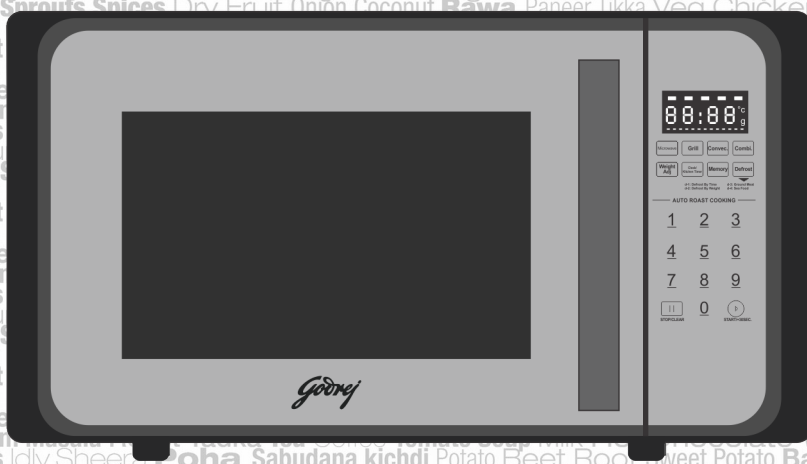


Godrej | APPLIANCES

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



**User Manual**  
**GMX 23CA3 PLM**  
**23 ltr. Microwave, Convection**

## Thank you for purchasing Godrej Microwave Oven

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

Model No: \_\_\_\_\_

Serial No: \_\_\_\_\_

Dealer: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Dealer Phone No: \_\_\_\_\_

### SPECIFICATION - 23CA3

Power Consumption:	230V~/50Hz, 1300 (Microwave)
	1200W (Grill)
	1200W (Convection)
Rated Microwave Output:	800W
Operation Frequency:	2450MHz
Product Dimensions:	26.3 cm(H) x 48.0 cm(W) x 34.5 cm(D)
Oven Capacity:	23 Litres
Cooking Uniformity:	Turntable System
Net Weight:	Approx. 14.0 Kg

## TABLE OF CONTENT

IMPORTANT SAFETY INSTRUCTIONS	3
UTENSIL GUIDE	5
INSTALLATION INFORMATION	6
GROUNDING INSTRUCTIONS	6
ELECTRICAL REQUIREMENTS	6
RADIO INTERFERENCE	7
EXTENSION CORD INFORMATION	7
PART NAMES	7
OPERATION INSTRUCTIONS	8
CLEANING AND CARE	14
INSTACOOK MENU'S	15
TROUBLESHOOTING	85
FAQs	86
WARRANTY	87

# IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE USE

## Important Safety instructions

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

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

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

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

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

These items may explode.

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

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



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

## UTENSIL GUIDE

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

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

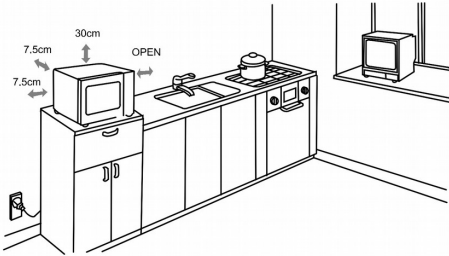
Cookware	Microwave	Grill	Convection	Combination*
Heat-Resistant Glass	Yes	Yes	Yes	Yes
Non Heat-Resistant Glass	No	No	No	No
Heat-Resistant Ceramics	Yes	Yes	Yes	Yes
Microwave-Safe Plastic Dish	Yes	No	No	No
Kitchen Paper	Yes	No	No	No
Metal Tray	No	Yes	Yes	No
Metal Rack	No	Yes	Yes	No
Aluminum Foil & Foil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

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

\*\*Only for short time reheating.

# INSTALLATION INFORMATION

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



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

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

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

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



The accessible surface may be hot during operation.

# GROUNDING INSTRUCTIONS

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

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

Note:

- 1) If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person
- 2) Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the electrical connection procedures

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

# ELECTRICAL REQUIREMENTS

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

microwave oven is the only appliance on the circuit.

## RADIO INTERFERENCE

Operation of the microwave oven can cause interference to your radio, TV, or similar equipment. When there is interference, it may be reduced or eliminated by taking the following measures:

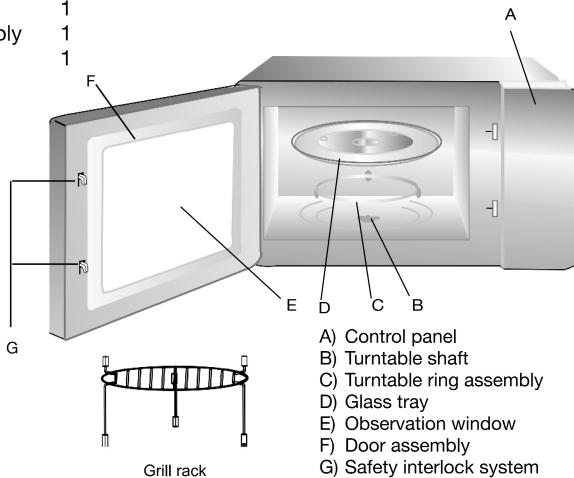
1. Clean door and sealing surface of the oven
2. Reorient the receiving antenna of radio or television
3. Relocate the microwave oven with respect to the receiver
4. Move the microwave oven away from the receiver
5. Plug the microwave oven into a different outlet so that microwave oven and receiver are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

## EXTENSION CORD INFORMATION

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

## PART AND ACCESSORIES NAME

Glass tray 1  
Turntable ring assembly 1  
Instruction manual 1



# OPERATION INSTRUCTION

## 1. Clock Setting

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

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

Example: To set 12:12 .

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

- Note:**
- 1) The clock will not work if it is not set when powered.
  - 2) During the process of clock setting, if you press "**STOP/CLEAR**" or if no operation in 5 minute , the oven will go back to the previous status automatically.

## 2. Microwave Cooking

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

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

- 1) Press "**MICROWAVE**" once, the oven will display "P100".
- 2) Press "**MICROWAVE**" once again to choose 80% power, the oven will display "P80".
- 3) Press the number buttons of "1", "0", "0", "0" in order, the oven will display "10:00".
- 4) Press "**START/+30SEC.**" to start cooking, ":" will light.

### Note: "**MICROWAVE**" Pad presses instructions

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

### 3. Kitchen Timer

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

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

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

### 4. Grill Cooking

Example: If you want to use 100% to cooking for 35 minutes, you can operate the oven as the following steps.

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

Note: If half the grill time passes, the oven will sound twice to tell you to turn the food over. You can just leave it continue cooking. But in order to have a better effect of grilling food, you should turn the food over, close the door, and then press "START/+30SEC." to continue cooking.

### 5. Convection Cooking(With preheating function)

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

- 1) Press the "**CONVEC.**" key several times, the oven will display "180".  
(Press the "**CONVEC.**" key several times to select the temperature.)
- 2) Press the "**START/+30SEC.**" key to start cooking. The temperature figure will flash when reach to the temperature in advance and buzzer will ring twice to remind you to put the food into the oven.
- 3) Press the number buttons of "4", "0", "0", "0" in order, the oven will display "40:00"
- 4) Press the "**START/+30SEC.**" key to start cooking.

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

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

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

## 6. Convection Cooking(Without preheating function)

- 1) Press the **"CONVEC."** key once, the oven will display "110".  
(Press the **"CONVEC."** key several times to select the temperature.)
- 2) Press the number buttons of "4", "0", "0", "0" in order, the oven will display "40:00".
- 3) Press the **"START/+30SEC."** key to start cooking.

### Note: "CONVEC." Pad presses instructions

Presses Instructions	Display	Convection
1	110 <sup>0</sup> C	●
2	120 <sup>0</sup> C	●
3	130 <sup>0</sup> C	●
4	140 <sup>0</sup> C	●
5	150 <sup>0</sup> C	●
6	160 <sup>0</sup> C	●
7	170 <sup>0</sup> C	●
8	180 <sup>0</sup> C	●
9	190 <sup>0</sup> C	●
10	200 <sup>0</sup> C	●

## 7. Combination Cooking

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

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



## Note: "COMBI." Pad presses instructions

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

### 8. Defrost By time

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

---

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

---

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

### 9. Defrost By weight

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

---

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

---

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

### 10. Defrost Groud meat

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

---

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

---

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

### 11. Defrost Sea food

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

---

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

---

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

## 12.MEMORY

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

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

## 13.Multi-Stage Cooking

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

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


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

## 14. EXPRESS COOKING

When the oven is in the waiting states, press "**START/+30SEC.**" key to start cooking with full microwave power for 30 seconds.(The maximum setting is 99 minutes and 99 senonds.)

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

## 15. Lock-out Function for Children

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

display "0:00" or current time.

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

## 16. Display Specification

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

## 17. Inquiring Function

In cooking state, press "COMBI", "MICROWAVE", "GRILL" or "CONVEC", and the current power level will be displayed for 2-3 seconds.

## 18. InstaCook Menus

Press number keys to access InstaCook Menus. Eg To access menu for DHOKLA which is number 89- Press the number keys directly i.e. "8" "9", display will show "A089".

Press "Start" to start the cooking process.

The InstaCook menus are given from A001- A090

## CLEANING AND CARE

1. Turn off the oven and remove the power plug from the wall socket before cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
3. The outside surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaner.
5. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition. And it is normal.
7. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
8. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild sudsy water or dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
9. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a deep microwaveable bowl, microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. When it becomes necessary to replace the oven light, please consult the nearest service center to have it replaced
11. The oven should be cleaned regularly and any food deposits removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
12. Please do not dispose this appliance into the domestic rubbish bin; it should be disposed to the particular disposal center provided by the municipalities

## INSTACOOK MENUS

A001	Recipe code -1	Ingredients:	250g
	Vegetable Biryani	rice	1½ cup
		ghee	1tbsp
		carrot chopped	¼ cup
		French beans chopped	¼ cup
		green peas	¼ cup
		red chili powder	½ tsp
		garam masala	¾ tsp
		garlic paste	¼ tsp
		ginger paste	¼ tsp
		green chilies chopped	¼ tbsp
		onion chopped	1
		tomato chopped	1
		cinnamon	½ inch
		cloves	4
		cardamom	4
		coconut milk	1cup
		cashew nuts	few
		mint leaves	few
		coriander leaves	few
		lemon juice	½ tsp
		salt to taste	
		water as required	

**Method of preparation**

Take a MWO safe bowl, add all ingredients and place the bowl in the microwave oven, select recipe code 1, and press start. (Stir twice in-between).serve hot.

A001	Recipe code-1	Ingredients:	250g
	Zafrani Pulao	basmati rice	2 cup
		water	2½ cup
		sugar	4 tbsp
		milk	2 cup
		cashews	1 cup
		cardamoms	6
		cloves	few
		cinnamon, broken	few
		almonds, blanched and cut	1 cup
		saffron strands, soaked in hot milk	2 tsp
		ghee as required	

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients, mix well and select recipe code 1, enter weight and press start. Serve hot.

A002	Recipe code -2	Ingredients	250 gms	500 gms
	Baingan Masala	brinjal (Baingan), cut into half	1½ cup	2½ cup
		tomatoes, chopped	1 cup	1½ cup
		onions, chopped	2	2
		methi leaves (fenugreek)	¾ cup	1 cup
		garlic paste	¾ tsp	1 tsp
		cumin seeds	1½ tsp	2 tsp
		curry leaves	few	few
		turmeric powder	¼ tsp	½ tsp
		red chili powder	2 tsp	3 tsp
		oil as required		
		coriander for garnish		
		salt & pepper to taste		

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than tomato, methi leaves, vinegar, salt and pepper. After beep, Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 2, and press start. Remove, garnish with coriander and serve.

A002	Recipe code -2	Ingredients	250 gms	500 gms
	Lauki Curry	bottle gourd cut into cubes	250 gms	500 gms
		onion chopped	2	3
		green chilies chopped	3	4
		tomato puree	1 cup	1½ cup
		garlic paste	½ tsp	1 tsp
		ginger paste	½ tsp	1 tsp
		red chili powder	1 tsp	1½ tsp
		turmeric powder	¼ tsp	½ tsp
		coriander leaves	½ tsp	1 tsp
		oil	½ tbsp	1 tbsp
		salt to taste		

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than bottle gourd and tomato puree; mix well. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven select recipe code 4, enter weight and press start. Remove and serve.

A003	Recipe code- 3	Ingredients	250gms
	Potato Curry	potatoes, peeled and cubed	1½ cup
		tomatoes, chopped	1 cup
		onion, chopped	1 cup
		garlic, ginger paste	½ tsp
		chili powder	1 tsp
		coriander powder	1 tsp
		cumin seeds	1 tsp
		turmeric powder	¼ tsp
		ghee	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than potato and tomatoes. After beep, remove, add the all remaining ingredients and mix well. Place the bowl in the microwave oven select recipe code 3, press start. Remove and serve hot.

A003	Recipe code-6	Ingredients	250gms
	Vegetable Mix	Mix chopped veggies–cauliflower, carrots, potatoes, French beans, capsicum, peas.	2 cup
		onion chopped finely	1 cup
		green chili chopped	½ tsp
		ginger-garlic paste	½ tsp
		coriander powder	½ tsp
		turmeric powder	¼ tsp
		chili powder	1 tsp
		garam masala powder	½ tsp
		cumin seeds	½ tsp
		oil as required	
		water as required	
		salt as per taste	
		coriander leaves for garnish	

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than water, coriander leaves, mix well and select recipe code 23, enter weight and press start. After beep, remove and add water, mix well and select recipe code 3, enter weight and press start. Garnish with coriander leaves. Serve hot.

A004	Recipe code -4	Ingredients	250gms
	Fish Kurma	fish ( cut into large pieces)	
		onion paste	250gms
		green chili	1½ cup
		ginger paste	3
		garlic paste	½ tsp
		coriander paste	½ tsp
		cardamom	1 tsp
		Cinnamon sticks	4
		lemon juice	2
		curd	1tbsp
		oil as required	¾ cup
		salt to taste	
		water as required	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than fish, lemon juice, curd and water. After beep, remove, add the all remaining ingredients and mix smoothly. Place the bowl in the microwave oven select recipe code 4, press start. Remove and serve hot.



A004	Recipe code - 4	Ingredients	250gms
	Mache Besara	fish (rohu or any fresh water fish)	250gms
		potato (cut into cubes)	1
		curd	1 cup
		green chilies paste	4
		mustard paste	1tbsp
		garlic cloves paste	2
		turmeric powder	¼ tsp
		cumin seeds	1 tsp
		mustard seeds	1 tbsp
		fennel seeds	1 tsp
		fenugreek seeds	1 tsp
		kale jeera seeds	1 tsp
		oil as required	
		salt to taste	
		coriander leaves for garnish	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than fish, curd and coriander leaves. After beep, remove; add all the ingredients other than coriander leaves and mix smoothly. Place the bowl in the microwave oven select recipe code 4, press start. Remove, garnish with coriander leaves and serve hot.

A005	Recipe code - 5	Ingredients	250gms
	Yam Masala	Yam, cut into pieces	
		Tomato puree	2 cup
		Onion, chopped	1½ cup
		Garlic paste	2½
		Ginger paste	¾ tsp
		Turmeric powder	¾ tsp
		Red chili powder	¼ tsp
		Mustard seeds	1½ tsp
		Curry leaves	¼ tsp
		Oil as required	few
		Salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than tomato puree and salt. Remove. Add the remaining ingredients, mix well. Place the bowl in the microwave oven, select recipe code 5, and press start.

A005	Recipe code -5	Ingredients	250gms
	Mustard Fish	hilsa fish (cut into medium size pieces)	250 gms
		turmeric powder	½ tsp
		mustard oil	2 tbsp
		mustard seeds	1 tsp
		salt to taste	
		Water as required	
		coriander leaves, green chilies for garnish	
		For Mustard Curry Paste:	
		mustard seeds	2 tbsp
		chopped green chilies	1 tsp
		poppy seeds	2 tsp

**Method of preparation:**

Marinate fish with turmeric powder and salt. Set aside for ½ hour. To make Mustard Curry paste grind mustard seeds, green chilies & poppy seeds. Set aside. Apply oil to the fish pieces and place in a microwave oven safe bowl and shallow fry the same in under tadka option in recipe code 23. Remove and add all the ingredients and mustard curry paste mix well. Place the bowl in the microwave oven, select recipe code 5, Remove and garnish with coriander and green chilies. Serve hot.

A006	Recipe code - 6	Ingredients:	200gms
	Kadhi	yogurt	200gms
		besan	6 tsp
		grated ginger	1 tsp
		turmeric powder	½ tsp
		ghee	1 tbsp
		dry red chilies	4
		curry leaves	few
		chopped green chilies	3
		hing	a pinch
		sugar	2 tsp
		cumin seeds	1 tsp
		mustard seeds	1 tsp
		salt to taste	
		chopped coriander leaves for garnish	
		Water as required	

**Method of preparation:**

Beat the yogurt, water & besan in a vessel so that no lumps are formed. Prepare tadka in a microwave oven safe bowl as explained in recipe code 23, with all the ingredients other than yogurt, besan, water mixture. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 6, and press start. Remove and garnish with coriander leaves and serve.

A006	Recipe code - 6	Ingredients:	200gms
	Cauliflower Onion Fry	Cauliflower Florets	200gms
		Onion Chopped	1
		Green Chilies	2
		Coriander Powder	2 tsp
		Lemon Juice	1 tsp
		Turmeric Powder	¼ tsp
		Mustard Seeds	¼ tsp
		Cumin Seeds	½ tsp
		Curry Leaves	few
		Oil As Required	
		Salt to taste	

**Method of preparation:**

Prepare tadka as explained in recipe code 23 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 recipe code 12, press start. Serve hot.

A007	Recipe code -7	Ingredients:	800gms
	Butter Chicken	boneless chicken	800gms
		yogurt	4 tbsp
		lime juice	2 tsp
		red chili powder	2 tsp
		roasted cloves	4
		roasted pepper corns	4
		roasted cinnamon	1 inch
		cardamom	4
		roasted almonds	5
		bay leaves	2
		oil	¾ tbsp
		chopped onions	2
		garlic paste	1 tsp
		ginger paste	1 tsp
		coriander powder	1 tsp
		cumin powder	1 tsp
		turmeric powder	½ tsp
		tomato puree	2 tbsp
		chicken stock	2 cup
		Kasuri methi	2 tsp
		butter	¾ tbsp
		salt to taste	
		coriander leaves for garnish	

**Method of preparation:**

Grind & make a paste of cloves, pepper corns, cinnamon, almonds & cardamom. Marinate the chicken with the above paste and butter, yogurt, salt, lime juice, red chili powder, bay leaves, coriander, cumin, turmeric powder & set aside for 1 hour. Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl 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 recipe code 7, and press start. Remove and garnish with coriander leaves and serve.

A007	Recipe code -7	Ingredients:	800gms
	Sindhi Kadhi	carrots	¾ cup
		ladyfinger	¾ cup
		brinjal	¾ cup
		drumsticks	¾ cup
		bottle gourd	¾ cup
		cumin seeds	2 tsp
		methi seeds	2 tsp
		tamarind pulp	¾ cup
		besan	2 tbsps
		coriander / cumin's powder	2 tsp
		green chilies chopped	4
		turmeric powder	2½ cup
		hing a pinch	
		salt to taste	
		coriander leaves for garnish	

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than tamarind pulp, hing and coriander leaves. After beep, remove, add the all remaining ingredients except coriander leaves mix well and place the bowl in the microwave oven selects recipe code 10 enter weight and press start. Remove, garnish with coriander leaves and serve hot.

A008	Recipe code -8	Ingredients:	250gms
	Karela Fry	Karela (Cut Into Thin Round)	250gms
		Lemon Juice	1½ tsp
		Turmeric Powder	½ tsp
		Red Chili Powder	1 tsp
		Jeera Powder	1 tsp
		Garam Masala	1 tsp
		Oil As Required	
		Salt to taste	

**Method of preparation:**

Marinate Karela with the lemon juice, turmeric, salt for 20 minutes and wash it well. Select 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than garam masala. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 8, enter weight and press start.

A008	Recipe code -8	Ingredients:	250gms
	Honey Chili Potato	potatoes, sliced	2 cup
		onion, finely chopped	1 cup
		spring onions, chopped round	½ cup
		tomatoes, chopped	½ cup
		garlic & ginger paste	1 tsp
		soya sauce	1 tsp
		Tomato ketchup	1 tbsp
		Chili sauce	1 tsp
		honey	1 tbsp
		maida	1 tbsp
		corn flour	1 tbsp
		parsley	1 tbsp
		oregano	½ tsp
		red chili powder	1 tsp
		salt to taste	
		oil as required	

**Method of preparation:**

Take a microwave oven safe bowl, add oil, sliced potatoes, maida, and corn flour, mix well and select recipe code 23, press start. After beep, remove and add some more oil and all remaining ingredients, mix well and select recipe code 8, enter weight and press start. Serve hot.

A009	Recipe code -9	Ingredients:	800gms
	Veg Pulao	rice (soaked)	1½ cup
		potato cut into cubes	½ cup
		carrot cut into cubes	½ cup
		cauliflower cut into florets	½ cup
		peas	½ cup
		cashew nuts	½ tbsp
		raisins	1 tsp
		onions	1
		ghee	1 tbsp
		turmeric powder	¼ tsp
		ginger paste	½ tsp
		garlic paste	½ tsp
		green chili paste	½ tsp
		cinnamon stick	1

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than rice, cashew and raisins. Remove. Add the remaining ingredients, mix well. Place the bowl in the microwave oven, select recipe code 9, and press start.

A009	Recipe code -9	Ingredients:	800gms
	Khichuri	Rice	2 cup
		Moong dal roasted	1 cup
		Cauliflower florets	¾ cup
		Green peas	¾ cup
		Potatoes (cubed)	¾ cup
		Chili powder	2 tsp
		Sugar	2 tsp
		Turmeric powder	½ tsp
		Green chilies	4
		Cumin powder	2 tsp
		Bay Leaves	4
		Red Chilies Whole	4
		Green Cardamoms	5
		Cloves	4
		Cinnamon	2" stick
		Ghee as required	
		salt to taste	
		water as required	

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than vegetables and water. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 9, enter weight and press start. Serve hot.

A010	Recipe code -10	Ingredients:	
	Rajma Curry	Rajma (soaked)	1 cup
		Tomatoes, chopped	1 cup
		Onion chopped	1 cup
		Coriander powder	1 tsp
		Ginger, Garlic paste	1 tsp
		Green chilies, chopped	1 tsp
		Turmeric powder	¼ tsp
		Bay leaves	3
		cardamoms	few
		cinnamon stick	3
		Oil as required	
		Salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than Rajma and tomatoes. After beep, remove and add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 10, and press start. Serve hot.

A010	Recipe code-10	Ingredients:	
	Chana Pulao	chickpeas (kabuli chana)	1 cup
		Rice	2 cup
		cumin seeds	1 tsp
		green chillies chopped	1 tsp
		onions chopped	1 cup
		tomatoes chopped	¾ cup
		red chili powder	1½ tsp
		turmeric powder	½ tsp
		coriander powder	1½ tsp
		garam masala powder	1½ tsp
		coriander leaves chopped	1½ tbsp
		mint leaves chopped	1½ tbsp
		lemon juice	1½ tsp
		salt to taste	

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than chick peas, rice, tomato, lemon juice, mix well and select recipe code 23, press start. After beep, remove and add all remaining ingredients, mix well and select recipe code 10, enter weight and press start. Serve hot.

A011	Recipe code -11	Ingredients:	
	Vegetable Cutlet	Potatoes boiled	1½ cup
		Green Peas boiled	½ cup
		Beans boiled	½ cup
		Beetroot boiled	½ cup
		Corn flour	½ cup
		Dry Mango Powder	1½ tsp
		Red chili powder	1½ tsp
		Oil as required	
		Salt to taste	
		Coriander leaves for garnish	

**Method of preparation:**

Blend all boiled ingredients together. Mash them lightly. Add all remaining ingredient mix well shape as medium sized cutlets. Arrange cutlets in a lightly greased crusty plate; place the crusty plate on the mesh rack in the microwave oven, select recipe code 11, and press start. Turn once in-between.

A011	Recipe code -11	Ingredients:	
	Cheese Corn Balls	boiled sweet corn kernels,	2½ cup
		cheese grated	1 cup
		potatoes, boiled and mashed	1 cup
		capsicum,	1 cup
		breadcrumbs	2 cup
		Maida	1½ tbsp
		corn flour,	1½ tbsp
		oregano,	few
		oil as required	
		salt to taste,	

**Method of preparation:**

Blend all ingredients together. Make corn balls. Arrange corn balls in a crusty plate and place the crusty plate on the mesh rack in the microwave oven, select recipe code 11, and press start. Turn once in-between. Serve hot.



A012	Recipe code -12	Ingredients:	
	Kashmiri Pulao	Rice	1½ cup
		Cinnamon	2 stick
		Cardamom	4
		Cloves	3
		Turmeric powder	¼ tsp
		Saffron	a pinch
		Milk	½ cup
		Walnut for garnish	few
		Cashew nut for garnish	few
		Onion fried for garnish	
		Water as required	
		Oil as required	
		Salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with the paste ingredients. Remove. Add the remaining ingredients and powdered ingredients also in it, mix well. Place the bowl in the microwave oven, select recipe code 12, and press start. Remove and serve hot.

A012	Recipe code -12	Ingredients:	
	Chana Biryani	Rice	2 cup
		Chana	1 cup
		Onion	2
		Tomato	2
		Potato	2
		Chili powder	1½ tsp
		Green chilies	3
		Turmeric powder	½ tsp
		Ginger garlic paste	1½ tsp
		Cinnamon	3 stick
		Curry leaves	few
		Bay leaf	3
		Cloves	4
		Salt to taste	
		Butter as required	

**Method of Preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than rice, water and tomato. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 12, and press start.

A013	Recipe code-13	Ingredients:	
	Capsicum Masala	capsicum chopped	2 cup
		sesame seeds paste	½ tbsp
		groundnut paste	½ tbsp
		onion	2
		jeera	1 tsp
		red chili powder	1 tsp
		cardamom	3
		cloves	2
		cinnamon	1 tsp
		turmeric powder	¼ tsp
		garam masala powder	1 tsp
		dhania jeera powder	1 tsp
		bay leaves	2
		oil	½ tbsp
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe glass bowl with all the ingredients other than capsicum & garam masala. Remove the bowl, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 13, and press start. Remove and serve.

A013	Recipe code -13	Ingredients:	
	Methi Malai Matar	green peas	150 gms
		methi leaves	100 gms
		malai / cream	100 gms
		onion paste	100 gms
		green chili paste	1½ tsp
		garlic, ginger paste	1 tsp
		khus khus paste	½ tbsp
		cumin's	1 tsp
		cashew nuts	5
		milk	1½ cup
		oil as required	
		salt to taste	

**Method of preparation:**

Prepare tadka as explained in recipe code 23 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 and milk, mix well. Cover the bowl with lid and place it in the microwave oven. Select recipe code 13, press start. Remove and serve hot.

A014	Recipe code -14	Ingredients:	250g
	Tomato Suran Curry	Suran cut into cubes	1 cup
		Tomatoes chopped	1 cup
		Onion chopped	1 cup
		Ginger-Garlic Paste	1 tsp
		Red Chili Powder	2 tsp
		Garam masala	1 tsp
		Coriander powder	1 tsp
		Cumin Powder	1 tsp
		Turmeric Powder	¼ tsp
		Curd	1 cup
		Oil as required	
		Salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than tomatoes, curd and coriander leaves. After beep, remove, add the remaining ingredients other than coriander and mix well. Place the bowl in the microwave oven select recipe code 14, enter weight and press start. Remove and garnish with coriander leaves, Serve hot.

A014	Recipe code -14	Ingredients:	250g
	Potato Peas Curry	button potatoes	1½ tsp
		peas	1 cup
		tomatoes - diced	½ cup
		button onions	1 cup
		Jeera	1½ tsp
		red chili powder	2 tsp
		coriander powder	2 tsp
		turmeric powder	½ tsp
		garam masala powder	2 tsp
		tomato ketchup	1 tbsp
		fresh cream for garnishing	
		oil as required	
		salt to taste	

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than potatoes, peas, carrots, beans, tomato, paneer cubes, garam masala, tomato ketchup and fresh cream. Remove and add all the remaining ingredients other than fresh cream and mix well. Cover the bowl with a lid and place it in the microwave oven, select recipe code 14, enter weight and press start. Remove, garnish with fresh cream and serve.

A015	Recipe code -15	Ingredients:	
	Bread Chivda	bread slices	
		mustard seeds	2 cup
		cumin seeds	½ tsp
		onion finely chopped	1 tsp
		turmeric powder	1
		hing	¼ tsp
		curry leaves	a pinch
		raw peanuts	few
		oil as required	1 tbsp
		salt to taste	
		coriander leaves for garnish	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than bread slices, hing and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leaf and mix well. Place the bowl in the microwave oven select recipe code 15, press start. Remove, garnish with grated coriander and serve.

A015	Recipe code -15	Ingredients:	
	Coconut Burfi	fresh desiccated coconut	1½ cup
		condensed milk	200 g
		Sugar	1½ tsp
		cardamom powder	¼ tsp
		Ghee	2 tbsp
		cashews, broken into coarse pieces	2 tbsp
		almonds blanched and cut into slivers	2 tbsp
		A few strands of saffron to garnish (optional)	

**Method of preparation:**

Take a microwave oven safe bowl; add ghee, coconut, condensed milk, cardamom powder and sugar. Mix well and place the bowl in oven and select recipe code 15, press start. After beep, remove and add the cashews and stir well. Grease a large platter, put the fudge on it and smooth out into a thick layer. Top the entire surface with the slivered almonds and saffron strands. Allow cooling a little and cut into squares while still warm.

A016	Recipe code -16	Ingredients:	250gms
	Cabbage Subji	Cabbage, chopped.	2 cup
		chana dal	100 gms
		ginger paste	¾ tsp
		mustard seeds	¼ tsp
		cumin seeds	¾ tsp
		Sugar	¾ tsp
		green chilies	3
		turmeric powder	¼ tsp
		hing	a pinch
		Salt to taste.	
		oil as required	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe glass bowl with all the ingredients other than cabbage and salt. Remove the bowl, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 16, enter weight and press start. Remove and serve.

A016	Recipe code -16	Ingredients:	250gms
	Plain Palak Curry	spinach leaves, washed & chopped	2 cups
		cumin seeds	1 tsp
		green chili (minced)	1 tsp
		ginger paste	1 tsp
		garlic paste	1 tsp
		turmeric powder	½ tsp
		red chili powder	1½ tsp
		hing a pinch	
		oil as required	
		salt to taste	

**Method of preparation:**

Prepare tadka as explained in recipe code 23 in a microwave oven safe glass bowl with all the ingredients other than spinach leaves and mustard greens. Remove; add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select recipe code 16, enter weight and press start. Remove, mix well and serve hot.

A017	Recipe code -17	Ingredients	500gms
	Mutton Curry	Mutton	500 gms
		coriander seeds	20 gms
		cumin seeds	20 gms
		poppy seeds	20 gms
		Almonds	8
		Peppercorns	8
		Cloves	6
		black cardamom	4
		cinnamon sticks	20 gms
		bay leaves	4
		ginger paste	20 gms
		cloves garlic paste	4
		green chili paste	4
		Oil	1 tbsp
		green cardamom	5
		onions grated	200 gms
		red paprika powder	10 gms
		turmeric powder	1 tsp
		tomato puree	100 gms
		Yoghurt	200 gms
		5g, garam masala	10 gms
		5g, coriander leaves, chopped	10 gms
		salt to taste	

**Method of preparation:**

Take oil in a microwave oven safe bowl; add grated onions, ginger paste, garlic paste, green chili paste, coriander seeds, cumin seeds, poppy seeds, almonds, peppercorns, cloves, black cardamom, green cardamom, salt, paprika, turmeric powder, cinnamon, bay leaves & stir. Place the bowl in the microwave oven, select recipe code 23, and press start. After beep remove, add mutton, tomato puree, garam masala, yogurt, water & stir. Place the bowl in the microwave oven & select recipe code 17, enter weight and press start. Remove after beep, garnish with coriander leaves & serve hot.

A017	Recipe code -17	Ingredients	500gms
	Dal Tadka	red lentils (masoor dal)	1 cup
		yellow lentils (moong dal)	1 cup
		tomato chopped	2
		onion chopped	1
		Oil	1 tbsp
		red chili powder	1 tsp
		turmeric powder	¼ tsp
		ginger paste	½ tsp
		garlic paste	½ tsp
		green chillies chopped	2
		mustard seeds	¼ tsp
		dried red chillies	2
		coriander leaves for garnish	
		salt to taste	
		water as required	

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 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 recipe code 17, enter weight and press start. Remove, and serve hot.

A018	Recipe code -18	Ingredients:	250gms
	Green Chana Curry	green chana	1½ cup
		tomato chopped	1½ cup
		onion chopped	1½ cup
		green chili chopped	3
		ginger, garlic paste	2 tsp
		cumins powder	1½ tsp
		Hing	a pinch
		turmeric powder	a pinch
		coriander powder	1½ tsp
		garam masala	2 tsp
		oil as required	
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than green chana and tomato. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven select recipe code 18, enter weight and press start.

A018	Recipe code -18	Ingredients:	250gms
	Dum Aloo	aloo (potatoes)	250 gms
		Ghee	1 tbsp
		tomato puree	1 cup
		Curd	½ cup
		Spices	
		Cloves	2
		bay leaves	1
		black peppercorns	4
		green cardamoms	2
		brown cardamom	2
		cinnamon stick	1
		Paste	
		onion (chopped)	1
		flakes garlic	3
		Ginger	¼" inch
		black peppercorns	4
		poppy seeds	½ tsp
		coriander seeds	½ tsp
		cumin seeds	½ tsp
		dry red chilies	2
		turmeric powder	¼ tsp
		ground mace	a pinch
		ground nutmeg	a pinch
		salt to taste	

**Method of preparation:**

Prepare tadka in a microwave oven safe glass bowl as explained in recipe code 23 with all the ingredients other than potato, tomato puree, curd and all paste items. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects recipe code 18, enter weight and press start. Remove and serve.

A019	Recipe code -19	Ingredients:	250gms
	Beetroot Rasam	Beetroot chopped	250gms
		Tamarind juice	1 cup
		Urad Dal	1 tsp
		Garlic paste	½ tsp
		Cilantro Sprigs	¼ cup
		Mustard Seeds	½ tsp
		Cumin Seeds	½ tsp
		Curry Leaves	few
		Oil as required	
		Salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than beetroot and tamarind juice. After beep, remove, add the all ingredients and mix well. Place the bowl in the microwave oven select recipe code 19, enter weight and press start. Remove, and serve hot.



A019	Recipe code -19	Ingredients:	250gms
	Tomato Baingan Curry	baingan chopped	1½ cup
		tomato	1 cup
		onions	2
		grated coconut	½ tbsp
		ginger, garlic paste	½ tsp
		Chili powder	1 tsp
		turmeric powder	¼ tsp
		tamarind juice	1 cup
		garam masala powder	1 tsp
		jeera	½ tsp
		oil as required	
		salt to taste	

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than brinjal, tamarind juice. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 19, enter weight and press start. Remove, and serve.

A020	Recipe code -20	Ingredients	250 gms	500 gms
	Kheema Masala	mutton mince	250 gms	500 gms
		oil	1 tbsp	1½ tbsp
		chopped tomatoes	1 cup	1½ cup
		cumin seeds	½ tsp	1 tsp
		chopped medium onions	2	3
		coriander powder	½ tsp	1 tsp
		cumin powder	½ tsp	1 tsp
		garlic paste	½ tsp	1 tsp
		ginger paste	½ tsp	1 tsp
		garam masala powder	1 tsp	2 tsp
		lime juice	½ tsp	1 tsp
		salt to taste		
		coriander leaves for garnish		
		water as required		

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than mutton mince, lime juice, water and coriander leaves. After beep, remove, add the all ingredients and mix well. Place the bowl in the microwave oven select recipe code 20, enter weight and press start. Remove after beep, garnish with coriander leaves & serve hot.

A020	Recipe code -20	Ingredients	250 gms	500 gms
	Masala Chicken	chicken	250gms	500gms
		tamarind juice	1 tbsp	1½ tbsp
		lime juice	1 tsp	1½ tsp
		red chili powder	1 tsp	1½ tsp
		roasted cloves	2	3
		roasted pepper corns	2	3
		roasted cinnamon	½ inch	¾ inch
		cardamom	2	3
		Curry leaves	few	few
		bay leaves	1	2
		oil	½ tbsp	½ tbsp
		chopped onions	1	2
		garlic paste	½ tsp	¾ tsp
		ginger paste	½ tsp	¾ tsp
		coriander powder	½ tsp	¾ tsp
		cumin powder	½ tsp	¾ tsp
		turmeric powder	¼ tsp	¼ tsp
		garam masala	1 tsp	2 tsp
		salt to taste		
		coriander leaves for garnish		

**Method of preparation:**

Grind & make a paste of cloves, pepper corns, cinnamon & cardamom.

Marinate the chicken with the above paste and, tamarind juice, salt, lime juice, red chili powder, bay leaves, coriander, cumin, turmeric powder & set aside for 1 hour.

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 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 recipe code 20, enter weight and press start. Remove and garnish with coriander leaves and serve.

A021	Recipe code -21	Ingredients	250 gms	500 gms
	Mutton Shahi Kurma	mutton	1 tbsp	1½ tbsp
		oil	2	3
		chopped onions	½ tsp	1 tsp
		cumin seeds	½ tsp	1 tsp
		poppy seeds	½ tsp	1 tsp
		ginger	½ tsp	1 tsp
		garlic	½ tsp	1 tsp
		coriander	5	7
		almonds	3	5
		Kashmiri chilies	½ tsp	1 tsp
		sultanas	1 tbsp	1½ tbsp
		grated coconut	4	6
		cloves	4	6
		cardamom	1 inch	2 inch
		cinnamon stick	½ cup	1 cup
		curd	½ cup	1 cup
		milk		
		salt to taste		
		water		

**Method of preparation:**

Grind cumin seeds, poppy seeds, ginger, garlic, coriander, Kashmiri chilies, and water and make a fine paste. Set aside. Take oil in a microwave oven safe bowl, add chopped onion, grated coconut, cloves, cinnamon, cardamom, and the ground spices paste & mix well. Place the bowl in the microwave oven, select recipe code 23, and press start. After beep, remove, add mutton, almonds, sultanas, salt, curd, milk & mix well. Place the bowl in the microwave oven & select recipe code 21, enter weight and press start. Remove after beep & serve with rice or chapati.

A021	Recipe code -21	Ingredients	250 gms	500 gms
	Vegetable Tahari	Rice	2 cup	3 cup
		potato chopped	1 cup	1½ cup
		tomato chopped	1 cup	1½ cup
		green peas	½ cup	1cup
		carrot chopped	½ cup	1cup
		cauliflower chopped	½ cup	1cup
		cumin seed	1tsp	1½ tsp
		mustard seed	¾ tsp	1 tsp
		black pepper	Few	few
		Cloves	Few	few
		turmeric powder	¼ tsp	½ tsp
		coriander powder	1 tsp	2tsp
		salt to taste		
		oil as required		

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than rice, tomato, mix well and select recipe code 23, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select recipe code 21, enter weight and press start. Serve hot.

A022	Recipe code -22	Ingredients	250 gms	500 gms
	Hyderabad Biryani	Chicken	250 gms	500 gms
		semi cooked rice	4 cups	6 cups
		ginger paste	½ tsp	1 tsp
		garlic paste	½ tsp	1 tsp
		Roasted onions	2	4
		red chili paste	1 tsp	2 tsp
		green chili paste	1 tsp	2 tsp
		cinnamon sticks	3	5
		cardamom powder	½ tsp	1 tsp
		Cloves	4	6
		cumin seeds	1 tsp	2 tsp
		Curd	½ cup	1 cup
		lemon juice	½ tsp	1 tsp
		Butter	1 tbsp	1½ tbsp
		mint leaves	Few	few
		Hing	a pinch	a pinch
		Saffron	¼ tsp	¾ tsp
		salt to taste		
		Water		

**Method of preparation:**

Take butter in a microwave oven safe bowl, add cumin seeds, cinnamon sticks, cloves, green chili paste, red chili paste, garlic paste, ginger paste, roasted onions, hing, chicken, & salt, mix well. Place the bowl in the microwave oven, select recipe code 23, and press start. After beep, remove, & add semi cooked rice, curd, lemon juice, mint leaves, saffron, and cardamom powder & mix well. Place the bowl in the microwave oven & select recipe code 22, enter weight and press start. Remove after beep & serve hot.

A022	Recipe code -22	Ingredients	250 gms	500 gms
	Hyderabad Biryani	Chicken	250 gms	500 gms
		semi cooked rice	4 cups	6 cups
		ginger paste	½ tsp	1 tsp
		garlic paste	½ tsp	1 tsp
		Roasted onions	2	4
		red chili paste	1 tsp	2 tsp
		green chili paste	1 tsp	2 tsp
		cinnamon sticks	3	5
		cardamom powder	½ tsp	1 tsp
		Cloves	4	6
		cumin seeds	1 tsp	2 tsp
		Curd	½ cup	1 cup
		lemon juice	½ tsp	1 tsp
		Butter	1 tbsp	1½ tbsp
		mint leaves	Few	few
		Hing	a pinch	a pinch
		Saffron	¼ tsp	¾ tsp
		salt to taste		
		Water		

**Method of preparation:**

Take butter in a microwave oven safe bowl, add cumin seeds, cinnamon sticks, cloves, green chili paste, red chili paste, garlic paste, ginger paste, roasted onions, hing, chicken, & salt, mix well. Place the bowl in the microwave oven, select recipe code 23, and press start. After beep, remove, & add semi cooked rice, curd, lemon juice, mint leaves, saffron, and cardamom powder & mix well. Place the bowl in the microwave oven & select recipe code 22, enter weight and press start. Remove after beep & serve hot.

A022	Recipe code -22	Ingredients	250 gms	500 gms
	Rajma Pulao	rajma	½ cup	1 cup
		rice	1 cup	2 cup
		cumin seeds	1 tsp	1½ tsp
		green chilies chopped	1 tsp	1½ tsp
		onions chopped	1½ cup	2 cup
		tomatoes chopped	¾ cup	1 cup
		red chili powder	1 tsp	1½ tsp
		turmeric powder	½ tsp	½ tsp
		coriander powder	2 tsp	2½ tsp
		garam masala powder	2 tsp	2½ tsp
		coriander leaves chopped	1½ tbsp	2 tbsp
		mint leaves chopped	1½ tbsp	2 tbsp
		lemon juice	1 tsp	1½ tsp
		salt to taste		

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than rice, tomato, lemon juice, mix well and select recipe code 23, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select recipe code 22, enter weight and press start. Serve hot.

A023	Recipe code -23	Ingredients:	200 gms	300 gms	400 gms	500 gms
	Tadka	Green chilies	2	2	3	3
		chopped onions	1	2	2	3
		jeera	¾ tsp	¾ tsp	1 tsp	1 tsp
		garlic	¾ tsp	¾ tsp	1 tsp	1 tsp
		ginger	¾ tsp	¾ tsp	1 tsp	1 tsp
		hing	a pinch	a pinch	a pinch	a pinch
		Mustard seeds	¼ tsp	¼ tsp	½ tsp	½ tsp
		turmeric powder	¼ tsp	¼ tsp	¼ tsp	¼ tsp
		red chili powder	1 tsp	1½ tsp	1½ tsp	2 tsp
		curry leaves	few	few	few	few
		cinnamon	2	2	3	3
		cardamom	3	3	4	4
		bay leaves	few	few	few	few
		coriander	few	few	few	few
		cloves	3	3	4	4
		pepper corns	few	few	few	few
		oil / ghee as required				

**Method of preparation**

Take a microwave oven safe bowl, add any ingredients according to the recipe, and mix well. Select 23, enter weight and press start.

A023	Recipe code -23	Ingredients:	200 gms	300 gms	400 gms	500 gms
	Stir Fried Oats	oats	200 gms	300 gms	400 gms	500 gms
		raisins	few	few	few	few
		flour	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
		cinnamon	2 stick	3 stick	3 stick	3 stick
		sugar	1½ tsp	2 tsp	2 tsp	2½ tsp
		butter as required				
		salt to taste				

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than raisins and flour. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven select recipe code 23, enter weight and press start.

A024	Recipe code-24	Ingredients:	250 gms	500 gms
	Sambar	red gram dal	1½ cup	2 cup
		turmeric powder	¼ tsp	½ tsp
		bitter gourd (sliced into long pieces)	100 gms	150 gms
		brinjal (sliced into long pieces)	3	4
		drum stick (sliced into long pieces)	¾ stick	1 stick
		ladies finger (sliced into long pieces)	4	5
		dried red chilies	4	5
		curry leaves	1 spring	2 spring
		tamarind	30 gms	40 gms
		hing	½ tsp	½ tsp
		red chili powder	1½ tsp	2 tsp
		oil	¾ tbsp	1 tbsp
		white gram dal (fried)	1½ tsp	2 tsp
		coriander seeds (fried)	¾ tsp	1 tsp
		mustard seeds (fried)	¾ tsp	1 tsp
		coriander leaves for garnish		
		mustard seeds for tadka		
		water as required		
		salt to taste		

**Method of preparation:**

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 Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl 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 recipe code 24, enter weight and press start. Remove, and serve hot.

A024	Recipe code- 24	Ingredients:	250 gms	500 gms
	Lobia Pulao	basmati rice	1½ cup	2 cup
		lobia	½ cup	1 cup
		Red chili powder	1 tsp	2 tsp
		Turmeric powder	1/4 tsp	1/4 tsp
		water	2 cup	2½ cup
		milk	1½ cup	2 cup
		cashews	¾ cup	1 cup
		Cardamoms	5	6
		cloves	few	few
		cinnamon, broken	few	few
		almonds, blanched and cut	¾ cup	1 cup
		Salt to taste		
		ghee as required		

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients, mix well and select recipe code 24, enter weight and press start. Serve hot.

A025	Recipe code -25	Ingredients	200gms
	Peda	Soft Khoya	200gms
		Sugar Powdered	1½ cup
		Cardamom Powder	¼ tsp
		Cardamom Seeds (Crushed)	¼ tsp
		Pistachios	few

**Method of preparation:**

Take a microwave oven safe glass bowl, add all ingredients other than cardamom seeds and pistachios mix well and select recipe code 25, enter weight and 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.

A025	Recipe code -25	Ingredients	200gms
	Chana Chat	green chana / Kabuli chana	½ cup
		potato chopped	½ cup
		tomato chopped	½ cup
		onion chopped	½ cup
		grated raw mango(optional)	few
		green chili finely chopped	few
		garam masala	½ tsp
		hing	A pinch
		cumin powder	½ tsp
		chili powder	½ tsp
		lime juice	1 tsp
		coriander leaves for garnish	
		salt to taste	

**Method of preparation:**

Take a microwave oven safe bowl; add all the ingredients other than raw mango, hing and coriander leave. Place the bowl in the microwave oven. Select recipe code 25, enter weight and press start. After the beep, remove and add all remaining ingredients, mix well. Garnish with coriander leaves and serve.

A026	Recipe code -26	Ingredients:	300 gms	600 gms
	Chicken Lollipop	chicken wings	300 gms	600 gms
		maida	1½ tbsp	2 tbsp
		eggs	2	3
		soya sauce	1½ tbsp	2 tbsp
		green chili paste	2 tsp	3 tsp
		ginger, garlic paste	1 tsp	1¼ tsp
		garam masala	2 tsp	2 tsp
		pepper powder	1 tsp	2 tsp
		chili sauce	1 tbsp	2 tbsp
		red color		
		oil as required		
		salt to taste		

**Method of preparation:**

Marinate the chicken with the all ingredients for 1 hour .Arrange the marinate chicken in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven, select recipe code 26, enter weight and press start. Turn once in-between.

A026	Recipe code -26	Ingredients:	300 gms	600 gms
	Honey Chicken Wings	chicken wings	300gms	600
		onion paste	1 cup	1½ cup
		mustard powder	½ tsp	¾ tsp
		garlic, ginger paste	1 tsp	1½ tsp
		soya sauce	1 tsp	1½ tsp
		honey	½ cup	¾ cup
		butter as required		

**Method of preparation:**

Take a Mixing bowl, Add all ingredients, mix well and set aside for 20 minutes. Take an oven safe baking dish or wide glass bowl, Arrange chicken wings in it. Place the bowl in the oven on the turn table and select recipe code 52, enter weight, press start. Serve hot.

A027	Recipe code -27	Ingredients:	250gms
	Gobi Matar	Cauliflower Florets	1 cup
		Green Peas	1 cup
		Lauki	½ cup
		Chopped Cabbage	½ cup
		Green Chillies	3
		Cashew Nut Paste	¾ cup
		Garam Masala	2 tsp
		Curd	1 cup
		Oil As Required	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka 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 recipe code 27, enter weight and press start. Serve hot.

A027	Recipe code -27	Ingredients:	250gms
	Crab Curry	big size crabs	4
		big size onion sliced	2
		red chillies whole	2
		tamarind pulp	1 tbsp
		cumin seeds	1 tsp
		coconut scraped	1 tbsp
		garam masala powder	1½ tsp
		garlic & ginger paste	1 tsp
		turmeric powder	¼ tsp
		oil as required	
		water as required	
		salt to taste	

**Method of preparation:**

Clean the crabs, only the body and claws are used (the crab claws can be lightly cracked and the body cut into half, to facilitate eating). Grind the scraped coconut with red chillies, cumin seeds, turmeric powder and garlic to a fine paste.

Take a microwave oven safe bowl; Add all ingredients other than tamarind pulp and water.

Mix well and keep the bowl in oven, select recipe code 23, enter weight and press start. After beep, remove and add tamarind pulp, water, mix well and select recipe code 27, enter weight and press start.

Serve hot.



A028	Recipe code -28	Ingredients:	250 gms
	Ridge Gourd Curry	ridge gourd (peeled & chopped)	150 gms
		moong dal	50 gms
		urad dal	50 gms
		jeera	¼ tsp
		mustard seeds	½ tsp
		red chili powder	1½ tsp
		onion (chopped)	1½ tbsp
		curry leaves	few
		whole red chilies	3
		turmeric powder	¼ tsp
		fresh coconut	½ tbsp
		hing	a pinch
		oil as required	
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe glass bowl with all the ingredients other than ridge gourd and salt Remove the bowl, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 28, enter weight and press start. Remove and serve.

A028	Recipe code -28	Ingredients:	250 gms
	Sweet Corn Soup	corn kernels	2 cup
		potato finely chopped	½ cup
		green peas	½ cup
		chopped carrots	½ cup
		chopped beans	½ cup
		spring onions chopped	½ cup
		corn starch	2½ tbsp
		butter as required	
		water as required	
		salt / sugar to taste	

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than water and corn starch, mix well select recipe code 23, enter weight and press start. After beep, remove and add corn starch and water, mix well, select recipe code 28, enter weight and press start. Serve warm with pepper.

A029	Recipe code -29	Ingredients:	250 gms
	Tindora Curry	tindora chopped	1½ cup
		roasted dalia powder	1 cup
		Ajwain	1 tsp
		red chili powder	1 tsp
		turmeric powder	a pinch
		mustard seeds	½ tsp
		cumin seeds	1 tsp
		curry leaves	few
		oil as required	
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka 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 recipe code 29, enter weight and press start. Serve hot.

A029	Recipe code -29	Ingredients:	250 gms
	Mushroom Soup	butter	1½ tbsp
		onion, thinly sliced	1 cup
		button mushrooms	2½ cup
		chicken stock or broth	3 cup
		parsley	1½ tbsp
		sherry	2 tsp
		Salt and pepper to taste	

**Method of preparation:**

Take a microwave oven safe bowl, Add butter, onion, mushrooms, mix well and select recipe code 23, enter weight and press start. After beep, remove and add all other ingredients, mix well and select recipe code 29, enter weight and press start. Serve warm.

A030	Recipe code -30	Ingredients:	
	Rice Khichdi	rice	2 cup
		tur dal	¾ cup
		garlic paste	¾ tsp
		ginger paste	¾ tsp
		turmeric powder	½ tsp
		oil	1 tbsp
		cardamom	¾ inch
		cinnamon	4
		cloves	4
		sliced onion	2
		chopped tomatoes	3
		slit green chilies	3
		mint leaves	few
		curry leaves	few
		salt to taste	
		water as required	
		coriander leaves for garnish	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than rice, tur dal, water, tomatoes and coriander leaves. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 30, and press start. Remove, and serve hot.

A030	Recipe code -30	Ingredients:	
	Black Pepper Rice	rice	2 cup
		onion, finely chopped	1 cup
		green chili, finely chopped	1 tsp
		fresh curry leaves	few
		mustard seeds	1 tsp
		freshly ground black pepper	1 tsp
		cardamom	few
		cumin seeds	1 tsp
		ghee as required	
		salt to taste	
		water as required	

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than rice, water, mix well and select recipe code 23, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select recipe code 30, and press start. Serve hot.

A031	Recipe code -31	Ingredients:	
	Aloo Matar	potatoes chopped	1½ cup
		green peas	1 cup
		curd	1 cup
		green chilies	2
		turmeric powder	¼ tsp
		onion	1
		tomatoes puree	1 cup
		ginger	½ tsp
		coriander powder	½ tsp
		red chili powder	1 tsp
		garam masala	1 tsp
		oil as required	
		salt to taste	
		coriander leaves for garnish	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe glass bowl with all the ingredients other than tomato puree, salt, green peas and curd. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 31, and press start. Remove, garnish with coriander leaves and serve.

A031	Recipe code -31	Ingredients:	
	Tomato Rasam	chopped tomatoes	2 cup
		coriander leaves chopped	¼ cup
		tamarind pulp	¼ cup
		red chili (broken)	3
		curry leaves	few
		mustard	½ tsp
		cumin	1 tsp
		jaggery (optional)	1½ tsp
		garlic paste	1 tsp
		turmeric	¼ tsp
		oil as required	
		Salt to taste	
		water as required	
		To roast and powder	¼ tsp
		fenugreek seeds (methi)	few
		pepper corn	1 tsp
		cumin	

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than tamarind pulp, water, mix well and select recipe code 23, enter weight and press start. After beep, remove and add water, tamarind pulp, mix well and select recipe code 31, and press start. Serve hot.

A032	Recipe code -32	Ingredients:	250g
	Eggplant Tomato Curry	Masoor Dal	½ cup
		Baby Eggplants chopped	½ cup
		Tomato chopped	½ cup
		Green Chilies chopped	3
		Broken Dried Red Chilies	3
		Red Chile Powder	1½ tsp
		Tamarind juice	¾ cup
		Turmeric Powder	¼ tsp
		Mustard Seeds	¾ tsp
		Cumin Seeds	¾ tsp
		Garlic paste	¾ tsp
		Curry Leaves	few
		Oil as required	
		Salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than eggplants, tomato and tamarind juice. After beep, remove, add the all ingredients and mix well. Place the bowl in the microwave oven select recipe code 32, enter weight and press start. Remove, and serve hot.

A032	Recipe code -32	Ingredients:	250g
	Hot And Sour Soup	shredded cabbage	¾ cup
		grated carrot	¾ cup
		chopped cauliflower	¾ cup
		spring onions with the greens	¾ cup
		chopped garlic	1 tsp
		chopped coriander	1 tbsp
		vegetable stock	2½ cup
		vinegar	1 tbsp
		soy sauce	1 tbsp
		chili sauce	1 tbsp
		ground black pepper	1 tsp
		corn flour dissolved in water	¾ cup
		water as required	
		oil as required	
		salt to taste	
		For Serving	
		chilies in vinegar	Few
		soya sauce	1½ tsp
		chili sauce	1½ tsp

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than vegetable stock, vinegar, water, soya sauce, chili sauce, corn flour, mix well and select recipe code 23, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select recipe code 32, enter weight and press start. Serve hot with the serving ingredients.

A033	Recipe code -33	Ingredients:	
	Stuffed Capsicum	capsicum (bell pepper)	200g
		carrots - finely chopped	1½ cup
		cabbage - finely chopped	1½ cup
		cumins seeds	½ tsp
		mustard seeds	½ tsp
		coriander powder	1 tsp
		turmeric powder	½ tsp
		red chili powder	1½ tsp
		oil as required	
		carrot for garnishing	
		chopped cabbage for garnishing	
		salt to taste	

**Method of preparation:**

Slice off the top of the capsicums. Scoop out the inside to make them hollow and set aside. Select recipe code 23 and press start to prepare tadka in a microwave oven safe glass bowl with all the remaining ingredients. Remove and stuff the capsicum with this mixture. Place the stuffed capsicums on the grill mesh rack in the microwave oven, select recipe code 33, and press start. Remove, garnish and serve.

A033	Recipe code -33	Ingredients:	
	Baked Mushrooms	flat mushrooms	10
		spring onions , sliced	½ cup
		garlic , chopped	1½ tsp
		fresh thyme	few sprigs
		cheese , thinly sliced	2 tbsp
		breadcrumbs	¾ cup
		parsley , chopped	½ cup
		lemon juice	¾ tsp
		oil	

**Method of preparation:**

Take a mixing bowl, Add mushrooms, mix with all ingredients and arrange in a flat baking dish, place it on the grill mesh rack, select recipe code 33, press start. Serve hot.

A034	Recipe code -34	Ingredients:	
	Cake Brownie	cocoa powder	½ cup
		flour - sifted	1½ cup
		margarine	1½ tbsp
		walnuts	¼ tbsp
		sugar	1 cup
		baking powder	½ tsp

**Method of preparation:**

Mix the margarine and sugar in a mixing bowl until the sugar is completely dissolved. Add cocoa powder, flour, nuts, baking powder and mix well until smooth. Pour into a lightly greased flat glass bowl, Place in the microwave oven, select recipe code 34, and press start. Remove, allow cooling and serving.

A034	Recipe code -34	Ingredients:	
	Lemon Chicken Breasts	boneless chicken breasts	300 g
		garlic paste	1½ tsp
		grated lemon zest	¾ tsp
		lemon juice	1½ tbsp
		dried oregano	¾ tsp
		thyme leaves	few
		salt and pepper to taste	
		oil as required	

**Method of preparation:**

Take a microwave oven safe bowl, Add chicken, mix well and select recipe code 23, enter weight and press start to cook. After beep, remove and add all ingredients, mix well and set aside 20 minutes for marination. Arrange marinated chicken in a flat baking dish, place it on grill mesh rack, and select recipe code 34, press start. Serve hot.

A035	Recipe code -35	Ingredients:	250g
	Methi Chutney	methi leaves	4 cups
		sesame seeds	1/2 cup
		urad dal	3 tsp
		dried red chilies	6
		tamarind juice	1/2 cup
		salt to taste	
		peanut oil as required	

**Method of preparation:**

Take a microwave oven safe bowl, add all the ingredients and mix well. Place the bowl in the microwave oven selects 35, enter weight and press start. Remove, set to cool and blend the mixture into a smooth paste.

A035	Recipe code -35	Ingredients:	250g
	Palak Makai Shorba	spinach	1½ cup
		vegetable stock cube	1½
		corn kernels	¾ cup
		onion chopped finely	¾ cup
		cumin seeds	¾ tsp
		butter	2½ tbsps
		milk	¾ cup
		salt to taste	
		water if required	

**Method of preparation:**

Take a microwave oven safe bowl, Add butter, cumins, spinach, corn kennels, and onions, mix well and select recipe code 23, enter weight, press start to cook. After beep, remove and grind to a fine paste. Take another Mwo safe bowl, Add all other ingredients to grinded paste, mix well and select recipe code 35, enter weight, press start. Serve hot.

A036	Recipe code -36	Ingredients:	250g
	Fruit Custard	custard powder	3
		milk	1 cup
		sugar	5 cup
		apple chopped	1 cup
		banana chopped	1 cup
		pineapple slices	1 cup
		strawberries chopped	½ cup
		black grapes (seedless)	½ cup
		green grapes (seedless)	½ cup
		cherries to garnish	½ cup

**Method of preparation:**

Take a microwave oven safe large glass bowl; add milk, sugar, custard powder and mix well. Place the bowl in the microwave oven, select recipe code 36, 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.

A036	Recipe code -36	Ingredients:	250g
	Apple And Tomato Chutney	apples - peeled, cored and sliced	1½ cup
		yellow mustard seeds	1 tsp
		tomatoes, sliced	1 cup
		onions, chopped	1 cup
		garlic, chopped	1 tsp
		raisins	1½ tsp
		garam masala	1½ tsp
		powder sugar	2 tsp
		red chili powder	1½ tsp
		Salt to taste,	
		water as required	

**Method of preparation:**

Take a microwave oven safe bowl, Add apples, tomato, onions, mix well and select recipe code 23, enter weight, press start to cook. After beep, remove and add all other ingredients, mix well and select recipe code 36, enter weight, press start. Serve hot.

A037	Recipe code -37	Ingredients	250g
	Upma	roasted semolina (suji)	2 cup
		onions medium sized (finely chopped)	2
		green chilly (finely chopped)	3
		curry leaves	few
		mustard	½ tsp
		cumin's seeds	½ tsp
		turmeric powder	½ tsp
		groundnuts (roasted)	½ tbsp
		chana dal	2 tsp
		urad dal	2 tsp
		tomato (chopped)	¼ cup
		green peas	½ tbsp
		carrot (chopped)	¼ cup
		ghee as required	
		salt to taste	
		water as required	
		grated coconut & sev for garnish	

**Method of preparation:**

Select 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than roasted suji and water. After beep, remove and add the remaining ingredients, mix well. Place the bowl in the microwave oven, select recipe code 37, enter weight and press start. Garnish with coconut & sev, serve hot.



A037	Recipe code -37	Ingredients	250g
	Coconut Chutney	chopped fresh coconut	2 cup
		coriander leaves	3 tbsp
		chana dal	3 tbsp
		grated ginger	2 tsp
		lemon juice	1 tsp
		cumin	1 tsp
		broken red chili	4
		curry leaves	few
		mustard	1 tsp
		cumin	1 tsp
		hing	a pinch of
		salt to taste	
		oil as required	

**Method of preparation:**

Take a microwave oven bowl, Add all ingredients other than chopped coconut, mix well and select recipe code 37, enter weight, press start. After beep, remove and add all the ingredients to a blender and blend till smooth.

A038	Recipe code -38	Ingredients:	250g
	Palak Paneer	paneer	1½ cup
		palak paste	2 cup
		onion paste	1 cup
		black pepper powder	½ tsp
		ginger-garlic paste	1 tsp
		green chili paste	1 tsp
		bay Leaves	2
		cumin seeds	1 tsp
		garam masala powder	1 tsp
		butter as required	
		coriander leaves for garnish	
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than paneer, spinach paste, and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 38, enter weight and press start. Remove, garnish with coriander and serve.

A038	Recipe code -38	Ingredients:	250g
	Sabudana Kheer	sabudana soaked	2 cup
		milk	7 cup
		sugar	1 cup
		cardamom powder	½ tsp
		cashews for garnish	2 tbsp
		raisins for garnish	1 tbsp
		ghee	2 tbsp
		saffron, soaked in 1 tbsp milk	a pinch of

**Method of preparation:**

Take a microwave oven safe bowl, Add sabudana, mix well and select recipe code 23, enter weight, press start. After beep, remove and add ghee, milk, sugar, cardamom powder, mix well and select recipe code 38, enter weight, press start. Then add the saffron milk and garnish with nuts and raisins. Serve warm.

A039	Recipe code -39	Ingredients:	250g
	Carrot Soup	carrot - chopped	1 cup
		sweet potato - chopped	1 cup
		onion - chopped	1 cup
		vegetable broth	1 cup
		coconut milk	1 cup
		ginger sliced	½ tsp
		garlic chopped	½ tsp
		curry powder	½ tsp
		pepper powder	1 tsp
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than carrots, sweet potato, vegetable broth and coconut milk, After beep, Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select 39, enter weight and press start. Remove; allow cooling and blending in a juicer. Drain, reheat and serve.

A039	Recipe code -39	Ingredients:	250g
	Vermicelli Khichdi	roasted semiya (vermicelli)	1½ cup
		ginger, finely chopped	¾ tsp
		garlic, finely chopped	¾ tsp
		beans, carrot, potato, chopped	1½ cup
		onion, chopped	1½ cup
		Chili powder	1 tsp
		mustard	¾ tsp
		curry leaves	few
		salt to taste	
		oil as required	
		water as required	

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than semiya, water, mix well and select recipe code 23, enter weight, press start. After beep, remove and add all remaining ingredients, mix well and select recipe code 39, enter weight, press start. Serve hot.

A040	Recipe code -40	Ingredients:	250g
	Prawns Masala	prawn - shelled	250 gms
		onions cut into small	2
		garlic paste	½ tsp
		ginger paste	½ tsp
		chili powder	1½ tsp
		turmeric powder	¼ tsp
		mustard seeds	½ tsp
		oil as required	
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe glass bowl with all the ingredients other than the prawns. Remove, add the prawns and mix well. Place the bowl in the microwave oven, select recipe code 40, enter weight and press start. Remove and serve hot.

A040	Recipe code -40	Ingredients:	250g
	Misal Pav	mixed sprouts	1 cup
		chopped tomatoes	¾ cup
		chopped onions	¾ cup
		ginger garlic paste	¾ tsp
		turmeric powder	¼ tsp
		garam masala	¾ tsp
		red chili powder	¾ tsp
		goda masala	¾ tsp
		coriander powder	¾ tsp
		buns	5
		oil as required	
		salt to taste	
		water as required	
		Garnishing	
		chopped onions	½ cup
		Lemon juice	½ tsp
		Coriander leaves	few
		farsan as required	

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than tomatoes, water, pav and garnishing ingredients, mix well and select recipe code 23, enter weight, press start. After beep, remove and add all remaining ingredients other than pav, mix well and select recipe code 40, enter weight, press start. Serve hot with pav.

A041	Recipe code -41	Ingredients:	
	Tea	milk	2 cup
		tea powder	1 tsp
		sugar to taste	
		water as required	

**Method of preparation:**

Take a microwave oven safe bowl, add water, milk, sugar, tea powder, mix well, select recipe code 41, and press start.

A041	Recipe code -41	Ingredients:	
	Apple Custard	apple slices	1½ cup
		custard powder	2 tbsp
		sugar	2 tbsp
		milk	2 cup

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than apples, mix well and select recipe code 41, press start. Serve hot. After beep, remove and add apples, mix well, set aside to cool. Serve warm or cool.

A042	Recipe code -42	Ingredients:	250 gms
	Aloo Tikki	boiled Aloo	250 gms
		green peas cooked	1½ cup
		black pepper powder	¾ tsp
		ginger paste	¾ tsp
		garam masala	1½ tsp
		red chili powder	1½ tsp
		cumins powder	1½ tsp
		oil as required	
		salt to taste	

**Method of preparation:**

Mash potatoes and green peas together. Add all remaining ingredient mix well and shape as a medium sized tikki. Arrange tikki in a lightly greased crusty plate; place the crusty plate on the mesh rack in the microwave oven, select recipe code 42, enter weight and press start. Turn once in-between.

A042	Recipe code -42	Ingredients:	250 gms
	Chili Chicken	boneless chicken	250 g
		chili sauce	1½ tsp
		soya sauce	1½ tsp
		pepper powder	1½ tsp
		vinegar	1½ tsp
		corn flour	1½ tbsp
		red chili powder	1½ tsp
		eggs	3
		Salt to taste	
		Seasoning :-	
		soya sauce	¾ tsp
		chili sauce	¾ tsp
		red chili powder	¾ tsp
		sugar	¾ tsp
		Veggies :-	
		onion thinly sliced	¾ cup
		garlic chopped	¾ tsp
		capsicum	¾ cup
		green chilies slit and deseeded	¾ tsp
		celery chopped finely (optional)	½ cup
		Spring onions for garnish	

**Method of preparation:**

Take a mixing bowl, Add chicken and all ingredients other than seasoning and veggies. Mix well and set aside 20 minutes for marination. Arrange marinated chicken in a baking dish, place it on grill mesh rack, select recipe code 42, enter weight and press start. After beep, remove. Take another microwave oven safe bowl, Add seasonings, veggies and chicken, mix well and select recipe code 23, enter weight press start to cook. After beep and mix the grilled chicken with the seasonings and veggies. Garnish with spring onions, Serve hot.

A043	Recipe code -43	Ingredients:	250 gms
	Gajar Halwa	carrots (grated)	3 cup
		khoya (mawa grated)	¾ cup
		Sugar	2 cup
		milk condensed	¾ cup
		Milk	¾ cup
		cardamoms	few
		pistachio flakes (almonds)	few
		ghee as required	
		Raisins	few

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl 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 recipe code 43, enter weight and press start.

A043	Recipe code -43	Ingredients:	250 gms
	Spinach Dal	chana dal	½ cup
		toor dal	½ cup
		moong Dal	½ cup
		chopped palak	1½ cup
		cumin seeds	¾ tsp
		Hing	a pinch of
		onion, finely chopped	¾ cup
		ginger-garlic paste	1 tsp
		green chilies, finely chopped	¾ tsp
		coriander powder	¾ tsp
		lemon juice	1 tsp
		oil as required	
		ghee as required	
		Salt to taste	

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than chana dal, toor dal, moong dal, palak, mix well and select recipe code 23, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select recipe code 43, enter weight and press start. Serve hot.

A044	Recipe code -44	Ingredients:	250g
	Seviya Kheer	Seviya (Vermicelli) Roasted	2 cup
		Milk	6 cup
		Condensed Milk	1½ cup
		Sugar	1½ cup
		Raisins	1 tbsp
		Cashew Nut Pieces (Roasted)	1 tbsp
		Almonds (Roasted)	1tbsp
		Powdered Elaichi (Cardamom)	½ tsp
		Water As Required	

**Method of preparation:**

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 recipe code 44, enter weight and press start. Remove; add elaichi powder and raisins mix well. Serve hot.

A044	Recipe code -44	Ingredients:	250g
	Kumbh Pulao	basmati rice	¾ cup
		button mushrooms, cut into halves	¼ cup
		green peas	¼ cup
		onions, finely sliced	¼ cup
		ginger piece, finely chopped	½ tsp
		green cardamoms	3
		cinnamon stick	2
		Cloves	3
		cumin seeds	½ tsp
		fennel seeds	½ tsp
		garlic cloves, crushed and chopped	2
		red chili powder	¾ tsp
		garam masala powder	¾ tsp
		Curd	¼ cup
		turmeric powder	¼ tsp
		ghee as required	
		Salt to taste	
		water as required	

**Method of preparation:**

Prepare Tadka in a microwave oven safe bowl, Add all ingredients other than rice, water, curd mix well and select recipe code 23, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select recipe code 44, enter weight and press start. Serve hot.

A045	Recipe code -45	Ingredients:	
	Jeera Rice	Rice	1½ cup
		jeera (cumin seeds)	2 tsp
		cashew nuts	2 tbsp
		peppercorns	4
		bay leafs	2
		Cloves	3
		cinnamon sticks	2
		onions, sliced	1
		ghee as required	
		salt to taste	
		water as required	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl 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 recipe code 45, press start. Remove, and serve hot.

A045	Recipe code -45	Ingredients:	
	Methi Pulao	rice	¾ cup
		green peas	½ cup
		Onion	½ cup
		methi leaves	½ cup
		cumin seeds	½ tsp
		bay leafs	2
		Cloves	3
		cinnamon stick	3
		cardamoms	3
		Mace	2
		star anise	2
		pepper corns	few
		Salt to taste	
		oil as required	
		water as required	

**Method of preparation:**

Prepare Tadka in a microwave oven safe bowl, Add all ingredients other than rice, water, mix well and select recipe code 23, enter weight and press start. After beep, remove and add all remaining ingredients, mix well and select recipe code 45, press start. Serve hot.

A046	Recipe code -46	Ingredients:	
	Amritsari Dal	urad dal	1 cup
		chana dal	1 cup
		tomatoes	2
		onion chopped	1
		mint leaves	few
		ginger, garlic paste	1 tsp
		green chilies chopped	2
		butter as required	
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than dal and tomatoes. Remove. Add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 46, press start. Remove, and serve hot.

A046	Recipe code -46	Ingredients:	
	Pineapple Fried Rice	rice	¾ cup
		spring onions	¼ cup
		capsicum	¼ cup
		chopped garlic	½ tsp
		cashews split	6
		green chili slit	2
		curry powder	½ tsp
		soya sauce	¾ tsp
		vinegar	¾ tsp
		raisins	few
		chopped pineapple chunks	½ cup
		coriander leaves, chopped	1 tbsp
		oil as required	
		salt to taste	
		water as required	

**Method of preparation:**

Take a microwave oven safe bowl, Add rice, capsicum, spring onions, and water, mix well and select recipe code 46 and press start. After beep, remove and take another microwave oven safe bowl, add all remaining ingredients, mix well and select recipe code 23, enter weight and press start. After beep, remove and add rice, mix well and Serve hot.

A047	Recipe code -47	Ingredients	
	Sponge Cake	raising flour	2 cup
		ground sugar	1½ cup
		eggs	3
		ghee	1 cup
		baking powder	1 tsp
		condensed milk	1 cup
		chocolate powder	3 tsp
		vanilla essence	½ tsp

**Method of preparation:**

Prepare soft batter of all the ingredients mix well. Pour the mixture in the lightly greased baking dish, place the baking dish in the microwave oven select recipe code 47, and press start.

A047	Recipe code -47	Ingredients	
	Chena Poda	grated paneer	2½ cup
		suji	1 cup
		powdered sugar	1½ cup
		baking powder	¾ tsp
		cardamom powder	¼ tsp
		cashew nuts, chopped	1½ tbsp
		raisins	1½ tbsp
		pistachios sliced	1½ tbsp
		sugar caramel	4 tbsp

**Method of preparation:**

Take a Mixing bowl, Add paneer, powder sugar, suji, mix well and set aside for 20 minutes. Mash well the batter with hands till smooth, add all remaining ingredients other than sugar caramel, mix well. Take an oven safe Baking dish or wide glass bowl, grease with sugar caramel and pour the mixer in to the bowl. Place the bowl on the grill mesh rack in the oven and select recipe code 47, press start. Serve hot.



A048	Recipe code -48	Ingredients:	
	Apple Cake	finely grated apples	2 cup
		sugar	2 cup
		egg (beaten)	3
		flour	1½ cup
		cinnamon	1 tsp
		baking powder	1½ tsp
		vanilla	1 tsp
		raisins (kismis)	1 cup
		nuts (chopped)	1 cup

**Method of preparation:**

Place apples in large mixing bowl, add sugar, stir and let stand for ½ hour. Add egg, flour, cinnamon, baking powder, nuts, and raisins, blend well. Pour the mixture into a lightly greased glass bowl, place the bowl in oven and select recipe code 48, press start.

A048	Recipe code -48	Ingredients:	
	Shakarpara	All purpose flour (Maida)	2 cups
		Ghee	½ cup
		Cream (Malai)	¼ cup
		Sugar powder	1 cup
		Milk	¼ cup

**Method of preparation:**

Take a mixing bowl, Add powder sugar, ghee, cream, milk and flour, mix well. Cover and keep aside for 20 minutes. Make two small balls of dough. Roll a puri (round) of ½ cm thickness. Cut Shakarparas of 2 cm diameter. Take a baking plate or crispy plate and arrange cut shakarpara in it. Place it on the grill mesh rack and keep it in the preheated oven. Select recipe code 48, Press start (Turn once in between). After beep. Remove and cool. Store them in an air tight container.

A049	Recipe code -49	Ingredients:	
	Paneer Cake	paneer	3 cups
		Maida	1½ cup
		Suji	2 tsp
		Milk	1 cup
		Sugar	1½ cup
		Butter as required	1½ tsp
		Cardamom powder	½ tsp
		Cooking soda	a pinch

**Method of preparation:**

Place the mashed paneer in a large mixing bowl, add maida. Sugar, 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 recipe code 49, press start.

A049	Recipe code -49	Ingredients:	
	Lobster	lobster (cut into lengthwise)	500 gms
		pepper powder	3 tsp
		soya sauce	2 tbsp
		salt to taste	
		oil as required	

**Method of preparation:**

Take a microwave oven safe glass bowl, apply all ingredients to lobster and set aside for 1hours to marinate. Place the bowl on the turn table in the microwave oven, select recipe code 49, press start. Remove and serve hot.

A050	Recipe code -50	Ingredients:	400 gms
	Fish Cutlet	Fish boiled & bones removed	400 gms
		Egg	2
		Bread slices soaked in water	4
		Garlic paste	¼ tsp
		Ginger paste	¼ tsp
		Bread Crumbs	2 tbsp
		Green Chilies	3
		Corn Flour	2 tbsp
		Garam Masala	2 tbsp
		Turmeric Powder	½ tsp
		Coriander Leaves	2 tbsp
		Salt to taste	
		Oil as required	

**Method of preparation:**

Mash the fish and bread slices gently with the hands and adds all ingredients together other than eggs, bread crumbs and mash them lightly. Add all remaining ingredient mix well shape as medium sized cutlets. Arrange cutlets in a lightly greased crusty plate; place the crusty plate on the mesh rack in the microwave oven, select recipe code 50, enter weight and press start. Turn once in-between.

A050	Recipe code -50	Ingredients:	400 gms
	Prawns Roast	prawns	400 gms
		onion paste	1 cup
		ginger, garlic paste	2 tsp
		red chili powder	2 tsp
		pepper powder	2 tsp
		salt to taste	

**Method of preparation:**

Take a bowl, apply all ingredients to prawns and set aside for 30 minutes to marinate. Arrange marinated prawns in the crispy plate or baking dish and place on the grill mesh rack in the oven. Select recipe code 50, enter weight, and press start. Remove and serve hot.

A051	Recipe code -51	Ingredients:	
	Litti	wheat flour	1½ cup
		ghee	½ cup
		salt to taste	
		water as required	
		Fillings	
		sattu	1 cup
		cumin seeds	1 tsp
		hing	a pinch
		garam masala	1 tsp
		chili powder	½ tsp
		powdered fennel seeds	1 tbsp
		powdered coriander seeds	1 tsp
		amchoor powder	½ tsp
		oil as required	
		salt to taste	

**Method of preparation:**

Mix the flour, salt, ghee and enough water to make stiff dough. Cover and set aside for 30 minutes. Mix all the filling ingredients together and Select recipe code 23, press start to prepare tadka in a microwave oven safe bowl with all the filling ingredients, Keep aside. Make smooth balls from the dough with filling in the center of the ball, Arrange the balls in a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven, select recipe code 51, and press start. Turn once in-between.

A051	Recipe code -51	Ingredients:	
	Szechuan Chicken	boneless chicken breasts, cut into cubes	250 g
		cornstarch	1 tbsp
		garlic paste	1 tsp
		soy sauce	2 tsp
		salt and pepper to taste	
		green onions for garnish	

**Method of preparation:**

Take a mixing bowl, Add all ingredients to chicken other than green onions, mix well and set aside for marination. Arrange marinated chicken in a crispy plate or any baking dish. Place the baking dish on the grill rack in the oven. Select recipe code 51, press start. Garnish with green onions. Serve hot.

A052	Recipe code -52	Ingredients:	150g
	Dal Makhani	urad dal	1½ cup
		tomato finely chopped	3
		onion finely chopped	1
		ginger, garlic paste	1½ tsp
		chilies finely chopped	few
		curd	1½ cup
		cream (malai)	¾ cup
		cumin seeds	¾ tsp
		turmeric powder	¼ tsp
		garam masala	1½ tsp
		red chili powder	1½ tsp
		dania powder	1½ tsp
		butter as required	
		chopped coriander leaves for garnish	
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than urad dal, tomato, cream, curd and coriander. Remove. Add the remaining ingredients other than coriander and mix well. Place the bowl in the microwave oven, select recipe code 52, enter weight and press start. Remove, and garnish with coriander leaves. Serve hot.

A052	Recipe code -53	Ingredients:	150g
	Veg - Paella	rice	1 cup
		mushrooms	¼ cup
		paneer	¼ cup
		green peas	¼ cup
		tomato puree	½ cup
		coconut milk	1 cup
		onions (grounded)	1 cup
		thyme	1 tsp
		black pepper	½ tsp
		chili powder	1 tsp
		salt to taste	
		Spring or green onions for garnish	
		oil as required	

**Method of preparation:**

Prepare tadka in a microwave oven safe glass bowl as explained in recipe code 23 with all the ingredients other than rice and spring onions. After beep, Remove and add rice other than spring onions, select recipe code 52, enter weight, press start. Remove, Sprinkle with green or spring onions and Serve.

A053	Recipe code -53	Ingredients:	150g
	Sindhi Curry	chopped carrots	½ cup
		chopped potatoes	½ cup
		chopped cauliflower	½ cup
		chopped eggplant	½ cup
		chopped okra	½ cup
		besan	1½ tbsp
		cumin seeds roasted	¾ tsp
		methi seeds roasted	¾ tsp
		hing	a pinch
		turmeric powder	¼ tsp
		red chili powder	1½ tsp
		tamarind paste juice	¾ cup
		curry leaves	few
		green chili	3
		chopped ginger	½ tsp
		oil as required	
		salt to taste	
		warm water	
		chopped coriander for garnish	
		chopped mint for garnish	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than hing, tamarind juice, water and coriander, mint leaves. After beep, remove and add the remaining ingredients other than coriander, mint leaves and mix well. Place the bowl in the microwave oven, select recipe code 53, enter weight and press start. Remove, garnish with coriander, mint leaves. Serve hot.

A053	Recipe code -54	Ingredients:	150g
	Koottu Curry	bengal gram dal (chana dal)	½ cup
		white gram dal (urad dal)	1 tbsp
		pumpkin (cut into small pieces)	½ cup
		snake gourd (cut into small pieces)	½ cup
		French beans (cut into small pieces)	½ cup
		yam (cut into small pieces)	½ cup
		cucumber (cut into small pieces)	½ cup
		inner flesh of drum stick pieces	½ cup
		grated coconut paste	½ cup
		turmeric powder	¼ tsp
		green chillies paste	½ tsp
		mustard seeds	¼ tsp
		dried red chillies	3
		curry leaves	few
		ghee or coconut oil	1 tbsp
		salt to taste	
		water as required	

**ethod of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than chana dal, urad dal, pumpkin, snake gourd, French beans, yam, cucumber, drumsticks and water. Remove, add the remaining ingredients except coriander leave and mix well. Place the bowl in the microwave oven, select recipe code 53, enter weight and press start. Remove, garnish with coriander and serve hot.

A054	Recipe code -54	Ingredients:	250 gms
	Chicken Masala	chicken	3 cup
		mushrooms, drained	1½ cup
		chopped onion	1½ cup
		garlic, minced	¾ tsp
		cornstarch	¾ cup
		curry powder	¾ tsp
		chicken stock	¾ cup
		milk	¾ cup
		salt to taste	
		butter as required	
		coriander leaves for garnish	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than mushroom, corn starch, chicken stock, coriander leaves and milk. After beep, remove, add all the ingredients other than coriander leave and mix well. Place the tomatoes in the microwave oven select recipe code 54, enter weight and press start. Remove, garnish with coriander leaves and serve hot.

A054	Recipe code -54	Ingredients:	250 gms
	Dalcha	soaked chana dal	1 cup
		Lauki (cut into pieces)	2 cup
		oil	1 tbsp
		onion paste	1 cup
		curry leaves	few
		red chili powder	1½ tsp
		turmeric powder	½ tsp
		ginger paste	¾ tsp
		garlic paste	¾ tsp
		cumin seeds	1½ tsp
		tamarind juice	¾ cup
		salt to taste	
		water as required	

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than chana dal, Lauki, tamarind juice and water. Remove, add the remaining ingredients except coriander leave and mix well. Place the bowl in the microwave oven, select recipe code 54, enter weight and press start. Remove, garnish with coriander and serve hot.

A055	Recipe code -55	Ingredients:	
	Curd Rice	rice	2 cups
		dahi / yogurt	200 gms
		milk	1 cup
		mustard seeds	½ tsp
		cumins seeds	½ tsp
		dry red chilly (cut into small)	2
		ghee	1 tbsp
		medium size cucumber grated	½
		seedless grapes (chopped)	50 gms
		pomegranate (dalim) seeds	¼ cut
		water as required	

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 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 recipe code 55, and press start. Remove, add grapes, dalim and serve hot.

A055	Recipe code -55	Ingredients:	250 gms
	Chicken Shorba	boneless chicken shredded	2 cup
		chicken stock	2 cup
		garlic chopped	1 tsp
		cumin seeds	1 tsp
		flour	1 cup
		fresh cream	1 cup
		butter as required	
		salt & pepper to taste	

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than chicken stock, flour, fresh cream, mix well and select recipe code 23, enter weight, press start. After beep, remove and add all remaining ingredients, mix well and select recipe code 55, enter weight, press start. Serve hot.

A056	Recipe code -56	Ingredients:	
	Pongal	Rice	1½ cup
		Moong Dal	½ cup
		Cashew Nuts	few
		Black Peppers	few
		Grated Ginger	½ tsp
		Ghee As Required	
		Salt to taste	
		Water As Required	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl 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 recipe code 56, and press start. For better result stir twice in between.

A056	Recipe code -56	Ingredients:	
	Bisi Bele Bath	Red gram dal	¾ cup
		Rice	2 cup
		Brinjal chopped	3
		Tamarind juice	¾ cup
		Hing	a pinch
		Oil as required	
		Salt to taste	
		Paste ingredients	
		Onion	2
		Green chilies	1½ tsp
		Cashew nuts	¾ cup
		Grated coconut	¾ cup
		Khus khus	¾ cup
		Curry leaves	few
		Coriander leaves	¾ cup
		Powdered ingredients	
		Dry red chilies	4
		Fenugreek seeds	1½ tsp
		Coriander seeds	¾ tsp
		Mustard	¾ tsp
		Cardamoms	4
		Cinnamon	2
		Cloves	4
		Saunf	1½ tsp

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl in recipe code 23 with the paste ingredients. Remove. Add the remaining ingredients and powdered ingredients also in it, mix well. Place the bowl in the microwave oven, select recipe code 56, and press start. Remove and serve hot

A057	Recipe code -57	Ingredients:	200g
	Rice Kheer	rice	2 cup
		milk	2 cup
		cardamom seeds	few
		almonds	few
		saffron threads, soaked	a pinch
		pistachio nuts	few
		raisins (optional)	few
		sugar	

**Method of preparation:**

Take a microwave oven safe bowl, add all the ingredients other than saffron and mix well. Place the bowl in the microwave oven, select recipe code 57, enter weight and press start.

A057	Recipe code -57	Ingredients:	200g
	Mexican Rice	rice	1½ cup
		chopped tomato	1½ cup
		cumin	1 tsp
		tomato puree	½ cup
		chicken broth	½ cup
		onion (chopped)	1 cup
		oil as required	
		salt to taste	

**Method of preparation:**

Prepare tadka in a microwave oven safe glass bowl as explained in recipe code 23 with all the ingredients other than rice. After beep, Remove and add rice, mix well and select recipe code 57, enter weight and press start. Serve after 5 minutes.

A058	Recipe code -58	Ingredients:	200g
	Beans Rice	rice	2 cup
		black beans	1 cup
		onion, chopped	2
		capsicum, thinly sliced	2
		garam masala	1½ tsp
		pepper powder	1½ tsp
		garlic paste	¾ tsp
		red chili powder	1½ tsp
		oil as required	
		coriander leaves for garnish	
		salt as required	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than rice, black beans and coriander leaves. After beep, remove and add the remaining ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select recipe code 58, enter weight and press start. Remove, garnish with coriander leaves. Serve hot.



A058	Recipe code -58	Ingredients:	200g
	Risotto	rice	1 cup
		broccoli florets	½ cup
		carrot (cut in to small pieces)	½ cup
		mushrooms (quartered)	½ cup
		green peas	½ cup
		chopped onion	½ cup
		minced garlic	¼ tsp
		chicken stock or coconut milk	1½ cup
		oyster sauce (optional)	
		pepper to taste	
		grated cheese for garnish	
		butter as required	
		salt to taste	
		water as required	

**Method of preparation:**

Prepare tadka in a microwave oven safe glass bowl as explained in recipe code 23 with all the ingredients other than rice, chicken stock or coconut milk and grated cheese. After beep, Remove and add all remaining ingredients other than grated cheese, mix all ingredients and select recipe code 58, enter weight, press start. After beep remove and add grated cheese on the top of risotto, cover the bowl with lid and set to cool for few minutes. Serve hot.

A059	Recipe code -59	Ingredients:	250gms
	Chicken with Coconut and Chili	Boneless Chicken	250 gms
		Yogurt	1½ tbsp
		Lime Juice	¾ tsp
		Red Chili Powder	1½ tsp
		Coconut paste	½ tbsp
		Roasted Cloves	3
		Roasted Pepper Corns	3
		Roasted Cinnamon	¾ inch
		Cardamom	3
		Roasted Almonds	4
		Bay Leaves	2
		Oil	½ tbsp
		Chopped Onions	2
		Garlic Paste	¾ tsp
		Ginger Paste	¾ tsp
		Coriander Powder	¾ tsp
		Cumin Powder	¾ tsp
		Turmeric Powder	¼ tsp
		Tomato Puree	1½ tbsp
		Chicken Stock	2 cup
		Kasuri Methi	1½ tsp
		Butter As Required	
		Salt to taste	
		Coriander Leaves For Garnish	

**Method of preparation:**

Grind & make a paste of cloves, pepper corns, cinnamon, almonds & cardamom. Marinate the chicken with the above paste and butter, yogurt, salt, lime juice, red chili powder, bay leaves, coriander, cumin, turmeric powder & set aside for 1 hour. Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl 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 recipe code 59, enter weight and press start. Remove and garnish with coriander leaves and serve.

A059	Recipe code -59	Ingredients:	250gms
	Karela Subji	karela, chopped	250 gms
		onion, finely chopped	2
		besan	½ tbsp
		green chili, finely chopped	3
		ginger, garlic paste	½ tsp
		fresh coriander, chopped	few
		oil as required	½ tbsp
		red chili powder	1½ tsp
		coriander powder	1 tsp
		turmeric powder	¼ tsp
		amchoor powder	½ tsp
		cumin seeds	½ tsp
		hing	a pinch
		salt to taste	

**Method of preparation:**

Prepare tadka in a microwave oven safe glass bowl as explained in recipe code 23 with all the ingredients other than karela and besan. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven select recipe code 59, enter weight and press start. Remove and serve.

A060	Recipe code -60	Ingredients:	250g	500g
	Leafy Vegetable	spinach leaves, washed and chopped	125 gms	250 gms
		mustard greens, washed and chopped	125 gms	250 gms
		cumin seeds	½ tsp	1 tsp
		green chili (minced)	½ tsp	1 tsp
		ginger paste	½ tsp	1 tsp
		garlic paste	½ tsp	1 tsp
		turmeric powder	¼ tsp	½ tsp
		red chili powder	1 tsp	1½ tsp
		hing a pinch		
		oil as required		
		salt to taste		

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than spinach leaves and mustard greens. Remove; add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select recipe code 60, enter weight and press start. Remove, mix well and serve hot.

A060	Recipe code -60	Ingredients:	250g	500g
	Papaya Halwa	grated papaya	2 cup	3 cup
		rice flour	1 tbsp	1¼ tbsp
		sugar	1 cup	1¼ cup
		green cardamom	4	5
		chopped cashews	4	5
		chopped almonds	4	5
		ghee	1 tbsp	1¼ tbsp

**Method of preparation:**

Take a Microwave oven safe bowl, Add all ingredients other than cardamom, cashews, and almonds, mix well and select recipe code 23, enter weight, press start. After beep, remove and add remaining ingredients, mix well and select recipe code 60, enter weight, press start. Serve hot.

A061	Recipe code -61	Ingredients:	500g
	Tomato Curry	tomatoes (chopped)	500g
		finely chopped onion	3
		red chili powder	1½ tsp
		cumins	1 tsp
		turmeric powder	½ tsp
		garam masala	1½ tsp
		garlic crushed	4
		curry leaves	few
		oil as required	
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than tomato and garam masala. Remove, add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select recipe code 61, enter weight and press start. Remove, and serve hot.

A061	Recipe code -61	Ingredients:	500g
	Caramel Pudding	Milk	4 cup
		Sugar	2 cup
		Eggs	4
		Vanilla extract	¼ tsp
		water as required	

**Method of preparation:**

Prepare tadka in a microwave oven safe glass wide bowl as explained in recipe code 23 with all the ingredients other than milk and eggs. After beep, remove, add the remaining ingredients, and mix well. Place the bowl in the microwave oven, select recipe code 61, enter weight and press start. Remove, set to cool and refrigerate. Serve chilled.

A062	Recipe code -62	Ingredients:	500g
	Chilli Soya Nuggets	soya nuggets, soaked	2 cup
		onions, finely chopped,	1 cup
		green chilies, finely chopped,	1 tsp
		garlic, finely chopped,	1 tsp
		capsicum, finely chopped,	¼ cup
		soya sauce,	2 tsp
		corn flour, diluted in half cup water,	3 tsp
		black pepper	½ tsp
		salt to taste,	

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than soya nuggets, soya sauce, corn flour, black pepper, mix well and select recipe code 23, press start. After beep, remove and add all remaining ingredients, mix well and select recipe code 62, enter weight, press start. Serve hot.

A062	Recipe code -62	Ingredients:	500g
	Basundi	milk	6 cups
		sugar	2 tbsp
		chopped almonds	6
		lemon juice	1½ tsp
		crushed cardamoms	6
		chopped charoli nuts (saara)	1 tsp

**Method of preparation:**

Take a microwave oven safe large bowl; add all ingredients other than almonds, cardamom and charoli, mix well. Place the bowl in the microwave oven, select recipe code 62, enter weight and press start. Remove, add all remaining ingredients and serve.

A063	Recipe code -63	Ingredients:	300 gms
	Fish Roast	Pomfret - washed and cleaned	300 gms
		garlic	½ tsp
		lemon juice	½ tsp
		chili powder	1½ tsp
		turmeric powder	¼ tsp
		pepper powder	1½ tsp
		garam masala	1½ tsp
		rice flour	½ tbsp
		oil	2 tsp
		salt to taste	

**Method of preparation:**

Mix all the ingredients to make a paste. Toss the fish into it and apply evenly on all sides. Set aside for 1 hr. Arrange the marinated fish in a baking dish or crispy plate. Place the baking dish or crispy plate on the grill mesh each in the microwave oven, select recipe code 63, enter weight and press start. Remove and serve.

A063	Recipe code -63	Ingredients:	300 gms
	Baked Chicken	chicken	300 gms
		tomato sauce	3 tbsp
		butter	1 tbsp
		bread-crumbs	2 cup
		salt to taste	

**Method of preparation:**

In a mixing bowl add butter, chicken, tomato sauce, salt, mix well and toss the chicken both sides in bread crumbs and arrange chicken pieces in a microwave oven safe wide glass bowl, place the bowl in the microwave oven, select recipe code 63, Enter weight and press start.

A064	Recipe code -64	Ingredients:	
	Kadai Paneer	paneer	1½ cup
		ginger-garlic paste	1 tsp
		onion paste	1 cup
		black pepper powder	½ tsp
		green chili paste	1 tsp
		bay Leaves	2
		cumin seeds	1 tsp
		garam masala powder	1 tsp
		butter as required	
		coriander leaves for garnish	
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than paneer, spinach paste, and salt. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 64, and press start. Remove, garnish with coriander and serve.

A064	Recipe code -64	Ingredients:	
	Tofu Curry	tofu cubes	1½ cup
		onion, chopped	¾ cup
		garlic, minced	¾ tsp
		curry powder	¾ tsp
		coconut milk	¾ cup
		coriander leaves chopped	few
		black pepper	¼ tsp
		butter as required	
		salt to taste	

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than tofu, coconut milk, mix well and select recipe code 23, enter weight, press start. After beep, remove and add all remaining ingredients, mix well and select recipe code 64, press start. Serve hot.

A065	Recipe code -65	Ingredients:	200g	300g	400g	500g
	Paneer Masala	paneer (cut into cubes)	100 gms	150 gms	200 gms	250 gms
		tomatoes (chopped)	100 gms	150 gms	200 gms	250 gms
		Oil	1 tbsp	1½ tbsp	2 tbsp	2 tbsp
		green chili	2	3	4	4
		cumin seeds	½ tsp	½ tsp	1 tsp	1 tsp
		garlic ginger paste	½ tsp	½ tsp	1 tsp	1 tsp
		Cloves	2	3	4	4
		turmeric powder	¼ tsp	¼ tsp	½ tsp	¾ tsp
		red chili powder	1 tsp	1½ tsp	2 tsp	2 tsp
		pepper powder	½ tsp	½ tsp	1 tsp	1 tsp
		cardamom powder	½ tsp	½ tsp	1 tsp	1 tsp
		salt to taste				
		water as required				
		coriander leaves for garnish				

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka with the all the ingredients other than paneer, water and coriander leaves. Remove, add paneer and water and mix well. Place the bowl back in the microwave oven, select recipe code 65, enter weight and press start. Remove, garnish with coriander and serve.

A065	Recipe code -65	Ingredients:	200g	300g	400g	500g
	Peanuts Roast With Curry Leaves	peanuts	1 cup	1½ cup	2 cup	3 cup
		curry leaves	1/4 cup	½ cup	¾ cup	1 cup

**Method of preparation:**

Take a Microwave oven safe glass bowl, Add all ingredients, mix well and select recipe code 65, enter weight, press start. Stir twice in between. Serve hot.

A066	Recipe code -66	Ingredients:	250g
	Mutton Liver Curry	goat liver	250 gms
		onion finely sliced	2
		ginger & garlic paste	1 tsp
		tomato puree	½ cup
		turmeric	¼ tsp
		red Chili powder	1½ tsp
		coriander powder	1½ tsp
		cumin powder	1½ tsp
		garam masala powder	1½ tsp
		ghee	½ tbsp
		bay leaves	3
		cinnamon	2 inch stick
		green cardamom	4
		cloves	4
		coriander leaves for garnish	
		water as required	
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe glass bowl with all the ingredients other than liver, tomato puree, coriander leaves and water. Remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven select recipe code 66, enter weight and press start. Remove, garnish with coriander leaves and serve.

A066	Recipe code -66	Ingredients:	250g
	Sarson Ka Sag	sarson (green mustard) chopped	1½ cup
		palak chopped	1½ cup
		onion chopped	3
		garlic, ginger paste	1½ tsp
		green chilies (finely chopped)	1½ tsp
		makkai ka atta (corn flour)	1½ tbsp
		powdered gul (jaggery)	1½ tbsp
		red chili powder	1½ tsp
		ghee as required	
		salt to taste	

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all ingredients other than sarson, spinach, corn flour. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 66, enter weight and press start. Remove, set to cool and grind the mixture to a rough paste and serve hot.

A067	Recipe code -67	Ingredients:	250 g
	Paneer Peas Curry	paneer cubed	250 gms
		green peas	100 gms
		onions	2
		tomato puree	1½ cup
		ginger, garlic paste	1½ tsp
		coriander powder	½ tsp
		cumin powder	½ tsp
		garam masala	½ tsp
		turmeric powder	¼ tsp
		green chilies chopped	3
		heavy cream	¼ cup
		oil as required	
		salt to taste	
		coriander leaves for garnish	

**Method of preparation:**

Prepare tadka in a microwave oven safe glass bowl as explained in recipe code 23 with all the ingredients other than paneer, tomato puree, heavy cream, coriander leaves and salt. Remove, add the remaining ingredients other than the coriander leaf and mix well. Place the bowl in the microwave oven selects recipe code 67, enter weight and press start. Remove, garnish with coriander leaves and serve.

A067	Recipe code -67	Ingredients:	250 g
	Snake Gourd Curry	snake gourd (peeled & chopped)	250 gms
		moong dal	1 tbsp
		urad dal	1 tbsp
		jeera	¼ tsp
		mustard seeds	½ tsp
		red chili powder	1½ tsp
		onion (chopped)	1½ tbsp
		curry leaves	few
		whole red chilies	3
		turmeric powder	¼ tsp
		fresh coconut	½ tbsp
		hing	a pinch
		oil as required	
		salt to taste	

**Method of preparation:**

Prepare tadka in a microwave oven safe glass bowl as explained in recipe code 23 with all the ingredients other than snake gourd and salt. Remove the bowl, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 67, enter weight and press start. Remove and serve.

A068	Recipe code -68	Ingredients:	
	Dhokla	besan (gram flour)	2 cup
		corn flour	2 tsp
		sugar	1½ tsp
		turmeric powder	½ tsp
		citric acid	1 tsp
		soda-bi-carb	½ tsp
		lemon juice	2 tsp
		mustard seeds	¾ tbsp
		green chilies - finely chopped	2 tsp
		amchoor powder	½ tsp
		salt to taste	
		oil as required	
		grated coconut for garnish	
		coriander leaves for garnish	
		water as required	

**Method of preparation:**

Take gram flour, curd, water, salt and mix well into a batter. Cover it and set aside for 4 hours to marinate. Add green chilies, ginger paste, 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 recipe code 68, and press start. For tempering use curry leaves, mustard seeds, oil, and green chilies. Garnish with coriander leaves and grated coconut. Serve with chutney.



A068	Recipe code -68	Ingredients:	
	Andra Uggani	lemons cut in to 8 pieces	2 cup
		lemon juice	1½ cup
		oil	¾ cup
		asafoetida	¼ tsp
		mustard seeds	1 tsp
		red chili pepper	1 tsp
		fenugreek seeds powdered	¼ tsp
		sugar	2 tsp
		salt to taste	

**Method of preparation:**

Rub the salt to lemon pieces and keep for one week in a jar. Shake daily. Take a microwave oven safe bowl, Add oil, lime pieces, mustard, red chili powder, fenugreek powder, sugar, mix well and select recipe code 68, and press start. After beep, remove add lemon juice and keep for one week before serving.

A069	Recipe code -69	Ingredients:	250gms
	Mushroom Masala	mushrooms (sliced)	250gms
		bread Crumbs	1 tbsp
		sour Cream	1 cup
		flour	1 tbsp
		red chili powder	1 tsp
		lemon juice	½ tsp
		butter	1½ tsp
		salt to taste	
		cheese (grated) for garnish	

**Method of preparation:**

Take a Microwave Oven safe bowl, add all ingredients other than mushrooms, lemon juice & bread crumbs, mix well and select recipe code 23, press start to prepare tadka. After beep, remove and add all remaining ingredients, select recipe code 69, enter weight and press start. Mix twice in between. Set aside for some time to cool and serve.

A069	Recipe code -69	Ingredients:	250gms
	Banana Halwa	Banana Ground To Paste	2½ cup
		Wheat Flour	1 cup
		Milk	1 cup
		Cardamom Powder	a pinch
		Sugar	1½ cup
		Cashews	few
		Almonds	few
		Ghee As Required	

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with wheat flour and ghee. After beep, remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 69, enter weight and press start. Remove and serve hot.

A070	Recipe code -70	Ingredients:	230g	460g	690g
	Daliya Khichdi	dalia (broken wheat)	1 cup	1½ cup	2 cup
		mix vegetable chopped	1 cup	1½ cup	2 cup
		onion chopped	1 cup	1½ cup	2 cup
		green chilies	2	3	3
		garlic, ginger paste	1 tsp	1½ tsp	1½ tsp
		turmeric powder	a pinch	a pinch	a pinch
		cumins seeds	1 tsp	1½ tsp	1½ tsp
		coriander powder	1 tsp	1½ tsp	1½ tsp
		oil as required			
		salt to taste			
		coriander leaves for garnish			

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than dalia and coriander leaves. After beep, remove, add the remaining ingredients other than the coriander leave and mix well. Place the bowl in the microwave oven select recipe code 70, enter weight and press start. Remove, garnish with grated coriander and serve.

A070	Recipe code -70	Ingredients:	230g	460g	690g
	Yam (Suran) Roast	yam, cleaned, peeled and cut into slices	230 gms	460 gms	690 gms
		tamarind juice	1 cup	1½ cup	2 cup
		chili powder	1 tsp	1½ tsp	2 tsp
		turmeric powder	¼ tsp	¼ tsp	½ tsp
		salt to taste			
		oil as required			

**Method of preparation:**

Prepare tadka in a microwave oven safe glass bowl as explained in recipe code 23, with all the ingredients other than tamarind and salt. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 70, enter weight and press start. Remove and serve

A071	Recipe code -71	Ingredients	50 gms	100 gms
	Pop Corn	popcorn seeds	50 gms	100 gms
		butter	1 tsp	2 tsp
		turmeric powder	¼ tsp	¼ tsp
		salt to taste		

**Method of preparation:**

Take a microwave oven safe glass bowl; add butter, popcorn seeds, turmeric powder and salt, mix well, cover it with lid. Place the bowl in the microwave oven, select recipe code 71, enter weight and press start.

A071	Recipe code -71	Ingredients	50 gms	100 gms
	Manchurian Sauce	corn flour-blended with water	¾ cup	1 cup
		tomato puree	½ cup	¾ cup
		vinegar	2 tbsp	2½ tbsp
		soya sauce	1 tsp	1½ tsp
		chopped celery	2 tbsp	2½ tbsp
		ajino moto	a pinch	a pinch
		water as required		
		salt to taste		

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients, mix well and select recipe code 71, enter weight, press start. Serve hot.

A072	Recipe code -72	Ingredients:		
	Sabudana Khichdi	Sabudana (Soaked)		100gms
		Ground Nut Powder		100gms
		Chopped Green Chilies		2
		Boiled & Peeled Potato		½ cup
		Oil		½ tbsp
		Hing		a pinch
		Cumin Seeds		½ tsp
		Sugar		1 tsp
		Lime Juice		½ tsp
		Salt to taste		

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka 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 recipe code 72, press start. Remove and mix well and serve hot.

A072	Recipe code -72	Ingredients:		
	Kalakand	condensed milk		1 cup
		crumbled paneer		1½ cup
		milk		¾ cup
		cardamom powder		½ tsp
		nuts for garnish		few

**Method of preparation:**

Take a microwave oven safe bowl, Add all ingredients other than cardamom powder, nuts, mix well and select recipe code 72, and press start. After beep, remove and add cardamom powder, mix smoothly and garnish with nuts, cut to desired shapes. Serve warm.

A073	Recipe code -73	Ingredients:	800 gms	1000 gms
	Mutton Roast	mutton, cut into pieces	800 gms	1000 gms
		curd,	1½ cup	2 cup
		ginger, garlic paste,	1 tsp	1½ tsp
		coriander powder,	1 tsp	1½ tsp
		black pepper powder,	1 tsp	1½ tsp
		red chili powder,	2 tsp	2½ tsp
		garam masala	2 tsp	2½ tsp
		ghee as required		
		Salt to taste.		

**Method of preparation:**

In a mixing bowl add all the ingredients, mix it all together. Let it marinate for five hours. Take the marinate mutton into a lightly greased baking dish, Place the baking dish on the grill mesh rack in the microwave oven, select recipe code 73, enter weight and press start. Turn once in-between.

A073	Recipe code -73	Ingredients:	800 gms	1000 gms
	Mutton Kebab	mutton, cut into 1-1/2 inch pieces	800 g	1000 g
		coriander powder	1 tsp	2 tsp
		khus khus grinded	2 tbsp	3 tbsp
		cumin powder	1 tsp	2 tsp
		curd	3 tbsp	4 tbsp
		garlic paste	1 tsp	2 tsp
		ginger paste	1 tsp	2 tsp
		onion paste	2 tbsp	3 tbsp
		salt to taste		

**Method of preparation:**

Apply ginger-garlic paste, coriander- cumins powder, khus khus, beaten curds, salt, To the mutton cubes and allow the mutton to marinate for about 6 to 8 hours. Arrange the mutton pieces in a baking dish and place it on the grill mesh rack select recipe code 73, enter weight and press start.

A074	Recipe code -74	Ingredients:		
	Masala Peanuts	shelled peanuts		100 gms
		red chili powder		1 tsp
		soda bicarb		1 pinch
		oil		¼ tbsp
		plain flour		1 tbsp
		rice flour		¼ cup
		chat masala		½ tsp
		salt to taste		

**Method of preparation:**

Take oil in a microwave oven safe glass bowl, add peanuts, red chili powder, plain flour, rice flour, soda bicarb, chat masala, salt & mix well. Make sure that the peanuts are evenly coated. Place the bowl in the microwave oven, select recipe code 74, and press start. For better result stir twice in-between.

A074	Recipe code- 74	Ingredients:		
	Rava Ladoo	rava		1 cup
		coconut grated and roasted		¾ cup
		sugar powder		¾ cup
		cardamoms		3
		melted ghee as required		
		raisins and cashew nuts as needed		

**Method of preparation:**

Take a Microwave oven safe glass bowl, Add ghee, rava, mix well and select recipe code 74, press start. After beep, remove and add powder sugar, cardamoms, coconut, raisins. Add them to the blended mixture. Add ghee as needed and mix. Take small portions of the mix and roll to balls. Serve warm.

A075	Recipe code -75	Ingredients:		250gms
	Idli	idli batter		250gms

**Method of preparation:**

Pour idly batter in lightly greased microwave safe idly stand. Pour some water in the bottom of the idly bowl and cover the bowl with lid. Place the bowl in the microwave oven, select recipe code 75, enter weight and press start. Remove after beep & serve hot with sambar and coconut chutney.

A075	Recipe code -75	Ingredients:	250gms
	Lemon Pickle	lemons cut in to 8 pieces	2 cup
		lemon juice	1½ cup
		oil	¾ cup
		asafoetida	¼ tsp
		mustard seeds	1 tsp
		red chili pepper	1 tsp
		fenugreek seeds powdered	¼ tsp
		sugar	2 tbsp
		salt to taste	

**Method of Preparation:**

Rub the salt to lemon pieces and keep for one week in a jar. Shake daily. Take a microwave oven safe bowl, Add oil, lime pieces, mustard, red chili powder, fenugreek powder, sugar, mix well and select recipe code 75, enter weight, press start. After beep, remove add lemon juice and keep for one week before serving.

A076	Recipe code -76	Ingredients:	
	Achari Mutton	mutton	250 gms
		tomatoes	2
		onions	2
		fenugreek seeds	1 tsp
		fennel seeds	1 tsp
		cumin seeds	1 tsp
		turmeric powder	½ tsp
		dried red chili	3
		red chili powder	2 tsp
		cloves	4
		ginger, garlic paste	2 tsp
		mustard seeds	1 tsp
		coriander leaves for garnish	
		oil as required	
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than mutton, tomato and coriander leaves. Remove. Add the remaining ingredients other than coriander leaves and mix well. Place the bowl in the microwave oven, select recipe code 76, and press start. Remove, and garnish with coriander leaves. Serve hot.

A076	Recipe code -76	Ingredients:	
	Bengali Style Mutton Curry	Mutton	2 cup
		Baby potatoes	2 cup
		Red chili powder	1½ tsp
		Onions ( Chopped)	1 cup
		Black Pepper Powder	¾ tsp
		Turmeric Powder	
		Cinnamon	1½ tsp
		Coriander seeds	1½ tsp
		Cumin seeds	¾ tsp
		Cloves	3
		Green Cardamoms	4
		Ginger and Garlic Paste.	1½ tsp
		Curry Leaves	few
		Poppy Seeds	few
		Fennel Seeds	¾ tsp
		Black Peppercorns	¾ tsp
		Oil as required	
		Salt to taste	
		Coriander Leaves for garnish	

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than mutton. Potatoes and coriander leaves. After beep, remove, add the remaining ingredients other than coriander leave and mix well. Place the bowl in the microwave oven, select recipe code 76, and press start. Remove and garnish with coriander leaves. Serve hot.

A077	Recipe code -77	Ingredients:	200g	300g
	Grated Radish Curry	radish (grated)	100g	150g
		coconut (grated)	1 cup	1½ cup
		onion chopped	1 cup	1½ cup
		chili powder	1½ tsp	2 tsp
		chopped green chilies	3	4
		turmeric powder	¼ tsp	½ tsp
		mustard seeds	½ tsp	1 tsp
		curry leaves	few	few
		oil as required		
		salt to taste		
		coriander leaves for garnish		

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka 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 recipe code 77, enter weight and press start. Remove, garnish with coriander leaves and serve.

A077	Recipe code -77	Ingredients:	200g	300g
	Payasam	milk	6 cups	8 cups
		vermicelli (seviya)	1½ cups	2 cups
		sugar	1½ cup	2 cup
		cardamom	6	8
		cashew nuts	½ tbsp	¾ tbsp
		almonds	½ tbsp	¾ tbsp
		ghee	1 tbsp	1½ tbsp

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than milk, sugar, cardamom. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 77, enter weight and press start. Remove, and serve hot.

A078	Recipe code -78	Ingredients:	250g
	Aloo Gobi	potatoes	150 gms
		cauliflower florets	100 gms
		curd	1 cup
		green chilies	2
		turmeric powder	¼ tsp
		onion	1
		tomatoes puree	1 cup
		ginger	½ tsp
		coriander powder	½ tsp
		red chili powder	1 tsp
		garam masala	1 tsp
		oil as required	
		salt to taste	
		coriander leaves for garnish	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe glass bowl with all the ingredients other than tomato puree, salt, green peas, and curd. Remove, add all remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 78, enter weight and press start. Remove, garnish with coriander leaves and serve.

A078	Recipe code -78	Ingredients:	250g
	Pumkin Soup	milk	6 cups
		vermicelli (seviya)	1½ cups
		sugar	1½ cup
		cardamom	6
		cashew nuts	½ tbsp
		almonds	½ tbsp
		ghee	1 tbsp

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than milk, sugar, cardamom. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 78, enter weight and press start. Remove, and serve hot

A079	Recipe code -79	Ingredients:	
	Parsi Dal	soaked red gram (tur dal)	1½ cup
		butter	1 tbsp
		garlic	½ tsp
		cumin seeds	½ tsp
		turmeric powder	½ tsp
		salt to taste	
		water as required	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl 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 recipe code 79, and press start. Remove, and serve hot.

A079	Recipe code 79	Ingredients:	
	Yam and Channa Poriyal	yam (suran) (cut into pieces)	1½cup
		chana (soaked)	1 cup
		tomato	2
		urad dal	2 tsp
		onion chopped	2
		garlic paste	½ tsp
		ginger paste	½ tsp
		turmeric powder	¼ tsp
		red chili powder	1 tsp
		oil	1 tbsp
		mustard seeds	¼ tsp
		curry leaves	few
		salt to taste	
		water as required	

**Method of preparation**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than chick peas, chana, tomato and water. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven, select recipe code 79, and press start. Remove, and serve hot.

A080	Recipe code -80	Ingredients:	250gms
	Chicken 65	Boneless skinless chicken	250 gms
		cloves,	few
		cinnamon	few
		cardamom	few
		Garlic paste	½ tsp
		Ginger paste	½ tsp
		Red chilies powder	1½ tsp
		All-purpose flour	1½ tsp
		Egg	1
		food coloring, red	a pinch
		yogurt	½ cup
		Green chilies	2
		Corn flour	1 tbsp
		Lime juice	1½ tsp
		Butter as required	
		Salt to taste	

**Method of preparation:**

Marinate the chicken with the all ingredients for 1 hour. Arrange all marinate ingredients in a baking dish, Place the dish on the grill mesh rack in the microwave oven select recipe code 80, enter weight and press start.



A080	Recipe code -80	Ingredients:	250gms
	Chicken Sausages	chicken sausage sliced	250 gms
		garlic paste	½ tsp
		onion - chopped	2
		pepper powder	½ tsp
		carrots - chopped	2
		garam masala	½ tsp
		soya sauce	1½ tsp
		oil	½ tbsp

**Method of preparation:**

Prepare tadka in a microwave oven safe glass bowl as explained in recipe code 23 with all the ingredients other than chicken sausage and soya sauce. Remove, add the remaining ingredients and mix well. Place the bowl in the microwave oven selects recipe code 80, enter weight and press start. Remove and serve.

A081	Recipe code -81	Ingredients:	
	Noodles	noodles - boiled	100 gms
		mixed vegetables (carrots, beans, cauliflower, baby corn)	100 gms
		mushrooms - sliced	50 gms
		garlic - chopped	½ tsp
		ginger - chopped	½ tsp
		soya sauce	2 tsp
		spring onions - chopped	½ tbsp
		oil as required	
		pepper to taste	
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka with all the ingredients other than noodles and soya sauce. After beep, Remove; add noodles & soya sauce, mix smoothly, select recipe code 81, press start. Serve hot

A081	Recipe code -81	Ingredients:	
	Carrot And Peas Salad	carrots chopped	¾ cup
		green peas shelled	¾ cup
		onions finely chopped	¾ cup
		green chilies	¾ tsp
		Mint leaves chopped.	few
		lemon juice	¾ tsp
		coriander for garnish	
		salt & pepper for taste	

**Method of preparation:**

Take a Microwave oven safe bowl, Add all ingredients other than mint leaves, lemon juice, and coriander, mix well and select recipe code 23, enter weight, press start. After beep, remove and add mint leaves and lemon juice, mix well and select recipe code 81, press start. Garnish with coriander. Serve hot.

A082	Recipe code -82	Ingredients:	
	Paneer Bhurji	paneer grated	250 gms
		tomatoes	2
		oil	½ tbsp
		cumin seeds	½ tsp
		green chilies	3
		onion chopped	2
		turmeric powder	¼ tsp
		garam masala powder	1 tsp
		ginger-garlic paste	1 tsp
		salt to taste	

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than grated paneer and salt. After beep, Remove, and add grated paneer, salt, mix well and select recipe code 82, press start. Serve hot.

A082	Recipe code -82	Ingredients:	
	Baby Corn Masala	Baby Corn	200 gms
		Tomatoes Chopped	1 cup
		Onion Chopped	1 cup
		Roasted Groundnut Powder	¼ cup
		Chili Powder	1 tsp
		Turmeric Powder	¼ tsp
		Mustard Seeds	½ tsp
		Cumin Seeds	1 tsp
		Fenugreek Seeds	1 tsp
		Saunf	1 tsp
		Salt to taste	
		Oil As Required	
		Coriander Leaves For Garnish	

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than baby corn, tomatoes and coriander leaves. After beep, remove, add the all ingredients other than coriander leave and mix well. Place the bowl in the microwave oven, select recipe code 82, and press start. Remove, garnish with coriander leaves and serve hot.

A083	Recipe code -83	Ingredients		
	Macher Jhol	fish rohu	500 gms	750 gms
		baby potatoes	4	6
		onion paste	1 cup	1½ cup
		green chilies	3	4
		coriander seeds	1½ tsp	2 tsp
		cumin seeds	1½ tsp	2 tsp
		turmeric powder	¼ tsp	½ tsp
		chili powder	1½ tsp	2 tsp
		oil		
		salt to taste		

**Method of preparation:**

Marinate fish with turmeric powder and salt for 20 minutes and wash it well. Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than fish. After beep, remove, add the remaining ingredients, and mix smoothly. Place the bowl in the microwave oven, select recipe code 83, and press start.

A083	Recipe code -83	Ingredients			
	Drumstick Leaves Curry	Drum Stick Leaves	2 cup	3 cup	4 cup
		Coconut Grated	1 tbsp	1 tbsp	1½ tbsp
		Masoor Dal	1 tbsp	1 tbsp	1½ tbsp
		Cumins Seeds	½ tsp	½ tsp	1 tsp
		Mustard Seeds	½ tsp	½ tsp	1 tsp
		Red Chili Powder	1 tsp	1½ tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp	½ tsp
		Oil As Required	2 cup	3 cup	4 cup
		Salt to taste			

**Method of preparation:**

Prepare tadka in a microwave oven safe bowl as explained in recipe code 23 with all the ingredients other than drumstick leaves. After beep, remove, add the drumstick leaves and mix well. Place the bowl in the microwave oven, select recipe code 83, and press start. Remove and serve hot.

A084	Recipe code -84	Ingredients:	460 gms	690 gms
	Hot Chocolate	condensed Milk	2 cup	3 cup
		sugar	1 cup	1½ cup
		unsweetened cocoa	2 tsp	3 tsp
		ground cinnamon	a pinch	a pinch
		salt to taste		
		water as required		

**Method of preparation:**

In a Microwave oven safe bowl, combine the condensed milk, sugar, cocoa, cinnamon and salt and water stir until milk powder is dissolved. Keep bowl on the turn table and select recipe code 84, enter weight and press start.

A084	Recipe code -84	Ingredients:		
	Poha	poha	2 cup	3 cup
		green peas	½ tbsp	¾ tbsp
		chana dal	1 tsp	1½ tsp
		urad dal	1 tsp	1½ tsp
		onions (chopped)	1	2
		green chili (small chopped)	2	3
		carrot (chopped)	½ tbsp	¾ tbsp
		turmeric powder	¼ tsp	¼ tsp
		cumin seeds	½ tsp	1 tsp
		salt to taste		
		oil as required		
		grated coconut for garnish;		
		fresh coriander for garnish;		

**Method of preparation:**

Prepare tadka as explained in recipe code 23 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 recipe code 84 and press start. Remove, garnish with coriander and grated coconut. Serve hot.

A085	Recipe code -85	Ingredients:	460 gms	690 gms
	Bombay Chivda	flat poha	2 cup	3 cup
		peanuts	½ cup	1 cup
		cashew	¼ cup	½ cup
		almonds	¼ cup	½ cup
		pista	½ tsp	1 tsp
		pumpkin seeds	¼ tsp	1 tsp
		raisins	½ tsp	1 tsp
		khajoor chopped	½ tsp	1 tsp
		saunf	¼ tsp	¼ tsp
		green chilies sliced	2	3
		curry leaves	few	few
		moong dal	1 tsp	2 tsp
		ghee	1 tbsp	2 tbsp
		sugar	½ tsp	1 tsp
		deep fried sev noodles for garnish	½ cup	½ cup
		coriander leaves for garnish		
		salt to taste		

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than poha, cashew, almonds, pista, khajoor, sev and coriander. After beep, remove; add the all ingredients other than sev and coriander mix well. Place the bowl in the microwave oven select recipe code 85, enter weight and press start. Remove, garnish with sev and coriander leaves, serve hot.

A085	Recipe code -85	Ingredients:	460 gms	690 gms
	Roti Chivda	roti cut into small pieces	2 cup	3 cup
		peanuts	½ cup	1 cup
		green chillies sliced	2	3
		curry leaves	few	few
		ghee	1 tbsp	2 tbsp
		salt to taste		

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe bowl with all the ingredients other than roti. After beep, remove, add the roti, and mix well. Place the bowl in the microwave oven select recipe code 85, enter weight and press start. Serve hot.

A086	Recipe code -86	Ingredients:	460 gms	690 gms
	Omlette	eggs - beaten	2	3
		onion - finely chopped	1	1
		green chilies - finely chopped	1	2
		red chili powder	½ tsp	½ tsp
		oil as required		
		coriander leaves for garnish		
		salt to taste		

**Method of preparation:**

Select recipe code 23 and press start to prepare tadka in a microwave oven safe flat bowl 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 recipe code 86, enter weight and press start. Remove, garnish with coriander leaves and serve.

A087	Recipe code -87	Ingredients:	460 gms	690 gms
	Corn Chat	sweat corn kernels	¾ cup	1 cup
		tomato chopped to small pieces	¾ cup	1 cup
		cooked potato cut to small pieces	¾ cup	1 cup
		cucumber cut to small pieces	¾ cup	1 cup
		chopped coriander	½ tbsp	½ tbsp
		lime juice	¼ tsp	1 tsp
		chat masala	2 tsp	3 tsp
		cumins powder	1 tsp	1½ tsp
		red chili powder	1 tsp	1½ tsp
		salt to taste		

**Method of preparation**

Combine all ingredients in a microwave oven safe bowl, mix well and select recipe code 87, enter weight and press start. Remove and serve.

A088	Recipe code -88	Ingredients:	150gms
	Sheera	Suji - Roasted	2 cups
		Milk	2 cups
		Sugar	1½ cup
		Ghee	3 tbsp
		Cardamom Powder	a pinch
		Cashews	few
		Almonds	few
		Raisins	few
		Water As Required	

**Method of preparation:**

Take a microwave oven safe bowl; add all ingredients and mix well. Place the bowl in the microwave oven, select recipe code 88, enter weight and press start. Add water if required. Stir twice in between for better result.

Note - 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.

A089	Recipe code -89	Ingredients:	150gms
	Methi Leaves Curry	methi leaves, washed & chopped	150 g
		cumin seeds	½ tsp
		green chili (minced)	½ tsp
		ginger paste	½ tsp
		garlic paste	½ tsp
		turmeric powder	¼ tsp
		red chili powder	1 tsp
		hing a pinch	
		oil as required	
		salt to taste	

**Method of preparation:**

Prepare tadka as explained in recipe code 23 in a microwave oven safe glass bowl with all the ingredients other than spinach leaves and mustard greens. Remove; add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven. Select recipe code 89, enter weight and press start. Remove, mix well and serve hot.

A090	Recipe code -90	Ingredients	150g	250gms	350gms	450g	600g
	Reheat	Cooked food					

**Method of preparation:**

Select recipe code 90, enter weight and press start to reheat cooked food.

## TROUBLE SHOOTING

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

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

## FREQUENTLY ASKED QUESTION

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

# MICROWAVE OVEN WARRANTY

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

## INSTRUCTIONS FOR THE CUSTOMER

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

## TERMS AND CONDITIONS

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

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

MODEL NO.

## WARRANTY DETAILS

UNIT SR. NO.

UNIT SR. NO.

CUSTOMER'S NAME & ADDRESS

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

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

DEALER'S NAME & ADDRESS

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

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

Customer's Signature:

Dealer's Signature:

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

Warranty is Void If:

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



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

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





**Protection of Environment:**

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



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

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

*Godrej* | APPLIANCES