

Godrej eon®

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



User Manual

GME 20CM2 FJZ

20 Ltr. Microwave, Grill, Convection and Combination

The above image is for representative purpose, actual image of the product may vary

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, 1200W (Microwave)
	1200W (Grill)
	2200W (Convection)
Rated Microwave Output:	800W
Operation Frequency:	2450MHz
Product Dimensions :	26.2 cm (H) × 45.2 cm (W) × 38.6 cm (D)
Oven Capacity:	20 Litres
Cooking Uniformity:	Turntable System
Net Weight:	Approx. 14.4 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:

- 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.
 - Do not place any object between the microwave oven cavity and the door or allow soil or cleaner residue to accumulate on sealing surfaces
 - 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:
 - Door (bent)
 - Hinges and latches (broken or loosened)
 - Door seals and sealing surfaces
 - 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.
- Only use utensils suitable for use in microwave oven
 - Remove wire twist-ties and metal handles from paper or plastic containers/bags before placing them in the oven
 - 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.
 - When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
 - To avoid a fire hazard do not severely overcook food. Severely overcooked foods can start a fire in the oven.
 - When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
 - If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames
 - Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
 - 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.
 - 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
 - Do not use corrosive chemicals or vapours, in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use

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

UTENSIL GUIDE

1. The ideal material for a microwave utensil is transparent to microwave, it allows energy to pass through the container and heat the food.
2. Microwave cannot penetrate metal, so metal utensils or dishes with metallic trim should not be used.
3. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
4. Round /oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.
5. Narrow strips of aluminum foil may be used to prevent overcooking of exposed areas. But be careful don't use too much and keep a distance of 1 inch (2.54cm) between foil and cavity.

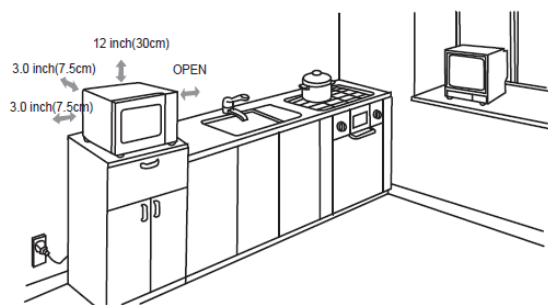
The list below is a general guide to help you select the correct utensils.

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

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

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 be damaged and the warranty would be void.

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 colored 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.

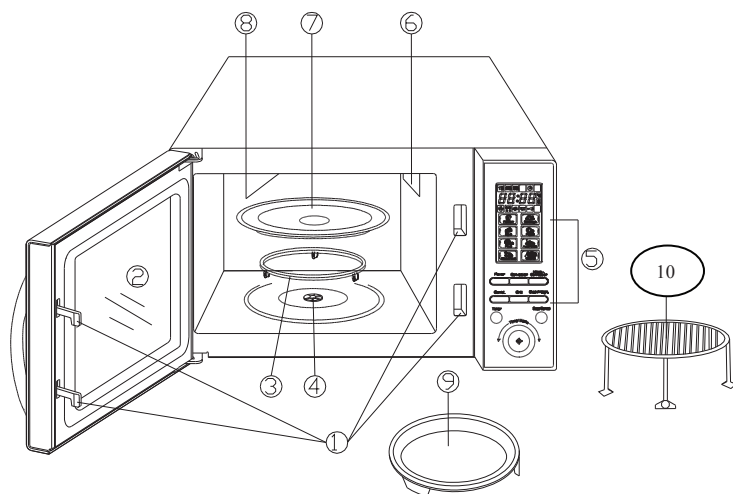
3. Relocate the microwave oven with respect to the receiver.
4. Move the microwave oven away from the receiver.
5. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

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 EXTENSION CORD

PART NAMES



1. Door Safety Lock System
2. Oven Window
3. Roller Ring
4. Shaft
5. Control Panel
6. Oven Air Vent
7. Glass Tray
8. Heater
9. Crusty Plate
10. Metal Rack

CONTROL PANEL



1. DISPLAY SCREEN

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

2. POWER LEVEL / KEEP WARM

- Press to select microwave power level/Keep Warm

3. GRILL

- Press to set a grill cooking program.

4. COMBI. (MICRO.+GRILL)

- Press to select one of two combination cooking settings.

5. CONVECTION/DEODORISER

- Press to program convection temperature/Deodorizer.

6. MICRO.+CONVECTION

- Press to select one of four combination cooking settings.

7. WEIGHT ADJ.

- Press to enter food weight.

8. TIME/MENU (START/QUICK START)

- Rotate to set cooking time or select auto-menu.
- Press to start cooking program or set quick start cooking program.

9. CLOCK/PRESET

- Used to set clock time or preset time.

10. STOP/CANCEL

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

The above image is for representative purpose, actual image of the product may vary

OPERATION INSTRUCTIONS

Getting to Know your Microwave

Oven

The microwave oven will beep to acknowledge each press of the button on the control panel. After a cooking program completes, the microwave oven will give a beep sound to indicate the completion of the cooking.

Setting the Clock

1. Press CLOCK/WEIGHT once.
2. Rotate TIME/MENU until the correct hour is displayed.
3. Press CLOCK/WEIGHT.
4. Rotate TIME/MENU until the correct minute is displayed.
5. Press CLOCK/WEIGHT to confirm.

NOTE: This is a 24-hour clock. You can check the clock time when cooking is in progress by pressing CLOCK/WEIGHT.

Microwave Cooking

Microwave cooking allows you to customize cooking power and time. The longest cooking time is 95 minutes (95:00). You can select cooking power level by pressing POWER once or repeatedly:

Press POWER	Power	Description
Once	100%(P100)	High
twice	90%(P-90)	
3 times	80%(P-80)	
4 times	70%(P-70)	Medium High
5 times	60%(P-60)	
6 times	50%(P-50)	Medium
7 times	40%(P-40)	
8 times	30%(P-30)	Medium
9 times	20%(P-20)	Low

10 times	10%(P-10)	Low
11 times	0%(P-00)	

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

1. Press POWER repeatedly to select P-60.
2. Rotate TIME/MENU until the correct cooking time (5:00) is displayed.
3. Press TIME/MENU to start.

NOTE:

1. If you want to temporarily stop a cooking session, press the STOP/CANCEL once and then you can restart the cooking by pressing TIME/MENU, or press STOP/CANCEL twice to cancel the cooking program altogether.
2. After the cooking time ends, the system will beep four times and "End" will be displayed until you open the oven door or press any button.
3. Before starting another cooking session, you need to clear the display and reset the system by pressing STOP/CANCEL (Notes 1~3 are also available in the following cooking features.)

Grill

Grill cooking is particularly useful for thin slices of meat, steaks, chops, kebabs, sausages and pieces of chicken. It is also suitable for hot sandwiches and vegetable dishes. The longest cooking time is 95 minutes (95:00).

Suppose you want to program grill cooking for 12 minutes.

1. Press GRILL.
2. Turn TIME/MENU to display 12:00.
3. Press TIME/MENU to start.

Convection

During convection cooking, hot air is circulated throughout the oven cavity to brown and crisp food quickly and evenly.

This oven can be programmed for ten different cooking temperatures (110° ~200°). The longest cooking time is 9 hours and 30 minutes

To Cook with Convection

Suppose you want to cook at 200° for 40 minutes(H:40).

1. Press CONVECTION repeatedly to select 200° .
2. Rotate TIME/MENU until the correct cooking time is displayed.
3. Press TIME/MENU to start.

NOTE: You can check the convection temperature while cooking is in progress by pressing the CONVECTION.

To Preheat and Cook with Convection

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

Suppose you want to preheat to 170° and then cook for 35 minutes(H:35).

1. Press CONVECTION repeatedly to select 170° .
2. Press TIME/MENU to start. When the oven reaches the programmed temperature, the buzzer will sound "DE" every 5 minutes.
3. Open the door and place container of food at the center of the glass tray.
4. Rotate TIME/MENU until the correct cooking time is displayed.
5. Press TIME/MENU to start.

Micro +Grill

This feature allows you to combine grill and microwave cooking on two different settings. The longest cooking time is 95 minutes (95:00).

Combination1

30% time for microwave cooking, 70% for grill cooking. Use for fish or vegetable.

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

1. Press STOP/CANCEL.
2. Press COMBI. Once.
3. Turn TIME/MENU to 25:00.
4. Press TIME/MENU to start.

Combination2

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

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

1. Press STOP/CANCEL.
2. Press COMBI. twice.
3. Turn TIME/MENU to 12:00.
4. Press TIME/MENU to start.

Micro+Convection

This oven has four pre-programmed settings that make it easy to cook with both convection heat and microwave automatically. The longest cooking time is 9 hours and 30 minutes (9H:30).

Press MICRO+CONVECTION repeatedly to select convection temperature:

	Oven temperature(°)
COMB1	110
COMB2	140
COMB3	170
COMB4	200

Suppose you want to bake food for 24 minutes (H:24) with COMB3.

1. Press MICRO +CONVECTION repeatedly to select 170° .
2. Rotate TIME/MENU until the correct cooking time is displayed.
3. Press TIME/MENU to start.

NOTE: You can check the programmed

temperature while cooking is in progress by pressing MICRO.+CONVECTION.

Jet Defrost

The longest cooking time is 95 minutes (95:00). Suppose you want to defrost frozen food for 5 minutes.

1. In standby mode, rotate TIME/MENU anti-clockwise until "A9" is displayed.
2. Press CLOCK/WEIGHT once.
3. Rotate TIME/MENU to set defrosting time.
4. Press TIME/MENU to start.

NOTE: During defrosting process, the oven will pause to remind user to turn food over to obtain uniform defrosting, and then press TIME/MENU to resume defrosting.

Preset

Preset function allows the oven to start up in a later time. Suppose the current time on the clock is 11:10 and you want the oven to start cooking at 11:30.

Set a cooking program.

1. Touch CLOCK/PRESET pad.
2. Rotate MENU/TIME/WEIGHT to enter the hour digit.
3. Touch CLOCK/PRESET pad.
4. Rotate MENU/TIME/WEIGHT to enter the minute digit.
5. Press START/QUICK START.

NOTE:

Make sure that the food is placed into the oven in advance before any cooking starts.

When the feature is set, you can check the preset time by pressing CLOCK/PRESET once, the preset time will be displayed for a while; if you want to clear the preset function, press CLOCK/PRESET and then PAUSE/CANCEL.

Multi Stage Cooking

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

Suppose you want to set the following cooking program.

Microwave cooking



Convection cooking (without preheat function)

1. Press POWER to set power level.
2. Rotate TIME/MENU to set cooking time.
3. Press CONVECTION repeatedly to set convection temperature.
4. Rotate TIME/MENU to set cooking time.
5. Press TIME/MENU to start.

NOTE: Jet Defrost, Quick Start and Menu Cook can not be set in the multistage cooking program.

Keep Warm

1. Press POWER LEVEL/KEEP WARM button for 3 secs and the keep warm temperature will get displayed on the screen.
2. Rotate TIME/MENU to set keep warm time.
3. Press TIME/MENU to start, "WARM" symbol will glow to indicate that keep warm is active and timer will start to count down.

NOTE:

1. Maximum time for keep warm function is 95mins.
2. Temp of 50 Deg C +/- 5 degrees is maintained inside the oven in this feature.

Deodoriser

1. Press CONVECTION/DEODORISER button for 3 secs and the deodoriser time will get displayed on the screen.
2. Press TIME/MENU to start deodorize feature, "DEO" symbol will glow to indicate that deodoriser is active and timer will start to count down.

NOTE: Deodoriser will be set to 5mins by default and will stop automatically after completion.

Steam Clean

This function is used to clean the microwave oven cavity of any food or dirt particles.

1. Place the plastic bowl in the starter kit with 150ml of water on the center of

the turntable.

2. Set the microwave oven at 100% power for 3 - 5mins and press "Start".
3. At the end of the cycle the microwave will beep. Allow the microwave oven to remain closed for 1min.
4. Open the microwave and swipe clean the inner surface of the microwave oven with a soft cloth.

Other Convenient Functions

KITCHEN TIMER

Your microwave oven can be used as a kitchen timer. Use the minute timer for timing up to 95 minutes.

1. Press POWER LEVEL/KEEP WARM button till power level displayed is 0.
2. Turn TIME/MENU to enter the time to be counted down.
3. Press TIME/MENU to start.

NOTE: When the countdown ends, the system buzzer will sound two long tones. Time countdown can be seen in display for 5 seconds before clock or cooking time returns to exhibit.

CHILD LOCK

The child lock prevents unsupervised operation by little children.

To set the child lock: Press STOP/CANCEL for 3 seconds, then a beep will sound and the child lock indicator light will turn on.

To cancel the child lock: Press STOP/CANCEL for 3 seconds, then a beep will sound and the child lock indicator light will turn off.

AUTO DEODORISER FEATURE

The electronical controlling system of the microwave oven has the feature of cooling. As for any cooking mode which cooking time is above 2 minutes, after

finishing cooking, the oven fan will work for about 3 minutes automatically to cool the oven for prolonging the life of the oven.

QUICK START

Use this feature to program the oven to microwave food at 100% power conveniently. The longest cooking time is 10 minutes.

Press TIME/MENU in quick succession to set the cooking time. The oven will start immediately. After time has elapsed four beeps will sound and "End" will appear on the display.

TO STOP THE OVEN WHILE THE OVEN IS OPERATING

1. Press STOP/CANCEL.

You can restart the oven by pressing TIME/MENU.

Touch STOP/CANCEL to erase all instructions.

2. Open the Door.

You can restart the oven by closing the door and pressing TIME/MENU.

NOTE:

Oven stops operating when door is opened.

AUTOMATIC PROTECTION MECHANISM

If at anytime in the operation of the oven, the oven cavity temperature reaches 300°C, the oven automatically enters into protection mode. The display shows E 01 with beeps until STOP/CANCEL is pressed; the oven will be back to normal.

If the sensor is short circuited, the system enters into protection mode, the

display shows E 03 with beeps until STOP/CANCEL is pressed, the oven will be back to normal.

Multicuisine Menus

For food or the following cooking mode, it is not necessary to program the duration and the cooking power. It is sufficient to indicate the type of food that you wish to cook as well as the weight of this food. The result of auto cook depends on factors such as the shape and size of food, your personal preference as to the doneness of certain foods and even how well you happen to place the food in the oven. If you find the result at any rate not quite satisfactory, please adjust the cooking time a little bit accordingly.

Recipe Name	Recipe Code				
Vegetable Pasta	Indian A-1	Ingredients			
		pasta	200 gms	300 gms	400 gms
		melted butter	½ tbsp	1 tbsp	1 tbsp
		finely chopped onion	1 small	1 midiem	1 large
		cumins	1 tsp	1 tsp	1½ tsp
		green peas	¼ cup	½ cup	1 cup
		gajar	¼ cup	½ cup	1 cup
		Cauliflower	1/8 cup	¼ cup	½ cup
		capsicum	¼ cup	¼ cup	½ cup
		finely chopped tomato	¼ cup	½ cup	1 cup
		tomato ketchup	¼ cup	¼ cup	½ cup
		chilli powder	1 tsp	1 tsp	1½ tsp
		grated cheese for garnish			
		salt to taste			
		Method of preparation			
		1. Take a microwave oven safe bowl, add pasta, water, mix well & place in the microwave oven. Select Recipe Code, enter weight & press start.			
		2. After beep drain out the water. Add butter, onion, peas, cumins, gajar, cauliflower, capsicum, garam masala, chilli powder, salt, tomato, mix well, place in microwave oven and press start.			
		3. After beep add tomato ketchup, water, mix well and press start. Remove after beep, garnish with grated cheese & Serve hot.			

Chicken Chettinad	Indian A-1	Ingredients			
		200 gms	300 gms	400 gms	
		chicken	200 gms	300 gms	400 gms
		khaskahas roasted	1 tbsp	1½ tbsp	2 tbsp
		dry red chillies roasted	3	4	5
		coriander roasted	½ tsp	¾ tsp	1tsp
		musturd roasted	½ tbsp	¾ tbsp	1tbsp
		cinnamon roasted	½ inch	½ inch	1 inch
		cardamom roasted	2	3	4
		cloves roasted	2	3	4
		chilli powder	1 tsp	1½ tsp	2 tsp
		turmeric powder	½ tsp	¾ tsp	1 tsp
		chopped ginger	1 tsp	1tsp	1tsp
		chopped garlic	1 tsp	1 tsp	1½ tsp
		chopped tomato	1	1½	2
		chopped onions	1	1½	2
		oil	1 tbsp	1 tbsp	1½ tbsp
		curry leaves	few	few	few
		lemon juice	½ tsp	¾ tsp	1 tsp
		sugar	½ tsp	¾ tsp	1 tsp
		grated coconut for garnish			
		coriander leaves for garnish			
		salt to taste			
Method of preparation					
In a mixer, grind all the roasted ingredients with garlic and ginger to make a uniform paste.					
1. Take a microwave oven safe bowl, add chicken & little water & mix well. Place in the microwave oven, select Recipe Code ,enter weight & press start.					
2. After beep remove and set aside. Take another microwave oven safe bowl, add oil, onion, chilli powder, curry leaves termeric powder, the mixed spices paste, stir, place in the microwave oven and press start.					
3. After beep, add chicken, tomato, salt, sugar, lemon juice, mix well and press start. Remove after beep, garnish with coriander leaves and grated coconut powder. Serve hot.					

Channa Masala	Indian A-1	Ingredients			
		200 gms	300 gms	400 gms	
		Soaked Chick peas	200 gms	300 gms	400 gms
		Oil	½ tbsp	¾ tbsp	1 tbsp
		Minced Onion	1	2	3
		Minced Tomato	1	2	3
		Minced green chilly	1	2	3
		garlic paste	½ tsp	¾ tsp	1 tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		bay leaves	1	2	3
		cinnamons	2	3	4
		cardamoms	2	3	4
		red chilly powder	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	½ tsp	½ tsp
		coriander powder	½ tsp	¾ tsp	1 tsp
		garam masala	½ tsp	¾ tsp	1 tsp
		Salt to taste			
		coriander leaves for garnish			
Method of preparation					
1. In a microwave oven safe bowl take chick peas & water. Place in the microwave, select Recipe Code, enter weight and press start.					
2. After beep, remove and set aside. Take another microwave oven safe bowl; add oil, onion, tomato, green chilly, garlic, ginger, bay leaves, cinnamon, cardamom, red chilly powder, turmeric powder, garam masala, salt & mix well. Place in microwave oven & press start					
3. After beep, remove & add the chick peas, mix well and press start. Remove after beep garnish with chopped green coriander leaves. Serve hot.					

Sindhi Curry	Indian A-1	Ingredients			
		chopped carrots	40 gms	50 gms	60 gms
		chopped potatoes	40 gms	50 gms	60 gms
		chopped cauliflower	40 gms	50 gms	60 gms
		chopped eggplant	40 gms	50 gms	60 gms
		chopped okra	40 gms	50 gms	60 gms
		besan	2 tbsp	3 tbsp	4 tbsp
		oil	1 tbsp	1½ tbsp	2 tbsp
		cumin seeds roasted	½ tsp	¾ tsp	1 tsp
		methi seeds roasted	½ tsp	¾ tsp	1 tsp
		hing	a pinch	a pinch	a pinch
		turmeric powder	½ tsp	¾ tsp	1 tsp
		red chilli	1 tsp	1½ tsp	2 tsp
		tamarind paste juice	½ tbsp	¾ tbsp	1 tbsp
		curry leaves	few	few	few
		green chilli	2	3	4
		chopped ginger	½ tsp	½ tsp	¾ tsp
		chopped coriander for garnish			
		chopped mint for garnish			
		salt to taste			
		warm water			
Method of preparation					
1. In a microwave oven safe bowl, add all chopped vegetables, turmeric powder, red chilli powder & mix well. Place in the microwave oven, select Recipe Code, enter weight and press start.					
2. After beep, remove & set aside. Take another microwave oven safe bowl, add oil, besan, cumins, methi, hing, curry leaves, green chilli, ginger & mix well. Place in the microwave oven & press start.					
3. After beep remove, add boiled vegetables, salt, tamarind juice, water & mix well. Place in the microwave oven & press start. Remove after beep, garnish with coriander and mint leaves & serve hot.					

Gobi Manchurian	Indian A-1	Ingredients			
			200 gms	300 gms	400 gms
		cauliflower florets	200 gms	300 gms	400 gms
		soya sauce	1 tsp	1½ tsp	2 tsp
		tomato sauce	1 tsp	1½ tsp	2 tsp
		chilli sauce	1 tsp	1½ tsp	2 tsp
		vinegar	½ tsp	¾ tsp	1 tsp
		maida	½ cup	¾ cup	1 cup
		corn flour	½ cup	¾ cup	1 cup
		hing	a pinch	a pinch	a pinch
		celery	1tsp	1½ tsp	2 tsp
		chopped onion	1cup	1½ cup	2 cup
		ginger paste	½ tsp	¾ tsp	1 tsp
		red chilli powder	1tsp	1½ tsp	2 tsp
		musturd seeds	¼ tsp	½ tsp	¾ tsp
		oil	½ tbsp	¾ tbsp	1 tbsp
		salt to taste			
Method of preparation					
1. In a microwave oven safe bowl, add cauliflower florets, soya sauce, maida, corn flour, hing, salt & mix well. Place in the microwave oven, select Recipe Code, enter weight and press start.					
2. After beep, remove & set aside. Take another microwave oven safe bowl, add oil, musturd seeds, onion, celery, ginger paste, tomato sauce, chilli sauce & mix well. Place in the microwave oven & press start.					
3. After beep remove & add cauliflower, red chilli powder, vinegar & mix well. Place in the microwave oven & press start. Remove after beep & serve hot with naan or paratha.					

Vangi Batata Bhaji	Indian A-1	Ingredients			
long & thin eggplants (sliced)	100 gms	150 gms	200 gms		
potato (cut into cubes)	100 gms	150 gms	200 gms		
chopped tomatoes	100 gms	150 gms	200 gms		
red chilli powder	1tsp	1½ tsp	2 tsp		
coriander powder	1tsp	1½ tsp	2 tsp		
garam masala,	½ tsp	¾ tsp	1 tsp		
turmeric powder,	¼ tsp	½ tsp	¾ tsp		
oil	1 tbsp	1½ tbsp	2 tbsp		
sugar	½ tsp	¾ tsp	1 tsp		
coriander leaves	1tsp	1½ tsp	2 tsp		
salt to taste					
water					
Method of preparation					
<p>1. In a microwave oven safe bowl, add eggplants, potato & mix well. Place in the microwave oven, select Recipe Code, enter weight and press start.</p>					
<p>2. After beep, remove & set aside. Take another microwave oven safe bowl, add oil, tomatoes, red chilli powder, coriander powder, garam masala, turmeric powder & mix well. Place in the microwave oven & press start.</p>					
<p>3. After beep, remove & add vegetables, water, salt & mix well. Place it in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot with chapathi or rice.</p>					

Aloo Mutter	Indian A-2	Ingredients			
		potatoes	200 gms	300 gms	400 gms
		peas	½ cup	¾ cup	1 cup
		onions	1	2	2
		tomatoes	1	2	2
		jeera	½ tsp	½ tsp	1tsp
		ginger garlic paste	1 tsp	1 tsp	1 tsp
		curd	½ cup	¾ cup	1 cup
		coriander leaves	1 tbsp	1½ tbsp	2 tbsp
		turmeric powder	¼ tsp	½ tsp	½ tsp
		jeera powder	1 tsp	1 tsp	1 tsp
		garam masala	1 tsp	1 tsp	1 tsp
		red chilli powder	1 tsp	1½ tsp	2 tsp
		oil or ghee	1 tbsp	1tbsp	1½ tbsp
		sugar	½ tsp	1tsp	1tsp
		green chillies	2	3	4
		coriander leaves for garnish			
		salt to taste			
Method of preparation					
In a mixer grind onions, tomatoes & green chillies.					
1. Pierce the potatoes from all sides, place them on the turn table, select Recipe Code, enter weight & press start					
2. After beep, remove & set aside to cool. Peel & cut into cubes. Take a microwave oven safe bowl, add oil or ghee, ginger garlic paste, jeera, jeera powder, turmeric powder, red chilli powder, garam masala, coriander leaves, salt, ground onion tomatoes green chillies paste, peas, curd & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove & add potatoes, water, sugar, stir and press start. Remove after beep, garnish with coriander leaves & serve hot.					

Murg Korma	Indian A-2	Ingredients			
		chicken	200 gms	300 gms	400 gms
		yogurt	1 tbsp	1½ tbsp	2 tbsp
		garam masala	1 tsp	1½ tsp	2 tsp
		oil	1 tbsp	1 tbsp	1½ tbsp
		sliced onion	1	1½	2
		onion paste	1	1½	2
		turmeric powder	½ tsp	¾ tsp	1 tsp
		Green chilli paste	2	3	4
		ginger paste	½ tsp	¾ tsp	1 tsp
		garlic paste	½ tsp	¾ tsp	1 tsp
		bay leaves	2	3	3
		salt to taste			
Method of preparation					
1. Take a microwave oven safe bowl, add chicken, onion paste & mix well. Place in microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add yogurt blended with water and set aside. Take another microwave oven safe bowl, add oil, sliced onion, chilli paste, bay leaves, garam masala, turmeric powder, ginger garlic paste and stir. Place the bowl in the microwave oven & press start.					
3. After beep remove & add chicken mix, salt & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.					

Shahi Paneer	Indian A-2	Ingredients			
		paneer (cut in thin slices)	200 gms	300 gms	400 gms
		milk	1 cup	2 cups	3 cup
		turmeric powder	½ tsp	1 tsp,	1 tsp,
		fennel (sounf) grinded	½ tbsp,	1 tbsp,	1 tbsp,
		bay leaves	1	2	3
		cardamoms	3	4	5
		sticks cinnamon	1	2	2
		cumin seeds	½ tsp	1tsp	1tsp,
		fresh seedless green chilies	3	4	4
		Salt to taste			
Method of preparation					
1. Take a microwave oven safe flat bowl; add oil & paneer slices. Place the bowl in the microwave oven, select Recipe Code, enter weight and press start.					
2. After beep remove, turn paneer slices smoothly, add fennel (Sounf powder), Turmeric powder, bay leaves, cardamoms, cinnamon, cumin's, salt, Green chilies & stir smoothly. Place the bowl in the microwave oven and press start.					
3. After beep, add milk and stir. Place the bowl back in the microwave oven and press start. Remove after beep and serve hot.					

Maccher Jhol	Indian A-2	Ingredients			
		white-fleshed fish	200 gms	300 gms	400 gms
		ginger grated	½ tsp	1tsp	1½ tsp
		ground turmeric	½ tsp	¾ tsp	1 tsp
		ground coriander seeds	½ tsp	¾ tsp	1 tsp
		ground cumin seeds	½ tsp	¾ tsp	1 tsp
		block cumin seeds	¼ tsp	½ tsp	¾ tsp
		red chilli powder	½ tsp	¾ tsp	1 tsp
		musturd oil	½ tbsp	¾ tbsp	1 tbsp
		dried red chillies	2	2	3
		bay leaves	2	2	3
		chopped onion large	1	1	2
		green chillies	2	2	3
		salt to taste			
Method of preparation					
Cut the fish fillets in about 5cm size. Rub the fish well with turmeric and salt, set aside for 15 minutes.					
1.In a microwave oven safe bowl, add musturd oil, fish pieces & stir smoothly. Place the bowl in the microwave oven, select Recipe Code, enter weight and press start.					
2.After beep, gently take out the fish pieces from the oil on a plate & set aside. In the same oil add ground coriander seeds, cumin, ginger, turmeric powder, chilli powder, salt, red chillies, onion, bay leaves, green chillies & mix well. Place in the microwave oven & press start.					
3.After beep, remove, add fish pieces, water & mix well. Place in the microwave oven & press start. Remove after beep & serve with rice.					

Sev-Bhaji	Indian A-2	Ingredients			
		sev	100 gms	150 gms	200 gms
		tomato puree	1 tbsp	1½ tbsp	2 tbsp
		chopped tomato	1	1½	1½
		chooped onions	1	1½	1½
		musturd sedds	¼ tsp	½ tsp	¾ tsp
		cumin sedds	¼ tsp	½ tsp	¾ tsp
		green chilli	1	2	2
		hing	a pinch	a pinch	a pinch
		curry leaves	few	few	few
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		red chilli powder	1 tsp	1½ tsp	2 tsp
		ground coriander	½ tsp	¾ tsp	1 tsp
		ground cumin	½ tsp	¾ tsp	1 tsp
		oil	½ tbsp	¾ tbsp	1 tbsp
		salt to taste			
		water			
		coriander leaves for garnish			
Method of preparation					
1. Take a microawave oven safe bowl, add oil, onion, musturd, cumins, green chillies, curry leaves, turmeric powder, red chilli powder, salt & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight and press start.					
2. After beep remove & add tomato puree, chopped tomato, hing, ground coriander, ground cumin & mix well. Place in microwave oven & press start.					
3. After beep remove & add sev, water, & stir smoothly. Place in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot					

Masala Bhendhi Fry	Indian A-2	Ingredients			
			200 gms	300 gms	400 gms
		bhendhi / okra			
		medium onion sliced	3	3	4
		tomato puree	1	2	2
		garlic paste	½ tsp	¾ tsp	1 tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		dhania powder	½ tsp	¾ tsp	1 tsp
		jeera powder	½ tsp	¾ tsp	1 tsp
		jeera	½ tsp	¾ tsp	1 tsp
		oil	1 tbsp	1½ tbsp	2 tbsp
		chilli powder	1½ tsp	2 tsp	2½ tsp
		peppercorns	4	5	6
		cloves	2	3	4
		cinnamon	1 inch	1½ inch	2 inch
		salt to taste			
		chopped coriander for garnish			
Method of preparation					
1. Take a microwave oven safe bowl, add oil, onion, garlic, ginger, dhania powder, jeera powder, jeera, chilli powder, pepper corns, cloves, cinnamon, salt & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight and press start.					
2. After beep remove the bowl, add bhendhi & mix well. Place the bowl in the microwave oven & press start.					
3. After beep remove the bowl, add tomato puree & mix well. Place in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot.					

Curd Rice	Indian A-3	Ingredients			
			200 gms	300 gms	400 gms
		dahi / yogurt			
		rice	2 cups	3 cups	4 cups
		milk	1 cup	1½ cup	1½ cup
		musturd seeds	½ tsp	½ tsp	1 tsp
		cumins seeds	½ tsp	½ tsp	1 tsp
		dry red chilly (cut into small)	2	3	4
		ghee	1 tbsp	1 tbsp	1½ tbsp
		medium size cucumber grated	½	¾	1
		seedless grapes (chopped)	50 gms	75 gms	100 gms
		promegranate (dalim) seeds	¼ cut	½ cut	¾ cut
		salt to taste			
Method of preparation					
1. Take rice in a microwave safe bowl, add milk & water. Place in the microwave, select Recipe Code, enter weight & press start.					
2. After beep, remove & set aside. Take another microwave safe bowl, add ghee, musturd seeds, cumin seeds, dry red chilli & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove & add rice, yogurt, salt & mix well. Place it in the microwave oven & press start. Remove after beep, add the fruits, mix well and serve					

Tomato Rasam	Indian A-3	Ingredients			
		red gram dal	1½ tbsp	2 tbsp	2 tbsp
tomatoes	1	2	3	3	
garlic paste	½ tsp	¾ tsp	1 tsp	1 tsp	
garlic grated	½ tsp	¾ tsp	1 tsp	1 tsp	
ginger chopped	½ inch	½ inch	¾ tsp	¾ tsp	
green chillies chopped	1	2	2	2	
turmeric powder	¼ tsp	¼ tsp	½ tsp	½ tsp	
musturd seeds	½ tsp	¾ tsp	1 tsp	1 tsp	
cumin seeds	½ tsp	¾ tsp	1 tsp	1 tsp	
dried red chillies	2	3	3	3	
hing	a pinch	a pinch	a pinch	a pinch	
curry leaves	few	few	few	few	
pepper powder	½ tsp	¾ tsp	1 tsp	1 tsp	
oil	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp	
salt to taste					
water					
coriander leaves for garnish					
Method of preparation					
1. In a microwave oven safe bowl, take dal, add turmeric powder, garlic grated, ginger chopped, water & mix well. Place in the microwave, select Recipe Code, enter weight & press start.					
2. After beep, remove & set aside. Take another microwave oven safe bowl, add oil, musturd seeds, cumin seeds, curry leaves, dried red chillies, garlic paste, ginger, green chillies, salt, pepper powder, hing, tomatoes and mix well. Place in the microwave & press start.					
3. After beep, remove, add dal & water. Mix well, place in the microwave oven & press start. Remove after beep & serve hot garnished with coriander leaves.					

Pongal	Indian A-3	Ingredients			
		Rice	1 cup	2 cup	3 cup
moog dal	¼ cup	½ cup	1 cup	1 cup	
ghee (melted)	¼ tbsp	½ tbsp	1tbsp	1tbsp	
cashews	3	4	5	5	
black peppers	½ tsp	1/3 tsp	1 tsp	1 tsp	
grated ginger	½ tsp	1/3 tsp	1 tsp	1 tsp	
Salt to taste					
Method of preparation					
1. Take a microwave oven safe bowl; add rice, dal, water & mix well. Place in the microwave, select Recipe Code, enter weight & press start.					
2. After beep, remove & set aside. Take another microwave safe bowl; add ghee, ginger, cashews, Black peppers, salt & mix well. Place the bowl in the microwave & press start.					
3. After beep, remove, add rice, mix well & cover the bowl with a lid. Place the bowl in the microwave & press start. Remove after beep and serve hot.					

Sambar	Indian A-3	Ingredients			
		red gram dal	1 cup	1½ cup	2 cup
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		bitter gourd (sliced into long pieces)	100 gms	150 gms	200 gms
		brinjal (sliced into long pieces)	1	1½	2
		drum stick (sliced into long pieces)	½	½	¾
		ladies finger (sliced into long pieces)	2	3	4
		dried red chillies	4	5	6
		curry leaves	1 spring	1 spring	2 spring
		tamarind	20 gms	30 gms	40 gms
		hing	¼ tsp	½ tsp	½ tsp
		red chilli powder	1 tsp	1½ tsp	2 tsp
		oil	1 tbsp	1½ tbsp	2 tbsp
		white gram dal (fried)	¼ tsp	½ tsp	1 tsp
		coriander seeds (fried)	½ tbsp	¾ tbsp	1 tbsp
		musturd seeds (fried)	½ tsp	¾ tsp	1 tsp
		coriander leaves for garnish			
		musturd seeds for tadka			
		water			
		salt to taste			
Method of preparation					
Make a paste of fried white gram dal, coriander seeds, musturd seeds, keep aside					
Mash the tamarind in a cup of water and strain. Keep aside.					
1.Wash the dal and take in a microwave safe bowl, add water, turmeric powder, bitter gourd, drum sticks & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2.After beep, remove & set aside. Take oil in another microwave safe bowl, add brinjal, ladies finger, dried red chillies, curry leaves, hing, red chilli powder, fried dal, coriander, musturd paste, musturd seeds, salt & mix well. Place the bowl in the microwave oven and press start.					
3.After beep, remove, add boiled dal and vegetables, add tamarind water, water & stir. Place in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot.					

Aamti	Indian A-3	Ingredients			
		moong dal	200 gms	300 gms	400 gms
		chopped tomato	1	2	2
		green chillies	3	4	5
		curry leaves	few	few	few
		musturd seeds	½ tsp	¾ tsp	1 tsp
		hing	a pinch	a pinch	a pinch
		turmeric powder	¼ tsp	½ tsp	¾ tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		oil	1 tbsp	1½ tbsp	2 tbsp
		coriander leaves	1 tbsp	1 tbsp	1½ tbsp
		salt to taste			
		water			
Method of preparation					
1. Take a microawave oven safe bowl, add dal, turmeric powder, water & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep remove the bowl, add oil, green chillies, curry leaves, musturd seeds, hing, cumins, salt & mix well. Place the bowl in the microwave oven & press start.					
3. After beep remove the bowl, add mashed dal, tomato, coriander leaves & mix well. Place the bowl in the microwave oven and press start. Remove after beep & serve hot.					

Veg Pullao	Indian A-3	Ingredients			
		rice (soaked)	1 cup	2 cup	3 cup
		potato cut into cubes	½ cup	¾ cup	1 cup
		carrot cut into cubes	½ cup	¾ cup	1 cup
		cauliflower cut into florets	½ cup	¾ cup	1 cup
		peas	½ cup	¾ cup	1 cup
		cashew nuts	½ tbsp	¾ tbsp	1 tbsp
		raisins	1 tsp	1½ tsp	2 tsp
		onions	1	1	1½
		ghee	1 tbsp	1 tbsp	1½ tbsp
		oil	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	½ tsp	¾ tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		garlic paste	½ tsp	¾ tsp	1 tsp
		green chilli paste	½ tsp	¾ tsp	1 tsp
		chinnamon stick	1	2	3
		cloves	3	4	5
		mint leaves	¼ tbsp	½ tbsp	¾ tbsp
		cardamom	3	4	5
		salt to taste			
		water			
Method of preparation					
1. Take a microwave oven safe bowl, add ghee, potato, carrot, florets, peas, rice, water & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep remove and set aside. Take another microwave oven safe bowl, add oil, onions, curry leaves, green chilli paste, cloves, garlic, ginger paste, chinnamon stick, mint leaves, cardamom, cashew nuts, raisins, turmeric powder & mix well. Place the bowl in the microwave oven & press start.					
3. After beep remove the bowl, add rice, salt & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot					

Upma	Indian A-4	Ingredients			
		roasted semolina (suji)	1 cup	2 cup	3 cup
		onions medium sized (finely chopped)	2	3	4
		green chilly (finely chopped)	2	3	4
		curry leaves	6	8	10
		mustard	½ tsp	1/3 tsp	1 tsp
		cumin's seeds	½ tsp	1/3 tsp	1 tsp
		turmeric powder	¼ tsp	½ tsp	1 tsp
		groundnuts (roasted)	1 tbsp	1½ tbsp	2 tbsp
		channa dhal	1 tsp	2 tsp	3 tsp
		urad dhal	1tsp	2 tsp	3 tsp
		tomato (chopped)	1	1	2
		green peas	20 gms	30 gms	40 gms
		carrot (chopped)	1	1	1
		ghee (melted)	½ tbsp	1/3 tbsp	1 tbsp
		Salt to taste			
		Water			
Method of preparation					
1.Take a microwave oven safe bowl; add ghee, onion, chilli, curry leaves, mustard, cumin, turmeric powder, groundnuts, channa dal, urad dal, tomato, carrot, green peas, salt & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2 After beep remove the bowl, add suji, water & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with grated coconut, green coriander & serve hot.					

Tomato Soup	Indian A-4	Ingredients			
		tomatoes cut into pieces	200 gms	300 gms	400 gms
		onions cut into pieces	1	1½	2
		grated ginger chopped	½ tsp	¾ tsp	1 tsp
		grated carrot chopped	1	1	1½
		beet root	1 piece	2 pieces	2 pieces
		sugar	1 tsp	1½ tsp	2 tsp
		black pepper powder	½ tsp	¾ tsp	1 tsp
		salt to taste			
		water			
Method of preparation					
Grind the vegetables with ginger and black pepper powder in a mixer to make a paste.					
1.Take a microwave oven safe bowl, add tomatoes, onion, carrot, beet root & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2.After beep remove the bowl, add the vegetable paste, sugar, salt, water & mix well. Place in the microwave oven & press start. Remove after beep & serve hot with fried bread pieces.					

Baigan Masala	Indian A-4	Ingredients			
		brinjals (cut lenth wise)	200 gms	300 gms	400 gms
		onion roasted	2	3	4
		ginger	½ tsp	¾ tsp	1 tsp
		garlic cloves	2	3	4
		coriander seeds roasted	¼ tbsp	½ tbsp	¾ tbsp
		sesame seeds roasted	½ tbsp	¾ tbsp	1 tbsp
		peanuts roasted	1 tbsp	1 tbsp	1½ tbsp
		cumin seeds roasted	½ tsp	¾ tsp	1 tsp
		poppy seeds	¼ tsp	½ tsp	¾ tsp
		dessicated coconut roasted	½ tbsp	¾ tbsp	1 tbsp
		fenugreek seeds roasted	¼ tsp	½ tsp	¾ tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		red chilli powder	1tsp	1½ tsp	2 tsp
		jaggery	1tsp	1½ tsp	2 tsp
		tamarind	½ tbsp	¾ tbsp	1 tbsp
		curry leaves	few	few	few
		oil	1 tbsp	1 tbsp	1½ tbsp
		salt to taste			
Method of preparation					
Soak the tamarind in 1 cup of water. Mash and sieve to get tamarind water.					
Grind together coriander seeds,roasted sesame seeds, roasted peanuts, poppy seeds, roasted cumin seeds, roasted coconut, fenugreek seeds, turmeric powder, red chilli powder, jaggery with a little water to make a fine paste.					
1.Take a microawave oven safe bowl, add oil, brinjal, curry leaves, ground paste (mentioned above), salt, mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2.After beep, remove the bowl, add tamarind water, water & mix well. Place in the microwave oven & press start. Serve hot with rice or parathas.					

Coconut Ladoo	Indian A-4	Ingredients			
		suji / rava	1 cup	2 cup	3 cup
		grated coconut	1½ cup	3 cup	4 cup
		condensed milk	as required	as required	as required
		powdered sugar	1 cup	2 cup	3 cup
		dry coconut powder	½ cup	¾ cup	1cup
Method of preparation					
1.Take suji in a microawave oven safe glas bowl. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2.After beep, remove, add grated coconut, condensed milk, powdered sugar & mix well. Place in the microwave oven & press start. Remove after beep & set aside to cool. Make small balls of the mixture. roll the balls in dry coconut powder & serve.					

Bengali Fish Curry	Indian A-4	Ingredients			
		200 gms	300 gms	400 gms	
		fish (cut into slices)	200 gms	300 gms	400 gms
		oil	1 tbsp	1 tbsp	1½ tbsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		chilli powder	1tsp	1½ tsp	2 tsp
		garlic crushed	½ tsp	¾ tsp	1 tsp
		lime juice	½ tbsp	¾ tbsp	1 tbsp
		cumin seeds	¼ tsp	½ tsp	¾ tsp
		musturd seeds	½ tsp	¾ tsp	1 tsp
		fennel seeds	¼ tsp	¼ tsp	½ tsp
		fenugreek seeds	¼ tsp	¼ tsp	½ tsp
		onion seeds	¼ tsp	¼ tsp	½ tsp
		tomoto puree	1 tbsp	1 tbsp	1½ tbsp
		green chillies paste	1 tsp	1½ tsp	2 tsp
		musturd seeds paste	1 tsp	1½ tsp	2 tsp
		cumins paste	½ tsp	¾ tsp	1 tsp
		yogurt	2 tbsp	2 tbsp	2½ tbsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		curry leaves	few	few	few
		coriander leaves for garnish			
		salt to taste			
		water			
Method of preparation					
Marinate fish with chilli powder, turmeric powder, garlic, salt and lime juice for 1hour.					
1. In a microwave oven safe bowl take oil, cumin seeds, musturd seeds, fenugreek seeds, onion seeds, curry leaves, green chillies paste, cumin paste, ginger paste, add marinated fish & stir smoothly. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep remove, add yogurt, tomoto puree, water & mix well. Place in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot.					

Palak Paneer	Indian A-4	Ingredients			
		200 gms	300 gms	400 gms	
		paneer cut into cubes	200 gms	300 gms	400 gms
		chopped palak	2 tbsp	3 tbsp	3 tbsp
		chopped tomatoes	1	2	2
		cumin seeds	½ tsp	¾ tsp	1 tsp
		grated ginger	¼ tsp	½ tsp	¾ tsp
		grated garlic	¼ tsp	½ tsp	¾ tsp
		chopped onion	1	2	2
		chopped green chillies	2	3	4
		coriander powder	½ tsp	¾ tsp	1 tsp
		garam masala	½ tsp	¾ tsp	1 tsp
		kasoori methi	1 tbsp	1 tbsp	1½ tbsp
		butter	½ tbsp	¾ tbsp	1 tbsp
		red chilli powder	1 tsp	1½ tsp	2 tsp
		milk	½ cup	¾ cup	1 cup
		sugar	½ tsp	¾ tsp	1 tsp
		bay leave	1	2	2
		salt to taste			
		heavy cream for garnish			
Method of preparation					
1. In a microwave oven safe bowl, take butter, add chopped onion, cumin seeds, grated ginger, grated garlic, chopped green chillies, chopped palak, garam masala coriander powder, kasoori methi, red chilli powder, bay leave, sugar, salt & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep remove, add paneer, tomato, milk & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with heavy cream & serve hot.					

Tamarind Rice	Indian A-5	Ingredients			
		cooked rice	1 cup	1½ cup	2 cup
		tamarind juice	¼ cup	½ cup	¾ cup
		channa dal	1 tsp	1½ tsp	2 tsp
		dried red chilly	3	4	4
		turmeric powder	¼ tsp	½ tsp	¾ tsp
		curry leaves	few	few	few
		jaggery powder	½ tsp	¾ tsp	1 tsp
		fenugreek	½ tsp	¾ tsp	1 tsp
		hing	a pinch	a pinch	a pinch
		musturd	½ tsp	¾ tsp	1 tsp
		sesame oil	1 tbsp	1 tbsp	1½ tbsp
		peanuts	2 tsp	2½ tsp	3 tsp
		salt to taste			
Method of preparation					
1. In a microwave oven safe bowl, take sesame oil, add musturd, channa dal, red chilli, curry leaves, peanuts & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep remove & add tamarind juice, turmeric powder, jaggery powder, fenugreek, hing, salt & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add cooked rice & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.					

Kadhi	Indian A-5	Ingredients			
		besan	1 tbsp	1½ tbsp	2 tbsp
		yogurt	1 tsp	1½ tsp	2 tsp
		grated ginger	½ tsp	¾ tsp	1 tsp
		turmeric powder	½ tsp	½ tsp	¾ tsp
		ghee	½ tbsp	¾ tbsp	1 tbsp
		dry red chillies	1	2	3
		curry leaves	few	few	few
		chopped green chillies	1	2	3
		hing	a pinch	a pinch	a pinch
		sugar	1 tsp	1½ tsp	2 tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		musturd seeds	½ tsp	¾ tsp	1 tsp
		salt to taste			
		chopped coriander leaves for garnish			
		water			
Method of preparation					
Beat the yogurt, water & besan in a vessel so that no lumps are formed.					
1. In a microawave oven safe bowl take ghee and musturd seeds, cumin seeds, hing, dried red chillies, turmeric powder, curry leaves, grated ginger, green chillies & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep remove the bowl, add besan mixture & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add salt, sugar & mix well. Place the bowl in the microwave oven and press start. Remove after beep, garnish with coriander leaves & Serve hot.					

Paneer Bhurji	Indian A-5	Ingredients			
		200 gms	300 gms	400 gms	
		paneer	200 gms	300 gms	400 gms
		oil	½ tbsp	¾ tbsp	1 tbsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		chopped green chillies	2	2	3
		chopped onion	1	2	2
		turmeric powder	½ tsp	½ tsp	¾ tsp
		garam masala powder	1tsp	1½ tsp	2 tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		garlic paste	½ tsp	¾ tsp	1 tsp
		chopped tomato	1	2	2
		salt to taste			
		water			
		coriander leaves for garnish			
Method of preparation					
1. In a microwave oven safe bowl, take oil, green chillies, cumin seeds, garlic paste, ginger paste, tomatoes & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add turmeric powder, garam masala, grated paneer & mix well. Place the bowl in microwave oven & press start.					
3. After beep, remove, add salt, water & mix well. Place in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot.					

Tomato Sabji	Indian A-5	Ingredients			
		tomatoes	200 gms	300 gms	400 gms
		onion	1 tbsp	1½ tbsp	2 tbsp
		musturd seeds	½ tsp	¾ tsp	1 tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		oil	1 tbsp	1½ tbsp	2 tbsp
		curry leaves	few	few	few
		fresh cream	1 tbsp	1½ tbsp	2 tbsp
		green chillies	1	2	3
		finely chopped ginger	½ tsp	¾ tsp	1 tsp
		finely chopped garlic	½ tsp	¾ tsp	1 tsp
		red chilli powder	1 tsp	1½ tsp	2 tsp
		roasted ground nuts	1 tbsp	1½ tbsp	2 tbsp
		kasuri methi	½ tsp	¾ tsp	1 tsp
		jaggery or sugar	½ tsp	¾ tsp	1 tsp
		salt to taste			
		coriander leaves for garnish			
Method of preparation					
1. In a microwave oven safe bowl take oil, green chillies, cumin seeds, garlic paste, ginger paste, musturd seeds, onion, curry leaves, red chilli powder, ground nuts & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add tomatoes, kasuri methi & mix well. Place the bowl in the microwave oven & press start.					
3. After beep remove, add salt, jaggery or sugar, fresh cream & mix well. Place in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve with roti or bread.					

Green Onion Egg Bhurji	Indian A-5	Ingredients			
		eggs	2	3	4
		green onions with leaves (chopped)	1½ cup	2 cups	2 cups
		turmeric powder	¼ tsp	½ tsp	½ tsp
		chilli powder	1 tsp	1 tsp	1½ tsp
		oil	1 tbsp	1 tbsp	1½ tbsp
		salt to taste			
Method of preparation:					
1. Take oil in a microwave oven safe bowl, add chopped onion bulbs and leaves, turmeric powder, chilli powder & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add eggs & mix well. Place in the microwave oven & press start.					
3. After beep, remove, stir and break the egg mixture, add salt & mix well. Place in the microwave oven & press start. Remove after beep & serve hot.					

Sheera (Suji ka Halwa)	Indian A-5	Ingredients			
		Suji	1 cup	2 cup	3 cup
milk	1 cup	2 cup	3 cup		
water	as required	as required	as required		
sugar	1 cup	2 cup	3 cup		
ghee	½ cup	1 cup	1/3 cup		
cardamom powder	1/8 tsp	1/4 tsp	1/2 tsp		
4 cashews	5	6	8		
4 almonds	5	6	8		
6 raisins	6	7	8		
Method of preparation;					
1. Take suji in a paper & place it in the microwave oven. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove & take it in a microwave oven safe bowl; add water, milk, sugar, cardamom powder, cashew, almonds & stir. Place it in the microwave oven & press start.					
3. After beep, remove, add ghee, raisins, water if required & stir. Place it in the microwave oven & press start. Remove after beep & serve hot.					

Poha	Indian A-6	Ingredients			
		Poha (Washed & drained)	200 gms	300 gms	400 gms
oil	½ tbsp	1/3 tbsp	1 tbsp		
green peas	1/4 cup	½ cup	1 cup		
channa dal	¼ tbsp	½ tbsp	1 tbsp		
urad dal	¼ tbsp	½ tbsp	1 tbsp		
peanuts	¼ cup	½ cup	1 cup		
onions medium sized (chopped)	2	3	4		
carrot (chopped)	1	1	1½		
cumin seeds	½ tsp	1/3 tsp	1 tsp		
green chili (small chopped)	2	3	4		
Grated coconut for garnish					
Fresh coriander for garnish					
Method of preparation					
1. Take oil in microwave oven safe bowl, add onion, green chilli, carrot, green peas, channa dal, urad dal, peanuts, cumin seeds & stir. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add poha & stir. Place in the microwave oven & press start. Remove after beep, garnish with grated coconut and fresh coriander & serve hot.					

Capsicum Curry	Indian A-6	Ingredients			
			200 gms	300 gms	400 gms
		capsicum	200 gms	300 gms	400 gms
		besan	1 tbsp	1½ tbsp	2 tbsp
		butter milk	1 cup	1½ cup	2 cup
		turmeric powder	½ tsp	¾ tsp	1 tsp
		oil	1 tbsp	1½ tbsp	2 tbsp
		musturd	½ tsp	¾ tsp	1 tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		green chillies	2	2	3
		garlic cloves (crushed)	2	3	4
		chopped coriander	½ tbsp	¾ tbsp	1 tbsp
		salt to taste			
Method of preparation					
1. Take oil in a microwave oven safe bowl add green chillies, cumin seeds, garlic crushed, musturd, turmeric powder, capsicum & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep remove, add butter milk, besan, salt, coriander & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.					

Sabudana Kichidi	Indian A-6	Ingredients			
			200 gms	300 gms	400 gms
		sabudana (soaked)	200 gms	300 gms	400 gms
		ground nut powder	1½ tbsp	1½ tbsp	2 tbsp
		chopped green chillies	2	2	3
		Boiled & peeled potato	½ cup	1 cup	1½ cup
		oil	1 tbsp	1 tbsp	1½ tbsp
		hing	a pinch	a pinch	a pinch
		cumin seeds	½ tsp	¾ tsp	1 tsp
		sugar	1 tsp	1½ tsp	2 tsp
		lime juice	½ tsp	¾ tsp	1 tsp
		salt to taste			
Method of preparation					
1. Take oil in a microwave oven safe bowl, add green chillies, cumin seeds, potato cubes, ground peanuts powder, hing & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add sabudana, salt, sugar, lime juice & mix well. Place in the microwave oven & press start. Remove after beep & serve hot.					

Pomfret Fry	Indian A-6	Ingredients			
		pomfret	200 gms	300 gms	400 gms
		bread crumbs	1 tbsp	1½ tbsp	1½ tbsp
		seasoned flour	1 tbsp	1½ tbsp	1½ tbsp
		eggs	1	1	2
		melted butter	1 tbsp	1 tbsp	1½ tbsp
		lime juice	½ tsp	¾ tsp	1 tsp
		salt to taste			
		coriander leaves for garnish			
Method of preparation					
1. Take pomfret in a microwave oven safe bowl & add melted butter. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove pomfret and dip in milk, roll in flour, coat with beaten egg, toss in bread crumbs and place in the same bowl. Place the bowl in the microwave oven & press start. Remove after beep, pour lime juice on pomfret, garnish with coriander leaves & serve hot.					

Chiwda	Indian A-6	Ingredients			
		flat poha	2 cup	2½ cup	3 cup
		peanuts	½ cup	½ cup	¾ cup
		cashew	¼ cup	¼ cup	½ cup
		almonds	¼ cup	¼ cup	½ cup
		pista	½ tsp	½ tsp	¾ tsp
		pumpkin seeds	¼ tsp	½ tsp	¾ tsp
		pine nuts	¼ tsp	½ tsp	¾ tsp
		raisins	½ tsp	¾ tsp	1 tsp
		khajoor	½ tsp	¾ tsp	1 tsp
		saunf	¼ tsp	½ tsp	¾ tsp
		green chillies sliced	2	2	3
		curry leaves	few	few	few
		moong dal	1 tsp	1½ tsp	2 tsp
		ghee	1 tbsp	1 tbsp	1½ tbsp
		sugar	½ tsp	¾ tsp	1 tsp
		deep fried sev noodles	½ cup	½ cup	¾ cup
		coriander leaves	1 tbsp	1 tbsp	1½ tbsp
		salt to taste			
Method of preparation					
1. Take a microwave oven safe bowl, add ghee, green chillies, moong dal, saunf, curry leaves, pine nuts, peanuts, khajoor, coriander leaves, pumpkin seeds & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep remove, add poha, cashew, almonds, pista, raisins, sugar, deep fried sev noodles, salt & mix well. Place it in the microwave oven & press start. Remove after beep & serve hot.					

Country Style Omlette	Indian A-6	Ingredients			
		eggs	4	5	6
onion chopped	1	2	2		
green capsicum chopped	1	1½	1½		
butter	½ tbsp	¾ tbsp	1 tbsp		
cheese grated	1 tbsp	1 tbsp	1½ tbsp		
milk	½ tbsp	¾ tbsp	1 tbsp		
wafers	½ tbsp	¾ tbsp	1 tbsp		
salt to taste					
coriander chopped for garnish					
Method of preparation					
1.Take a microawave oven safe bowl, add butter, green capsicum, chopped onion, grated cheese, chopped coriander, milk & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2.After beep, remove, add eggs, wafers, salt & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with chopped coriander & serve hot.					

Gajar Ka Halwa	Indian A-7	Ingredients			
		carrots (grated)	200 gms	300 gms	400 gms
sugar	20 gms	30 gms	40 gms		
kawa (mawa grated)	50 gms	75 gms	100 gms		
ghee	30 ml	40 ml	50 ml		
milk condensed	100 ml	150 ml	200 ml		
milk	50 ml	75 ml	100 ml		
cardamoms	3	4	5		
pistachio flakes (almonds)	20 gms	30 gms	40 gms		
raisins	20 gms	30 gms	40 gms		
Method of preparation					
1.Take grated carrots in a Microwave oven safe bowl. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2.After beep, remove, add sugar, ghee, kawa, condensed milk, milk & stir. Place the bowl in the microwave oven & press start.					
3.After beep remove, add cardamoms, raisins & stir. Place in the microwave oven & press start. Remove after beep & serve hot or cool.					

Mutton Liver Masala	Indian A-7	Ingredients		
		200 gms	300 gms	400 gms
		mutton liver	2	3
		onions	2	3
		oil	1 tbsp	1½ tbsp
		garlic paste	½ tsp	¾ tsp
		ginger paste	½ tsp	¾ tsp
		cumin seeds paste	½ tsp	¾ tsp
		red chilli paste	1 tsp	2 tsp
		vinegar	1 tsp	2 tsp
		sugar	1 tsp	2 tsp
		chopped coriander leaves	½ tbsp	¾ tbsp
		salt to taste		
		water		
Method of preparation				
1. Take water in a microwave oven safe bowl and the mutton liver in it. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.				
2. After beep, remove & set aside. Take oil in another microwave oven safe bowl, add onions, ginger paste, garlic paste, red chilli powder & mix well. Place in the microwave oven & press start.				
3. After beep remove, add liver, vinegar, coriander leaves, sugar, salt & mix well. Place in the microwave oven & press start. Remove after beep & serve hot.				

Bhature Ka Chole	Indian A-7	Ingredients			
		200 gms	300 gms	400 gms	
		soaked chole	1 tbsp	1½ tbsp	2 tbsp
		oil	1	2	3
		chopped onions	1	2	3
		chopped tomato	1 tsp	1½ tsp	2 tsp
		garam masala	1 tsp	1½ tsp	2 tsp
		chole masala	½ tsp	¾ tsp	1 tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		garlic paste	½ tsp	¾ tsp	1 tsp
		cumin seeds	5	6	7
		mint leaves	½ tbsp	½ tbsp	¾ tbsp
		coriander leaves	¼ tsp	½ tsp	¾ tsp
		turmeric powder	1 tsp	1½ tsp	2 tsp
		chilli powder	2	2	3
		bay leaves	2	3	4
		cloves			
		salt to taste			
		water			
Method of preparation					
1. Take oil in a microwave oven safe bowl, add chole, onion, garam masala, ginger paste, garlic paste, cumin seeds, turmeric powder, chilli powder, bay leaves, cloves, water & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep remove, add tomato, chole masala & mix well. Place the bowl in the microwave oven & press start.					
3. After beep remove, add mint leaves, coriander leaves, salt & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.					

Lauki Curry	Indian A-7	Ingredients			
		lauki (peel the skin & cut into pieces)	200 gms	300 gms	400 gms
		peas	1 tbsp	1½ tbsp	2 tbsp
		chopped capsicum	1	1	1½
		chopped onion	1	2	2
		chopped green chilli	2	2	3
		yogurt	1 tbsp	1½ tbsp	2 tbsp
		crushed ginger	½ inch	¾ inch	1 inch
		garam masala	1 tsp	1½ tsp	2 tsp
		turmeric powder	½ tsp	¾ tsp	1 tsp
		red chilli powder	1 tsp	1½ tsp	2 tsp
		oil	1 tbsp	1 tbsp	1½ tbsp
		chopped coriander for garnish			
		salt to taste			
		water			
Method of preparation					
1. Take oil in a microwave oven safe bowl, add, lauki, capsicum, onion, chilli powder, ginger, turmeric powder, green chilli, garam masala & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add peas, yogurt & mix well. Place the bowl in the microwave oven & press start.					
3. After beep remove, add salt, water & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot.					

Paneer Makhani	Indian A-7	Ingredients			
		200 gms	300 gms	400 gms	
		paneer cubes	200 gms	300 gms	400 gms
		curds	½ cup	¾ cup	1 cup
		butter	1 tbsp	1tbsp	1½ tbsp
		ghee or oil	½ tbsp	¾ tbsp	1tbsp
		fresh cream	50 gms	75 gms	100 gms
		cashew nuts paste	¼ cup	½ cup	½ cup
		onion paste	½ cup	¾ cup	1cup
		green chillies paste	2	3	4
		ginger paste	½ tsp	¾ tsp	1 tsp
		garlic paste	½ tsp	¾ tsp	1 tsp
		tomato puree	½ cup	¾ cup	1cup
		garam masala powder	1 tsp	1 tsp	1 tsp
		red chilli powder	1 tsp	1½ tsp	2 tsp
		dhania powder	1 tsp	1 tsp	1 tsp
		jeera powder	½ tsp	1 tsp	1 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		sugar	½ tsp	¾ tsp	1 tsp
		salt to taste			
		coriander leaves for garnish			
Method of preparation					
1. Take butter in a microwave oven safe bowl, add paneer cubes & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add curd, mix well & keep aside. Take ghee or oil in another microwave oven safe bowl, add onion paste, garlic paste, ginger paste, green chillies paste, cashew paste, garam masala powder, red chilli powder, turmeric powder, dhania powder, jeera powder, tomato puree, fresh cream & mix well, Place in the microwave oven & press start,					
3. After beep, remove, add paneer, salt, sugar & mix well. Place in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot.					

Cabbage Thoran	Indian A-7	Ingredients			
			100 gms	150 gms	200 gms
		cabbage	100 gms	150 gms	200 gms
		french beans	50 gms	75 gms	100 gms
		potatoes	100 gms	150 gms	200 gms
		coconut oil	1 tbsp	1 tbsp	1½ tbsp
		musturd seeds	½ tsp	¾ tsp	1 tsp
		block gram	1 tsp	1½ tsp	2 tsp
		dried red chillies (cut into pieces)	2	3	4
		turmeric powder	½ tsp	¾ tsp	1 tsp
		red chilli powder	1 tsp	1½ tsp	2 tsp
		coconut grated	½ cup	½ cup	¾ cup
		cumin seeds	½ tsp	¾ tsp	1 tsp
		curry leaves	few	few	few
		garlic cloves	2	3	4
		salt to taste			
		water			
Method of preparation					
Make a fine paste of grated coconut, cumin seeds, curry leaves and garlic.					
1. Take a microwave oven safe bowl, add cabbage, potatoes, french beans, black gram, dried red chillies, salt, water & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add coconut mix paste & mix well. Keep the bowl in the microwave oven & press start.					
3. After beep, remove, add oil, turmeric powder, red chilli powder, musturd & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.					

Mustard Fish	Indian A-8	Ingredients			
		Hilsa fish (cut into medium size pieces)	200 gms	300 gms	400 gms
		turmeric powder	½ tsp	1/3 tsp	1 tsp
		mustard oil	½ tbsp	1/3 tbsp	1 tbsp
		mustard seeds	½ tsp	1 tsp	1½ tsp
		Salt to taste			
		water			
		Coriander leaves, Green chilies for garnish			
		For Mustard Curry Paste:			
		mustard seeds	1 tbsp	2 tbsp	3 tbsp
		green chilies	½ tsp	1 tsp	1½ tsp
		poppy seeds	½ tsp	1 tsp	1½ tsp
Method of preparation					
Marinate fish with turmeric powder and salt. Set aside for ½ hour. To make Mustard Curry paste grind mustard seeds, green chilies & poppy seeds. Set aside.					
1. Take oil in microwave oven safe bowl, add fish pieces & stir. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove fish pieces from oil & set aside. In the same bowl, add mustard seeds, mustard curry paste & water to remaining oil & stir. Place in the microwave oven & press start.					
3. After beep remove & add fried fish pieces. Place the bowl in the microwave oven & press start. Remove after beep, garnish with Chillies & coriander leaves. Serve hot with rice.					

Tindora Curry	Indian A-8	Ingredients			
			200 gms	300 gms	400 gms
		tindora	200 gms	300 gms	400 gms
		chilli powder	1 tsp	1½ tsp	¾ tsp
		turmeric powder	¼ tsp	½ tsp	1½ cup
		garam masala	1 tsp	2 tsp	2 tsp
		soya sauce	2 tsp	3 tsp	4 tsp
		garlic paste	½ tsp	½ tsp	1 tsp
		ginger paste	½ tsp	½ tsp	1 tsp
		whole green chillies paste	2	3	3
		oil	¾ tbsp	1 tbsp	1 tbsp
		cumin seeds	½ tsp	½ tsp	1 tsp
		mustard seeds	½ tsp	½ tsp	1 tsp
		hing	pinch	pinch	pinch
		tomato puree	1 tbsp	1½ tbsp	2 tbsp
		water			
		salt to taste			
		tomato pieces for garnish			
Method of preparation					
1. Take water in a microwave oven safe bowl and add tindora. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep remove the bowl, drain the water, add oil, all the pastes, cumin, mustard, hing, salt, turmeric powder, chilli powder, garam masala & mix well. Place the bowl in the microwave oven & press start.					
3. After beep remove the bowl, add soya sauce, tomato puree, water in it & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with tomato pieces and serve hot.					

Macha Besara	Indian A-8	Ingredients			
		200 gms	300 gms	400 gms	
		fish (rohu or any fresh water fish)	200 gms	300 gms	400 gms
		potato (cut into cubes)	1	2	2
		curd	1 tbsp	1½ tbsp	2 tbsp
		green chillies paste	4	5	6
		musturd paste	1tbsp	1½ tbsp	2 tbsp
		garlic cloves paste	2	3	4
		turmeric powder	¼ tsp	½ tsp	¾ tsp
		musturd oil / any oil	1 tbsp	1 tbsp	1½ tbsp
		cumin seeds	1 tsp	1½ tsp	2 tsp
		musturd seeds	1 tsp	1½ tsp	2 tsp
		fennel seeds	1 tsp	1½ tsp	2 tsp
		fenu greek seeds	1 tsp	1½ tsp	2 tsp
		kala jeera seeds	1 tsp	1½ tsp	2 tsp
		salt to taste			
		water			
		coriander leaves for garnish			
Method of preparation					
Marinate the fish pieces with turmeric and salt. Keep aside.					
1. Take oil in a microwave oven safe bowl, add potato cubes, cumin seeds, musturd seeds, fennel seeds, fenugreek seeds, kala jeera seeds & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove and add marinated fish, green chilli paste, musturd paste, garlic paste, water & mix gently. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add curd, mix well & press start. Remove after beep, garnish with coriander leaves & serve hot.					

Green Peas, Potato Curry	Indian A-8	Ingredients		
		200 gms	300 gms	400 gms
green peas		1	2	2
potato (cut into cubes)		1	2	2
cumin seeds		½ tsp	¾ tsp	1 tsp
green chillies		4	5	6
turmeric powder		¼ tsp	½ tsp	¾ tsp
oil		1 tbsp	1 tbsp	1½ tbsp
grated coconut powder		½ tbsp	½ tbsp	¾ tbsp
coriander leaves		½ tbsp	½ tbsp	¾ tbsp
lemon juice		½ tsp	¾ tsp	1 tsp
sugar		½ tsp	¾ tsp	1 tsp
salt to taste				
water				
Method of preparation				
1. Take the potato cubes in a microwave oven safe bowl. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.				
2. After beep, remove the potato cubes from the bowl & set aside. Take oil in the same bowl, add cumin seeds, green chilles, turmeric powder, green peas, sugar, salt & mix well. Place the bowl in the microwave oven & press start.				
3. After beep, remove, add potato cubes, water, coriander leaves & mix well. Place in the microwave oven & press start. Remove after beep, garnish with lemon juice and coconut powder. Serve hot.				

Pitla	Indian A-8	Ingredients			
		besan	1½ cup	2 cup	2½ cup
		chopped tomato	1	2	2
		chopped coriander leaves	½ tbsp	½ tbsp	¾ tbsp
		chopped onion	1	2	2
		curry leaves	few	few	few
		hing	a pinch	a pinch	a pinch
		musturd seeds	¼ tsp	½ tsp	¾ tsp
		cumins powder	1 tsp	1½ tsp	2 tsp
		coriander powder	1 tsp	1½ tsp	2 tsp
		lemon juice / tamarind juice	½ tbsp	½ tbsp	¾ tbsp
		red chilli powder	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	½ tsp	¾ tsp
		salt to taste			
		water			
Method of preparation					
<p>1. Take oil in a microwave oven safe bowl, add besan, curry leaves, musturd seeds, onion, cumins powder, coriander powder, red chilli powder, turmeric powder & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.</p>					
<p>2. After beep remove, add tomato, coriander leaves, salt, water & mix well. Place in the microwave oven & press start.</p>					
<p>3. After beep remove, add hing, lemon or tamarind juice & mix well. Place in the microwave oven & press start. Remove after beep & serve hot with chapatis or rice.</p>					

Butter Chicken	Indian A-8	Ingredients			
			200 gms	300 gms	400 gms
		boneless chicken	200 gms	300 gms	400 gms
		yogurt	1 tbsp	1½ tbsp	2 tbsp
		lime juice	½ tsp	¾ tsp	1 tsp
		red chilli powder	1 tsp	1½ tsp	2 tsp
		roasted cloves	2	3	4
		roasted pepper corns	2	3	4
		roasted cinnamon	½ inch	¾ inch	1 inch
		cardamom	2	3	4
		roasted almonds	3	4	5
		bay leaves	1	2	2
		oil	½ tbsp	½ tbsp	¾ tbsp
		chopped onions	1	2	2
		garlic paste	½ tsp	¾ tsp	1 tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		coriander powder	½ tsp	¾ tsp	1 tsp
		cumin powder	½ tsp	¾ tsp	1 tsp
		turmeric powder	¼ tsp	½ tsp	¾ tsp
		tomato puree	1 tbsp	1½ tbsp	2 tbsp
		chicken stock	1 cup	2 cup	2 cup
		kasuri methi	1 tsp	1½ tsp	2 tsp
		butter	½ tbsp	½ tbsp	¾ tbsp
		salt to taste			
		coriander leaves for garnish			
		Method of preparation			
		Grind & make a paste of cloves, pepper corns, cinnamon, bayleaves, almonds & cardamom.			
		Marinate the chicken with the above paste, yogurt, salt, lime juice, red chilli powder, coriander, cumin, turmeric powder & set aside for 1 hour.			
		1. Take butter in a microwave oven safe bowl, add the marinated chicken & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.			
		2. After beep remove & set aside. Take oil in another microwave oven safe bowl, add tomato puree, garlic, ginger, onion & mix well. Place the bowl in the microwave oven & press start.			
		3. After beep remove, add chicken, chicken stock, kasuri methi & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot.			

Idly	Indian A-9	Ingredients			
			200 gms	300 gms	400 gms
		idly batter	200 gms	300 gms	400 gms
		Method of preparation			
		1. Pour idly batter in lightly greased microwave safe Idly stand. Pour some water in the bottom of the idly bowl & Cover the bowl with lid. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start. Remove after beep & serve hot with sambar and coconut chutney.			

Masala Tea	Indian A-9	Ingredients			
		tea powder	½ tbsp	½ tbsp	¾ tbsp
		sugar	1tbsp	1½ tbsp	2 tbsp
		thick milk	1½ cup	2 cup	2½ cup
		water	1 cup	2 cup	2 cup
		tea masala	1tsp	1½ tsp	2 tsp
Method of preparation					
Powder cinnamom, nutmeg, cloves, dry ginger (sonth), cardamom together to make tea masala.					
1.Take water in a microwave oven safe bowl add tea powder, sugar, milk, tea masala & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start. Remove after beep & serve hot.					

Khandvi	Indian A-9	Ingredients			
		besan	1 cup	1½ cup	2 cup
		butter milk	2 cup	4 cup	4 cup
		turmeric powder	½ tbsp	½ tbsp	¾ tbsp
		oil	½ tbsp	½ tbsp	¾ tbsp
		sesame seeds	1 tsp	1½ tsp	2 tsp
		musturd seeds	¼ tsp	½ tsp	¾ tsp
		coconut scraped	½ tbsp	½ tbsp	¾ tbsp
		chopped coriander	½ tbsp	½ tbsp	¾ tbsp
		hing	a pinch	a pinch	a pinch
		chopped green chillies	2	2	3
		salt to taste			
Method of preparation					
1.Take butter milk in a microwave oven safe bowl, add besan, turmeric powder, oil, salt, sesame seeds, musturd, hing, coconut, coriander, green chillies & mix well to avoid lump formation. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
When done, pour a cup full in a large flat plate. Spread as thin as possible with the back of a large flat spoon using circular outward movements. Allow to cool & cut into 1½ inch wide strips. Carefully roll each strip & Serve with chutney.					

Tomato Onion Saaru	Indian A-9	Ingredients			
		tomato (Cut into large pieces)	100 gms	150 gms	200 gms
		onion (Cut into large pieces)	100 gms	150 gms	200 gms
		block pepper powder	½ tsp	¾ tsp	1 tsp
		sugar	¾ tsp	1 tsp	1 tsp
		corn flour	1 tsp	1 tsp	1½ tsp
		curry leaves	few	few	few
		cumin seeds	½ tsp	¾ tsp	1 tsp
		mustard	¼ tsp	½ tsp	½ tsp
		ghee	½ tbsp	¾ tbsp	1 tbsp
		hing	pinch	pinch	pinch
		coriander leaves	few	few	few
		salt to taste			
Method of preparation					
Grind all ingredients except curry leaves, salt, coriander leaves into a paste					
1. Take ghee in a microwave oven safe bowl, add the above paste, mustard, cumin seeds, hing, curry leaves, salt, coriander leaves & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start. Remove after beep and serve hot.					

Masala Peanuts	Indian A-9	Ingredients			
		shelled peanuts	200 gms	300 gms	400 gms
		red chilli powder	1 tsp	1½ tsp	2 tsp
		soda bicarb	1 pinch	2 pinch	2 pinch
		oil	¼ tbsp	½ tbsp	½ tbsp
		plain flour	1 tbsp	1½ tbsp	2 tbsp
		rice flour	¼ cup	½ cup	½ cup
		chat masala	½ tsp	¾ tsp	1 tsp
		salt to taste			
		Method of preparation			
1. Take oil in a microwave oven safe glass bowl, add peanuts, red chilli powder, plain flour, rice flour, soda bicarb, chat masala, salt & mix well. Make sure that the peanuts are evenly coated. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start. Remove after beep and serve hot or cold.					

Veg-Cheese Noodles	Indian A-9	Ingredients			
		soaked noodles	1½ cup	2 cup	2½ cup
chopped carrot	½ cup	¾ cup	¾ cup		
green peas	½ cup	½ cup	¾ cup		
cauliflower florets	½ cup	½ cup	¾ cup		
peanuts powder	1 tsp	1½ tsp	2 tsp		
tomato ketchup	1 tbsp	1½ tbsp	2 tbsp		
red chilli powder	½ tsp	½ tsp	¾ tsp		
noodles masala	½ tbsp	½ tbsp	¾ tbsp		
cumin seeds	½ tsp	½ tsp	¾ tsp		
butter / oil	½ tbsp	½ tbsp	¾ tbsp		
finely chopped onion	1	1	1		
salt to taste					
grated cheese for garnish					
Method of preparation					
1.Take butter / oil in a microwave oven safe bowl, add onion, cumin seeds, green peas, peanuts powder, red chilli powder, carrot, cauliflower florets, noodles, salt, noodles masala, tomato ketchup & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start. Remove after beep and serve hot.					

Finger Chips	Indian A-10	Ingredients			
		potatoes	200 gms	300 gms	400 gms
turmeric powder	1 tsp	1 tsp	1½ tsp		
oil	1 tbsp	1½ tbsp	2 tbsp		
musturd	½ tsp	¾ tsp	1 tsp		
salt to taste					
Method of preparation					
Peel and cut the potatoes into 1 inch stripes. Take in a bowl, add oil, turmeric, salt & mix well. Arrange the patoto stripes on a lightly greased crispy plate.					
1.Select Recipe Code, enter weight & press start to pre-heat the oven.					
2.After beep, place the crispy plate on a high rack in the microwave oven & press start. Remove after beep & serve hot.					

Paneer Cake	Indian A-10	Ingredients			
		paneer	200 gms	300 gms	400 gms
maida	1 tbsp	1½ tbsp	2 tbsp		
sugar	1 cup	1½ cup	2 cup		
ghee	¼ tbsp	½ tbsp	½ tbsp		
cardamom seeds (powder)	2	3	4		
Salt to taste					
Method of preparation					
In a mixing bowl take paneer and mash it thoroughly. Add maida, sugar, salt, cardamom powder, ghee & knead the mixture into very soft dough.					
1. Select Recipe Code, enter weight & press start to preheat the oven.					
2. After beep, arrange the dough in a lightly greased microwave oven safe bowl, place in pre-heated oven press start. Remove after beep & Serve hot or cold.					

Chicken Roast	Indian A-10	Ingredients			
		chicken	200 gms	300 gms	400 gms
onion paste	1 tbsp	1½ tbsp	2 tbsp		
oil	¼ tbsp	½ tbsp	½ tbsp		
garlic paste	½ tsp	¾ tsp	1 tsp		
tomato puree	1 tbsp	1 tbsp	1½ tbsp		
wheat flour	¼ cup	½ cup	¾ cup		
soya sauce	½ tbsp	½ tbsp	¾ tbsp		
salt to taste					
Method of preparation					
Take oil in a mixing bowl, add chicken, onion paste, garlic paste, tomato puree, salt, wheat flour, soya sauce, mix well & set aside to marinate for 2 hours. Arrange the marinated chicken on a lightly greased crispy plate.					
1. Select Recipe Code, enter weight & press start to preheat the oven.					
2. After beep, place the crispy plate on a high grill rack in pre-heated oven and press start. Remove after beep & Serve hot.					

Chocolate Bread Pudding	Indian A-10	Ingredients			
		bread crumbs	200 gms	300 gms	400 gms
		milk	½ ltr	¾ ltr	1 ltr
		butter	50 gms	60 gms	70 gms
		sugar	100 gms	150 gms	200 gms
		chocolate	70 gms	85 gms	100 gms
		eggs (yolks & white suppurate)	3	4	5
		vanilla essence	1 tsp	1½ tsp	2 tsp
		Method of preparation			
		Soak the bread crumbs in milk and press dry. add butter, mixed sugar, chocolate, egg yolks & mix well. Add vanilla essence, egg white, mix well & pour in lightly greased baking dish.			
		1. Select Recipe Code, enter weight & press start to preheat the oven.			
		2.After beep, place the baking dish on high grill rack place in the microwave oven & press start. Remove after beep & serve hot or cold.			

Tandoori Chicken	Indian A-10	Ingredients			
		chicken	200 gms	300 gms	400 gms
		garlic paste	½ tsp	¾ tsp	1 tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		gren chillies paste	½ tsp	¾ tsp	1 tsp
		pumpkin paste	2 tsp	2 tsp	3 tsp
		lime juice	½ tsp	¾ tsp	1 tsp
		butter	½ tbsp	½ tbsp	¾ tbsp
		curd	1 cup	1½ cup	2 cup
		red chilli powder	1 tsp	1½ tsp	2 tsp
		orange colour	¼ tsp	½ tsp	¾ tsp
		kashmiri chilli powder	½ tsp	¾ tsp	1 tsp
		salt to taste			
		Method of preparation			
		Take butter in a mixing bowl add chicken, garlic paste, ginger paste, lime juice, salt, green chilli paste, pumpkin paste, curd, red chillie powder, orange colour, kashmiri chilli powder, mix well & set aside to marinate for 2 hrs. Arrange the marinated chicken on a lightly greased crispy plate.			
		1. Select Recipe Code, enter weight & press start to preheat the oven.			
2.After beep, place the crispy plate on a high grill rack in the microwave oven and press start. Remove after beep & serve hot.					

Meat Balls	Indian A-10	Ingredients			
			200 gms	300 gms	400 gms
		minced mutton	200 gms	300 gms	400 gms
		eggs	1	2	2
		bread crumbs	1 cup	1 cup	1½ cup
		garlic powder	1 tsp	1 tsp	1½ tsp
		onion (minced)	2 tbsp	2 tbsp	3 tbsp
		milk	½ cup	½ cup	1 cup
		olive oil	½ tbsp	1 tbsp	1 tbsp
		tomato sauce	½ tbsp	1 tbsp	1 tbsp
		sugar	½ tbsp	1 tbsp	1 tbsp
		dry mustard	½ tsp	¾ tsp	1 tsp
		fresh ground pepper	½ tbsp	½ tbsp	¾ tbsp
		Salt to taste.			
		Method of preparation			
		Take oil in a mixing bowl, add mutton, onion paste, garlic powder, tomato sauce, salt, eggs, bread crumbs, dry mustard, ground pepper, sugar, milk & mix well. Set aside to marinate for 1 hour. Make small balls of the marinated mutton & place the same on the lightly greased crispy plate.			
		1. Select Recipe Code, enter weight & press start to preheat the oven.			
		2. After beep, place the crispy plate with the meat balls on high grill rack in pre-heated oven and press start. Remove after beep & serve hot.			

Prawn's Curry	Indian A-11	Ingredients			
			200 gms	300 gms	400 gms
		prawns	200 gms	300 gms	400 gms
		potato (cut into cubes)	1	1	1½
		green peas	½ cup	½ cup	¾ cup
		onion paste	1 tbsp	1½ tbsp	2 tbsp
		ginger paste	¼ tsp	½ tsp	¾ tsp
		garlic paste	¼ tsp	½ tsp	¾ tsp
		red chilli powder			
		turmeric powder	¼ tsp	½ tsp	¾ tsp
		tomato puree	1	1	2
		oil	½ tbsp	½ tbsp	¾ tbsp
		bay leaves	1	2	2
		sugar	¼ tsp	½ tsp	¾ tsp
		garam masala powder	½ tsp	¾ tsp	1 tsp
		salt to taste			
		water			
		Method of preparation			
		1. Take oil in a microwave oven safe bowl, add potato, green peas, garam masala, onion paste, ginger paste, garlic paste & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.			
		2. After beep remove, add prawns, red chilli powder, turmeric powder, bay leaves, salt & mix well. Place the microwave oven in the microwave oven & press start.			
		3. After beep, remove, add tomato puree, sugar, water & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.			

Ground Nut Chikki	Indian A-11	Ingredients			
		skin removed ground nuts	200 gms	300 gms	400 gms
		brown sugar	100 gms	150 gms	200 gms
		sugar	50 gms	75 gms	100 gms
		ghee	1 tbsp	1½ tbsp	2 tbsp
		water			
Method of preparation					
1. Take the ground nuts in a microwave oven safe glass bowl. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add brown sugar, water & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add sugar & mix well. Place the bowl in the microwave oven & press start. Remove after beep, pour the mixture in a lightly greased flat plate, cut into pieces & allow to stand.					

Sev Khamani	Indian A-11	Ingredients			
		chena dal (soak & grind)	200 gms	300 gms	400 gms
		turmeric powder	¼ tsp	½ tsp	¾ tsp
		cumin seeds	½ cup	½ cup	¾ cup
		oil	1 tbsp	1½ tbsp	2 tbsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		green chilli paste	1½ tsp	2 tsp	3 tsp
		garlic paste	½ tsp	¾ tsp	1 tsp
		sugar	1½ tsp	2 tsp	3 tsp
		lemon juice	1 tsp	1½ tsp	2 tsp
		hing	a pinch	a pinch	a pinch
		sev	1 cup	1 cup	1½ cup
		salt to taste			
		coriander leaves for garnish			
Method of preparation					
1. Take the chena dal in a microwave oven safe bowl. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add oil, ginger paste, garlic paste, green chilli powder, turmeric powder, cumin seeds, hing & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add sev, salt, sugar, lemon juice & mix well. Place the bowl in the microwave oven & press start. Remove after beep & garnish with coriander leaves, Serve hot.					

Panch Phoron Taarkari	Indian A-11	Ingredients			
		pumpkin (cut into pieces)	1 cup	1½ cup	2 cup
brinjal (cut into pieces)	½ cup	¾ cup	1 cup		
potatoes (cut into pieces)	¾ cup	1 cup	1½ cup		
large dry chillies	2	2	3		
oil	1 tbsp	1 tbsp	1½ tbsp		
musturd seeds	¼ tsp	½ tsp	¾ tsp		
cumin seeds	¼ tsp	½ tsp	¾ tsp		
bay leaves	1	2	2		
chopped green chillies	2	2	3		
fenugreek seeds	½ tsp	¾ tsp	1 tsp		
ani seeds	¼ tsp	½ tsp	¾ tsp		
turmeric powder	¼ tsp	½ tsp	½ tsp		
milk	1tbsp	1tbsp	1½ tbsp		
sugar	½ tsp	¾ tsp	1 tsp		
salt to taste					
Method of preparation					
1.Take pumpkin, brinjal, potatoes in a microwave oven safe bowl & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2.After beep remove & set aside. Take oil in another microwave oven safe bowl, add dry chillies, ani seeds, fenugreek seeds, musturd seeds, cumin seeds, bay leaves, green chillies, salt, turmeric powder & mix well. Place the bowl in the microwave oven & press start.					
3.After beep, remove, add boiled vegetables, sugar, milk & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot with pooris or rice.					

Carrot Bhaji	Indian A-11	Ingredients			
		grated carrot	200 gms	300 gms	400 gms
oil	1½ tsp	2 tsp	2½ tsp		
musturd	½ tsp	1 tsp	1 tsp		
green chillies	2	2	3		
curry leaves	few	few	few		
hing	¼ tsp	½ tsp	½ tsp		
groundnut powder roasted	1 tbsp	1½ tbsp	2 tbsp		
salt to taste					
Method of preparation					
1.Take oil in a Microwave oven safe bowl, add musturd, green chillies, curry leaves, hing & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2.After beep, remove, add grated carrots, salt & mix well. Place the bowl in the microwave oven & press start.					
3.After beep, remove, add roasted peanuts powder & water. Place the bowl in the microwave oven & press start. Remove after beep & serve hot with rice. It can also be had as a sandwich filling.					

Dum Aloo	Indian A-11	Ingredients			
		Baby Potatoes	200 gms	300 gms	400 gms
		red chillies	2	3	4
		asafetida (hing)	1/8 tsp	¼ tsp	½ tsp
		ground sounf (fennel)	1 tbsp	1½ tbsp	2 tbsp
		ground soonth	1 tsp	1 tsp	1½ tsp
		cloves	4	5	6
		cardamoms	4	5	6
		cinnamon	4	5	6
		curd	1 cup	1½ cup	1 cup
Method of preparation					
1. Take potatoes & puncture the skin at a couple of places. Place them on the glass turn table in the microwave oven, select Recipe Code, enter weight & press start. Remove after beep & set aside to cool. Peel the skin.					
2. Take oil in a microwave oven safe bowl, add red chillies, fennel, snooth, cloves, cardamom, cinnamom, asafetida, potatoes & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove & add curd. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.					

Baingan Ka Bartha	Indian A-12	Ingredients			
		200 gms	300 gms	400 gms	
		large seedless oval eggplant	1	2	3
		large tomato grated	1	2	3
		large onion grated	1	2	3
		ginger finely chopped	½ tsp	½ tsp	½ tsp
		garlic finely chopped	½ tsp	½ tsp	½ tsp
		green chillies finely chopped	2	3	4
		coriander leaves finely chopped	1 tbsp	1½ tbsp	2 tbsp
		garam masala	¼ tsp	½ tsp	1 tsp
		red chilli powder	½ tsp	1 tsp	1½ tsp
		turmeric	¼ tsp	¼ tsp	½ tsp
		asafetida	1 pinch	2 pinches	3 pinches
		lemon juice	1 tsp	1½ tsp	2 tsp
		cumin	¼ tsp	½ tsp	1 tsp
		mustard seeds	¼ tsp	½ tsp	1 tsp
		oil	1 tbsp	1 tbsp	1tbsp
		water			
		salt to taste			
Method of preparation					
1.Place the eggplant (pierced on all sides with a fork) on the turn table in the microwave oven. Select Recipe Code, enter weight & press start. Remove after beep, mash eggplant till soft & keep aside.					
2.Take oil in a microwave oven safe bowl add cumin, mustard, asafetida, ginger, garlic, onion, green chillies, red chillie powder, turmeric, salt, garam masala, lemon juice & stir. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add tomato, mashed eggplant, water & stir. Place the microwave oven & press start. Remove after beep & serve hot.					

Semiya Pulihora	Indian A-12	Ingredients			
		200 gms	300 gms	400 gms	
		vermicelli / semya	200 gms	300 gms	400 gms
		urad dal	1 tsp	1½ tsp	2 tsp
		chana dal	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		green chillies	2	3	3
		oil	1 tbsp	1 tbsp	1½ tbsp
		lemon	½ tsp	¾ tsp	1 tsp
		musturd seeds	½ tsp	¾ tsp	1 tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		fenugreek seeds	½ tsp	¾ tsp	1 tsp
		broken dry chillies	2	3	3
		hing	a pinch	a pinch	a pinch
		curry leaves	few	few	few
		water			
		salt to taste			
Method of preparation					
1. Take water in a microwave oven safe bowl, add semya & stir. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove & set aside. Take oil in another microwave oven safe bowl, add dry chillies, chana dal, urad dal, musturd seeds, cumin seeds, fenugreek seeds, hing, curry leaves, green chillies, turmeric powder & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add boiled semya, lime, salt & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.					

Dum Ka Murgh	Indian A-12	Ingredients			
		200 gms	300 gms	400 gms	
		chicken	200 gms	300 gms	400 gms
		red chilli powder	1 tsp	1½ tsp	2 tsp
		crushed cinnamon	1 inch	1½ inch	2 inch
		crushed cardamom	3	4	5
		crushed cloves	3	4	5
		cashew paste	4	5	6
		soaked khus khus (poppy seeds) paste	¼ tbsp	½ tbsp	¾ tbsp
		sunflower seeds (chironji)	1tsp	1½ tsp	2 tsp
		onion browned, paste	¼ cup	½ cup	¾ cup
		green chillies	2	3	3
		giger paste	½ tsp	¾ tsp	1 tsp
		garlic paste	½ tsp	¾ tsp	1 tsp
		yogurt	½ cup	¾ cup	1 cup
		saffron	¼ tsp	¼ tsp	½ tsp
		lemon juice	½ tsp	¾ tsp	1 tsp
		rose water	½ tsp	¾ tsp	1 tsp
		coriander leaves	¼ tbsp	½ tbsp	¾ tbsp
		oil	1 tbsp	1 tbsp	1½ tbsp
		salt to taste			
		mint leaves for garnish			
Method of preparation					
Marinate the chicken in a mixing bowl with khus khus, cashew, yogurt, lemon juice, red chilli powder, cinnamon, cardamom & cloves for 1 hour.					
1. Take the marinated chicken in a microwave oven safe bowl. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove & set aside. Take oil in another microwave oven safe bowl, add onion, green chillies, garlic, ginger, saffron, coriander leaves, sun flower seeds & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add chicken, salt, rose water & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with mint leaves & serve hot.					

Navarathna Kurma	Indian A-12	Ingredients			
		paneer cubes	¼ cup	½ cup	¾ cup
		cauliflower florets	¼ cup	½ cup	¾ cup
		potato cubes	¼ cup	½ cup	¾ cup
		green peas	¼ cup	½ cup	¾ cup
		beans	¼ cup	½ cup	¾ cup
		carrot chopped	¼ cup	½ cup	¾ cup
		cashew paste	¼ cup	½ cup	¾ cup
		onion paste	¼ cup	½ cup	¾ cup
		tomato puree	¼ cup	½ cup	¾ cup
		green cillies	3	4	5
		garlic paste	½ tsp	¾ tsp	1 tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		cumin powder	½ tsp	¾ tsp	1 tsp
		ghee	¼ cup	½ cup	¾ cup
		oil	¼ tbsp	½ tbsp	¾ tbsp
		garam masala	1 tsp	1½ tsp	2 tsp
		coconut milk	½ cup	¾ cup	1 cup
		fresh cream	½ cup	¾ cup	1 cup
		sugar	½ tsp	¾ tsp	1 tsp
		white pepper powder	1 tsp	1½ tsp	2 tsp
		salt to taste			
		coriander leaves for garnish			
		Dry Fruits:			
		cashew nuts	20 gms	30 gms	40 gms
		raisins	20 gms	30 gms	40 gms
		cherry fruit	20 gms	30 gms	40 gms
		tutti frutti	20 gms	30 gms	40 gms
		fresh dates (kajhur)	20 gms	30 gms	40 gms
		Fresh fruits:			
		orange segments	4	5	6
		seedless grapes	few	few	few
		seedless pomegranate (dalim)	1 tbsp	1 tbsp	1½ tbsp
		banana	1	2	2
		pineapple slices	2	3	4
Method of preparation					
1. Take ghee in a microwave oven safe bowl, add potato, cauliflower, carrot, peas, beans & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep remove & set aside. Take oil in another microwave oven safe bowl, add paneer, onion paste, cashew paste, ginger & garlic paste, cumin powder, green chillies, garam masala, salt, pepper powder & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add all boiled vegetables, tomato puree, coconut milk, fresh cream, sugar & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with coriander leaves, sprinkle with dry fruits, fresh fruits & serve hot.					

Masaledar Karela	Indian A-12	Ingredients			
		200 gms	300 gms	400 gms	
		sliced bitter gourd (karela)	200 gms	300 gms	400 gms
		chopped tomatoes	1	1½	2
		butter milk	1 cup	1 cup	1½ cup
		curd	1 tbsp	1 tbsp	1½ tbsp
		musturd seeds	½ tsp	¾ tsp	1 tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		turmeric powder	½ tsp	¾ tsp	1 tsp
		red chilli powder	¼ tsp	¼ tsp	½ tsp
		green chillies	2	2	3
		grated ginger	¼ tsp	¼ tsp	½ tsp
		curry leaves	few	few	few
		sugar	¼ tbsp	½ tbsp	¾ tbsp
		tamarind juice	¼ tbsp	½ tbsp	¾ tbsp
		coriander powder	½ tsp	¾ tsp	1 tsp
		garam masala powder	½ tsp	¾ tsp	1 tsp
		hing	a pinch	a pinch	2 pinch
		oil	1 tbsp	1 tbsp	1½ tbsp
		salt to taste			
		coriander leaves for garnish			
Method of preparation					
Add little salt to karela slices and rub with hand, wash & drain.					
Soak karela slices in butter milk & set aside for 2 hours. Wash & drain.					
1. Take the marinated karela slices in a microwave oven safe bowl, add tomatoes & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep remove & set aside. Take oil in another microwave oven safe bowl, add the boiled karela mix, musturd, cumins, turmeric, red chilli powder, green chillies, ginger, curry leaves, coriander powder, hing, garam masala & mix well. Place the bowl in the microwave oven & press start.					
3. After beep remove, add curd, sugar, tamarind juice, salt & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot.					

Aviyal	Indian A-12	Ingredients			
		yam (suran) sliced	¼ cup	½ cup	¾ cup
		carrot sliced	¼ cup	½ cup	¾ cup
		raw banana sliced	¼ cup	½ cup	¾ cup
		french beans sliced	¼ cup	½ cup	¾ cup
		cucumber sliced	¼ cup	½ cup	¾ cup
		snake gourd sliced	¼ cup	½ cup	¾ cup
		drumstick cut into 2" pieces	¼ cup	½ cup	¾ cup
		grated coconut paste	½ cup	¾ cup	1 cup
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		green chillies paste	1 tsp	1½ tsp	2 tsp
		cumin seeds paste	½ tsp	¾ tsp	1 tsp
		curry leaves	few	few	few
		coconut oil	1 tbsp	1 tbsp	1½ tbsp
		mango pieces	¼ cup	½ cup	¾ cup
		salt to taste			
		water			
Method of preparation					
1. Take yam in microwave oven safe bowl, add carrot, beans, snake gourd, drumsticks, water & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep remove & drain the water. Add oil, curry leaves, cumin paste, green chilli paste, coconut paste, turmeric powder, banana, cucumber, mango & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add salt, water & mix well. Place in the microwave oven & press start. Remove after beep & serve hot.					

Yam & Chana Poriyal	Indian A-13	Ingredients			
yam	100 gms	150 gms	200 gms		
chana	100 gms	150 gms	200 gms		
tomato	1	1	1½		
urad dal	1 tsp	1½ tsp	2 tsp		
onion	2	2½	3		
garlic paste	½ tsp	¾ tsp	1 tsp		
ginger paste	½ tsp	¾ tsp	1 tsp		
turmeric powder	¼ tsp	¼ tsp	½ tsp		
red chilli powder	1 tsp	1½ tsp	2 tsp		
oil	1 tbsp	1 tbsp	1½ tbsp		
musturd seeds	¼ tsp	¼ tsp	½ tsp		
curry leaves	few	few	few		
salt to taste					
water					
Method of preparation					
<p>1. Take oil in a microwave oven safe bowl, add onion, curry leaves, musturd, urad dal, ginger, garlic, turmeric powder, redchilli powder & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.</p>					
<p>2. After beep, remove, add yam, chana, tomato & mix well. Place the bowl in the microwave oven & press start.</p>					
<p>3. After beep, remove, add salt, water & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.</p>					

Dal Fry	Indian A-13	Ingredients			
		red lentils (masoor dal)	100 gms	150 gms	200 gms
		yellow lentils (moong dal)	50 gms	75 gms	100 gms
		tomato chopped	50 gms	75 gms	100 gms
		onion chopped	1	1½	2
		oil	1 tbsp	1 tbsp	1½ tbsp
		red chilli powder	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		garlic paste	½ tsp	¾ tsp	1 tsp
		green chillies chopped	2	3	4
		musturd seeds	¼ tsp	¼ tsp	½ tsp
		dried red chillies	2	3	4
		coriander leaves for garnish			
		salt to taste			
		water			
Method of preparation					
1. Take oil in a microwave oven safe bowl, add onion, musturd, dried red chillies, garlic paste, ginger paste, green chillies, red chilli powder, turmeric powder, masoor dal, moong dal & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add tomato, water & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add salt & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot.					

Vegetable Biryani	Indian A-13	Ingredients			
		rice	1 cup	1½ cup	2 cup
		ghee	1tbsp	1tbsp	1½ tbsp
		carrot chopped	¼ cup	½ cup	¾ cup
		french beans chopped	¼ cup	½ cup	¾ cup
		green peas	¼ cup	½ cup	¾ cup
		red chilli powder	½ tsp	¾ tsp	1 tsp
		garam masala	¾ tsp	1 tsp	1½ tsp
		garlic paste	¼ tsp	¼ tsp	½ tsp
		ginger paste	¼ tsp	¼ tsp	½ tsp
		green chillies chopped	¼ tbsp	¼ tbsp	½ tbsp
		onion chopped	1	1½	1½
		tomato chopped	1	1½	2
		cinnamon	½ inch	¾ inch	1 inch
		cloves	4	5	6
		cardamom	4	5	6
		coconut milk	1cup	1½ cup	2 cup
		cashew nuts	few	few	few
		mint leaves	few	few	few
		coriander leaves	few	few	few
		lemon juice	½ tsp	¾ tsp	1 tsp
		salt to taste			
		water			
Method of preparation					
1. Take ghee in a microwave oven safe bowl, add onion, carrot, green chillies, garlic paste, ginger paste, beans, green peas, red chilli powder, garam masala, cloves, cinnamon, cardamom, cashew nuts & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add tomato, rice, coconut milk, water & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add salt, mint leaves, coriander leaves, lemon juice & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.					

Gobi Musallam	Indian A-13	Ingredients		
		cauliflower	150 gms	225 gms
paneer grated or cheese	50 gms	75 gms	100 gms	
tomato puree	50 gms	75 gms	100 gms	
milk or fresh cream	1 cup	1½ cup	2 cup	
turmeric powder	¼ tsp	¼ tsp	½ tsp	
garam masala	½ tsp	¾ tsp	1 tsp	
red chilli powder	½ tsp	¾ tsp	1 tsp	
green chillies paste	½ tsp	¾ tsp	1 tsp	
ginger paste	¼ tsp	¼ tsp	½ tsp	
garlic paste	¼ tsp	¼ tsp	½ tsp	
roasted cumin seeds paste	¼ tsp	¼ tsp	½ tsp	
roasted coriander seeds paste	½ tsp	¾ tsp	1 tsp	
roasted cinnamon paste	¼ tsp	¼ tsp	½ tsp	
roasted cardamom paste	¼ tsp	¼ tsp	½ tsp	
roasted cashew nuts paste	¼ tbsp	½ tbsp	¾ tbsp	
roasted onion paste	1 tbsp	1 tbsp	1½ tbsp	
oil	1 tbsp	1 tbsp	1½ tbsp	
salt to taste				
coriander leaves for garnish				
water				
Method of preparation				
1. Take oil in a microwave oven safe bowl, add onion paste, green chillies paste, garlic paste, ginger paste, cinnamon paste, cardamom paste, cumin paste, coriander paste, red chilli paste, turmeric powder, garam masala & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.				
2. After beep, remove, add tomato puree, cauliflower, water & mix well. Place the bowl in microwave oven & press start.				
3. After beep, remove, add grated paneer, salt, milk or fresh cream, cashew paste & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot.				

Dalma	Indian A-13	Ingredients			
		toor dal	¼ cup	½ cup	¾ cup
		pumpkin (cut into large pieces)	40 gms	60 gms	80 gms
		brinjal (cut into medium size pieces)	40 gms	60 gms	80 gms
		green banana (cut into medium size pieces)	40 gms	60 gms	80 gms
		papaya (cut into medium size pieces)	40 gms	60 gms	80 gms
		potato (cut into medium size pieces)	40 gms	60 gms	80 gms
		coconut grated	1 tsp	1½ tsp	2 tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		musturd seeds	½ tsp	¾ tsp	1 tsp
		fenu greek seeds	½ tsp	¾ tsp	1 tsp
		kala jeera	½ tsp	¾ tsp	1 tsp
		fennel seeds	½ tsp	¾ tsp	1 tsp
		dried red chillies	3	4	5
		red chilli powder	¾ tsp	1 tsp	1 tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		turmeric powder	½ tsp	½ tsp	¾ tsp
		ghee	½ tbsp	½ tbsp	¾ tbsp
		sugar	½ tsp	¾ tsp	1 tsp
		salt to taste			
		coriander leaves for garnish			
		water			
Method of preparation					
1.Take ghee in a microwave oven safe bowl, add ginger paste, dried red chillies, cumin seeds, musturd seeds, fenu greek seeds, kala jeera, fennel seeds, turmeric powder, toor dal, red chilli powder & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2.After beep, remove, add pumpkin, brinjal, green banana, papaya, potato, water & mix well. Place the bowl in the microwave oven & press start.					
3.After beep, remove, add grated coconut, salt, sugar & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot.					

Vegetable Pulao	Indian A-13	Ingredients			
		Rice	2 cups	3 cups	4 cups
		oil	1 tbsp	1 tbsp	1½ tbsp
		ginger paste	½ tsp	1 tsp	1½ tsp
		garlic paste	½ tsp	1 tsp	1½ tsp
		turmeric powder	¼ tsp	½ tsp	1 tsp
		red chilly powder	½ tsp	1 tsp	1½ tsp
		potato (chopped)	1	2	2
		green peas	½ cup	1 cup	1½ cup
		cauliflower	50 gms	100 gms	150 gms
		carrot (chopped)	1	1	1½
		tomato (chopped)	1	1	2
		green chillies (cut in to thin strips)	2	3	4
		mint leaves	1 tsp	1½ tsp	2tsp
		lemon juice	½ tsp	1 tsp	1½ tsp
		black peppers	8	10	12
		cardamoms	4	5	6
		bay leaves	2	3	4
		cinnamon	2	3	4
		cloves	4	5	6
		Grated coconut (for garnish)			
		Salt to taste			
Method of preparation					
1. Take oil in a microwave oven safe bowl & add all ingredients except rice, salt & coconut. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add rice, water & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add salt & stir. Cover the bowl with lid, place it in the microwave oven & press start. Remove after beep, garnish with grated coconut & serve hot.					

Chicken Biryani	Indian A-14	Ingredients			
		200 gms	300 gms	400 gms	
		Chicken	100 gms	150 gms	200 gms
		rice	2	3	4
		onions (chopped)	1 tbsp	1 tbsp	1½ tbsp
		ghee (melted)	2	3	4
		bay leaves	4	5	6
		cardamoms	2	2	3
		tomatoes (chopped)			
		salt to taste			
		water			
		For Marination			
		yoghurt	1 cup	1 cup	1 cup
		red chili powder	1 tsp	1½ tsp	2 tsp
		ginger paste	½ tsp	1 tsp	1 tsp
		garlic paste	½ tsp	1 tsp	1 tsp
		garam masala	1 tsp	1½ tsp	2 tsp
		turmeric powder	½ tsp	1 tsp	1 tsp
		coriander powder	¼ tsp	½ tsp	1 tsp
		cumin powder	¼ tsp	½ tsp	1 tsp
		Salt to taste			
		Method of preparation			
		Marinate the chicken in a microwave oven safe bowl with all the marination ingredients. Set a side for 2 hours.			
		1. Take ghee in another microwave oven safe bowl; add onions, bay leaves, rice, cardamoms & stir. Add water & stir again. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.			
		2. After beep, remove & set aside. Add tomatoes to the marinated chicken, stir & place the bowl in the microwave oven. Press start.			
		3. After beep, remove & combine the chicken with rice in 1 microwave oven safe bowl & cover it with a lid. Place the bowl in the microwave oven & press start. Remove after beep, use fried onions for garnish & serve hot.			

Rice Khichdi	Indian A-14	Ingredients			
		rice	1 cup	1½ cup	2 cup
		toor dal	½ cup	¾ cup	1 cup
		garlic paste	½ tsp	¾ tsp	1 tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		turmeric powder	¼ tsp	½ tsp	¾ tsp
		oil	1 tbsp	1 tbsp	1½ tbsp
		cardamom	½ inch	¾ inch	1 inch
		cinnamon	3	4	5
		cloves	3	4	5
		sliced onion	1	2	2
		chopped tomatoes	2	3	3
		slitted green chillies	2	3	4
		mint leaves	few	few	few
		curry leaves	few	few	few
		salt to taste			
		water			
		coriander leaves for garnish			
Method of preparation					
1. Take rice in a microwave oven safe bowl, add toor dal, chopped tomato, water & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove & set aside. Take oil in another microwave oven safe bowl, add ginger, garlic, turmeric powder, onion, cloves, cinnamon, cardamom, green chillies, curry leaves & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add boiled rice mixture, salt, mint leaves & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot.					

Kheema Masala	Indian A-14	Ingredients			
			200 gms	300 gms	400 gms
		mutton mince			
		oil	1 tbsp	1 tbsp	1½ tbsp
		chopped tomatoes	1 cup	1 cup	1½ cup
		cumin seeds	½ tsp	¾ tsp	1 tsp
		chopped medium onions	2	2	3
		coriander powder	½ tsp	¾ tsp	1 tsp
		cumin powder	½ tsp	¾ tsp	1 tsp
		garlic paste	½ tsp	¾ tsp	1 tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		garam masala powder	1 tsp	1½ tsp	2 tsp
		lime juice	½ tsp	¾ tsp	1 tsp
		salt to taste			
		coriander leaves for garnish			
		water			
Method of preparation					
Take mutton mince in a microwave oven safe bowl, add coriander powder, cumin powder, garam masala, mix well & set aside to marinate for 15 minutes.					
1. Add water into the marinated mince & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove & set aside. Take oil in another microwave oven safe bowl, add ginger paste, garlic paste, chopped onion, cumin seeds & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add boiled mince, salt, chopped tomato, lime juice & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot.					

Prawns Pullao	Indian A-14	Ingredients			
		soaked rice	1 cup	1½ cup	2 cup
prawns (shelled and de-veined)	100 gms	150 gms	200 gms		
oil	1 tbsp	1 tbsp	1½ tbsp		
chopped medium onions	2	2	3		
chopped tomatoes	1 cup	1 cup	1½ cup		
turmeric powder	¼ tsp	½ tsp	¾ tsp		
cloves	4	5	6		
cinnamon	1 inch	1½ inches	2 inches		
cardamoms	3	4	5		
whole peppercorns	¼ tsp	½ tsp	¾ tsp		
salt to taste					
water					
Method of preparation					
1. Take soaked rice in a microwave oven safe bowl, add water & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove & set aside. Take oil in another microwave oven safe bowl, add prawns, turmeric powder, onion, cloves, cinnamon, cardamom, pepper corns, chopped tomato & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add boiled rice, salt & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot with green coconut chutney.					

Dalcha	Indian A-14	Ingredients			
		soaked channa dal	100 gms	150 gms	200 gms
		lauki (cut into pieces)	100 gms	150 gms	200 gms
		oil	1 tbsp	1 tbsp	1½ tbsp
		onion paste	1 cup	1 cup	1½ cup
		curry leaves	few	few	few
		red chillipowder	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	½ tsp	¾ tsp
		ginger paste	½ tsp	¾ tsp	1 tsp
		garlic paste	½ tsp	¾ tsp	1 tsp
		cumin seds	1 tsp	1½ tsp	2 tsp
		tamarind juice	½ cup	¾ cup	1 cup
		salt to taste			
		water			
Method of preparation					
1. Take the soaked channa dal in a microwave oven safe bowl, add turmeric powder, water & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove & set aside. Take oil in another microwave oven safe bowl, add lauki, onion paste, curry leaves, cumin seeds, red chilli powder, garlic paste, ginger paste & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add boiled dal, salt, tamarind juice & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot with green coconut chutney.					

Basundi	Indian A-14	Ingredients			
		milk	4 cups	5 cups	6 cups
		sugar	1tbsp	1tbsp	1½ tbsp
		chopped almonds	4	5	5
		lemon juice	1 tsp	1½ tsp	2 tsp
		crushed cardamoms	4	4	5
		chopped charioli nuts (saara)	½ tsp	¾ tsp	1 tsp
Method of preparation					
1. Take milk in a microwave oven safe big bowl, add sugar & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add lemon juice & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add almonds, cardamom, charioli nuts & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot or cold.					

Mutton Curry	Indian A-15	Ingredients			
		mutton	200 gms	300 gms	400 gms
		coriander seeds	10 gms	15 gms	20 gms
		cumin seeds	10 gms	15 gms	20 gms
		poppy seeds	10 gms	15 gms	20 gms
		almonds	6	6	8
		peppercorns	6	6	8
		cloves	2	4	6
		black cardamom	2	3	4
		cinnamon sticks	5 gms	10 gms	20 gms
		bay leaves	2	3	4
		ginger paste	10 gms	15 gms	20 gms
		cloves garlic paste	2	3	4
		green chili paste	2	3	4
		oil	1 tbsp	1 tbsp	1 tbsp
		green cardamom	3	4	5
		onions grated	125 gms	150 gms	200 gms
		red paprika powder	3 gms	5 gms	10 gms
		turmeric powder	¼ tsp	½ tsp	1 tsp
		tomato puree	30 gms	50 gms	100 gms
		yoghurt	100 gms	150 gms	200 gms
		5g, garam masala	5 gms	5 gms	10 gms
		5g, coriander leaves, chopped	5 gms	5 gms	10 gms
		salt to taste			
Method of preparation					
1. Take oil in a microwave oven safe bowl; add grated onions, ginger paste, garlic paste, green chili paste, coriander seeds, cumin seeds, poppy seeds, almonds, peppercorns, cloves, black cardamom, green cardamom, salt, paprika, turmeric powder, cinnamon, bay leaves & stir. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep remove, add mutton & stir. Place the bowl in the microwave oven & press start .					
3. After beep, remove, add tomato puree, garam masala, yoghurt, water & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with coriander leaves & serve hot.					

Mutton Shahi Kurma	Indian A-15	Ingredients			
			200 gms	300 gms	400 gms
		mutton	200 gms	300 gms	400 gms
		oil	1 tbsp	1 tbsp	1½ tbsp
		chopped onions	2	2	3
		cumin seeds	½ tsp	¾ tsp	1 tsp
		poppy seeds	½ tsp	¾ tsp	1 tsp
		ginger	½ tsp	¾ tsp	1 tsp
		garlic	½ tsp	¾ tsp	1 tsp
		coriander	½ tsp	¾ tsp	1 tsp
		almonds	5	6	7
		kashmiri chillies	3	4	5
		sultanas	½ tsp	¾ tsp	1 tsp
		grated coconut	1 tbsp	1 tbsp	1½ tbsp
		cloves	4	5	6
		cardamom	4	5	6
		cinnamon stick	1 inch	1½ inch	2 inch
		curd	½ cup	¾ cup	1 cup
		milk	½ cup	¾ cup	1 cup
		salt to taste			
		water			
Method of preparation					
Grind cumin seeds, poppy seeds, ginger, garlic, coriander, kashmiri chillies, water and into a fine paste. Set aside.					
1. Take oil in a microwave oven safe bowl, add chopped onion, grated coconut, cloves, cinnamon, cardamom, the ground spices paste & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add mutton, water & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add almonds, sultanas, salt, curd, milk & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve with rice or chapati					

Parsi Dal	Indian A-15	Ingredients			
			1 cup	1½ cup	2 cup
		soaked red gram (tur dal)	1 cup	1½ cup	2 cup
		butter	1 tbsp	1 tbsp	1½ tbsp
		garlic	½ tsp	¾ tsp	1 tsp
		cumin seeds	½ tsp	¾ tsp	1 tsp
		turmeric powder	½ tsp	½ tsp	¾ tsp
		salt to taste			
		water			
Method of preparation					
1. Take a microwave oven safe bowl, add butter, garlic, cumin seeds, turmeric powder, tur dal & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add water & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add salt & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot with rice.					

Payasam	Indian A-15	Ingredients			
		milk	4 cups	5 cups	6 cups
vermicelli (semya)	1 cups	1 cups	1½ cups		
sugar	½ cup	¾ cup	1 cup		
cardamom	4	4	5		
cashew nuts	½ tbsp	¾ tbsp	1 tbsp		
almonds	½ tbsp	¾ tbsp	1 tbsp		
ghee	1 tbsp	1 tbsp	1½ tbsp		
Method of preparation					
1. Take ghee in a microwave oven safe big bowl, add vermicelli, cashew nuts, almonds & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add milk, sugar & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add cardamom & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.					

Koottu Curry	Indian A-15	Ingredients			
		bengal gram dal (channa dal)	½ cup	¾ cup	1 cup
white gram dal (urad dal)	1 tbsp	1 tbsp	1½ tbsp		
pumpkin (cut into small pieces)	½ cup	¾ cup	1 cup		
snake gourd (cut into small pieces)	½ cup	¾ cup	1 cup		
french beans (cut into small pieces)	½ cup	¾ cup	1 cup		
yam (cut into small pieces)	½ cup	¾ cup	1 cup		
cucumber (cut into small pieces)	½ cup	¾ cup	1 cup		
inner flesh of drum stick pieces	½ cup	¾ cup	1 cup		
grated coconut paste	½ cup	¾ cup	1 cup		
turmeric powder	¼ tsp	½ tsp	¾ tsp		
green chillies paste	½ tsp	¾ tsp	1 tsp		
musturd seeds	¼ tsp	½ tsp	¾ tsp		
dried red chillies	3	4	5		
curry leaves	few	few	few		
ghee or coconut oil	1 tbsp	1½ tbsp	2 tbsp		
salt to taste					
water					
Method of preparation					
1. Take ghee or coconut oil in a microwave oven safe bowl, add channa dal, urad dal, turmeric powder, green chilli paste, musturd seeds, curry leaves, dried red chillies, coconut paste & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add pumpkin, snake gourd, beans, yam, cucumber, drum sticks, water & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add salt & mix well. Place the microwave oven & press start. Remove after beep & serve hot.					

Hyderabad Biryani	Indian A-15	Ingredients			
		200 gms	300 gms	400 gms	
		chicken	200 gms	300 gms	400 gms
		semi cooked rice	4 cups	5 cups	6 cups
		ginger paste	½ tsp	¾ tsp	1 tsp
		garlic paste	½ tsp	¾ tsp	1 tsp
		Roasted onions	2	3	4
		red chilli paste	1 tsp	1½ tsp	2 tsp
		green chilli paste	1 tsp	1½ tsp	2 tsp
		cinnamon sticks	3	4	5
		cardamom powder	½ tsp	¾ tsp	1 tsp
		cloves	4	5	6
		cumin seeds	1 tsp	1½ tsp	2 tsp
		curd	½ cup	¾ cup	1 cup
		lemon juice	½ tsp	¾ tsp	1 tsp
		butter	1 tbsp	1 tbsp	1½ tbsp
		mint leaves	few	few	few
		hing	a pinch	a pinch	a pinch
		saffron	¼ tsp	½ tsp	¾ tsp
		salt to taste			
		water			
Method of preparation					
1. Take butter in a microwave oven safe bowl, add cumin seeds, cinnamon sticks, cloves, green chilli paste, red chilli paste, garlic paste, ginger paste, roasted onions, hing & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add chicken, water, salt & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add semi cooked rice, curd, lemon juice, mint leaves, saffron, cardamom powder & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.					

Recipe Name	Recipe Code	CHINESE			
Chicken Dimsum	Chinese b1	Ingredients			
		ground chicken meat	200 gms	300 gms	400 gms
		onions (finely chopped)	2	3	4
		clove garlic (finely chopped)	2	3	4
		green onions (finely chopped)	2	2	3
		sesame paste	1 tbsp	1 tbsp	1½ tbsp
		butter	1 tbsp	1 tbsp	1½ tbsp
		carrots (shredded)	1 tbsp	1 tbsp	1½ tbsp
		curry paste	1 tbsp	1 tbsp	1½ tbsp
		soy sauce	2 tsp	3 tsp	4 tsp
		granulated sugar	1½ tsp	2 tsp	2 tsp
		lime juice	2 tsp	2 tsp	3 tsp
		Method of preparation:			
		<p>1. Take a microwave oven safe bowl, add peanut butter, garlic, onions, green onions, carrots, green curry paste, soy sauce, lime juice, granulated sugar & stir. Place in the microwave oven, select Recipe Code, enter weight & press start.</p> <p>2. After beep, remove, add chicken & stir. Place the bowl in the microwave oven & press start. Remove after beep & allow the mixture to cool. Lay out 1 wonton wrapper and place approximately 1 tablespoon of the chicken mixture in the middle. Dip your finger in water and run it along the edges of the wonton wrappers to wet. Take another wonton wrapper and place it on top in a way that forms a star shape. (i.e. the top wrapper looks like a diamond instead of a square). Continue with the rest of the mixture.</p> <p>3. Arrange wonton wrappers in a steam bowl. Place the bowl in the microwave oven & press start. Remove after beep & serve with sweat and sour sauce.</p>			

Fried Rice	Chinese b2	Ingredients			
		Rice (cooked)	2 cups	3 cups	4 cups
		chicken (diced)	1 cup	2 cup	3 cup
		sliced mushrooms (optional)	½ cup	1 cup	2 cup
		eggs	2	3	3
		ground white pepper	1/4 tsp	1/2 tsp	1 tsp
		soya sauce	¼ cup	1/2 cup	1 cup
		scallions including green ends (chopped)	2	3	4
		ginger slice (minced)	1	1	2
		garlic loves (minced)	1	2	3
		oil	¼ cup	1/2 cup	1/3 cup
Method of preparation					
Take rice & egg in a mixing bowl and stir slightly. Make sure that the eggs should not be well beaten. set aside.					
1. Take oil in a microwave oven safe bowl, add chicken, sliced mushrooms, garlic, ginger, scallions & mix well. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add rest of the ingredients, add cooked rice and egg mixture & stir well. Sprinkle a little oil before placing in the microwave oven & press start. Remove after beep & serve hot.					

New Year's Noodles	Chinese b3	Ingredients			
		noodles	200 gms	300 gms	400 gms
		mushrooms (chopped)	4	5	6
		vegetable broth	1 cup	2 cups	2 cups
		soy sauce	1 tbsp	1 tbsp	1½ tbsp
		corn starch	1 tbsp	1 tbsp	1½ tbsp
		sugar	1 tsp	1 tsp	1½ tsp
		peanut oil	1 tbsp	1 tbsp	1 tbsp
		minced garlic	1 tsp	1 tsp	1½ tsp
		minced ginger	1 tsp	1 tsp	1½ tsp
		chopped cabbage	½ cup	1 cup	1½ cup
		bean sprouts	½ cup	1 cup	1½ cup
		chopped spring onion	½ cup	1 cup	1½ cup
		chopped scallions (for garnish)	2	2	3
		Method of preparation			
Soak mushrooms in warm water for 15 minutes and then cut into bite sized pieces. While mushrooms are soaking, make sauce by mixing vegetable broth, soy sauce, corn starch and sugar in a small bowl & set aside.					
1. Take noodles & water in a microwave oven safe bowl. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove & set aside to cool. Take oil in another microwave oven safe bowl, add garlic, ginger, mushrooms, cabbage, bean sprouts, spring onion & stir. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add noodles, sauce & mix well. Place in the microwave oven & press start. Remove after beep, garnish with scallions and serve hot.					

Piquant Chicken Wings	Chinese b4	Ingredients			
		chicken wings	200 gms	300 gms	400 gms
		orange juice	½ cup	½ cup	1 cup
		corn flour	½ tbsp	1 tbsp	1 tbsp
		crushed black pepper corns	¼ tsp	½ tsp	½ tsp
		crushed red chillies	1 tsp	1½ tsp	2 tsp
		honey	1 tbsp	1 tbsp	1½ tbsp
		1 tbsp lemon juice	½ tbsp	½ tbsp	1tbsp
		Salt to taste			
		Method of preparation			
		Take the chicken wings in a microwave oven safe bowl, add orange juice, salt, and set aside to marinate for 30 minutes.			
		1. Place the bowl with the marinated chicken in the microwave oven, select Recipe Code, enter weight & press start.			
2. After beep remove, add crushed peppercorns, crushed red chillies & honey. Place in the microwave oven & press start.					
3. After beep, remove & add corn flour mixed in half cup of water. Add lemon juice & stir. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.					

Garlic & Ginger Prawns	Chinese b5	Ingredients			
			200 gms	300 gms	400 gms
		prawns	200 gms	300 gms	400 gms
		oil	1 tbsp	1 tbsp	1½ tbsp
		garlic (chopped)	4 cloves	5 cloves	6 cloves
		grated ginger	1 inch	2 inch	2 inch
		chopped red chilly	1	2	3
		red capsicums (cut in to strips)	½	½	1
		Soya sauce	½ tbsp	½ tbsp	1 tbsp
		sugar	1 tsp	1½ tsp	2 tsp
		chicken stocks	½ cup	1 cup	1½ cup
		corn flour	2 tsp	½ tbsp	1 tbsp
		lemon juice	½ tbsp	½ tbsp	½ tbsp
		spring onion greens (cut in to ½ inch-diamonds)	6 stalks	7 stalks	8 stalks
		coriander leaves (chopped)	1 tbsp	1 tbsp	1 tbsp
Method of preparation					
1. Take oil in a Microwave oven safe bowl, add garlic, ginger, red chillies, red capsicum & stir. Place in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add prawns, soya sauce, sugar, chicken stock & mix well. Place the bowl in the microwave oven & press start					
3. After beep, remove & add corn flour mixed in ¼ cup of water. Add lemon juice & mix well. Place the bowl in the microwave oven & press start. Remove beep, garnish with spring onion greens and coriander leaves. Serve hot.					

		ITALIAN			
Pasta Chicken	Italian C1	Ingredients			
		chicken breast (diced)	200 gms	300 gms	400 gms
		broccolis (diced)	½	½	½
		garlic cloves (minced)	5	6	7
		basil	¼ tbsp	½ tbsp	1 tbsp
		oregano	¼ tbsp	½ tbsp	½ tbsp
		medium carrot (cut in to small pieces)	½	½	1
		large ripe tomatoes	2	2	3
		small shell pasta	100 gm	100 gm	150 gm
		olive oil	½ tbsp	1 tbsp	1 tbsp
		salt to taste			
		Grated cheese (for taste & garnish)			
		Method of preparation			
		1.Take water in a microwave oven safe bowl; add pasta & broccoli. Place in the microwave oven, select Recipe Code, enter weight & press start.			
		2.After beep remove, drain & set aside. Take oil in another microwave oven safe bowl, add tomatoes, garlic, basil, oregano, salt, chicken & mix well. Place the bowl in the microwave oven & press start.			
		3.After beep, remove, add pasta and broccoli into the cooked chicken & stir well. Cover the bowl with a lid, place it in the microwave oven & press start. Remove after beep, garnish with grated cheese and serve.			

Chicken Casserole	Italian C2	Ingredients			
		chicken (cut in to pieces)	200 gms	300 gms	400 gms
		oil	1 tbsp	1 tbsp	1 tbsp
		clove garlic	2	3	4
		baby onions	100 gms	150 gms	200 gms
		tomatoes	100 gms	150 gms	200 gms
		tomato paste	50 gms	100 gms	150 gms
		marjoram	2 gms	3 gms	3 gms
		oregano	2 gms	3 gms	3 gms
		button mushrooms	50 gms	100 gms	150 gms
		block olives	½ tsp	1 tsp	1 tsp
		chopped parsley	20 gms	20 gms	30 gms
		water	1 cup	1½ cup	2 cup
		Salt and pepper			
		Method of preparation:			
		1.Take oil in a microwave oven safe bowl; add garlic, onions, marjoram, oregano, chicken, block olives & stir well. Place in the microwave oven, select Recipe Code, enter weight & press start.			
		2.After beep, remove, add tomatoes, tomato paste, mushrooms, water, parsley, salt, pepper & stir. Place in the microwave oven & press start. Remove after beep & serve hot.			

Pizza	Italian C3	Ingredients		
		Pizza base		
		butter	½ tbsp	1/3 tbsp
		finely chopped cabbage	40 gms	75 gms
		finely chopped green pepper	40 gms	75 gms
		chopped mushrooms	40 gms	75 gms
		sweat peas	40 gms	75 gms
		finely chopped carrot	40 gms	75 gms
		Tomato ketch up	1 tbsp	2 tbsp
		red chili powder	½ tsp	1/3 tsp
		grated cheese	½ cup	1/3 cup
		Salt to taste		
Method of preparation				
1. Take butter in a microwave oven safe bowl; add cabbage, green pepper, mushrooms, sweat peas, carrot, salt, tomato ketchup & stir. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.				
2. After beep, remove & set aside. Place the pizza base with the back side up on a high grill rack & press start.				
3. After beep, turn the pizza base up side down, apply some grated cheese, spread the vegetable mix, top with remaining cheese, Place the pizza on the high rack & press start. Remove after beep, cut into pieces and Serve hot.				

Lasagna	Italian C4	Ingredients			
		butter (melted)	½ tbsp	½ tbsp	1/3 tbsp
		flour	½ tbsp	1 tbsp	1 tbsp
		milk	1 cup	1 cup	1½ cup
		garlic	½ tsp	½ tsp	½ tsp
		chicken broth	½ cup	1/3 cup	1 cup
		cheese	1 cup	1 cup	1½ cup
		onions chopped	2	2	3
		basil (dried)	½ tsp	½ tsp	1 tsp
		oregano leaves (dried)	½ tsp	½ tsp	1 tsp
		pepper	½ tsp	½ tsp	1 tsp
		lasagna layers (cooked)	3	3	4
		chicken chunks	1 cup	1 cup	1½ cup
		spinach	50 gms	75 gms	100 gms
		Salt to taste			
		Béchamel sauce*	1Cup	1½ Cup	1½ Cup
Method of preparation					
<p>1. Take butter in a microwave oven safe bowl; add, onions, spinach, flour, salt, milk, broth, cheese, basil, oregano, pepper, chicken chunks & stir. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.</p> <p>Remove after beep. Spread the béchamel sauce mixture in the bottom of the baking dish, spread cheese & arrange a Lasagna layer over this sauce. Pour some chicken & spinach mixture (mentioned above) & cheese over the lasagna layer. Repeat for the subsequent 3-4 layers. Sprinkle the top layer with cheese</p>					
<p>2. Press start to preheat the microwave oven.</p>					
<p>3. After beep, place the baking dish in preheated oven and press start. Remove after beep & serve hot.</p>					

Chicken Hunter's Style	Italian C5	Ingredients			
			200 gms	300 gms	400 gms
		chicken			
		butter	½ tbsp	1 tbsp	1 tbsp
		oil	½ tbsp	½ tbsp	½ tbsp
		finely chopped onion	1 cup	1 cup	1½ cup
		green peppers chopped	½	½	1
		garlic cloves minced	2	3	4
		basil	½ tsp	1 tsp	1 tsp
		pepper	½ tsp	½ tsp	1 tsp
		stewed tomato (undrained)	1 cup	1½ cup	2 cup
		tomato juice or chicken broth	½ cup	1 cup	1 cup
		Sliced mushrooms for garnish.			
		salt to taste			
Method of preparation					
1. Take butter in a microwave safe bowl; add, oil, onion, green pepper, garlic, basil, salt, pepper & stir. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove the bowl, add chicken & stir. Place the bowl in the microwave oven & press start.					
3. After beep, remove the bowl, add tomato, tomato juice or chicken broth or water & stir. Place the bowl in the microwave wave & press start. Remove after beep, garnish with mushroom slices & serve hot.					

MEXICAN					
Spaghetti	Mexican d1	Ingredients			
		skinless, bone less chicken breast (cut in to small pieces)	100 gms	150 gms	200 gms
		oil	½ tbsp	1 tbsp	1 tbsp
		spaghetti noodles (broken in to half)	50 gms	75 gms	100 gms
		chopped tomato	50 gms	75 gms	100 gms
		large onion	1	2	3
		cumin	½ tsp	1 tsp	1 tsp
		chilly powder	1 tsp	1 tsp	2 tsp
		cheese	½ cup	1/3 cup	1 cup
		Salt and pepper to taste			
		water			
Method of preparation					
1. Take oil in a microwave oven safe bowl; add broken spaghetti & stir. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add tomato, onion, chicken breasts, cumin, chilly powder, salt, pepper, water & mix well. Place the bowl in the microwave oven & press start.					
3. After beep remove the bowl, add salt & mix well. Place the bowl in the microwave oven & press start. Remove after beep, garnish with cheese & Serve hot.					

Moyettes	Mexican d2	Ingredients			
		mushrooms (quartered)	100 gms	150 gms	200 gms
		tomatoes (chopped)	100 gms	150 gms	200 gms
		crushed garlic	3	4	5
		finely chopped green chillies	2	3	4
		onions chopped	2	3	3
		red chilly powder	½ tsp	½ tsp	1 tsp
		roasted cumin seeds powder	½ tsp	½ tsp	1 tsp
		sugar	½ tsp	1 tsp	1½ tsp
		butter	½ tbsp	1 tbsp	1½ tbsp
		bread buns	4	5	6
		grated cheese	1 tbsp	1 tbsp	2 tbsp
		Salt to taste			
		(Option for the topping)			
		Shredded cabbage			
		Grated carrot			
		Chopped spring onions			
		Method of preparation			
		1. Take butter in a microwave safe bowl: add onion, mushrooms, tomato, garlic, green chilly, chilly powder, cumin seed powder, sugar, salt & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.			
		Remove after beep & set aside. Cut off the tops from the buns, scoop out the centers, fill the centers with some cooked vegetable mix (mentioned above) and top with some grated cheese. Apply butter lightly on to all buns and arrange on a baking dish.			
		2. Press start to preheat the microwave oven.			
		3. After beep, place the baking dish with the buns in the preheated oven & press start. After beep, take out the moyettes from the oven, top with cabbage, carrot, spring onions and Serve.			

Spicy Mushroom Enchiladas	Mexican d3	Ingredients			
		chopped fresh mushrooms	200 gms	300 gms	400 gms
		chopped onions	2	3	4
		chopped tomato	2	3	4
		chopped green chilies'	2	3	4
		chopped coriander	1 tbsp	1 tbsp	2 tbsp
		oregano	½ tsp	1 tsp	1 tsp
		corn flour	1 tbsp	1 tbsp	2 tbsp
		oil	1 tbsp	1 tbsp	1½ tbsp
		Salt to taste			
		grated cheese	1 tbsp	1 tbsp	1½ tbsp
		tomato sauce	1 cup	1 cup	1½ cup
		6 corn tortillas			
		Method of preparation			
1. Take oil in a microwave oven safe bowl; add onion, tomatoes, green chilies, coriander, mushrooms, salt, oregano, corn flour & stir. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
Remove after beep & fill each tortilla with the mushroom filling and arrange on a dish. Pour tomato sauce down the center of the tortillas, sprinkle cheese on top & roll it. Arrange the tortillas on a baking dish.					
2. Press start to preheat the oven.					
3. After beep, place the baking dish in the preheated microwave oven & press start. Remove after beep & serve hot.					

Chicken Tacco Filling	Mexican d4	Ingredients			
			200 gms	300 gms	400 gms
		chicken (boneless)			
		onion (chopped)	1	2	3
		tomatoes (chopped)	2	2	3
		cumin	1 tsp	1½ tsp	2 tsp
		garlic	½ tsp	½ tsp	1/3 tsp
		pepper	½ tsp	½ tsp	1/3 tsp
		tomato sauce	½ cup	½ cup	1 cup
		cheese (grated)	½ cup	½ cup	1 cup
		lettuce (shredded)	1 cup	1 cup	1½ cup
		salt to taste			
		Taco- shells			
Method of preparation					
1. Take chicken breasts in to a microwave oven safe bowl. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, collect the broth in a cup & set aside. Take chicken pieces in a microwave oven safe bowl add onion, tomatoes, cumin, garlic, salt and pepper & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add the broth, tomato sauce & stir. Place the bowl in the microwave oven & press start. Remove after beep, fill the vegetable mix in taco-shells, add cheese, lettuce on the top (use salsa if desired) & serve.					

Vegetable Burrito	Mexican d5	Ingredients			
			1 each	1 each	1 each
		Fill the vegetable			
		onion, sliced	1	2	2
		carrot (cut in sticks)	1	2	2
		celery (sliced on an angle)	½ stalk	½ stalk	1 stalk
		broccoli (cut in to bite sizes)	1 bunch	1 bunch	2 bunch
		garlic, (crushed)	3 cloves	4 cloves	5 cloves
		chili powder	½ tsp	1 tsp	1 tsp
		fresh cilantro (chopped)	¼ cup	½ cup	1 cup
		oil	1 tbsp	1 tbsp	1 tbsp
		cornstarch	1 tbsp	1 tbsp	2 tbsp
		water			
Method of preparation					
1. Take oil in a microwave oven safe bowl; add garlic, celery, carrot, onion, bell peppers, chili powder, cilantro & stir. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add broccoli, cornstarch, water & stir. Place the bowl in the microwave oven & press start. Remove after beep & serve.					
Serving suggestions; Serve with tortillas or rice.					

THAI					
Pad Thai	Thai E1	Ingredients			
		rice noodles	200 gms	300 gms	400 gms
		butter	1 tbsp	1 tbsp	1½ tbsp
		boneless, skinless chicken breasts (cut in to bite-sized pieces)	100 gms	150 gms	200 gms
		vegetable oil	1 tbsp	1 tbsp	1½ tbsp
		eggs	2	3	3
		white vinegar	1 tbsp	1 tbsp	1½ tbsp
		Soya sauce	1 tbsp	1½ tbsp	2 tbsp
		white sugar	2 tsp	2 tsp	2½ tsp
		crushed red pepper	½ tbsp	1 tbsp	1½ tbsp
		bean sprouts	1 cup	1 cup	1½ cup
		crushed peanut	¼ cup	½ cup	1 cup
		chopped green onion	2	3	3
		Lemon (cut in to wedges)	1	1	2
Method of preparation					
1. Take oil & butter in a Microwave oven safe bowl, crack the eggs into it, add chicken & stir. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add softened noodles, vinegar, soya sauce, sugar, red pepper, crushed peanuts, green onions, lemon & mix well. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add bean sprouts & cover with lid. Place in the microwave oven & press start. Remove after beep & serve hot.					

Green Curry Chicken	Thai E2	Ingredients			
			200 gms	300 gms	400 gms
		boneless, skinless, chicken breast (cut into 1 inch cubes)			
		dark Soya sauce	½ tbsp	1 tbsp	1½ tbsp
		all purpose flour	1 tbsp	1 tbsp	1½ tbsp
		oil	1 tbsp	1 tbsp	1 tbsp
		green curry paste	1 tbsp	1 tbsp	2 tbsp
		green onions with tops	2	3	3
		garlic (peeled & chopped)	3 cloves	3 cloves	3 cloves
		ginger	1 tsp	1 tsp	1 tsp
		coconut milk	2 cups	2 cups	2 cups
		fish sauce	1 tbsp	1 tbsp	1 tbsp
		Soya sauce	½ tbsp	½ tbsp	½ tbsp
		white sugar	2 tbsp	2 tbsp	2 tbsp
		cilantro leaves for garnish	½ cup	½ cup	½ cup
Method of preparation					
1. Toss chicken first in dark soya sauce, then in flour, coating the pieces evenly. Take oil in a MWO safe bowl; add green curry paste, garlic, ginger, green onions & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add chicken & stir. Place the bowl back in the microwave oven & press start.					
3. After beep, remove, add coconut milk, fish sauce, soya sauce and sugar in the chicken curry mixture. Place the bowl in the microwave oven & press start. Remove after beep & garnish with cilantro leaves & serve hot.					

Prawn Curry	Thai E3	Ingredients			
		prawns	200 gms	300 gms	400 gms
French beans	100 gms	100 gms	150 gms		
button mushrooms (sliced)	4	5	6		
red pepper (cut in to slices)	½	1	1		
Thai red curry paste	1 tbsp	1 tbsp	1½ tbsp		
chicken stock	200 ml	200 ml	200 ml		
Thai fish sauce	1 tbsp	1 tbsp	1 tbsp		
coconut milk	200 ml	250 ml	300 ml		
basil	20 gms	20 gms	20 gms		
coriander	20 gms	20 gms	20 gms		
lime juice	½	1	1		
olive oil	½ tbsp	1 tbsp	1 tbsp		
basmati rice (cooked)	100 gms	150 gms	200 gms		
Method of preparation					
1. Take oil in a microwave oven safe bowl add beans, red peppers, mushrooms and thai red curry paste & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add prawn, chicken stock, fish sauces, basil, coriander & stir. Place the bowl in the microwave oven & press start.					
3. After beep, remove, add coconut milk & lime juice. Place the bowl in the microwave oven & press start. Remove after beep & serve over basmati rice.					

Grilled Lime Chicken	Thai E4	Ingredients			
		chicken breast (boneless, skinless)	200 gms	300 gms	400 gms
lime juice	½ cup	½ cup	1 cup		
honey	½ tbsp	1 tbsp	1 tbsp		
black pepper (ground)	½ tsp	½ tsp	1 tsp		
oil	½ tsp	½ tsp	1 tsp		
ginger (grated)	¼ tbsp	½ tbsp	½ tbsp		
water					
Method of preparation					
Combine all ingredients except chicken in blender or food processor. Process until mixed well. Pour over chicken, cover and marinate over night in the refrigerator.					
1. Arrange the marinated chicken on to a lightly greased baking dish. Place the dish in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove the dish & turn the chicken up side down. Place the dish back in the microwave oven & press start. After beep, garnish with cilantro & lime slices. Serve hot.					

Chicken Sataye	Thai E5	Ingredients		
		200 gms	300 gms	400 gms
		skinless chicken breasts (cut in to half-inch broad strips & flatten lightly)		
		lemon juice	1 tbsp	2 tbsp
		dark Soya sauce	1 tbsp	2 tbsp
		red chili powder	1 tsp	3 tsp
		oil	½ tbsp	1½ tbsp
		Salt to taste.		
Method of preparation				
Take oil in a mixing bowl; add lemon juice, soya sauce, salt, chili powder, chicken, mix well and set aside to marinate for one hour. Soak wooden skewers in water for 20 minutes. Tread marinated chicken onto the wooden skewers and arrange on Lightly greased baking plate.				
1.To pre-heat the microwave oven select Recipe Code, enter weight & press start.				
2. After beep, place the crispy plate In preheated microwave oven and press start. Remove after beep & serve hot.				

SPANISH				
Spanish Rice	Spanish F1	Ingredients		
		2 cups	3 cups	4 cups
		rice (boiled)		
		tomato (chopped)	2 cups	4 cups
		tomato puree	1 cup	2 cups
		large onion (chopped)	1	2
		butter	1 tbsp	2 tbsp
		pepper	½ tsp	1 tsp
		Salt to taste		
Method of preparation				
1.Take butter in a microwave oven safe bowl; add onion, tomato, tomato puree, salt, pepper & stir. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.				
2.After beep remove, add boiled rice & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.				

Mushroom Masala Bordelaise	Spanish F2	Ingredients			
		Mushroom (chopped)	200 gms	300 gms	400 gms
		onions (chopped)	2	3	4
		butter	1 tbsp	1 tbsp	2 tbsp
		pepper	½ tsp	1tsp	1 tsp
		parsley	1 tbsp	1 tbsp	2 tbsp
		bay leaf	2	3	4
		sherry	½ glass	1 glass	1 glass
		Salt to taste			
		Method of preparation			
1.Take butter in microwave safe oven bowl, add onions, mushrooms & stir. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2.After beep,remove, add the sherry, parsley, bay leaf, salt, pepper & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.					

Spanish Baked Fish	Spanish F3	Ingredients			
		Fish	200 gms	300 gms	400 gms
		butter	½ tbsp	1 tbsp	1 tbsp
		sour cream	½ tbsp	1tbsp	2 tbsp
		2 tbsp bread crumbs	1 tbsp	2 tbsp	2 tbsp
		1 tbsp grated cheese	1 tbsp	2 tbsp	2 tbsp
		Parsley (for garnish)			
		Method of preparation:			
		Marinate fish with butter and sour cream for 15 minutes.			
		1.Take the marinated fish in a microwave safe bowl and cover with lid. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.			
2.After beep, remove the fish pieces from the bowl, toss in bread-crumbs & place on the crispy plate. Sprinkle the grated cheese on the fish. Place the crispy plate with the fish on a high rack in the microwave oven & press start.					
3.After beep, remove & turn the fish pieces upside down. Place the crispy plate back in the microwave oven & press start. After beep, allow to stand in the microwave oven for 5 minutes. Remove, garnish with parsley & serve hot.					

Baked Chicken	Spanish F4	Ingredients			
		chicken	200 gms	300 gms	400 gms
		tomato sauce	1 tbsp	2 tbsp	2 tbsp
		butter	1 tbsp	1 tbsp	2 tbsp
		bread-crumbs	1 tbsp	2 tbsp	2 tbsp
		pepper	1 tsp	1½ tsp	2 tsp
		Salt to taste			
		Method of preparation			
		1.Clean and season the chicken with butter, salt & pepper in a microwave oven safe bowl. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.			
		After beep, remove, plate the chicken pieces on the crispy plate, pour tomato sauce & sprinkle with bread- crumbs			
2.Place the crispy plate on a high grill rack in the microwave oven & press start.					
3.After beep, remove, turn the chicken upside down, place the crispy plate back on the high grill rack in the microwave oven & press start. Remove after beep & serve hot.					

Fricaseed Shrimps	Spanish F5	Ingredients			
		shrimps	200 gms	300 gms	400 gms
		butter	1 tbsp	1 tbsp	1 tbsp
		onion (chopped)	2	2	3
		tomatoes (chopped)	2	2	3
		flour	1 tbsp	1 tbsp	1 tbsp
		water	½ cup	½ cup	½ cup
		pepper	½ tsp	½ tsp	½ tsp
		parsley	1 tbsp	1 tbsp	1 tbsp
		egg yolk	1	2	2
		2 cup boiled rice	2 cup	2 cup	2 cup
		Salt to taste			
		Method of preparation			
1.Take butter in a microwave oven safe bowl, add onion, tomatoes, flour & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2.After beep, remove, add water, shrimps, salt, pepper, Parsley & stir well. Place the bowl in the microwave oven & press start.					
3.After beep, remove, add egg yolk & stir. Place the bowl in the microwave oven & press start. Remove after beep and serve hot over some boiled rice on a plate.					

ENGLISH					
Barbecued Orange Chicken	English g1	Ingredients			
		200 gms	300 gms	400 gms	
		Chicken	200 gms	300 gms	400 gms
		oil	½ tbsp	1 tbsp	1 tbsp
		orange juice	½ tbsp	2 tbsp	2 tbsp
		vinegar	½ tbsp	1 tbsp	2 tbsp
		tomato paste	1 tbsp	2 tbsp	2 tbsp
		orange zest paste	1/4 tbsp	½ tbsp	1 tbsp
		onions paste	2	2	3
		pepper	½ tsp	1 tsp	1 tsp
		Salt to taste			
Method of preparation					
Marinate chicken pieces with all ingredients and set aside for an hour					
1. Arrange chicken pieces in on lightly greased baking dish. Place the dish in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove & turn the chicken pieces upside down. Place the dish back in the microwave oven & press start. After beep let it stand for 5 minutes and serve with salad.					

Shrimps on the Barbie	English g2	Ingredients			
		200 gms	300 gms	400 gms	
		giant prawns (shelled heads and tails intact)	200 gms	300 gms	400 gms
		butter (melted)	½ tbsp	1 tbsp	1 tbsp
		orange juice	½ tbsp	1 tbsp	1 tbsp
		sherry	½ tbsp	1 tbsp	1 tbsp
		orange zest (grated)	¼ tsp	½ tsp	1 tsp
		green onions (tops & whites)	2 each	3 each	4 each
		ginger (freshly grated)	1tsp	1tsp	2tsp
Method of preparation					
Take butter in a microwave oven safe bowl; add orange juice, sherry, orange zest, onions, ginger, giant prawns, mix well, and set aside for 1 hour					
1. Take the marinated prawns on a lightly greased baking tray. Place the dish in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove & turn the prawns up side down. Place the baking tray in the microwave oven & press start. Remove after beep & serve hot.					

Chocolate-bread pudding	English g3	Ingredients			
		bread crumbs	200 gms	300 gms	400 gms
		milk	½ litre	½ litre	1 litre
		butter	30 gms	40 gms	50 gms
		sugar	50 gms	70 gms	100 gms
		chocolate	30 gms	50 gms	70 gms
		eggs (yolk & white separate)	3	3	4
		vanilla essence	¼ tsp	½ tsp	1 tsp
		Method of preparation			
		1. Take bread crumbs & milk in a microwave oven safe bowl & mx well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.			
2. After beep, remove, add butter, sugar, chocolate, egg yolks, Vanilla essence, egg white & mix well. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.					

Country Style Chicken Stew	English g4	Ingredients			
		chicken (cut into pieces)	200 gms	300 gms	400 gms
		potatoes medium (cut into pieces)	2	2	3
		carrot medium (cut into pieces)	1	1	2
		onion medium (cut into pieces)	2	2	3
		tiny pearl onions (peeled)	3	3	4
		French beans (cut into pieces)	6	6	8
		cauliflower (separated into tiny florets)	4	4	6
		bay leaves	2	3	4
		spring of French parsley	3	3	4
		celery stalk (lightly crushed)	2 inch	2 inch	3 inch
		dried thyme	½ tsp	½ tsp	1 tsp
		block pepper corns (crushed)	5	6	6
		oil	½ tbsp	½ tbsp	½ tbsp
		garlic cloves (crushed)	4	4	6
		whole wheat flour	½ tbsp	1 tbsp	1 tbsp
		Salt to taste			
		water			
		Method of preparation			
		1. Take oil in a microwave oven safe bowl, add chicken, garlic, flour & stir. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.			
2. After beep, remove, add potatoes, carrot, turnip, french beans, cauliflower, onions, bay leaf, parsley, celery, water, thyme, pepper corns, salt, water & stir. Place the bowl in the microwave oven & press start. Remove after beep & serve hot.					

English Muffins	English g5	Ingredients			
		warm milk	½ litre	½ litre	1/3 litre
		yeast	½ cup	½ cup	1/3 cup
		salt or grounded sugar	1 tsp	1 tsp	1½ tsp
		butter	½ cup	½ cup	½ cup
		1 tsp soda (dissolved in a little water)	1 tsp	1 tsp	1½ tsp
		Flour (enough to make stiff batter)			
Method of preparation					
Take warm milk in a mixing bowl, add yeast, salt or sugar and enough flour to make a stiff batter. Allow to stand & rise for 1 hour. Add melted butter, soda, take enough flour to make a Very stiff batter and let rise one hour. Fill the batter in well greased muffin rings or plate.					
1. Select Recipe Code, enter weight & press start to preheat the oven.					
2. After beep, put the muffin rings in preheated microwave oven & press start. Remove after beep & serve with butter.					

FRENCH					
Crustless Quiche	French H1	Ingredients			
		eggs	2	3	4
		light cream	½ cup	1/3 cup	1 cup
		nut meg	Pinch	Pinch	Pinch
		pepper	½ tsp	1 tsp	1 tsp
		spinach (broccoli or peapods are optional)	100 gms	150 gms	200 gms
		bacon (cooked & crumbled)	2 slices	3 slices	4 slices
		cheese	½ cup	1/3 cup	1 cup
		chopped onions	¼ cup	½ cup	1 cup
		Salt to taste			
Method of preparation					
1. Mix all ingredients together in a lightly greased microwave oven safe bowl & cover with lid. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove & set aside on a high grill rack. Press start to preheat the oven.					
3. After beep, place the high grill rack with the Quiche in the microwave oven & press start. Remove after beep, allow to stand for 5 minutes & serve.					

Apple Souffle	French H2	Ingredients			
		2 big size apples (mashed)	200 gms	300 gms	400 gms
		2 eggs (divide in to yolks & white)	2	2	3
		1 tbsp butter (melted)	1 tbsp	1 tbsp	1½ tbsp
		2 tbsp sugar	2 tbsp	2 tbsp	2½ tbsp
		1 tsp lime juice	1 tsp	1 tsp	1½ tsp
		1/8 lemon rind	1/8 tsp	1/8 tsp	¼ tsp
Method of preparation					
Take the apple mash in a mixing bowl add butter & mix well. Beat the yolks of eggs & add it to the apple mash. Add sugar, lime juice, rind of lemon & mix well. Then add the eggs white into it & mix well. Pour into a buttered pudding dish.					
1. Select Recipe Code, enter weight & press start to preheat the oven.					
2. After beep, place the pudding dish with the apple mixture in the pre-heated microwave oven & press start. Remove after beep & serve hot or cold.					

Fish a la Marseilles	French H3	Ingredients		
fish (use two kinds of fish cut into slices)	200 gms	300 gms	400 gms	
garlic (minced)	2 cloves	3 cloves	4 cloves	
parsley (minced)	2 springs	3 springs	3 springs	
thyme (minced)	2 springs	3 springs	3 springs	
bay leaves (minced)	2	2	3	
pepper	½ tsp	1 tsp	1 tsp	
chilly powder (optional)	½ tsp	1 tsp	2 tsp	
butter	½ tbsp	1 tbsp	1 tbsp	
medium sized onions (sliced)	2	3	3	
medium sized tomatos (chopped)	2	2	3	
juice of lemon	1 tsp	1 tsp	2 tsp	
sherry	1 cup	1 cup	1½ cup	
sugar	½ tbsp	1 tbsp	1 tbsp	
Salt to taste				
water				
Method of preparation				
Season the fish slices with salt, garlic, parsley, thyme, bay leaves and pepper. Set a side				
1. Take butter in a microwave oven safe bowl; add onion, tomato, chilly powder, juice of lemon and seasoned fish slices & mix well. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.				
2. After beep, remove, add water & stir. Place the bowl in the microwave oven & press start,				
3. After beep, remove, add sherry & sugar over the fish & mix slowly. Place the bowl in the microwave oven & press start. Remove after beep & serve with toast.				

Carrot Cake	French H4	Ingredients			
		grated carrots	1 cup	1½ cup	2 cup
flour	1 cup	1½ cup	2 cup		
sugar	1 cup	1½ cup	2 cup		
cinnamon	¼ tsp	½ tsp	½ tsp		
nut Meg	½ tsp	½ tsp	1 tsp		
baking powder	½ tsp	1 tsp	1 tsp		
baking soda	½ tsp	½ tsp	1 tsp		
egg	1	2	3		
oil	½ cup	½ cup	½ cup		
vanilla	½ tsp	½ tsp	1 tsp		
chopped walnuts	¼ cup	¼ cup	½ cup		
Method of preparation					
Take flour, sugar, cinnamon, nut meg, baking soda, baking powder in a mixing bowl & mix well. Add oil, egg, carrots, vanilla, walnuts & mix well. Pour the mixture into a lightly greased baking dish & set aside.					
1. Select Recipe Code, enter weight & press start to preheat the oven.					
2. After beep, place the baking dish in the microwave oven & press start. Remove after beep and serve.					

Macaroni and Cheese	French H5	Ingredients			
		butter	½ tbsp	1 tbsp	1 tbsp
onion finely chopped	1	2	3		
flour	1 tbsp	1½ tbsp	2 tbsp		
milk	100 ml	150 ml	200 ml		
grated tasty cheese	30 gms	40 gms	50 gms		
cooked macaroni (drained well)	100 gms	50 gms	200 gms		
extra grated tasty cheese	30 gms	40 gms	50 gms		
paprika (red chilli powder)	1 tsp	1 tsp	1½ tsp		
Method of preparation					
1. Take onion, flour & milk in a blender & blend until smooth, Pour the mixture into a microwave oven safe bowl. Place the bowl in the microwave oven, select Recipe Code, enter weight & press start.					
2. After beep, remove, add, butter, macaroni & cheese. Sprinkle with paprika & stir. Place the bowl in the microwave oven & press start.					
3. After beep, remove & pour the mixture into another grill safe utensil. Top with extra grated cheese and place it on a grill rack in the microwave oven & press start. Remove after beep & serve hot.					

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 splatters. 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 a dealer 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.

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

FREQUENTLY ASKED QUESTIONS

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	Only use the rack that is supplied with your microwave oven. Use of any other rack can result in poor cooking performance and/or arcing and may damage your oven.
Can I use either metal or aluminum pans in my microwave oven?	Usable metal includes aluminum foil for shielding (use small, flat pieces). Never allow metal to touch the walls or door
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?	As the food becomes hot, it will conduct the heat to the dish. Use hot pads to remove food after cooking. The dish may not be microwave safe.
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?	Yes. Pop packaged microwave popcorn following manufactures guideline or use the pre programmed popcorn pad. Do not use regular paper bags 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. Do not pop popcorn in glass utensils
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 authorized 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 authorized customer service centre.
2. For units installed beyond the municipal limits of the jurisdiction of the authorized 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 its 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 centralized helpline / authorized 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 unauthorized personnel & misuse detected by the authorized 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

WARRANTY DETAILS

MODEL NO.
UNIT SR. NO.

DATE OF PURCHASE

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 authorized 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 carried 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 center or purchaser's residence.
7. The warranty is not valid in case the serial number is deleted, defaced or altered.
8. Damage to the microwave or any parts due to transportation or shifting is not covered by the warranty.
9. The warranty automatically expires after 12 month of original date of purchase, even if the microwave may not be in use for any time for whatever reasons during the warranty period.

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

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

Toll-Free :1800-209-5511

Website: www.godrejappliances.com & www.godrejsmartcare.comE-mail: smartcare@godrej.com

Protection of Environment:



“Protection of environment” is one of the core values of Godrej and we seek your co-operation to make sure that 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 household 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 for**

details about Godrej Appliances authorized collection centers.

Godrej eon[®]