of boiling hot water and mix with juice. Keep gelatine in hot water till used. Now boil the juice select 12, press start. Note: Always add gelatine either in warm liquids or at room temperature. Stir once in between. Remove the bowl and cool the contents. Then pour the mixture in the chilled dish and keep in freezer. After 30 min. when the jelly is semi solid, mix fruits and stir.
2 tbsp - Sugar (opt)	
2 cups - Orange segments (seeds removed) or mixed fruits of your choice such as orange, apple, grapes and any berries 1/2 cup each (chopped)	
1 and 1/2 tbsp - Gelatine	

Grilled Fish Steaks	
A13	
3 min, preheat + 12 min, grill	
Ingredients	Method
100 gm each - 6 fish steaks	Combine oil, lemon-juice, salt and pepper in a small bowl and mix. Brush the fish steaks with this mixture nicely; cover and stand the fish for 30 minutes. Place fish steaks in a lightly oiled plate / tray, or on high grilling rack, select 13, press start.
1 tbsp - Garlic paste	
1 tbsp - Lemon juice	
1 tbsp - Olive oil	
1 tsp - Pepper powder	
Salt to taste	

Cheese Toasts	
A14	
grill 6 min	
Ingredients	Method
4 slices - Sandwich bread	Deseed green chillies and chop them fine. Chop coriander too. Combine cheese, butter and all the remaining ingredients in a bowl and mix with a fork; add chopped chillies and coriander, too. Now spread the cheese mixture on all the slices. Place 4 slices at a time on grilling rack, select 14, press start.
1/2 cup - grated Cheese	
1 tbsp - Butter at room temperature	
1/2 tbsp - Milk	
2 green - Chillies (opt)	
1/2 tsp - Pepper powder	
A few sprigs fresh Coriander	

Spicy-hot Pop Corns	
A15	
5min	
Ingredients	Method
1 cup - Popping Corn (plain)	Combine butter, salt, pepper/chili powder and tabasco in a large bowl. Place popping corn in a paper bag. Select 15, press start. Shake the bag once in between.
1 large - Brown or white paper bag or a glass bowl with a lid	
2 tbsp melted- Butter	
1/4 tsp - Pepper / chili powder	
1 tsp - Salt	
5 drops - Tabasco sauce	

Grilled Fish Kebabs	
A16	
3 min, preheat +12 min grill	
Ingredients	Method
500 gm - Fresh thick fish fillets	Cut fish in 1 and 1/2-inch squares; marinate with lemon juice, garlic, salt and pepper; and stand it for 30 minutes. If using bamboo skewers, soak them in cold water. Meantime, cut the peppers also in the same size. Sprinkle 1 tbsp oil, salt and pepper powder and keep aside. Now arrange the fish and vegetables alternately on the skewers; brush lightly with oil and place on grilling rack. Select 16, press start. Remove the cooked kebab skewers and sprinkle a little chaat masala over them. garnish with basil. Serve hot.
2 tbsp - Lemon juice	
1 tsp - Garlic paste	
1 tsp - Pepper powder	
1 large Green and Red pepper each	
2 tbsp - Olive / cooking oil	
A few leaves - Basil	
Salt to taste and Chaat Masala as per requirement	
10 to 12 - Metal / Bamboo skewers	

Chicken Tikka Tandoori	
A17	
20 min grill	
Ingredients	Method
600 gm - Chicken breasts	<p>Wash chicken breasts; pat them dry and cut into 2-inch squares. Combine hung curds, all the dry ingredients and ginger-garlic paste, in a large working bowl and marinate chicken with it. Mix it nicely with your hands; cover and let it stand for 2 hours. You may refrigerate the marinated chicken overnight, but must take it out 2 hours before use. Arrange the marinated chicken pieces on the grill rack. Select 17, press start. Take out the Chicken tikkas, sprinkle lemon juice and chaat masala and serve with Green chutney and Onion rings.</p>
1 tbsp - Ginger-garlic paste	
2 cups - Hung curds	
1 tbsp - Red chili powder	
2 tsp - Salt	
1 tsp - Cumin powder	
1 tsp- Coriander powder	
1 tsp - Ginger powder	
1 tsp - Pepper powder	
1 tsp - Garam masala	
1 pinch - Red tandoori colour.	
Any vegetables such as peppers, tomatoes, onions and mushroom etc can be added.	
Cut vegetables and marinate with salt, pepper, and 1 tbsp oil and stand for 1 hour.	
2 - Lemons and Chaat masala to serve with.	
Note: For getting hung curd, place 3 cups curds in muslin cloth and hang for 2 hours or place in a sieve.	

Reshmi Kebabs	
A18	
grill	
Ingredients	Method
600 gm - Boneless chicken	Combine all the ingredients of marination in a bowl and mix chicken pieces cut into 2-inch squares properly with it. Cover and refrigerate for 24 hours. Take out marinated chicken 2 hours before use. Arrange on skewers and place it on grill stand, select 18, press start. (Turn twice in between). Serve with onions and green chutney.
1 cup - Hung curds	
1 tbsp – Cashew nuts paste	
1 tbsp - Cream / malai	
1 tbsp - Lemon juice	
1 tsp - Pepper powder	
1 tsp - Ginger powder and 2 tsp - Salt or salt to taste.	

Pineapple Relish / Raita	
A19	
10 min	
Ingredients	Method
1 small - Pineapple cleaned	Beat curds, salt, pepper, sugar and cardamom powder together and keep under refrigeration. Deseed and chop the chili very fine. Grate pistachio nuts and keep aside for garnishing. Cut pineapple slices into 1/4 - inch pieces and place in a microsafe bowl; add 1/4 cup sugar and water; cover with a lid and select 19, press start. After beep, Remove pineapple from the microwave; stand it covered for 5 minutes; strain (save the liquid for a soothing drink) and cool. Place pineapple, chili and mint in curds and garnish it with pistachio nuts. Serving: Serve it cold as a small snack or along with a spicy dish / pulao.
1/4 cup - Sugar	
1 cup - Water	
2 and 1 /2 cups thick - Curds	
1/2 tsp green - Cardamom powder	
1 tsp - White pepper powder	
1 green - Chili (opt)	
1 tbsp - Sugar (opt)	
1 tbsp - Pistachio nuts	
2 tbsp fresh - Mint leaves chopped	
Salt to taste	

Multi-grains Idli	
A20	
5 min	
Ingredients	Method
250 gm - Multigrains	Wash and soak multigrains for 6 hours/overnight. Grind with ginger, garlic and green chili to a smooth paste. Cover and stand for 4 hours. Add salt, asafetida and 1 tsp full of eno fruit salt mixed with 1 tbsp water. Pour 1 tbsp oil in it. Mix very well. Grease microwave idli stand; put 1 tbsp full of batter in each cavity and select 20, press start. Serve it with Coconut chutney / Tomato sauce.
1 tsp- Eno fruit salt	
1/2 tsp-Ginger powder	
1 tsp - Garlic paste	
1 tsp - Green chili paste	
1/4 tsp- Asafoetida (Heeng)	
Salt to taste	

Baked Buns	
A21	
Preheat first up to 200 ° c, +15 min Conv, 200%	
Ingredients	Method
6 white/brown - Burger buns	With the help of a peeler make 2 and 1/2-inch in diameter and 1" deep cavity on top of each bun. Preheat the convection mode of your oven to 200 degree Celsius. Apply butter inside the buns; place 1 tomato slice in the centre of each one; sprinkle a little cheese and pepper; and break 1 egg each in the centre of the buns. Bake in hot oven, select 21, press start. Take out the tray with the buns, season lightly with salt and pepper and serve hot with tea / coffee / milk / soup and salad. Tips: Fill the buns with any other veg/non-veg .
6 - Eggs, 3 tbsp - Butter	
1/4 cup - grated Cheese	
1/4 tsp - Pepper powder	
6 leaves - Basil and 6 slices - Tomato	

Buttered Mushroom	
A22	
6 min	
Ingredients	Method
400 gm - Mush rooms	Wash mushrooms and dry with clean kitchen towel. Remove the stems and save for any filling or soup stock; cut the mushrooms into halves. Don't cut if you are using button mushrooms. In a large microsafe bowl combine mushrooms, coriander, butter, soy sauce and pepper. With a rubber spatula stir all the ingredients. Select 22, press start.(stir once in between). Serve on toothpicks as starters.
2 tbsp - Butter at room temperature	
1 cup - Coriander chopped	
2 tbsp - Soy sauce	
1 tbsp - Black pepper powder	
Salt -optional.	
Toothpicks to serve on.	

Prawns on Skewers	
A23	
2 min, grill preheat+ 8 min grill	
Ingredients	Method
24 large - Prawns	Soak the wooden skewers in cold water. Clean and place prawns in a bowl; add oil, bread crumbs, lemon juice, salt and pepper and marinate for 30 minutes. Thread (arrange) them alternately, prawns and cherry tomatoes, on the skewers. Arrange them on the grilling rack. Select 23, press start.
2 tbsp - Olive oil	
3 tbsp - Lemon juice	
1/2 cup - Bread crumbs	
1 tsp - Salt	
1/2 tsp - Pepper powder	
24 - Cherry tomatoes and 6 to 8 Skewers.	

Mango Panna	
A24	
8 min	
Ingredients	Method
500 gm raw - Mangoes	Peel, cut mangoes into halves and remove the stones. Place them in a microsafe bowl, add 1 cup water, cover and select 24, press start. Take out the mango pieces and liquidize with juices in the bowl, 1 cup water and sugar. Return to the bowl and add jaggery syrup, ginger, mint, black salt and cumin powders and remaining water too; stir well; strain through a rice colander and store under refrigeration. Chill. Serving: While serving mix 1/2 glass mango panna concentrate with 1/2 glass cold water, stir well and serve as a starter. You may add 3 to 4 ice cubes to each glass.
1 cup - Sugar	
1 cup - Jaggery syrup	
1/4 tsp - Ginger powder	
1 tsp - mint powder	
1 tbsp - Black salt powder	
2 tsp - Roasted cumin powder	
4 cups - Boiled and cooled water Salt to taste (if required) and 6 tall / stem glasses.	
Ice cubes optional	

Kokum Sour (cold soup)	
A25	
10 min	
Ingredients	Method
8 pieces dry - Kokum fruit	To Boil 4 cups water, select 25, press start. Soak kokum fruit in boiling water for 4 hours. Stir and strain the kokum water through a fine sieve. Mix coconut milk, salt and pepper with kokum water. Select 25, press start. For tempering; Mix all tempering ingredients in a bowl, select micro mode and cook for 1½minute.
1 cup - Coconut milk	
4 cups - Water	
Salt-n-Pepper to taste	
For Tempering:	
1 tsp - Oil	
1/2 tsp - Mustard seeds	
1 sprig - Curry leaves	
1 - Red chili whole.	

Badami Soup	
A26	
10 min	
Ingredients	Method
1/2 cup - Almond paste	Cut almonds in slivers and keep aside. Put water or stock in a microsafe bowl / jug and select 26, press start. Mix almond paste, white sauce and milk, and blend in an electric mixer. Add heated stock or water, stir well and strain through a sieve. Season the soup with salt and pepper. Reheat before serving. Remove the bowl and add essence. Pour in individual cups; garnish with a little coriander and almond slivers.
1 cup - White sauce	
4 cups - Water / veg. stock	
1 cup - Milk	
6 - Almonds blanched	
4 drops - Almond essence (opt)	
1 tsp - White pepper powder	
Salt to taste	
2 tbsp - Coriander chopped	

Mint and Pepper Mutton	
A27	
30 min	
Ingredients	Method
500 gm - Boneless mutton	<p>Cut boneless mutton into 1-inch cubes. Combine in a large deep microsafe bowl mutton, onion paste, ginger, garlic, 1 tsp salt, green chili, 1 cup of curds and bouquet garni. Cover with lid and select 27, press start. stir once in between.</p> <p>Remove the bowl and let the dish stand covered for 15 minutes. Take out the bag of bouquet garni and squeeze into the mutton; lift the green chili and discard; check the seasonings and cool the dish. Beat remaining curds and add to the cooked mutton. Sprinkle pepper and mint powders. Mix well and transfer to the serving bowl. Sprinkle cumin powder and chopped coriander. Serve hot.</p>
1/2 cup - White onion paste	
2 cups - Curds	
1 tbsp - Garlic minced	
1 tbsp - Grated ginger	
1 tsp - Roasted cumin powder	
1 tsp - White pepper powder	
1 - Green chili	
1tsp - Mint powder	
2 tbsp - Chopped coriander, Salt to taste	
Bouquet Garni (a small bag of whole spices tied in a muslin cloth).	
Whole spices for bouquet garni: 3 -Cardamoms	
10 - Peppercorns	
2 small pieces - Cinnamon	
5 - Cloves	
1 tsp - Cumin and 1 - Bay leaf	

Mustard Crumbs Coated Chicken	
A28	
10 min	
Ingredients	Method
6 - Chicken legs	<p>Remove the skin from chicken legs. Heat butter in a microsafe flat bowl for 1 minute on HIGH and mix mustard powder with it. Combine dry breadcrumbs, sesame seeds, paprika, salt and pepper in on other bowl. Dip the chicken legs first in butter mixture to coat well and then roll in breadcrumbs to coat properly. Arrange the chicken legs in a micro safe plate, select 28, press start. Serve hot.</p>
4 tbsp - Butter	
3 tbsp - Dry mustard powder	
1 cup - Bread crumbs	
1/4 cup toasted - Sesame seeds	
1 tsp - Paprika	
1/4 tsp - Pepper powder	
1/2 tsp - Salt.	

Tindli in Curd	
A29	
15 min	
Ingredients	Method
350 gm - Tindli/ Ivy Gourd	Wash and cut tindli into thin circles, place in a bowl, Add oil, green chillies, mustard, ginger powder, mint leaves, salt-n-Pepper, curry leaves & curd, mix well, select 29, press start. Sprinkle asafoetida and serve hot.
2green - Chillies	
1/4 tsp - Ginger powder	
500 gms - Curd	
A few-Mint leaves	
salt-n-Pepper to taste.	
For Tempering:	
1tbsp - Cooking oil	
A pinch - Asafoetida (Heeng)	
1/2 tsp - Mustard seeds	
1sprig-Curry leaves	

Cabbage-Beans Phooogat	
A30	
6 min	
Ingredients	Method
1 small - Cabbage head	Separate cabbage leaves. Remove the spine of leaves from the centre; roll 2 to 3 leaves together and cut very fine. Soak them in water. Grate coconut. String beans; cut them into halves and slice them lengthwise. Peel carrot and cut in match stick fashion. Drain cabbage nicely and place in a steaming basket; place beans and carrots on top. Cover with lid and select 30, press start. Remove steamed vegetables; transfer to serving bowl; sprinkle grated coconut, green chili, coriander and salt to taste. (To make tempering select 113, press start.)Make Temper using of oil, mustard, red chillies and curry leaves; add asafetida and pour over vegetables. Serve hot.
100 gm - Beans	
1 large - Carrot	
1/4 - grated coconut	
1 sprig - Curry leaves	
1 - Green chili chopped (opt)	
2 - Red chillies whole	
1 tsp - Mustard seeds	
1 tbsp - oil	
1/4 tsp - Asafetida (Heeng)	
Salt to taste	
2 tbsp - Coriander chopped (opt).	

Eggplant-Walnut Dip	
A31	
8 min	
Ingredients	Method
1 large - Eggplant/ Brinjal	<p>Wash, clean and cut eggplant into 2 parts lengthwise; place them on a heatproof plate or directly on rotating table and select 31, press start. ( Turn once for changing the position).</p> <p>Remove the eggplants Now with a spoon, scoop out all the pulp and cut it in pieces. Place it in the blender, add lemon juice and blend. Powder the walnuts separately and add to the blender; mix green chili and garlic, too; blend on slow speed adding olive oil spoon by spoon in it. Continue blending till the mixture is smooth and all the oil is finished. Add salt and pepper and blend once more. Remove the mixture to a serving bowl and add coriander to it. Mix well. Serving: Serve it as a dip along with raw and partially boiled Vegetables or any kind of Chips.</p>
3/4 cup - Walnut meat	
1/4 cup - Extra virgin olive oil	
1/4 cup - Coriander chopped	
6 to 8 cloves roasted - Garlic	
1 big - Green chili deseeded	
1 tbsp - Lemon juice	
1/4 to 1/2 tsp - White pepper powder	
Salt to taste.	

Fontina Cheese Dip	
A32	
10 min	
Ingredients	Method
200 gm - cheese	<p>Grate the cheese and place it in a medium microsafe bowl; pour milk on top and let it soak for 30 minutes to 1 hour. Add butter and beaten eggs; mix it thoroughly with a wooden spatula / spoon. Select 32, press start. (stir every 2 after minutes).</p> <p>Remove the sauce and season it with pepper. Serve it with chunks of bread as a starter.</p>
2 cups - Milk	
1 tbsp - Butter	
2- Eggs lightly beaten	
1 tsp- Black pepper powder	
The chunks of uncut White / Brown bread	

Mango- Strawberry Jelly	
A33	
8 min	
Ingredients	Method
For Jelly	Place mango pulp, sugar, milk and cream in a blender; blend to smooth mixture and take out in a bowl. Mix gelatine with 4 tbsp water and dissolve over pan of boiling hot water. Mix it with mango pulp. Fill the ice cream cups up to half and place under freezer. Mix strawberry jelly with water in a microsafe bowl and select 33, press start. NB: Always add gelatine to a mixture at room temperature or to a warm product.
100 gm - Strawberry Jelly crystals, 500 ml / 2 and 1/2 cup - Water	
1 and 1/2 cup - Mango pulp	
2 tbsp - Sugar (opt)	
1/4 cup - Milk	
1/4 cup - Fresh cream / home made Malai	
1 tbsp - Gelatine	
6 small - Strawberries / a few Mango pieces and 6 - Ice cream cups.	

Grilled Open Cheese Sandwich	
A34	
2 min, grill preheat+6 min grill	
Ingredients	Method
1 - Crusty bread	Slice the bread diagonally. Mix together tomato and chili sauce with oregano in a bowl; and spread the mixture nicely on all the pieces. Arrange sliced cheese on top. Place the slices on grill mesh rack, select 34, press start. Stand the bread in the oven for 3 minutes. Remove the grilled open sandwiches from oven and serve them warm.
1/4 cup - Tomato sauce	
1 tbsp - Chili-garlic sauce	
1 tsp – Oregano	
1/2 cup - Mozzarella cheese sliced or enough to cover all the bread pieces	

Quick Bread Pudding	
A35	
25 min conv 190°	
Ingredients	Method
4 - Bread slices	Cut the sides of bread slices and break them in small pieces. Put them in a bowl and soak for 10 minutes. Meantime break eggs and beat them with sugar. Now add soaked bread, melted butter and vanilla essence. Beat thoroughly. Put in a microsafe shallow glass dish. Sprinkle almond and raisins. Place the pudding on higher rack and select 35, press start. Let the dish stand in the oven for 10 minutes; remove and serve it hot or at room temperature.
2 cups - Milk	
2 large - Eggs	
1/4 cup - Sugar	
1 tbsp melted -Butter	
1/2 tsp vanilla - Essence	
1/4 cup chopped and roasted Almonds and Raisins (opt)	

Cornmeal Balls' Delight	
A36	
7 min 80%	
Ingredients	Method
For Corn Balls	Wash and place corn kernels in a grinder; chop onion and green chilies; add to corn and make a smooth paste. Mix together ground corn, corn meal, paneer and all dry & other ingredients. Make smooth dough and make small balls. Place them in steaming basket to cook, select 36, press start.
2 cups - Corn kernels	
1 cup - Cornmeal	
1 cup - Paneer grated	
2 large - Onions	
3 - Green chilies	
1 tbsp - Garlic paste	
1 tsp - Ginger paste	
2 tsp - Dry basil	
1 tsp - Mango powder	
1/2 tsp - Cooking soda	
Salt to taste	
2 tbsp - oil	
1/4 cup - Coriander chopped	
1/4 cup - Tomato sauce	
2 tbsp - Chili-Garlic sauce	
1 tsp - Soy sauce	

Spicy Sweet potatoes-Corn Chaat	
A37	
9 min	
Ingredients	Method
500 gm - Sweet potatoes (shakargandi)	Peel, wash and cut sweet potatoes into 1/2-inch cubes and add all ingredients in the micro safe bowl, select 37, press start. Take out. Garnish with Mint leaves and serve.
1 cup - Corn kernels	
1/4 cup fresh - Mint chopped	
1 cup fresh - Pomegranate seeds	
1- Cucumber cubed	
1/2 cup - Sweet-n-sour Tamarind sauce	
2 tbsp - Chili / chili-garlic sauce(opt)	
1 tsp - Pepper powder	
1 tsp - Rock salt	
Chaat masala as per requirement	

Meat Patties for Burgers	
A38	
7 min 80% + 3 min reheat + 20 min grill	
Ingredients	Method
For Patties	Combine together all the ingredients for the patties, except egg, potato, bread crumbs and half the oil; and mash well. Mix together bread crumbs and sesame. Keep aside. Put the combined ingredients in a microsafe dish, cover and select 38, press start. Stop the oven after 7 minutes when it beep & remove the meat mixture from the oven, mash once again with boiled potatoes; add beaten egg, mix it well and divide into equal portions. Shape each portion into a 3-inch flat Pattie; spread remaining oil in a plate and roll the patties in it; now roll in crumbs and place them in a well greased crispy plate or tava. Place the plate with patties on mesh rack and press start for roast it). Let the patties stand in oven for 5 minutes. Remove and use for assembling the burgers.
300 gm - Mutton mince (kheema) / Chicken mince	
1 medium - Onion grated	
2 green - Chilies finely chopped	
1 tsp - Garam masala	
1 tsp - Pepper powder	
1/2 tsp - Ginger powder	
2 boiled - Potatoes	
1/2 cup fresh - Breadcrumbs	
1- Egg, 2 tbsp roasted - Sesame seeds (opt)	
Salt to taste	
1/4 cup- Cooking oil.	
For Assembling Burgers	
6 - Burger buns white / brown	
6 - Lettuce leaves	
6 thin slices of - Tomato	
6 thin slices of - Onion	
6 slices - Cheese (opt) and any of these sauces-Tomato sauce / Green chutney/ Mustard sauce / Cheese spread	

Grilled Vegetables	
A39	
3 min Mwo + 20 min grill	
Ingredients	Method
1 small head - Broccoli	<p>Break broccoli and cauliflower in flowerets; cut zucchini and Brinjals in thin slices; cut pepper, tomatoes and onions in 1-inch pieces; and wash and dry mushrooms and remove the stem. Mix all the ingredients of marination.</p> <p>Select 39, Press start to Steam broccoli, and cauliflower in the steaming basket. (Stop the oven after 3 minutes when it beep).</p> <p>Marinate remaining vegetables with the mixture.</p> <p>Take out steamed vegetables and rinse under tap water. Drain and mix with other marinated vegetables; toss well. Arrange the vegetables on bamboo skewers. Place them on mesh rack and press start for roast it, Turn once after 10 minutes and brushing them with marinade.</p>
1 small Cauliflower	
1 sleek- Zucchini	
1 medium sized - Green / Red pepper	
2 long - Eggplants (Brinjal)	
2 medium - Tomatoes or 16 - Cherry tomatoes	
16 - medium Mushroom caps	
16 - Baby Potatoes boiled and peeled	
2 medium - Onions	
For marination: 2 tbsp- Lemon juice	
2 tbsp - oil	
2 tbsp - Tomato sauce (opt)	
1 tsp - Oregano	
1 tsp - White pepper powder	
2 tsp - Salt	

Spicy Raw Banana Balls	
A40	
10 + 5 min	
Ingredients	Method
For Raw Banana Balls	Soak Channa dal for 1 hour. Place dal and bananas (without peeling) in the steaming basket and select 40, press start. (Stop the oven after 10 minutes when it beep).
4 raw - Bananas	
1 cup - Channa (gram) dal	Remove the steamed bananas, peel and mash (with potato masher) along with dal immediately, when still hot. Cool and add all the spices, chilies and coriander. Mix everything together and make dough. Grease your hands and divide the dough into bite sized balls. Place them in the steaming basket and press start to cook remaining time.
6 - Green chillies	
1/4 cup - Coriander chopped	
1 tbsp - Ginger paste	
1 tsp - Cinnamon powder	
1/2 tsp - Clove powder	
1/2 tsp roasted Cumin powder	
2 tsp - Rock salt	
1 tsp - Pepper powder	
1 tsp - Mango powder	
Salt to taste	Remove the steamed balls. In a large microsafe bowl combine all the ingredients of sauce, stir and place the banana balls in it. Cut cheese in very thin slices and garnish the dish.
2 slices - Cheese	
For sauce	
2 tbsp - Cooking oil	
2 tbsp - Chili-Garlic sauce	
1/2 cup - Tomato puree	

Grilled Channa Kebabs		
A41		
30 min +30 grill		
Ingredients	Method	
1 and 1/2 cup - Bengal gram dry	Wash and soak black gram overnight. Drain and wash under tap water. Place gram in a microsafe bowl with water and select 41, press start. (Stop the oven after 30 minutes when it beep).	
2 - Green chillies chopped(opt), 1 tbsp - Garlic paste		
1 tbsp - Ginger paste	Remove gram from microwave and strain. Place cooked gram in a trove and mash nicely; add all the remaining ingredients. Divide the mixture into 24 portions. Smear your palms with a little oil and shape all the portions into kebabs. Place them in crispy plate that can be kept on mesh rack. GRILL, changing the side after 15 minutes and basting with a little oil.	
1 tbsp - Chili paste		
2 tsp - Garam masala		
1 tsp - Pepper powder		
2 - Eggs beaten		
1/2 cup roasted - Sesame seed powder		
Salt to taste		
1/4 cup - Cooking oil		
		Remove the grilled chana kebabs after 3 minutes and serve with sauce.

Veg. Burger with Soybeans Patties	
A42	
5+6 min Mwo, + 2 min, grill preheat+12 min grill	
Ingredients	Method
1 and 1/2 cups/150 gm - Soy granules	<p>Soak soy granules in warm water for 30 minutes, drain, wash and squeeze properly. Peel and cut potatoes in very small pieces and combine with green peas in a microsafe bowl with 2 tbsp water, cover and select 42, press start. (Stop the oven when it beep once after 5 minutes).</p> <p>Combine all dry ingredients in a trove with soy granules.</p> <p>Take out cooked vegetables, mash and mix properly with soy mixture; Divide the mixture into equal portions and shape into 3-inch round patties. Put oil in a flat microsafe dish; roll the patties in it from both sides; place in the same dish; cover and cook from both the sides for 6 minutes. (Stop the oven when it beep once after 6 minutes).</p> <p>Take out the soy patties and place on grilling rack. Lightly brush them with oil. GRILL from both sides. Take out the soy patties and use for making veg-burgers.</p>
4 /300gm- Potatoes	
1 cup - Green peas	
1 small - Onion chopped	
1/4 cup - Coriander chopped	
6 - Green chilies deseeded and chopped, 1 tsp - Pepper powder	
1 tbsp - Garam masala	
1/4 cup - Roasted gram powder	
1 cup - Fresh breadcrumbs	
1/4 cup - Corn flour	
1 - Egg	
2 tbsp - Oil	
Salt to taste	
8 to 10 - Burger buns	
Note: The size of patties should be decided upon the size of your burger buns, eg. small, medium / standard, or large / big boy burgers etc	

43. Tandoori Aloo	
A43	
8 min mwo +30 min grill	
Ingredients	Method
600 gm - Baby potatoes	<p>Soak skewers in water. Combine all the marinade ingredients with curds and refrigerate. Wash and place baby potatoes in the steaming basket. Select 43, press start. (Stop the oven when it beep once after 8 minutes).</p> <p>Remove the steamed potatoes, rinse and peel. Prick the boiled potatoes lightly with a fork and marinate with curd marinade. Arrange potatoes on skewers with mint leaves in between and place on grilling rack. GRILL, changing the side once after 15 minutes and brushing with a little oil. Remove the grilled potatoes and serve along with Tomato sauce or any chutney.</p>
For Tandoori marinade	
2 cups - Hung curds	
1 tbsp - Ginger-Garlic paste	
1 tsp - Red chili powder	
1/2 tsp - Garam masala	
1/2 tsp - Mint powder	
1/4 tsp - pepper powder	
1 tsp -Rock salt and salt to taste. 1/4 cup - Fresh mint leaves and 8 to 12 wooden skewers	

Shaami Kebabs	
A44	
7 mwo +30 grill	
Ingredients	Method
400 gm - Mutton mince	<p>Soak channa dal for 30 minutes to 1 hour. Slice onions. Combine mutton mince, channa dal, onions and peppercorns in a microsafe bowl; sprinkle 2 tbsp water over it; cover with lid and select 44, press start. (Stop the oven when it beep once after 7 minutes).</p> <p>Remove the bowl containing meat dal mixture and stand it for 5 minutes. Beat egg. Grind the meat and dal mixture in the electric grinder with beaten egg. In a trove combine ground meat, coriander, ginger-garlic paste and dry ingredients. Mix well. Divide the mixture in equal sized portions; grease your palms; roll all the portions and flatten them. Preheat the grill for 2 min. Lightly grease crispy plate the high grilling rack and place kebabs on it. Grill, turning once after 15 minutes and brushing with a little oil. Note: You might have to grill the kebabs in 2 lots.</p> <p>Take out the Shaami kebabs and serve with Onion rings and Green chutney.</p>
100 gm - Channa dal	
2 - Onions	
1 tbsp - Ginger-Garlic paste	
1 tbsp - peppercorns	
1 tbsp - Garam masala	
1/4 cup - Coriander chopped	
1 - Egg beaten	
1 tsp - Rock salt (powdered)	
2 tbsp - Oil	
Salt to taste	

Bread-Spinach Rolls	
A45	
3 + 4 min, mwo+ 30 grill	
Ingredients	Method
2 cups - Spinach chopped	<p>Peel and cut potatoes in small size, place in micro safe bowl, add spinach, 1/4 cup water and Select 45, press start. (Stop the oven when it beep once after 7 minutes).</p> <p>Remove the bowl, slightly cool and mash. Season them with spices of your choice to make nice stuffing. Divide it in 6 parts. Break bread into pieces and pass through an electric dry grinder to get soft bread-crumbs. Now in a trove, mix together breadcrumbs, spinach puree, egg, a little salt-n- pepper and 1 tbsp oil to make pliable dough. Divide dough in 6 parts. Roll each part a little bigger than the cheese slice. On each rolled portion, place 1 slice cheese and 1 part potato are filling in the centre and roll to cylindrical shape closing the sides carefully. Finish stuffing and rolling all the portions, place them in a plate that fits your grilling rack. Or place them on a multipurpose tava. Brush the rolls thoroughly with remaining oil. GRILL for remaining time. Stand the rolls in oven for 5 minutes. Remove from oven and slice them before serving. Serve with tomato or tomato-chili sauce.</p>
4 - Potatoes, medium sized	
6 slices- Cheese	
6 to 7 - Regular bread slices, Seasonings	
1/2 tsp - Spice powder	
1- Egg	
2 tbsp - oil	

Cheese Coins	
A46	
Preheat first up to 180 ° c + 10 conv	
Ingredients	Method
12 - Bread slices	<p>Cut bread slices into roundels with the help of a biscuit cutter. Grind the remaining portions of slices in electric grinder to get soft breadcrumbs. Cut the pepper into 12 thin strips. Combine all the ingredients except bread roundels in a bowl; mash properly and knead the mixture to soft dough. Divide the dough into 12 equal portions and spread 1 portion of dough on 1 roundel evenly; place 2 peppercorns as eyes and 1 strip of red pepper like a mouth. Finish making all the roundels and place them in a baking tray. Select 46, press start.</p> <p>Stand the dish for 3 minutes in the oven; remove the cheese coins and serve.</p>
1 and 1/2 cup -paneer	
1 -boiled Potato	
1/4 cup - grated Cheese	
1 tbsp - Flour	
2 tsp - White pepper powder	
1/2 tsp - Mint powder	
Salt to taste	
For garnishing	
2-inch Red pepper and 24 - Black peppercorns.	

Roasted Chili Croutons Salad	
A47	
Preheat first up to 200 ° c + 200*conv,20 min	
Ingredients	Method
For Chili Croutons	Remove the crust and cut bread loaf into thick slices and then in squares. Combine olive oil, oregano, chili powder and salt in a bowl; stir well and tilt the bowl, so that seasoned oil spreads evenly; add bread cubes and toss gently until well coated with oil. Spread the bread in a baking tray to bake select 47,press start.
1 small - Uncut bread loaf	
1/4 cup - Olive oil	
1 tsp - Oregano (dried)	
1 tbsp - Chili powder	
1 tsp - Salt	
For salad	
1 cucumber	
2 medium white onions	
2 tomatoes	
1 small head - Lettuce and 1/2 cup French dressing.	

Stuffed Mushrooms	
A48	
Preheat first up to 200 ° c + 200* conv, 15min	
Ingredients	Method
16 - Large Mushrooms	Wash, clean and dry the mushrooms with a kitchen towel. Remove the stems. With the help of a peeler or a fruit knife make the cavity of each mushroom cap a little bigger to hold the filling. Prick the caps lightly (with a fork) from inside; and brush inside and outside of mushroom caps with olive oil. Combine parsley, garlic, celery and a dash of lemon pepper in a bowl; stuff the caps evenly and sprinkle the tops with extra virgin oil. Arrange them in a lightly oiled baking tray. Select 48, press start. Take out the tray; season baked mushroom caps with sprinkling of salt and pepper and serve as starters.
1 cup - fresh chopped Parsley / coriander	
8 cloves - Garlic chopped fine	
1 - Celery stick chopped fine	
a dash of Lemon pepper	
Salt-n-Pepper to taste	
Extra virgin oil for sprinkling	

Roasted Potato Chaat	
A49	
Preheat first up to 200 ° c + 200* conv, 30 min	
Ingredients	Method
600 gm - Potatoes	Peel, wash and cut potatoes into 1/2-inch cubes. Smear with oil and place in a baking tray. Select 49, press start to roast, stirring twice. Take out the tray; remove potatoes to a working bowl; add remaining ingredients except coriander and toss well. Serving: Garnish with Cherry tomatoes, roasted Peas, Garlic sev (farsan) and coriander. Serve at room temperature.
3 tbsp - oil	
1 cup - Saunth (sweet-n-sour tamarind sauce)	
1/2 cup - Green chutney (fresh coriander-mint sauce)	
1/4 cup - Coriander chopped	
1/4 cup -Onion chopped (opt)	
2 - Green chillies deseeded and chopped fine	
Chaat masala to taste	

Chocolate Muffins	
A50	
Preheat first up to 200 ° c + 15 min conv,200*	
Ingredients	Method
1 and 1/2 cup - flour	Sieve together flour, cocoa, baking powder and baking soda twice. With an electric hand beater beat sugar, eggs and oil/butter till light, fluffy and creamy (powder sugar, after measuring, if sugar crystals are bigger). Add milk to the creamy mixture and beat once until well blended. Now add flour mixture by and by and mix properly. Put the mixture in Muffin tin or in cake cups. Put 2 tbsp cake batter in each cavity of lightly oiled muffin tin tray / cake cups and select 50, press start to bake. Note: For the best results, all the ingredients such as butter, eggs, milk and cream etc used for cakes, cookies or baking other dishes, should always be at room temperature.
1/2 cup - Cocoa powder	
1 cup leveled - Sugar	
1/2 cup - Cooking oil / butter	
2 - Eggs	
3/4 cup - Milk	
1/2 tsp - baking soda and 1/4 - tsp baking powder	
Chaat masala to taste	

Naan Khatai	
A51	
Preheat first up to 180 ° c + 15 min conv, 180*	
Ingredients	Method
2 cups - All purpose flour	Combine flour, semolina and baking powder and sieve in a trove. In a large working bowl mix together butter and sugar and now add sieved flour, a little at a time; make pliable dough and divide it into equal portions. Roll each portion with hands and flatten a bit. Keep rolling all the portions and placing them in the baking trays. Garnish each flattened ball with a little cardamom powder. Select 51, press start to bake till light brown in colour. Tips: If the dough seems, too dry, add 2 to 3 tbsp beaten curds and mix the dough thoroughly once again.
1 cup powdered - Sugar	
1/2 cup - Semolina	
1 cup - Butter / Margarine	
1 tbsp - Green Cardamom Powder, 1 tsp - Baking powder.	
2 -Baking trays.	
1 tsp - Baking powder	

Lemon Cake	
A52	
Preheat 5 min+180* 45 min	
Ingredients	Method
2 cups - Flour	Prepare a cake mould; grease it from inside and sprinkle some flour evenly; invert it and shake it lightly to remove extra flour without touching inside. Rub the lemons on a small grater to get lemon rind. Squeeze lemons to get juice. Sieve flour, salt and baking powder together; beat butter and sugar together; add eggs one by one and continue beating till the mixture is light and fluffy; add half the flour and beat it; add half the milk and beat it; repeat the process with remaining flour and milk; finally, add lemon juice and spice powder. Beat well. Pour the batter in the greased cake tin. Mix 3 tbsp sugar, walnuts and lemon rind and sprinkle evenly over cake batter. Select 52, press start to bake. Tips: For a perfect cake, all the ingredients like milk, butter and eggs, should always be at room temperature. Let the cake stand for 10 minutes in the oven. Invert it on a cooling rack for 10 minutes; remove and cut cake in squares or wedges. Serve warm or at room temperature at tea time.
1 cup - Sugar	
3 - Eggs	
2 tsp leveled - Baking powder	
1/4 tsp-Salt	
1/4 cup- Butter+ 1/4 cup - Cooking oil	
1 cup- Milk	
2 - Lemons	
1 tsp - Lemon rind	
1/2 cup - Walnuts (coarsely ground)	
1/2 tsp - Cinnamon-Clove powder	
3 tbsp - extra Sugar	

Corn-flake Cookies	
A53	
Preheat first up to 180 ° c +20 min 180*	
Ingredients	Method
3 cups - Cornflakes	Crush cornflakes and clean raisins. Cream butter and sugar until light and fluffy. Break egg and mix it with butter and sugar. Sift flour and baking powder together and fold into the sugar mixture. Add crushed cornflakes and raisins; and mix lightly. Divide the dough into equal size portions. Lightly roll each portion on your palm and press it down slightly. Place the rolled portions in the baking tray, select 53, press start.
1 and 1/2 cup - Flour	
3/4 cup - Butter	
1 cup - Sugar	
2/3 cup - Black Raisins	
1 and 1/2 tsp - Baking powder	
2 - Eggs	

Meat Roll	
A54	
Preheat first up to 200 ° c +45 min 200*	
Ingredients	Method
500 gm - Mutton / chicken mince	Combine all the ingredients for meat roll in a large working bowl and mix with your hand and shape into a big roll of almost 3-inch diameter; place it on aluminum sheet, shape the roll again and wrap it in the foil from all sides. Place it in the roasting tin. Add hot water to come half way up the sides of of the roll; and select 54, press start to bake. Remove the roll from the oven and let it stand wrapped till it cools. Keep under refrigeration for 2 hours at least. Remove the foil carefully before serving and slice the meat roll in desired thickness. Serve it with any light salad /soup.
2 tbs each	
Red Green and Yellow Pepper chopped very fine	
2 - Eggs	
1 cup - Fresh bread-crumbs	
1 tsp - Garlic paste	
1 tsp - Oregano dry	
1 and 1/2 tsp - Pepper powder	
1 tsp - Worcestershire sauce	
Salt to taste	
One 24-inch long piece of - Aluminum foil and 1 Roasting tin/ baking tray	

Bruschetta	
A55	
10 min grill	
Ingredients	Method
1 roll - French bread	Chop tomatoes and basil leaves; put them in a bowl and season with salt and pepper. Cut garlic cloves in half. Cut french loaf in thick slices and select 55, press start to grill them from both the sides. Remove the grilled toasts and rub one side of each toast with the cut garlic. Arrange on a serving platter; sprinkle with olive oil; spoon on the tomato mixture and serve immediately.
4 large - Tomatoes	
4 cloves - Garlic	
6 tbsp- Extra virgin olive oil	
A few leaves - Basil	
Salt and Pepper to taste	

Rice-vermicelli Vegetable Upma	
A56	
12 min mwo+ 5 min+5 min	
Ingredients	Method
300 gm non sticky - Rice vermicelli, 2 large - Carrots	Take a microwave oven safe bowl; add all ingredients other than vermicelli and water. select 56, press start. (Stop the oven when it beep once after 12 minutes). Remove & add vermicelli and water, stir well and cook for remaining time.
1 large - Capsicum	
2 - fresh red big - Chillies/ 1 small red Pepper	
1 large red - Onion	
1/4 cup- Cooking / Olive oil	
1 tbsp - roasted Gram	
1 tsp - Mustard seeds	
1 tsp-freshly crushed - Pepper corns	
1000 ml - Water and 3 tsp - Salt	

Spinach Roundels	
A57	
Preheat first up to 180 ° c +20 min 180*	
Ingredients	Method
1 cup - Spinach puree	Sieve together flour, salt, pepper and baking soda. Coarsely grind half the cashew nuts. Mix together sieved flour, spinach puree, cheese, cottage cheese and cashew powder; knead well to make pliable dough, if somehow, dough seems dry, sprinkle a few drops of milk / water and knead it again. Divide the dough into equal sized portions (18 to 20); grease your palms; roll each portion into a ball and then flatten it. Finish rolling and shaping all the portions; place them in the baking trays at little distance and top them with 1 cashew nut each. Select 57, press start to Bake. Take out the trays and let stand for 10 minutes. Remove the roundels with the tip of a palate knife and serve warm / at room temperature with any sauce.
1 and 1/2 cup - Cottage cheese, 1/2 cup - Cheese grated	
1 cup - Flour	
24 - Cashew nuts	
1/2 tsp - Baking soda	
2 tsp - Pepper powder	
2 tsp leveled - Salt	
2 - Baking trays	
Note: For perfect baking it is important that all the ingredients used are at room temperature	

Whey Drinks	
A58	
20 min 80P+ 5 min	
Ingredients	Method
1000 ml - Full cream milk	<p>Note: For getting whey you have to make paneer by boiling milk mixed with lemon juice; strain and collect whey saving paneer for cooking any paneer dish where home made paneer is required. Therefore, add milk to a medium/large microsafety bowl and select 58, press start. (Stop the oven when it beeps once after 20 minutes). Remove milk, add lemon juice and cook / boil once again.</p> <p>Remove the milk bowl and stand it for 1 hour, so that milk and solids are separated; strain it gently through a very fine sieve or through a sieve lined with a piece of muslin cloth, and let the paneer solids stand in the sieve for 30 minutes. Collect and chill the whey. Select the juice of your choice. Mix chilled whey, juice and sugar together, and stir well. Put 1 tbsp crushed ice in each glass and pour chilled whey; sprinkle a pinch of ginger and cardamom powders and serve. Tips: Use Ginger powder with Mango juice+Whey; Cardamom powder with Pineapple mixture+Whey. syrup, Strawberry crush, Honey etc to make healthy Whey Drinks. Note: Whey is a rich source of water soluble vitamins, minerals, trace elements and electrolytes. It is a nutritious and low calorie mineral water, so it should not be wasted but consumed.</p>
30 ml - Lemon juice	
500 ml - Pineapple juice / Mango juice, / Grape juice or any other juice	
1 tsp for each glass - Powdered sugar, crushed ice, Ginger and Cardamom powders to taste (opt)	

Crostoni	
A59	
15 min 190°	
Ingredients	Method
6 slices- Sandwich bread	<p>Cut as many shapes as you can cut from the bread slices. In the same number cut shapes from the cheese slices, too. Arrange cheese shapes on top of bread shapes and place in the baking tray or a plate. Select 59, press start to Bake. Remove the baked crostonis from the oven; dot each piece with sauce and serve. Note: If you do not have any shaped biscuit cutter, you may cut bread in triangle or squares, then cut cheese accordingly.</p>
8 to 9 slices Mozzarella or all purpose cheese and 1 tbsp tomato sauce	
Any shaped biscuit cutter	

Corn Patties	
A60	
6 mwo+3+ Preheat up to 200 ° c +30 min 200*conv	
Ingredients	Method
500 gm - Potatoes	<p>Peel, cut potatoes into quarters and place them in steaming basket with 1/4 cup water underneath. Select 60, press start. (Stop the oven when it beep once after 6 minutes).</p> <p>Remove potatoes from steaming basket into a trove or large working bowl and mash immediately when still hot. Place corn kernals in the same steaming basket and cook. (Stop the oven when it beep once after 3 minutes).</p> <p>Remove and Mix corn, cheese, steamed kernals, grated corn, spices and seasonings with mashed potatoes. Mix well and divide the dough into equal portions. Shape each portion in to a pattie. Place all the shaped patties in a lightly greased non-sticking baking tray. Brush the patties with cooking oil and bake for remaining time in convention mode.</p>
3 medium - Corn on the cobs grated	
100 gm - Corn Kernals	
1/2 cup - Cottage cheese /Feta cheese	
2 - Green chilies chopped, 1/4 cup - Coriander chopped	
1 tsp - Pepper powder	
1/2 tsp - Clove-cinnamon powder, Salt to taste	
2 tbsp - Cooking oil	

Tossed Baby Potatoes	
A61	
8 mwo+ 3min	
Ingredients	Method
600 gm - Baby potatoes	<p>Wash and place potatoes in the steaming basket. Select 61, press start. Note: Baby potatoes are not supposed to be peeled but eaten with skin. If in any case, can't eat unpeeled, you may peel them after cooking.</p> <p>Remove potatoes from steaming basket into a trove, slightly cool and prick them with a fork. Place them in a dish mix with Szechwan sauce. Garnish with coriander and serve on tooth-picks as starters.</p>
1 cup - Szechwan sauce	
Salt-n-Pepper to taste (if at all needed)	
1/4 cup - Coriander chopped	
A few Toothpicks to serve on	

Semolina Vegetable Upma	
A62	
2 min+	
Ingredients	Method
1 and 1/2 cup - Semolina	<p>Peel and cut carrot into very small dices; clean and cut capsicum also into small pieces; deseed green chilies and chop and grate ginger. Chop cashew if using. Combine carrots and sprouts / green peas in a steaming basket to cook partially. Put semolina in a shallow microsafe bowl for roasting and select 62, press start. (Stop the oven when it beep once after 2 minutes).</p> <p>Take out and combine roasted semolina, steamed vegetables, oil, salt, green chilies, add red chili ,mustard seeds, gram dal and curry leaves, capsicum and ghee in a large glass bowl. Pour water, mix well and cook for remaining time, stirring twice in between, once after 6 minutes and then after 9 minutes. Add lemon juice, cashew and raisins; garnish with chopped coriander and serve hot as a snack.</p>
1/4 cup - Cooking Oil	
2 tbsp - Ghee (clarified butter)	
1/4 cup - Fried Onion	
1 cup - Moong sprouts or green Peas	
1 large - Carrot	
1- Capsicum	
2 - green Chilies	
1- Lemon	
1-inch piece - Ginger root	
1 tbsp - roasted Gram dal	
1 tsp -Mustard seeds	
1 sprig curry leaves	
1 - dry red Chili, 1/4 cup - Coriander chopped, 1 tbsp - salt or to taste, 1/4 cup - cleaned and washed Raisins and a few roasted Cashew nuts (opt) and 4 and 1/2 cup water	

Chicken-meat Balls in Garlic Sauce	
A63	
5 Mwo 80p + 2 min	
Ingredients	Method
For Chicken Balls	<p>Combine all the ingredients for the chicken balls in a trove, mix well and form marble sized balls; place them in the steaming basket and select 63, press start. (Stop the oven when it beep once after 5 minutes).</p> <p>Note: if your steaming basket is small, you might have to steam balls in 2 lots.</p> <p>Remove the steamed chicken balls and let them stand covered for 3 minutes. Meantime, combine tomato sauce, chili garlic sauce, garlic paste and olive oil in a microsafe dish; check the seasonings and stir. Take out the steamed chicken balls and toss in the sauce mixture. Add chopped mint. Cover with lid and cook for remaining time. Take out the chicken balls and transfer to a serving plate and serve as starters.</p>
400 gm - Chicken mince	
1/2 cup - Dry bread crumbs	
2 - Green chilies	
2 - Eggs, 1/4 cup - fresh Mint chopped fine / 1 tsp dry Oregano	
1 tsp - Ginger powder	
2 tbsp - Olive / cooking oil	
1 tsp - Rock salt	
1 tsp - Pepper powder	
1/2 tsp - Garam masala	
Salt to taste	
For Tossing Sauce	
2 tbsp - Olive oil	
1 tbsp - Garlic paste	
1/2 cup - Tomato sauce	
1/4 cup - Chili-garlic sauce	
Salt to taste	
2 tbsp - Mint chopped. Toothpicks/fruit forks for serving. Note: You can use mutton mince instead of chicken	

Green Peas Poha	
A64	
4 min + 2 min + 5 min	
Ingredients	Method
2 cups - Poha	<p>Wash poha(beaten rice) and keep in a colander to drain. Chop green chillies. Squeeze lemon and collect juice. Select 64, press start to Steam green peas in the steaming basket with 1/4 cup water. (Stop the oven when it beep once after 4 minutes).</p> <p>Remove green peas. Put 2 tbsp oil in a large microsafe bowl; add green chillies, mustard seeds, fried onion, curry leaves, peanuts and turmeric and cook for 2 minutes. After beep, Take out the bowl; add green peas with its water; add lemon juice and salt. Add the poha. Cover the dish with a lid and cook for remaining time.</p> <p>Bring out poha and stand it for 2 minutes; and garnish with coriander leaves. Serve hot with tomato sauce or green chutney.</p>
2 cups - Green peas shelled	
1/4 cup - Cooking oil	
1/4 cup - Fried onions	
2 - Lemons	
3 - Green chillies	
1 and 1/2 tsp - Turmeric	
1 tsp mustard seeds	
1 sprig - Curry leaves	
1/4 cup - Roasted peanuts (opt)	
1/4 cup - Coriander chopped	
1 tbsp - Salt or salt to taste	

Herbal Drumsticks/Legs	
A65	
10 mwo + 10 grill + 1.30 mwo	
Ingredients	Method
- Chicken legs	<p>Wash, clean, pat dry and prick chicken legs nicely with a fork. Grind together coriander, green chillies and spinach with 1/2 cup hung curds. Mix together remaining hung curds, chili-coriander, ginger-garlic and cashew pastes, spinach puree, spices, salt and pepper in a bowl and rub the curd mixture nicely on chicken pieces, and let them be marinated for 3 hours. Place the chicken legs on the outer side of a microwave's rotating table or in a heatproof plate in a spoke manner and select 65, press start. (Stop the oven when it beep once after 10 minutes).</p> <p>Take out the chicken legs from the microwave and place them on the grilling rack. Then Grill lightly. (Stop the oven when it beep once after 10 minutes).</p> <p>Take out the legs and arrange in a serving plate. Add 1/4 cup water and 1 tsp corn flour in the leftover marinade, stir and cook for 1 minute, 30 sec on HIGH.</p> <p>Take out the sauce and serve it as a dip with the herbal drumsticks.</p>
2 cups - Hung curds	
1/2 cup - Coriander chopped	
6 - Green chillies	
1/2 cup - Spinach chopped	
2 tbsp - Ginger-Garlic paste	
2 tbsp - Lemon juice	
2 tbsp - Cashew nut paste	
2 tsp - Mixed spice powder	
2 tbsp - Spinach puree	
2 tsp - Salt	
1 tsp - Pepper powder and 1 tsp - Corn flour	

Stuffed Potato Balls	
A66	
8 mwo+3min+Preheat up to 180 ° c +25 conv 180*	
Ingredients	Method
500 gm - Potatoes	<p>Chop mushrooms, spring onion and green chilies; place them in a microsafe bowl along with moong sprouts and cooking oil. Powder half the sesame seeds. Peel, wash and cut potatoes; place them in steaming basket with 1/4 cup water underneath and select 66, press start. . (Stop the oven when it beep once after 8 minutes).</p> <p>Remove potatoes in a trove and mash immediately with a potato masher, when still hot. Cool and knead it with butter and 1/2 tsp salt. Place bowl with chopped vegetables in the microwave to cook for 3 minutes. . (Stop the oven when it beep once after 3 minutes).</p> <p>Remove the bowl with vegetables and cool; add dry seasonings and powdered sesame seeds. Now divide potato mixture and vegetable mixture in equal portions. Grease your palms with a little cooking oil; flatten one portion of potato and fill the 1 portion stuffing in the centre; and roll it into a ball. Finish with all the portions in the same manner. Spread remaining sesame seeds in a plate and roll the potato balls, gently. Place all the balls in a baking tray and bake for remaina 25 minutes.</p>
200 gm - Mushrooms	
2 tbsp - Mint chopped	
3 - Spring onions	
1/2 cup - Moong sprouts	
4 - Green chilies	
1/2 cup - Sesame seeds	
1/2 tbsp - Butter	
1/2 tsp - Garam masala	
1/2 tsp - Mango powder	
1/2 tsp - Ajwain	
1/4 tsp - Red chili powder	
Salt to taste	
2 tbsp - Cooking oil	

Cocktail Sausages	
A67	
2 mwo + 6 mwo	
Ingredients	Method
400 gm -Cocktail sausages	<p>Chop spring onions. Prick the sausages with a fork (to avoid bursting). In a microsafe bowl combine oil and onions. Select 67, press start. . (Stop the oven when it beep once after 2 minutes).</p> <p>Take out the bowl and put sausages, tomato puree, chili-garlic, oregano, salt and pepper, stir and cook for remaining 6 minutes.</p> <p>Take out the sausages; stand for 2 minutes; garnish with parsley and serve with fruit forks or on toothpicks.</p>
1/4 cup - Tomato Puree	
3 - Spring onions	
1 tbsp - Chili-Garlic paste	
1 tbsp - Olive oil /butter	
1 tsp - Oregano	
2 tbsp - Parsley chopped	
Salt and Pepper to taste	

Chili Peanuts	
A68	
180 ° c, Preheat up to 10 min+15 conv,180*	
Ingredients	Method
3 cups-unsalted,dry roasted Peanuts	Combine oil, salt, lemon juice and chili powder in a large bowl; add peanuts and toss well. Spread them in a baking tray evenly. Select 68, press start to Bake.  Remove the peanuts from the oven; let them cool completely; then serve or store in an air-tight container. Tips: Avoid baking in very hot oven to avoid burnt peanuts. Store after complete cooling, will remain fresh for more than a week.
2 tbsp - Olive / cooking oil	
2 tbsp - Lemon juice	
2 tsp - mild Chili powder	
1 and 1/2 tsp - Salt	

Baked Potato Cheese Balls	
A69	
6 mwo + 20 conv, 180 <sup>0</sup>	
Ingredients	Method
500gm - Potatoes, 1/4 cup - Breadcrumbs	Peel, wash and cut potatoes into small pieces, place them in the steaming basket and select 69, press start. . (Stop the oven when it beep once after 6 minutes).  Remove potatoes and stand for 3 minutes; remove to a trove and mash when still hot. Mix together potatoes, breadcrumbs, half the cheese, salt, pepper and mint; knead well to pliable dough; divide it into bite sized equal portions and roll into balls. Spread remaining cheese in a plate and lightly roll the potato ball in it, and place in the baking tray and bake for remaining 20 minutes in convection mode.
1/2 cup- Cheese grated	
1/2 tsp - pepper powder	
1 tsp - Mint powdered	
Salt to taste	

<b>Baked Jacket potatoes</b>	
A70	
8 mwo+ Preheat up to 2 min at 200 ° c +60 conv,200*	
<b>Ingredients</b>	<b>Method</b>
6 large - Potatoes and any of the fillings of Coleslaw / Prawns Mayonnaise / Cheese and onion. For Coleslaw	<p>Mix all the ingredients of any filling you select and refrigerate till required. Wash potatoes and put them in the steaming basket. Select 70, press start.</p> <p>Take out potatoes and remove from the basket. Wear kitchen gloves and prick the potatoes all over with a fork and place them in a baking tray to bake for remaining 60 minutes in convection mode.</p>
100 gm - White Cabbage chopped fine	
1 small - Apple coarsely grated and mixed with 1 tsp lemon juice	
1 small - Carrot grated	
2 - Spring onions chopped	
2 tbsp - Mayonnaise sauce	
2 tbsp - Curds and salt-n-pepper if required at all	
For Prawns Mayonnaise	
100 gm - Prawns cooked and chopped	
2 tbsp - Mayonnaise	
1 tbsp - Tomato sauce	
1 tbsp - Curds	
1 tsp - Lemon juice	
1/2 tsp - Hot pepper sauce	
For Cheese-n-Onion	
100 gm - Cheddar or any Indian cheese	
2 - Spring onions chopped	

Lemon Tarts	
A71	
Preheat up to 2 min at 180 ° c + 180* conv, 15 min+ 6 mwo	
Ingredients	Method
For Tarts	<p>Sieve flour and salt together; mix butter with your finger tips till the mixture resembles breadcrumbs; add water and make dough. If required, sprinkle a few more drops of water to hold the ingredients together. Knead it well to pliable dough. Take it out; divide in 2 parts and roll out one part of dough on lightly floured surface. Tarts should be about 1/8-inch in thickness. Cut 8 circles of almost 3-inch in diameter using a cutter or a bottle cap and fit in the tart shells, trimming extra dough. Place them on high rack of your microwave. Select 71, press start to bake. . (Stop the oven when it beep once after 15 minutes). This recipe will give you 16 tarts. Remove the shells and cool. Take them out carefully. Repeat the process with other half of dough, and bake the same way.</p> <p>In a microsate bowl, combine all the ingredients of lemon filling; mix well and cook for remaining 6 minutes, stirring every 1 minute. Take out the filling and add 1 drop of yellow edible colour and mix properly. Cool the mixture completely and then fillup the baked tart shells. Garnish and serve. Tips: You can fill up the tarts with any melted jam / melted chocolate also. You may even fill them up with any savoury veg / non-veg mixture and serve for cocktails as starters.</p>
1 and 1/2 cup - Flour	
1/2 cup - Butter	
3 tbsp - Chilled water and 1/4 tsp - Salt	
Lemon Filling	
100 ml - Lemon juice	
160 gm - Sugar	
200 ml - water	
1/4 cup - Corn flour	
1/2 tsp - Lemon rind (opt)	
1 drop - Yellow edible colour	
8 glazed cherries for garnishing	
8 - Tart shells	

Kala Channa Soup	
A72	
10 mwo + 25 mwo 80P	
Ingredients	Method
1 cup - Black Gram	<p>Soak black gram overnight or for 6 hours minimum in warm water. Drain, rinse and mix 1 cup fresh water with black gram; cover and select 72, press start. (Stop the oven when it beep once after 10 minutes).</p> <p>Remove and add remaining ingredients (except tempering ingredients) and 2 cups more water. Cook for remaining 25 minutes.</p> <p>Remove the bowl and mash gram with a wooden spoon nicely. Add remaining water, mix and strain through a sieve. Season it with salt and pepper and temper. Heat ghee in a ladle; crackle cumin and add asafetida; and pour over soup. Reheat before serving. Garnish with chopped coriander and serve hot as a starter. Tips: It is a very healthy soup which is fed especially to the weak vegetarian people recovering from long illness ,as its food value is equivalent to mutton soup.</p>
1 tsp each of -Ginger-Garlic pastes	
1 - Bay leaf	
2 - Black cardamoms	
6- Cloves	
15 - Peppercorns	
1-inch stick - Cinnamon and 6 cups - Water	
Salt and pepper to taste	
Tempering	
2 tsp - clarified butter (ghee)	
1/4 tsp - Asafetida and 1/2 tsp cumin	

The Shorba	
A73	
12 mwo	
Ingredients	Method
6 cups- mutton / chicken stock	<p>Combine stock and tomato puree or lemon juice from lemons and select 73, press start.</p> <p>Remove soup from the oven and strain through a fine sieve. Heat ghee in a ladle on gas heat for a few seconds, crackle cumin in it and pour over soup. Serve immediately. Tip: For a gathering stock can be made in advance and stored. Boil and temper before serving.</p>
2 - Lemons or 1/2 cup - Tomato puree	
Salt and fresh pepper powder to taste. Tempering	
1 tbsp Ghee / Butter and 1 tsp cumin seeds	
Garnishing	
Chopped coriander	

Lemon Rasam	
A74	
25 mwo + 2 + 10 mwo	
Ingredients	Method
200 gm - Arhar / Tuvar dal	<p>Soak tuvar dal. Soak tamarind separately. Place spices of rasam powder, except turmeric and asafetida in a paper bag. Select 74, press start to Cook dal with 2 cups water. (Stop the oven when it beep once after 25 minutes).</p> <p>Take out dal and beat it with a rotary beater; add four cups water and strain the dal soup and leave it for sediments to settle. Roast the spices for home made rasam powder. (Stop the oven when it beep once after 2 minutes).</p> <p>Remove and cool spices; mix with turmeric and asafetida and grind to a fine powder. Mash tamarind and collect its water. Strain dal soup once more; mix spices tamarind water, lemon juice and salt. Boil for remaining time 10 minutes.</p> <p>Remove dal soup. Make tempering by heating fat in a ladle on gas stove for a few seconds and crackling mustard seeds in it, and adding curry leaves and asafetida. Pour tempering over the rasam; adjust salt and serve.</p>
1/4 cup - Lemon juice	
a lemon sized ball of Tamarind, ready made Rasam powder to taste	
For Home-made Rasam Powder	
1 tbsp- Coriander seeds	
1 tbsp -Cumin seeds	
3 -Red chillies whole	
1 tsp -Turmeric powder	
3 sprigs - Curry leaves	
12 -Peppercorns	
2 tbsp - Gram dal	
1/2 tsp - Asafetida	
Salt to taste	
For Tempering	
1 tsp - Clarified butter / oil	
1/4 tsp - Asafetida	
1 sprig - Curry leaves	
1/4 tsp -Mustard seeds	

Plain Vegetable Soup	
A75	
6 mwo + 20 + 3 mwo	
Ingredients	Method
4 medium - Tomatoes	<p>Clean and roughly cut vegetables; place them in a large bowl, add spices, coconut and 1 cup water. Cover and select 75, press start.(Stop the oven when it beep once after 6 minutes).</p> <p>Take out the vegetables strain and save the liquid. Liquidize the vegetables with 1 cup water; add remaining water and saved liquid; strain through a sieve; put in the same bowl and cook for remaining time.</p> <p>Remove and keep it covered till used. Mix phool makhana with oil and roast.</p> <p>Serve the soup with roasted makhanas as a starter.</p>
1 medium - Carrot	
1 small - Onion	
1 small - Potato	
1/4 cup - Fresh coconut shavings / grated	
1 inch piece - Ginger	
6 flakes - Garlic	
1- bay leaf	
2- Black cardamoms	
10 - Peppercorns	
1 tsp - Fengreek seeds	
5 cups - Water 1/2 cup - Phool Makhana and 1 tbsp oil	

Basic White Onion and Brown Onion	
A76	
10 mwo	
Ingredients	Method
500 gm - White onions	<p>Clean and chop onions. Combine onions with water in a microsafe bowl, cover and select 76, press start.</p> <p>Remove the bowl from the microwave. Cool; pass through liquidiser and store in the deep freezer compartment of your refrigerator. Use as it is when required. Tips: White onion paste is used in the paler gravies for the milder taste. Brown onion paste: Liquidize fried onions and water and store under refrigeration.</p>
1/2 cup - Water	
500 gm onions- fried	
3/4 cup - Boiled water	

Basic Tomato Puree	
A77	
30 mwo	
Ingredients	Method
600 ml -Tomato juice	<p>Wash and chop tomatoes, blend well in electric blender and measure juice with measuring jug. Select 77, press start.</p> <p>Remove the sauce and add preservatives when it is hot. Store Puree in sterilised bottles and place caps. This puree can last almost for one year.</p> <p>Note: If you don't want to add preservatives, the puree can last under refrigeration for 10-15 days, but you must take out the quantity needed with a fresh and clean spoon. This puree is not very thick but of pouring consistency. Usage: Tomato puree is used for making various gravies. It is also used for making tomato soup and for cooking other dishes where tomatoes are needed.</p>
5 ml - Acetic acid	
1 gm -Sodium benzoate	

Basic Onion and Tomato Paste	
A78	
5 mwo + 15 mwo	
Ingredients	Method
500 gm - Fried onions	<p>Combine fried onions and tomatoes in a liquidizer and make smooth paste. Remove in deep microsafe bowl. Cover with lid and select 78, press start.(Stop the oven when it beep once after 5 minutes).</p>
500 gm - Tomato	
2 tbsp - Ginger-garlic paste	<p>Remove the bowl. Crackle cumin in oil on the heat of gas stove and add to onion-tomato mixture along with ginger-garlic paste, turmeric, chilli powder and salt. Cover and cook for remaining time.</p>
1 tsp - Cumin	
1 tsp - Turmeric (opt) powder	
1 tbsp -Salt	<p>Remove the bowl and stand it for 5 minutes. Cool and divide the paste in small containers and store in deep freezer. Remove as and when required 1 hour before use. Note: This quantity will give you 2 cups of thick onion tomato paste. Usage: Can be used for cooking (as a base) various other dishes. Tips: While cooking with this paste, please keep in mind that some salt, chilli, turmeric and spice powders have already been added to it, so adjust seasonings accordingly.</p>
3 tbsp -Cooking oil	
1 tsp - Chilli powder	
2 tsp - Garam masala	
NB: For cooking good microwave dishes, always keep fried onions handy in your refrigerator	

Basic Chilli - Garlic Sauce	
A79	
4 + 8 mwo	
Ingredients	Method
2 cups - Dry red chillies (broken and de-seeded)	<p>Select 79, press start to heat 2 cups of water in microsafe bowl. ( stop oven after 2 minutes). Remove the bowl, wash and soak broken red chillies in this hot water for 1 hour. Cook the red chillies, for remaning time 8 minutes.</p> <p>Remove the chillies from oven and stand for 3 minutes. Mix garlic and cover again. Cool. Put salt, vinegar, chillies and garlic in a blender, and blend until smooth. In a small bowl heat oil and mix with the smooth chilli-garlic paste. Transfer the sauce into a clean and dry glass-bottle and refrigerate. Use as it is when required. Under refrigeration it lasts for almost a month. Note: No preservatives are added here. Usage: Chilli-garlic sauce is used for variety of things while cooking, for example, it can be mixed with gravies; flavour dry vegetables; can be mixed with sandwich spread and salad dressings to enrich the flavour of the dishes. Tips: Omit garlic and make Chilli sauce the same way.</p>
4 tsp -Salt	
1 cup - Garlic (peeled)	
1 cup - Vinegar	
1/4 cup - Oil	

Basic Spinach Puree	
A80	
7 mwo	
Ingredients	Method
2 bundles/500gm - Spinach leaves	<p>Wash well and chop spinach leaves roughly. Select 80, press start to cook spinach. After removing spinach from the microwave cool and pass through liquidiser with its own juices (without adding water). Store under refrigeration. Note: Spinach puree can be prepared in advance and stored for 3-5 days in a chill tray and for a longer period in the deep freezer. Usage: Use it according to recipeis when you make soups, saags and souffles etc.</p>

Basic Almond / Cashew Nut Paste	
A81	
7 mwo	
Ingredients	Method
1/2 to 1 cup - Almonds/Cashew nuts	<p>Take a microwave oven safe bowl, add Almonds &amp; cashew and select 81, press start to cook. Remove, Blanch almonds/cashew nuts in 1 cup water and stand for 30 minutes. Cool and peel almonds. Place them in a liquidiser with curds or water and grind to a smooth paste. Remove and store in the deep freezer. Use as it is when needed in the recipes. It lasts for 15-20 days. Note: For immediate use blend nuts with curds but for longer storage use boiled and cooled water. Usage: The nut paste is ideal for adding flavour to various dishes and enrich gravies. It also provides body to the curries. In addition, Almond paste makes nourishing Soups and Desserts.</p>
1/2 to 1 cup - Fresh curds/water	

Basic Coconut Milk	
A82	
5 mwo + 2	
Ingredients	Method
1 -Coconut	<p>Grate coconut. Select 82, press start to boil with 2and 1/2 cups of water. ( stop oven after 5 minutes) . Take out the water. Soak grated coconut in it for 30 minutes to 1 hour, and save the remaining water for later use. Grind coconut in electric blender along with water to a fine paste, strain and collect the first extract of coconut milk (thick in consistency).Heat the remaining 1 cup water for 2 minutes. Remove water and add to the coconut roughage. Repeat the grinding process and strain to collect the second extract of coconut milk (thin in consistency). Discard the roughage. Use the first and the second extracts of coconut milk as the recipe directs. Note: As a rule, while cooking, the second extract is used first, and the first one is added just before finishing cooking, so that it does not curdle.</p>
2 and 1/2 cups - Water	

Basic Stock for Soups	
A83	
20 mwo + 20 min 80 P	
Ingredients	Method
For Veg Stock	<p>Roughly chop the vegetables and mix in a big microwave-safe bowl. Add all the spices. Pour water, mix and boil, covered. For non veg stock add chicken/mutton bones. Pour 1 cup more water in the mix and select 83, press start.</p> <p>Once the boiling is complete, simmer the mixture further. In case of non veg stock cook on Medium double the time and follow the same procedure. Remove the bowl and keeping it covered stand it for 10 minutes. Roughly mash vegetables with wooden spoon or hand beater and then strain the stock through a sieve. Cool and store under refrigeration. Note: Stock can be stored in the deep freezer compartment of a refrigerator even for a month if the electricity supply is stable.</p> <p>Usage: The well-flavoured stock is ideal to use as a base for any soup or gravy. It can also be used to make delicious pulaas.</p>
1 - Carrot	
1 - Onion	
3 to 4 leaves - Cabbage	
Few stems - Spinach/coriander	
1 - tomato(opt)	
10 - Peppercorns	
2 - Black-cardamoms	
1 - Bay leaf	
1 - inch stick of - Cinnamon	
5 - Cloves, 6 cups - Water	
For Non-veg stock	
All the ingredients for veg stock + 300 gm - Bones of chicken/mutton with some meat on them	
1 cup water more	
Chicken shanks can also be used for this purpose	

Basic Quick Gravy	
A84	
5 mwo + 15 min 80 P	
Ingredients	Method
1/2 cup - Fried onions	<p>Grind fried onions with 1/2 cup water and transfer to microsafe medium bowl. Add tomato puree, ginger and garlic paste. Stir and select 84, press start to cook. (stop oven once beep after 5 minutes).</p> <p>Remove the bowl; add turmeric, chilli powder, garam masala and 2 cups water. Heat 1 tbsp oil on gas stove and crackle cumin. Pour into the bowl. Stir, cover and cook for remaining 15 minutes. Take out the gravy and stand it for 15 minutes. Cool and store under refrigeration. Use within 2-3 days. Note: If Quick gravy is stored under refrigeration, meals can be prepared on short notice. Usage: Use it with Koftas, Vegetables, Roasted meats etc.</p>
1/4 cup - Tomato puree	
1 tsp - Ginger paste	
1 tsp - Gralic paste	
1/2 tsp -Turmeric (opt)	
1/4 tsp - Red chilli powder	
1/4 tsp - Garam masala	
1 tbsp - Cooking oil	
1/4 tsp - Cumin seeds	
2 and 1/2 cups - Water	

Basic White Sauce	
A85	
1 mwo+1+9 min 80 P	
Ingredients	Method
2 tbs - Butter	<p>Place butter in a medium microsafe bowl , select 85, press start to melt. ((stop oven after 1 minute). Take out the bowl, add flour; stir and cook for 1 minute. After 1 minute, when it beep, stop oven &amp; remove the bowl from oven and add milk slowly and whisk the sauce, or stir with a wooden spoon to smooth mixture. Cook for remaining time 9 minutes. stirring every 3 minutes to avoid lumps. Remove the sauce and season it with salt, pepper and mustard powder. Cover it to avoid formation of film on top. Use as and when required for thickening soups, making a dip or for baking vegetables and pasta etc. Tips: If by chance the sauce becomes too thick/lumpy, dilute it with a little more milk and pass through a liquidizer. Make Cheese sauce with this basic sauce. After seasoning the white sauce, add 1/2 cup grated cheese to it when still warm. Bechamel sauce: White sauce flavoured with onion and cloves/ nutmeg is called bechamel sauce. While making white sauce, 3 cloves are stuck to 1 peeled onion and lowered in milk. After the sauce is cooked onion is removed gently. It imparts excellent flavour to the sauce.</p>
2 tbs - Flour	
2 and 1/2 to 3 cups -Warm milk	
1 tsp - Pepper powder	
1/4 tsp leveled - Mustard powder, Salt to taste	

Pav Bhaji	
A86	
6 mwo+10+10 min 80 P	
Ingredients	Method
300 gm - Potatoes	<p>Prepare vegetables by cleaning and cutting them in small pieces. Peel and cut potatoes in small pieces; wash and place in a microsafe bowl. Add chopped vegetables too, except capsicum and fried onion. Add 1/4 cup water and select 86, press start. ( stop oven after 5 minutes).</p> <p>Take out the vegetables and transfer to a trove with all the liquid; and immediately mash them with a potato masher. In a medium microsafe bowl, put oil; add pav-bhaji masala and mix well. Add mashed vegetables, fried onion, ginger-garlic paste and chopped capsicum; stir well; add 1 cup water; mix and add salt, tomato puree, butter and 1/2 cup water; mix it again; cover the dish and cook for remaining 10.</p> <p>Note: The prepared Bhaji should not be absolutely dry, but mushy in appearance.</p> <p>Take out the dish; garnish with chopped coriander.</p> <p>Serving: Serve it with buns (pav). Finely chopped onions, tomatoes and green chillies are excellent accompaniment to the dish. Tips: Buns are roasted on hot griddle with a blob of butter on it and then served with this special preparation.</p>
50 gm - Carrots	
50 gm - Beans	
50 gm - Green peas shelled	
1/2 cup - Tomato puree	
1 small - Capsicum	
2 tbsp - Butter	
3 tbsp - Oil	
1 tbsp - Ginger-Garlic paste	
2 tbsp - Fried onion	
4 to 5 tbsp - Pav bhaji masala and - Salt to taste	

Mutter Paneer	
A87	
4 mwo+2+10 min 80 P	
Ingredients	Method
250 gm - Paneer	<p>Cut paneer into small pieces and keep aside. Combine green peas with 1/4 cup water, select 87, press start to steam in the steaming basket. ( stop oven after 4 minutes when it beep).</p> <p>Remove the green peas. In a medium microsafe bowl add cooking oil, onion-tomato paste, ginger-garlic paste and tomato puree, cover and cook for 2 minutes.</p> <p>Take out the cooked masala bowl, add turmeric, chili powder and garam masala to it; mix well; add paneer, peas and 1 and 1/2 cup water, stir and cook remaining 10 minutes.</p> <p>Bring out the dish and stand it for 3 minutes. Garnish and serve with any Indian bread.</p>
200 gm - Green peas shelled	
1/4 cup - Onion-tomato paste	
3 tbsp - Tomato puree	
2 tbsp - Olive oil/cooking oil	
1 tsp leveled - Turmeric powder	
1/2 tsp - Chili powder	
1/2 tsp - Garam masala	
1 tsp - Ginger-Garlic paste	
Salt to taste and 1 cup water	
Chopped coriander for garnishing	

Mixed Vegetables Delight	
A88	
5+6 mwo	
Ingredients	Method
100 gm - Mushrooms	<p>Wash vegetables; remove stems from mushrooms; cut peppers in 1-inch squares, cut carrots in roundels, chop green chilies and break cauliflower in small flowerets. Place all these vegetables and green peas in a medium microsafe bowl; add 1 tbsp oil and mix. Sprinkle 1/4 cup water on vegetables, cover and select 88, press start to cook.</p> <p>Remove the vegetables. In the same bowl mix fried onion, garlic, ginger and tomato puree. Heat remaining oil in a ladle on gas heat and crackle cumin and mustard in it, add green chilies and switch off the heat; add turmeric and cinnamon powders and pour over vegetables. Sprinkle corn flour over vegetables and stir very well. Cover the dish and cook for remaining 6 minutes.</p> <p>Remove the vegetable bowl from microwave and stand it covered for 3 minutes. Serving: Uncover; sprinkle garam masala; garnish and serve with Roti/ Paratha or Poori etc, or serve as a side dish of main meal.</p>
100 gm - Mixed peppers	
100 gm flowerets of Cauliflower / broccoli	
100 / 2 small - Carrots	
100 gm - Green peas shelled/ Beans	
2 tbsp -Fried onions	
1 tbsp -Fried garlic	
1 tbsp -Ginger juliennes	
3 tbsp - Olive/cooking oil	
1/4 cup - Tomata puree	
1 tsp- Garam masala	
1/4 tsp -Cumin	
1/4 tsp -Mustard seeds	
1/4 tsp Turmeric (opt)	
1/4 tsp - Cinnamon powder	
1 tbsp - Corn flour	
Salt to taste	

Bhutta Salan (corn curry)	
A89	
3+8+12 min 80P	
Ingredients	Method
4 medium - Corn on cob	<p>Chop onion and green chillies. Grind together onion, green chillies, coriander, ginger and garlic paste with 1/2 cup coconut milk to a fine paste; add 1/2 cup water and strain the herbal milk through a sieve and collect; once again grind the remaining roughage with 1/2 cup coconut milk, add 1/2 cup more water and strain through the sieve. Discard the roughage. Clean and wash corn on cobs and cut each corn-cob into 3 to 4 pieces; place the pieces in the steaming basket and select 89, press start to steam. (stop oven when it beep after 3 minutes). remove the corn and keep it covered. In a medium microfse bowl, mix together herbal coconut milk, corn flour, 1 cup water and salt. Cook for 8 minutes, stirring once in between. Take out the bowl; place steamed corn pieces in herbal coconut milk; add remaining coconut milk and 1 cup water; check the salt; cover the dish and cook for remaining 12 minutes.</p> <p>Remove the cooked corn curry and stand it covered for 5 minutes. Meantime, heat oil in a ladle on top of gas stove; crackle mustard in it; add red chillies and curry leaves; switch off the heat and pour tempering over cooked corn curry. This dish is supposed to have thin curry, it will slightly thicker once it cools down. Serve it with Chapati / Khakhra. Tips: Here the fun is not only in cooking this dish but also in eating it. You are supposed to eat corn from the cobs, soaking the pieces in curry repeatedly and sucking out the milky curry and corn juices as well. You just love it once start eating it. Soon the dish becomes favourite with young and old alike.</p>
2 cups - Coconut milk	
1 cup chopped - Coriander	
4 to 5 - Green chillies	
1 large- Onion	
1 tbsp- Ginger-Garlic paste	
1 tbsp - Corn flour	
Salt to taste	
For Tempering	
1 tbsp - Cooking oil	
1/2 tsp - Mustard seeds	
2 - Red chillies whole	
1 sprig - Curry leaves	

Stuffed Lauki (Bottle Gourd)	
A90	
5+7+8 mwo	
Ingredients	Method
1/600 gm - Bottle Gourd	<p>Peel and cut bottle gourd into 2 pieces and hollow the centre with a peeler, leaving 1/2 inch thickness around the walls. Save the pulp. Cut lemon into halves and dip into salt; rub the gourd tubes well with lemons inside out. Leave them aside for 30 minutes. In the meantime, soak gram dal for 30 minutes and soya granules for 15 minutes, separately. Now place lauki tubes in the steaming basket and select 90, press start.</p> <p>(stop oven when it beep after 5 minutes). Remove the lauki and cool. Mash potatoes, chopped green chillies and lauki pulp. Drain, squeeze and mix soya granules in the mixture. Mix all stuffing ingredients, such as, 1tbsp oil, potatoes, lauki and soya mixtures, gram dal and brown onion in a medium bowl. Sprinkle 2 tbsp water, cover and cook for 7 minutes.</p> <p>Remove the gourd tubes and stand for 5 minutes. Mix thoroughly the dry spices, coriander, sesame seeds powder and salt with the mashed ingredients and check the seasonings. Stuff both the lauki tubes with the stuffing carefully. Brush the tubes with oil thoroughly. Place in a greased shallow dish. Cover and cook for remaining 8 minutes.</p> <p>Remove the stuffed gourds and stand for 5 to 10 minutes; with a sharp knife cut into 1/2 inch thick slices before serving.</p>
For stuffing - 1/4 cup -Soya granules	
1/2 cup - Gram dal	
4 - Green chillies	
1 tbsp - Fried onion	
1tsp - Mango powder	
1 tsp- Red chilli powder	
Salt to taste	
2 tbsp - Cooking oil	
2 - Boiled potatoes	
1/4 cup - Sesame seeds powder	
1/4 cup chopped - Corriander	
1 tsp-Ginger-Garlic paste	
1 tsp - Mixed spice powder	
1 -Lemon	

Kabuli Chana Dry / Pindi Chana	
A91	
30+2+10 MWO	
Ingredients	Method
500 gms - Kabuli Chana/ chick peas	<p>Wash and soak chanas with 5 cups water and baking soda for 12 hours or overnight. Drain the chanas and rinse. Place them in a large bowl; add 2 cups water and 2 tsp salt; select 91 , press start to cook. (stop oven when it beep after 30 minutes)</p> <p>Remove the chanas and let them stand covered for 10 minutes. Put all dry ingredients in a paper bag/plate and roast for 2 minutes, shaking once. Remove spices, cool and powder them. Combine oil and powdered spices very well, and mix with cooked chanas. Add tomato puree and salt too. Mix again. Cover and cook for remaining 10 minutes.</p> <p>Remove chanas and stand for 5 minutes, covered. Garnish with thinly sliced ginger juliennes and coriander and serve hot with any indian meal.</p> <p>Note: It is essential to soak all the legumes (whole dals, chana, rajma, etc.) for specified period when cooking in microwave to get desired results.</p>
4 tbsp - Pomegranate seeds	
1tbs - Cumin	
6 -Cloves	
4 - Black cardamoms	
1/2 cup -Tomato puree	
2-inch piece - Ginger thinly sliced	
Salt to taste	
1tsp - Baking soda	
1 tbsp - Coriander seeds	
4 - Red chillies whole	
1 inch piece - Cinnamon stick	
1/2 tsp -Ginger powder	
1/2 tsp - Pepper poiwder	
1/4 cup - Oil	
1/4 cup - Coriander chopped	

Quick Potato Gravy (without onion, ginger, garlic)	
A92	
6+2+15 min 50 P	
Ingredients	Method
500 gm - Potatoes	<p>Peel, wash and cut potatoes into 1-inch cubes. Place in the steaming basket and select 92, press start to steam. ( stop oven when it beep after 6 minutes).</p> <p>Remove the potatoes; place in a medium microsafe deep bowl and partially mash with the wooden spoon, when still hot. Cover and keep warm. Place oil in another microsafe bowl; add gram flour, green chillies and fenugreek/methi leaves; stir and cook for 2 minutes.</p> <p>Take out the bowl from microwave. Add tomato puree, cashew paste, chili powder, turmeric, garam masala, cardamom powder, salt, asafetida and water in it. Mix with boiled and mashed potatoes; stir well and cook for remaining 15 minutes on LOW.</p> <p>Bring out the potato curry and let it stand for 5 minutes, covered. Temper the dish. Heat ghee for a few seconds on gas heat, crackle cumin, switch off the fire; add chili powder and pour over potato curry. Garnish with coriander and serve it hot with Poories / Parathas at breakfast / brunch/lunch etc. Tips: This dish is special for those who do not consume onions, ginger and garlic.</p>
1/4 cup - Tomato puree	
1/4 cup - Cashew nuts	
2 tbsp - Red chili powder	
2 tbsp - Gram flour	
1 tbsp - Dry fenugreek leaves	
1 tsp - Garam masala	
4 - Green cardamoms	
3 tbsp - Cooking oil, 1/2 tsp - Asafetida, 1/4 tsp - Cumin	
1 tbsp - Salt	
1/4 tsp - Turmeric powder (opt)	
2 tbsp - Chopped coriander	
2 and 1/2 cup Water	
Tempering	
1 tsp - Ghee	
1/4 tsp - Chili powder	

Sarson Ka Saag	
A93	
15+4+27 mwo	
Ingredients	Method
2 bundles/400 gm - Brassica leaves/sarson leaves	<p>Clean the sarson leaves and peel the thick-stems (gandlal); wash properly and chop roughly. Cut the stems, too, into small pieces. Clean, wash and chop spinach also. Cut onion, tomato and green chillies finely. Place sarson (mustard) leaves and stems in a large microsafe bowl without adding any water and cover with a lid. Select 93, press start to Cook. stir after 10 minutes and add spinach; cover and cook for 5 minutes more. Take out the bowl of mustard leaves and stand it covered for 15 minutes; cool saag slightly and pass through a blender with its own liquid to get smooth paste. Do not add extra water. In the medium microsafe bowl add ghee, chopped onion, ginger-garlic pastes and green chillies. Stir and cook for 4 minutes.</p> <p>Take out the bowl; add red chili powder, corn-meal, pureed saag, tomato, tomato puree and salt. Mix nicely; cover and cook for 25 minutes, stirring once in between and 2 minutes more, uncovered.</p> <p>Remove the saag; stir and stand for 10 minutes, uncovered. Stir and serve topped with additional 1 tbsp butter/ghee, or chopped garlic fried in butter on top. Corn-meal Roti (makki-ki-roti / jawari-ki-roti/ bajri-ki-roti) is the best accompaniment with this pungent and tasty dish from the Punjab. You may reheat before eating.</p>
1 bundle/ 200 gm - Spinach or Cholai	
1 tbsp -Garlic paste	
1 tbsp - Ginger paste	
4 - Green chillies	
1 - Onion	
1 large - Tomato	
3 tbsp - Ghee or 4 tbsp -Butter	
1 to 2 tsp - Red chili powder	
1 tbsp - Garlic chopped (opt)	
2 tbsp - Corn meal	
1/4 cup - Tomato puree	
Salt to taste.	

## Paneer in Malabari Gravy

A94

6+10+10 min 50 P

Ingredients	Method
350 gm - Paneer	<p>Cut paneer into 1-inch cubes and marinate with lemon juice salt and pepper powder. Soak poppy seeds in 1/2 cup water. Wash and clean the grapes or raisins. Chop chilies. Pound whole spices; slice coconut and roast on griddle for a minute or two. Grind together onions, roasted coconut, spices, soaked poppy seeds and green chilies to a fine paste along with tomato puree. Place oil in a microsafe bowl; add ground paste, stir and select 94, press start to cook. ( stop oven when it beep after 6 minutes).</p> <p>Remove cooked masala paste and add turmeric and chili powders, salt and beaten curds. Mix well and put 2 cups of water and cook for 10 minutes. Remove the gravy; add paneer pieces, grapes / raisins and cream in it; stir lightly and cook for remaining 10 minutes on LOW.</p> <p>Remove the paneer dish from the oven, garnish with a little coriander and fried cashew nuts and serve with Rice/ Chapati.</p>
2 tbsp - Lemon juice	
1 tsp - Salt	
1tsp white pepper powder	
For Malabari Gravy	
1/ cup - Fried onion paste	
1/2 cup -Tomato puree	
1/2 cup - Curds	
1/4 cup - Cooking oil	
4 - Green chilies	
2 tbsp - Ginger-Garlic paste	
4 tsp - Poppy seeds	
100 gm - Fresh coconut	
1 tsp - Cumin	
4 - Green cardamoms	
2 - Brown cardamoms	
1inch piece - Cinnamon	
4 - Cloves	
2 tsp - Red chili powder	
2 tsp - Turmeric powder	
Salt to taste	
12 - Cashew nuts and 1 cup - Grapes or 1/4 cup black Raisins	

Sambar	
A95	
5+5+20 min 80 P	
Ingredients	Method
1 cup/200 gm - Tuvar /toor dal	<p>Wash and soak dal for 1 hour. Cut all the vegetables to 1/2-inch pieces. Place dal in a medium microsafe bowl with 2 cups water and turmeric powder. Cover and select 95, press start to cook. ( stop oven when it beep after 1% minutes).</p> <p>Take out dal and stand for 5 minutes, open the lid and mash hot dal with wooden spoon till pulpy. Place all the vegetables except tomato and shallots in another medium microsafe bowl with 1/2 cup water, cover and cook for 5 minutes.</p> <p>Remove the vegetables from microwave and put them in the large bowl with dal, add remaining water, sambar masala, tamarind paste diluted with a little water, madras onions, tomatoes and salt to taste. If sambar seems thick add 1/2 cup more water. Cover the dish and cook on MEDIUM, stirring once.</p> <p>Remove sambar and stand it for 10 minutes covered. Meantime, prepare tempering for remaining 20 minutes. Heat oil in a ladle; crackle mustard in it; add red chili and switch off heat, add asafetida and pour over sambar. Adjust salt and chili. Garnish with coriander and serve hot with Rice / Idli/ Dosa etc.</p>
1 tbsp - Tamarind paste	
3 tbsp ready made - Sambar powder	
12 - Madras onions/shallots	
1 - Drumsticks	
1 small - Carrot	
3 -Beans	
50 gm - Pumpkin / gourd cubes	
1 - Tomato	
1 tsp- Turmeric	
1 tbsp -Salt	
2 tbsp - Oil	
5 cups - Water	
1 tbsp - chopped coriander for garnishing. Tempering	
1 tbsp - Cooking oil/coconut oil	
1/2 tsp - Mustard seeds	
1 - Red chili whole	
1/4 tsp - Asafetida	
For Making Home-made Sambar masala: Combine in a paper bag or small bowl	
3 tbsp - Coriander seeds	
1 tbsp - Cumin seeds	
1 tbsp - Gram dal	
1 tbsp- Urad dal	
1 tbsp - Fenugreek seeds	
4 - Red chillies whole	
1/4 cup- Curry leaves	
and roast on HIGH for 2 minutes	
Cool and grind to a fine powder along with 1/4 cup - Dry grated coconut and 1 tsp - Asafetida powder	
Use as much sambar powder is required and remaining can be stored for further use	
For immediate use you may use fresh coconut also	

Aviyal	
A96	
5+10 min 50 P	
Ingredients	Method
150 gm - Yam	<p>Peel and cut yam, potato, brinjal and pumpkin in to 1/2-inch cubes. Clean drumsticks and peel bananas. Cut both into 1-inch pieces. Grind together coconut and green chillies to make a fine paste. Add as much water as required to make the paste. Beat curds and mix with the coconut paste and keep aside. Place all the vegetables in a microsafe medium bowl; add 1/4 cup water; and select 96, press start to cook. (stop oven when it beep after 5 minutes).</p> <p>Remove the dish and let the vegetables stand covered for 5 minutes. Open the lid and mix coconut paste with the vegetables; cover and cook for remaining 10 minutes on LOW. Note: High heat sometimes causes curdling of the gravy. Remove aviyal and let the vegetables stand covered for 3 minutes. Temper the dish with curry leaves and serve with Rice.</p>
2 - Drumsticks	
1 small -Brinjal/Eggplant	
1 cup - Sour curds	
2 sprigs - Curry leaves	
1 small - Coconut	
2- Bananas(raw)	
200 gm - Pumpkin	
1- Potato	
1 tsp -Turmeric powder	
3 -Green chillies	
Salt to taste	
Oil for tempering	

Bharvan Karela (Stuffed Bitter Gourds)	
A97	
4+3+8 mwo	
Ingredients	Method
8 -Tender bitter gourds	<p>Peel and wash bitter gourds; give a slit lengthwise; take out the seeds from the centre with the help of a peeler and grind them coarsely. Sprinkle salt inside the karelas and rub it nicely outside, too; and keep them aside for 3 hours to remove the bitter juices. Wash them under tap water to remove salt; squeeze and place them in the steaming basket and select 97, press start to steam. ( stop oven when it beep after 4 minutes).</p> <p>Meanwhile, mix 1 tbsp oil, chopped onion, green chillies and ground bitter gourd seeds (opt) in a small microsafe bowl and cook for 3 minutes, stirring once in between.</p> <p>Remove the mixture and mix with the rest of stuffing ingredients. Divide the stuffing into 8 portions and stuff each bitter gourd with 1 portion stuffing. Brush them from outside with remaining oil and arrange them in a microsafe plate or a shallow dish. Cover with cling wrap and cook for remaining 8 minutes.</p> <p>Take out the karela dish and stand for 5 minutes. Serve with any Indian meal as a side dish.</p>
medium	
1 tbsp - Salt	
For stuffing	
2 - Onions chopped	
2- Green chillies chopped	
1/2 tsp - Mixed spice	
1/4 cup - Coriander chopped	
Salt to taste	
1 cup - Potato mashed	
1 tsp - Mango powder	
1 tsp - Chilli powder	
2 tbsp - Cooking oil	

Microwave Uttapam	
A98	
2.30 mwo	
Ingredients	Method
500 gm - Dosa batter well fermented	<p>Mix all the chopped vegetables and 2 tsp oil together. Add remaining oil to the dosa batter along with salt. Brush pie plates with a little oil. Pour 1/4 cup batter in the pie plate and sprinkle handful of chopped vegetables evenly over it. Cook each Uttapam , select 98, press start. Take out the uttapum and stand it for 2 minutes, then remove it with a spatula and keep warm in a casserole. Now again put batter in the other pie dish and repeat the process. This way finish making all the uttapums. Serving: Serve them hot or warm with Coconut chutney and dry Malagpodi chutney any time as a south Indian meal item. Tips: Traditionally, Uttapums are shallow fried but these cooked in microwave are very light and heathy.</p>
2 tbsp - Cooking oil/coconut oil	
1 cup - Tomatoes finely chopped	
1 cup - Onion finely chopped	
1/2 cup - Coriander chopped	
4 - Green chillies finely chopped	
Salt to taste	
1/4 tsp leveled - Asafetida	
2 - 8 to 9-inch Pie plates	

Mukand Vadi	
A99	
6 +30 min 50 P+ 15 min 50 P	
Ingredients	Method
For Mukund Vadi	<p>Wash and soak moong dal for 5 hours; drain and grind it to a smooth paste. Add ginger, garlic and chili pastes. Sprinkle a pinch of baking soda and mix. Stand the batter for 2 hours covered. Then add salt and turmeric. Mix eno fruit salt with 2 tbsp water and pour in the batter. Mix very well. Brush a shallow dish with a little oil and pour the moong dal batter in it and select 99, press start to steam. ( stop oven when it beep after 6 minutes). Avoid putting eno fruit salt directly. Take out the steamed dal cake and stand for 10 minutes covered; uncover the dish and cool it for 20 minutes; and cut it into small squares. Put 3/4th of vadi in a medium microsafety bowl; mix the basic gravy and 1 cup water; check the salt and pour over vadies in the bowl. Cover and cook it for 30 minutes on 50% power. Bring out the moong dal vadi, sprinkle garam masala and garnish with coriander. Serve hot with Rice or any Indian Roti. Tips: Remaining vadies can be deep fried after cutting, and stored under deep freezer for months. Bring them out 2 hours before putting in the thin gravy, as fried vadies, like koftas, soak a lot of curry and swell in size.</p>
1 cup - Dhuli moong(yellow dal)	
1 tbsp - Ginger-Garlic paste	
1 tsp - Chili paste, Salt to taste	
1 tsp - Eno fruit salt	
1/2 tsp Turmeric powder	
For Curry	
Double the recipe of Basic Quick gravy	
2 tbsp - Chopped coriander	
Tempering	
1 tbsp - Oil	
1/4 tsp - Cumin	
A dash of - Red chili powder	

## Soy-chunks and Green peas Curry

A100

6+ 3+12 mwo

Ingredients	Method
1 cup - Soy chunks	<p>Soak soy chunks in 4 cups water for 1 hour. Drain; squeeze soy chunks and place them in a medium microsafe bowl. Add 1 cup water and 1 tsp salt; cover and select 100, press start. (Stop oven when it beep after 6 minutes).</p> <p>Take out the soy chunks and keep them covered. In a large microsafe bowl add oil, tomato-onion, ginger and chili-garlic pastes, turmeric and chili powders and 2 tsp salt; cook for 3 minutes, uncovered, stirring once.</p> <p>Remove the bowl; and in the same bowl add steamed soy chunks with its liquid, green peas, cashew nut paste, coriander and 2 cups water. Cover the dish and cook for remaining 12 minutes. Remove the bowl; add fresh cream, stir and stand it covered for 10 minutes. Temper the dish. Heat oil for tempering on gas for a few seconds, crackle mustard in it, add whole chili and curry leaves; switch off the fire and pour tempering over cooked curry. Serving: Serve it hot with Phulka/ Chapati/ Paratha or Rice. Tip: with the same curry you can cook Potatoes and Peas, Soy or Potatoes or even Mutter Paneer etc.</p>
2 cups - Green peas Shelled	
1 cup - Onion-Tomato paste	
1 tbsp - Ginger paste	
1 tbsp - Chili-Garlic paste	
2 tbsp - Cashew nut paste	
2 tbsp - Fresh cream	
2 tsp leveled - Turmeric powder	
1 tsp, Red chili powder	
1 and 1/2 tsp - Garam masala	
2 tbsp - Cooking oil	
2 tbsp - Chopped coriander	
Salt to taste	
Tempering	
1 tbsp -Oil	
1 - Red chili whole deseeded	
1/2 tsp - Mustard seeds	
1 small sprig - Curry leaves	

Aaloo – Gobi	
A101	
5+2+6 mwo	
Ingredients	Method
300 gm - Potatoes	<p>Peel and cut potatoes in 1-inch dices. Break cauliflower in small flowerets. Wash and place in the microsafe bowl and select 101, press start to cook. (Stop oven when it beep after 5 minutes).</p> <p>Bring out vegetables and keep them covered. In another bowl add cooking oil, cumin and fenugreek seeds, mix and cook for 2 minutes.</p> <p>Take out the bowl; add turmeric, chili and salt; stir and add steamed vegetables with its juices; add sliced ginger and tomato puree; mix very well and cover the dish with a lid. Cook for remaining 6 minutes, stirring once.</p> <p>Take out the dish and stand it covered for 5 minutes. Serving: Open the lid; mix half of chopped coriander with cooked vegetables and serve topped with remaining coriander. Any Indian bread such as Chapatti. Paratha/Poori etc accompany this dish very well.</p>
1 small head / 350 gm - Cauliflower	
2-inch piece - Ginger	
1/2 tsp - Cumin seeds	
1/2 tsp - Fenugreek seeds	
1/2 tsp - Garam masala	
1 tsp leveled -Turmeric powder	
1/2 tsp - Chili powder	
Salt to taste	
1/4 cup - Coriander chopped	
2 tbsp - Tomato puree (opt)	

Stuffed Bhindi	
A102	
1.30+8 mwo	
Ingredients	Method
500 gm - Lady fingers	<p>Wash and dry lady-fingers with kitchen towel. Cut the top and tail. Give a long slit on one side of lady-fingers. Combine coriander and cumin seeds, whole spices and garlic in a small bowl and select 102, press start to roast. (Stop oven when it beep after 1 minute 30 seconds).</p> <p>Remove the spices and cool. Mix with all the other ingredients of stuffing except oil in a dry grinder and grind for a few seconds. Take out masala and mix with oil; stuff lady-fingers with it; brush lady-fingers lightly with oil and place them in a greased flat dish/plate. Cover with lid and cook for remaining 8 minutes.</p> <p>Take out the dish from the oven; stand for 3 minutes; remove the cling wrap and serve stuffed lady-fingers with any Indian meal of dal and rice or with plain paratha or chapatti.</p>
For Stuffing	
1/4 cup - Fried onions	
2 tbsp chopped - Garlic	
1/4 cup - Peanuts	
2 tbsp - Coriander chopped	
2 tbsp - Lemon juice	
3 tbsp - Coriander seeds	
1 tbsp - Cumin seeds	
1 tbsp - Cinnamon	
cardamom and cloves	
1tsp - Mango powder	
1 tsp - Chili powder	
1 tsp - Turmeric powder	
3 tbsp - Cooking oil and Salt to taste	

Navrattan Korma	
A103	
3+10+5 min 80 P	
Ingredients	Method
1/2 cup - Almond paste	Soak raisins in 1/2 cup water (if using). Melt butter and place in a large microsafe bowl; add onion, ginger, garlic and chili pastes, almond-cashew paste, tomato puree, pepper powder and salt; mix well and select 103, press start. (Stop oven when it beep after 3 minutes).
1/2 cup - Fresh cream	
50 gm - Khoa/mawa	
1/2 cup - Fried onion paste	
1/4 cup - Tomato puree	
2 tbsp - Butter	
2 tsp - Red chili paste	
1 tbsp - Ginger-Garlic paste	
1 tsp - White pepper powder	
1tsp - Cumin	
1 tsp - Garam masala	
Salt to taste	Remove the bowl and add 2 and 1/2 cups water, green peas, carrots, almond and cashew nuts; and cook for 10 minutes, Covered.  After beep, bring the bowl out, uncover and add fresh cream, paneer cubes, raisins, pineapple, cherries and garam masala in the gravy; cover and cook for remaining 5 minutes.  Remove the bowl and stand it covered for 3 minutes. Heat 2 tsp oil on gas, crackle cumin in it and pour the tempering over Navrattan korma. Serve this slightly sweetish - rich dish with any Indian bread on festive occasions.
Nav Rattan (nine ingredients):	
1/4 cup - Paneer cubes	
1/4 cup - Carrot cubes	
1/4 cup - Green peas	
1/4 cup - Green pepper cubes	
1/4 cup - Fresh grapes or Raisins	
1/4 cup - Pineapple pieces	
1/4 cup - Cherries	
15 - Almonds roasted	
15 - Cashew nuts roasted	
Note: One can select any combination of 9 ingredients. One can use Beans, Fried potato cubes, Fried phool makhanas etc too	

## Malai Koftas in Quick Gravy

A104

3+12 min 80 P

Ingredients	Method
1 and 1/2 cup/250 gm - Paneer grate d	<p>Chop the nuts and basil leaves very fine. Deseed green chili and chop fine. Now mix together all the ingredients for malai koftas nicely, including chopped ones; divide the mixture into 12 portions; roll them and place in the steaming basket with 1/4 cup water underneath. Select 104, press start to steam. (Stop oven when it beep after 3 minutes).</p>
1/2 cup/50 gm - Khoa/mawa	
1/4 cup - Mixed nuts	
1/4 cup - Corn flour	
10 leaves - Basil	
2 tsp - White pepper powder	
1 small - Green chili (opt)	
Salt to taste	
For Gravy	
1 recipe - Basic quick gravy	
1/2 cup/100 ml - Fresh cream	<p>Take out the steaming basket and let koftas stand for 5 minutes covered. In a large microsafe bowl, add butter, basic gravy, cream, chili and cinnamon powders and half the coriander. Cover the dish and cook for remaining 12 minutes.</p> <p>Remove the gravy and stand it covered. Place steamed koftas in a large shallow dish and pour the gravy over it. Cover and stand it for 5 minutes. Just REHEAT before serving. Garnish with remaining coriander and serve with any Indian bread (roti).</p>
1 tbsp - Butter	
1/4 tsp red chili powder	
1/2 tsp - Black cumin (shah Jeera)	
1 tsp - Oil	
1/4 tsp - Cinnamon powder	
3 tbsp - Chopped coriander	

Mixed Vegetables in Cashew Gravy	
A105	
3+10+6 min 80 P	
Ingredients	Method
1 large - Carrot, 1 large - Capsicum	Pound cloves and cardamoms, take out the seeds from the cardamoms. Cut carrot and capsicum into 1/2-inch cubes and mix with cauliflower and green peas; place them in steaming basket with 1/4 cup water underneath and select 105, press start to steam. (Stop oven when it beep after 3 minutes).
1/2 cup - Green peas shelled, 12 - Cherry tomatoes	
1 cup -Cauliflower/broccoli's small floweretes	
For Gravy	Remove the steamed vegetables and immediately rinse under the tap water to retain the colour. Cut cherry tomatoes into halves. In a microsafe bowl add 2 tbsp oil, onion paste, cashew nut paste, green chutney and 1/2 cup water; stir well; cover and cook for 10 minutes, stirring once.  After beep, Remove the bowl and stir the contents; add steamed vegetables, pounded spices, ginger and cinnamon powders, cherry tomatoes and 1 cup water. Cover the dish and cook for remaining 6 minutes.  Take out the mixed vegetable curry; add cream, cover and stand for 3 minutes. Garnish with coriander or parsley and serve it with any Indian bread in main meal menu.
1 cup - White onion paste	
1/3rd cup - Cashew paste	
5 tbsp - Green chutney (coriander and mint)	
2 tbsp - Cream	
3 tbsp - Cooking oil	
1 tsp - Cumin	
6 - Cloves	
4 - Green cardamoms	
1/4 tsp - Cinnamon powder	
1/2 tsp - Ginger powder	
1 tsp - White pepper powder	
2- Red chillies whole (deseeded)	

Stuffed Peppers	
A106	
1.30+2+8 min 80 P	
Ingredients	Method
6 medium - Peppers (capsicums)	<p>Chop green chilies; grate ginger; cut the tops of the peppers and carefully hollow them; brush the inside of peppers with a little oil and place them in a plate, cut side up, and cook the empty shells on select 106, press start. (Stop oven when it beeps after 1 minutes 30 seconds).</p> <p>Take out the peppers and cool. Place grated cauliflower in a small bowl; sprinkle a few drops of water; cover and cook for 2 minutes.</p> <p>After beep, Remove cauliflower and open the lid. Grate potatoes and mix with steamed cauliflower, paneer, onion, ginger, green chili, coriander, pomegranate seeds, garam masala, salt, chili and pepper powders. Mix well and check the seasonings. Divide the mixture into 6 parts and stuff the capsicums with it. Smear the capsicums with oil from outside and place them in a lightly greased baking tray/ heatproof plate. Top the peppers with grated cheese and cook for remaining 8 minutes, uncovered.</p> <p>Remove the peppers, stand for 3 minutes and serve hot with any Indian meal as a side dish. Tips: Stuff peppers with cooked Soy granules/ Rice/ Pasta/Moong dal mixture or Minced meat. Whenever cheese topping is to be melted, cooking on micro MEDIUM is advisable.</p>
2 large -Potatoes boiled	
1 cup - Paneer grated	
1 cup - Cauliflower grated	
2 tbsp - Fried onions	
2 - Green chilies	
1/4 cup - Coriander chopped	
1 tbsp - Pomegranate seeds(roasted and pounded)	
1 and 1/2 tsp - Garam masala	
1/2 tsp - Red chili powder	
1/2 tsp - Pepper powder	
2-inch piece - Ginger	
Salt to taste	
1/4 cup - Cheese grated	
2 to 3 tbsp - Cooking oil	

Crispy Drumsticks	
A107	
5+2+4 mwo	
Ingredients	Method
8 tender - Drumsticks	Clean, wash and cut drumsticks into 2 to 3 inch pieces. Place them in a microsafe bowl; add 1 cup water and sprinkle 1 tsp salt; cover and select 107, press start to cook. (Stop oven when it beep after 5 minutes).
1/4 cup - Roasted peanut powder	
1 tbsp - Chili-Garlic paste	Remove the drumsticks and stand for 5 minutes, covered. In another bowl place oil, onion paste, tomato puree, turmeric, chili-garlic sauce and 1/2 tsp salt; cover and cook for 2 minutes.
2 tbsp - Brown onion paste	
1/4 cup - Tomato puree,	
1 tbsp - Cooking oil	After beep, Remove the bowl. Uncover drumsticks and in the same bowl add cooked onion-tomato paste; sprinkle peanut powder; mix very well; sprinkle a few drops of water and cover the dish again. Cook for remaining 4 minutes.
Salt to taste	
Tempering	
2 tsp - Oil	
1/2 tsp - Red chili powder	Take out cooked drumsticks and temper. Heat oil in a ladle for a few seconds on gas and switch off the heat, add chili and asafetida powders, stir and pour over the dish. Stir and serve with Dal-Rice combination meal or with Rice poli / Paratha.
1/4 tsp - Asafetida	

Lemony Beans	
A108	
5+3+3	
Ingredients	Method
500 gm - French beans	<p>Wash and string the beans; cut them into halves or into the size you prefer. Place them in the steaming basket with 1/4 cup water underneath and select 108, press start to steam. (Stop oven when it beep after 5 minutes).</p> <p>Remove the beans and immediately rinse under running water to avoid discoloration. Keep them in a strainer. Squeeze 1 and 1/2 lemon and collect the juice. Place oil in a microwave large dish; add crushed peppercorns and garlic slivers; stir and cook for 3 minutes.</p> <p>After beep, Take out the bowl; add lemon juice and salt stir; add beans and stir once again. Cover and cook for remaining 3 minutes, so that beans absorb the aroma of garlic and lemon.</p> <p>Remove the beans and serve hot, garnished with coriander and remaining 1/2 lemon. Serve with Paratha etc as a side dish.</p>
3 tbsp - Garlic slivers	
3 to 4 tbsp - Olive/cooking oil	
1/4 cup - Fried onion	
2 big - Lemons	
1 and 1/2 tsp - Freshly crushed pepper	
Salt to taste	
Chopped coriander for garnishing	

Mushroom Capsicum Preparation	
A109	
2+3+4	
Ingredients	Method
200 gm - Mushrooms	<p>Clean and cut peppers in desired size and shape. Wash mushrooms and remove the stems (save them to be used in soup stock). Burn tomato on gas heat; remove the skin and cut into 1-inch pieces. Put oil in a microsafe large bowl; add Italian herbs and garlic and select 109, press start to cook.</p> <p>Remove the bowl; add peppers; stir well and cook for 3 minutes, Covered.</p> <p>After beep, Remove peppers; add soy sauce, tomato, mushrooms, herbs, salt and pepper. Stir very well, cover and cook for remaining 4 minutes.</p> <p>Take out the cooked vegetables and stand for 3 minutes. Stir lightly and serve hot as a side dish or as hot salad.</p>
200 gm - Mixed peppers(1 green, red and yellow each)	
100/1 large - Tomato	
1 tsp - Crushed peppercorns	
1 tsp - Italian herbs	
1 tbsp - Garlic flakes	
1/2 tsp - Soy sauce (mild)	
Salt to taste	

Microwave Rustic Kadi	
A110	
20+10 min 80 P+3	
Ingredients	Method
4 cups - Butter milk or water	Mix together curds, gram flour, half of butter milk / water, turmeric, ginger powder, asafetida and salt in a blender and blend for a few seconds. Strain the mixture in a large microsafe bowl; add remaining butter milk or water and select 110, press start to cook, stirring thrice in between, because kadi starts thickening fast. (Stop oven when it beep after 20 minutes).
1 cup sour curds	
1/4 cup - Gram flour	
1 and 1/2 tsp - Turmeric powder	
1/2 tsp - Ginger powder 1/2 tsp - Asafetida	
Salt to taste	Remove the bowl; stir the kadi properly and cook for 10 minutes, covered.
1 cup - Gram flour Boondi or 1 and 1/2 cup - Small pakodas	
For Tempering	After beep, Remove the bowl with kadi; stir and add gram-flour Boondi / Pakodis; cover the dish and stand for 10 minutes. Meantime chop onions and greens and deseed the red chillies. Temper the Kadi. Heat mustard oil in a small pan to the smoking point; lower the heat and crackle cloves in it and remove; crackle mustard and cumin, add fenugreek seeds and coriander seeds; add red chillies, spring onions and garlic, fry till golden; and finally add red chili powder and switch off the heat immediately. Pour the tempering over kadi.
2 tbsp - Mustard oil	
1/4 tsp - Mustard seeds	
1/4 tsp - Cumin	
1/2 tsp - Fenugreek seeds	
1tsp - Coriander seeds (opt)	
2 - Red chillies whole	
3 - Cloves	
1 tbsp - Garlic chopped	
2 - Spring onions with greens	
2 tbsp - Coriander chopped	Crush fried cloves and sprinkle over dish. REHEAT for remaining 3 minutes. Serve it hot, garnished with chopped coriander, with plain steamed Rice or Jeera rice.

Palak-Makai Saag (corn-spinach saag)	
A111	
4+8 min 80 P+8 min 80 P	
Ingredients	Method
2 cups - Corn kernels	<p>Wash and place corn kernels in the steaming basket with a little water underneath and select 111, press start to steam. (Stop oven when it beep after 4 minutes).</p> <p>Remove the corn and keep it covered. In a large microsafe bowl, mix together 1 tbsp oil, spinach puree, almond/cashew paste, pepper and salt; stir well and cook for 8 minutes, covered, stirring once.</p> <p>After beep, Remove the bowl from microwave; add steamed corn, milk and cream. Sprinkle mix spice powder and check the seasonings. Cover the dish and cook for remaining 8 minutes.</p> <p>Take out cooked corn-spinach and temper it. Heat 1 tbsp oil in a ladle; fry garlic, switch off heat; add chili powder and pour over the ready dish. Serve hot with any kind of Indian Roti/Pav etc.</p>
2 cups - Spinach puree	
1/4 cup - Almond paste	
2 tbsp - Milk	
2 tbsp - Fresh cream	
2 tbsp - Garlic chopped	
2 tbsp - Butter / cooking oil	
1/2 tsp - Cumin	
1 tsp - Pepper powder	
1/2 tsp - Mixed spice powder	
1/4 tsp - Red chili powder	
Salt to taste	

Carrot and Sprouts Preparation	
A112	
3+2	
Ingredients	Method
3 cups - Moong sprouts	<p>Wash and place moong sprouts in a medium microsafe bowl; cover and select 112, press start to cook. (Stop oven when it beep after 3 minutes).</p> <p>Take out sprouts and remove the lid. In another bowl place grated carrots and cook for 2 minutes, uncovered.</p> <p>Remove the carrot bowl; cool slightly and mix with sprouts. Squeeze lemon and add to the carrot mixture along with all other ingredients except oil, mustard seeds and asafetida. Heat oil in a ladle for a few seconds on gas top; crackle mustard in it and switch off the fire; add asafetida to oil, and pour tempering over salad. Cover and cool the dish under refrigeration before serving. Serving: Serve it as a salad or a side dish.</p>
3 cups -Carrots (orange coloured) grated	
1/2 cup - Coconut finely grated	
1/4 cup - Fresh peanuts or soaked peanuts for 4 hours minimum	
3 green - Chilies finely chopped, 1/4 cup - Coriander chopped	
2 to 3 - Spring onions chopped with tender greens (opt)	
1 large - Lemon, 2 tbsp / Olive oil/ cooking oil	
1 tsp - Mustard seeds	
1/2 tsp - Lemon pepper or Black pepper powder	
Salt to taste	
1/4 tsp - Asafetida powder (opt)	

Stuffed Brinjals (small)	
A113	
2+6+10	
Ingredients	Method
12- Brinjals small	<p>In a paper bag/plate, roast together peanuts, coconut (cut into small pieces), gram dal, red chillies (broken and deseeded), curry leaves, cumin and select 113, press start. (Stop oven when it beep after 2 minutes).</p> <p>Remove the spices; cool and grind to a powder. Add salt, turmeric, chilli powder, ginger-garlic paste and 1tbsp oil to it and mix properly. Wash and dry Brinjals; with a knife give slits across and stuff them with the prepared dry masala. Brush the stuffed brinjals with the rest of the oil and place them in a microsafe shallow dish. Cover the dish with a lid and cook for 6 minutes.</p> <p>After beep, Take out the brinjals and keep them covered. Mix curds, tomato puree, tamarind paste, 1/2 tsp salt and chili powder with 1 to 1 and 1/2 cups water.</p> <p>Pour the curds-tamarind mixture over half-cooked brinjals and cook again for remaining 10 minutes.</p> <p>Remove the brinjals and stand the dish for 2 minutes, covered. Temper it. Heat oil, add asafetida and pour over cooked dish. Serving: Garnish with chopped coriander and serve hot with boiled rice or hot Parathas/Phulkas. Note: Cut brinjals with a steel knife just before stuffing to avoid oxidization.</p>
1/4 cup - Peanuts	
4 - Red chillies whole	
2 tsp - Ginger- Garlic paste	
1/2 cup - Curds, 1tsp - Cumin	
1/2 - Fresh coconut	
1/4cup - Gram dal	
12 - Curry leaves	
1 tbsp -Tamarind paste	
1/4 cup - Tomato puree	
1 tsp-Turmeric	
1tsp - Red chilli powder	
Salt to taste	
2tbsp - Cooking oil	
For garnishing - Coriander chopped	
For Tempering	
2 tsp - Oil,	
1/4 tsp - Asafetida	

Khatta Meetha Kaddoo	
A114	
8+2+10	
Ingredients	Method
1000 gm - Pumpkin	<p>Peel pumpkin; clean its pith and seeds and cut into 1-inch square pieces. Wash and place it in a big microsafe bowl, add 1/2 cup water and 1 tsp salt and select 114, press start to cook, covered. (Stop oven when it beep after 8 minutes). Let it stand for 5 minutes.</p> <p>Remove the dish and keep it covered. Deseed the whole red chillies. Add onion-tomato paste and ginger-garlic paste in a separate bowl; mix well and cook for 2 minutes, covered.</p> <p>After beep, Combine onion tomato paste and steamed pumpkin in a bowl. Add turmeric, chilli powder, asafetida, garam masala, tamarind paste, grated jaggery and salt; mix and stir well. Temper it. Heat oil in a ladle on gas stove and crackle cumin, mustard, fenugreek seeds and whole chillies in it and pour over the pumpkin. Stir, cover and cook for remaining 10 minutes, stirring once in between.</p> <p>Remove and let the dish stand for 5 minutes and then stir gently with a fork. Garnish with chopped coriander and serve hot with plain Paratha/Poori or Chapatti. Note: Pumpkin is also called 'Bhopla', 'Kumda' and 'Lal Kaddoo'.</p>
1 tbsp - Ginger garlic paste	
1/2 cup - Onion Tomato Paste	
2 tsp - Red chilli powder	
1 tsp -Turmeric	
1 tbsp - Tamarind paste	
2 - Red chilli whole	
1/2 tsp - Cumin	
1/4 tsp - Asafetida	
Salt to taste	
1 tsp - Garam masala	
1/4 cup - Gur/jaggery	
grated	
1tsp - fenugreek	
1/2 tsp - Mustard seeds	
3tbsp - cooking oil	
For garnishing -	
Coriander, chopped	

Stuffed Green Chillies	
A115	
1+8 min 80 P	
Ingredients	Method
12 big - Achari mirch	<p>Place pomegranate and coriander seeds in a plate and roast on hot griddle for 30 seconds on high heat. Cool and pound them. Slit the chillies carefully; hollow them, smear with a little oil and place in a plate. Select 115, press start to cook the empty shells, uncovered. (Stop oven when it beep after 1 minute).</p> <p>Take out the chillies and cool slightly. Combine all the ingredients for stuffing including pounded spices and 2 tbsp oil. Stuff the chillies with this mixture; oil them with a little oil from outside nicely with a brush or your hand; and place them in a plate and cook for remaining 8 minutes, uncovered.</p> <p>Remove the chillies; cool and store under refrigeration. These can last for 1 week. Serve it with any Indian meal. Tips: To avoid wastage you may cut the chillies into halves as many people can not eat the full stuffed chili. You can also fill the chillies with slightly cooked soy granules, minced meat or dal mixture.</p>
For stuffing	
3 tbsp - Brown onions	
1 tbsp - Ginger-Garlic paste	
3 tbsp - Coriander powder	
1 tbsp - Chili powder	
1 tbsp - Pomegranate seeds or 2 tsp Mango powder	
1 tsp - Garam masala	
2 tsp - Salt	
3 tbsp - Cooking oil	

Moong Dal Preparation	
A116	
3+10+2	
Ingredients	Method
300 gm - Dhuli moong dal(yellow)	<p>Wash and soak dal for 1 to 2 hours. Chop onion, ginger, garlic and green chillies very fine. Place 2 tbsp oil in a large microsafe bowl and add chopped ingredients; stir and select 116, press start to cook. (Stop oven when it beep after 3 minutes).</p> <p>Remove the bowl. Drain dal and add to the onion mixture. Put 1/2 cup water, turmeric, asafetida and salt. Stir, cover and cook for 10 minutes.</p> <p>After beep, Remove the dal, sprinkle lemon juice and cook for remaining 2 minutes, uncovered.</p> <p>Take out dal; cover and stand for 5 minutes. Meantime, heat 1 tbsp oil in a ladle for a few seconds on gas heat; crackle mustard and cumin in it; switch off the heat; add chili powder and immediately pour over the dal. Garnish with chopped coriander and serve with Chapati / Paratha. Or serve it as a side dish with an elaborate menu with any Indian meal. Tips: Cook Dhuli Urad the same way; add 1 cup water to the same measurement and cook dal for 2 minutes more.</p>
1 - Onion	
1 tbsp - Garlic flakes	
2 - Green chillies	
1inch piece - Ginger	
1/2 tsp - Mustard seeds	
1 tsp - Cumin	
1 tsp - Garam masala	
1 tsp - Turmeric powder	
2 to 3 tbsp - Cooking oil	
1 tbsp - Lemon juice	
1/4 tsp- Asafetida	
1/4 tsp - Red chili powder	
Salt to taste	
2 tbsp - Chopped coriander for garnishing	

Achari Aaloo Methi	
A117	
5+2+5	
Ingredients	Method
600 gm - Potatoes	<p>Peel, wash and cut potatoes into 1/2inch cubes, place them in the steaming basket and select 117, press start to cook. (Stop oven when it beep after 5 minutes).</p> <p>Remove steamed potatoes and stand them for 3 minutes, covered. Place oil in a microsafe bowl; add methi seeds, kalonji and saunf, stir and cook for 2 minutes, uncovered.</p> <p>After beep, Remove the bowl; add turmeric, chili, salt and methi leaves; stir well; add boiled potato cubes; sprinkle 1/4 cup water evenly; cover the dish and cook for remaining 5 minutes.</p> <p>Remove the bowl and let potatoes stand for 3 to 5 minutes. Serve with Chapati/ Paratha/Poori etc. Or serve it as a side dish with Dal and Raita etc as a part of Indian menu.</p>
2 tbsp - Chili oil	
2 tbsp - Fenugreek leaves (dry)/Kasoori methi	
1 tsp - Fenugreek seeds	
1 tsp - Kalonji (nigella seeds)	
1 tsp - Saunf (fennel)	
1 level tsp - Turmeric powder	
1 tsp leveled- Chili powder	
Salt to taste	

Amba Paneer	
A118	
2+5+8 min 80 P	
Ingredients	Method
350 gm - Paneer,	<p>Chop onion very fine and deseed the red chillies. Cut paneer into 1-inch cubes and put in hot water with 1 tsp salt in it. Put oil in a microsafe large bowl and add whole red chillies, chopped onion and ginger-garlic paste; stir and select 118, press start to cook, uncovered. (Stop oven when it beep after 2 minutes).</p> <p>Take out the bowl; add 2 cups of water, pepper, spice powders and salt; cover the dish and cook for 5 minutes.</p> <p>After beep, Take out the bowl; add mango pulp, almond paste, beaten curds and cardamom powder; mix well; cover and cook for remaining 8 minutes.</p> <p>Take out the mango gravy. Lift paneer from water and place in the gravy. Check the seasonings; cover the dish and stand for 10 to 15 minutes. Garnish with mango pieces and temper with 1tsp oil and cumin before serving. You may reheat the dish before serving for 2 minutes if serving later. Tips: Paneer should not be over cooked in a microwave, otherwise it loses the softness. Cook boneless chicken in the same gravy. Add chicken in the gravy at the stage 3 cooking.</p>
100 gm - Mango pulp	
1/2 cup - Mango cubes	
1/2 cup - Almond or cashew nut paste	
1/4 cup - Beaten curds	
1/4 cup - Fresh cream	
2 tsp - Ginger-Garlic paste	
1 tbsp - White pepper powder	
3 - Red chillies whole	
1 - Onion	
1 tsp - Cumin	
1tsp - Cardamom powder	
1 tsp - Mixed spice powder	
1 sprig - Curry leaves	
3 tbsp - Cooking oil	
Salt to taste	

Kesari Badam Milk;-	
A119	
6+2 min 80P+15 min 50P	
Ingredients	Method
1000 ml - Lukewarm milk	<p>Pound the almonds. Deseed cardamoms and powder. Heat milk in a microwave safe bowl; select 119, press start to boil. (Stop oven when it beep after 6 minutes).</p> <p>Remove the milk. In a medium micros safe bowl or another jug combine ghee, almonds and cardamoms and cook for 2 minutes.</p> <p>After beep, Take out the almonds and pour milk and saffron and Cook for remaining 15 minutes.</p> <p>Take out the milk. Serving: Pour milk in individual cups, add 1 tsp sugar or to taste, stir and serve hot as an important Indian breakfast item. Tips: This nourishing beverage is almost a complete breakfast in itself, so consume anything very light (if at all one wants). It can be served at bed time also to growing up children, pregnant women, lactating mothers and adults who take early dinner.</p>
15 - Almonds	
2-3 tsp - Ghee(clarified butter)	
6 tsp - Sugar or sugar to taste	
6 - Green cardamoms	
A few strands Saffron	

Variations of Plain Rice	
A120	
10+10 min 80 P+3	
Ingredients	Method
1 and 1/2 cups - Basmati Rice	<p>Wash and soak rice for 30 minutes to 1 hour. Mix rice, salt, oil and water in a medium microsafe bowl and select 120, press start to cook, covered. (Stop oven when it beep after 10 minutes).</p> <p>Take out the rice, stir once and cook again for remaining 10 minutes, covered.</p> <p>Remove and stand the rice dish for 5 minutes. Loosen the rice with a fork and serve with any curried veg/non-veg preparation or dal.</p> <p>Variations: Lemon rice: Squeeze 2 lemons and keep aside. Chop coriander. Make Tempering with 3 tbsp- cooking oil, 1 tsp- mustard seeds, 1 tsp leveled turmeric powder, 2 tsp - salt, 3 tbsp - roasted gram, 2 tbsp- peanuts and 2 - whole red chillies , deseeded, and pour over plain cooked. Sprinkle a few drops water over rice, mix with a fork; cover and cook on REHEAT before serving.</p> <p>Take out the lemon rice, garnish with coriander and serve. Curd Rice / Curd Bhaat: Take 2 cups pre-cooked plain rice; beat 2 cups curds with 2 tsp salt and 1/4 tsp asafetida and pour over rice. Mix properly. Make tempering like you made for Lemon rice without turmeric and lemon juice, and pour over rice mixed with curds. Mix; cover and cool before serving. Garnish with a little chopped coriander.</p>
3 - cups water	
1 tsp - Salt (opt)	
1 tbsp - Oil	

Chicken Pulao	
A121	
6+10+ 10 min 80 P	
Ingredients	Method
1 small/600 gm - Chicken	<p>Cut chicken into pieces and marinate with 1 tsp salt, 1/2 tsp red chili powder and juice from 1 lemon for 2 hours. Soak rice. Lift and place chicken in a microsafe bowl, add half the oil, stir well and select 121, press start to cook, covered. (Stop oven when it beep after 6 minutes).</p> <p>Take out chicken and keep it warm. Drain rice. Heat remaining oil on gas heat; crackle cumin in it, add whole spices too; switch off the gas and pour the oil and spices into chicken bowl. Add rice and fried onion to the chicken bowl; mix water / chicken stock, basic gravy, ginger paste and marinade of the chicken with rice mixture; stir it well, cover the dish and cook for 10 minutes, covered.</p> <p>Bring out the rice bowl; add chicken pieces, green chillies, mint and fried onions; stir gently; cover the dish again and cook for remaining time for next 10 minutes.</p> <p>Remove the dish and stand it for 5 minutes, covered. Loosen the rice with a fork and serve it hot with plain curds or a raita.</p>
1 cup - Basmati rice	
1/4 cup - Fried onion	
2 - Green cardamoms	
2 - Brown cardamoms	
10 - Peppercorns	
1/2-inch stick - Cinnamon	
4 cloves	
1 - Bay leaf	
3 -Green chillies	
1 tsp - Ginger paste	
1 tsp - Mint powder / 2 tbsp choppeed mint	
1/2 tsp - Black cumin	
1/2 cup - Basic gravy	
3 tbsp - Cooking / olive oil	
1 - Lemon and 500 ml - Water / chicken stock	

Corn pulao	
A122	
12+5+10 min 80 P	
Ingredients	Method
1 cup - Corn kernels	Soak rice for 30 minutes; select 122, press start to boil with 3 cups water till half done. (Stop oven when it beep after 12 minutes).
12 - Baby corns	
1 cup - Basmati rice	Remove the rice and strain through a collander. Keep aside covered. In the same bowl mix oil, red chilies; corn kernels, baby corn, turmeric, ginger-garlic paste, mixed herbs/garam masala, tomato puree, salt and 1 cup water. Cover and cook for 5 minutes.
1/4 cup - Tomato puree	
2 tbsp - Lemon juice	
1 tbsp - Fried onion	
2 - Red chilies whole	
3 tbsp - Cookin/Olive oil	After beep, Take out the bowl with corn; add rice, lemon juice, fried onion and chili flakes. Mix with a spatula; cover and cook for remaining 10 minutes.
1 tsp - Mixed herbs/garam masala	
1 tsp each - Ginger- Garlic paste	Remove the corn rice bowl and stand for 5 minutes. Loosen the rice with a fork. Serving; Garnish with parsley and additional chili flakes and serve with Curds, Salad and a Soup.
2 tbsp - Red chili flakes	
1 tsp - Turmeric (opt)	
Salt-Pepper to taste	
2 tbsp - Chopped parsley for Garnishing	

Chicken Balls Pulao	
A123	
5 min 80P+2+20	
Ingredients	Method
1/2 recipe - Chicken balls ( from 200 gm chicken mince/ kheema)	Soak rice for 1 hour. Combine all the ingredients of chicken balls in a bowl; mix well and form small balls. Place them in the steaming basket with 1/4 cup water underneath and select 123, press start to steam. (Stop oven when it beep after 5 minutes).
1 and 1/2 cup / 300 gm - Basmati rice, 1/4 cup - Olive/cooking oil	
1/4 cup - Fried onions	Remove the steamed chicken balls and let them be covered in the steaming basket to keep them warm. Drain rice and place them in a large microsafe bowl; add whole spices and fried onion and cook for 2 minutes to roast it.
1 tbsp leveled - Basil powder/ 1/4 cup fresh chopped basil leaves	
1 tsp - Cumin	
6 - Cloves	
1 stick - Cinnamon	
20 - Peppercorns	
3 - brown cardamoms	
2 cups - Chicken stock + 1 cup - Water	
1 tbsp - Red chillies cut into strips	
1 tbsp - Ginger juliennes and Salt to taste	
For chicken balls	After beep, Take out rice; add ginger juliennes, chili strips, , chicken balls, stock+water mixture and salt; heat oil on gas heat for a few seconds; crackle cumin and pour over rice. Stir it; cover and cook for remaing 20 minutes, stirring once.
200 gm chicken kheema	
1/2 cup - Bread- crumbs	
1/2 - Onion chopped	
1 small - Green chili chopped 1 tbsp - Basil chopped	
1/2 tsp - Garam masala,	
1 tbsp - Cooking oil and Salt to taste	
	Take out the cooked pulao and stand for 10 minutes. Loosen the rice with a fork, garnish and serve as a meal.

## Mushroom and Prawn Biryani

A124

10+8+Preheat up to 3 min at 200 ° c +30 conv, 200\*

Ingredients	Method
1 small/600 gm - Chicken	<p>Soak saffron in milk. Clean prawns. Wash, dry and cut mushroom into halves. Marinate prawns with 1 tbsp lemon juice and a little salt. Chop green chillies. Wash and soak rice for 15 minutes. Drain it and place in a large microsafe glass bowl; add 3 cups water, whole spices and 2 tsp salt, and select 124, press start to cook, to get half done rice. (Stop oven when it beep after 10 minutes).</p> <p>Take out the rice and drain. In another medium bowl combine 2 tbsp oil, mushrooms, prawns, basic gravy, ginger-garlic paste, turmeric, chilli, spice powders and salt. Add 1 and 1/2 cups water; stir properly and cook for 8 minutes, stirring once.</p> <p>After beep, Remove cooked mushroom prawns mixture. Heat 1 tbsp oil on gas heat; crackle cumin in it and pour over mushroom mixture. In previous large microsafe glass bowl, spread 1 tbsp oil on the base; cover the base with partially cooked rice; sprinkle lemon juice, green chillies, chopped coriander-mint, fried onions and a few drops of saffron soaked in milk; spread half of the mushroom - prawns mixture over the rice; repeat the process and finally top the dish with rice. Finish with sprinkling of a little fried onion, coriander-mint mixture, a few drops of saffron and remaining lemon juice + 1 tbsp oil (mixed). Cover the dish with a lid and cook for remaining 30 minutes on CONVECTION mode. Preheat the oven to 200 degrees Celsius for 3 minutes.</p>
1 cup - Basmati rice	
1/4 cup - Fried onion	
2 - Green cardamoms	
2 - Brown cardamoms	
10 - Peppercorns	
1/2-inch stick - Cinnamon	
4 cloves	
1 - Bay leaf	
3 -Green chillies	
1 tsp - Ginger paste	
1 tsp - Mint powder / 2 tbsp choppeed mint	
1/2 tsp - Black cumin	
1/2 cup - Basic gravy	
3 tbsp - Cooking / olive oil	
1 - Lemon and 500 ml - Water / chicken stock	

Prawns Pulao	
A125	
3+3+20	
Ingredients	Method
2 cups - Shelled prawns,	<p>Soak rice for 30 minutes. Clean, devein and marinate prawns with lemon juice, pepper powder and 1/2 tsp salt for 30 minutes. Drain rice. In a medium microsafe bowl add oil, garlic and red chillies; stir and select 125, press start to cook, uncovered. (Stop oven when it beep after 3 minutes).</p> <p>Bring out the bowl; lift prawns from marinade and add to the bowl; stir to coat prawns with oil properly; add rice, mix and cook for 3 minutes, uncovered.</p> <p>Take out rice; add water, ginger powder, mint leaves and salt. Stir; cover and cook for remaining 20 minutes.</p> <p>Remove the cooked dish and let it stand for 10 minutes, covered. Stir with a fork and serve.</p>
1 and 1/2 cup - Rice,	
3 tbsp - Oil,	
2 tbsp - Lemon juice,	
1/2 tsp pepper,	
1/2 tsp - Ginger powder,	
2 tbsp - Garlic chopped,	
4 - Whole red chillies,	
1/4 cup - Mint leaves,	
3 cups - Water and Salt to taste.	
1 tsp - Ginger paste	
1 tsp - Mint powder / 2 tbsp choppeed mint	
1/2 tsp - Black cumin	
1/2 cup - Basic gravy	
3 tbsp - Cooking / olive oil	
1 - Lemon and 500 ml - Water / chicken stock	

Lotus Stem Pulao	
A126	
20+10+10 min 80 P	
Ingredients	Method
200 gm - Lotus stems	<p>Soak rice. Wash, peel and clean lotus stems. Cut them into thin circles. Place them in a microsafe bowl; add 1 cup water and 1 tsp salt and select 126, press start to cook, covered. (Stop oven when it beep after 20 minutes).</p> <p>Squeeze lemon and slice ginger root.</p> <p>Heat remaining oil on gas heat for a few seconds and crackle cumin in it. Remove rice from the microwave; add lotus stem with its liquid if any, remaining water, lemon juice, ginger juliennes, green chilies and crackled cumin; stir once; cover again and cook for remaining time.</p> <p>After beep, Take out the cooked lotus stem rice; stand it covered for 5 minutes; loosen the rice with a fork and serve it hot with accompaniments as a meal or part of any Indian meal.</p>
200 gm /1 cup - Rice	
1/2 cup - Basic gravy	
1/2 tsp - Ginger powder	
1 inch - Ginger root	
3 - Green chilies	
1 - Lemon	
2 - Bay leaves	
1/4 cup - Fried onion	
3 - Brown cardamoms	
6 - Peppercorns	
1 small stick - Cinnamon	
4 cloves	
1 tsp - Mint powder	
1/4 tsp - Cumin	
3 and 1/4 cup - Water	
3 tbsp - Cooking oil	
Salt to taste	

Festive Dry Fruit Pulao	
A127	
3+10+10 min 80 P	
Ingredients	Method
1 and 1/2 cup - Basmati rice	<p>Wash and soak rice for 30 minutes. Soak saffron in milk. Clean black currants; wash and keep aside. Drain rice and place in a large microsafe bowl, add ghee, whole spices and nuts except black currants. Mix and select 127, press start to cook. (Stop oven when it beep after 3 minutes).</p> <p>Take out roasted rice; add 2 and 1/2 cup water, ginger and cinnamon powders, sugar and salt. Stir; cover and cook for 10 minutes.</p> <p>After beep, Take out the bowl of rice, open the lid and stir. Add black currants, cherries and saffron milk; stir lightly once again, cover and cook for remaining 10 minutes.</p> <p>Bring out the cooked dry fruit rice, keep it covered and stand the dish for 5 minutes. Serving: Loosen the rice with a fork and serve this speciality from Kashmir with any Spicy veg/non-veg curry/ Curds as a main meal. You may serve it as a dessert, too.</p>
4 cloves	
3 - Green cardamoms	
3 - Brown cardamoms	
2- Bay leaves	
1/2 tsp - Ginger powder	
1/2 tsp leveled - Cinnamon powder	
15 - Almonds	
15 - Cashew nuts	
10 - Pistachio nuts	
25 - Black currants	
25 - Cherries (fresh/tinned)	
Salt - 2 tsp	
Sugar - 1 tbsp (opt)	
2 and 1/2 cups - Water	
1/2 - Milk	
A few strands - Saffron	
3 tbsps - Ghee(clarified butter)	

Pineapple Rice	
A128	
7+15+6 min 80P	
Ingredients	Method
1 cup - Basmati rice	<p>Wash and soak rice for 30 minutes. Wash and soak black currants. Squeeze lemon and keep juice aside. Chop cashew nuts. In a large microsafe bowl, combine pineapple juice, ginger, salt, pepper, sugar and butter. Select 128, press start to Boil. (Stop oven when it beep after 7 minutes).</p> <p>Drain soaked rice. Remove the bowl of boiled juice; add drained rice and lemon juice; cover and cook for 15 minutes.</p> <p>Remove rice; open the lid and add pineapple pieces, half of the chopped cashew nuts and soaked black currants (drained). Mix gently; cover again and cook for remaining 6 minutes.</p> <p>Remove pineapple rice from the microwave and stand for 5 minutes, covered. Serving: Loosen the rice with a fork and serve hot / warm garnished with remaining cashew nuts. Enjoy the dish with any veg / non-veg curry.</p>
1 and 1/2 cups - Pineapple pieces	
3 tbsp - Butter	
1 tsp - Ginger powder	
1 tsp - White pepper powder	
2 cups - Pineapple juice	
1 - Lemon	
12 - Roasted cashew nuts	
20 - Black currants	
2 tbsp - Sugar (opt)	
Salt - to taste	

Kala Chana/ Bengal-gram Pulao	
A129	
20+2+20	
Ingredients	Method
150 gm / 1 and 1/2 cups - Kala chana (Bengal gram)	<p>Soak chana overnight in plenty of water; in the morning discard that water; transfer chanas to a large microsafe bowl; add 2 cups fresh water, whole spices and 1 tsp salt. Select 129, press start to cook, covered. (Stop oven when it beep after 20 minutes).</p> <p>Soak Rice fore 30 minutes.</p> <p>Take out chanas and keep them covered till required. Drain soaked rice. In another large microsafe bowl add rice, 1/2 the oil and 1/2 the fried onions; mix and cook for 2 minutes, uncovered.</p> <p>After beep, Take out bowl of rice; add boiled chana with its liquid, remaining onions, ginger-garlic paste, tomato puree, bay leaf, salt, red chili powder and water. Heat remaining oil on gas heat for a few seconds, crackle cumin in it and pour into the rice mixture. Mix. Cover the bowl and cook rice remaining 20 minutes, stirring once after 10 minutes.</p> <p>Remove chana pulao and stand the dish for 5 minutes covered. Serving: Loosen the rice with a fork, garnish with mint leaves and serve hot with plain curds or a raita, as a meal or part of main meal.</p>
200 gm/ 1 cup - Basmati rice	
3 tbsp cup - Cooking oi,	
3 tbsp - Fried onions	
1/4 cup - Tomato puree	
1/2 tsp each - Ginger-Garlic paste, 1/2 tsp - Chili powder	
1/2 tsp - Black cumin(shah jeera), 400 ml - Water	
Whole spices	
2 -Brown cardamoms	
4 - Cloves	
1/2-inch - Cinnamon stick	
10 - Peppercorns	
1 - Bay leaf	
Salt to taste	

Vadi Pulao	
A130	
5+10+10 min 80 P	
Ingredients	Method
1 and 1/2 cups - Basmati rice	<p>Wash and soak rice for 30 minutes to 1 hour. Break vadis in small pieces and place them in a small bowl; add 1 cup water and 1 tbsp oil; cover and select 130, press start to cook. (Stop oven when it beep after 5 minutes).</p> <p>Take out the vadis. Drain rice. In a large microsafe bowl combine remaining oil, fried onion, drained rice, steamed vadis, salt, pepper and water / stock. Mix and cook for 10 minutes, covered.</p> <p>After beep, Take out rice; add ginger paste, tomato puree and chopped mint leaves Stir rice and cook for remaining 10 minutes, covered.</p> <p>Remove cooked rice from the microwave and stand it for 5 minutes. Serving: Loosen the Vadi pulao with a fork and serve hot as a meal, garnished with additional mint. Beaten curds or a raita and a salad accompany it very well.</p>
100 gm - Vadi (Punjabi vadi)	
1/4 cup - Fried onion	
1/4 cup Tomato puree	
2 tbsp - Chopped Mint	
1 tsp - Ginger paste	
4 tbsp - Cooking oil	
1/2 tsp - Pepper powder	
Salt to taste and 500 ml - Water / vegetable stock	

Mutton Biryani	
A131	
12+5+ 60 min 190 <sup>o</sup> conv	
Ingredients	Method
1 and 1/2 cups - Basmati rice	<p>Put rice in a large microsafe bowl (without handles), wash well and drain the water; add whole spices, salt and 500 ml water; select 131, press start to cook till rice is 3/4th done. Drain.</p> <p>Take out rice and drain through a sieve. Spread rice in a trove. (Stop oven when it beep after 12 minutes).</p> <p>Heat cooked mutton on HIGH for 5 minutes, uncovered.</p> <p>After beep, Remove mutton. Take a microsafe medium shallow dish and layer the rice and meat. Pour 1 tbsp oil on base of the dish covering well; spread half the rice evenly; sprinkle a little lemon juice, fried onion, mint, coriander and green chillies over it. Spread cooked mutton over rice. Repeat the layer of rice and green herbs. Sprinkle fried onion and saffron mixed in 2 tbsp milk. Sprinkle remaining oil too. Cover the dish with a proper lid and cook on CONVECTION mode for remaining 1 hour.</p> <p>Remove the dish and stand for 5 minutes. Serve with curds / raita, onion and lemon wedges as a main meal or part of the main meal. Tips: Mutton can be cooked a day earlier and biryani can be layered the day it is required.</p>
100 gm - Vadi (Punjabi vadi)	
1/4 cup - Fried onion	
1/4 cup Tomato puree	
2 tbsp - Chopped Mint	
1 tsp - Ginger paste	
4 tbsp - Cooking oil	
1/2 tsp - Pepper powder	
Salt to taste and 500 ml - Water / vegetable stock	

Nutri Nuggets Pulao	
A132	
7+2+20	
Ingredients	Method
1 and 1/2 cup / 100 gm - Soyabeans chunks	<p>Soak soy nuggets for 1 hour; drain and squeeze. Place in a microsafe medium bowl; add 2 cups fresh water and 1 tsp salt and s Select 132, press start to cook. (Stop oven when it beep after 7 minutes).</p> <p>Wash and soak rice.</p> <p>Remove soya chunks and keep warm. In a large microsafe bowl combine 3 tbsp oil, whole spices such as peppercorns, cloves, bay leaf, whole red chillies etc and add fenugreek leaves too. Drain rice and mix. Cook for 2 minutes to get rice roasted.</p> <p>Bring out the bowl with rice in it; add water, ginger-garlic paste, 3/4th of fried onions, chilli- turmeric powders, salt, tomato puree, green peas, carrots and soya chunks with the liquid; stir well, cover and cook for remaining 20 minutes.</p> <p>Bring out the soy nugget rice and stand for 5 to 10 minutes. Serving: Loosen the nutritious rice with a fork, garnish and serve it hot / warm as a meal with curds, salad and papad etc. Or serve it as a part of the main course.</p>
and 1/2 cup / 300 gm - Basmati rice	
1/4 cup - Fried onions	
1/2 cup - Tomato puree	
1/2 cup - Green peas	
1/2 cup - Carrot cubes	
1/4 cup - Cooking / Olive oil	
1 tb sp - Ginger-Garlic paste	
2 tbsp - Dry fenugreek leaves (opt)	
1/4 cup - Red pepper juliennes	
1 tsp each - Chili -Turmeric- Whole spice powder	
2 - Red chillies whole	
10 - Peppercorns	
1 tsp - Cumin seeds	
1 - Bay leaf	
6 - Cloves	
4 cups -Water / Veg stock	
Salt to taste	

Green peas /Mutter Pulao	
A133	
3+2+20	
Ingredients	Method
1 and 1/2 cup/ 300 gm - Rice	<p>Soak rice for 30 minutes. Wash and place green peas in the steaming basket and Select 133, press start to cook. (Stop oven when it beep after 3 minutes).</p> <p>Take out steamed peas. Drain rice and place it in a large microsafe bowl; heat oil on gas heat for a few seconds, crackle cumin in it and add red chillies too. Switch of the gas and pour oil on rice. Stir and cook rice uncovered for 3 minutes.</p> <p>After beep, Take out the bowl with rice; mix onion, green peas, spices, salt and water with it; stir, cover and cook for remaining 20 minutes.</p> <p>Take out green peas pulao and stand for 5 minutes, covered. Serving: Garnish with fried onions and serve it with Boondi raita and Papad etc.</p>
2 and 1/2 cup - Shelled peas	
1/4 cup - Cooking oil	
1/4 cup - Fried onions	
1/2 tsp - Black cumin	
1 tsp - Ginger powder	
2 - Dry red chillies	
2 bay leaves	
4 - Brown cardamoms	
6 -Cloves, 15 - Peppercorns	
1/2 tsp - Cinnamon powder	
juice from 1 lemon	
1/2 tsp - Garam masala	
Salt to taste and 3 cups - Water	

Lentil Pulao	
A134	
2+10+12 min 80P	
Ingredients	Method
2 cups - Sprouted Lentils/ Sabut Masoor	<p>Wash and soak rice for 30 minutes. Wash and drain lentil sprouts. Soak saffron in milk. Drain rice and place in a large microsafe bowl; add 2 tbsp oil, peppercorns, cardamoms and bay leaf; stir and Select 134, press start to cook, uncovered. (Stop oven when it beep after 2 minutes).  Remove the rice; and add lentils, water, salt, chili-garlic paste, lemon juice, clove and cinnamon powder; stir and cook for 10 minutes, covered.  After beep; Take out rice; stir gently, add ginger juliennes and basil/mint; sprinkle saffron milk evenly; stir gently once again; top with chili flakes, cover and cook for remaining 12 minutes.  Bring out the lentil pulao and stand for 5 minutes.  Serving: Loosen the rice with a fork; garnish with basil/ mint and almond flakes. Serve hot or warm with Curds / Green chutney or Tomato sauce as a light but complete meal.</p>
1 and 1/2 cup - Basmati rice	
1/4 cup - Fried onions	
2 tbsp - Ginger juliennes	
A few strands saffron soaked in 1/2 cup - Milk	
2 tsp - chili - Garlic paste	
20 - Peppercorns	
2 -Brown cardamoms	
1 tsp - Black cumin	
1/4 tsp - Cinnamon powder	
1/4 tsp Clove powder	
3 tbsp - Cooking / Olive oil	
1 tbsp - Chili flakes	
3 cups - Water / veg stock	
1 large - lemon	
2 tbsp - Basil or mint chopped and Salt to taste	
Garnishing	
Roasted almond flakes(opt)	

Chicken Chettinaad	
A135	
2+5+12 min 80P	
Ingredients	Method
500 gm - Chicken breasts cut into pieces	<p>Marinate chicken with lemon juice, salt and ginger-garlic pastes. Soak urad dal. Dry roast all the ingredients of fine paste in a pan on gas heat, cool and grind with 1/2 cup water. Combine in a microsieve bowl whole spices such as cardamoms, cinnamon, cloves, fenugreek seeds, curry leaves and cooking oil. Select 135, press start to cook, uncovered. (Stop oven when it beep after 2 minutes).</p> <p>Take out the spice bowl; add onion-tomato paste, ground fine paste, bay leaf and tomato puree to it. Stir well, cover and cook for 5 minutes, stirring once.</p> <p>After beep, Take out the bowl and add marinated chicken, stir well to coat chicken with masala. Add 2 cups of water and salt; stir, cover and cook for remaining 12 minutes.</p> <p>Bring out chicken Chettinad and stir gently; cover and stand for 5 minutes. Serving: Garnish the dish with additional 6 freshly crushed peppercorns and serve with plain Dosa/ Paratha/ Phulka etc as a main meal dish. Tips: It is important that all the ingredients, particularly meats and sea foods, are at room temperature before you start microwave cooking, otherwise, desired results will not be achieved, because cooking timings play a major role in microwave cooking, and justice will not be done to the recipes.</p>
1 cup - Onion tomato paste	
1/2 cup - Tomato puree	
2 tbsp - Urad dal	
1 tbsp - Fenugreek seeds	
6 - Cloves	
1inch stick - Cinnamon	
1- Bay leaf,	
1 sprig - Curry leaves	
1/4 cup - Cooking oil	
Salt to taste	
For fine paste	
20 - Peppercorns	
20 - Cashew nuts	
1 tsp - Cumin	
1 tsp -Turmeric	
1 tbsp - Poppy seed,	
1 tbsp - Ginger paste	
1 tbsp - Garlic paste	
1 tsp - Fenugreek seeds	
6 - Red chillies whole(deseeded)	
2 tbsp - Lemon juice	
NB: This dish is a specialty of Southern India	

## Corn Rava and Minced meat Delight

A136

4+2+20

Ingredients	Method
200 gm - Corn Rava	<p>Finely chop the green chili, red and yellow peppers. Deseed the whole red chillies. Heat oil on gas heat for a few seconds; crackle mustard in it; add red chillies whole and switch off the fire. Pour this oil with chillies and mustard into a large microsafe bowl; mix mutton mince with oil properly; add fried onion and green chillies, stir; cover and Select 136, press start to cook, (Stop oven when it beep after 4 minutes).</p> <p>Remove the minced meat and keep the bowl covered. Place Corn rava in a brown envelop and roast it for 2 minutes, shaking the envelop once after 1 minute or roast in a microsafe dish.</p> <p>Remove rava from the oven. Open the lid of minced meat; stir and break lumps if any; sprinkle roasted corn rava over minced meat; sprinkle salt, ginger and clove powders too; add tomato puree and half the coriander; mix well; add water / stock; cover the dish and cook for remaining 20 minutes, stirring in between.</p> <p>Remove the dish and stand it covered for 10 minutes. It should be a semi solid dish, not very dry. Serving: Loosen the corn and mince with a fork. Garnish with fried cashew nuts and coriander and serve it hot as a breakfast dish. Tips: If you have to reheat, sprinkle 1/4 cup to 1/2 cup water; stir and heat.</p>
200 gm - Mutton mince	
1/2 cup - Tomato puree	
1/2 - Red pepper	
1/2 - Yellow pepper	
2 - Red chillies whole	
15 - Fried cashew nuts	
1/4 cup - Fried onion	
1 - Green chili	
1 tsp - Ginger powder	
1 tsp - Clove powder	
1/2 tsp - Mustard seeds	
4 tbsp - Cooking / Olive oil	
Salt to taste	
3 tbsp -Coriander chopped	
5 cups water / Mutton stock	

Achari Chicken	
A137	
4+10 min 80P+2	
Ingredients	Method
500 gm - Boneless chicken	<p>Slice chicken and cut into small pieces. In a microsafe large bowl combine oil, dry red chilies and all the dry spices except turmeric, red chili powder and salt. Select 137, press start to cook, (Stop oven when it beep after 4 minutes).</p> <p>Take out the bowl; add chicken pieces, turmeric, chili, salt, ginger-garlic paste and vinegar; stir well; cover and cook for 10 minutes.</p> <p>Remove the cooked chicken; stir it well and cook again, uncovered for remaining 2 minutes.</p> <p>Take out pickled chicken. Serve it as a side dish or use it to make the frankies/rolls.</p>
1/4 cup - Cooking oil / Left over oil from any pickle	
1 tsp Saunf (fennel)	
1 tsp - Kalonji (onion seeds)	
1 tsp - Mustard seeds	
1 tsp - Fenugreek (methi) seeds	
1 tsp - Turmeric powder	
1 tsp - Chili powder	
1/2 tsp - Cumin	
1 tsp each - Ginger and Garlic pastes	
1/4 cup - Vinegar	
2 - Dry red chilies	
Salt to taste	

Egg Omelet Curry	
A138	
6 min 80P+3+15 min 80P	
Ingredients	Method
6 - Eggs	<p>Grease a medium square microsafe dish with 1 tsp oil. Break eggs in a bowl and beat; add milk, gram flour, salt, pepper powder, chili paste and ginger powder; beat the mixture till no lumps of gram are left. Sprinkle coriander; mix well and pour in the greased dish; Select 138, press start to cook, (Stop oven when it beep after 6 minutes). Stirring the centre every 2 minutes as the eggs start setting very fast.</p> <p>Remove omelet and cool the dish. Cut omelet into squares and keep them covered. Grind together gram and peanuts to powder. In a microsafe bowl add oil, red chili whole, gram-peanut powder, onion-tomato paste, curds / tomato puree, mixed spice, salt and asafetida. Stir and cook for 3 minutes, uncovered, stirring once.</p> <p>After beep, Remove the bowl, add 3 cups of water; mix well; Cover the dish and cook for 15 remaining minutes.</p> <p>Remove the curry bowl; add omelet pieces in it and stand covered for 15 minutes. Heat 1 tsp oil on gas heat; crackle cumin in it, add curry leaves and temper the dish with it. Serve this innovative dish hot with Rice or Chapati. You may reheat it, if serving later. Tips: In the same gravy you may add hard boiled eggs.</p>
2 tbsp - Gram flour	
1 tsp - Chili paste	
1/4 cup - Coriander chopped	
1/4 cup - Milk	
1 tsp - Pepper powder	
1/2 tsp - Ginger powder	
1 tsp - Oil	
Salt to taste	
For Curry	
1 cup Onion-Tomato paste	
1/4 cup - Gram dal (roasted)	
1/4 cup - Peanuts (roasted)	
1/2 cup - Curds beaten or 1/4 - cup Tomato puree	
3 tbsp - Cooking oil	
2 tsp - Chili powder	
1 tsp - Turmeric powder	
1 tsp - Mix spice powder	
1 - Red chili whole	
1 tsp - Cumin	
1/2 tsp - Asafetida	
1 sprig - Curry leaves	
Salt to taste	

Mutton Kolhapuri	
A139	
5+15+25 min 80P	
Ingredients	Method
500 gm - Mutton	<p>Marinate mutton with 1 tsp salt. Deseed red chillies. Dry roast coconut, coriander seeds, star anis, brown cardamoms, cumin, poppy seeds and red chillies in a pan for 2 minutes on gas heat; cool and grind with 1/2 cup water to a paste. Grind brown onion with tomato puree, too. Put cooking oil in a microsafe bowl and add roasted coconut and dry ingredients paste, onion- tomato paste and ginger-garlic paste; stir well; cover and Select 139, press start to cook. (Stop oven when it beep after 5 minutes).</p> <p>Bring out the spice bowl and keep it covered. Place mutton in another microsafe deep- medium bowl; add half the water, cover and cook for 15 minutes.</p> <p>After beep, Take out the mutton and mix with the cooked masala in a large microsafe bowl. Sprinkle goda masala and add, salt and remaining water. Cover the dish and cook for remaining 25 minutes. Take out the cooked mutton dish. Heat 1 tsp additional oil on gas heat, crackle mustard seeds in it and pour over cooked meat dish. Stir and check the seasonings. Keep the dish covered till required. Serving: Garnish The spicy Maharashtrian dish with chopped coriander and serve it with steamed Rice, Rice poli or Chapati.</p>
1 cup - Tomato puree	
1/2 cup - Brown onion paste	
2 tbsp - Ginger-Garlic paste	
2 tbsp - Coriander seeds	
2 tbsp - Poppy seeds	
2 tsp - Cumin	
2 tsp - Turmeric	
1/2 cup grated - Dry coconut	
1/4 cup - Cooking oil	
1 tsp - Mustard seeds	
1 to 2 tbsp - Goda masala	
10 - Red chillies whole	
4 - Star Anis (dagad phool)	
6 - Cardamoms,	
1 pinch - Nutmeg powder	
500 ml - Water	
Salt to taste	
1/4 cup - Coriander chopped. Note: Goda masala is a product of Maharashtra and is used to cook Maharashtrian dishes	

Mutton Vindaloo	
A140	
4+10+ 35 min 80P	
Ingredients	Method
500 gm - Mutton	<p>Marinate mutton with salt and vinegar in a large microsafe bowl for 2 hours. Deseed the red chillies. Combine all the dry ingredients and dry roast on hot griddle for one minute; switch off the heat; cool and grind them with malt vinegar to a smooth paste. In a microsafe medium bowl put oil and add spice paste, ginger-garlic paste and brown onions; mix well and Select 140, press start to cook, uncovered. (Stop oven when it beep after 4 minutes). stirring once in between.</p> <p>Remove vindaloo masala from oven and keep it covered. In another bowl add marinated mutton; stir well and cook for 10 minutes, covered.</p> <p>After beep, Remove mutton from the microwave; add cooked vindaloo masala and stir well. Pour 2 cups water; mix; cover the dish and cook again for remaining 35 minutes on MEDIUM.</p> <p>Bring out the vindaloo dish; add cocktail onions and stand it covered for 10 minutes. Serving: Garnish with chopped coriander and serve hot or at room temperature with Pav bread/ Dinner rolls/ Rice Chapati (poli) or any Rice preparation.</p>
1 tbsp - Salt	
1/2 cup - Vinegar	
Vindaloo Masala	
1/2 cup - Malt vinegar	
1 tbsp each - Ginger-Garlic paste, 1/2 cup -Brown onions	
1 tbsp - Poppy seeds	
7 - Red chillies whole	
1 inch stick - Cinnamon	
1 tsp - Cumin	
1 tbsp - Coriander seeds	
4 - Cloves	
6 - Peppercorns	
1 tsp - Turmeric powder	
3 - Cardamoms	
1/4 cup - Cooking oil	
1 cup - Water	
6 to 8 - Cocktail onions (opt), Salt to taste	
Chopped coriander for garnishing	
NB: Mutton Vindaloo is a Goan style of dish	

Palak – Meat	
A141	
25+10	
Ingredients	Method
2 cups - Spinach puree	<p>Marinate mutton with vinegar, 1 tsp salt and red chili powder for 2 hours. Add oil, onion, ginger-garlic paste and spice powders to it; cover and Select 141, press start to cook, uncovered. (Stop oven when it beep after 25 minutes). stirring twice in between.</p> <p>After beep, Remove mutton; open the lid and mix spinach puree, tomato puree, cashew nut paste, 1 tsp salt and pepper powder with mutton. Cover again and cook for remaining 10 minutes, stirring once.</p> <p>Take out the palak and meat dish; check the seasonings, cover and let it stand for 5 minutes. If you find the dish little watery, you may cook uncovered for 3 minutes. Heat 1 tsp butter on gas heat, add 1/4 tsp of red chili powder and garnish the dish with it. Serving: Serve it with any Indian Roti as a main meal dish.</p>
400 gm - Mutton	
1/2 cup - Tomato puree	
1/4 cup - Cashew nut paste/almond paste	
1/4 cup - Brown onion paste	
1 tbsp - Ginger-Garlic paste	
2 tsp - Red chili powder	
3/4 tsp - Clove powder	
3/4 tsp - Pepper powder	
1/4 cup - Vinegar	
1/4 cup - Cooking oil	
Salt to taste	
Fresh cream for garnishing (opt)	
NB: It is a speciality from Northern India, especially from The Punjab	

Mutton Tariwala	
A142	
12+15 min 80P+20 min 80 P	
Ingredients	Method
500 gm - Mutton pieces with bones	<p>In a medium large bowl add mutton pieces and 2 cups water, cover and Select 142, press start to cook. (Stop oven when it beep after 12 minutes). Take out the bowl and add 2 tsp salt; stir, cover again and cook for 15 minutes on MEDIUM. Remove the boiled mutton; add basic onion-tomato paste, chili, turmeric, garam masala, mint, curds and salt to it. Heat oil on gas heat, crackle cumin and pour oil over mutton. Add 2 cups of water. Stir well, cover the dish and cook for remaining 20 minutes on MEDIUM.</p> <p>Remove the mutton curry and stand it for 15 minutes. Adjust seasonings to taste. Garnish with chopped coriander and serve it with steamed Rice, Tandoori Roti/ Phulka or Paratha etc. Tips: In Mutton Tariwala add 1 and 1/2 cup rice, seasonings to taste, fried onion, whole garam masala and cook Mutton Pulao.</p>
1/2 recipe - Basic onion tomato paste	
1 tbsp - Ginger-Garlic paste	
2 tsp - Garam masala	
1 and 1/2 tsp- Chili powder	
1 tsp leveled - Turmeric powder, 3/4 cup - Beaten curds	
1 and 1/2 tsp - Cumin	
1 tbsp - Coriander powder, 1 tsp - Mint powder	
4 tbsp - Cooking oil	
3 cups water	
1 tbsp - Chopped coriander for garnishing	

**Kheema Mutter (mutton mince-peas curry)**

A143

5+3+10 min 80P

Ingredients	Method
400 gm - Mutton mince (kheema)	Combine cooking oil and mutton mince in a microsafe medium bowl; stir well to coat mince/kheema with oil properly and Select 143, press start to cook. (Stop oven when it beep after 5 minutes). uncovered, stirring twice, so that meat mince should not form any lumps. Take out the bowl; stir; add green peas, onion-tomato, ginger and garlic pastes; mix well and cook for 3 minutes on HIGH, uncovered. Remove the bowl and keep it covered. Powder Kashmiri tikki masala and add to the minced meat. Add turmeric, chili powder, salt, half of coriander, tomato puree and 2 cups water. Mix well; cover and cook for remaining 10 minutes on MEDIUM. Remove the dish and stand it , covered, for 10 minutes. Sprinkle garam masala over the cooked dish. Serving: Garnish with chopped coriander and serve with Roti / Paratha/ Pav or Steamed rice as Indian breakfast, or part of lunch / brunch or dinner. Tips: For vegetarians you may cook 1 cup Soy granuels (soaked for 30 minutes and then squeezed) instead of meat mince, following the recipe step by step.
250 gm - Green peas shelled	
1/2 cup - Onion-tomato paste	
1 tbsp - Ginger-Garlic paste	
1/2 cup - Tomato puree	
1/4 cup - Cooking oil or 3 tbsp - Olive oil	
1 tsp - Turmeric	
1/2 tsp - Red chili powder	
1/4th cake - Kashmiri tikki masala	
1 tsp - Garam masala	
Salt to taste	
Chopped coriander for garnishing	

Goan Fish Curry	
A144	
2+9	
Ingredients	Method
500 gm - Fish	<p>Cut fish into pieces. Squeeze lemon and marinate fish with it. Sprinkle turmeric powder and a little salt too. Mix and keep aside for 30 minutes. If using home made fish masala, then dry roast coriander, cumin, whole chillies, peppercorns and cloves, and grind coarsely. Add 1/4 cup water to tamarind paste and dilute it. In a medium microsafe bowl, combine oil, onion, ginger and garlic paste, tomato puree, tamarind and powdered spices; mix well and Select 144, press start to cook. (Stop oven when it beep after 2 minutes). uncovered, stirring once in between.</p> <p>Take out the bowl and add 1 and 1/2 cups water, sugar, chili powder and salt. Lift the fish pieces and discard the liquid. Arrange fish pieces in a shallow dish and pour the prepared curry over fish. Cover the dish with a lid or cling wrap and cook fish for remaining 9 minutes on HIGH. Pierce the cling wrap from 2 to 3 places.</p> <p>Remove the fish and stand it for 5 minutes. Check the seasonings. Garnish with coriander and serve it with Rice or Pavs.</p>
3 tbsp - Fried onion paste	
2 tbsp - Cooking oil	
1 tbsp - Ginger-Garlic paste	
1 tbsp - Tamarind paste	
2 tbsp - Tomato puree	
2 tbsp ready-made - Goan fish masala (or 1 tbsp Coriander seeds, 1 tsp - Cumin, 4 - Cloves, 6 - Peppercorns, 3 - Red chillies whole, roasted and pounded together)	
1/2 tsp - Red chili powder	
1 tsp - Turmeric powder	
1 -Lemon	
2 tsp - Sugar	
Salt to taste	
Chopped coriander for garnishing	

Murg Kesari	
A145	
5+3+12 min 80P	
Ingredients	Method
500 gm - Chicken cut into pieces	<p>Marinate chicken with lemon juice, 1/2 tsp salt and white pepper powder. Pound cardamoms, cloves and peppercorns. Beat curds. Soak saffron in 2 tbsp milk. Place butter, white onion paste and ginger paste in a large microsafe bowl; stir; cover and Select 145, press start to cook. (Stop oven when it beep after 5 minutes).</p> <p>Take out onion mixture; add almond and cashew pastes, pounded spices, chili powder, beaten curds and salt. Stir, cover and cook for 3 minutes.</p> <p>After beep, Remove the bowl, open the lid and add marinated chicken with its liquid, saffron, green chillies and water. Heat 1 tbsp oil on gas heat, crackle black cumin in it and pour over chicken. Stir well, cover again and cook for remaining 12 minutes on MEDIUM.</p> <p>Take out the cooked kesari chicken; add cream and coriander; stir and keep it covered till required. Serve it hot with any Indian meal as a main course dish. You may REHEAT this dish for 2 to 3 minutes just before serving. Tips: It is important that all the ingredients, particularly meats and sea foods, are at room temperature before you start microwave cooking, otherwise, desired results will not be achieved, because cooking timings play a major role in microwave cooking, and justice will not be done to the recipes.</p>
For Kesari gravy	
1 cup - White onion paste	
1/4 cup - Almond paste	
1/4 cup - Cashew paste	
1/4 cup - Cream	
1/2 cup - Curds	
1 tbsp - Lemon juice	
1 tsp - White peppercorns	
1/2 tsp - Black Cumin	
4 - Cloves	
4 - Green cardamoms	
1/4 tsp - Saffron strands	
2 to 3 - Green chillies chopped	
1 tsp - Yellow chili powder	
1/4 cup - Butter	
1 tbsp - Oil	
1 tbsp - Ginger paste	
1 -Bay leaf	
1 and 1/2 cup Water	
2 tbsp - Chopped coriander and Salt to taste	

## Steamed Chicken Balls in Mango Gravy

A146

5 min 80P+5+8 min 80P

Ingredients	Method
300 gm - Chicken mince(kheema)	<p>Mix together all the ingredients for chicken balls except rice powder and keep aside for 30 minutes. Add rice powder to the chicken mixture and mix once again with your hands; divide the mixture and form about 24 balls out of it. Place them in the steaming basket; add 1/4 cup water underneath; s cover and select 146, press start to steam the balls on MEDIUM. (Stop oven when it beep after 5 minutes).</p> <p>Remove the basket and let the chicken balls stand for 5 minutes, covered. Combine 2 tbsp oil, whole red chillies, mango pulp and cloves, cardamom and cinnamon powder in a microsafe large bowl. Cook for 5 minutes, uncovered, stirring once.</p> <p>After beep, Remove the bowl of mango gravy. Add ginger, mint, chili powder and salt to it. Lift the steamed chicken balls and place in the bowl. Collect the liquid from the basket and put that, too, in the bowl. Put 1 cup water in the bowl and stir gently. Heat remaining 1 tbsp oil on gas heat, crackle mustard seeds in it and pour over chicken balls. Cover the bowl and cook for remaining 8 minutes on MEDIUM.</p> <p>Take out the cooked dish; open the lid and add cream and nutmeg powder; stir gently and check the seasonings. Keep chicken balls in mango gravy covered till required. Garnish with fresh mint and and serve with any Indian Roti/bread, or with Dal-rice combination as a side dish.</p>
1 tbsp - Vinegar	
1 tsp - Rock salt	
1/2 tsp - Pepper powder	
1/2 tsp - Ginger powder	
1/2 tsp Garam masala	
1/4 tsp - Red chili powder	
1 tsp - Cooking oil	
1/4 cup - Rice powder / 1/2 cup - Fresh bread crumbs	
For Mango Gravy	
1 cup -Mango pulp	
3 tbsp - Cooking oil	
4 - Cloves	
2 - Red chillies whole (deseeded)	
1 tbsp - Chili-Garlic sauce	
1 tsp - Mint powder / 2 tbsp fresh mint chopped	
1 tsp - ginger root grated	
1/2 tsp - Cloves	
Cardamoms and Cinnamon powder	
1/4 cup - Fresh cream	
A pinch -Nutmeg powder	
Salt to taste	
fresh mint for garnishing	

Chicken Zabunizza	
A147	
4+2+ Preheat up to 5 min at 180 ° c +45 min conv, 180*	
Ingredients	Method
1- Chicken of 600 gm to 700 gm. For Zabunizza gravy	<p>Cut chicken into pieces. Beat curds. Mix oil and melted butter together in a shallow microsafe bowl; roll chicken pieces in it to coat well with fat and Select 147, press start to cook. (Stop oven when it beep after 4 minutes). Covered, stirring once in between.</p> <p>Bring out the bowl and let the chicken pieces be covered to keep warm. In a medium bowl add onion, ginger and garlic pastes. Stir and cook for 2 minutes, uncovered.</p> <p>Remove the bowl; add curds, cashew paste, salt, pepper and bouquet garni; add chicken pieces and 1/4 cup water; mix well and transfer the contents to a microsafe glass shallow dish. Cover the dish with a proper lid or aluminum foil. Preheat the oven to 180 degrees Celsius for 5 minutes.</p> <p>Now place the dish in the oven and cook for remaining time on DUM in the CONVECTION mode.</p>
1/2 cup -Cashew nut paste	
1/2 cup - Curds	
3 tbsp - Cooking oil	
2 tbsp - Butter	
1/2 cup - White onion paste	
2 tsp - White pepper powder	
1 tsp - Ginger & Garlic paste each, 1 large - Tomato	
2 - Green chilies whole	
Salt to taste	
Bouquet Garni	
Note: Bouquet garni is a small bag of whole spices. Spices are tied in a piece of muslin cloth and this spice bag is lowered in the sauce / liquid when it is cooking. The spices, this way, impart a mild flavour to the dish and enhance the taste. Once the dish is cooked, the bag is squeezed of its juices into the dish and discarded.	
Whole spices for bouquet garni	
3 -Cardamoms	
10 - Peppercorns	
2 small pieces - Cinnamon	
5 - Cloves	
1 tsp - Cumin and 1 - Bay leaf	

## Badami Murg /Almond Chicken

A148

Preheat up to 5 min, at 200 ° c + 30 conv,200\*+2mwo+30 conv 180\*

Ingredients	Method
1 Chicken - 600 to 700 gm	<p>Cut chicken into pieces and marinate with half the curds, lemon juice, chili powder and salt for 6 hours, or overnight under refrigeration, but remove it 2 hours before use. Place it in a microsafe bowl or baking pan and cover with a proper lid or aluminum foil. Select 148, press start to Preheat the CONVECTION mode of your microwave to 200 degrees Celsius for 5 minutes. (Stop oven when it beep after 5 minutes). and cook chicken in it for 25 more minutes, covered.</p> <p>Grind almonds coarsely. Take out the cooked chicken and keep it covered. In a large microsafe bowl combine melted butter, white onion paste and cloves; and cook for 2 minutes on HIGH, uncovered.</p> <p>Take out the bowl; add ginger, white pepper, garam masala, tomato puree, remaining curds, almond powder and chicken with its liquid; finally, add cream and stir well. Transfer the chicken to a microsafe shallow dish. Cover it. Preheat the CONVECTION mode of your microwave to 180 degrees Celsius for 5 minutes. Place chicken in the oven and cook remaining time.</p> <p>Let the chicken stand for 10 minutes. Serving: Remove and garnish with chopped parsley and toasted almond slices. Serve with Bakery Naan, Tandoori roti, Chapati or Naan as an Indian dish from the Royal kitchen. Tips: Boneless pieces of Tandoori chicken can be used to create this dish. Make almond gravy, place chicken, cover and bake.</p>
1/4 cup - Almonds	
1 cup - Curds	
1/4 cup - Cream	
1/2 cup - White onion paste	
2 tbsp - Lemon juice	
2 tbsp - Tomato sauce	
50 gm- Butter	
3 - Green Cardamoms	
1 tsp -Black pepper powder	
1 tsp - Garam masala	
5 cloves	
1 tsp - Red chili powder	
Salt to taste	
5 to 6 - Roasted almonds (sliced)	
2 tbsp - Chopped parsley for garnishin	

**Pandhra Rassa (Mutton white curry)**

A149

30+4+20 min 80P

<b>Ingredients</b>	<b>Method</b>
500 gm - Mutton with bones	<p>In lukewarm water soak sesame seeds, poppy seeds, cashew nuts and coconut for 30 minutes to 1 hour. Place mutton in a large microsafe bowl; add 2 tbsp oil, ginger-garlic paste, whole spices and 5 cups water; Cover the dish and Select 149, press start cook.</p> <p>Remove the meat and stand it for 10 minutes. Open the lid and mash it with wooden spoon lightly; strain through a colander and save the stock. Grind the soaked nuts and seeds to a fine paste with the water in which they were soaked. Put 2 tbsp oil in the same large bowl, add green chilies (without cutting), bay leaf, nuts and seeds paste, mix well and cook for 4 minutes, uncovered, stirring once after 2 minutes.</p> <p>Take out the bowl; add saved mutton stock and salt. Heat remaining 1 tbsp oil on gas heat, crackle cumin in it and pour over meat stock. Cover and cook for 20 minutes on MEDIUM.</p> <p>Take out the cooked Pandhra Rassa and stand for 5 minutes, covered. Remove the green chilies and bay leaf before serving and discard. Serve the white curry / soup with any Indian (Maharashtrian) meal.</p>
1 tbsp - Ginger-Garlic paste	
2 tbsp - Oil	
2 tbsp - Sesame seeds	
1/2- Fresh coconut grated	
2 tbsp - Poppy seeds	
10 - Cashewnuts	
1 - Bay leaf	
1-inch stick - Cinnamon	
15 -Peppercorns	
4 - Green chilies	
6 cloves	
1/2 tsp - Cumin	
Salt to taste	
3 tbsp - Oil	

Hyderabadi Fish curry	
A150	
4+15 min 80P	
Ingredients	Method
500 gm - Fish cut into pieces	<p>Soak poppy seeds in 1/2 cup water for 30 minutes. Marinate the fish pieces with lemon juice, turmeric and salt for 30 minutes. Pound cardamoms and take out the seeds. Grind together grated coconut and poppy seeds with the soaking liquid. Grind brown onions, green chilies and ginger-garlic paste with 1/2 cup curds. Put oil in a microsafe large bowl and add onion paste, coconut paste and peanut powder; stir well and Select 150, press start cook, uncovered.</p> <p>Take out the bowl; add turmeric, chili powder, garam masala, cardamom seeds and water to it. Stir well. Lift the fish pieces from the marinade and place in the gravy. Discard the marinade. Cover the dish and cook on MEDIUM for remaining time. Take out the dish and stand for 5 minutes. Heat 1 tsp ghee on gas heat; crackle cumin in it and pour over the dish. Garnish with coriander and serve with Steamed rice or Chapati.</p>
2 tbsp - Lemon juice	
1 tsp - Salt	
1/2 - Coconut grated	
1/4 cup -Roasted peanuts powder	
2 tbsp - Poppy seeds	
1/2 cup - Curds	
1/2 cup - Brown onions	
1 tbsp - Ginger-Garlic paste	
1/2 cup -Tomato puree	
6 - Green chilies	
6 - Green cardamoms	
2 tsp - Garam masala	
1 and 1/2 tsp - Turmeric powder	
1 tsp Red chili powder	
1/2 tsp - Cumin seeds	
3 tbsp - Cooking oil	
3 cups - Water	
Salt-n-pepper to taste	
Chopped coriander for garnishing	

Mutton Masala/ Bhuna Ghosht	
A151	
10+20 min 80P+15 min 80P	
Ingredients	Method
500 gm - Mutton pieces with bones	<p>Roast fenugreek seeds in a pan, cool and pound. In a large microsafe bowl add mutton pieces, whole spices and 2 cups water, cover and Select 151, press start cook. (Stop oven when it beep after 10 minutes).</p> <p>Take out the bowl and add 2 tsp salt; stir, cover again and cook for 20 minutes on MEDIUM.</p> <p>Remove the boiled mutton; add basic onion-tomato paste, chili, turmeric, mint, tomato puree and salt. Heat oil on gas heat, crackle cumin, add pounded fenugreek, switch off the heat and pour oil over mutton. Add 1/2 cup water. Stir well and cook for 15 minutes on MEDIUM, uncovered, stirring once.</p> <p>Remove the mutton masala, stand it for 5 to 10 minutes. Garnish with chopped coriander and serve it with Naan/Tandoori Roti/ Phulka or Paratha etc. Tips: It is important that all the ingredients, particularly meats, are at room temperature before you start microwave cooking, otherwise, desired results will not be achieved, because cooking timings play a major role in microwave cooking, hence, justice will not be done to the recipes.</p>
1/2 recipe - Basic onion tomato paste	
1 tbsp - Ginger-Garlic paste	
2 tsp leveled - Clove	
Cinnamon	
Cardamom powder	
1/2 to 1 tsp- Chili powder	
1 tsp leveled - Turmeric powder	
1/4 cup - Tomato puree	
1 tsp - Cumin	
1 tbsp - Coriander powder	
1 tsp - Mint powder or 2 tbsp- Fresh mint chopped	
2 tsp - Fenugreek seeds	
3 tbsp - Cooking oil	
1 tbsp - Chopped coriander for garnishing	

Lemon-Mint Sweet Rice	
A152	
18+10 mwo	
Ingredients	Method
300 gm - Sela Rice	<p>Soak rice for 1 hour. Add 4 cups of water in a large microsafe bowl and Select 152, press start to cook. (Stop oven when it beep after 18 minutes).</p> <p>Remove rice from microwave and drain immediately. In the same bowl add ghee, rice, sugar, mint powder, lemon juice and rind; mix well; cover and cook for remaining 10 minutes on HIGH.</p> <p>Remove the bowl; sprinkle colour; add raisins and nuts, stir lightly; cover and cook for 2 minutes. Remove from the oven and stand it covered for 5 minutes. Serving: Loosen the rice with a fork; garnish with fresh mint and serve warm or at room temperature as a dessert.</p>
150 gm - Sugar	
3 tbsp - Ghee / clarified butter	
3 tbsp - Lemon juice	
1 tbsp - Lemon rind	
1 tbsp dry - Mint powder	
1/4 cup fresh - Mint leaves	
1/4 cup - Raisins	
3 tbsp chopped - Dry fruits of your choice	
2 drops edible yellow colour - Optional	

Kheer (with milk and rice)	
A153	
10+35 min , 50P+ 8 min, 80 P	
Ingredients	Method
1/3 cup or 60 gm - Basmati rice or broken rice	Soak rice for 1 hour and select 153, press start to cook it with 1 cup milk on HIGH. (Stop oven when it beep after 10 minutes). Remove the rice and mash it with wooden spoon. Add 3 cups more milk and cook it for 35 minutes on LOW power, covered. Remove the rice and mash it with wooden spoon. Add 3 cups more milk and cook it 8 minutes on LOW power, covered. Remove kheer, add saffron and nuts; stand it for 10 minutes covered. Serving: Serve it warm. You may chill it if you prefer so.
4 cups / 800 ml - Milk	
warmed, 1 cup - Condensed milk	
2 tbsp - Sugar (opt)	
6 - Green cardamoms	
1/4 cup - Raisins	
1/4 cup - Dry fruits of your choice	
chopped and a few strands of Saffron soaked in 2 tbsp warm milk	

Atta Laddu (wheat-flour sweet balls)	
A154	
4 min,80P+ 6min, 50 P	
Ingredients	Method
200 gm / 2 cups - Wheat flour	Sieve wheat flour and semolina together; place in a flat microsafe dish and Select 154, press start to roast on MEDIUM. (Stop oven when it beep after 4 minutes). Remove the dish and add ghee. Mix very well and cook for 6 minutes on LOW. Remove the bowl; add powdered sugar and mix very well. Leave it to cool for 15 minutes. Add nuts and cardamom powder and make tight balls / laddus. Cool completely. Store in tight lid jar. Serve as and when required. Tips: This recipe will yield 24 laddus. It is a very healthy snack for growing up children.
50 gm /1/2 cup - Semolina	
250 gm - Powdered sugar	
150 gm / 3/4 cup - Ghee (clarified butter)	
1/2 cup - Dry fruits coarsely powdered (opt)	
1/4 tsp - Green cardamom powder	

Lauki Hulwa (bottle gourd hulwa)	
A155	
5+15+2	
Ingredients	Method
500 gm - Lauki, 2 tbsp - Ghee	<p>Wash, peel and grate lauki. Squeeze it well and mix with ghee in a microsafe bowl and Select 155, press start to cook. (Stop oven when it beep after 5 minutes). Uncovered.</p> <p>Take out the bowl of lauki; add crumbled mawa and sugar; stir it well and cook, uncovered for 15 minutes, stirring once.</p> <p>Remove the dish; mix it well; add powdered nuts and raisins. Cook for 2 minutes, uncovered. Stand it for 5 minutes. Garnish with chopped nuts and serve it warm.</p>
100 gm - Khoa/Mawa	
1/2 cup - Sugar or sugar to taste	
1/4 cup - Raisins	
1/4 cup nuts	
such as Almonds	
Pistachio nuts and Cashew nuts etc	
coarsely powdered	
1/4 tsp - Cardamom powder	

Savian (vermicelli preparation)	
A156	
2+12 min.80P	
Ingredients	Method
1/2 cup broken - Vermicelli	<p>Chop nuts and keep aside. Put ghee in a microsafe large bowl and add vermicelli; mix and Select 156, press start to roast it. (Stop oven when it beep after 2 minutes). Uncovered.</p> <p>Take out the bowl; stir vermicelli; add milk and sugar and cook for 12 minutes on MEDIUM.</p> <p>Remove savian from oven; stir well; add nuts and stand for 5 minutes, covered. Serving: Garnish with chopped nuts and serve warm.</p>
2 tbsp - Ghee / clarified butter	
1/4 cup - Sugar	
4 cups lukewarm - Milk	
1/4 tsp - Green cardamom powder and Nuts of your choice	
Note: You may add 2 tbsp more sugar as this recipe caters for mild sweet taste	

Kesar Phirni (saffron flavoured rice pudding)	
A157	
6+6 min, 80P+6	
Ingredients	Method
1/4 cup - Basmati rice	<p>Wash and soak rice in 1/2 cup water for 3 hours. Drain water and then grind rice with 1 cup milk to a smooth paste. In a large-deep microsafety bowl mix ground rice and remaining 3 cups milk and Select 157, press start to cook. (Stop oven when it beeps after 6 minutes). Uncovered, stirring once in between.</p> <p>Remove the bowl; stir with a whisk and break lumps if any and stir again until smooth. Cook again, uncovered for 6 minutes on MEDIUM.</p> <p>Remove the bowl of phirni; add sugar, saffron, cardamom seeds and half the almonds; stir properly and cook again for remaining 6 minutes. Remove the bowl; whisk phirni again, cover and stand for 10 minutes; pour in individual bowls to set. Garnish the bowls with pista nuts; cover with foil or cling wrap and store under refrigeration till served. Serve cold.</p>
800 ml - Milk	
1/4 cup - Sugar	
a few strands - Saffron	
4 - Green cardamoms pounded	
8 - Almonds, blanched and sliced, 8 - Pistachio nuts chopped for garnishing	
2 tbsp - Milk to soak saffron	

<b>Mango Kulfi with Falooda Noodles</b>	
A158	
8+6min.80P+6 min,80P	
<b>Ingredients</b>	<b>Method</b>
For Mango Kulfi	<p>Put milk in a deep microsafe bowl. Remove the sides and break bread into small pieces. Add to milk and Select 158, press start to cook. (Stop oven when it beep after 8 minutes). Uncovered. Take out the bowl and churn mixture with a whisk. Add condensed milk, sugar, crumbled khoa and cardamom powder. When cool pass the mixture through electric blender. Put it back in the same bowl and cook for remaining time on MEDIUM, stirring once. Take out the kulfi mixture and cool. Meanime, cut the mangoes and scoop all the flesh and puree it. Mix it thoroughly with the cool milk mixture; add pistachio nuts and pour it into the Kulfi moulds. Set them in the deep freezer for 18 to 24 hours. Note: If you don't own kulfi moulds, put the mango mixture in a loaf tin / ice cream tray or any other aluminium container. Freeze it. Cut into squares and serve. For Falooda: Combine corn flour, sugar and water in a microsafe medium bowl and cook on MEDIUM, stirring once.</p>
600 ml - Whole milk	
3/4 cup - Condensed milk	
1/4 cup - Khoa	
2 slices - White bread (regular size)	
3 tbsp - Pistachio nuts, chopped, 1/2 tsp - Green cardamom powder	
3 tbsp - Sugar	
2 large ripe - Mangoes, and a few drops of edible Yellow colour (opt)	
For Falooda	
1/2 cup - Corn flour	
1 and 1/2 cup - Water	<p>Put iced water in a trove / open bowl. Take out falooda mixture from oven and immediately fill the extruder up to three-fourth with it; and press slowly onto the cold water for making falooda noodles. Repeat the process quickly till the mixture lasts. If the mixture turns cold, wam it for a few seconds in the micro. Store the falooda noodles in cold water under refrigeration till required. Serve it with any kulfi. Note: Do not freeze falooda, otherwise it will turn brittle.</p>
1 tbsp - Sugar (opt)	
1000 ml - Cold iced water and Wooden / brass extruder with its perforated plate (used for making gram flour farsan) to press falooda noodles	
	<p>Put iced water in a trove / open bowl. Take out falooda mixture from oven and immediately fill the extruder up to three-fourth with it; and press slowly onto the cold water for making falooda noodles. Repeat the process quickly till the mixture lasts. If the mixture turns cold, wam it for a few seconds in the micro. Store the falooda noodles in cold water under refrigeration till required. Serve it with any kulfi. Note: Do not freeze falooda, otherwise it will turn brittle.</p>

Gram Flour Fudge	
A159	
5+11+6 min,80P	
Ingredients	Method
2 and 1/2 cup/250 gm - Gram flour/besan	<p>Remove the seeds from cardamoms; grind nuts and cardamom seeds coarsely and keep aside. Lightly grease a full plate. Combine sugar and water in a small microsafe bowl and Select 159, press start to cook. (Stop oven when it beep after 5 minutes). Covered.</p> <p>Take out bowl with sugar; stir it; cover again and keep aside. Combine ghee and gram flour in a large microsafe bowl, stir and cook for 11 minutes on HIGH, uncovered.</p> <p>Remove roasted gram flour and add sugar syrup and milk. Mix well. Cook for 6 minutes on MEDIUM.</p> <p>Remove the bowl and immediately spread the contents in the greased plate to set. Mark it with a knife when half set. Garnish too, when half set. Store it when completely cooled. Serve it as a sweet with tea / coffee etc. Sweet tooth lovers can enjoy it after any meal.</p>
3/4 cup /150 gm - Ghee	
100 gm/1 cup-Sugar	
1/ 4 cup - Milk	
1/2 cup -Water	
6 - green cardamoms	
10 - Almons	
6 - Pistachio nuts	
1 - Silver vark (opt)	

Carrot Kheer / Gajar kheer	
A160	
5+10+10min,80P	
Ingredients	Method
3 cups grated - Carrots (red juicy ones)	<p>Chop nuts very fine and keep aside. Clean and soak raisins in warm water. Place carrots in a large microsafe bowl; cover and Select 160, press start to cook. (Stop oven when it beep after 5 minutes).</p> <p>Remove carrots and add milk; sprinkle semolina and cardamom powder on it; stir properly and Cook for 10 minutes, Uncovered, stirring twice after 4 minutes.</p> <p>Remove the bowl; add condensed milk and stir with a whisk; cook again, uncovered for 10 minutes on MEDIUM.</p> <p>Remove the carrot kheer from oven; add raisins and nuts, cover and let it stand covered for 10 minutes. Garnish and serve either luke warm or chilled as a dessert.</p>
3 cups - Milk	
1 cup - Condensed milk	
3 tbsp roasted - Semolina	
1/4 cup - Raisins	
1/2 tsp - Green cardamom powder	
8 - Almonds	
Cashew and Pistachio nuts each	

Kadah Prasad / Suji Hulwa	
A161	
10+3+6	
Ingredients	Method
1 cup - roasted Semolina / Suji / Rava	<p>Put sugar and water in a large-deep microsafety bowl and Select 161, press start to cook. (Stop oven when it beep after 10 minutes).            cook on HIGH, covered, to get sugar syrup.            Remove sugar syrup; stir it and keep it covered. In another large bowl, mix ghee, semolina and wheat flour and cook for 3 minutes on HIGH, uncovered. Remove semolina and add sugar syrup, stir it very well till smooth. Cover the dish with a lid and cook for 6 minutes on HIGH, stirring once after 3 minutes.            Remove the bowl and let kadah prasad stand for 3 minutes. Serve hot. Note: As a prasad no nuts are added but if you want to serve as a dessert or want to eat with Poories, add some raisins, a large pinch of cardamom powder and blanched and chopped almonds.</p>
1/2 cup - Wheat flour	
1 and 1/2 cup - Sugar	
1 cup - Ghee / clarified butter	
4 and 1/2 cups - Water	

Gur Ke Meethe Chawal	
A162	
2+5+15min 80P	
Ingredients	Method
1 and 1/2 cup / 300 gm - Sela Rice	<p>Wash and soak rice for 1 hour. Soak raisins. Pound cloves, cardamoms and cinnamon together. Drain rice. Place ghee in a large microsafety bowl; add pounded spices and rice. Stir and Select 162, press start to cook. (Stop oven when it beep after 2 minutes).            Add 1 cup water, cover the dish and cook for 5 minutes.            Take out the bowl; add jaggery mixture, ginger powder, raisins and 1/2 cup water; stir well; cover and cook for 15 minutes.            Remove the bowl of sweet rice, sprinkle chopped nuts on top and cover again. Let the dish stand for 10 minutes, then serve it warm.</p>
200 gm - Jaggery (gur) melted with 1/4 cup water	
3 tbsp - ghee/clarified butter	
6 - cloves, 4 - Green cardamoms	
2-inch stick - Cinnamon	
1/4 tsp - Ginger powder	
1/4 cup - Raisins	
3 tbsp - Almond	
blanched and chopped and 1 cup - Water	

Beetroot Hulva	
A163	
4+5+3	
Ingredients	Method
4 - Beetroots	<p>Add ghee and grated beetroot in a medium microsafety bowl; stir well and Select 163, press start to cook. (Stop oven when it beeps after 4 minutes). uncovered.</p> <p>Remove the bowl with beetroot; add sugar, mix well and cook for 5 minutes covered.</p> <p>Remove the bowl, add khoa and cardamom powder, stir the mixture very well and cook again, uncovered, for 3 minutes. Stir once.</p>
boiled	
peeled and grated	
3 tbsp - Butter	
1/2 cup - Sugar	
100 gm - Mawa / khoa crumbled	
1/2 tsp - Green cardamom powder	
8 - Almonds and Pistachio nuts each	
1 - Silver vark (opt)	

Sweet-n-Sour Tamarind Sonth	
A164	
2+10	
Ingredients	Method
250 gm - Tamarind, 300 gm - Jaggery	<p>Wash tamarind and soak it along with jaggery in 2 cups of hot water for 1 hour. Soak dry dates for 30 minutes in 1 cup water and Select 164, press start to cook. (Stop oven when it beeps after 2 minutes)</p> <p>Take out the dates and cool, remove the stones, but save liquid if any. Transfer soaked tamarind and jaggery to the medium microsafety bowl; add dates with the soaking liquid; cover the bowl and cook for remaining 10 minutes.</p> <p>Remove the bowl with tamarind from microwave and cool the contents. Mash tamarind with your hand and strain in another microsafety medium bowl. Put 1/2 cup water on roughage and mash once again. Strain and discard the rouage. Now mix remaining ingredients and cook on Medium for 10 minutes. Check salt. Strain the sauce once again if using fresh mint leaves. Cool and store under refrigeration. Usage: This sauce is served all over India and abroad as an accompaniment to enhance the taste of Fried snacks, Dahi-wadas, Chaat, Bhel, Pani-Poori etc. Tips: This sauce lasts for months if stored properly and care is taken while removing the required quantity.</p>
12 - Dry dates (chuara)	
1 tbsp leveled - Ginger powder	
1 tbsp - Red chili powder	
1 tbsp - Rock salt	
1 tsp - Mint powder or 1/4 cup-Fresh chopped mint	
2 tbsp - Sugar (opt)	
Salt to taste	
1 pinch - Red edible colour (opt)	

Apple Chutney	
A165	
8+3	
Ingredients	Method
500 gm,- Cooking green apples, 1 cup - Sugar	<p>Powder sugar. Wash, clean, core and grate apples. Place in a medium microsafety bowl; add lemon juice, cover and Select 165, press start to cook. (Stop oven when it beeps after 8 minutes). Stirring once after 4 minutes.</p> <p>Remove the bowl; add sugar, ginger, cinnamon and pepper powders; add salt and butter, too. Stir well and cook uncovered for remaining 3 minutes. Remove the cooked apples; check the seasonings and add crushed almonds. Cool and store under refrigeration in a clean and dry glass bottle, Use it as and when required. Serve it with Parathas, Pooris, Pancakes or plain toasted Bread. Tips: This relish can stay for more than a couple of months under refrigeration, but it is important to use clean and dry spoon to remove the required quantity.</p>
1/4 cup -Apple juice	
1 tbsp - Lemon juice	
1 tsp -Butter	
1/2 tsp -Ginger powder	
1/2 tsp - Cinnamon powder	
1 tsp - White pepper powder	
2 tsp - Salt	
12 - Toasted and crushed almonds	

Tomato Splendour	
A166	
8+3	
Ingredients	Method
1 cup - Cream style Corn	<p>Wash and slice baby corn thinly. Stick fork on the stem side of tomato and burn its skin on gas heat; peel the skin off and chop tomato into small pieces. Combine butter/oil and corn-meal in a medium microsafety bowl; stir and Select 166, press start to cook. (Stop oven when it beeps after 2 minutes). Uncovered.</p> <p>Take out the bowl; add turmeric, chili, pepper and salt; stir well; add cream style corn, tomato puree, corn kernels, sliced baby corn (saving a few slices for garnishing) and 4 and 1/2 cups water. Stir and cook for 20 minutes covered, stirring twice in between to avoid any lumps.</p> <p>Bring out the soup bowl and add corn flour mixed in 1/2 cup water. Add chopped tomato too. Stir and cook for 8 minutes covered.</p> <p>Remove the tomato soup; sprinkle 1/2 tsp oregano or 1 tbsp fresh parsley, stand it covered for 5 minutes. Serve with any Continental meal.</p>
1/2 cup - Tomato puree	
1/2 cup - Corn kernels	
2 tbsp - Butter/oil	
2 tbsp - Cornmeal	
2 tbsp - Corn flour	
1 large - Tomato	
1/2 tsp - Chili powder	
1/2 tsp - Turmeric powder	
1 tsp - Sugar	
1/2 tsp - Pepper powder	
2 tsp - Salt	
5 cups -Water	
4 - Baby corn	

Cream of Celery Mushroom	
A167	
5+20	
Ingredients	Method
200 gm - Mushrooms	<p>Wash and chop mushrooms (saving 2 for garnishing) and celery very fine. Slice saved mushrooms for garnishing. Place the finely chopped vegetables in a large microsafe bowl; add 1/2 cup stock and Select 167, press start to cook. (Stop oven when it beep after 5 minutes). Covered.</p> <p>Bring out the soup bowl, uncover and add stock/water, soup cube, salt and pepper; mix with a whisk and cook for 20 minutes covered.</p> <p>Remove celery mushroom soup from microwave; add white sauce and check the seasonings. Add cream in the soup and whisk once again.</p> <p>Serving: Serve the soup hot garnished with mushroom slices, with Continental meals. Soup sticks, Melba toasts, small Croissant or Dinner rolls are the best accompaniments.</p>
2 tender stalks - Celery	
5 cups - Veg/ non-veg stock / water	
2 tsp - White pepper powder	
1 recipe - White sauce	
1/4 cup - Fresh cream	
Salt to taste	
1 - Soup cube (opt)	

French Onion Soup	
A168	
10+6 min grill+6 min 80P	
Ingredients	Method
5 cups - Well flavoured veg/nonveg stock	<p>Combine stock, salt, pepper and onions in a microsafe bowl and Select 168, press start to cook. (Stop oven when it beep after 10 minutes).</p> <p>Remove the soup and divide it into 4 to 6 microsafe soup bowls. Place bread slices on high grilling rack and toast under grill for 6 minutes.</p> <p>Take out the toasts and butter the soft side. Cut them into halves, width wise or into triangles. Place each bread triangle/half on top of each soup bowl and sprinkle some cheese on it. Place the soup bowls on the rotating table/plate and Cook on MEDIUM for 6 minutes or place soup bowls in hot oven till cheese is melted.</p> <p>Remove the soup bowls. Serve the hot and delicately flavoured soup as a starter or a part of Continental meal.</p>
1/4 cup - Brown onions	
Salt-n-Pepper to taste	
1/2 cup - Grated cheese or 2 slices cheese singles	
3 - Bread slices	
4 tsp - Butter (opt)	

Aromatic Potato Soup	
A169	
8+6+15 min 50P	
Ingredients	Method
400 gm - New potatoes	<p>Wash, scrape and wash again the new potatoes and place them in the steaming basket and c Select 169, press start to cook. (Stop oven when it beep after 8minutes).</p> <p>Take out the potatoes and place them in a deep microsafe bowl. Cover them with milk, mint, salt and pepper powder; cover the dish with a lid and cook for 6 minutes.</p> <p>Take out the potato soup bowl; stir once; cover again and cook for 15 minutes on low.</p> <p>Remove the potato soup and stand it covered for 5 minutes. Serve the soup hot in individual bowls, garnished with grated cheese and a little fresh mint. The dish can be the part of main Continental meal.</p>
800 ml/4 cups - Milk	
1/2 cup - Mint leaves finely chopped	
2 tbsp - Cheese grated (opt)	
2 tsp - White pepper powder	
Salt to taste	

Beetroot Borscht	
A170	
10+6 min grill+6 min 80P	
Ingredients	Method
300 gm - Beetroots,	<p>Wash, peel and chop roughly the beetroots and place them in the steaming basket and Select 170, press start to cook.</p> <p>Remove beetroots and stand for 5 minutes. In a blender, place beetroots, stock or soup cube blended with same quantity of pre-boiled water, lemon juice, salt and pepper. Liquidize to smooth mixture; add half of sour cream/curds and churn once more. Strain through a coarse sieve. Refrigerate it for a few hours to chill, if possible overnight, before serving. Serve it chilled garnished with remaining cream. This soup is also served with finely chopped cucumber and spring onions. In the cold weather, it can be served warm also.</p>
600 ml- Veg/Chicken stock or 1 soup cube,	
1 tbsp - Lemon juice,	
1 and 1/2 cup - Sour cream or freshly set Curds,	
Salt-n-pepper to taste	

## Kidney-beans and Meat soup

A171

Ingredients	Method
350 gm - Boneless mutton	<p>Cut mutton into 1/2-inch small cubes and place in a deep microsafe bowl; add 2 cups of water, ginger powder and bouquet garni, cover and Select 171, press start to cook. (Stop oven when it beep, after 20 minutes).</p> <p>Remove meat and let it stand covered till required. Mash kidney beans with 1/2 cup water with a wooden spoon till mushy. In a large microsafe bowl, mix butter, onion and garlic and cook for 2 minutes.</p> <p>Take out the bowl. lift the bag of bouquet garni from mutton and squeeze well into mutton and mix with onion-garlic mixture; add mashed beans, tomato puree, grated cheese and seasonings, too, to the same bowl. Add remaining water, mix well, cover and cook for 15 minutes. Stir once.</p> <p>Remove the kidney beans soup and stand it for 5 minutes. Garnish it with chopped parsley and cream. Serve it hot. Tips: Soak 3/4 cup of kidney beans overnight or for 6 to 8 hours and pressure cook with 2 cups water and 1 tsp salt for 25 minutes before use, as the dish needs well cooked and mashed beans. Otherwise, cook in a microwave for 40 minutes on HIGH, covered.</p>
2 cups - Boiled kidney beans with liquid	
5 cups - Water	
A small bag - Bouquet garni	
1/2 cup - Tomato puree	
1/4 cup - Cream (opt)	
1 small - Onion chopped	
1 tbsp - Garlic chopped	
1/4 tsp - Ginger powder	
1 tbsp - Butter	
Salt-n-pepper to taste	
1/4 cup - Cheese grated	
2 tbsp - Parsley chopped for garnishing	
Note: Bouquet garni is a small bag of whole spices. spices are tied in a piece of muslin cloth and is lowered in the sauce / liquid when it is cooking. The spices, this way, impart a mild flavour to the dish and enhance the taste. Once the dish is cooked, the bag is removed and squeezed of its juices into the dish and discarded	
Whole spices for bouquet garni	
3 -Cardamoms	
10 - Peppercorns	
2 small pieces - Cinnamon	
5 - Cloves	
1 tsp - Cumin and 1 - Bay leaf	

## Mutton and Vegetables Stew

A172

Ingredients	Method
400 gm - Boneless mutton	<p>Cut mutton into small pieces and dredge with flour seasoned with salt and pepper. Stand it for 30 minutes. Meantime's, prepare vegetables. Cut carrot into small cubes. Break cauliflower in small flowerets. Scrub baby potatoes and clean shallots. Clean and cut peppers also into small pieces. Place melted butter and dredged mutton in a large microsafe bowl; mix it well with a spatula and Select 172, press start to cook. (Stop oven when it beep, after 4minutes).</p> <p>Uncovered, stirring once after 2 minutes.</p> <p>Remove mutton and add, bouquet garni, sprigs of rosemary or 1 tsp dry rosemary, baby potatoes and 2 cups of water/stock. Cover the dish and cook for 25 minutes.</p> <p>Bring out the bowl with mutton; and add all the remaining vegetables, tomato puree, salt, pepper and remaining water/stock to the bowl. Heat 2 tsp oil on gas heat and fry garlic in it; add it to the bowl and stir. Cover and cook for 20 minutes on midiem.</p> <p>Take out the stew and stand for 10 minutes. Uncover; remove the bag of bouquet garni and squeeze its juices well into the stew. Remove the sprigs of rosemary, too. Serving: Garnish the tasty and nourishing stew with chopped parsley and serve it hot with any variety of breads or a part of Continental meals. One may spice it with chili sauce while eating. Tips: You may replace mutton with Soy nuggets or chunks of boneless chicken.</p>
1/4 cup- Seasoned flour	
3 tbsp - Butter or olive oil	
A small bag - Bouquet garni	
3 cups - Mutton stock / Water	
12 - Shallots	
12 - Baby potatoes	
15 - Cherry tomatoes	
1 medium - Carrot	
1 small head - auliflower/Broccoli	
1 small - Red, Green, Yellow pepper each	
2 tbsp - Garlic chopped	
1/2 cup - Tomato puree	
2 sprigs - Rosemary	
1 tsp - Pepper powder	
Salt to taste	
2 tbsp - Parsley chopped for Garnishing	
Note: Bouquet garni is a small bag of whole spices. spices are tied in a piece of muslin cloth and is lowered in the sauce / liquid when it is cooking. The spices, this way, impart a mild flavour to the dish and enhance the taste. Once the dish is cooked, the bag is removed and squeezed of its juices into the dish and discarded	
Whole spices for bouquet garni	
3 -Cardamoms	
10 - Peppercorns	
2 small pieces - Cinnamon	
5 - Cloves	
1 tsp - Cumin and 1 - Bay leaf	

Cream of Pumpkin	
A173	
8+10+10 min 50P	
Ingredients	Method
500 gm - Pumpkin	<p>Peel and clean pumpkin and cut into pieces. Place it in a micro safe medium bowl; add 1 cup water, cover and Select 173, press start to cook. (Stop oven when it beep, after 8 minutes).</p> <p>Take out pumpkin and stand for 5 minutes, covered; add 1 cup more water and liquidize along with its cooking water. Add soup cube and white sauce; churn the contents once more and remove into a large microsafe bowl. Add remaining water, mix once again and Cook for 10 minutes.</p> <p>Take out the bowl; stir soup; add salt and pepper and cook for 10 minutes on low.</p> <p>Take out the pumpkin soup. Heat butter on top of gas; fry garlic in it and pour over ready soup. Serve it hot as a starter or with Continental meal.</p>
1 cup - White sauce	
1 veg/non-veg - Soup cube	
Salt to taste	
1 tsp - Pepper powder	
1 tsp -Butter	
1 tbspc - Garlic chopped very fine or dried garlic	
4 cups - Water	

Corn Dumpling Soup	
A174	
12+8+3	
Ingredients	Method
1/2 cup - Corn-meal	<p>Place corn meal in a bowl and pour over 1 cup boiled water mixed with salt and baking powder; stir the mixture until thick enough and cool. Now mix flour, ginger and pepper powders and Italian herbs with corn meal mixture. Beat egg and pour over cornmeal. Melt butter and add it too, along with cream style corn and chopped onion. Mix all the ingredients thoroughly. Divide the dough (corn mixture) into equal sized portions; shape into balls and keep aside. Put soup stock in a large microsafe bowl and Select 174, press start to boil (Stop oven when it beep, after 12 minutes).</p> <p>Remove boiling stock; check the seasonings and drop the balls into it. Cover the dish and cook for 8 minutes on HIGH.</p> <p>Open the oven, stir soup and add cherry tomatoes in it. Cook soup for 3 minutes more on HIGH, uncovered.</p> <p>Remove corn dumplings soup. Garnish it with parsley and serve hot. Chili sauce/ chili-garlic sauce can be the good taste enhancers.</p>
1/2 cup - Flour	
1 tbspc - Butter	
1/2 cup - Cream style corn or corn kernels coarsely ground	
1 cup - Water	
1 - Egg	
1 tbspc - Onion chopped	
1 tsp - Italian herbs	
5 to 6 cups - Well flavoured veg / non veg stock	
1/4 tsp- Ginger powder	
1/2 Tsp - Pepper powder	
1/2 tsp - Baking powder	
1 tsp - Salt	
12 - Cherry tomatoes	
1 cup - Hot boiling water	
2 tbspc - Parsley chopped for garnishing	

Chicken, Rice and Mushroom Soup	
A175	
15+10+6 min. 80P	
Ingredients	Method
1 - Chicken breast	<p>Wash rice and soak. Slice blanched almonds into slivers and keep aside. Chop celery stick very fine. Slice chicken breast thinly and place in a large microsafe bowl; add rice, bouquet garni, 1 tsp salt and half the water. Cover and Select 175 press start to cook. (Stop oven when it beep, after 15 minutes).</p> <p>Take out the bowl and add celery, mushrooms and pepper powder. Add remaining water, cover and cook for 10 minutes.</p> <p>Bring out the soup bowl; remove 2 ladles of soup and mix with cheese sauce, now gently put it back into the soup. Cover once again and cook for 6 minutes.</p> <p>Take out the chicken-rice soup; remove the bag of bouquet garni, squeeze its juices into the soup, and check the seasonings. Add parsley. Divide the soup in individual bowls and garnish with almond slivers. Serve hot.</p>
1/4 cup - Rice	
1 cup - Sliced mushroom	
1 stick - Celery	
6 cups - Water	
6 - Almonds blanched	
1 cup - Cheese sauce	
1/4 cup - Cream (opt)	
1 small bag- Bouquet garni	
Salt and Pepper to taste	
1 tbsp - Parsley chopped	

Cold Cucumber Soup	
A176	
6	
Ingredients	Method
300 gm - Cucumber	<p>Take out the bitter juices from cucumber; Peel and cut them into 1-inch pieces and place in a microsafe medium bowl; add some peels too (for the greenish tinge in the soup), mix 1 cup stock and 3/4th basil leaves; cover and Select 176, press start to boil .</p> <p>Bring out cucumbers and stand covered for 5 minutes. Uncover; add 1 cup more stock and liquidize. Strain through a sieve and mix remaining stock. Chill the soup. Add cream, lemon juice, salt and pepper; mix well and serve with fresh basil leaves as a starter in the hot summer months.</p>
5 cups - Well flavoured veg/non veg stock	
200 ml - Fresh cream or 1 cup freshly set curds	
2 tbsp - Lemon juice	
1/4 cup - Basil leaves (opt)	
Salt and Pepper to taste	

Sweet-n-Sour Glazed Beets	
A177	
8+5 min 80P+3	
Ingredients	Method
500 gm - Beetroots	<p>Soak salad leaves in water. Wash and Place beetroots without greens in the steaming basket; put 1/4 cup water underneath and Select 177, press start to boil (Stop oven when it beep, after 8 minutes).</p> <p>Remove the steaming basket and let the beets stand covered for 5 minutes; then peel and cut them into slices or cubes. In a small microsafe bowl combine sugar, water, lemon juice, salt, pepper and butter together. Mix corn starch with 2 tbsp water and pour over sugar mixture. Cook for 5 minutes the glazing sauce on HIGH, stirring twice in between.</p> <p>By now the glazing sauce thickens, so remove it and cover. Place prepared beets in a bigger microsafe bowl; pour the sauce over beets and stir with a spatula to coat evenly. Cover the beets tightly and cook for 3 minutes.</p> <p>Line a salad bowl / platter with salad leaves; remove the glazed beets from microwave and pile up in the centre; garnish with orange segments and serve with any meal.</p>
2 tbsp - Lemon juice	
1/4 cup - Sugar	
2 tbsp - Butter	
2 tsp - Corn flour	
1/4 cup - Water	
1/2 tsp - Pepper powder	
1 tsp - Salt	
6 to 8 - Salad leaves	
Orange segments for garnishing	

Chicken and Pineapple Salad	
A178	
10+	
Ingredients	Method
1 breast - Boneless chicken	<p>Wash chicken, dry with a kitchen towel and marinate with lemon juice and 1/2 tsp salt nicely; Keep aside for 30 minutes. Clean, wash spring onions and celery stick and chop them fine. Mix mayonnaise and fresh cream; store under refrigeration to chill. Place chicken in the steaming basket with 1/4 cup water underneath, and Select 178, press start.</p> <p>, turning the chicken breast after 5 minutes.</p> <p>Remove the steaming basket, take out chicken and let it stand for 10 minutes. Meantime cut pineapple and place in a serving bowl. Now shred chicken or cut into the cubes, and mix with pineapple. Add onions, celery and mayonnaise-cream dressing; mix with spatula. Adjust salt and pepper and store under refrigeration. Serve cold with boiled eggs, it tastes wonderful. Tips: Instead of pineapple, you may add grapes or nuts soaked in water for 6 hours. Or avoid cream dressing, and flavour the salad with more lemon juice, and enjoy low calorie salad.</p>
8 to10 slices - Pineapple	
1/2 cup - Mayonnaise	
1/2 cup - Fresh cream	
1 tbsp - Mustard sauce (opt)	
2 - Celery sticks	
3 - Spring onions	
1 tbsp -Lemon juice	
2 tsp - Pepper freshly crushed	
Salt to taste	

Roasted Chicken Salad	
A179	
4+1	
Ingredients	Method
2 and 1/2 cups - Roasted chicken diced	<p>Soak salad leaves in cold water. Cut pepper into small pieces. Remove bitter juices and cut cucumber into small pieces. Cut potatoes into small cubes and place in the steaming basket. Select 179, press start to steam, (Stop oven when it beep, after 4 minutes).</p> <p>Bring the potatoes out and stand them for 3 minutes, covered. Place pepper pieces in a small microsafe bowl; sprinkle a little oil and cook them for 1 minute, uncovered.</p> <p>Remove pepper and combine with steamed potatoes in a large salad bowl. Add chicken, cucumber, shallots and cherry tomatoes to the same bowl. Mix together cream, mayonnaise, mustard and chili garlic sauces in a small bowl; add crushed pepper and pour over the vegetables and chicken mixture nicely. Stir and chill under refrigeration till required. Serving: Take out the salad leaves; shake extra water and break into small pieces; line the salad platter with lettuce and pile up chilled salad in the centre. Serve cold.</p>
1 cup- Black grapes	
1 unpeeled - Cucumber	
2 medium - Potatoes	
1 cup - Shallots in vinegar	
1 small - Green pepper	
1/2 cup - Fresh cream	
1/4 cup - Mayonnaise	
1 tbsp - Mustard sauce	
1 tbsp - Chili - Garlic sauce	
1tsp - Peppercorns crushed	
6 - Salad leaves	

Tangy Broccoli Salad	
A180	
4+1	
Ingredients	Method
2 small heads - Broccoli	<p>Shred cabbage very fine and soak in cold water for 30 minutes. Drain properly and chill till required. Wash and break broccoli and cauliflower into bite sized flowerets; place in the steaming basket and select 180, press start.</p> <p>Take out the broccoli and rinse under tap water to retain the colour. Transfer to a serving bowl, sprinkle lemon juice and salt; toss and stand covered and cool. Chop onions and grate carrot with a thicker grater and add to the broccoli. Mix together mayonnaise, mustard sauce, tomato sauce and chili garlic; and add to the broccoli mixture. Stir nicely and chill. Line the platter with purple cabbage and pile up salad in the centre. Thus serve the tangy salad on the bed of purple cabbage.</p>
1 - Carrot, 1 - Cucumber	
2 - Spring Onions	
1/2 - Red pepper	
6 to 8 leaves - Purple cabbage	
2 tbsp -Lemon juice	
1 tbsp - Mustard sauce	
1/4 cup - Mayonnaise	
1 tbsp - Chili-Garlic sauce	
1 tbsp sweet-n-sour - Tomato sauce	
Salt to taste	
1/4 tsp - Freshly crushed pepper. For Home made Mustard sauce:	
In an electric blender	
combine 2 slices-Crustless white bread crumbled	
1/2 cup -White vinegar	
1/4 cup - Dry mustard powder	
2 tsp -Salt	
1 tsp - Sugar; blend to smooth sauce; remove and store in a clean glass bottle and keep it in a warm place for 4 to 5 days to get mature. Taste it while putting in a bottle and after it is mature. Before its maturity, you will feel it bitter and later, sharp and sour taste. If by chance it is thick, dilute with a little more vinegar and store under refrigeration	

Tuna-fish Salad in Spinach Ring	
A181	
2+15 min combi1+3	
Ingredients	Method
For Spinach Ring:	<p>Grate potato and mix with spinach puree, bread crumbs, cheese, pepper and salt. Mix butter, onion and garlic in a small bowl and select 181, press start to cook on HIGH. (Stop oven when it beep, after 2 minutes).</p> <p>Remove the bowl and add onion mixture to spinach mixture. Beat egg and mix that too. Pour spinach in a greased glass ring mould and cook on COMBI-1 mode for 15 minutes. Invert 1 dish on the rotating table and place ring mould on that to be cooked.</p> <p>After beep, Take out the spinach mould and leave on the platform to cool completely. Combine all the ingredients for salad filling with tuna fish except corn in a bowl. Place corn in the steaming basket and cook for remaining 3 minutes.</p> <p>Take out corn and mix with tuna fish mixture. Check the seasonings. With the help of a spatula de-mould the spinach ring on a salad platter and fill up the centre of the ring with tuna fish filling. Serve the fancy salad with instructions of eating the spinach ring also along with salad to enjoy the dish properly. Tips: Spinach ring can be cooked in the cake ring mould also but then cook in convection mode for 30 minutes or so. Fill any other salad filling of your choice in the ring.</p>
2 cups - Spinach puree	
2 boiled - Potatoes	
1 and 1/2 cup - Fresh bread crumbs	
1/4 cup - Cheese grated	
1 tbsp -Butter	
1 tbsp - Garlic chopped	
2 tbsp - Chopped onion	
1 and 1/2 tsp Pepper powder	
1 large- Egg	
Salt to taste	
Salad filling:	
100 gm - Tuna fish tinned	
100 gm - Corn kernels	
1 small - Green and Red pepper each	
1/4 cup - Spinach finely chopped	
1/4 cup - Tomato sauce	
1/4 cup - White sauce	
salt to taste	

Fish Mayonnaise	
A182	
15 min 80P	
Ingredients	Method
500 gm - Flesy fish	<p>Soak lettuce in cold water. Peel cucumber and slice it. Slice tomatoes. Chop celery and chili very fine. Place warm 800 ml court bouillon in a large microsafe bowl and place fish in it and Select 182, press start to steam.</p> <p>Remove the fish; drain and cool. Now shred the fish and discard the bones. Place fish in a bowl; add celery and chili; add mayonnaise and cream; mix with a light hand and chill. Drain lettuce, shake off extra water and line a shallow dish with leaves. Pile up fish on top and garnish with tomato and cucumber slices. Top with lemon wedges and serve cold.</p>
1 cup - Mayonnaise sauce	
1/2 cup - Cream (opt)	
2 - Cucumbers	
2 - Tomatoes	
1 stick - Celery	
1 green - Chili	
1 small head - Lettuce	
800 ml - Court bouillon	
<p><b>Court bouillon is a stock to poach fish in it to enhance the taste.</b></p> <p>In regular 1000 ml veg soup stock 70 ml vinegar is added and fish is poached in it on Medium heat</p>	

## Apple, Carrot and Chiicken-balls' Salad

A183

5 min 80P

Ingredients	Method
300 gm/ 2 large - Apples	<p>Soak lettuce in cold water, wash and peel carrots. Soak Cashew nuts, walnuts and raisins separately in warm water. Combine all the ingredients for chicken balls, make small balls out of the mixture and place in the steaming basket with 1/4 cup water underneath and Select 183, press start to cook.</p> <p>Place carrots also in the same basket if the space permits.</p> <p>Take out the steamed chicken balls and let them stand covered for 5 minutes. Meantime, core and cut the apples without peeling into cubes; place in a large bowl and sprinkle lemon juice over them. Remove carrots from the steaming basket, cut into cubes and mix with apples. Cut celery very fine and put in the apple bowl. Now mix chicken balls also with apples and pour french dressing over; toss lightly; cover and keep aside. Chop cashew nuts and walnuts; drain raisins and mix with apples. Add chopped nuts also, saving a little for garnishing. Toss again. Drain lettuce and line a salad bowl/ platter with salad leaves Pile up the salad in the centre and garnish with saved nuts. Serve the salad as a light meal or with any Continental meal. Tips: Soaked dry fruits are light on stomach, as they are revived to the freshness and become easier to digest.</p>
2 - Carrots, 1 tender stick - Celery	
16 to 18 - Chicken-balls or 1 breast of chicken shredded	
1 tbsp - Lemon juice	
2 tbsp - Raisins or 1/2 cup Black grapes	
12 - Cashew nuts	
1/4 cup - Walnuts	
1/2 cup - French dressing	
8 -Lettuce leaves	
For Chicken Balls:	
Combine in a bowl 200 gm - Chicken mince(kheema)	
1 tbsp - Vinegar	
1 tsp - Rock salt	
1/2 tsp - Pepper powder	
1/2 tsp - Ginger powder	
1/2 tsp Garam masala	
10 leaves - Basil chopped	
1 tsp - Olive/cooking oil	
1/2 cup - Fresh bread crumbs	
mix well to a smooth dough and form 16 to 18 small balls	
Steam as per instructions	

Shrimp-Mushroom Salad	
A184	
1+6	
Ingredients	Method
300 gm - Shrimps or Prawns shelled	<p>Wash and marinate shrimps with 1 tbsp lemon juice and a little salt for 30 minutes and drain. Soak lettuce in cold water. Wash and slice mushrooms. Wash and drain sprouts. Combine butter and garlic in a medium microsafe bowl and Select 184 press start to cook on HIGH, uncovered. (Stop oven when it beep, after 1 minute).</p> <p>Remove the bowl and add chili flakes, chili-garlic sauce, remaining lemon juice, brandy, sprouts, spring onion, mushrooms and drained shrimps. Mix well and cover tightly. Now cook for remaining 6 minutes on HIGH, stirring once in between. Bring out the bowl from the microwave; uncover and sprinkle bread crumbs and parsley over shrimps and mushrooms. Stir gently and let the dish stand for 3 minutes. Sprinkle salt and toss once. Serving options: Line a plate with boiled rice and pile up hot salad over it and serve. Or drain the lettuce and break in edible pieces and line a platter with it. Arrange the warm salad on the platter and serve with lemon wedges.</p>
300 gm - Button mushrooms	
1 cup - Moong sprouts	
2 tbsp - Lemon juice	
2 tbsp Butter or Olive oil	
1 tbsp - Garlic paste	
1 tbsp - Chili-Garlic sauce	
1 tsp - Chili flakes	
2 tbsp - Brandy	
1/4 cup - Fresh bread crumbs	
1 tsp - Salt (opt)	
1 sprig - Parsley chopped	
1 - Spring onion chopped	
1 cup - Boiled rice or 1 small head - Cabbage or Lettuce to serve on	

Corn and Pineapple Salad	
A185	
4	
Ingredients	Method
1 – Pineapple	<p>Cut cucumber, chili and capsicum into small pieces. Wash, shred and soak salad leaves in cold water. Mix together lemon juice, olive oil salt and pepper and keep aside. Clean and cut pineapple into chunks. Wash and place corn in the steaming basket with 1/4 cup water underneath, and Select 185 press start to cook on HIGH.</p> <p>Remove steamed corn and cool. Combine pineapple, corn, cucumber, capsicum, green chilies and seasonings. Toss the salad and chill for 30 minutes before serving. Drain the lettuce, remove extra water and line the salad platter. Mix half the chili flakes and mint leaves and place the salad in the centre of the platter. Garnish with remaining chili flakes and serve with additional lemon. This sweet-n-sour salad is perfect for any occasion.</p>
2 cups - Corn kernels	
1 small – Capsicum	
1 medium - Cucumber unpeeled	
3 tbsp - Mint leaves chopped	
2 - Green chilies	
6 -Salad leaves	
2 tsp - Chili flakes	
Seasonings: 1tbsp - Lemon juice	
1 tbsp - Olive oil	
1/2 tsp - Pepper powder	
Salt to taste.	

## Cheesy Salad in Cottage-cheese Baskets

A186

3min, preheat +15 min 190\*+3 mwo

Ingredients	Method
<b>For Baskets:</b>	<p>Place bread slices in a grinder and make soft bread crumbs. In a working bowl / trove combine all the ingredients for baskets; mix well to smooth dough and divide it into 8 to 12 equal portions. Grease your palms with a little oil, roll and shape each portion into a basket. You may use muffin tins for making salad baskets. Place them in a lightly greased baking tray and Select 186, press start to bake.</p> <p>Preheat the CONVECTION mode of your microwave to 190 degrees Celsius for 3 minutes. (Stop oven when it beep, after 15 minutes).</p>
1 cup -Paneer	
1/2 cup - Cheese grated	
3 slices - Regular bread	
1 large - Potato boiled	
2 tbsp - Corn flour	
1 - Egg	
1 tsp - Pepper powder	
1/2 tsp - Ginger powder	
1 tsp -Salt	
<b>For Salad:</b>	<p>Stand the baskets in the oven for 15 minutes. Take out and cool. Soak lettuce in cold water. Chop cucumber, spring onions and green chili, mix it with grated paneer and cheesy dressing and keep under refrigeration. Clean and cut carrot, beans, capsicum into small pieces for salad and place them in the steaming basket. Add green peas too. Cook for remaining 3 minutes on HIGH.</p> <p>Remove the steamed vegetables and rinse under tap water. Combine them with chilled vegetables and dressing. Check salt and pepper. Fill the prepared baskets with salad. Drain lettuce, shake off extra water and arrange in a platter; arrange the salad baskets on lettuce bed, garnish the way you prefer and serve with any Continental meal. Or serve them as starters in individual plates. Tips: You can use even fruits like apples, pears and pineapple with this dressing to fill the baskets. The salad can be served as such without the baskets.</p>
1 cucumber	
1 carrot	
12 Beans	
1 Red pepper	
4 - Spring onions	
1 - Green chili (deseeded)	
1/4 cup-Grated paneer	
1/2 cup - Coriander chopped	
Salt and Pepper to taste	
Lettuce -1 head	
1 cup - Cheesy dressing	
<b>For Cheesy dressing-</b>	
combine 1/2 cup Curds	
1/4 cup - Grated cheese	
1 tbsp - Tomato sauce	
1 tbsp -Mustard sauce	
1 tbsp Chili-Garlic sauce	
2 tbsp -Milk	
2 tbsp- Home made cream (malai)	
1 tsp -Pepper powder	
1 tsp -Salt	
1 tsp - Mint powder	

Shepherd's Pie	
A187	
6+7+35 min 180° conv	
Ingredients	Method
500 gm - Mutton mince(kheema)	<p>Peel and wash potatoes, cut them in small pieces and place them in the steaming basket. Select 187, press start to cook. (Stop oven when it beep, after 6 minutes).</p> <p>Remove potatoes and stand them covered for 5 minutes. Take out in a trove and mash with a potato masher immediately; add milk and 1 tbsp butter and 1/2 tsp salt; knead with your hands until smooth in texture. Keep it aside, covered.</p> <p>Make meat sauce: In a medium microsate bowl combine olive oil, onion and ginger pastes, mutton mince and tomato puree; mix very well with a wooden spoon; add 1 cup water salt and pepper, stir and cook it for 7 minutes on HIGH, covered nicely.</p> <p>Take out meat sauce and keep it covered. Mix corn flour with 3 tbsp water and add to the meat sauce. Add chopped mint too. Stir very well and check the seasonings. Cool slightly. Grease a microsate medium square/ rectangle dish with a little cooking oil and spread meat sauce in it evenly. Flatten the potato mixture into a thick layer and lay over the meat sauce covering it fully well. Make a rough surface on top of potatoes with a fork; dot the pie with remaining butter and bake it in oven on CONVECTION mode for remaining 35 minutes.</p> <p>Remove the pie from the oven. Serving: Serve it hot with Garlic bread and a light soup. Tips: if you avoid red meat, you may use chicken mince instead.</p>
500 gm -Potatoes	
2 tbsp - Butter	
1/2 cup - Tomato puree	
1/4 cup - Fried onion paste	
1 tsp - Ginger paste	
1 tsp - Pepper powder	
2 tbsp - Mint chopped	
1 cup - Water	
1/3rd cup - Milk	
Salt to taste	
1 tbsp - Corn flour	
2 tbsp - Olive/cooking oil	

<b>Meat Loaf</b>	
A188	
3min, preheat + 70 min 190 *	
<b>Ingredients</b>	<b>Method</b>
500 gm - Mutton mince(kheema), 2 boiled - Potatoes	<p>In a trove grate potatoes and mix pepper powder, salt, oregano, 1/2 cup breadcrumbs and spice powder. Grind mutton mince with eggs to a paste and mix it with potato mixture. Mash very well to smooth dough. Melt butter and brush the inside of loaf tin properly with it and sprinkle remaining breadcrumbs to cover the base and sides. Place the mutton mixture in the prepared tin tightly by pressing with hand, so that all the corners are filled properly. Cover the tin either with its lid or with aluminum foil and select 188, press start to bake in hot oven on CONVECTION mode for 1 hour covered and 10 minutes uncovered. Preheat oven to 190 degrees Celsius for 3 minutes and then place the loaf tin inside.</p> <p>Take out the loaf tin and cool it uncovered. Then cover again and chill under refrigeration overnight.</p> <p>Serving: Un-mould it on a rectangle plate and slice it as thick as you desire. Serve it cold along with a light salad and sauce as a main course dish. Tips: Left-overs of loaf can be used to make nice sandwiches. It is an excellent dish to be served with cold lunch/dinner. The same way you can bake a Vegetarian loaf and Chicken loaf also. For vegetarian loaf you can mix grated vegetables with 500 gm boiled potatoes and eggs. Add some grated cheese also to enhance the taste.</p>
3/4 cup - Dry breadcrumbs	
2 tbsp - Butter	
1 tsp -Pepper powder	
1/2 tsp - Cinnamon, clove,cardamom powder	
2 tsp - Oregano	
2 - Eggs	
Salt to taste	
1 loaf tin to bake it	

Eggplant Canoes	
A189	
6+25 min combi 1	
Ingredients	Method
500 gm large - Brinjals (2no)	<p>Cut brinjals in two parts lengthwise; smear the inside and outside with a little oil and arrange on a plate in a ring form with thicker portions outwards; place the plate on turn-table and select 189, press start to cook on HIGH. (Stop oven when it beep, after 6 minutes).</p> <p>Remove the brinjals; cool slightly and scoop out the pulp with a spoon, leaving about 1/4 inch thick layer inside. Chop pulp, spring onions with their greens, carrot and red pepper into tiny pieces. Put oil in a medium microsafe bowl and add green peas and carrots and cook for 6 minutes, stirring once after 3 minutes; same time add all the other ingredients, such as chopped brinjal pulp, paneer, salt, ginger paste and spices.</p> <p>Take out the golden bake brinjal canoes. Serving: Serve them hot/warm with any Continental menu. Tips: You can stuff the brinjal canoes with any pre cooked meat mixture. Then omit paneer totally. Take out the bowl and stir well. Check the salt. Beat egg and add to the cooked stuff. Fill the brinjal canoes with the mixture and top with grated cheese. Arrange them again in a heat proof plate and cook either on COMBINATION-1 for 25 minutes.</p>
1 cup - Paneer grated	
1 cup - Green peas	
2 -Spring onions with greens	
1/2 small -Red pepper	
1 tsp - Ginger paste	
1 tsp - Red chili paste	
1/4 cup-Tomato puree	
1 tsp - Mixed spice	
1/2 tsp - Roasted cumin powder, 1/2 tsp - Pepper powder	
2 tbsp - Cooking oil	
2 tbsp - Cheese grated	
1 - Egg	

Baked Fish Fillets	
A190	
2+4+ Preheat up to 3 min, at 200 ° c +40 min 200*	
Ingredients	Method
500 gm - Fish fillets	<p>Clean wash and slice onions and mushrooms. Wash fish and dry the fillets with kitchen towel. Put a cross across the tomatoes 'stem side and place in a microsafe plate and select 190, press start to cook on HIGH. (Stop oven when it beep, after 2 minutes).</p> <p>Remove the tomatoes, cool slightly; peel the skin off and thinly slice. In a microsafe medium bowl combine 1 tbsp butter, chopped onions and mushrooms; stir and cook for 4 minutes on HIGH, uncovered, stirring once.</p> <p>Remove the onion mixture and add parsley. Grease a microsafe shallow dish and line its bottom with sliced tomatoes; place the fillets on top, sprinkle salt and pepper over fish evenly, and cover the fish with a layer of cooked onion and mushroom. Repeat the layer if needed be. Mix grated cheese; breadcrumbs and remaining butter nicely and sprinkle over to cover the dish evenly. Bake for remaining time on CONVECTION mode. Preheat the oven for 3 minutes on 200 degrees Celsius. Place the dish on lower rack. Remove the fish and serve with any Continental meal.</p>
200 gm - Mushrooms	
2 large - Tomatoes	
2 - Onions	
2 tbsp - Butter	
3 tbsp - Cheese grated	
1 - Lemon	
2 tsp - Pepper powder	
3/4 cup - Fresh bread-crumbs	
Salt to taste	
2 tbsp - Parsley chopped	

Meatless Corn Pie	
A191	
170 ° c, Preheat + 80 min 170*	
Ingredients	Method
1 cup - Cornmeal	<p>Sift together flour, cornmeal, salt, chili, pepper and baking powders. Combine cream style corn, tomato sauce, milk, fat and beaten eggs. Stir well. Mix dry sifted ingredients with corn mixture and stir well. Add grated onion, black olives and mixed vegetables, and stir again. Grease a large microsafe square / rectangular dish and pour the mixture into it. Spread it properly and select 191, press start to bake in moderately hot oven on CONVECTION mode for 80 minutes. For this preheat the convection mode on 170 degrees Celsius. Place it on lower rack and bake. Remove the dish and stand it for 5 minutes.</p> <p>Serving: Serve it hot or warm as a meal itself with a sauce, salad and a light soup; or as a part of any Continental spread.</p>
1/2 cup - Flour	
3 cups - Cream style corn (tinned)	
1/2 cup - Tomato sauce	
1 cup - Milk	
1/2 cup- Butter / Olive oil	
3 - Eggs beaten	
1/4 cup - Onion grated	
1 cup mixed - Vegetables + Black olives	
2 tsp - Salt	
1 and 1/2 tsp - Red chili powder	
1/2 tsp - Pepper powder	
1/2 tsp leveled - Baking powder	

Lemon Chicken	
A192	
4+7 min 80P+3	
Ingredients	Method
Chicken breasts from - 1 chicken	<p>Grate lemons with a fine grater and collect the fresh lemon rind. Cut and squeeze lemon and keep the juice. Separate the egg yolks and whites. Cut chicken breasts into thin strips and marinate with half the lemon juice, 1 tsp salt and ajinomoto for 1 hour. Strain marinated chicken and save the liquid. Dredge chicken with 2 tbsp flour. Put chili oil in a large microsafe bowl; add chicken pieces and roll the bowl, so that chicken is coated well with oil and select 192, press start to cook on HIGH, uncovered, stirring once. (Stop oven when it beep, after 4 minutes).</p> <p>Take out the chicken; and keep covered to keep it warm. In another microsafe bowl combine egg yolks, corn flour, salt, pepper, lemon juice and melted butter; beat it with rotary beater till smooth and add chicken stock and strained chicken marinade over it. Continue beating till the batter smoothens. Cook for remaining time in the microwave on MEDIUM, stirring once in-between.</p> <p>Remove the lemon sauce and add lemon rind, stir and keep it covered. Beat egg whites very stiff and add to the lemon sauce. Now mix this sauce with chicken and sprinkle half the coriander. Stir well and keep it covered. REHEAT just before serving. Take out the dish. Serving: Garnish lemon chicken with remaining coriander and cashew nuts and serve with any Crusty bread.</p>
3 -Lemons	
1 tsp -Lemon rind	
2-Eggs	
2 tbsp - Chili oil	
1 tsp - Butter	
2 tbsp - Flour	
2 tbsp - Corn flour	
2 and 1/2 cups - Chicken stock	
1/4 tsp - MSG (ajinomoto)	
1/4 cup - Coriander chopped	
1 tsp- Pepper powder	
2 tsp - Salt	
12 roasted/fried cashewnuts	

Fish Souffle	
A193	
7+20 min combi 1	
Ingredients	Method
500 gm - Fish	<p>Clean, wash and place fish in a bowl. Smear it with salt and vinegar. Place it in the steaming basket with 1/4 cup water underneath and select 193, press start to cook on HIGH. (Stop oven when it beep, after 7 minutes).</p> <p>Remove the fish from oven and stand for 3 minutes. Cool it slightly and flake the fish by removing skin and bones. Mash it with hands and mix it with white sauce and pepper powder. Check the salt. Separate the egg yolks and whites. Beat yolks and mix with fish. Stiffly beat egg whites and lightly fold into the fish mixture. Pour the mixture into a greased microsafe dish and either bake it in cook it on COMBINATION-1 for 20 minutes.</p> <p>Take out the cooked soufflé and serve immediately. Tips: To enjoy the lightness of soufflés, hot baked soufflés are served immediately, without giving any standing time.</p>
2 tbsp - Vinegar	
2 - Eggs	
1 tsp - Salt	
1 tsp - Pepper	
1 and 1/2 recipe - Basic white sauce	

Mutton Hot Pot	
A194	
10+10+20 min 80P	
Ingredients	Method
500 gm - Boneless mutton	<p>Cut mutton in small pieces and marinate with vinegar, salt and pepper powder and stand it covered for 2 hours. Strain mutton and save the liquid. Dredge mutton with flour and place in a large microsafe bowl. Melt butter and pour over mutton and stir with a spatula to coat the meat properly; cover the dish and select 194, press start to cook on HIGH. (Stop oven when it beep, after 10 minutes). Stirring once.</p> <p>Take out the bowl with mutton and add potatoes, onions, spices, 2 sprigs parsley, saved marinade and 1 cup water. Cover and cook for 10 minutes on HIGH.</p> <p>After beep, Remove the bowl; add tomato puree, seasonings and 2 cups water; stir well, cover again and cook for 20 minutes on MEDIUM. Remove the mutton hot pot and stand it covered till required. Take out the bag of bouquet garni and squeeze it into the curry. Remove the parsley sprigs, too. Check the seasonings. Serving: Garnish it with remaining chopped sprig of parsley. Garlic toasts can accompany the dish very well.</p>
16 - New potatoes	
16- Small white onions	
1/2 cup - Tomato puree	
A small bag of bouquet garni	
2 tbsp - Butter	
20 - Peppercorns	
1/4 tsp Cinnamon powder	
3 -Parsley sprigs	
2 tbsp - Flour	
1/4 cup - Vinegar	
1 tsp - Salt	
1 tsp - Pepper powder	
NB: Bouquet garni is a small bag of whole spices, which is added when soup/curry is being cooked, later on squeezed into the dish and discarded	

Chicken-Mushroom Pie with Short-crust Pastry	
A195	
Preheat up to 5 min at 180 ° c +20 min 200*+3+3	
Ingredients	Method
For Short-crust Pastry:	<p>Sieve flour and salt together; cut butter into it and mix with your finger tips till the mixture resembles breadcrumbs. Add 3 tbsp cold water to gather the ingredients; sprinkle a little more water evenly and form a ball. In the very hot weather wrap the dough in a cling wrap and keep under refrigeration for 20 minutes. Roll out dough in a circular shape on a lightly floured board / platform to the 1/8th-inch pastry. Lift it care fully and fit into 9-inch pie shell/pan; trim the pastry to 1 inch of edge of pie pan and fold underneath. Pinch pastry edges or press lightly with a fork. Prick the bottom of pastry also with the fork and select 195, press start to bake it blind in the oven on CONVECTION mode. For this preheat oven to 200 degrees Celsius for 5 minutes and then place the pie in it on higher rack.</p> <p>Remove it from oven and cool it. Take the pie out carefully and place in a serving plate. For filling: Shred the chicken; combine in a micros safe medium bowl, butter, mushrooms, pepper, green chilies, salt and pepper and cook for 3 minutes on micro HIGH, uncovered.</p> <p>Take out the bowl and mix white sauce, cream, chicken, green peas and beaten egg yolk with cooked vegetables. Check the seasonings. Cover the bowl and cook for 3 minutes on REHEAT mode.</p> <p>Take out the chicken-vegetable mixture. Serving: Pour the mixture in the short crust pie shell and serve it immediately with any Continental meal. Tips: Keep a knife and a flat serving spoon along with it to cut it in the dsirable wedge size. Pie shell can be baked in advance and stored carefully in an airtight container. It can last for 1 week.</p>
1 and 1/2 cup - Flour	
1/2 cup -Butter	
1/2 tsp - Salt	
3 to 4 tbsp - Chilled water	
For Filling:	
1 pre-boiled - Chicken breast	
1 cup - Mushrooms sliced	
1/2 -Red pepper chopped	
1/2 cup - Green peas boiled	
1 and 1/2 cups -White sauce	
1/4 cup - Fresh cream	
1 - Egg yolk	
10 leaves - Basil chopped	
2 - Green chilies chopped	
2 tbsp - Butter	
1 tsp - Pepper powder	
Salt to taste	

Corn Pudding	
A196	
3min, preheat + 40 min 180*	
Ingredients	Method
2 and 1/2 cup - Cream style corn(tinned)	Beat eggs and milk together; add corn and breadcrumbs, and mix well. Add grated cheese and stir. Season the mixture with salt and pepper and sprinkle parsley. Pour in a greased microsafe medium shallow bowl; place on lower rack and select 196, press start to bake on 180 degrees Celsius in oven. Preheat the CONVECTION mode for 3 minutes. Let the dish stand for 5 minutes in the oven and then remove. Serving: Serve it hot with toasted bread as a part of Continental meal.
2 cups - Milk	
2 - Eggs	
1 cup - Soft breadcrumbs	
1/4 cup - Cheese grated	
1/4 tsp - Dried parsley	
Salt-n-Pepper to taste	

Barbecued Chicken	
A197	
50 min conv	
Ingredients	Method
1- Chicken whole (700 gm)	Wash the whole chicken and dry with a kitchen towel. In a bowl, combine all the other ingredients except garlic and onion and make a marinade. Marinate chicken with it nicely from inside to outside and keep aside for 6 hours or overnight, covered. Tie onion and garlic in cheese cloth and place inside the chicken. Place chicken in the medium baking tray; cover with aluminum foil and select 197, press start to roast it in hot oven for 50 minutes, first 35 minutes covered and then uncovered in CONVECTION mode at 200 degrees Celsius, turning it after 35 minutes. Remove the roasted chicken; take out the cheese cloth and squeeze the juices over chicken. Cover it with foil to keep it warm till required. Serving: Serve it hot a part of Continental meal with a good salad and a soup or as an appetizer.
<b>Barbecue sauce:</b>	
1 tbsp - Olive oil	
2 tbsp - Worcestershire sauce	
2 tbsp - Red wine vinegar	
1 tbsp - Brown sugar	
1 tbsp - Tomato Ketchup	
1 tsp - Tabasco	
1 tsp - Mustard sauce	
1 tbsp - Garlic chopped	
1 medium - Onion chopped	
A piece of cheese cloth	

Stuffed Tomatoes	
A198	
1+5+8 min combi 1	
Ingredients	Method
6 to 8 medium - Tomatoes ripe but firm	<p>Wash and dry tomatoes; take out a slice from the stem side and scoop the pulp carefully with a peeler or small spoon without damaging the tomato shells. Save the pulp. Sprinkle salt inside the tomatoes generously and invert them over a wire mesh placed in a plate for 1 hour minimum, so that all the liquid drains out and empty tomato shells are ready to be filled with stuffing. Moisture in tomato shells tends to tear them while baking. Place them in a plate and select 198, press start to cook empty shells on HIGH. (Stop oven when it beep, after 1 minute).</p> <p>Remove tomatoes and cool. In a medium microsafe bowl put oil, green chilies, chopped onion, ginger, mixed vegetables, mushrooms and tomato pulp; stir properly and cook, uncovered, for 5 minutes on HIGH. Stir after 3 minutes and add rice. Mix again and further cook for 2 minutes. Take out the stuffing mixture and add parsley, salt, pepper and half the cheese. Mix and cool the stuffing until just warm. Convert the bread slices into soft breadcrumbs by grinding. Now brush the tomato shells with a little oil from outside. Stuff tomatoes carefully with the prepared mixture and keep them in a plate. Sprinkle the top with breadcrumbs and a little cheese, and dot with butter. Cook on COMBINATION-1 for 8 to 10 minutes. For extra soft tomatoes, cover them with cling wrap and cook on HIGH for 8 minutes.</p> <p>Take out the tomatoes. Serving: Serve hot or warm with any Continental/Indian meals.</p> <p>Tips: Instead of rice, you can stuff tomatoes with Noodles or small pasta and vegetables. Or use Paneer or leftover of roasted Chicken and veggies for stuffing tomatoes.</p>
Stuffing:	
1 cup - Mixed vegetables chopped and boiled	
1/2 cup - Mushrooms chopped	
1 cup - Pre-boiled rice	
1/4 cup - Cheese grated	
2 large - Bread slices	
3 tbsp - Olive/cooking oil	
1 tbsp ; Butter	
1 - Onion finely chopped	
2 tbsp - Ginger grated	
3 deseeded and chopped - Green chilies	
2 tbsp -Parsley chopped	
1 tsp -Pepper powder	
Salt to taste	

## Oil-free Chicken Cooked in the Salt Shell

A199

90 min 200° + 6 mwo

Ingredients	Method
1 small - Chicken whole/500 gm	<p>Clean chicken and dry with a kitchen towel from inside out. Mix together the marinade ingredients and apply the mixture to the chicken inside and outside generously. Stuff the chicken with sliced vegetables. Wrap stuffed chicken in aluminum foil properly covering all the sides, so that no juices leak while being cooked. Mix together salt and wheat flour, add water and knead a pliable dough. It should not be hard. Roll the dough into a large, thick chapati, big enough to wrap the chicken. Keep wrapped chicken in the centre of the rolled salt chapati and cover it properly over the foil from all sides. Make a proper shell with the dough. Select 199, press start to Bake wrapped chicken in hot oven for 1 and 1/2 hours on CONVECTION mode till the shell is hard and brown. Keep chicken on lower rack and change its side after 50 minutes once. Remove the chicken from the oven and keep aside. Break its shell while serving. It is very interesting to see the breaking of shell with a hammer and absolutely hot and cooked chicken emerges out. Serve it hot with Mushroom sauce. In a microsafe bowl combine all the ingredients for the sauce except cream cook for remaining 8 minutes on HIGH, covered.</p>
<b>Marinade:</b>	
2 tbsp - Lemon juice	
1 tsp - Ginger-Garlic paste	
1 tsp - Chili sauce	
1 tsp - Pepper powder	
1 tsp - Salt	
1 tsp - Cooking oil	
<b>Stuffing:</b>	
100gm Mushrooms sliced	
1 small - Carrot sliced 2 - Spring onions with greens	
<b>For the Shell:</b>	
1/2 kg - Salt	
1/4 kg - Wheat flour	
Enough water for kneading pliable dough	
Foil for wrapping chicken	
<b>For the Sauce:</b>	
200 gm - Mushrooms sliced	
1- Onions chopped	
1 tbsp - Ginger grated	
2 tbsp - Butter	
1 tbsp - Fresh Basil	
1 tbsp - Corn flour	
Salt and pepper to taste	
2 tbsp - Cheese grated	
2 tbsp - Fresh cream (opt) 1 and 1/2 cup - Veg/nonveg stock	

Spinach and Mushroom Souffle	
A200	
5+8 min 80P+3min, preheat +35 min 200*	
Ingredients	Method
300 gm - Spinach finely chopped	<p>Put butter in a large bowl; add mushrooms and select 200, press start to cook on HIGH. (Stop oven when it beep, after 5 minute). Stirring once after 2 minutes.</p> <p>Remove the spinach-mushroom bowl and keep it warm. In a microsafe medium bowl, beat egg yolks and flour with a rotary beater, add milk and beat again. Cook on MEDIUM for 8 minutes, stirring twice.</p> <p>Take out the egg custard and add spinach and mushroom mixture to it. Season it with salt, pepper and nutmeg. Butter a soufflé dish and sprinkle cheese on the sides, saving a little for the top. Preheat the CONVECTION mode of your microwave for 3 minutes on 200 degrees Celsius. Beat the egg whites very stiff and fold into spinach mixture. Immediately transfer the mixture to souffle dish and bake.</p> <p>Take out the baked spinach-mushroom souffle. Serving: Serve the dish hot immediately with Crusty bread or Toasted bread slices.</p>
200 gm - Mushroom sliced	
3 tbsp+for greasing the dish - Butter	
1 - Garlic clove crushed	
2 tbsp - Flour	
1 and 1/2 cup - Milk	
4 - Eggs separated	
1 tsp - freshly crushed pepper	
1/4 tsp - Nutmeg grated	
3 tbsp - Cheese grated	
Salt to taste	

Stuffed Cauliflower	
A201	
6+20 min combi 1	
Ingredients	Method
1 head - Cauliflower (about 500 gm)	<p>Clean, wash and soak cauliflower in enough water with 1 tsp salt and lemon juice for 30 minutes to 1 hour, so that the cauliflower gets thoroughly cleaned. Drain and place it in the steaming basket with 1/4 cup water underneath and select 201, press start to cook on HIGH. Covered. (Stop oven when it beep, after 6 minutes).</p> <p>Take out the cauliflower and keep it covered to keep warm. In a separate bowl, combine all the remaining ingredients except cheese, Check the seasonings. Remove the cauliflower from the basket and place it in a plate. With a butter knife gently open the flowerets and apply the onion-tomato mixture all over inside and outside the flowerets, covering from all angles. Place cauliflower in a heat proof plate and sprinkle the top with grated cheese evenly. Cook on COMBINATION-1 for 20 minutes, so that the dish is heated through thoroughly and the top is golden brown.</p> <p>Let the baked cauliflower stand in the oven for 5 minutes. Serving: Surround the cauliflower with tomato or lemon wedges and serve it hot with any Continental meal. Tips: Place a fork and knife with it for cutting the desirable sized pieces to serve oneself.</p>
1 cup - Onion-Tomato paste	
1/4 cup - Almond/cashew nut paste	
2 tbsp - Tomato puree	
1 tbsp - Fresh cream	
1 tbsp - Ginger-Garlic paste	
1 tsp - Clove	
Cinnamon	
Cardamom powder	
1 tsp - Hot pepper sauce	
1 tsp - Oregano	
1 tsp - Lemon juice	
1/4 cup - Cheese grated	
salt to taste	

Potato Cauliflower Pie	
A202	
6+5+ +3min, preheat +45 min 200 *	
Ingredients	Method
For The Pie	Peel and wash potatoes, cut them in small pieces and place them in the steaming basket and select 202, press start to cook on HIGH. (Stop oven when it beep, after 6 minutes).
500 gm - Potatoes	
1 tbsp - Corn flour	Remove potatoes from the oven and stand for 5 minutes. Then take out in a trove and mash immediately with a potato masher. Add 1 tbsp butter, salt, pepper, egg yolks and flour; mash well; if needed be sprinkle a few drops of milk over potatoes to make smooth dough. In a medium bowl, add butter, grated cauliflower, green peas, chicken, green chillies, cinnamon powder and salt; sprinkle chicken stock and stir. Cover and cook for 5 minutes on HIGH.
1 and 1/2 tbsp -Butter	
1/2 tsp salt	Take out the vegetable stuffing; beat egg whites and pour over. Add parsley and mix well. Divide the potato dough in 2 parts. Roll 1 part and line a lightly greased pie dish with it. Place cauliflower stuffing over it. Now roll the second part and top the pie with it evenly. Pinch the edges of pie to join upper and lower layers of potatoes. Make 3 to 4 gashes with a knife on top and dot it with 1 tbsp butter. Bake on CONVECTION mode for remaining time. Preheat the oven for 3 minutes.
1/4 tsp -White pepper	
Filling	Remove the pie. Serving: Serve it hot. Place a knife and a metal spatula to cut it in the desired size wedges and serve oneself.
2 cups - Cauliflower grated	
1 cup - Green peas	
1 cup - Boiled shredded chicken (opt)	
1 -Lemon	
1/2 tsp - Ginger powder	
2 tbsp - Fried onion	
2 - Green chillies deseeded and chopped	
1/4 tsp - Cinnamon powder	
1/2 cup - Chicken stock	
2 - Eggs separated	
2 tbsp - Parsley chopped	
Salt to taste	

### Trifle Pudding with Custard and Jelly

A203

10+6+6 min 80P

Ingredients	Method
1 - Sponge cake	<p>Place 300 ml water in a medium microsafe bowl, add jelly crystals and select 203, press start to cook on HIGH. Covered. (Stop oven when it beep, after 10 minutes). Stirring once.</p> <p>Remove the jelly and add remaining cold water; pour in a square dish and place in the freezer for 30 minutes, so that the jelly is set completely. Remove and keep under refrigeration. Make Custard. Put 500 ml milk and sugar in another medium bowl and boil on HIGH for 6 minutes. Remove the bowl. Mix custard powder with 1/2 cup milk and pour into the boiling milk; stir and cook on MEDIUM for 6 minutes, stirring once inbetween.</p> <p>Remove the custard and add vanilla essence.</p> <p>Assemble the trifle: Place sponge cake upside down in a shallow dish or a plate; pour custard over it, covering the cake properly; and cool under refrigeration for 30 minutes. Meantime slice fruits if using and cut jelly into cubes. Take out the cooled cake and custard; place fruits around the cake; place jelly cubes on top of the cake and garnish with chopped nuts. Place under refrigeration till required. Serving: Serve as a cold dessert with any Continental meal.</p>
1 recipe custard sauce	
1 pkt / 100 gm jelly crystals	
400 ml -Water	
1 Apple or any other fruit and a few chopped nuts for garnishing. For custard	
600 ml milk	
1/4 cup sugar	
1/4 cup Custard powder	
1/2 tsp - Vanilla essence	

Apple Pie	
A204	
5+ 40 min 200°	
Ingredients	Method
1 recipe	<p>Peel and thinly slice apples in a bowl; sprinkle lemon juice, both the sugars and cinnamon powder. Mix well; cover and keep aside for 2 hrs. Make short crust pastry dough. Sieve flour and salt together in a sieve. Cut butter into it and mix with your finger tips till it resembles breadcrumbs. Add cold water to gather flour mixture together. Form a ball of dough, if needed sprinkle a few more drops of water evenly and form a ball. Wrap it in butter paper or cling wrap and place in a refrigerator for 15 to 20 minutes. Roll it and divide the dough into 2 parts. Keep 1 part wrapped and start rolling the 2nd part on working platform. Sprinkle a little flour on working surface and start rolling the 1 part of dough evenly and line the pie dish with it. Trim the extra dough from the rims of pie dish and prick the base of pie lightly with a fork. Cover it loose and refrigerate. Roll the 2nd part of dough also and refrigerate. Strain the liquid from the apples and save it. Keep the apples in a strainer for 30 minutes and then sprinkle corn flour on them. Meantime cook and reduce the saved liquid in a small bowl and select 204, press start to cook on HIGH. Uncovered. (Stop oven when it beep, after 5 minutes).</p> <p>Remove that sweet apple liquid from oven and mix with sliced apples. Take out the lined pie dish and second part of rolled pastry from the refrigerator. Put apples on the pastry dish and cover the top with second part of rolled pastry either as single covering or in a lattice style. Pinch the rims so that upper and lower pastries join together nicely. Trim extra dough if any. Make 4 to 5 gashes with knife on top of the pastry (if it is single covering) and bake the pie for 40 to 45 minutes in CONVECTION mode. Preheat the convection mode of your micro oven to 200 degree Celsius.</p>
Short crust Pastry	
500 gm - Green apples / Indian cooking apples	
1 tbsp - Butter	
1/ cup - Sugar	
1/4 cup - Brown sugar	
1 - Lemon	
1/2 tsp Cinnamon powder	
2 tbsp - Corn flour	
For short crust pastry	
1 and 1/2 cup - Flour	
1/2 cup - Butter	
1/2 tsp - Salt	
3 to 4 tbsp - Chilled water	
8 to 9-inch Pie dish	

Fruit Medley	
A205	
5+ 40 min 200°	
Ingredients	Method
4 - Bananas	Peel and cut apples into 1-inch pieces and sprinkle lemon juice over them. Peel oranges, take out segments and remove the piths. Clean and wash grapes. Cut pears into slices. Chop dates or stone apricots. Place all the fruits and dry fruits in a large microsafe bowl. Combine orange juice and sherry / brandy and sprinkle over fruits. Cover with a lid and select 205, press start to heat it through on REHEAT. Remove the fruit dish, open the lid and sprinkle with nuts. Serve hot.
2 - Apples	
2 - Oranges	
1/2 cup - Pineapple / pears' pieces	
1 cup - Black/ Green grapes	
1 cup - Dates or 12 - Dry apricots, 1 cup - Orange juice	
1 tbsp - Lemon-juice	
2 tbsp - Sherry / Brandy and 1/2 cup - Toasted mixed nuts	

Apple Custard Meringues	
A206	
6+10 min 50P+5 min 190°	
Ingredients	Method
500 gm - Apples, 500 ml - Milk	Powder sugar. Separate egg yolks and whites. Peel and cut apples, place them in a medium bowl; add lemon juice and 1/2 cup water and select 206, press start to cook on HIGH. Uncovered. (Stop oven when it beep, after 6 minutes). Take out the apples and add 3 tbsp powdered sugar and vanilla essence; mash them well and keep covered. To make custard, place egg yolks, 3 tbsp powdered sugar and custard powder in a medium bowl; beat with egg beater; mix milk and beat again. Cook for 10 minutes on LOW, so that custard is creamy, stirring twice in between. After beep, Take out the custard. In another dish first spread stewed apples; pour gently the custard over apples; top with a thin layer of sweetened cream. Beat egg whites very stiff and fluffy; add powdered sugar and a pinch of cream of tartar; mix and now pile up meringues on top of cream. Bake in the preheated CONVECTION mode of your microwave at 190 degrees Celsius till meringues are golden. Remove the apple custard meringues and serve the dish warm.
3 - Eggs, 3 tbsp leveled - Custard powder	
8 tbsp - Sugar	
A few drops - Vanilla essence (opt)	
1/4 cup - sweetened fresh Cream and A pinch of - Cream of tartar	

Kiwi Delight	
A207	
2+6 min 50P+2	
Ingredients	Method
350 ml / 1 and 1/2 cup - Milk	<p>Make egg custard: Separate the egg yolks and whites. In a small microsafe bowl combine yolks, sugar and corn flour; beat with egg beater till well mixed; add milk and stir it again. select 207, press start to cook on HIGH. Uncovered. (Stop oven when it beep, after 2 minutes).</p> <p>Take out the bowl; stir the egg custard and cook it for 6 minutes on LOW.</p> <p>Take out the custard, stir it and let it cool. Grease jelly mould lightly with cooking oil; rinse it under tap water without touching inside; shake it and place in the deep freezer to chill. Put gelatine in a very small bowl and dissolve it mixed with 4 tbsp water by standing it in hot water. Boil 1 cup water for 2 minutes on HIGH for it.</p> <p>Take out hot water and place bowl of gelatine in it. Once dissolved add to the egg custard. Now cool egg custard on pan of ice with chilled water in the pan, stirring inbetween. Mix kiwi crush and 1/2 cup water and pour in the custard when it is cold. Keep stirring. When custard starts thickening, beat egg whites very stiff and fold into the custard. Now put custard in the chilled jelly mould and place it again in the deep freezer for 40 to 50 minutes. Once set, remove from deep freezer and keep in the refrigerator till served. Unmould / de-mould before serving and garnish. Tip: You may set the kiwi mixture in small individual glass bowls and may not unmould. But you must chill them too, as chilling the bowls reduces the setting time.</p>
3 - Eggs, 3 tbsp - Sugar	
1 tbsp - Corn flour	
150 ml/ 3/4 cup - Kiwi crush	
50 ml /1/4 cup - Water	
4 tsp - Gelatine	
1 - Kiwi for garnish and 1- Jelly mould or small moulds for setting the dessert	

Apple-Apricot Crumble	
A208	
6+6+ 35 min 170°	
Ingredients	Method
30 /150 gm - dry Apricots	<p>Soak apricots in hot water for 2 hours or more time. Peel, core and chop apples. Place them in a medium sized microsafety bowl. Squeeze lemon and mix with apples; add 1/2 cup water; cover and cook select 208, press start to cook on HIGH. Uncovered. (Stop oven when it beeps, after 6 minutes).</p> <p>Bring out the apples; mash them with wooden spoon; add sugar and cinnamon powder; mix, cover and keep aside. Remove the stones from soaked apricots and place them in a medium bowl; add the water they were soaked in; add clove powder; cover and cook for 6 minutes on HIGH.</p> <p>Remove apricots, add grated jaggery and pass through a liquidizer when slightly cool. Sift wheat flour and mix with brown sugar in a bowl; cut butter into it and rub into the flour mixture till it resembles breadcrumbs. Grease a microsafety dish and spread the apple mixture in it evenly; carefully, spread the layer of apricot mixture on top of the apples; and finally, spread a layer of crumble on top of apricots. You may sprinkle 1 tsp sugar on top. Bake in hot oven, so that the dish is nicely heated up and crumble on top is bubbling and golden. Preheat the convection mode of your microwave to 170 degrees Celsius.</p> <p>Bring out Apricot crumble from the oven and serve it hot.</p>
3 large/500 gm -Apples	
1 - Lemon	
1/4 cup - Jaggery	
2 tbsp - Sugar	
1/4 tsp - Cinnamon powder	
1/4 tsp - Clove powder	
For crumble	
1 and 1/2 cup - Wheat flour	
100 gm - Butter	
1/2 cup - Lal shakar/brown sugar	

Creamy Fruit custard	
A209	
6+4+	
Ingredients	Method
3 cups /600 ml - Milk	<p>Combine 500 ml milk and sugar in a medium sized microsafe bowl and select 209, press start to cook on HIGH to make custard. (Stop oven when it beep, after 6 minutes).</p> <p>Mix custard powder with remaining 100 ml milk. Take out the milk bowl and add custard mixture and butter to it; stir well and cook again for 4 minutes on HIGH.</p> <p>Bring out the bowl; add vanilla essence and cream; stir it; and keep the custard covered. Let it cool at room temperature. Meantime squeeze lemon; cut the fruits in desired size and sprinkle with lemon juice. Add to the cooled custard. Transfer to the serving dish and garnish with Cherries/ Kiwi/ Nuts etc and serve. Note: You may cool the custard (in summers) for sometime after adding the fruits and garnish before serving.</p>
1/4 cup - Sugar	
1/4 cup - Custard powder	
1/2 tsp -Vanila essence	
1 tsp - Butter	
1/2 cup / 100 ml - Cream	
1 - Banana	
1 - Apple	
1 - Pear and 1 lemon	
Garnishing	
A few cherries/grapes	
1 Kiwi /nuts	

Orange-Lemon Chiffon Pie	
A210	
200 ° c, Preheat +15 min 200*+5+3	
Ingredients	Method
For Pie Shell	<p>Make short crust pastry dough for pie shell. Sieve flour and salt together in a trove. Cut butter into it and mix with your finger tips till it resembles breadcrumbs. Add cold water to gather flour mixture together. Form a ball of dough, if needed sprinkle a few more drops of water evenly and form a ball. Wrap it in butter paper or cling wrap and place in a refrigerator for 15 to 20 minutes. Take out the pastry dough from the refrigerator. Sprinkle a little flour on working surface and start rolling the dough evenly and line the 9-inch pie mould with it. Pastry should be 1/8th inch thick. Trim the extra dough from the rims and prick the base of pie lightly with a fork. Pinch pastry edges or press the edges with a fork. Bake it blind (with out any filling) in hot oven. Select 210, press start the CONVECTION mode of your microwave to 200 degrees Celsius.</p> <p>Take out the pie after 5 minutes. Combine orange juice, lemon juice, 1/2 cup water, sugar and gelatine in a medium microsafe bowl and cook for 5 minutes on HIGH.</p> <p>Take out the bowl with orange juice. Beat egg yolks; and add corn-flour mixed with 1/2 cup water; stir well and pour into hot orange mixture. Beat well and cook further for 3 minutes, stirring once, on HIGH.</p> <p>Take out hot water and place bowl of gelatine in it. Once dissolved add to the egg custard. Now cool egg custard on pan of ice with chilled water in the pan, stirring inbetween. Mix kiwi crush and 1/2 cup water and pour in the custard when it is cold. Keep stirring. When custard starts thickening, beat egg whites very stiff and fold into the custard. Now put custard in the chilled jelly mould and place it again in the deep freezer for 40 to 50 minutes. Once set, remove from deep freezer and keep in the refrigerator till served. Unmould / de-mould before serving and garnish. Tip: You may set the kiwi mixture in small individual glass bowls and may not unmould. But you must chill them too, as chilling the bowls reduces the setting time.</p>
1 and 1/2 cup - Flour	
1/2 cup - Butter	
1/2 tsp - Salt	
4 to 5 tbsp - Chilled water	
Filling	
1 cup - Orange juice	
1/4 cup - lemon juice	
1 tbsp - Lemon rind (grated)	
1 cup sugar	
1/4 cup corn flour	
1/2 tsp - Salt and 1/4 cup water	
1 tbsp - Gelatine and 3 - Egg yolks	
Garnishing	
A few orange segments	

Strawberry Mousse	
A211	
8 min 80P+1	
Ingredients	Method
1 cup -Strawberry sauce	<p>To make strawberry sauce, combine chopped strawberries, sugar, and lemon juice in a deep microsafe bowl; cover and select 211, press start to cook on HIGH. (Stop oven when it beep, after 8 minutes). Stirring once in between.</p> <p>Remove cooked strawberries. Cool; pass through a liquidizer; remove the puree and store in deep freezer. Use for making dishes, strawberry shake or serving it with Vanilla ice cream etc. Grease mould / moulds, rinse and chill in deep freezer. Mix gelatine with 4 tbsp water and dissolve on bowl of 1/2 cup boiling hot water. Heat 1/2 cup water on HIGH for 1 minute.</p> <p>Remove gelatine and keep it warm. Place cottage cheese, strawberry sauce, milk, sugar and gelatine in a blender and blend. Pour the mixture in chilled moulds and place in deep freezer again for 35 to 40 minutes. Remove from the freezer and store under refrigeration till served. Garnish with chopped strawberries and serve cold.</p>
1 and 1/2 cup -Cottage cheese/home made Paneer	
1/2 cup - Milk	
2 tbsp - Sugar (opt)	
1 tbsp - Gelatine	
3 to 4 - Strawberries for garnishing	
1 - Jelly mould or 6 - small Jelly moulds / glass bowls	
For Strawberry sauce	
2 cups - chopped fresh / frozen Strawberries	
1/2 cup - Sugar and 2 tbsp - Lemon juice	

Baked Alaska	
A212	
8 min combi3+ 5min 200°	
Ingredients	Method
1 - Chocolate / Chocolate Coffee cake	<p>Make cake: Sieve together, flour, cocoa and coffee powders, and baking powder twice. Powder sugar. Grease 9-inch microsafe square /round dish with 1 tbsp additional butter. Separate egg yolks and whites. Cream together butter, sugar and egg yolks with an electric beater. Add spoons full of flour and milk alternately and mix thoroughly till all the flour is consumed. Beat egg whites stiff and fold into the cake mixture. Pour the mixture into the greased mould and select 212, press start to bake on Combination- 3 for 12 minutes</p> <p>Take out the cake and let it stand on platform for 10 to 15 minutes or until it appears dry. Preheat the CONVECTION-mode of microwave to 200 degrees Celsius. Cut cake into 2 halves / roundels. Beat egg whites very stiff; add powder sugar gradually, beating constantly. Continue beating till egg whites stand in shiny peak. Place 1 half of the cake in a flat / shallow microsafe dish; apply a thick layer of vanilla ice cream and cover with second half. Now cover the cake from top to the sides with ice cream. Finally cover the cake from top to the sides, with egg whites sealing well from all sides. Immediately bake in hot oven till the egg meringues are golden brown.</p> <p>Remove the cake, slice and serve immediately. Tips: For better effect, always use chocolate ice-cream with plain milk sponge cake and vanilla ice-cream with chocolate cake.</p>
1 - Vanilla Icecream (party pack)	
10 tbsp - Powdered sugar and 5 - Egg whites	
For Chocolate-coffee cake	
1 and -1/2 cups - Flour	
1 and 1/4 cups - Sugar	
1/4 cup - Cocoa powder	
2 tbsp - Coffee powder	
3 - Eggs	
1/2 to 3/4 cup - Milk	
1/2 cup - Butter	
2 tsp - Baking powder	

Dates and Walnut Cake	
A213	
180 ° c, Preheat +35 min `180*+	
Ingredients	Method
1 cup - Whole wheat flour	<p>Chop dates and soak in rum. Coarsely grind walnuts. Sieve together flour, wheat flour and baking soda. Beat butter and sugar till light and fluffy; add eggs and beat again. Mix in spoons full of flour and a little milk alternately till all the flour is consumed. Add dates along with remaining rum; sprinkle ground walnuts and mix again. Pour the mixture in the lined baking tin and select 213, press start to bake in hot oven.</p> <p>Remove the cake from the micro oven and check the doneness by inserting a needle in the centre of the cake. If the needle comes out clean, that means cake is ready, and if it is wet, bakes the cake for 5 minutes more. Once it is done, remove from oven and invert it carefully on the cooling rack for 15 to 30 minutes. Slice the cake and serve it at room temperature with any beverage.</p>
1 cup - Flour, 2 -Eggs	
1/2 cup - Sugar	
1/2 cup - Butter	
10 to 12 - Dates	
1/2 cup - Walnuts shelled	
1/2 cup - Milk	
1/2 cup - Rum	
1 tsp - Baking Soda	
Loaf tin / any other cake tin-lined with paper and brushed with oil	

Almond Orange Cake	
A214	
6+40 min 180 <sup>o</sup> +4	
Ingredients	Method
2 and 1/2 cup - Flour	<p>Clean peels of oranges from inside with blunt side of knife; cut them into small pieces; place them in a microsafety bowl with 1 cup sugar and 1 cup water and select 214, press start to cook on HIGH. Uncovered. (Stop oven when it beep, after 6 minutes). Stir once.</p> <p>Remove the peels; stir and keep aside. Cool. Coarsely pound almonds and slice three for top. Sieve together flour and baking powder. Prepare a cake mould, line it with paper and brush with butter / oil. Beat fat, eggs and remaining sugar together till light and fluffy. Add half of the sieved flour to it and mix. Add cooled peels, almonds and food colour; mix it, pour orange juice and stir it well; finally add remaining flour to the cake mixture and mix well. Pour the mixture in the cake mould; sprinkle sliced almonds on top and bake in moderately hot oven for 40 minutes.</p> <p>After beep, Take out the cake and cut cake and serve it at tea time or serve it as a dessert with Vanilla ice cream and Orange sauce. Tips: For orange sauce: combine 1/2 cup sugar, 1 tbsp corn flour, 1/4 tsp salt, 1 cup water, 1 cup orange juice, 2 tbsp lemon juice and 2 tbsp grated orange rind in a bowl and cook for remaining 4 minutes on HIGH.</p> <p>Take out the sauce, add 1 tbsp butter and stir it well. Serve with cake and ice-cream.</p>
4 - Eggs	
2 cups - Sugar	
3/4 cup - Butter / cooking oil	
3 - Juice taken out from 3 oranges and peels saved	
1 and 1/2 tsp - Baking powder	
1/4 cup - Almonds	
1 cup - Water	
3 drops - Edible orange colour (opt)	

Rum Fruit Cake (X-Mas cake)	
A215	
1.30+90 min 180°+	
Ingredients	Method
2 cups / 400 gm - Flour	<p>Chop all the dry fruits and soak in rum for 48 hours. Make burnt sugar syrup. Place 1/4 cup sugar in a small bowl and select 215, press start to cook on HIGH. (Stop oven when it beeps, after 1.30 minutes).</p> <p>Remove burnt sugar and add one cup water. Stir it well and keep covered. Powder 1 cup sugar. Sieve together flour, baking powder and baking soda. Prepare a baking mould / tin, line it with paper and grease it with a brush. Separate the egg yolks and whites. Beat butter and powdered sugar together; add egg yolks and mix; beat egg whites separately and mix thoroughly. Mix flour a little at a time till it is finished. Add the dry fruits soaked in rum with liquid (if any) and mix thoroughly. Sprinkle nutmeg, cardamom and cinnamon powders over cake batter and mix again. Finally add burnt sugar syrup and mix properly once again. Pour the cake batter in the mould and wait for 5 minutes. Let the mixture settle and then make a depression in the centre of the cake with a spoon to avoid cake rising in the centre. Place the mould in the hot oven. select 215, press start to Bake in CONVECTION mode of your microwave, preheated at 180 degrees Celsius.</p> <p>Take out the fruit cake and check its doneness by inserting a needle in the centre of the cake, if needle does not come out clean, bake it again for 5 minutes. Cool and serve. Tips: If preserved in a clean dry container under refrigeration, the cakes last for many days.</p>
1 cup / 200 gm - Sugar	
3/4 cup / 150 gm - Butter	
4 - Eggs, 2 tsp - Baking powder	
1/2 tsp Baking soda	
1/4 tsp - Nutmeg powder	
3/4 cup - Burnt sugar syrup	
1/2 tsp - Cardamom powder	
1 tsp - Cinnamon powder and Dry fruits and Cake fruits such as 100 gm - Raisins	
100 gm - Black sultanas	
50 gm - Cashewnuts	
50 gm - Orange peel	
50 gm - Candied ginger	
50 gm - Glazed cherries	
50 gm - Black currants,	
4 large peg - Rum and 1/4 tsp - Salt	

Chicken Corn Soup	
A216	
15+10+5	
Ingredients	Method
1 - Chicken breast	<p>Put 5 cups water in a large microsafe bowl and place boneless chicken and corn in it. Cover the dish and select 216, press start to cook on HIGH. Uncovered. (Stop oven when it beep, after 15 minutes).</p> <p>Take out the bowl; uncover and lift the chicken out. Cool it and shred / cut it into small pieces. Mix corn flour with remaining water/stock and add to the soup. Place soup in the oven and cook for 10 minutes on HIGH, uncovered, stirring once in between, after 6 minutes.</p> <p>Take out the soup bowl and add shredded/cut chicken pieces into it. Add 2 tsp salt. Beat the eggs and pour into the hot soup through a rice collander and keep stirring. Or pour the eggs slowly from a height in a thin stream and stir with a fork. Cover the soup and heat through for 5 minutes on REHEAT.</p> <p>Remove the chicken-corn soup and serve it hot.</p> <p>Serving: Serve it hot with various sauces to enhance the taste as a starter of Chinese cuisine.</p> <p>Tips: You may cook 'Corn and vegetables soup' with or without egg drops the same way.</p> <p>Substitute vegetables with chicken.</p>
6 cups - Chicken stock/water	
2- Eggs	
1 and 1/2 cup - Cream style corn or 2 cups tender corn grated	
3 tbsp - Corn flour	
1/4 tsp - Ajinomoto (MSG) optional	
Salt to taste	
For serving	
Serve the soup with 2 tbsp - Soy soup	
3 green -Chilies chopped in 1/4 cup - Table vinegar	
2 tbsp - Chili sauce	

Hot and Sour Soup	
A217	
20+8+5	
Ingredients	Method
6 cups - Soup stock	<p>Place soup stock in a microsafe bowl; add vinegar and soy sauce; and select 217, press start to cook on HIGH. Uncovered. (Stop oven when it beeps, after 20 minutes). but after 10 minutes add ham, mushroom, shrimps, bamboo shoots and chicken. Cook further for specified period.</p> <p>Bring out the soup bowl and add corn flour mixed with 1 cup water, salt and pepper powder. Cook again for 8 minutes on HIGH, uncovered, stirring once.</p> <p>Remove the soup bowl from oven and pour the beaten eggs into the hot soup through a rice colander and keep stirring. Or pour the eggs slowly from a height in a thin stream and stir with a fork. Add ajinomoto. Cover the soup and heat through for 5 minutes on REHEAT.</p> <p>Take out hot and sour soup and check the seasonings. Add coriander. The soup should be sour with vinegar and hot with pepper powder.</p> <p>Serving: Serve it hot, garnished with strips of shredded chicken. Tips: This soup is also known popularly as Sour-n-Pepper soup. if you want to make vegetarian, then omit meats and use small cubes of carrots, capsicums, finely chopped beans, spring onions and green peas with other ingredients.</p>
3 tbsp -Corn flour/startch	
1 cup - Boiled and shredded chicken	
1/4 cup - Ham cut into small cubes	
1/4 cup - Mushroom sliced	
1/4 cup - Shrimps (opt)	
1/4 cup - Bamboo shoots sliced	
3 tbsp - Soy sauce	
1/4 cup - Cooking vinegar	
2 tsp - Fresh pepper powder	
2 - Beaten eggs	
1/4 cup - Coriander chopped	
1/4 tsp -Ajinomoto (MSG) optional	
Salt to taste	

Gold Coins with Prawns	
A218	
5+25 min 200° conv	
Ingredients	Method
12 slices - White/ Brown bread	<p>Cut prawns into small pieces and marinate with vinegar, salt, pepper and ajinomoto for 30 minutes. Peel, wash and cut potatoes into small pieces and select 218, press start to steam in the steaming basket. (Stop oven when it beep, after 5 minutes). Take out the potato basket and stand for 3 minutes. Place them in a trove and mash immediately with a potato masher when still hot. Drain prawns and discard the liquid. Mix prawns with mashed potatoes; add green chillies, salt and pepper to the mixture and divide it into 12 equal portions. With the help of a cutter or small katori cut each bread slice into a roundel. Now spread 1 portion of potato-prawns mixture each on each roundel covering it nicely. Finish covering all the roundels. Beat egg and brush each roundel with it. Place them on the grilling rack. Bake in preheated oven on CONVECTION mode on 200 degrees Celsius for 25 minutes. After 10 minutes baking, brush the roundels with oil and continue the baking process. Preheat convection mode for 3 minutes.</p> <p>Remove the Gold Coins and serve hot with a sauce. Tips: You may use any other combination of Spread to make this starter.</p>
400 gm/4 to 5 - Potatoes	
200 gm - Prawns cleaned and washed	
1- Egg, Salt-n-Pepper to taste	
2 - Green chillies chopped fine	
1/4 cup - Vinegar	
2 tbs - Oil	
A pinch of Ajinomoto/MSG	
1/4 cup - Cooking vinegar	
2 tsp - Fresh pepper powder	
2 - Beaten eggs	
1/4 cup - Coriander chopped	
1/4 tsp -Ajinomoto (MSG) optional	
Salt to taste	

## Chicken Balls and Vegetables Soup

A219

15+3+

Ingredients	Method
For Chicken Balls	<p>Clean carrot, peppers and spring onions and cut them into small pieces. Cut tomato, too, into small pieces. Combine all the ingredients for chicken balls in a mincer or a food processor and process for a few seconds. Remove the mixture and form small marble sized balls out of it. Put 4 cups of stock in a large microsafe bowl and select 219, press start to cook on HIGH. (Stop oven when it beep, after 15 minutes).</p> <p>add chicken balls after 8 minutes and cook for remaining time, uncovered.</p> <p>Bring out the soup bowl from oven and keep covered for next 10 minutes. Meantime. Place butter in a medium microsafe bowl and add the cut vegetables, cook them uncovered on HIGH. Remove the vegetables. With a slotted spoon lift the chicken balls from the soup and keep them covered. Mix vegetables in the soup; add corn flour blended with 1 cup stock along with remaining stock, salt and chili sauce. Cook on HIGH.</p> <p>Take out the cooked soup and vegetables and put the chicken balls back into it. Cover and keep aside till required. Serving: Garnish the soup with coriander and serve hot with Momos or Gold coins. You may reheat the soup before serving.</p>
250 gm - Chicken mince(kheema)	
1 tbsp - Vinegar	
1/2 tsp - Pepper powder	
1/2 tsp - Ginger -Garlic paste	
1 tsp - Cooking oil	
A pinch of MSG (opt)	
A dash of Soy sauce	
1/2 tsp - Salt	
For Soup	
6 cups - Chicken stock	
1 tsp - Butter	
1 large - Carrot	
2 - Spring onions	
1 small - Red pepper	
1 small - Green pepper	
2 - Cabbage leaves	
1 skinned -Tomato	
3 tbsp - Corn flour	
2 tsp - Chili sauce	
2 tbsp - Coriander chopped	
Salt to taste	

Soupy Noodles with Chicken and Mushroom	
A220	
15+8	
Ingredients	Method
200 gm - Instant Noodles	<p>Clean and slice mushrooms. Slice red and green peppers and chicken ham. In a large microsafe bowl add 6 cups water and noodles. Select 220, press start to cook on HIGH. Uncovered. (Stop oven when it beep, after 15 minutes).</p> <p>Add sliced chicken, peppers and mushrooms. Sprinkle seasonings from the pouch, salt, pepper and oil. Stir and cook again for 8 minutes on HIGH.</p> <p>Take out the bowl of soupy noodles and check the seasonings. Serving: Serve the dish hot with chili sauce and taste making seasonings.</p>
100 gm - Mushrooms	
100 gm - Chicken ham	
1 small - Red and Green pepper each	
Salt and Pepper to taste	
6 cups - Water/ Veg stock	
1 tbsp - Oil	

Fish with Ginger-Chili oil	
A221	
3+12 min 80P	
Ingredients	Method
500 gm- Fish fillets	<p>To get chili oil, put 1/4 cup oil in a small microsafe bowl; add 3 red chilies broken into two parts and select 221, press start to cook on HIGH. (Stop oven when it beep, after 5 minutes).</p> <p>Take out oil and keep it covered for a few hours. After that drain oil to another bowl and discard chilies. Store and use as much as required. Your chili oil is ready. Clean and peel spring onions and ginger root and slice very fine. Wash the fish and place in a large shallow bowl; cover with water and add 2 tsp salt; cover and cook for 12 minutes on MEDIUM.</p> <p>Take out the bowl; lift the fish with a slotted spoon; drain and place on a serving plate. Mix together soy sauce, ginger, spring onions and chili oil; pour over fish and serve.</p>
2 tsp -Salt	
1 and 1/2-inch piece - Ginger	
2- Spring onions	
1 tbsp - Soy sauce	
1 tbsp - Chili oil	
1 tbsp - Oil	

### Stir fried Chicken with Peppers;-

A222

6+2+5

Ingredients	Method
2 - Chicken breasts	<p>Slice chicken breast into small pieces and dredge with salt, pepper, ajinomoto and flour and stand it for 30 minutes. Cut peppers, ginger and celery in match stick style. Cut spring onions into 1 inch pieces. Mix corn flour, sugar, 1 tsp oil and all the sauces with chicken stock. Put oil in a shallow dish; spread it well; mix beaten egg with the chicken pieces and place into the bowl. Roll the chicken pieces to get coated with oil and select 222, press start to cook on HIGH. Uncovered. (Stop oven when it beep, after 6 minutes). Stirring once after 3 minutes. Remove the chicken from microwave and keep covered. Place all the cut vegetables into a medium dish, sprinkle a little oil; stir and cook for 2 minutes on HIGH, uncovered, Bring the vegetables out and mix with chicken pieces. Stir well. Pour the chicken stock mixed with h sauces over the chicken. Cover the dish and heat through for 5 minutes on REHEAT.</p>
3 tbsp - Flour	
1 tsp - Salt	
1/tsp Pepper powder	
1 - Egg beaten	
A pinch of - Ajinomoto(MSG)	
3 tbsp - Cooking oil	
1 small Red and Green - Pepper each	
2 - Spring onions	
2 - Celery sticks	
1 small piece - Ginger	
1 cup- Chicken stock	
1 tsp -Soy sauce	
1 tsp - Chili sauce	
1 tsp -Vinegar	
1 tsp- Sugar	
1 tsp Corn flour	
A dash of - Ajinomoto	
Salt and Pepper to taste	

Sweet-n-Sour Vegetables	
A223	
2+6+4	
Ingredients	Method
For Sweet-n-Sour Sauce	<p>Place oil, onion and garlic paste in a large microsafe bowl and select 223, press start to cook on HIGH. Uncovered. (Stop oven when it beep, after 2 minutes).</p> <p>Take out the bowl and add all the ingredients for sauce except cornstarch and water. Mix corn flour with 1/2 cup water and pour in the bowl; add remaining water, mix it nicely; cover and cook for 6 minutes on HIGH, stirring once.</p> <p>Take out the sauce; check seasonings; beat egg white stiffly and mix with the sauce; and keep it covered. Place cauliflower flowerets, carrots and beans in the steaming basket with 1/4 cup water underneath and steam on HIGH for 4, minutes.</p> <p>Remove the steaming basket; take out the vegetables and put them in the cooked sweet and sour sauce. Add chopped tomato and capsicum also; stir and keep them covered for 5 minutes.</p> <p>Serving: Serve the dish hot with fried rice or noodles. You may reheat the dish before serving.</p>
1 cup - White vinegar	
1/2 cup - Tomato sauce	
1/4 cup Tomato puree	
1 - Onion chopped	
2 tsp - Garlic paste	
1/4 cup - Sugar	
1 tbsp - Red chili powder	
2 tbsp - Chili oil	
2 tbsp - Corn flour	
1 tsp - Soy sauce	
1 and 1/2 cups - Water	
A big pinch - Ajinomoto/ MSG	
1 tbsp - Salt or salt to taste	
Vegetables - 1 cup - Cauliflower flowerets	
1/2 cup - Carrot cubes	
1/2 cup - Green capsicum cubed	
1/2 cup - Mushrooms halved	
1/4 cup -Beans chopped	
1 large- Tomato chopped	
1 -Egg white (opt)	

Microwave Egg and Vegetable Fried rice	
A224	
2 min 80P+3+5	
Ingredients	Method
2 cups- Par-boiled rice	<p>In a large microsafe bowl add 2 tbsp oil, spring onions and beaten eggs with 1/2 tsp salt. Mix properly and select 224, press start to cook on MEDIUM, stirring once. Or with same ingredients make thin omelets and cut into strips to be mixed with fried rice. (Stop oven when it beep, after 2 minutes).</p> <p>Take out the egg mixture and keep it warm. Wash and place mixed vegetables in the steaming basket, and steam for 3 minutes on HIGH. Remove the steamed vegetables and mix with egg mixture lightly. Put boiled rice in another bowl and sprinkle remaining oil, soy sauce and 1/2 tsp salt over it. Stir lightly and mix with egg and vegetable mixture; stir it with a fork; sprinkle 2 tbsp water or veg stock; cover the dish and heat for 5 minutes through on REHEAT mode.</p> <p>Take out the dish and serve fried rice with any Chinese veg or non-veg preparation as a part of the Chinese menu. Tips: If you have to par-boil rice in a microwave, place 1 and 1/2 cup rice in a large microsafe bowl, add 6 cups water and cook on HIGH for 15 minutes; drain immediately through a colander and rinse under tap water. Drain well and store under refrigeration to be used anyway you like. Rice par boiled a few hours before and refrigerated, help in presenting a good dish.</p>
3 - Eggs	
2 - Spring onions with greens chopped	
2 cups - Mixed vegetables chopped	
3 tbsp - Cooking oil/chili oil	
1 tbsp - Soy sauce	
1 tsp - Salt	

Veg Balls in Manchurian sauce	
A225	
4+2+6	
Ingredients	Method
For Veg-Balls	<p>Combine all the ingredients for vegetable balls except oil; mix together properly and form small balls from the mixture and place them in the steaming basket with 1/4 cup water underneath. Select 225, press start to steam on HIGH. (Stop oven when it beep, after 4 minutes).</p> <p>Take out the steamed balls and stand them covered for 5 minutes. Place oil in a shallow dish; put steamed balls in it and roll to coat with oil evenly. Cover and keep aside. In a medium microsate bowl add oil, onions, green chilies, ginger and garlic. Mix and cook for 2 minutes on HIGH, uncovered.</p> <p>Take out the bowl and add all the remaining ingredients of Manchurian sauce except corn flour. Mix cornstarch with 1/2 cup water and pour in the bowl. Stir well and cook for 6 minutes on HIGH, stirring once.</p> <p>Remove the Manchurian sauce; check the seasonings and pour it over the steamed vegetable balls. Cover and stand for 5 minutes. You may reheat the dish before serving. Serving: Serve this dish with any rice or noodles preparation. Tips: If you replace vegetables with any meat such as chicken/mutton mince or chopped prawns, you can steam the non-veg balls to be served with Manchurian sauce the same way.</p>
1/2 cup- Cauliflower grated	
1/4 cup - Carrots grated	
1/4 cup - Cabbage finely chopped, 1/4 cup- Spring onions chopped with greens	
1/4 cup - Cpsicum/ 2 green chillies finely chopped	
1- Egg	
2 tbsp- Flour	
2 tbsp - Corn flour	
1 tsp leveled - Pepper powder	
A pinch of ajinomoto	
A dash of - Soy sauce	
A dash of Chili sauce and Salt to taste	
2 tbsp - Oil	
For Manchurian Sauce	
1 - Onion finely chopped	
1 tbsp -Garlic finely chopped	
2 - Green chillies chopped fine	
1 tbsp - Ginger chopped fine	
1/2 cup - Vinegar	
1/2 cup - Tomato sauce	
3 to 4 tbsp - Soy sauce	
2 tsp -Red chili powder	
1 to 2 tsp - Pepper powder	
2 tsp - Sugar, A pinch - Ajinomoto(MSG)	
2 tbsp - Corn flour	
2 tbsp -Oil	
Salt to taste	
2 cups - Water/Veg-stock	

Chili-Garlic Chicken	
A226	
7+6+5	
Ingredients	Method
Marinade for Chicken	<p>Cut chicken into small pieces and marinate with the ingredients mentioned for 'marinade', except flour, for 2 hours. Strain and save the liquid. Sprinkle flour over the chicken pieces and mix well. Place chicken pieces in a microsafe shallow dish; pour 2 tbsp chili oil all over them and mix with your hand. Select 226, press start to cook on HIGH. (Stop oven when it beep, after 7 minutes). First 4 minutes uncovered; stir; cover and cook for remaining 3 minutes.</p> <p>NB: To get chili oil, put 1/4 cup oil in a small microsafe bowl; add 3 to 4 red chilies whole broken into two parts; and cook on HIGH for 3 minutes. Remove and stand for a few hours. Drain the oil and discard chilies. Use oil as you require. Take out the chicken bowl and keep it covered. In another bowl add remaining oil, garlic paste, fried onion, green chilies, corn flour, all remaining sauces and salt for the chili-garlic sauce. Mix well. Add saved marinade liquid to the chicken stock or water and pour in the bowl. Stir once more and cook for 6 minutes on HIGH, covered. Remove the sauce from the micro oven; check the seasonings and pour over chicken pieces. Stir with a spatula, cover and cook on MEDIUM. Take out cooked chili chicken and stand for 3 minutes. Serving: Garnish with stir fried Capsicum rings or juliennes. Serve hot with rice /noodles. Tips: You may use boneless chicken cut into 1inch pieces for this recipe. In that case, initially cook chicken for 4 minutes only.</p>
1 - Chicken 700 / 800 gm	
1 tsp - Soy sauce	
2 tsp -Chili sauce	
1 tbsp- Worcestershire sauce	
1/4 cup - Vinegar	
1 tsp - Salt	
2 tbsp - Flour	
For sauce	
2 tbsp - Onion fried	
1 tbsp - Garlic paste	
1 tbsp - Garlic chopped and fried	
1 and 1/2 cup - Chicken stock	
2 tbsp - Chili sauce	
2 tbsp - Tomato sauce	
A pinch of Ajinomoto	
1 tbsp - Corn flour	
2 - Green chilies chopped	
3 tbsp - Chili oil	
Salt to taste	

Pineapple Fish	
A227	
12 grill+5+5 mwo 80P	
Ingredients	Method
500 gm - Fish fillets	<p>Cut fish into 2-inch pieces and mix 2 tbsp chili oil with it. Mix A little salt and pepper with corn flour; and dredge the fish with it. Keep aside for 30 minutes. Arrange the fish pieces on the grilling rack and Select 227, press start to grill it. (Stop oven when it beep, after 12 minutes). Changing the side after 6 minutes. Take out the grilled fish and keep aside. In a microsafe large bowl combine the ingredients for sauce, such as, soy sauce, vinegar, ginger, pineapple juice, ajinomoto, salt, water, 1 tbsp corn flour and remaining chili oil. Heat sugar in a ladle on gas top till lightly caramelized and pour immediately in the bowl. Stir the sauce ingredients. Cook for 5 minutes on HIGH, stirring once. Take out the pineapple sauce and add grilled fish, green chili and chopped pineapple to it. Cover the dish and cook for remaining 5 minutes on MEDIUM. Remove the fish from the microwave and check the seasonings. Cut almonds into slivers. Serving: Garnish the dish with almond slivers and serve it hot with rice and noodles. You may reheat the dish if served after some-time. Tips: Cook Pineapple Chicken by replacing fish with boneless chicken.</p>
1/4 cup - Corn flour	
3 tbsp - Chili oil	
For pineapple sauce	
1 cup - Pineapple chopped	
2 tbsp - Sugar	
1 tbsp - Vinegar	
1 tbsp - Soy sauce	
1 tbsp - Ginger chopped fine	
3/4 cup - Pineapple juice/ syrup	
A pinch - Ajinomoto(MSG)	
1 and 1/2 cup water	
1 tbsp - Corn flour	
1 tsp-Pepper powder	
1 green - Chili sliced	
6 - Toasted almonds for garnishing	

## Stir-fried Vegetable Hakka Noodles

A228

15+4+5

Ingredients	Method
200 gm - Instant noodles	<p>Place 5 cups water in a large microsafe bowl, add instant noodles, 1 tbsp oil and 2 tsp salt and Select 228, press start to steam on HIGH. (Stop oven when it beep, after 15 minutes).</p> <p>Take out the bowl and drain noodles through a colander immediately and rinse under tap water. Smear noodles with a little oil and keep aside. In a large microsafe bowl add chili oil and the chopped vegetables; stir well; cover and cook for 4 minutes on HIGH, stirring once in between.</p> <p>Take out the bowl with vegetables. In a large bowl or a trove put noodles and sprinkle chili garlic sauce, tomato sauce, crushed taste maker cube and soy sauce; mix lightly with your hand. Spread the cooked vegetables over noodles and mix lightly once again. Now put the noodles and vegetables mixture back in the large bowl; sprinkle 2 tbsp water/stock all over; cover the dish with a lid or cling wrap and heat through the noodles on REHEAT mode for 5 minutes.</p> <p>Take out the ready noodles and keep covered till serving. Serve them hot with chopped chillies in vinegar, additional tomato, chili and soy sauces. Any non-veg dish can accompany the noodles well. Tips: Add cooked and shredded chicken or cooked prawns to the noodles along with less vegetables.</p>
3 tbsp - Chili oil	
1/ cup each - Juliennes cut from carrot, capsicum and french beans	
1/4 cup - Cabbage shredded	
1/4 cup tomato sauce	
1 tbsp - Soy sauce	
1 tbsp - Chili-Garlic sauce	
1 - Taste maker cube or the powdered pouch given with noodles	

Almond Jelly	
A229	
5+1	
Ingredients	Method
1- Cup - Almond paste	<p>Select 229, press start to Boil 2 cups water on HIGH. (Stop oven when it beep, after 5 minutes). Mix boiled water with sugar and condensed milk, and beat well. Add almond paste and stir very well. Mix gelatine with 4 tbsp water and dissolve. Heat 1/2 cup water for 1 minute on HIGH and stand gelatine in it. Stir until dissolves.</p> <p>Remove water and place gelatine in hot water to fully dissolve. Add it to the almond mixture. Mix almond essence, too, at this stage.</p> <p>Cool the mixture over pan of cold water, pour in a shallow dish and refrigerate it to set. Store under refrigeration till served. Serving: Cut the almond jelly into small cubes and serve as it is, or along with any chopped fruits such as apples, pears, pineapple or litchis etc.</p>
1/2 cup - Condensed milk	
2 tbsp - Sugar	
2 cups - Water	
4 tsp - Gelatine	
A few drops - Almond essence	

Pineapple Curd	
A230	
5+10	
Ingredients	Method
100 gm - Plain Agar agar /or flavoured China grass	<p>Place chopped pineapple under refrigeration. Select 230, press start to Boil milk in a microsafety bowl on HIGH. (Stop oven when it beep, after 5 minutes).</p> <p>Add china grass/agar agar and sugar (if used) to the boiled milk; stir well and cook for 10 minutes on MEDIUM, stirring twice to avoid any lumps.</p> <p>Remove the china grass mixture from microwave; add essence and cool. Add chopped pineapple and put the mixture either in individual bowls or in a shallow dish. Cover with cling wrap and cool under refrigeration. Serving: Serve it cold garnished with fresh/glaced Cherries.</p>
500 gm - Milk	
1/4 cup - Sugar (if flavoured china grass is used then no sugar is required)	
2 cups - Pineapple chopped fine	
A few drops - Pineapple essence	

Cream of Courgette	
A231	
10+10+4	
Ingredients	Method
800 gm - Courgette/ Italian marrow	<p>Grate cheese and keep aside. Peel, wash and slice courgettes and place in a large microsafe bowl. Add chopped onion, olive oil and butter. Sprinkle dry oregano, salt and pepper; stir; cover and Select 231, press start to cook. (Stop oven when it beep, after 10 minutes).</p> <p>Remove the bowl from oven; stir; add stock or water, cover again and cook for 10 minutes on HIGH.</p> <p>Take out the courgettes; add cheese(save some for garnishing), cover and stand for 5 minutes. Strain the soup through a collander, save the liquid, and liquidize the vegetables. Add saved liquid to the blender, blend once again and pass the soup through a sieve. If needed be, add 1/4 cup hot water to the roughage and strain thoroughly. Add 2/3rd of the cream to the soup and mix well. Check the seasonings. Heat the soup on REHEAT mode for 4 minutes.</p> <p>Remove the courgette soup from the oven.</p> <p>Serving: Garnish it with remaining cheese and cream. Top with fresh oregano/parsley and serve it hot with Crisp Bread.</p>
4 cups - Water or stock	
1 tbsp - Butter	
1 - Onion chopped	
1tsp - Dry oregano	
2 tbsp - Olive oil	
100 gm - Cheese/Dolcelatte cheese	
300 ml - Single cream	
2 tsp - Pepper freshly ground	
Salt to taste	
fresh Oregano/Parsley for garnishing	
NB: Courgette's yield after peeling is not much, so one might buy a little more	

## Chicken and Vermicelli Soup

A232

20+3+10

Ingredients	Method
2 - Chicken breasts	<p>In a large deep bowl place chicken breasts, all the spices, bay leaf, all spice berries, dry rosemary, 1 tsp salt and water. Cover and Select 232, press start to cook on HIGH. (Stop oven when it beep, after 20 minutes).</p> <p>Take out the soup and lift the chicken out of it. Strain the soup through a collander and keep aside. Slightly cool the chicken and remove all the meat from the breasts. Cut it into small pieces. Wash the same bowl and add olive oil and sliced onion in it, and cook for 3 minutes; but after 2 minutes add vermicelli and cook for the remaining time. Cook on HIGH.</p>
6 cups - Water	
1/2 cup - Vermicelli	
2 tbsp - Olive oil	
1 - Onion sliced	
1 tsp - Peppercorns	
1-inch stick - Cinnamon	
1 tbsp - All spice berries	
1 - Bay leaf	
4 - Cloves	
Salt to taste	
1 tsp - Rosemary dry	
A few leaves - Basil and Lemon wedges to serve with	<p>Remove the bowl with vermicelli in it; add strained chicken soup and chicken pieces, salt and pepper to taste. Cover the soup bowl and cook</p> <p>Take out the vermicelli-chicken soup. Check the seasonings. Serving: Garnish the hot soup with Basil, and serve Lemon wedges along to be squeezed in according to the taste. again on MEDIUM.</p>

Polenta	
A233	
7+6+6	
Ingredients	Method
1 and 1/2 cup - Yellow cornmeal	<p>Sift cornmeal and salt together. Combine in a large bowl cornmeal and 1 and 1/2 water. Put remaining water in a microsafe jug or a bowl and Select 230, press start to Boil on HIGH. (Stop oven when it beep, after 5 minutes).</p> <p>Take out the water and gradually mix with cornmeal. Keep stirring with a wooden spoon; and add butter and Italian herbs. Place the bowl in the microwave and Cook for 6 minutes on HIGH, uncovered.</p> <p>Remove the bowl of cornmeal and stir it properly. Sprinkle a little water over cornmeal; cover it and cook further on MEDIUM for 6 minutes.</p> <p>Remove the polenta; add grated cheese and cover again and stand for 5 minutes. Serving variations: 1. Serve this porridge like product hot as such with Tomato sauce or Meat sauce. 2. Pour the porridge into a greased mould; cover and chill until firm. Cut into slices and serve with any sauce cold. 3. Cut the set polenta in 1/2 inch thick slices, coat with cornmeal and shallow fry till brown on both sides and serve. 4. Place the cooked porridge in a baking dish; sprinkle a little more cheese on top and bake in moderately hot oven until brown.</p>
5 cups - Water	
2 tbsp - Butter	
1/2 cup - Cheese grated	
2 tsp - Salt or to taste	
2 tsp - Italian herbs	
2 cups - Tomato sauce or Meat and Tomato sauce for serving	

Roasted Tomatoes	
A234	
200 ° c, Preheat +30 min 200*	
Ingredients	Method
8 medium - Tomatoes	<p>Wash dry and cut tomatoes in 2 parts lengthwise and place them in the lightly greased tray.</p> <p>Place the garlic cloves in between the tomatoes. Sprinkle oil all over the tomatoes. Dust them with pepper lightly and finally sprinkle oregano on top, and Select 234, press start to bake the dish in it.</p> <p>Take out the baked tomatoes and sprinkle salt. Serve as a side dish with Italian meal.</p> <p>Avoid: Adding salt before baking.</p>
16 to 20 cloves - Garlic	
4 tbsp - Olive oil extra virgin	
1 tsp - Oregano dry	
Salt and Pepper to taste	
Fresh Parsley for garnishing	
A baking tray	

Pasta with Bolognese Sauce(Italian meat-tomato sauce)	
A235	
3+12	
Ingredients	Method
300 gm uncooked pasta boiled - Spaghetti or any other pasta, such as, ribbon pasta or even cut macaroni	<p>In a medium microsafe bowl add butter/oil, garlic and minced meat; mix very well and Select 235, press start to cook. (Stop oven when it beep, after 3 minutes).</p> <p>Note: if you want to cook dry pasta in the microwave in advance, boil 6 cups water on high for 10 minutes, add pasta with salt and a little oil and cook for 20 minutes, drain, rinse and smear with a little olive oil.</p> <p>Take out the bowl; stir meat and break the lumps if any. Add 2 cups water/meat stock, tomato puree and all other dry ingredients, stir; cover and cook for 12 minutes on HIGH, covered, stirring once.</p> <p>Remove the cooked meat sauce; check salt and pepper; sprinkle fresh basil/oregano and chili flakes; cool and store under refrigeration if used later, otherwise, serve with pasta. Serving: In a serving dish place boiled and warm spaghetti and pour hot meat sauce over it and serve.</p> <p>Tips: Bolognese sauce can be cooked in advance and stored under refrigeration, and pasta can be cooked the day you want to serve the dish. Heat sauce before serving.</p>
1/4 cup or a little more - Cheese grated	
1 Recipe - Bolognese sauce	
For Bolognese/ Italian Tomato-Meat Sauce	
2 tbsp - Olive oil/butter	
300 gm - Mutton/chicken mince	
1 cup - Tomato puree	
1 tbsp - Garlic paste	
1 tsp - Chili powder	
1 tsp - Italian herbs	
1 tsp - Pepper powder and Salt to taste	
2 tbsp chopped- Fresh oregano or basil and 1/2 tsp - Chili flakes (opt) for topping the sauce	

Red Chili Pasta	
A236	
30+5+5	
Ingredients	Method
400 gm - Red chili pasta	<p>Put 7 cups water in a large microsafe bowl; add 1 tbsp oil and 2 tsp salt in it; and Select 236, press start to cook. (Stop oven when it beep, after 30 minutes). first 10 minutes heat water, covered; then add pasta and cook for remaining time on HIGH, uncovered, stirring once after 10 minutes. Take out pasta and drain through a collander and rinse under tap water. Smear it with 2 tbsp olive oil and keep aside covered. In a microsafe medium bowl add remaining oil and put onion, garlic paste, tomato puree, oregano, salt and pepper. Mix well and add 1 cup water or chicken stock. Cover and cook on HIGH for 5 minutes.</p> <p>Take out the bowl with tomato sauce in it. Add sliced olives, red pepper juliennes and fresh parsley. Check the seasonings. If the sauce seems thick, then add 1/4 cup boiled water/stock. Mix the sauce with boiled pasta and place it again in a large bowl. Cover the bowl with cling wrap or with a lid/plate and keep aside. Serving: Just heat the dish on REHEAT mode before serving for 5 minutes.</p> <p>Take out the bowl; transfer the pasta to a serving plate; garnish with grated cheese and serve immediately as such or a part of Italian menu.</p>
1/2 cup - Fried onion	
1 tbsp - Garlic paste	
1 cup - Tomato puree	
2 tsp - Oregano	
5 tbsp - Olive oil	
1/4 cup - Black olives sliced	
2 red - Peppers cut in juliennes	
1/4 cup - Green olives sliced	
1/2 to 1 tsp -Black pepper powder	
1/4 cup - Cheese grated	
2 tbsp fresh - Parsley chopped	
Salt to taste	

Lasagna/lasagna	
A237	
20+ 35 min 190°	
Ingredients	Method
8 sheets - Lasagna pasta or Pancakes	<p>Put 4 cups water in a large square microsafe bowl; add 1 tbsp oil and 1 tsp salt in it; and cook for 20 minutes; first 6 minutes heat water, covered; then add lasagna pasta and Select 237, press start to cook. (Stop oven when it beep, after 20 minutes). Stirring once in-between.</p> <p>Take out pasta and drain through a collander and rinse under tap water; and keep aside covered.</p> <p>Assemble: Take 1 large square/ rectangle microsafe dish; brush it lightly with oil and spread half of tomato meat sauce covering the base; cover sauce with boiled lasagna pasta in a single layer; spread cheese sauce thinly and sprinkle grated cheese over it; repeat the layers once more starting with meat sauce and ending with lasagna pasta, cheese sauce and grated cheese covering it. Preheat the CONVECTION mode to 190 degrees Celsius and bake Lasagna in it for 35 minutes. NB: For soft topping, you may cook it on COMBINATION-1 for 20 minutes. Remove the baked lasagna from oven and serve it hot.</p>
3 cups - Tomato meat sauce or Spinach sauce	
1/2 cup - Parmesan cheese grated	
1 recipe - Cheese sauce	
1 tbsp - Oil	
For Spinach sauce	
Combine 2 cups - Spinach puree	
1 tbsp - Butter	
1/2 cup - Tomato puree	
2 tbsp - Fried onion	
1 tbsp - Garlic paste	
2 tbsp - Fresh cream	
1/2 cup - Milk	
Herbs and Seasonings; and cook covered on HIGH for 8 minutes on HIGH	
Note: The recipe of Tomato-Meat sauce is written in Pasta with Bolognese/ Meat and tomato sauce	

**Saffron flavoured Chicken Rissoto**

A238

8+2+20

Ingredients	Method
2 cups/400 gm - Rice	Soak Rice for 30 minutes. Soak saffron in 2 tbsp warm water/milk. Put oil in a large microsafe bowl; add chicken pieces and turn to coat well with oil and Select 238, press start to cook. (Stop oven when it beep, after 8 minutes). turning chicken pieces once after 5 minutes. Take out the chicken and add rice, green peas, beans and fish; mix well and cook on HIGH for 2 minutes. Bring out the chicken-rice bowl and put chicken stock, salt, pepper, saffron and bay leaf in it; stir and cover it. Cook for 20 minutes on HIGH, stirring once after 12 minutes. Take out the saffron flavoured cooked rice and stand it covered for 5 minutes. Serving: Loosen the rice with a fork and serve hot either in the same bowl or in a rice platter as an important dish of Italian menu.
1 - Chicken cut into 8 pieces	
1 cup - Fish chunks(boneless)	
1/2 cup - French beans chopped	
1/2 cup - Green peas shelled	
2 tbsp - Onion fried	
3 tbsp - Garlic chopped and fried	
1/2 cup - Tomato puree	
1 large pinch - Saffron	
3 to 4 tbsp - Olive oil	
2 tsp -Pepper powder	
Salt to taste	
4 cups - Chicken stock	

Cannelloni Ripni	
A239	
10+3+30 min 190°	
Ingredients	Method
12 - Cannelloni pasta or 3-inch wide x 6-inch long pancakes	<p>If using cannelloni dry pasta, place them in a large microsafe bowl, add 4 cups of water and Select 239, press start to cook. (Stop oven when it beep, after 10 minutes).</p> <p>Take out cooked pasta. Drain and rinse under tap water. Keep aside covered and warm.</p> <p>In a medium microsafe bowl, add butter, chopped onion, carrots and pepper; add garlic paste and green peas, too. Mix well and cook for 3 minutes on HIGH, covered.</p> <p>Remove the cooked vegetables from the microwave; beat egg and add to the vegetables, sprinkle salt and pepper; mix well and keep aside covered. Grease 1 square/rectangle microsafe dish. Place 1 cannelloni pasta or a pancake on chopping board, spread 1 tbsp filling on it, roll in a cylindrical shape and place in the greased dish; stuff and roll all the cannelloni's and place in the greased dish side by side. Cover them with cheese sauce and top with grated cheese.</p> <p>Preheat CONVECTION mode of your microwave to 190 degrees Celsius and bake the dish for 30 minutes. Or cook the dish on COMBI-1 for 20 minutes.</p> <p>Take out the dish and serve hot with Italian food.</p> <p>Tips: Cannelloni pasta can be filled with any non- vegetarian stuffing too. You may stuff and roll cannelloni pasta in advance and arrange in a dish. Keep covered under refrigeration; take out 1 hour before serving; add cheese sauce after 30 minutes and then bake. Serve hot.</p>
1 and 1/2 recipe - Cheese sauce	
2 tbsp - Cheese grated	
For filling	
1 - onion chopped	
1/4 cup- Green peas	
2 - Carrots chopped	
2 tbsp - Parsley / coriander chopped	
1 - Green pepper finely chopped	
1- Egg beaten	
2 tbsp - Butter/olive oil	
1 tsp - Garlic paste	
1/2 tsp - Pepper powder	
Salt to taste	
NB: Any cooked or processed meat can also be added to filling	

Chicken Cooked with Red Grapes	
A240	
6+4+30 min 50P	
Ingredients	Method
500 gm - Chicken breasts	<p>Wash, dry and cut chicken breasts in 4 to 6 pieces. Put oil in a large shallow dish and place chicken in it; roll the chicken pieces in oil to get coated well and Select 240, press start to cook. (Stop oven when it beep, after 10 minutes). turning the side after 3 minutes.</p> <p>Take out the chicken and lift the pieces with slotted spoon and put them in a plate and cover. In the same bowl, add red pesto, onions, red wine and water; mix well; cover the dish and cook for 4 minutes on HIGH.</p> <p>Take out the wine sauce and place chicken pieces back in the bowl; sprinkle a little salt and pepper powder; stir lightly; cover the dish and cook on LOW for 30 minutes.</p> <p>Bring the chicken out; add grapes immediately and cover the dish again. Stand for 5 minutes. Serving: Serve the dish hot. Heat through the dish on REHEAT before serving. Garnish it with fresh basil and serve with crusty bread.</p>
1/4 cup - Fried onion	
2 to 3 tbsp - Red Pesto sauce (ready-made)	
3 tbsp - Olive oil	
1 and 1/2 cup Water	
1 and 1/2 cup - Red grapes halved	
3/4 cup - Red wine	
Basil for garnishing	

Italian Bread - Pizza	
A241	
1+3+10 min 200 <sup>o</sup>	
Ingredients	Method
4 to 6 medium - Regular white/brown pizza bases	<p>Put butter and carrom seeds in a medium microsafe bowl and Select 241, press start to cook. (Stop oven when it beep, after 1 minute). Take out the bowl and put all the ingredients of pizza sauce except parsley. Mix well and cover the bowl. Cook on micro HIGH for 3 minutes. Bring the sauce out. Remove the bay leaf and sprinkle parsley over it. Now assemble pizzas. Assembly: Apply pizza sauce generously on pazza shells; sprinkle a little cheese over sauce and arrange sliced vegetables or meat, or both artistically and finally top with grated cheese covering nicely. Preheat the CONVECTION mode of your microwave to 200 degrees Celsius for 5 minutes and bake pizzas in hot oven one by one for 10 minutes each. Place pizza on grilling rack. Remove the baked pizza. Serving: Cut it into wedges with a pizza cutter and serve hot with Tomato sauce, Mustard sauce, Oregano and Chilli flakes as such, or as a part of Italian meal with a soup, salad or any of the Italian dishes.</p>
1/2 cup - Capsicum sliced	
1 cup, Mushrooms sliced	
1 large - Tomato cut into wedges	
12- Olives sliced	
1 cup - Cooked chicken shredded	
1/2 cup - Pineapple chopped	
12 - Baby corns halved lengthwise	
1/2 cup- Corn kernels steamed	
1 and 1/2 to 2 cups- Mozzarella(pizza cheese) cheese grated	
2 cups- Pizza sauce	
NB: Make your own combination of vegetables and meat out of the above mentioned ingredients to top the pizzas after applying Pizza sauce	
For Pizza Sauce	
1 cup - Onion tomato paste	
1 cup - Tomato puree	
1 tbspc - Butter	
1 tbspc -Chili sauce (opt)	
1 tsp - Carrom seeds/Ajwain	
1 tsp - Sugar	
2 tsp - Pepper powder	
1 tsp - Red chili powder(opt)	
1- Bay leaf	
2 tbspc - Parsley chopped	
2 tsp dry - Oregano	
Salt to taste	

Multicolored Pasta in Cheese Sauce	
A242	
25+4+15 combi1	
Ingredients	Method
3 cups - Multicoloured pasta	In a large microsafe bowl, add 6 cups water, 1 tbsp oil and 2 tsp salt; add multicolored pasta and Select 242, press start to cook. (Stop oven when it beep, after 25 minutes).
1 cup - Carrots chopped	
1 cup - Green peas shelled	Take out pasta and drain through a collander and rinse under tap water. Smear it with 2 tbsp oil and keep aside covered. Place carrots and green peas in the steaming basket and steam on HIGH for 4 minutes.
2 and 1/2 cups - Cheese sauce	
1/4 cup - Cheese grated	Take out the vegetables and drain. Place the pasta in the large shallow bowl; mix cheese sauce and boiled vegetables with it. Add chopped basil and sprinkle cheese on top. Just bake on COMBINATION-1 for 15 minutes. If you want crisp top then bake pasta in hot oven for 35 minutes at 190 degrees Celsius.
2 tsp - Basil chopped	
1/2 cup - Milk (if required to thin the sauce)	Bring out baked pasta dish. Serving: Serve the cheesy pasta hot. Tomato sauce and Chili sauce can be served along.
3 tbsp - Cooking oil	
Salt and Pepper to taste	
Note: See the recipe of Cheese sauce (White sauce) in Basic sauces	

Lemon Souffle	
A243	
2+4+2	
Ingredients	Method
350 ml / 1 and 1/2 cup- Milk	<p>Clean jelly mould; brush its inside with a little cooking oil; rinse under tap water without touching inside; shake it well and place in the deep freezer. Grate the whole lemons with a fine grater to collect the lemon rind. Cut lemons and squeeze the juice. Separate the egg yolks and whites. In a microsafe medium bowl combine together, egg yolks, sugar and milk; beat with a rotary beater and Select 243, press start to cook. (Stop oven when it beep, after 2 minutes).</p> <p>Take out the bowl and stir the sauce. Now cook egg custard on MEDIUM, stirring every 2 minutes. Take out the custard, stir it and keep aside covered. Dissolve gelatine. In a small bowl mix gelatine crystals with 5 tbsp water. Heat 1 cup water on HIGH.</p> <p>Remove water and place gelatine in hot water, stir till transparent; add it to the custard and mix well. Now cool the custard on pan of ice. Place ice in a wide mouthed vessel / trove, add 1 bottle cold water over it and place the custard to cool in it. Keep stirring to avoid any lumps. Once it is cold, add 3/4th cup of cream, lemon juice and lemon rind. Stir. Custard will start thickening. Beat egg whites very stiff and fold into the thickening custard. Pour the custard in the chilled mould and place it in the deep freezer for 40 to 45 minutes. Later remove and store under refrigeration till required to be served. Serving: Loosen the souffle with a butter knife and invert it in a chilled plate. Cover with remaining cream or powdered biscuits and serve immediately. Cut it in the wedges. You may set souffle in individual small glass bowls and may not invert at all.</p>
200 ml / 1 cup - cream	
5 tbsp - Sugar	
3 - eggs	
4 tsp - Gelatine	
3 - Lemons medium sized	
Lemon rind from 3 lemons	
2 - ice trays full of ice and 1 - Jelly mould	

Chocolate Sponge Trifle with Chocolate Sauce	
A244	
3min, preheat +35 min 180*+80min 80P	
Ingredients	Method
1 - Chocolate sponge cake	<p>Heat butter and milk together for a few seconds on gas stove. Sift together flour, baking powder, salt and cocoa powder twice. Beat eggs until light and foamy. Beating constantly, gradually add sugar and flour mixture. Add milk to egg mixture and stir until smooth. Add a spoon or two of more milk if by chance the cake mixture is thick. Pour into a 9-inch ungreased mould of any shape and Select 244, press start to bake in hot oven. Preheat the CONVECTION mode of your microwave to 180 degrees Celsius for 3 minutes. Remove the cake and invert on wire rack. Let it cool and then demould. Meantime make chocolate sauce. Combine in a medium microsafety bowl sugar, cocoa and water; stir well and cook on MEDIUM, stirring once. Remove the sauce; stir it well and store under refrigeration. It lasts for more than one week. Usage: Use it over icecreams, cakes, puddings and for making chocolate milk shake etc. Demould the cake; cut it into two parts and soak with sugar syrup. Apply a layer of icecream on both the halves; sprinkle grated chocolate over one part and cover with the other; top the cake with thick layer of ice cream spreading well. Cover the sides lightly. Place the cake in a round/square dish and chill it. Serving: Decorate it with chocolate sauce and chocolate chips. Serve it cold as a dessert.</p>
1 - Vanilla ice-cream (family pack)	
2 tbsp grated - Chocolate	
1 cup - Chocolate sauce	
1/2 cup - Sugar syrup	
For Chocolate Sponge	
1 cup - Flour	
1 cup - Castor sugar	
1 tsp - Baking powder	
1 pinch - Salt	
3 - Eggs	
1 /4 cup - Milk	
1 tbsp - Butter	
1/4 cup - Cocoa powder	
For Chocolate Sauce	
1/2 cup - Cocoa powder	
1 cup - Sugar	
1 and 1/2 cup - Water	

Apple Cake	
A245	
5 min, preheat + 45 min 180*	
Ingredients	Method
1 and 1/2 cup - Flour	<p>Sieve flour, salt and baking powder together. Prepare a 9-inch baking tin by greasing it and lining the base with non stick baking sheet. Take out lemon rind by grating lemon on fine grater, and then squeeze and collect the juice. Peel, core and slice the apples thinly; put them in a glass bowl and sprinkle with lemon juice to avoid discoloration. Combine eggs, powdered sugar and lemon rind in a large bowl and beat with hand held electric beater until thick and light. Stir half the flour in egg mixture and fold lightly. Drizzle the melted butter and fold in with a light hand. Add remaining flour and mix. Lastly add sliced apples to the mixture and mix. Preheat the CONVECTION mode to 180 degrees Celsius for 5 minutes. Spoon the mixture into the prepared baking tin, level the surface and Select 245, press start to bake.</p> <p>Remove the baked apple cake and let it settle for 15 minutes. Invert on a cooling rack for 15 minutes. Now Place the cake in a serving plate. Serving: Sprinkle the cake top with castor sugar and garnish with chopped orange rind. Serve it when still warm with whipped cream.</p>
3/4 cup - Powdered sugar	
1/2 cup - Melted butter	
4 - Eggs, 3 medium - Apples	
1 tsp - Baking powder	
A pinch - Salt	
1 large - Lemon	
2 tbs - Castor sugar	
1 cup - Whipped cream to serve with (opt)	
Orange rind for garnishing	

<b>Reheat</b>	
H1	
Auto Reheat	
<b>Ingredients</b>	<b>Method</b>
Cooked food	Press Auto reheat button once, select h-1 and press start to confirm it. Now press auto reheat to select weight and Press start.

<b>Dinner Plate</b>	
H2	
Auto Reheat	
<b>Ingredients</b>	<b>Method</b>
Cooked food	Press Auto reheat button twice, select h-2 and press start to confirm it. Now press auto reheat to select weight and Press start.

<b>Coffee</b>	
H3	
Auto Reheat	
<b>Ingredients</b>	<b>Method</b>
Milk ½ cup	Press Auto reheat button 3 times, select h-3 and press start to confirm it. Now press auto reheat to select weight and Press start.
sugar 1 tsp	
coffee powder ½ tsp	
water as required	

<b>Roll / Chapatti</b>	
H4	
Auto Reheat	
<b>Ingredients</b>	<b>Method</b>
Roll or Chappatti	Press Auto reheat button 4 times, select h-4 and press start to confirm it. Now press auto reheat to select weight and Press start.

Defrost by time	
D1	
Ingredients	Method
Frozen food	Press Defrost button once, select D-1, enter time using of key pad buttons and Press start.

Defrost by time	
D2	
Ingredients	Method
Frozen food	Press Defrost button twice, select D-2, enter weight using of key pad buttons and Press start. (100g to 2000g)

Defrost Ground meat	
D3	
Ingredients	Method
Ground meat	Press Defrost button 3 times, select D-2, enter weight using of key pad buttons and Press start. (100g to 2000g)

Defrost Sea food	
D4	
Ingredients	Method
Sea food	Press Defrost button 4 times, select D-2, enter weight using of key pad buttons and Press start. (100g to 2000g)

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

## 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 THREE 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.

## WARRANTY DETAILS

UNIT SR. NO.

UNIT SR. NO.

CUSTOMER'S NAME & ADDRESS

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

TEL. \_\_\_\_\_

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**

<b>Branch</b>	<b>Address</b>
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](http://www.godrejappliances.com) & [www.godrejsmartcare.com](http://www.godrejsmartcare.com)  
E-mail: [smartcare@godrej.com](mailto: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 this product is not disposed as unsorted municipal waste.

This symbol is known as the "Crossed-out Wheelie 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 centers with special treatment so as to prevent any damage to the environment. **Please call:**

**1800 209 5511 or visit: [www.godrejappliances.com/green-think](http://www.godrejappliances.com/green-think) for details**

**about Godrej Appliances authorized collection centers.**

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