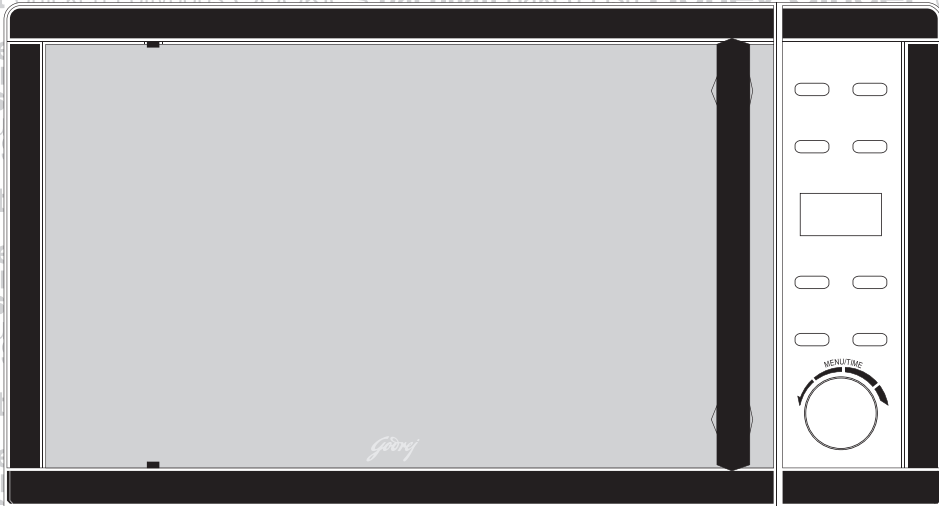


# HOW TO GET THE BEST OUT OF YOUR GODREJ MICROWAVE OVEN...



**User Manual**  
**GMX 20GA4 FKZ**  
**20 ltr. Microwave, Grill**



## 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

<b>Input Power:</b>	230V~50Hz, 1200W(Microwave)
	1000W(Grill)
<b>Output Power:</b>	800W(Microwave)
<b>Operation Frequency:</b>	2450MHz
<b>Outside Dimensions:</b>	262mm(H)×452mm(W)×395mm(D)
<b>Oven Cavity Dimensions:</b>	210mm(H)×315mm(W)×329mm(D)
<b>Oven Capacity:</b>	20 Litres
<b>Cooking Uniformity:</b>	Turntable System
<b>Net Weight:</b>	Approx. 12.5kg

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# IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE USE

## Important Safety instructions

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

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

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

## Precautions to avoid possible exposure to excessive microwave energy:

- a) Do not attempt to operate this oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to tamper with the safety interlocks.
- b) Do not place any object between the microwave oven cavity and the door or allow soil or cleaner residue to accumulate on sealing surfaces
- c) Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damages to the:
  - i. Door (bent)
  - ii. Hinges and latches (broken or loosened)
  - iii. Door seals and sealing surfaces
- d) It is hazardous for anyone other than properly qualified competent service personnel to repair, adjust or remove the cover which gives protection against exposure to microwave energy

1. **Do not heat the following items in the microwave oven:** Whole eggs in the shell, water with oil or fat, sealed containers, or closed glass jars.

These items may explode.

- Do not cover or block any openings in the oven
- Use your oven only for the operations described in this manual
- Do not run the oven empty, without food in it
- Do not deep fry in your microwave oven
- Do not remove the turn table while using the microwave oven

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

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

## UTENSIL GUIDE

1. The ideal material for a microwave utensil is transparent to microwave, it allows energy to pass through the container and heat the food.
2. Microwave cannot penetrate metal, so metal utensils or dishes with metallic trim should not be used.
3. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
4. Round /oval dishes rather than square/oblong ones are 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.

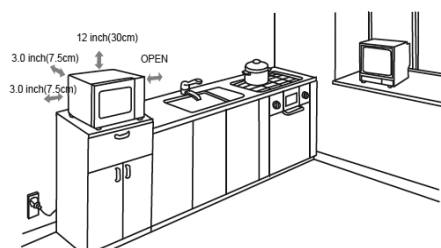
The list below is a general guide to help you select the correct utensils.

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.

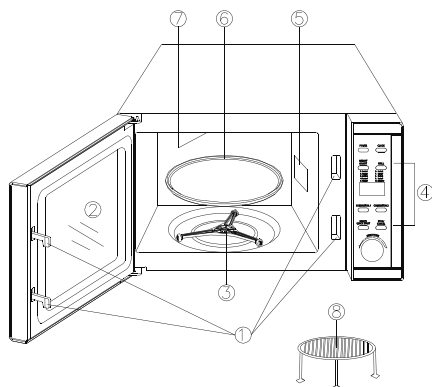
When there is interference, it may be reduced or eliminated by taking the following measures:

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

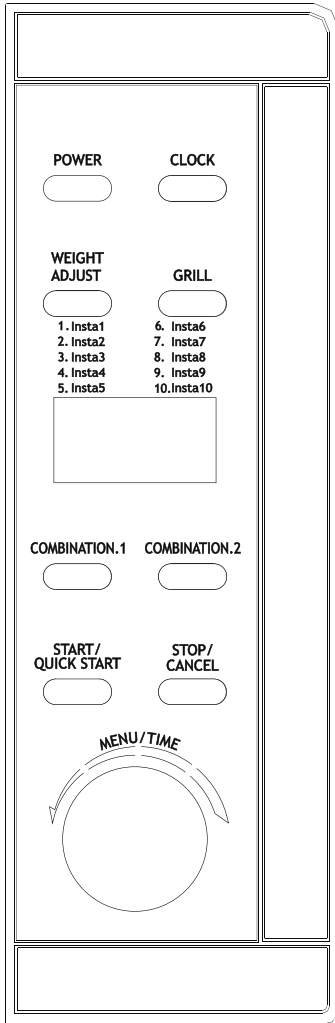
1. A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord
2. DO NOT USE AN EXTENTION CORD

## PART NAMES



1. Door Safety Lock System
2. Oven Window
3. Turntable Support
4. Control Panel
5. Wave Guide (Please do not remove the mica plate covering the wave guide)
6. Glass Tray
7. Grill Heater
8. Metal Rack

## CONTROL PANEL



### 1. MENU ACTION SCREEN

Cooking time, power, action indicators, and clock time are displayed.

### 2. POWER

- Touch this button a number of times to set microwave cooking power level.

### 3. CLOCK

- Touch this button to start setting the oven clock and ending by touching it again.

### 4. WEIGHT ADJUST

- After choosing an auto-cooking menu, use it to specify food weights or number of servings.

### 5. GRILL

- Press this button to set a grill-cooking program up to 60 minutes.

### 6. COMBINATION.1/COMBINATION.2

- Cooking with combined microwave and grill power.

### 7. START/QUICK START

- Touch to start a cooking program.
- Simply touch it a number of times to set cooking time and cook immediately at full power level.

### 8. STOP/CANCEL

- Press to cancel setting or reset the oven before setting a cooking program.
- Press once to temporarily stop cooking, or twice to cancel cooking

altogether.

- It is also used for setting child lock.

### 9. MENU/TIME

- Turn the dial to set the oven clock time and input cooking time.
- Turn the MENU/TIME dial to select an InstaCook menu including auto defrost.

## OPERATING INSTRUCTIONS

Each time a button is pressed, a beep will sound to acknowledge the touch.

### SETTING CLOCK TIME

This is a 12 or 24-hour clock. To check the time while the oven is in operation, press the CLOCK button, then the time will be displayed for a while in the display.

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

1. Press CLOCK button once or twice.
2. Turn MENU/TIME to set 8 o'clock.
3. Press CLOCK button.
4. Turn MENU/TIME to set 30 min.
5. Press CLOCK to confirm the setting.

### MICROWAVE COOKING

For microwave cooking, just press the POWER button a number of times to select a cooking power level, and then use the MENU/TIME dial to set a desired cooking time. The longest cooking time is 60 minutes.

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

1. Press POWER button 3 times.

Press power button	Display	Cooking power
Once	100	100%
Twice	80	80%
3 times	60	60%
4 times	40	40%
5 times	20	20%
6 times	00	0

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

### GRILL

The longest cooking time is 60 minutes. The grill cooking is particularly useful for meatballs, pizza, nankhatai, kebabs, bread toast, chicken roast, etc. It is also suitable for hot sandwiches and fish roast.

For example, suppose you want to grill for 12 minutes.

1. Press GRILL button.
2. Turn the MENU/TIME to 12:00.
3. Press START/QUICK START.

### COMBINATION 1

The longest cooking time is 60 minutes.

30% time for microwave cooking, 70% for grill cooking.

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

1. Press COMBINATION1 button.
2. Turn MENU/TIME to 25:00.
3. Press START/QUICK START.

### COMBINATION 2

The longest cooking time is 60 minutes.

55% time for microwave cooking, 45% for grill cooking.

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

1. Press COMBINATION 2 button.
2. Turn MENU/TIME to 12:00.
3. Press START/QUICK START.

## **WEIGHT DEFROST**

The oven can be used to defrost meat, paneer, seafood, frozen vegetables (like peas). The defrosting time and power level are automatically set once the food category and the weight are programmed. The frozen food weight ranges from 100g to 1800g.

FOR EXAMPLE: Suppose you want to defrost 600g of prawns.

1. Press STOP/CANCEL button.
2. Turn MENU/TIME dial to defrost setting by turning the dial until it have passed the 9th auto cook menu, and then turn the dial again to indicate weight 600g.
3. Press START/QUICK START.

Note: the oven stops during defrosting to let the user turn food over for uniform defrosting and then press START/ QUICK START to defrost for the remaining time.

## **CHILD LOCK**

Prevents unsupervised operation of the oven by children. The CHILD LOCK indicator will show up on display screen, and the oven cannot be operated while the CHILD LOCK is set. To set the CHILD LOCK: Press and hold the STOP/CANCEL button for 3 seconds, a beep sounds and lock indicator lights. To cancel the CHILD LOCK: Press and hold the STOP/CANCEL button for 3 seconds until lock

indicator on display turns off.

## **EXPRESS COOKING**

The oven will operate at HIGH power (100% power output) for EXPRESS cooking program.

Just press the START/QUICK START button a number of times to set cooking time. The oven will start working immediately at full power.

## **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 1 min.
4. Open the microwave and swipe clean the inner surface of the microwave oven with a soft cloth.

When STOP/CANCEL is pressed, the oven will be back to normal.

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## INSTA COOK MENU

For the following foods or cooking operation, you do not need to input cooking power and time. You just need to input what you want to cook and how much the food weighs. You can do so by turning the MENU/TIME dial to select an Insta Menu, then press the WEIGHT ADJUST button to indicate the approximate weights of food you are about to cook. The oven starts to work after you touching the START/QUICK START.

You may need to turn food over at the middle of cooking time to obtain uniform cooking.

For example: to cook any recipe in Insta 1

1. Turn MENU/TIME dial to '1'
2. Press WEIGHT ADJUST button a number of times to indicate the desired weight.
3. Press START/QUICK START button.

**Note :** To select a specific recipe from those given below, identify the InstaCook menu it falls under (Insta1, Insta2, etc), rotate/press the MENU function and select the relevant Insta menu. Set the weight according to the recipe weights mentioned below. In case, the display shows weight as 1, 2, 3- it is in the ascending order of weight as given in the recipe. For example, 1=200gms, 2=400gms, 3=600gms

Recipe Name	Recipe Code				
TEA/COFFEE	Insta1	TEA/COFFEE			
		Ingredients;	<b>200gms</b>	<b>400gms</b>	<b>600gms</b>
		Tea / coffee powder	1½ tsp	2 tsp	3 tsp
		Milk	2 cups	3 cups	4 cups
		Sugar to taste			
		Water as required			
		<b>Method of preparation:</b>			
		Take a microwave oven safe large bowl, add water, milk, sugar, tea / coffee powder, mix well. Select Insta 1, enter weight, press start.			
TOMATO PUREE	Insta1	TOMATO PUREE	<b>200gms</b>	<b>400gms</b>	<b>600gms</b>
		Ingredients;			
		Tomatoes	200 gm	400 gm	600 gm
		<b>Method of preparation:</b>			
		Take a microwave oven safe bowl, add tomatoes, and place the bowl in the microwave oven. Select Insta 1, set weight and press start. Set aside to cool, remove the top cover, mash and use.			



<b>COCONUT ROAST</b>	<b>Insta1</b>	<b>COCONUT ROAST</b>	<b>200gms</b>	<b>400gms</b>	<b>600gms</b>
		<b>Ingredients;</b>			
		Grated coconut	2 cups	3 cups	4 cups
		<b>Method of preparation:</b>			
		Take a microwave oven safe glass bowl, add grated coconut, place the bowl in the microwave oven. Select Insta 1, enter weight, press start. Stir once in between.			
<b>PEDA</b>	<b>Insta1</b>	<b>PEDA</b>	<b>200gms</b>	<b>400gms</b>	<b>600gms</b>
		<b>Ingredients;</b>			
		Soft Khoya	200 gm	400 gm	600 gm
		Sugar Powdered	1 cup	1½ cup	2 cups
		Cardamom Powder	¼ tsp	¼ tsp	½ tsp
		Cardamom Seeds (Crushed)	¼ tsp	¼ tsp	½ tsp
		Pistachios	few	few	Few
		<b>Method of preparation:</b>			
		Take a microwave oven safe glass bowl, add all ingredients other than cardamom seeds and pistachios, mix well and select Insta 1, enter weight, press start After beep, remove and set to cool. When set well, make peda shape and garnish with cardamom seeds and pistachios on top and serve.			
<b>FRITTATA</b>	<b>Insta1</b>	<b>FRITTATA</b>	<b>200gms</b>	<b>400gms</b>	<b>600gms</b>
		<b>Ingredients;</b>			
		Eggs	3	4	5
		Red bell pepper - cut into thin long strips	½	¾	1
		Yellow bell pepper - cut into thin long strips	½	¾	1
		Zucchini - cut into thin long strips	30 gms	40 gms	50 gms
		Fresh basil	¼ tsp	¼ tsp	½ tsp
		Crushed pepper	½ tsp	½ tsp	1 tsp
		Oil	10 ml	15 ml	20 ml
		Salt to taste			
		<b>Method of preparation:</b>			
		Take a microwave oven safe bowl. Add oil, bell peppers, zucchini, basil. Mix well and select tadka option Insta 6, enter weight, press start. After beep, remove and add eggs beaten with salt and pepper. Place the bowl in the microwave oven. Select Insta1, enter weight and press start. Serve immediately.			
<b>VEGETABLE STOCK</b>	<b>Insta1</b>	<b>VEGETABLE STOCK</b>	<b>200gms</b>	<b>400gms</b>	<b>600gms</b>
		<b>Ingredients;</b>			
		Onion Chopped	½ cup	1 cup	1½ cup
		Carrots Chopped	1 cup	1 cup	2 cups
		Celery Chopped	1 stalks	2 stalks	3 stalks
		Coriander	2 stems	4 stems	6 stems
		Peppercorns	1 tsp	1 tsp	2 tsp
		Water As Required			
		<b>Method of preparation:</b>			
		Add all the ingredients in a microwave oven safe bowl other than water and mix well. Place the bowl in the microwave oven and select Insta 6 Tadka option. Set weight, press start. After beep, remove and add water, mix well and select Insta 1, set weight, press start. Set to cool then strain them and use whenever required.			

GARAM MASALA	Insta1	GARAM MASALA	200gms	400gms	600gms	
		<b>Ingredients;</b>				
		Dried Ginger Powder	1 tsp	1½ tsp	2 tsp	
		Cardamom Seeds	½ tbsp	¾ tbsp	1 tbsp	
		Cumin Seeds	½ tbsp	¾ tbsp	1 tbsp	
		Black Cumin (Shahjeera)	½ tbsp	¾ tbsp	1 tbsp	
		Dried Coriander Seeds	½ tbsp	¾ tbsp	1 tbsp	
		½" Cinnamon Sticks	3	5	6	
		Black Peppercorns	½ tsp	½ tsp	1 tsp	
		Cloves	3	4	5	
		Star Anise	1	2	2	
		Nutmeg	½	¾	1	
		Mace Powder (Javantari)	½ tsp	½ tsp	½ tsp	
		Bay Leaf	2 long	3 long	4 long	
		<b>Method of preparation:</b>				
		Take a microwave oven safe glass bowl, add all ingredients, mix well and place the bowl in the microwave oven. Select Insta 1, enter weight, press start.				
RICE	Insta2	RICE	150 gm	300 gm	450 gm	600 gm
		<b>Ingredients:</b>				
		Rice	2 cups	3 cups	4 cups	5 cups
		Ghee As Required				
		Water As Required				
		Salt To Taste				
		<b>Method of preparation</b>				
		Take a microwave oven safe bowl, add all the ingredients other than ghee, mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, add ghee and serve hot.				
DAL TADKA	Insta2	DAL TADKA	150 gm	300 gm	450 gm	600 gm
		<b>Ingredients:</b>				
		Red Lentils (Masoor Dal)	¾ cup	1 cup	1½ cup	2 cups
		Yellow Lentils (Moong Dal)	¾ cup	1 cup	1½ cup	2 cups
		Tomato Chopped	1	2	3	3
		Onion Chopped	1	1½	2	2
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp	3 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp	1½ tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp	1½ tsp
		Green Chillies Chopped	2	3	4	4
		Mustard Seeds	¼ tsp	¼ tsp	½ tsp	½ tsp
		Dried Red Chillies	2	3	4	4
		Oil As Required				
		Coriander Leaves For Garnish				
		Salt To Taste				
		Water As Required				
		<b>Method of preparation</b>				
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than red lentils, yellow lentils, tomato, water and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven. Select Insta 2, enter weight and press start. Remove, and serve hot.				

SAMBHAR	Insta2	SAMBHAR	150 gm	300 gm	450 gm	600 gm
		<b>Ingredients:</b>				
		Red Gram Dal	1 cup	1½ cup	2 cup	3 cup
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	
		Bitter Gourd (Sliced Into Long Pieces)	50 gms	100 gms	150 gms	200 gms
		Brinjal (Sliced Into Long Pieces)	2	3	4	4
		Drum Stick (Sliced Into Long Pieces)	½ stick	¾ stick	1 stick	2 stick
		Ladies Finger (Sliced Into Long Pieces)	3	4	5	5
		Dried Red Chillies	4	4	5	5
		Curry Leaves	1 sprig	1 sprig	2 sprig	2 sprig
		Tamarind	20 gms	30 gms	40 gms	40 gms
		Hing	¼ tsp	½ tsp	½ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp	3 tsp
		Oil	½ tbsps	¾ tbsps	1 tbsps	1 tbsps
		White Gram Dal (Fried)	1 tsp	1½ tsp	2 tsp	2 tsp
		Coriander Seeds (Fried)	½ tsp	¾ tsp	1 tsp	1 tsp
		Mustard Seeds (Fried)	½ tsp	¾ tsp	1 tsp	1 tsp
		Coriander Leaves For Garnish				
		Mustard Seeds For Tadka				
		Water As Required				
		Salt To Taste				
		<b>Method of preparation</b>				
		Make a paste of fried white gram dal, coriander seeds, and mustard seeds, keep aside. Mash the tamarind in a cup of water and strain. Keep aside. Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than red gram dal and water. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, and serve hot.				
RASAM	Insta2	RASAM	150 gm	300 gm	450 gm	600 gm
		<b>Ingredients:</b>				
		Red Gram Dal	1 cup	1½ cup	2 cup	3 cup
		Tomatoes	2	3	4	4
		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 inch	¾ inch
		Green Chillies Chopped	1	2	2	3
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp
		Mustard 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	4
		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 As Required				
		Salt To Taste				
		Water As Required				
		Coriander Leaves For Garnish				
		<b>Method of preparation</b>				
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than red gram dal, tomato, water and coriander leaves. Remove, add the remaining ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, garnish with coriander leaves and serve hot.				

VEG- PULAO	Insta2	VEG- PULAO	150 gm	300 gm	450 gm	600 gm
		<b>Ingredients:</b>				
		Rice (Soaked)	1 cup	2 cups	3 cups	4 cups
		Potato Cut Into Cubes	½ cup	¾ cup	1cup	1cup
		Carrot Cut Into Cubes	½ cup	¾ cup	1cup	1cup
		Cauliflower Cut Into Florets	½ cup	¾ cup	1cup	1cup
		Peas	½ cup	¾ cup	1cup	1cup
		Cashew Nuts	½ tbsp	¾ tbsp	1 tbsp	1 tbsp
		Raisins	1 tsp	1½ tsp	2 tsp	2 tsp
		Onions	1	1	1½	2
		Ghee	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp
		Oil	1tsp	1½ tsp	2 tsp	2 tsp
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Ginger Paste	½ tsp	¾ tsp	1 tsp	1 tsp
		Garlic Paste	½ tsp	¾ tsp	1 tsp	1 tsp
		Green Chilli Paste	½ tsp	¾ tsp	1 tsp	1 tsp
		Cinnamon Stick	1	2	3	3
		Cloves	3	4	5	5
		Mint Leaves	¼ tbsp	½ tbsp	¾ tbsp	¾ tbsp
		Cardamom	3	4	5	5
		Water As Required				
		Salt To Taste				
		<b>Method of preparation:</b>				
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6, with all the ingredients other than rice, water and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, and serve hot.				
PONGAL	Insta2	PONGAL	150 gm	300 gm	450 gm	600 gm
		<b>Ingredients:</b>				
		Rice	1 cup	1½ cup	2 cup	3 cup
		Moong Dal	¼ cup	½ cup	½ cup	½ cup
		Cashew Nuts	few	few	few	few
		Black Peppers	few	few	few	few
		Grated Ginger	½ tsp	½ tsp	1 tsp	1 tsp
		Ghee As Required				
		Salt To Taste				
		Water As Required				
		<b>Method of preparation</b>				
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6, with all the ingredients other than rice and water. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. For better result stir twice in between.				

<b>PARSI DAL</b>	<b>Insta2</b>	<b>PARSI DAL</b>	<b>150 gm</b>	<b>300 gm</b>	<b>450 gm</b>	<b>600 gm</b>
		<b>Ingredients:</b>				
		Soaked Red Gram (Tur Dal)	1 cup	1½ cup	2 cup	3 cup
		Butter	½ tbsp	1 tbsp	1 tbsp	1½ tbsp
		Garlic	½ tsp	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	½ tsp	½ tsp	½ tsp	¾ tsp
		Salt To Taste				
		Water As Required				
		<b>Method of preparation</b>				
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than red gram dal, water, and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 2, enter weight and press start. Remove, and serve hot				
<b>SEVIYA KHEER</b>	<b>Insta2</b>	<b>SEVIYA KHEER</b>	<b>150 gm</b>	<b>300 gm</b>	<b>450 gm</b>	<b>600 gm</b>
		<b>Ingredients:</b>				
		Seviya (Vermicili) Roasted	3 cup	4 cup	5 cup	6 cup
		Milk	6 cup	8 cup	10 cup	12 cup
		Condensed Milk	1½ cup	2 cup	2½ cup	3 cup
		Sugar	1½ cup	2 cup	3 cup	4 cup
		Raisins	1 tbsp	1½ tbsp	2 tbsp	2 tbsp
		Cashew Nut Pieces (Roasted)	1 tbsp	1½ tbsp	2 tbsp	2 tbsp
		Almonds (Roasted)	1tbsp	1½ tbsp	1½ tbsp	1½ tbsp
		Powdered Elaichi (Cardamom)	1½ tsp	2 tsp	2 tsp	2 tsp
		Water As Required				
		<b>Method of preparation</b>				
		Take a microwave oven safe bowl, add all the ingredients except elaichi powder and raisins and mix well. Place the bowl in the microwave oven, select Insta 2 enter weight and press start. Remove, add elaichi powder and raisins and mix well. Serve hot.				
<b>SPAGHETTI</b>	<b>Insta3</b>	<b>SPAGHETTI</b>	<b>100 gm</b>	<b>200 gm</b>	<b>300 gm</b>	
		<b>Ingredients;</b>				
		Spaghetti	1 cup	1½ cup	1½ cup	
		Carrot – Chopped	¼ cup	½ cup	½ cup	
		Butter	½ tbsp	½ tbsp	1 tbsp	
		Capsicum – Chopped	¼ cup	½ cup	½ cup	
		Mushrooms – Chopped	¼ cup	½ cup	½ cup	
		Tomatoes – Chopped	¼ cup	½ cup	½ cup	
		Oregano	a pinch	a pinch	a pinch	
		Basil	a pinch	a pinch	a pinch	
		Green Peas	¼ cup	½ cup	½ cup	
		Green Onion – Chopped	1/4 cup	½ cup	1/2 cup	
		Tomato Ketchup (Optional)	½ tbsp	½ tbsp	1 tbsp	
		Grated Cheese For Garnish				
		Salt To Taste				
		<b>Method of preparation;</b>				
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta 6 with all the ingredients other than tomatoes, spaghetti, green peas and tomato ketchup; mix well. Remove, add the remaining ingredients other than grated cheese and mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Remove, garnish and serve.				

CURD RICE	Insta3	CURD RICE	100 gm	200 gm	300 gm
		<b>Ingredients:</b>			
		Rice	2 cups	3 cups	4 cups
		Dahi / Yogurt	200 gms	300 gms	400 gms
		Milk	1 cup	1½ cup	1½ cup
		Mustard 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
		Pomegranate (Dalim) Seeds	¼ cut	½ cut	¾ cut
		Water As Required			
		Salt To Taste			
		<b>Method of preparation</b>			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than rice, yogurt, milk, cucumber, grapes, dalim and water. Remove, add the remaining ingredients other than grapes and dalim, mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Remove, add grapes, dalim and serve hot.			
VEGETABLE BIRYANI	Insta3	VEGETABLE BIRYANI	100 gm	200 gm	300 gm
		<b>Ingredients:</b>			
		Rice	1½ cup	2 cup	3 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 As Required			
		<b>Method of preparation</b>			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than rice, tomato, coconut milk, water, mint leaves, coriander leaves, lemon juice and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Remove, and serve hot.			

RICE KHICHDI	Insta3	RICE KHICHDI	100 gm	200 gm	300 gm
		<b>Ingredients:</b>			
		Rice	1½ cup	2 cup	3 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 As Required			
		Coriander Leaves For Garnish			
		<b>Method of preparation</b>			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than rice, toor dal, water, tomatoes and coriander leaves. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Remove, and serve hot.			
DALCHA	Insta3	DALCHA	100 gm	200 gm	300 gm
		<b>Ingredients:</b>			
		Soaked Channa Dal	1 cup	2 cups	3 cups
		Lauki (Cut Into Pieces)	1½ cup	2 cup	3 cup
		Oil	1 tbsp	1 tbsp	1½ tbsp
		Onion Paste	1 cup	1 cup	1½ cup
		Curry Leaves	few	few	Few
		Red Chilli Powder	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 Seeds	1 tsp	1½ tsp	2 tsp
		Tamarind Juice	½ cup	¾ cup	1 cup
		Salt To Taste			
		Water As Required			
		Coriander For Garnishing			
		<b>Method of preparation</b>			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6, with all the ingredients other than channa dal, lauki, tamarind juice and water. Remove, add the remaining ingredients except coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Remove, garnish with coriander and serve hot			

JEERA RICE	Insta3	JEERA RICE	100 gm	200 gm	300 gm
		<b>Ingredients:</b>			
		Rice	1½ cup	2 cup	3 cup
		Jeera (Cumin Seeds)	2 tsp	2 tsp	3 tsp
		Cashew Nuts	2 tbsp	2 tbsp	3 tbsp
		Peppercorns	4	5	6
		Bay Leafs	2	3	4
		Cloves	3	4	4
		Cinnamon Sticks	2	3	4
		Onions, Sliced	1	2	2
		Ghee As Required			
		Salt To Taste			
		Water As Required			
		<b>Method of preparation</b>			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than rice and water. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Remove, and serve hot.			
EGGPLANT DAL	Insta3	EGGPLANT DAL	100 gm	200 gm	300 gm
		<b>Ingredients:</b>			
		Toor Dal	1½ cup	2 cup	3 cup
		Eggplants Chopped	2 cup	3 cup	4 cup
		Dried Coconut (Grated)	1tbsp	1tbsp	1½ tbsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Green Chillies	3	4	5
		Cumins Seeds	½ tsp	¾ tsp	1 tsp
		Garlic, Ginger Paste	1 tsp	1½ tsp	2 tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Oil As Required			
		Salt To Taste			
		<b>Method of preparation</b>			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than dal and egg plants. Remove. add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 3, enter weight and press start. Remove, and serve hot.			



UPMA	Insta4	UPMA	230 gm	460 gm	690 gm
		<b>Ingredients:</b>			
		Roasted Semolina (Suji)	2 cup	3 cup	4 cup
		Onions Medium Sized (Finely Chopped)	1	2	2
		Green Chilly (Finely Chopped)	2	3	4
		Curry Leaves	Few	Few	Few
		Mustard	½ tsp	½ tsp	1 tsp
		Cumin Seeds	½ tsp	½ tsp	1 tsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Groundnuts (Roasted)	½ tbsp	½ tbsp	1 tbsp
		Channa Dal	2 tsp	2 tsp	3 tsp
		Urad Dal	2 tsp	2 tsp	3 tsp
		Tomato (Chopped)	¼ cup	¼ cup	½ cup
		Green Peas	½ tbsp	½ tbsp	1 tbsp
		Carrot (Chopped)	¼ cup	¼ cup	½ cup
		Ghee As Required			
		Salt To Taste			
		Water As Required			
		<b>Method of preparation:</b>			
		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 and mix well. Place the bowl in microwave oven, select Insta 6 Tadka option, enter weight & press start. After beep remove the bowl, add suji, water & mix well. Place the bowl in the microwave oven, select Insta 4, set weight & press start. Remove after beep, garnish with grated coconut, green coriander & serve hot.			
FRUIT CUSTARD	Insta4	FRUIT CUSTARD	230 gm	460 gm	690 gm
		<b>Ingredients:</b>			
		Custard Powder	½ cup	½ cup	1 cup
		Milk	2 cup	3 cup	5 cup
		Sugar	1 cup	1½ cup	2 cups
		Apple	1	1	2
		Banana	2	2	3
		Pineapple Slices	¼ cup	¼ cup	½ cup
		Strawberries	¼ cup	¼ cup	½ cup
		Black Grapes (Seedless)	¼ cup	¼ cup	½ cup
		Green Grapes (Seedless)	¼ cup	¼ cup	½ cup
		Cherries To Garnish	¼ cup	¼ cup	½ cup
		<b>Method of preparation</b>			
		Take a microwave oven safe large glass bowl; add milk, sugar, custard powder and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Slice the apple, banana, pineapple into pieces and put them into a bowl which is large enough to hold all the contents. The grapes and the strawberries need not be cut and should be added along with it. Add custard to the fruits and mix gently. Set to cool and serve.			

NOODLES	Insta 4	NOODLES	230 gm	460 gm	690 gm
		<b>Ingredients:</b>			
		Noodles – Boiled	100 gms	150 gms	200 gms
		Mixed Vegetables (Carrots, Beans, Cauliflower, Baby Corn)	100 gms	200 gms	350 gms
		Mushrooms – Sliced	50 gms	100 gms	150 gms
		Garlic – Chopped	½ tsp	½ tsp	1 tsp
		Ginger – Chopped	½ tsp	½ tsp	1 tsp
		Soya Sauce	2 tsp	3 tsp	4 tsp
		Spring Onions – Chopped	½ tbsp	½ tbsp	1 tbsp
		Oil As Required			
		Pepper To Taste			
		Salt To Taste			
		<b>Method of preparation:</b>	Prepare tadka as mentioned in Insta 6 with all the ingredients other than noodles and soya sauce. After beep, Remove; add noodles & soya sauce, mix smoothly, select Insta 4, enter weight and press start. Serve hot		
PALAK PANEER	Insta4	PALAK PANEER	230 gm	460 gm	690 gm
		<b>Ingredients:</b>			
		Paneer	150 gms	300 gms	500 gms
		Palak Paste	2 cup	3 cup	4 cup
		Onion Paste	1 cup	2 cup	3 cup
		Black Pepper Powder	½ tsp	½ tsp	1 tsp
		Ginger-Garlic Paste	1 tsp	1 tsp	1½ tsp
		Green Chilli Paste	1 tsp	1 tsp	1½ tsp
		Bay Leaves	2	3	4
		Cumin Seeds	1 tsp	1 tsp	1½ tsp
		Garam Masala Powder	1 tsp	2 tsp	2½ tsp
		Butter As Required			
		Salt To Taste			
		<b>Method of preparation:</b>	Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than paneer, palak paste, and salt. Remove, add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, garnish with coriander and serve.		

FISH CURRY	Insta4	FISH CURRY	230 gm	460 gm	690 gm
		<b>Ingredients:</b>			
		Fish - Washed & Sliced	230 gms	460 gms	690 gms
		Coriander Leaves - Chopped	1 tbsp	1½ tbsp	2 tbsp
		Tomatoes - Finely Chopped	2	2	3
		Garlic Cloves	5	6	7
		Green Chillies - Chopped	2	3	4
		Methi Seeds	1 tsp	1½ tsp	2 tsp
		Coriander Powder	1 tsp	1½ tsp	1½ tsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Salt To Taste			
		Oil As Required			
		<b>Method of preparation:</b>			
		Marinate the fish in salt and turmeric powder for 15 minutes. Grind the coriander leaves, garlic and green chillies into a paste. Prepare tadka as explained in Insta 6 with all the ingredients other than the fish and above paste. Remove; add fish & coriander, green chilli, garlic paste to the tadka and mix smoothly. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove and serve hot.			
PANEER BHURJI	Insta4	PANEER BHURJI	230 gm	460 gm	690 gm
		<b>Ingredients:</b>			
		Paneer Grated	230 gms	460 gms	690 gms
		Tomatoes	2	3	4
		Oil	½ tbsp	1 tbsp	1tbsp
		Cumin Seeds	½ tsp	1 tsp	1 tsp
		Green Chillies	3	4	4
		Onion Chopped	2	3	3
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Garam Masala Powder	1 tsp	1½ tsp	2 tsp
		Ginger-Garlic Paste	1 tsp	1½ tsp	1½ tsp
		Salt To Taste			
		<b>Method of preparation</b>			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than grated paneer and salt. After beep, remove, and add grated paneer, salt, mix well and select Insta 4, enter weight, press start. Serve hot.			

BAINGAN MASALA	Insta4	BAINGAN MASALA	230 gm	460 gm	690 gm
		<b>Ingredients:</b>			
		Brinjals (Baingan), Cut Into Half	230 gms	460 gms	690 gms
		Tomatoes, Chopped	2	3	4
		Onions, Chopped	1	2	2
		Methi Leaves (Fenugreek)	½ cup	¾ cup	1 cup
		Garlic Paste	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Curry Leaves	few	Few	Few
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Red Chilli Powder	1½ tsp	2 tsp	3 tsp
		Oil As Required			
		Salt & Pepper To Taste			
		<b>Method of preparation</b>			
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than tomato, methi leaves, salt and pepper. After beep, remove, add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, garnish with coriander and serve			
MILK PUDDING	Insta 4	MILK PUDDING	230 gm	460 gm	690 gm
		<b>Ingredients:</b>			
		Ground Rice	2 cups	3 cups	4 cups
		Milk	2 cups	3 cups	4 cups
		Granulated Sugar	1 cup	1½ cup	2 cups
		Melted Butter Or Ghee	1 tbsp	1½ tbsp	2 tbsp
		Rose Water	1 tsp	1½ tsp	2 tsp
		Ground Cardamom	¼ tsp	¼ tsp	½ tsp
		Almonds	few	Few	Few
		Pistachio Nuts	few	Few	Few
		<b>Method of preparation</b>			
		Take a microwave oven safe bowl add ghee or butter, ground rice, select Insta 6, enter weight, press start. After beep, remove, add the remaining ingredients other than almonds and pistachio, mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, garnish with almonds and pistachio and serve.			

CARROT CURRY	Insta 4	CARROT CURRY	230 gm	460 gm	690 gm
		<b>Ingredients:</b>			
		Carrots Chopped	2 cups	3 cups	4 cups
		Roasted Sesame Seeds Paste	¾ cup	1 cup	1½ cup
		Dried Red Chillies	2	3	4
		Red Chilli Powder	1½ tsp	2 tsp	3 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	½ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	¾ tsp	1 tsp
		Urad Dal	1½ tsp	2 tsp	3 tsp
		Curry Leaves	few	Few	Few
		Oil As Required			
		Salt To Taste			
		Coriander For Garnish			
		<b>Method of preparation</b>	Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than carrots and salt. After beep, remove and add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, garnish with coriander and serve.		
CARROT SOUP	Insta 4	CARROT SOUP	230 gm	460 gm	690 gm
		<b>Ingredients:</b>			
		Carrot - Chopped	1 cup	2 cups	3 cups
		Sweet Potato - Chopped	2 cup	2 cups	3 cups
		Onion - Chopped	1 cup	1½ cup	1½ cup
		Vegetable Broth	1 cup	1½ cup	1½ cup
		Coconut Milk	1 cup	1½ cup	1½ cup
		Ginger Sliced	½ tsp	½ tsp	1 tsp
		Garlic Chopped	½ tsp	½ tsp	1 tsp
		Curry Powder	½ tsp	½ tsp	1 tsp
		Pepper Powder	1 tsp	1 tsp	1½ tsp
		Salt To Taste			
		<b>Method of preparation;</b>	Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than carrots, sweet potato, vegetable broth and coconut milk, After beep, remove, add the remaining ingredients, mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, allow to cool and blend in a juicer. Drain, reheat and serve.		

TOMATO CHUTNEY	Insta 4	TOMATO CHUTNEY	230gms	460gms	690gms
		<b>Ingredients:</b>			
		Tomatoes - Chopped	1½ cups	2 cups	3 cups
		Onion - Large Chopped	1	1	2
		Garlic - Chopped	½ tsp	½ tsp	1 tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp
		Tamarind Extract (Juice)	½ cup	½ cup	1 cup
		Oil As Required			
		Salt To Taste			
		<b>For seasoning:</b>			
		Oil As Required			
		Curry Leaves As Required			
		Mustard Seeds As Required			
		Pinch Of Asafoetida Powder			
		<b>Method of preparation;</b>			
		Take a microwave oven safe bowl; add oil, onion, garlic, salt, tomatoes, red chilli powder, tamarind juice and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove and allow to cool. Grind into a fine paste. Take a microwave oven safe bowl; add the ingredients for seasoning and place it in the microwave oven. Select Insta 6, enter weight and press start. Remove, add to the tomato mixture, mix well and serve			
PRAWNS MASALA	Insta 4	PRAWNS MASALA	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Prawn - Shelled	230 gms	460 gms	690 gms
		Onions Cut Into Small Pieces	1	2	3
		Garlic Paste	¼ tsp	½ tsp	1 tsp
		Ginger Paste	¼ tsp	½ tsp	1 tsp
		Chilli Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Mustard Seeds	¼ tsp	½ tsp	1 tsp
		Oil As Required			
		Salt To Taste			
		<b>Method of preparation;</b>			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta 6 with all the ingredients other than the prawns. Remove, add the prawns and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove and serve hot.			
MUSHROOM SOUP	Insta 4	MUSHROOM SOUP	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Button Mushrooms	2 cups	3 cups	4 cups
		Chicken Stock	1 cup	1½ cup	2 cup
		Sprig Onions, Chopped Finely	½ tbsp	½ tbsp	1 tbsp
		Ginger Paste	½ tsp	½ tsp	1 tsp
		Black Peppers	few	Few	Few
		Salt To Taste			
		<b>Method of preparation;</b>			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta 6, with all the ingredients other than mushrooms and salt. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove and serve			

PUDINA CHUTNEY	Insta 4	PUDINA CHUTNEY	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Pudina Leaves	2 cups	3 cups	4 cups
		Raw Mango Peeled, Chopped	1 cup	1½ cup	2 cup
		Sesame Seeds	½ cup	½ cup	1 cup
		Green Chillies / Red Chillies	3	4	5
		Mustard Seeds	1 tsp	1 tsp	1 tsp
		Cumin Seeds	1 tsp	1 tsp	1 tsp
		Chana Dal, Soaked	½ tbsp	½ tbsp	1 tbsp
		Asafoetida	a pinch	a pinch	a pinch
		Oil As Required			
		Salt To Taste			
		<b>Method of preparation;</b>			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta 6, with all the ingredients other than raw mango, pudina leaves, salt. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove and serve			
BUTTER CHICKEN	Insta 4	BUTTER CHICKEN	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Boneless Chicken	230 gms	460 gms	690 gms
		Yogurt	1½ tbsp	2 tbsp	3 tbsp
		Lime Juice	¾ tsp	1 tsp	1½ tsp
		Red Chilli Powder	1½ tsp	2 tsp	3 tsp
		Roasted Cloves	3	4	6
		Roasted Pepper Corns	3	4	6
		Roasted Cinnamon	¾ inch	1 inch	1 inch
		Cardamom	3	4	6
		Roasted Almonds	4	5	6
		Bay Leaves	2	2	3
		Oil As Required			
		Chopped Onions	2	2	3
		Garlic Paste	¾ tsp	1 tsp	1 tsp
		Ginger Paste	¾ tsp	1 tsp	1 tsp
		Coriander Powder	¾ tsp	1 tsp	1 tsp
		Cumin Powder	¾ tsp	1 tsp	1 tsp
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Tomato Puree	1½ tbsp	2 tbsp	3 tbsp
		Chicken Stock	2 cup	2 cup	2 cup
		Kasuri Methi	1½ tsp	2 tsp	2 tsp
		Butter As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
		<b>Method of preparation</b>			
		Grind & make a paste of cloves, pepper corns, cinnamon, almonds & cardamom. Marinate the chicken with the above paste and butter, yogurt, salt, lime juice, red chilli powder, bay leaves, coriander, cumin, turmeric powder & set aside for 1 hour. Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with oil, onion, garlic, ginger paste and marinated chicken. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove and garnish with coriander leaves and serve.			

BHENDI FRY	Insta 4	BHENDI FRY	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Lady Finger (Okra / Bhindi)	230 gms	460 gms	690 gms
		Gram Flour	½ cup	1 cup	1½ cup
		Sliced Onion	½ cup	1 cup	1½ cup
		Sliced Green Chilli	2	3	4
		Coriander Powder	½ tsp	1 tsp	1½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Garam Masala Powder	1 tsp	1½ tsp	2 tsp
		Cumin Seeds	½ tsp	1 tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Oil As Required			
		Salt To Taste			
		<b>Method of preparation</b>			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta 6 with all the ingredients other than lady finger. Remove, add lady fingers and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove and serve			
MUTTON LIVER CURRY	Insta 4	MUTTON LIVER CURRY	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Goat Liver	230 gms	460 gms	690 gms
		Onion Finely Sliced	1	2	3
		Ginger & Garlic Paste	½ tsp	1 tsp	1½ tsp
		Tomato Puree	½ cup	½ cup	1 cup
		Turmeric	¼ tsp	¼ tsp	½ tsp
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp
		Coriander Powder	1 tsp	1½ tsp	2 tsp
		Cumin Powder	1 tsp	1½ tsp	2 tsp
		Garam Masala Powder	1 tsp	1½ tsp	2 tsp
		Ghee	½ tbsps	½ tbsps	1 tbsps
		Bay Leaves	2	3	4
		Cinnamon	1" stick	2" stick	3" stick
		Green Cardamom	3	4	6
		Cloves	3	4	6
		Coriander Leaves For Garnish			
		Water As Required			
		Salt To Taste			
		<b>Method of preparation;</b>			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta 6 with all the ingredients other than liver, tomato puree, coriander leaves and water. Remove, add the remaining ingredients other than the coriander leaves and mix well. Place the bowl in the microwave oven select Insta 4, enter weight and press start. Remove, garnish with coriander leaves and serve.			



METHI MALAI MATAR	Insta 4	METHI MALAI MATAR	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Methi Leaves	50 gms	100 gms	150 gms
		Green Peas	200 gms	300 gms	350 gms
		Malai / Cream	50 gms	100 gms	150 gms
		Onion Paste	50 gms	100 gms	150 gms
		Green Chilli Paste	1 tsp	1½ tsp	2 tsp
		Garlic, Ginger Paste	½ tsp	½ tsp	1 tsp
		Khus Khus Paste	½ tbsp	½ tbsp	1 tbsp
		Cumins	½ tsp	½ tsp	1 tsp
		Cashew Nuts	4	5	6
		Milk	1 cup	1½ cup	2 cup
		Oil As Required			
		Salt To Taste			
		<b>Method of preparation:</b>			
		Prepare tadka as explained in Insta 6 in a microwave oven safe glass bowl with all the ingredients other than methi leaves, green peas, malai and milk. Remove; add methi leaves, green peas, malai, milk and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 4, enter weight and press start. Remove and serve.			
CAPSICUM WITH PEANUTS	Insta 4	CAPSICUM WITH PEANUTS	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Capsicum	230 gms	460 gms	690 gms
		Raw Peanuts Powder	2 tbsp	3 tbsp	4 tbsp
		Urad Dal	1 Tbsp	2 tbsp	3 tbsp
		Whole Red Chillies	3	4	5
		Tamarind (Optional)	1" piece	2 " piece	3" piece
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Cumin Seeds	½ tsp	1 tsp	1½ tsp
		Urad Dal	1 tsp	1½ tsp	2 tsp
		Curry Leaves	few	Few	Few
		Oil As Required			
		Salt To Taste			
		<b>Method of preparation</b>			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta 6 with all the ingredients other than capsicum and tamarind. After beep, remove, add the remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 4, enter weight and press start. Serve hot.			

GRATED RADISH CURRY	Insta 4	GRATED RADISH CURRY	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Radish (Grated)	2 cups	3 cups	4 cups
		Coconut (Grated)	1 cup	1½ cup	2 cup
		Onion Chopped	1 cup	1½ cup	2 cup
		Chilli Powder	1½ tsp	2 tsp	3 tsp
		Chopped Green Chillies	3	4	5
		Turmeric Powder	¼ tsp	½ tsp	½ tsp
		Mustard Seeds	½ tsp	1 tsp	1 tsp
		Curry Leaves	few	Few	Few
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
		<b>Method of preparation</b>			
		Prepare tadka as explained in Insta 6 in a microwave oven safe glass bowl with all the ingredients other than grated radish, grated coconut and coriander leaves. Remove; add all remaining ingredients other than coriander leaves and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 4, enter weight and press start. Remove, garnish with coriander leaves and serve.			
CAKE - BROWNIE	Insta 4	CAKE – BROWNIE	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Flour – Sifted	1 cup	1½ cup	2 cup
		Margarine	1½ tbsp	2 tbsp	2½ tbsp
		Sugar	1 cup	1½ cup	2 cup
		Baking Powder	½ tsp	1 tsp	1 tsp
		Cocoa Powder	½ cup	¾ cup	1 cup
		Walnuts	¼ tbsp	½ tbsp	½ tbsp
		<b>Method of preparation</b>			
		Mix the margarine and sugar in a mixing bowl until the sugar is completely dissolved. Add cocoa powder, flour, nuts, baking powder and mix well until smooth. Pour into a lightly greased flat glass bowl, Place in the microwave oven, select Insta 4, enter weight and press start. Remove, allow to cool and serve.			
GOBI MATAR	Insta 4	GOBI MATAR	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Cauliflower Florets	50 gms	100 gms	150 gms
		Green Peas	100 gms	160 gms	200 gms
		Lauki	50 gms	100 gms	150 gms
		Chopped Cabbage	30 gms	100 gms	190 gms
		Green Chillies	2	3	4
		Cashew Nut Paste	½ cup	¾ cup	1 cup
		Garam Masala	1½ tsp	2 tsp	3 tsp
		Curd	1 cup	1½ cup	2 cup
		Oil As Required			
		<b>Method of preparation:</b>			
		Prepare tadka as explained in Insta 6 in a microwave oven safe glass bowl with all the ingredients other than lauki, cabbage, green peas and curd. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 4, enter weight and press start. Serve hot			

CAULIFLOWER ONION FRY	Insta 4	CAULIFLOWER ONION FRY	230gms	460 gms	690 gms
<b>Ingredients:</b>					
Cauliflower Florets			230 gms	460 gms	690 gms
Onion Chopped			1	2	3
Green Chillies			2	3	4
Coriander Powder			2 tsp	3 tsp	4 tsp
Lemon Juice			1 tsp	2 tsp	2 tsp
Turmeric Powder			¼ tsp	¼ tsp	½ tsp
Mustard Seeds			¼ tsp	½ tsp	½ tsp
Cumin Seeds			½ tsp	1 tsp	1 tsp
Curry Leaves			few	Few	Few
Oil As Required					
Salt To Taste					
<b>Method of preparation:</b>					
Prepare tadka as explained in Insta 6 in a microwave oven safe glass bowl with all the ingredients other than cauliflower florets and salt. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 4, enter weight and press start. Serve hot					
CASHEW BURFI	Insta 4	CASHEW BURFI	230gms	460 gms	690 gms
<b>Ingredients:</b>					
Cashew Nuts Powder			3 cup	4 cup	5 cup
Powdered Sugar			1½ cup	2 cup	2½ cup
Ghee			¼ cup	½ cup	¾ cup
Elaichi Powder			¼ tsp	¼ tsp	½ tsp
Water As Required					
Siver Warq Few Sheets (Optional)					
<b>Method of preparation:</b>					
Take a microwave oven safe glass bowl, add water and sugar to make sugar syrup, select Insta 6, set weight, press start. After beep, remove and add cashew powder, ghee, stir well and select Insta 4, set weight, press start. Pour the cashew mixture in a lightly greased tray. Apply silver warq over the cashew mixture. Set to cool and cut into diamond shape pieces.					

ALOO MATAR	Insta 4	ALOO MATAR	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Potatoes	130 gms	260 gms	390 gms
		Green Peas	100 gms	200 gms	300 gms
		Curd	1 cup	1½ cup	2 cup
		Green Chillies	2	2	3
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Onion	1	2	3
		Tomatoes Puree	1 cup	1½ cup	2 cup
		Ginger	½ tsp	½ tsp	1 tsp
		Coriander Powder	½ tsp	½ tsp	1 tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp
		Garam Masala	1 tsp	1 tsp	1½ tsp
		Oil As Required			
		Salt To Taste			
		Coriander Leaves For Garnish			
		<b>Method of preparation:</b>			
		Prepare tadka in a microwave oven safe glass bowl as explained in Insta 6, with all the ingredients other than tomato puree, salt, green peas, curd. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 4, enter weight and press start. Remove, garnish with coriander leaves and serve.			
COCONUT PAYASAM	Insta 4	COCONUT PAYASAM	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Grated Coconut	2 cup	3 cup	4 cup
		Jaggery	1 cup	1½ cup	2 cup
		Milk	1 cup	1½ cup	2 cup
		Ghee	3 tsp	4 tsp	5 tsp
		Roasted Cashew Nuts	6	8	10
		Cardamom Powder	a pinch	a pinch	a pinch
		<b>Method of preparation:</b>			
		Grind coconut and squeeze milk from it 2 times. Take a microwave oven safe bowl, add ghee, coconut milk, jaggery, milk and cardamom powder, mix well. Place the bowl in microwave oven select Insta 4, set weight, press start. After beep, remove and add cashew. Serve hot.			
SWEET POTATO SOUP	Insta 4	SWEET POTATO SOUP	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Sweet Potato Chopped	230 gms	460 gms	690 gms
		Onion Chopped	1	2	3
		Nutmeg Powder	a pinch	a pinch	a pinch
		Black Pepper Powder	a pinch	a pinch	a pinch
		Milk Or Heavy Cream	1 cup	1½ cup	2 cup
		Corn Flour	1 tbsp	1½ tbsp	2 tbsp
		Vegetable Stock	1 cup	1½ cup	2 cup
		Lemon Juice	1 tsp	1 tsp	1½ tsp
		Butter	1 tbsp	1½ tbsp	2 tbsp
		Salt To Taste			
		<b>Method of preparation:</b>			
		Prepare tadka as explained in Insta 6 in a microwave oven safe bowl with all the ingredients other than nutmeg powder, pepper powder, milk, vegetable stock and lemon juice. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 4, enter weight and press start. Remove and puree the sweet potato mixture. Serve hot			

ARBI/ TARO ROOT FRY	Insta 4	ARBI/ TARO ROOT FRY	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Taro Root (Boiled & Peeled)	230 gms	460 gms	690 gms
		Roasted Dalia Powder	1 cup	1½ cup	2 cup
		Red Chili Powder	1 tsp	1 tsp	1½ tsp
		Turmeric Powder	a pinch	a pinch	a pinch
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Cumin Seeds	1 tsp	1 tsp	1½ tsp
		Urad Dal	3 tsp	4 tsp	5 tsp
		Curry Leaves	few	Few	Few
		Oil As Required			
		Salt To Taste			
		<b>Method of preparation:</b>			
		Prepare tadka as explained in Insta 6 in a microwave oven safe bowl with all the ingredients other than taro root and salt. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 4, enter weight and press start. Serve hot.			
TINDORA FRY	Insta 4	TINDORA FRY	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Tindora Chopped	230 gms	460 gms	690 gms
		Roasted Dalia Powder	1 cup	1½ cup	2 cup
		Ajwain	1 tsp	1 tsp	1½ tsp
		Red Chillie Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	a pinch	a pinch	a pinch
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp
		Curry Leaves	few	Few	Few
		Oil As Required			
		Salt To Taste			
		<b>Method of preparation:</b>			
		Prepare tadka as explained in Insta 6 in a microwave oven safe bowl with all the ingredients other than tindora and salt. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 4, enter weight and press start. Serve hot			

SARSON KA SAAG	Insta 4	SARSON KA SAAG	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Spinach Chopped	100 gms	200 gms	300 gms
		Mustard Greens Chopped	130 gms	260 gms	390 gms
		Green Chillies	2	3	4
		Ginger Paste	½ tsp	½ tsp	1 tsp
		Garlic Paste	½ tsp	½ tsp	1 tsp
		Onion Grated	½ cup	1 cup	1½ cup
		Coriander Powder	1 tsp	1½ tsp	2 tsp
		Cumin Powder	1 tsp	1½ tsp	2 tsp
		Garam Masala Powder	1½ tsp	2 tsp	3 tsp
		Lime Juice	1 tsp	1½ tsp	2 tsp
		Bengal Gram Flour	1 tbsps	1½ tbsps	2 tbsps
		Ghee As Required			
		Salt To Taste			
		<b>Method of preparation:</b>	Make a paste of spinach, mustard green, green chillies and salt. Set aside. Prepare tadka as explained in Insta 6 in a microwave oven safe bowl with all the ingredients other than green paste (mentioned above), lime juice and bengal gram flour. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 4, enter weight and press start. Serve hot.		
SUKHDI	Insta 4	SUKHDI	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Whole Wheat Flour	2 cup	3 cup	4 cup
		Ghee	1½ cup	2 cup	2½ cup
		Jaggery - Sliced Thinly	1½ cup	2 cup	2½ cup
		Milk	1 cup	1½ cup	2 cup
		<b>Method of preparation:</b>	Take a microwave oven safe glass bowl, add wheat flour and ghee, mix well. To roast the wheat flour, select tadka option in Insta 6, enter weight, press start. After beep, remove and add jaggery, milk, mix well. Place the bowl in the microwave oven. Select Insta 4, enter weight and press start. Serve hot		
MISA MACH PORA	Insta 4	MISA MACH PORA	230gms	460 gms	690 gms
		<b>Ingredients:</b>			
		Shrimps, Shelled	2 cup	3 cup	4 cup
		Ground Coriander	1½ tsp	2 tsp	3 tsp
		Lime Juice	2 tsp	3 tsp	3 tsp
		Onion, Chopped	½ cup	1 cup	1½ cup
		Peppercorns	few	Few	Few
		Turmeric Powder	a pinch	a pinch	a pinch
		Salt To Taste			
		Oil As Required			
		<b>Method of preparation:</b>	Rub salt and turmeric powder on the shelled shrimps. Marinate for 20 minutes. Prepare tadka as explained in Insta 6 in a microwave oven safe bowl with all the ingredients other than marinated shrimps and lime juice. After the beep, remove and add all remaining ingredients, mix well. Place the bowl in the microwave oven. Select Insta 4, enter weight and press start. Serve hot.		

<b>BOMBIL FRY</b>	<b>Insta 4</b>	<b>BOMBIL FRY</b>	<b>230 gm</b>	<b>460 gm</b>	<b>690 gm</b>				
		<b>Ingredients:</b>							
		Bombil	230 gms	460 gms	690 gms				
		Red Chillie Powder	1½ tsp	2 tsp	3 tsp				
		Garlic Paste	1 tsp	1½ tsp	2 tsp				
		Garam Masala	1 tsp	1½ tsp	2 tsp				
		Rice Flour	1 tbsp	1½ tbsp	2 tbsp				
		Oil As Required							
		Salt To Taste							
		Coriander Leaves For Garnish							
		<b>Method of preparation:</b>							
		Mix all the ingredients and marinate for 20 minutes. In a microwave oven safe bowl, add marinated bombil, place the bowl in microwave oven. Select Insta 4, enter weight and press start. Garnish with coriander leaves. Serve hot.							
<b>TOMATO SOUP</b>	<b>Insta5</b>	<b>TOMATO SOUP</b>	<b>200gms</b>	<b>300gms</b>	<b>400gms</b>	<b>500gms</b>	<b>600gms</b>	<b>700gms</b>	<b>800gms</b>
		<b>Ingredients:</b>							
		Tomatoes - Large	200 gms	300 gms	400 gms	500 gms	600 gms	700 gms	800 gms
		Mint Leaves	Few	few	few	Few	few	Few	few
		Pepper To Taste							
		Salt To Taste							
		<b>Method of preparation:</b>							
		Take a microwave oven safe bowl; add salt, pepper, tomatoes, mix well and select Insta 6, enter weight & press start. Remove after beep, add mint leaves, mix well and select Insta 5, set weight, press start. When cool, blend the tomatoes in a mixer. Strain and serve hot.							
<b>POHA</b>	<b>Insta5</b>	<b>POHA</b>	<b>200gms</b>	<b>300gms</b>	<b>400gms</b>	<b>500gms</b>	<b>600gms</b>	<b>700gms</b>	<b>800gms</b>
		<b>Ingredients:</b>							
		Poha	1 cup	2 cup	3 cup	4 cup	5 cup	6 cup	7 cup
		Green Peas	1 tbsp	1 tbsp	1½tbsp	1½tbsp	2tbsp	2½tbsp	3tbsp
		Carrot (Chopped)	1 tbsp	1 tbsp	1½tbsp	1½tbsp	2tbsp	2½tbsp	3tbsp
		Channa Dal	1 tsp	1½ tsp	2 tsp	2 tsp	2½tsp	2½ tsp	3 tsp
		Urad Dal	1 tsp	1½ tsp	2 tsp	2 tsp	2½tsp	2½ tsp	3 tsp
		Onions (Chopped)	1	2	2	3	3	4	4
		Green Chillie (Small Chopped)	2	3	3	4	4	5	5
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp	½ tsp	½ tsp
		Cumin Seeds	½ tsp	1 tsp	1 tsp	1½ tsp	1½tsp	2 tsp	2 tsp
		Salt To Taste							
		Oil As Required							
		Grated Coconut For Garnish							
		Fresh Coriander For Garnish							
		<b>Method of preparation;</b>							
		Prepare tadka as explained in Insta 6 in a microwave oven safe bowl with all the ingredients other than pohe, salt, sugar and lime. Remove; add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 5, enter weight and press start. Remove, garnish with coriander and grated coconut. Serve hot							

OMLETTE	Insta5	OMLETTE	200gms	300gms	400gms	500gms	600gms	700gms	800gms
		<b>Ingredients:</b>							
		Eggs - Beaten	2	3	4	5	6	7	8
		Onion - Finely Chopped	1	1	2	2	3	3	3
		Green Chillies - Finely Chopped	1	2	2	3	3	4	4
		Red Chilli Powder	½ tsp	½ tsp	1 tsp	1 tsp	1½tsp	1½ tsp	2 tsp
		Oil As Required							
		Coriander Leaves For Garnish							
		Salt To Taste							
		<b>Method of preparation:</b>							
		Prepare tadka in a microwave oven safe flat bowl as explained in Insta 6 with all the ingredients other than egg and coriander leaves. Remove, add the beaten eggs, but not the coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 5, enter weight and press start. Remove, garnish with coriander leaves and serve							
SABUDANA KHICHDI	Insta5	SABUDANA KHICHDI	200gms	300gms	400gms	500gms	600gms	700gms	800gms
		<b>Ingredients:</b>							
		Sabudana (Soaked)	100gms	150gms	200gms	250gms	300gms	350gms	400gms
		Ground Nut Powder	100gms	150gms	200gms	250gms	300gms	350gms	400gms
		Chopped Green Chillies	2	2	3	3	4	4	5
		Boiled & Peeled Potato	½ cup	1 cup	1 cup	1½ cup	1½ cup	2 cup	2 cup
		Oil	½ tbsp	½ tbsp	1tbsp	¾ tbsp	¾ tbsp	1tbsp	1tbsp
		Hing	a pinch	a pinch	a pinch	a pinch	a pinch	a pinch	a pinch
		Cumin Seeds	½ tsp	¾ tsp	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Sugar	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp	2½ tsp	3 tsp
		Lime Juice	½ tsp	¾ tsp	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Salt To Taste							
		<b>Method of preparation:</b>							
		Prepare tadka as explained in Insta 6 in a microwave oven safe glass bowl with all the ingredients other than sabudana, salt, sugar and lime. Remove; add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select Insta 5, enter weight and press start. Remove and mix well and serve hot.							
TAMARIND PULP	Insta 5	TAMARIND PULP	200gms	300gms	400gms	500gms	600gms	700gms	800gms
		<b>Ingredients:</b>							
		Tamarind	200gms	300gms	400gms	500gms	600gms	700gms	800gms
		Water As Required							
		<b>Method of preparation:</b>							
		Take a microwave oven safe bowl, add tamarind and water, keep aside for some time. Place the bowl on the turn table in the microwave oven, select Insta 5, enter weight & press start. Remove and smash the tamarind smoothly to make pulp.							



VEGETABLE CHAT	Insta 5	VEGETABLE CHAT	200gms	300gms	400gms	500gms	600gms	700gms	800gms
		<b>Ingredients:</b>							
		Sev	25 gms	50 gms	75 gms	100gms	125gms	150gms	175gms
		Peanuts - Roasted & Crushed	25 gms	50 gms	75 gms	100gms	125gms	150gms	175gms
		Boiled Potato - Diced Into Small Cubes	25 gms	50 gms	75 gms	100gms	125gms	150gms	175gms
		Chick Peas (Kabuli Channa) - Boiled (Optional)	25 gms	50 gms	75 gms	100gms	125gms	150gms	175gms
		Corn Kernel - Boiled	25 gms	50 gms	75 gms	100gms	125gms	150gms	175gms
		Onion - Chopped Finely	25 gms	50 gms	75 gms	100gms	125gms	150gms	175gms
		Green Chilli - Chopped Finely	1	1	2	2	2	3	3
		Tomato - Chopped Finely	1	1	2	2	2	3	3
		Fresh Coriander Leaves – Chopped	25 gms	50 gms	75 gms	100gms	125gms	150gms	175gms
		Chaat Masala Powder (Optional)	1/4 tsp	1/4 tsp	1/2 tsp	1/2 tsp	3/4 tsp	3/4 tsp	1 tsp
		Red Chilli Powder	½ tsp	½ tsp	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		Lemon Juice	½ tsp	½ tsp	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		Tamarind Chutney	½ tsp	½ tsp	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		Salt To Taste							
		<b>Method of preparation:</b>							
		Take a Microwave oven safe bowl, combine all the ingredients, mix well, keep bowl on the turn table and select Insta 5, enter weight, press start. Remove and serve.							

TADKA	Insta 6	TADKA	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Oil / Ghee As Required					
		Green Chillies	2	2	3	3	4
		Chopped Onions	2	2	3	3	4
		Jeera	½ tsp	¾ tsp	1 tsp	1 tsp	1½ tsp
		Garlic	½ tsp	¾ tsp	1 tsp	1 tsp	1½ tsp
		Ginger	½ tsp	¾ tsp	1 tsp	1 tsp	1½ tsp
		Hing	a pinch	a pinch	pinch	a pinch	a pinch
		Mustard Seeds	¼ tsp	¼ tsp	½ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	1 tsp
		Red Chillie Powder	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp
		Curry Leaves	few	Few	few	few	few
		Cinnamon	1	2	2	3	3
		Cardamom	3	3	4	4	5
		Bay Leaves	few	Few	few	few	few
		Coriander	few	Few	few	few	few
		Cloves	3	3	4	4	5
		Pepper Corns	few	Few	few	few	few
		<b>Method of preparation</b>					
		Take a microwave oven safe bowl, add any ingredients according to the recipe, mix well, select Insta 6, enter weight, press start.					

IDLY	Insta 6	IDLY	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Idly Batter	200 gms	300 gms	400gms	500gms	600 gms
		<b>Method of preparation</b>	Pour idly batter in lightly greased microwave safe idly stand. Pour some water in the bottom of the idly bowl and cover the bowl with lid. Place the bowl in the microwave oven, select Insta 6, enter weight & press start. Remove after beep & serve hot with sambhar and coconut chutney.				
DHOKLA	Insta 6	DHOKLA	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Besan (Gram Flour)	1 cup	1½ cup	2 cup	2½ cup	3 cups
		Corn Flour	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Sugar	½ tsp	1 tsp	1½tsp	2 tsp	2½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Curd	¼ cup	½ cup	¾ cup	1 cup	1 cup
		Soda-Bi-Carb	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Lemon Juice	1 tsp	1½ tsp	2 tsp	1½ tsp	1½ tsp
		Mustard Seeds	½ tbsps	½ tbsps	¾tbsps	¾ tbsps	1 tbsps
		Green Chillies - Finely Chopped	1 tsp	1½ tsp	2 tsp	1½ tsp	2 tsp
		Salt To Taste					
		Oil As Required					
		Grated Coconut For Garnish					
		Coriander Leaves For Garnish					
		Water As Required					
		Curry Leaves For Garnish					
		<b>Method of preparation</b>	Take gram flour, curd, water, salt, mix well into a batter. Cover it and set aside for 4 hours to marinate. Add green chillies, turmeric, lime juice, oil, soda-bi-carb and mix into a smooth batter. Pour into microwave oven safe lightly greased bowl, place in the microwave oven, select Insta 6, enter weight, and press start. For tadka, use curry leaves, mustard seeds, oil, and green chillies. Garnish with coriander leaves and grated coconut. Serve with chutney.				
SHEERA	Insta 6	SHEERA	200gms	300gms	400gms	500gms	600 gms
		<b>Ingredients:</b>					
		Suji - Roasted	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Milk	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Sugar	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Ghee	1 tbsps	1½ tbsps	2 tbsps	2½tbsps	3 tbsps
		Cardamom Powder	a pinch	a pinch	pinch	a pinch	a pinch
		Cashews	4	5	6	7	8
		Almonds	4	5	6	7	8
		Raisins	few	few	few	few	few
		Water As Required					
		<b>Method of preparation</b>	Take a microwave oven safe bowl; add the roasted suji, water, milk, sugar, cardamom powder, cashew, almonds, ghee, raisins and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Add water if required. Stir twice in between for better result. PN - Suji can be roasted by placing it on plain paper in the microwave oven and cooking it in microwave mode for 3 - 4 min. Mix twice in between				

KHANDVI	Insta6	Ingredients:	200gms	300gms	400gms	500gms	600gms
		Besan	1 cup	1½ cup	2 cup	2½ cup	3 cups
		Butter Milk	2 cup	3 cup	4 cup	5 cup	6 cups
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Sesame Seeds	1 tsp	1½ tsp	2 tsp	1½ tsp	2 tsp
		Mustard Seeds	¼ tsp	½ tsp	½ tsp	¾ tsp	¾ tsp
		Coconut Scraped	½ tbsp	½ tbsp	¾tbsp	¾ tbsp	1 tbsp
		Chopped Coriander	½ tbsp	½ tbsp	¾tbsp	¾ tbsp	1 tbsp
		Hing	a pinch	a pinch	pinch	a pinch	a pinch
		Chopped Green Chillies	2	2	3	3	4
		Oil As Required					
		Salt To Taste					
		Water As Required (Optional)					
		<b>Method of preparation;</b>					
		Take butter milk in a microwave oven safe bowl, add besan, turmeric powder, oil, salt, sesame seeds, mustard, hing, coconut, coriander, green chillies & mix well to avoid lump formation. Place the bowl on the turn table in the microwave oven, select Insta 6, 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.					
BREAD CHIVDA	Insta 6	BREAD CHIWDA	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Bread Slice Cut Into Pieces	1 cup	1½ cups	2 cups	2½cups	3 cups
		Mustard Seeds	¼ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Cumin Seeds	1 tsp	1½ tsp	2 tsp	2 tsp	2½ tsp
		Onion Finely Chopped	1	1	2	2	2
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Hing	a pinch	a pinch	pinch	a pinch	a pinch
		Curry Leaves	few	few	few	few	few
		Raw Peanuts	½ tbsp	½ tbsp	1 tbsp	1 tbsp	1½ tbsp
		Oil As Required					
		Salt To Taste					
		Coriander Leaves For Garnish					
		<b>Method of preparation;</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than bread slices, hing and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leaves and mix well. Place the bowl in the microwave oven. Select Insta 6, enter weight, press start. Garnish with coriander leaves					

METHI CHUTNEY	Insta6	METHI CHUTNEY	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Fenugreek Leaves	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Dried Red Chillies ( Cut Into Pieces)	2	3	4	5	6
		Urad Dal Boiled	1 tbsp	1½ tbsp	1½tbsp	2 tbsp	2 tbsp
		Tamarind (Soaked)	½ tbsp	½ tbsp	¾ tbsp	¾tbsp	1 tbsp
		Jaggery	1"slab	1½"slab	2"slab	2"slab	2"slab
		Garlic (Crushed)	3	3	4	5	6
		Sesame Seeds	1 tsp	1½ tsp	2 tsp	2½tsp	3 tsp
		Salt To Taste					
		Oil As Required					
		Water As Required					
		<b>Method of preparation;</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than fenugreek leaves, tamarind, jaggery, water. Remove, add the remaining ingredients other than tamarind, jaggery and water, mix well. Place the bowl on the turn table in the microwave oven, select Insta 6, enter weight and press start. Remove and set a side to cool. After get cool grind the fenugreek leaves mixture, jaggery, tamarind into a fine paste. While grinding use water if required.					
MUSHROOM MASALA	Insta 6	MUSHROOM MASALA	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Mushrooms (Sliced)	200gms	300gms	400gms	500gms	600gms
		Bread Crumbs	1 tbsp	1½ tbsp	2 tbsp	2½tbsp	3 tbsp
		Sour Cream	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Flour	½ tbsp	½ tbsp	¾ tbsp	1 tsp	1½ tsp
		Red Chillie Powder	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp
		Lemon Juice	½ tsp	¾ tsp	1 tsp	1½ tsp	2 tsp
		Butter	½ tbsp	½ tbsp	¾ tbsp	¾ tbsp	1 tbsp
		Salt To Taste					
		Cheese (Grated) For Garnish					
		<b>Method of preparation</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than bread crumbs, sour cream, flour and cheese. Remove, add the remaining ingredients other than the cheese and mix well. Place the bowl in the microwave oven select Insta 6, enter weight and press start. Remove, garnish with grated cheese and serve.					

TOMATO CURRY	Insta 6	TOMATO CURRY	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Tomato	200gms	300gms	400gms	500gms	600gms
		Onion Chopped	$\frac{3}{4}$ cup	1 cup	$1\frac{1}{2}$ cup	2 cup	$2\frac{1}{2}$ cup
		Green Chillie	2	2	3	3	4
		Ginger Garlic Paste	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp	1 tsp	$1\frac{1}{2}$ tsp	2 tsp
		Red Chillie Powder	$\frac{1}{2}$ tsp	1 tsp	$1\frac{1}{2}$ tsp	2 tsp	$2\frac{1}{2}$ tsp
		Turmeric Powder	$\frac{1}{4}$ tsp	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp	$\frac{3}{4}$ tsp
		Mustard Seeds	$\frac{1}{2}$ tsp	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp	$\frac{3}{4}$ tsp	1 tsp
		Cumin Seeds	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp	1 tsp	$1\frac{1}{2}$ tsp	2 tsp
		Curry Leaves	few	few	few	few	few
		Oil As Required					
		Salt To Taste					
		Coriander Leaves For Garnish					
		<b>Method of preparation</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than water and salt. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven select Insta 6, enter weight and press start. Serve hot.					
AMARNATH LEAVES CURRY	Insta 6	AMARNATH LEAVES CURRY	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Amaranth Leaves Finely Chopped	2 cup	$2\frac{1}{2}$ cup	3 cups	$3\frac{1}{2}$ cup	4 cups
		Urad Dal	1 tsp	$1\frac{1}{2}$ tsp	2 tsp	$2\frac{1}{2}$ tsp	3 tsp
		Garlic Paste	$\frac{1}{2}$ tsp	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp	$\frac{3}{4}$ tsp	1 tsp
		Tomato	1	1	2	2	3
		Mustard Seeds	$\frac{1}{2}$ tsp	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp	$\frac{3}{4}$ tsp	1 tsp
		Turmeric Powder	$\frac{1}{4}$ tsp	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp	$\frac{3}{4}$ tsp
		Dry Red Chillie	1 tsp	$1\frac{1}{2}$ tsp	2 tsp	$2\frac{1}{2}$ tsp	3 tsp
		Jeera	1 tsp	$1\frac{1}{2}$ tsp	2 tsp	$2\frac{1}{2}$ tsp	3 tsp
		Salt As Per Taste					
		Oil As Required					
		Water As Required					
		Coriander Leaves For Garnishing					
		<b>Method of preparation</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than tomato, salt and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leaves and mix well. Place the bowl in the microwave oven select Insta 6, enter weight and press start. Remove, garnish with coriander leaves and serve hot.					

STUFFED TOMATOES	Insta 6	STUFFED TOMATOES	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Tomatoes	125 gms	200 gms	275gms	350gms	400 gms
		Paneer Grated	75 gms	100 gms	125gms	150gms	200 gms
		Onion Chopped	1	1	1½	1½	2
		Chopped Coriander Leaves	½ tbsp	½ tbsp	¾ tbsp	1 tbsp	1½ tbsp
		Green Chilli Chopped	1	1	2	2	3
		Red Chilli Powder	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Garam Masala	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Grated Cheese	½ tbsp	½ tbsp	¾ tbsp	1 tbsp	1½ tbsp
		Oil As Required					
		Salt To Taste					
		<b>Method of preparation</b>					
		Cut the top of tomatoes and gently scoop out the centers. Keep aside. Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than tomato and cheese. After beep, remove, stuff the tadka ingredients into the tomato and sprinkle cheese on the tomatoes. Place the tomatoes in the microwave oven select Insta 6, enter weight and press start. Remove and serve hot.					
CORN CHAT	Insta 6	CORN CHAT	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Sweet Corn Kernels	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Tomato Cut Into Small Pieces	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Cooked Potato Cut Into Small Pieces	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Cucumber Cut Into Small Pieces	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Chopped Coriander	½ tbsp	½ tbsp	½ tbsp	1 tbsp	1 tbsp
		Lime Juice	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Chat Masala	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Cumins Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Red Chilli Powder	1 tsp	1 tsp	1 tsp	1 tsp	1½ tsp
		Salt To Taste					
		<b>Method of preparation</b>					
		Take a microwave oven safe bowl, add all ingredients, mix well and select Insta 6, enter weight and press start. Remove and serve hot.					
BANANA HALWA	Insta 6	BANANA HALWA	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Banana Ground To A Paste	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Wheat Flour	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Milk	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Cardamom Powder	a pinch	a pinch	a pinch	a pinch	a pinch
		Sugar	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Cashews	few	few	few	few	few
		Almonds	few	few	few	few	few
		Ghee As Required					
		<b>Method of preparation</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than banana, cardamom, milk, sugar, cashew and almonds. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven select Insta 6, enter weight and press start. Remove and serve hot					

GREEN CHANNA FRY	Insta 6	GREEN CHANNA FRY	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Hara Chana	200gms	300gms	400gms	500gms	600gms
		Ginger Paste	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Green Chilly, Chopped	2	2	3	3	4
		Asafoetida	a pinch	a pinch	a pinch	a pinch	a pinch
		Cloves	2	2	3	3	4
		Bay Leaf	2	2	3	3	4
		Garam Masala Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Sugar	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Lemon Juice	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Oil As Required					
		Chopped Coriander For Garnish					
		Salt To Taste					
		<b>Method of preparation</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than hara channa, hing, lemon juice, salt and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, garnish with coriander leaves and serve hot.					
MATAR PANEER	Insta 6	MATAR PANEER	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Matar	100 gms	150 gms	200gms	250gms	300 gms
		Paneer	50 gms	75 gms	100gms	125gms	150 gms
		Tomatoes (Peeled and sliced)	50 gms	75 gms	100gms	125gms	150 gms
		Garlic Paste	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Ginger Paste	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Green Chillies (Chopped)	2	2	3	3	4
		Onion Chopped	1	1	2	2	3
		Curd	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Coriander Seeds	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Bay Leaves	2	2	3	3	4
		Garam Masala Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Ghee As Required					
		Chopped Coriander Leaves For Garnish					
		Salt To Taste					
		<b>Method of preparation</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than curd, salt and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leaves and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove, garnish with coriander leaves and serve hot.					

PLAIN PALK CURRY	Insta 6	PLAIN PALAK CURRY	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Palak (Spinach) Finely Chopped	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Red Chilli Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Moong Dal	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Garam Masala	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Garlic Paste	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Ginger Paste	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Oil As Required					
		Salt To Taste					
		<b>Method of preparation</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than palak and salt. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove and serve hot.					
CHICKEN CURRY	Insta 6	CHICKEN CURRY	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Chicken	200gms	300gms	400gms	500gms	600gms
		Chopped Onion	½ cup	¾cup	1 cup	1¼ cup	1½ cup
		Garlic & Ginger Paste	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Red Chilli Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Garam Masala	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Corn Starch	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Chicken Stock	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Milk	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Salt To Taste					
		Butter As Required					
		<b>Method of preparation</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than chicken stock, corn starch and milk. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven select Insta 6, enter weight and press start. Remove and serve hot.					



DOI MACHCH	Insta 6	DOI MACHCH	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Fish (Rohu)-Sliced And Rubbed With Turmeric & Salt	200gms	300gms	400gms	500gms	600gms
		Curd	½ cup	¾cup	1 cup	1¼ cup	1½ cup
		Onion Paste	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Garlic Paste	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Ginger Paste	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Turmeric	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Chilli Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Bay Leaves	2	2	3	3	4
		Cumin Seeds	¼ tsp	¼ tsp	½ tsp	¾ tsp	¾ tsp
		Cardamoms	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Cloves	few	few	few	few	few
		Cinnamon-Broken	few	few	few	few	few
		Sugar	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Mustard Oil As Required					
		Salt To Taste					
		<b>Method of preparation</b>					
		Prepare tadka in a microwave oven safe bowl in Insta 6 with fish and oil. After beep, remove and add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove and serve hot					
PULISERI	Insta 6	PULISERI	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Grated Coconut	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Onion, Finely Chopped	1	1	2	2	3
		Curds	3 cup	4 cup	4 cup	5 cup	6 cup
		Cumin Seeds (Jeera)	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Coriander Powder	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Fenugreek Seeds (Methi)	¼ tsp	½ tsp	½ tsp	¾ tsp	¾ tsp
		Garlic Paste	¼ tsp	½ tsp	½ tsp	¾ tsp	¾ tsp
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp	½ tsp	½ tsp
		Mustard Seeds	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Curry Leaves	few	few	few	few	few
		Green Chilli, Cut	1	2	2	3	3
		<b>Method of preparation</b>					
		Grind coconut to a fine paste with cumin seeds, coriander powder, fenugreek, garlic, onion and turmeric. Beat curds until smooth and mix in the coconut paste. Add water, if required, to make curry. Set aside. Prepare tadka in a microwave oven safe bowl in Insta 6 with oil, mustard seeds, green chillies, curry leaves. After beep, remove and add the curry and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove and serve hot.					

PUMPKIN SOUP	Insta 6	PUMPKIN SOUP	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Pumpkin Cut Into Pieces	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Evaporated Milk	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Coconut Milk	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Chicken Broth	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Chopped Onion	¾ cup	1 cup	1½ cup	2 cup	2½ cup
		Garlic Paste	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Curry Powder	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Red Chilli Powder	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Black Pepper	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Sugar	1 tsp	1 tsp	1 tsp	1½ tsp	1½ tsp
		Curry Leaves	few	few	few	few	few
		Chopped Up Green Chillies	1	2	2	3	3
		Butter As Required					
		Salt To Taste					
		<b>Method of preparation</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than chicken broth, coconut milk and evaporated milk. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start					
GUJARATI KADHI	Insta 6	GUJARATI KADHI	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Curd	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Besan	4 tsp	4 tsp	5 tsp	6 tsp	6 tsp
		Green Chillies	2	2	3	3	4
		Turmeric Powder	¼ tsp	¼ tsp	¼ tsp	½ tsp	½ tsp
		Ginger Paste	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Cinnamon Powder	¼ tsp	¼ tsp	¼ tsp	½ tsp	½ tsp
		Mustard Seeds	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Cumin Seeds	½ tsp	½ tsp	¾ tsp	¾ tsp	1 tsp
		Hing	a pinch	a pinch	a pinch	a pinch	a pinch
		Coriander Leaves	few	few	few	few	few
		Curry Leaves	few	few	few	few	few
		Oil As Required					
		Salt To Taste					
		<b>Method of preparation</b>					
		Make a paste of ginger, green chillies, cinnamon and coriander leaves. In a mixing bowl, add two cups of water, curd, besan, salt and turmeric powder. Mix well. Add the paste with curd, mix well and set aside. Prepare tadka in a microwave oven safe bowl in Insta 6 with oil, mustard seeds, curry leaves, cumins seeds and hing. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start. Remove and serve hot.					

COCONUT LADOO	Insta 6	COCONUT LADOO	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Grated Coconut	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Suji - Roasted	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Condensed Milk	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Powdered Sugar As Required					
		<b>Method of preparation;</b>					
		Take a microwave oven safe bowl; add condensed milk, suji, coconut, sugar and mix well. Place in the microwave oven, select Insta 6, enter weight and press start. Remove and let the mixture cool a bit. Make small balls of the mixture, roll the ladoo in the extra dry coconut. Keep in refrigerator once done and serve whenever required					
TAMARIND RICE	Insta 6	TAMARIND RICE	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Cooked Rice	2 cup	2½ cup	3 cups	3½ cup	4 cups
		Tamarind Juice	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Channa Dal	2 tsp	2½ tsp	3 tsp	3½ tsp	4 tsp
		Dried Red Chilli	3	3	4	4	5
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp	1 tsp	1½ tsp
		Curry Leaves	few	few	few	few	few
		Jaggery Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Fenugreek	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Hing	a pinch	a pinch	a pinch	a pinch	a pinch
		Mustard	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Sesame Oil	1 tbsp	1 tbsp	1½ tbsp	2 tbsp	2 tbsp
		Peanuts	2 tsp	2½ tsp	3 tsp	3½ tsp	4 tsp
		Salt To Taste					
		<b>Method of preparation</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than tamarind juice and cooked rice. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start.					
POMFRET FRY	Insta 6	POMFRET FRY	200gms	300gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Pomfret Fish	200gms	300gms	400gms	500gms	600gms
		Egg	1	1	2	2	3
		Onion Paste	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Ginger Garlic Paste	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Chilli Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Turmeric	¼ tsp	½ tsp	¾ tsp	1 tsp	1½ tsp
		Chilli Sauce	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Soy Sauce	¼ cup	½ cup	¾cup	1 cup	1¼ cup
		Corn Flour	¼ cup	¼ cup	½ cup	½ cup	¾cup
		Salt To Taste					
		<b>Method of preparation</b>					
		Marinate the fish with the all ingredients other than corn flour for 30 minutes. Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than corn flour. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 6, enter weight and press start.					

MUTTON ROAST	Insta 7	MUTTON ROAST	800gms	1000gms	1200gms	1400gms
		<b>Ingredients:</b>				
		Mutton (Cut Into Pieces)	800 gms	1000 gms	1200 gms	1400gms
		Ginger & Garlic Paste	1 tsp	1 tsp	1½ tsp	2 tsp
		Onion Paste	1½ cup	2 cup	2½ cup	3 cup
		Red Chilli Powder	2 tsp	2 tsp	3 tsp	3 tsp
		Turmeric Powder	¼ tsp	½ tsp	¾ tsp	½ tsp
		Garam Masala	2 tsp	2 tsp	3 tsp	3 tsp
		Fennel Powder	1 tsp	1 tsp	1½ tsp	2 tsp
		Curry Leaves Powder				
		Salt As Required				
		Oil As Required				
		<b>Method of preparation</b>				
		Marinate the mutton with the all ingredients other than onion paste, oil and water for 1 hour. In a microwave oven safe glass bowl add all marinate ingredients, mix well. Place the bowl in the microwave oven, select Insta 7, enter weight and press start.				
BREAD PUDDING	Insta 7	BREAD PUDDING	800gms	1000gms	1200gms	1400gms
		<b>Ingredients:</b>				
		Bread Crumbs	4 cup	5cup	6cup	7cup
		Milk	1 ltr	1½ ltr	2 ltr	2½ ltr
		Sugar	2 cup	3 cup	3 cup	4cup
		Chocolate	¼ cup	½ cup	¾cup	1 cup
		Eggs (Yolks& White Separate)	3	4	4	5
		Butter As Required				
		Vanilla Essence	½ tsp	¾ tsp	1 tsp	1 tsp
		<b>Method of preparation</b>				
		Take a microwave oven safe glass bowl, add bread crumbs, milk, butter, sugar, chocolate, egg yolks, vanilla essence, egg white, mix all ingredients, Select Insta 7, enter weight, press start.				
CHICKEN TANDOORI	Insta 7	CHICKEN TANDOORI	800gms	1000gms	1200gms	1400gms
		<b>Ingredients:</b>				
		Chicken	800 gms	100 gms	1200 gms	1400 gms
		Garlic, Ginger Paste	1 tsp	1½ tsp	2 tsp	2½ tsp
		Green Chillies Paste	1 tsp	1½ tsp	2 tsp	2½ tsp
		Pumpkin Paste	2 tbsp	2½ tbsp	3 tbsp	4 tbsp
		Lime Juice	2 tsp	2½ tsp	3 tsp	3½ tsp
		Curd	1 cup	1½ cup	2 cup	2½cup
		Red Chilli Powder	1 tsp	1½ tsp	2 tsp	2½ tsp
		Orange Colour	a pinch	a pinch	a pinch	a pinch
		Kashmiri Chilli Powder	1 tsp	1½ tsp	2 tsp	2½ tsp
		Butter As Required				
		Salt To Taste				
		<b>Method of preparation:</b>				
		Take butter in a mixing bowl and 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 wide glass bowl, select Insta 7, enter weight, press start. Serve hot				

APPLE CAKE	Insta 8	APPLE CAKE	200 gms	300 gms	400gms	500 gms	600 gms
		<b>Ingredients:</b>					
		Finely Grated Apples	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Sugar	1 cup	1½ cup	1½ cup	2 cup	2 cup
		Egg (Beaten)	1	1	2	2	3
		Flour	½ cup	½ cup	1 cup	1½ cup	2 cup
		Cinnamon	¼ tsp	¼ tsp	½ tsp	½ tsp	1 tsp
		Baking Powder	½ tsp	½ tsp	¾ tsp	1 tsp	1½ tsp
		Vanilla Essence	½ tsp	½ tsp	¾ tsp	1 tsp	1 tsp
		Raisins (Kismis)	½ cup	½ cup	½ cup	1 cup	1 cup
		Nuts (Chopped)	½ cup	½ cup	½ cup	1 cup	1 cup
		<b>Method of preparation:</b>					
		Place apples in large mixing bowl, add sugar, stir and let it stand for ½ hour. Add egg, flour, cinnamon, baking powder, nuts and raisins, blend well. pour the mixture into a lightly greased glass bowl, place the bowl in oven and select Insta 8, enter weight, press start.					
CHICKEN KEBAB	Insta 8	CHICKEN KEBAB	200 gms	300 gms	400gms	500 gms	600 gms
		<b>Ingredients:</b>					
		Skinless boneless chicken	200 gms	300 gms	400 gms	500 gms	600 gms
		Lemon juice	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Curd	½ cup	½ cup	1 cup	1½ cup	2 cup
		Garlic flakes (minced)	½ tsp	½ tsp	¾ tsp	1 tsp	1 tsp
		Coriander powder	1 tsp	1½ tsp	2 tsp	2½ tsp	2½ tsp
		Cumin powder	1 tsp	1½ tsp	2 tsp	2½ tsp	2½ tsp
		Turmeric powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Ginger paste	½ tsp	½ tsp	¾ tsp	1 tsp	1 tsp
		Butter as required					
		Salt to taste					
		<b>Method of preparation:</b>					
		Marinate the chicken with the all ingredients for 2 hours. In a microwave oven safe wide glass bowl add all marinate ingredients, Place the bowl in the microwave oven, select Insta 8, enter weight and press start.					

CHICKEN 65	Insta 8	CHICKEN 65	200 gms	300 gms	400gms	500 gms	600 gms
		<b>Ingredients:</b>					
		Boneless Skinless Chicken	200 gms	300 gms	400 gms	500 gms	600 gms
		Cloves	Few	few	few	Few	few
		Cinnamon	Few	few	few	Few	few
		Cardamom	Few	few	few	Few	few
		Garlic Paste	½ tsp	½ tsp	¾ tsp	1 tsp	1 tsp
		Ginger Paste	½ tsp	½ tsp	¾ tsp	1 tsp	1 tsp
		Red Chillies Powder	1 tsp	1½ tsp	2 tsp	2½ tsp	2½ tsp
		All-Purpose Flour	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Egg	1	1	2	2	2
		Food Coloring, Red	a pinch	a pinch	a pinch	a pinch	a pinch
		Yoghurt	½ cup	½ cup	1 cup	1½ cup	2 cup
		Green Chillies	1	2	2	3	3
		Corn Flour	1 tbsp	1 tbsp	1½ tbsp	2 tbsp	2 tbsp
		Lime Juice	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
		Butter As Required					
		Salt To Taste					
		<b>Method of preparation:</b>					
		Marinate the chicken with the all ingredients for 1 hour. In a microwave oven safe wide glass bowl add all marinate ingredients, Place the bowl in the microwave oven select Insta 8, enter weight and press start.					
PANEER CAKE	Insta 8	PANEER CAKE	200 gms	300 gms	400gms	500 gms	600 gms
		<b>Ingredients:</b>					
		Paneer	2 cups	2½ cups	3 cups	3½ cup	4 cups
		Maida	1 cup	1 cup	1½ cup	1½ cup	2 cup
		Suji	1 tsp	2 tsp	2 tsp	2½ tsp	2½ tsp
		Milk	½ cup	½ cup	1 cup	1½ cup	2 cup
		Sugar	1 cup	1 cup	1½ cup	1½ cup	2 cup
		Butter As Required	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Cardamom Powder	½ tsp	½ tsp	½ tsp	¾ tsp	¾ tsp
		Cooking Soda	a pinch	a pinch	a pinch	a pinch	a pinch
		<b>Method of preparation:</b>					
		Place the mashed paneer in a large mixing bowl and add sugar to it, Now add all the remaining ingredients, mix well and blend all together in a juicer jar. Pour the mixture into a lightly greased glass bowl, place the bowl in oven and select Insta 8, enter weight, press start.					

MEAT BALLS	Insta 8	MEAT BALLS	200 gms	300 gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Minced Mutton	200 gms	300 gms	400gms	500gms	600gms
		Eggs	1	1	2	2	3
		Bread Crumbs	1 cup	1 cup	1½ cup	2 cup	2½ cup
		Garlic	½ tsp	½ tsp	½ tsp	¾ tsp	¾ tsp
		Onion Paste	1 tbsp	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp
		Milk	½ cup	½ cup	¾ cup	¾ cup	1cup
		Tomato Sauce	½ tbsp	½ tbsp	¾ tbsp	¾ tbsp	1 tbsp
		Sugar	½ tbsp	½ tbsp	½ tbsp	½ tbsp	1 tbsp
		Dry Mustard	½ tsp	½ tsp	½ tsp	¾ tsp	¾ tsp
		Fresh Ground Pepper	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Oil As Required					
		Salt To Taste.					
		<b>Method of preparation:</b>					
		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 glass bowl. Select Insta 8, enter weight, press start					
GAJAR HALWA	Insta 8	GAJAR HALWA	200 gms	300 gms	400gms	500 gms	600 gms
		<b>Ingredients:</b>					
		Carrots (Grated)	1 cup	1½ cup	2 cup	2½ cup	3 cup
		Mawa (Grated)	½ cup	½ cup	¾ cup	¾ cup	1cup
		Sugar	1 cup	1½ cup	1½ cup	2 cup	2 cup
		Milk Condensed	½ cup	½ cup	¾ cup	¾ cup	1cup
		Milk	½ cup	½ cup	¾ cup	¾ cup	1cup
		Cardamoms	Few	few	few	Few	few
		Pistachio Flakes (Almonds)	Few	few	few	Few	few
		Ghee As Required					
		Raisins	Few	few	few	Few	few
		<b>Method of preparation:</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than milk, condensed milk, cardamom, flakes and raisins. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select Insta 8, enter weight and press start.					

ACHARI MUTTON	Insta 8	ACHARI MUTTON	200 gms	300 gms	400gms	500gms	600gms
		<b>Ingredients:</b>					
		Mutton	150 gms	200 gms	250gms	300gms	400gms
		Tomatoes	50 gms	100 gms	150gms	200gms	200gms
		Onions	1	1	2	2	3
		Garlic Chopped	½ tsp	½ tsp	½ tsp	¾ tsp	¾ tsp
		Ginger Chopped	½ tsp	½ tsp	½ tsp	¾ tsp	¾ tsp
		Cumin Seeds	½ tsp	½ tsp	½ tsp	¾ tsp	¾ tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Red Chillies Whole	1	2	2	3	3
		Mustard Seeds	½ tsp	½ tsp	½ tsp	¾ tsp	¾ tsp
		Fenugreek Seeds	½ tsp	½ tsp	½ tsp	¾ tsp	¾ tsp
		Fennel Seeds	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Turmeric Powder	½ tsp	½ tsp	½ tsp	¾ tsp	¾ tsp
		Cloves	Few	few	few	Few	few
		Oil As Required					
		Salt To Taste					
		<b>Method of preparation:</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than mutton, tomato, and salt. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven select Insta 8, enter weight and press start					
CARROT CAKE	Insta 9	CARROT CAKE	100 gms	200 gms	300 gms	400 gms	500gms
		<b>Ingredients:</b>					
		Grated Carrots	1 cup	1 cup	1½ cup	2 cup	2½ cup
		Flour	½ cup	½ cup	1 cup	1 cup	1½ cup
		Sugar	½ cup	½ cup	1 cup	1 cup	1 cup
		Cinnamon	Few	few	few	Few	few
		Nut Meg	Few	few	few	Few	few
		Baking Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Baking Soda	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Egg	1	1	1	2	2
		Vanilla Essence	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Chopped Walnuts	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Oil As Required					
		<b>Method of preparation:</b>					
		Take a mixing bowl, add all ingredients, mix well, set aside for 20 minutes. Pour the mixture into a lightly greased glass bowl, place the bowl in oven and select Insta 9, enter weight, press start.					



STUFFED CAPSICUM	Insta 9	STUFFED CAPSICUM	100 gms	200 gms	300 gms	400 gms	500gms
		<b>Ingredients:</b>					
		Capsicum	50 gms	100 gms	150 gms	200 gms	250gms
		Boiled Potatoes	50 gms	100 gms	150 gms	200 gms	250gms
		Boiled Green Peas	50 gms	100 gms	150 gms	200 gms	250gms
		Onion Finely Chopped	½ cup	½ cup	1 cup	1 cup	1 cup
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Garam Masala	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Dry Mango Powder (Amchur)	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Salt To Taste					
		<b>Method of preparation</b>					
		With a sharp knife, cut the stem of the capsicum and take out seeds from the top gently and add the stuffing in it. Place the capsicum in the microwave oven, select Insta 9, enter weight, press start.					
VEGETABLE KEBAB	Insta 9	VEGETABLE KEBAB	100 gms	200 gms	300 gms	400 gms	500gms
		<b>Ingredients:</b>					
		Boiled Potato	50 gms	100 gms	150 gms	200 gms	250gms
		Grated Paneer	50 gms	100 gms	150 gms	200 gms	250gms
		Grated Cauliflower	50 gms	100 gms	150 gms	200 gms	250gms
		Grated Cabbage	½ cup	½ cup	1 cup	1 cup	1 cup
		Green Chilli	1	1	2	2	3
		Hing	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Maida	½ tsp	¾ tsp	1 tsp	1 tsp	1 tsp
		Red Chilli Powder	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Butter As Required					
		Salt To Taste					
		<b>Method of preparation:</b>					
		Prepare tadka in a microwave oven safe bowl as explained in Insta 6 with all the ingredients other than hing and maida. After beep, remove and make small balls of the mixture and keep in the microwave oven, select Insta 9, enter weight and press start.					

BHARWAN BAINGAN	Insta 9	BHARWAN BAINGAN	100 gms	200 gms	300 gms	400 gms	500gms
		<b>Ingredients:</b>					
		Brinjal (Slit Into Four Lenthwise)	100 gms	200 gms	300 gms	400 gms	500gms
		Sliced Onion	1	1	2	2	2
		Grated Coconut	½ cup	½ cup	1 cup	1 cup	1 cup
		Chopped Cashews	½ cup	½ cup	¾ cup	¾ cup	1cup
		Cloves	Few	few	few	Few	Few
		Pepper Corns	Few	few	few	Few	Few
		Sugar	1 tsp	1 tsp	1½ tsp	2 tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp	½ tsp	½ tsp
		Tamarind Paste	½ cup	½ cup	1 cup	1 cup	1 cup
		Coriander Seeds	Few	few	few	Few	Few
		Coriander Leaves	Few	few	few	Few	Few
		Oil As Required					
		Salt To Taste					
		<b>Method of preparation:</b>					
		Grind coriander seeds, onion, coconut, cloves, pepper corns into a paste and add salt, sugar, turmeric, tamarind paste and cashew to it. Now stuff the brinjal with the mixture and place in microwave oven, select Insta 9, enter weight, press start.					
BAKED POTATOES	Insta 9	BAKED POTATOES	100 gms	200 gms	300 gms	400 gms	500gms
		<b>Ingredients:</b>					
		Potato Boiled	100gms	200 gms	300 gms	400 gms	500gms
		Bread Crumbs	1 tbsp	½ tbsp	½ tbsp	2 tbsp	2 tbsp
		Eggs	1	2	2	3	3
		Milk	2 tbsp	3 tbsp	3 tbsp	3 tbsp	4 tbsp
		Pepper	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp
		Butter As Required					
		Salt To Taste					
		<b>Method of preparation:</b>					
		Take a mixing bowl, add potatoes, butter, salt and pepper. Mash it well and put in well buttered glass baking dish. Layer the dish with one layer of potatoes and a layer of bread crumbs, alternately, till the ingredients are over. Add the beaten eggs on the top of bread crumbs like a layer. Sprinkle some milk on the egg layer, put the baking dish in oven and select Insta 9, enter weight, press start.					
WEIGHT DEFROST	Insta 10	WEIGHT DEFROST					

## 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"> <li>- Check for a blown circuit fuse or a tripped main circuit breaker.</li> <li>- Check if oven is properly connected to the electric circuit in house.</li> <li>- Check if controls are set properly</li> </ul>
If the oven interior light does not work	<ul style="list-style-type: none"> <li>- The light bulb is loose or defective</li> </ul>
If oven does not cook	<ul style="list-style-type: none"> <li>- Check that the control panel was programmed correctly</li> <li>- Check that the door is firmly closed</li> <li>- Check that Start/Enter pad was touched</li> </ul>
If over takes longer than normal to cook or cooks too rapidly	<ul style="list-style-type: none"> <li>- Be sure the power level is programmed properly</li> </ul>
If the time of the day clock does not always keep the correct time	<ul style="list-style-type: none"> <li>- Check that the power cord is fully inserted into the power outlet</li> <li>- Be sure the oven is the only appliance in the electrical circuit</li> </ul>
If food cooks unevenly	<ul style="list-style-type: none"> <li>- Be sure that the food is evenly placed</li> <li>- Be sure that the food is completely defrosted before cooking</li> <li>- Check placement of aluminum foil strips used to prevent over cooking</li> </ul>
If food is under cooked	<ul style="list-style-type: none"> <li>- Check recipe to be sure all directions (amount, time and power levels) were correctly followed</li> <li>- Be sure the oven is the only appliance in the electrical circuit</li> <li>- Be sure that the food is completely defrosted before cooking</li> </ul>
If food is over cooked	<ul style="list-style-type: none"> <li>- Check recipe to be sure all directions (amount, time power levels &amp; size of dish) were correctly followed</li> </ul>
If arcing (sparks) occur	<ul style="list-style-type: none"> <li>- Be sure microwavable dishes were used.</li> <li>- Be sure wire-twist ties were not used</li> <li>- Be sure that the over was not operated when empty</li> <li>- Be sure that metal racks is not used in the microwave mode</li> </ul>

## 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.
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 colour 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 product must be maintained to keep hygiene. Any insects, rodents their causing obstruction to functioning the product, company is not responsible and in turn warranty stands terminated.

## 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:

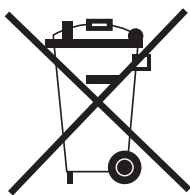
1. The warranty card is not completed properly at the time of purchase.
2. The completed warranty card is not presented to the authorized personnel at the time of service of the product.
3. The microwave is not operated according to instructions given in the 'User Guide'.
4. Defects are caused by improper 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.

## SERVICE CENTER LIST

Branch	Address	Telephone No.
Lucknow	C-3/3 & C-3/4, Sanjay Complex, Near All India Radio, Vidhan Sabha Marg, Lucknow-226001	Call * 1800-209-5511 (Toll- Free) * 1800-225511 (BSNL/MTNL Landline-Toll Free)
Ghaziabad	Plot No. 229/230, Sardar Pashu Ahaar, Bulandshahar Road, Village- chaprolia, Ghaziabad	
Kolkata	Plot – 30, Block – GN, Sector – V, Near Swastha Bhawan, Saltlake City, Kolkata – 700091	
Patna	Jeevandeep, Exhibition Road, Patna - 800001	
Ranchi	Pandra, Near Krishi Bazar Samiti, PO. Kamre, Ranchi – 835222	
Guwahati	Godrej Building, G S Road, Ulubari, Guwahati – 781007	
Coimbatore	No. 585-590, 3rd Floor, Sathya Towers, DB Road, RS Puram, Coimbatore - 641002	
Chennai	No.1, SIDCO Industrial Estate, Ambattur, Chennai – 600 098	
Raipur	9/1 Mahoba Bazaar, GE road, Raipur – 492099, Chhatisgarh	
Cochin	Door no. 1x/418, Near infopark, edachira Kakkanad, Kochi- 682 030	
Bhopal	217, ZONE I, MP NAGAR, BHOPAL-462011	
Delhi	Godrej Bhawan, Sher shah suri marg, Mathura road, Okhla, Nr. Okhla Rly. stn. New Delhi - 110 065.	
Faridabad	Plot No. 16, Sector 4, Ballabhgarh, Haryana	
Mumbai	Plant-4A, Pirojshanagar, Vikhroli, Mumbai-400 079	
Ahmedabad	4th floor, APM shopping mall, Near IOCL petrol pump, shyamal-karnavati, 100ft road , satellite, Ahmedabad-380015	
Jaipur	F-23, Road No.2, Vki Area Jaipur-302013	
Hyderabad	Lalla I, landmark -5-4-94 to 97 opp. To Ranijunj Bus depot, Secunderabad - 500003	
Pune	Apollo Square building, Plot No 60, Survey No 599/A, CTS NO: 3638, Sahaney Sujan Park, Lulla Nagar, Pune-411 040	
Bangalore	The Karnataka Film Chamber of Commerce Building & Hubli 1/2/3rd Floor, #28, 1st Main Creasant Road, High Grounds, Bengaluru-560001	
Chandigarh	Plot No. A-40, Phase VIII A, Industrial Area & Mohali Mohali- 160 059 (PB)	
Bhubaneswar	Highway complex, NH 5, Rudrapur, PO Pahala, Bhubaneswar - 752101	
Vijaywada	Agility logistics , D.o no 54-11-6, Beside SRMT head office Jawahar auto nagar, Vijayawada, Pin – 520007	
Nagpur	C/o. NGDA Electro Mechanical Ind Pvt. Ltd., D - 79/80, MIDC, Hingna Indus, Estate, Wadi, Nagpur - 440 028.	

Website: [www.godrejsmartcare.com](http://www.godrejsmartcare.com) & [www.godrejappliances.com](http://www.godrejappliances.com)  
 E-mail: [smartcare@godrej.com](mailto:smartcare@godrej.com) SMS: <godrej> <space><care> to 53636

### 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](http://www.godrejappliances.com/green-think) for**

**details about Godrej Appliances authorized collection centers.**

*Godrej* | APPLIANCES