

# Microwave Oven

Model: HIL 2001CWPH

Owner's Manual

# Haier

*Please read this booklet carefully before fixing and using and  
save it for future reference.*



## IMPORTANT SAFEGUARDS

The following basic precautions should always be followed when using electrical appliance:

1. Read all instructions before using.
2. Make sure the voltage in your living area corresponding to the one shown on the rating label of the appliance. And the wall socket is properly grounded.
3. To reduce the risk of fire in the oven cavity:
  - a. Do not overcook the food.
  - b. Remove wire twist -ties from paper or plastic bags before placing bags in the oven.
  - c. Do not heat oil or fat for deep drying as the temperature of oil cannot be controlled.
  - d. After use wipe the waveguide cover with a damp cloth, followed by dry cloth to remove any food splashes and grease. Built -up grease may overheat and begin to cause smoke or catch fire.
  - e. If materials inside the oven should smoke or ignite, keep oven door closed, turn oven off and disconnect the power supply.
  - f. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
4. To reduce the risk of explosion and sudden boiling:
  - a. **WARNING:** Liquids and other foods must not be heated in sealed container since they are liable to explode; Baby bottles fitted with a screw cap or teat are considered to be sealed containers.
  - b. Use the wide -mouthed container to cook liquid, and the cooked liquid should not be removed out immediately. Several moments should be waited before removing. In

order to avoid possible hazards caused by delayed eruptive boiling of liquids.

**c.** Potatoes, sausage and chestnut should be peeled or pierced before cooking. Eggs in their shell, whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.

**d.** The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

**5.** If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a qualified technician in order to avoid a shock hazard.

**6.** After cooking, the container is very hot. Using gloves to take out the food and avoid steam burns by directing steam away from the face and hands.

**7.** Slowly lift the furthest edge of dishes cover and microwave plastic wrap and carefully open popcorn and oven cooking bags away from the face.

**8.** To prevent the turntable from breaking:

**a.** Let the turntable cool down before cleaning.

**b.** Do not place hot foods or utensils on the cold turntable.

**c.** Do not place frozen foods or utensils on the hot turntable.

**9.** Make sure the utensils do not touch the interior walls during cooking.

**10.** Only use utensils that are suitable for use in microwave ovens.

**11.** Do not store food or any other things inside the oven.

**12.** Do not operate the oven without any liquid or food inside the oven. This would do damage the oven.

**13.** When the appliance is operated in the combination mode,

children should only use the oven under adult supervision due to the temperatures generated.

**14.** Any accessories not recommended by the manufacturer may cause injuries to persons.

**15.** Do not use outdoors.

**16.** Save these instructions.

**17. WARNING:** If the door or door seals are damaged or the oven is malfunctioned, the oven must not be operated until it has been repaired by a competent person;

**18. WARNING:** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy;

**19.** If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames;

**20.** Microwave heating of beverages can result in delayed eruptive boiling; therefore care must be taken when handling the container;

**21.** Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

**22.** The lamp of microwave oven is not intended for other purposes.

**23.** The appliances are not intended to be operated by means of an external timer or separate remote -control system.

**24.** This appliance is intended to be used in household and similar applications, 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.

**25.** The 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.

**26.** This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised. Keep the appliance and its cord out of reach of children less than 8 years.

**27.** This appliance 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.

**28.** Children should be supervised to ensure that they do not play with the appliance.

**29.** A steam cleaner is not to be used.

**30.** The door or the outer surface may get hot when the appliance is operating.

**31. WARNING:** Accessible parts may become hot during use. Young children should be kept away.

**32.** During use the appliance becomes hot. Care should be

taken to avoid touching heating elements inside the oven.

**33.** The surfaces are liable to get hot during use.



: **CAUTION:HOT SURFACE**

### **Household use only**

## **INSTALLATION**

**1.** Remove the packaging and take out the distance limiter from accessory in microwave oven (some models have been installed already), unlock the power cord, according to the specific shape of distance limiter, install by following the given instruction. The purpose of the distance limiter is to make the microwave oven to keep a certain distance from the wall.

**2.** Take out all the packing. Carefully check whether there is damage to the microwave oven. Such as:

- a.** the oven cavity is impacted or pressured.
- b.** the door is not flat; the switch is not smooth and flexible.
- c.** the metal Insulated mesh on the door is bended or deformed.
- d.** the power cord is loose.

IF IT IS FOUND ABOVE, CONTACT YOUR NEAREST SERVICE CENTER APPROVED.

**3.** Microwave ovens must be placed under dry and non-corrosiveness environments, kept away from heat and humidity, such as gas burner or water tank.

**4.** To ensure sufficient ventilation, the distance of the back of microwave to the wall should be at least 10 cm, the side to the wall should be at least 5 cm, the free distance above the top surface at least 20 cm. the distance of the microwave to

the ground should be at least 85 cm.

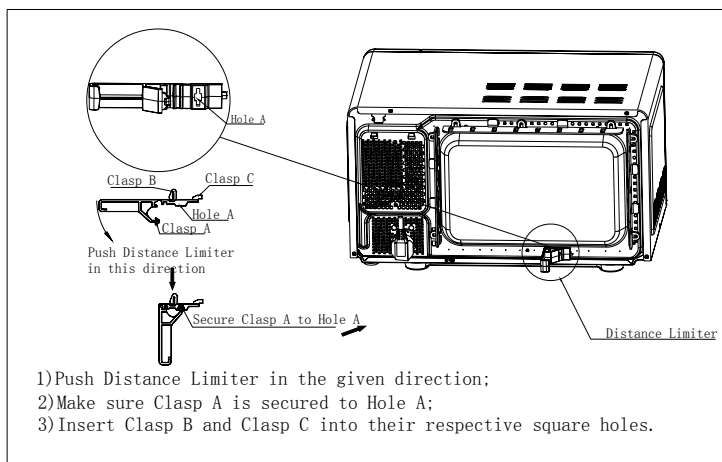
5. The position of the oven shall be far from the TV, radio or antenna to avoid disturbance, the distance at least more than 5 m.

6. The appliance must be positioned so that the plug is accessible, and must ensure a good grounding in case leakage, ground loop can be formed to avoid electric shock.

7. The microwave oven shall not be placed in a cabinet. The microwave oven is intended to be used freestanding.

8. As there is manufacturing residue or oil remained on the oven cavity or heat element, it usually would smell the odor, even a slight smoke, It is normal case and would not occur after several times use, keep the door or window open to ensure good ventilation. So it is strongly recommended to set the oven to grill mode and operate dry several times.

9. To keep the microwave oven at a distance from the wall, it is necessary to install a distance limiter.





## CLEANING

### MICROWAVE OVEN CARE

#### CAUTION

The oven should be cleaned regularly and any food deposits removed.

#### WARNING

1. Remove the power cord from the wall outlet before cleaning. Don't immerse the appliance in water or other fluids when cleaning.
2. 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
3. Never use hard detergent, gasoline, abrasive powder or metal brush to clean any part of the appliance
4. Do not remove the waveguide cover
5. When the microwave oven has been used for a long time, there may be some strange odors exist in oven, Following 3 methods can get rid of them:
  - a. Place several lemon slices in a cup, then heat with high Micro Power for 2-3 min.
  - b. Place a cup of red tea in oven, then heat with high micro power.
  - c. Put some orange peel into oven, and then heat them with high Micro Power for 1 minute.
6. **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use;

## TIPS FOR CLEANING

Details for cleaning door seals, cavity and adjacent parts:

### Exterior:

Wipe the enclosure with a dampened soft cloth

### Door:

Using a dampened soft cloth, wipe clean the door and window

Wipe the door seals and adjacent parts to remove any spill or spatter

Wipe the control panel with a slightly dampened soft cloth

### Interior walls:

Wipe clean the cavity with a dampened soft cloth

Wipe clean the waveguide cover to remove any food splashed

### Turntable/ Rotation ring/ Rotation axis:

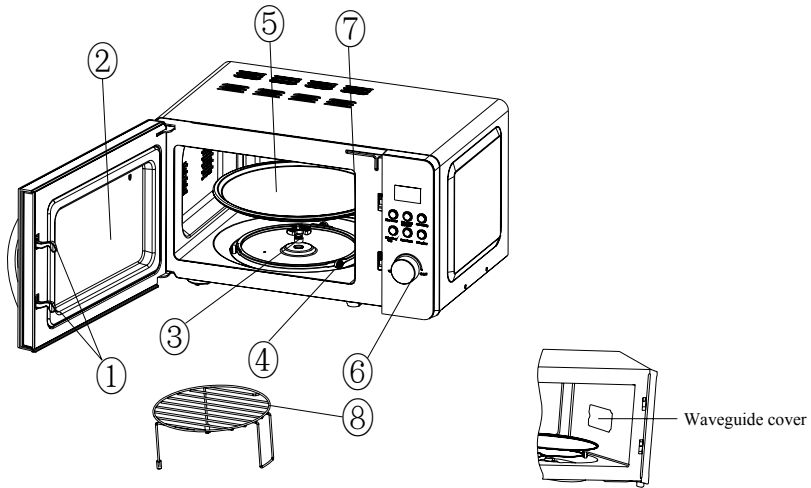
Wash with mild soap water

Rinse with clean water and allow drying thoroughly

## Technical parameters

Model	Voltage/ Frequency (V/Hz)	Input power (W)	Output power (W)	Grill power (W)	Convection power (W)	Microwave power consumption (MHz)	Volume (L)
HIL 2001CWPH	230V~/50Hz	1280	800	1000	1000	2450	20
Convection Combi 1 (W)	Convection Combi 2 (W)	Grill Combi 1 (W)	Grill Combi 2 (W)				
1240	995	1245	996				

# PRODUCT INSTRUCTION



## 1) Door lock

Microwave oven door must be properly closed in order for it to operate

## 2) Viewing window

Allow user to see the cooking status

## 3) Rotating axis

The glass turntable sits on the axis; the motor underneath it drives the turntable to rotate

## 4) Rotating ring

The glass turntable sits on its wheels; it supports the turntable and helps it to balance when rotating

## 5) Turntable

The food sits on the turntable, its rotation during operation helps to cook food evenly

## ⚠ CAUTION

- Place the rotating ring first
- Fit the turntable onto the rotating axis and make sure that it is geared in properly

## 6) Control panel

See below in details (the control panel is subject to change without prior notice)

## 7) Waveguide cover

It is inside the microwave oven, next to the wall of control panel.

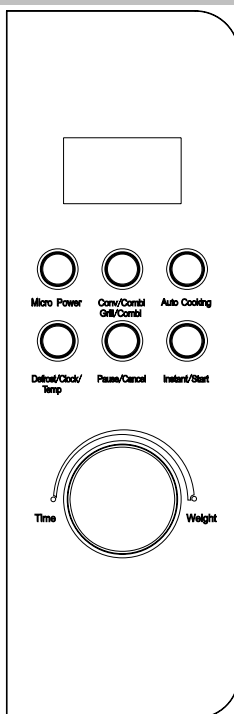
## WARNING

Never remove the waveguide cover

## 8) Grill rack

Use to place the roasting food.

# OPERATION OF CONTROL PANEL



## 1. BEFORE COOKING

The LED flashes 3 times when plugged in power supply. Then it shows "1:00", and colon flashes prompting you to input the cooking menu and time.

## 2. TIME/WEIGHT KNOB

You can increase or decrease cooking time, weight or auto cooking menu during operation by turning **Time/Weight** knob.

## 3. PAUSE/CANCEL

At the initial or input stage: press once to cancel input programs and resume initial stage.

During cooking: press once to stop oven operation, press twice to cancel cooking programs.

## 4. AUTO REMINDER

When your preset cooking procedure have finished, the LED display will show **End** and three beeps sound will be heard to prompt you to take out food. If you do not press **Pause/Cancel** button once or open the door, the beep will sound at an interval of 3 minutes.

## 5. INSTANT COOKING

On the standby status, press **Instant/Start** button, the oven will start cooking with high power; system default cooking time is 1 minute. You can increase or decrease cooking time by turning the knob.

**Note:** This instant cooking function applies to one of following situations:

- a. Activate instant cooking function within 2 minutes when the oven door is closed.
- b. Activate instant cooking function within 2 minutes when the **Pause/Cancel** is pressed.
- c. Activate instant cooking function within 2 minutes when the preset cooking program finishes.

## 6. CLOCK SETTING

Clock button make it available for you to input current or preset time when “:” flashes onto LED display after plugged in, or try to skip it over to continue if unnecessary.

Example: to set 12:30		
	Steps	Display
1	After power-up, the colon flashes	1:00
2	Press and hold <b>Defrost/Clock/Temp</b> button for 3 seconds	1:00
3	Turn <b>Time/Weight</b> knob to set exact hours.	12:00
4	Press <b>Defrost/Clock/Temp</b> button once again.	12:00
5	Turn <b>Time/Weight</b> knob to set exact minutes.	12:30
6	Press <b>Defrost/Clock/Temp</b> button once again or wait for 60 seconds, and the numbers will go steadily.	

## 7. MICROWAVE COOKING

This function is for cooking and heating food. Press **Micro Power** button, LED cycles to show 100P — 80P — 60P — 40P — 20P.

High power	100% microwave power. Applicable for quick and thorough cooking
Medium High power	80% microwave power. Applicable for medium express cooking
Medium power	60% microwave power. Applicable for steaming food
Medium Low power	40% microwave power. Applicable for defrosting food
Low power	20% microwave power. Applicable for keeping warm

## CAUTION

- a. The max time which can be set is 60 minutes.
- b. Never use the grill rack during microwave cooking.
- c. Never operate the oven empty.
- d. If you turn the food during operation, press the **Instant/Start** button once and the preset cooking procedure will continue.
- e. If you intend to remove the food before the preset time, you must press **Pause/Cancel** button once to clear the preset procedure to avoid unintended operation of next time use.
- f. At the maximum microwave power, the oven will automatically lower the power after a certain time of cooking to lengthen the service life.

<b>Example: To cook at 80P for 10 minutes.</b>		
	<b>Steps</b>	<b>Display</b>
1	After power-up, the colon flashes	<b>1:00</b>
2	Select the desired power by pressing <b>Micro Power</b> button consecutively	<b>80P</b>
3	Set cooking time by turning <b>Time/Weight</b> knob.	<b>10:00</b>
4	Press <b>Instant/Start</b> button to start and LED will count down to show running time.	

## 8. GRILL AND COVECTION COOKING

This function is for grilling food. Press **Conv.Combi /Grill.Combi** button, LED display will cycle to show C-C.1-C.2-G-G.1-G.2.

### 8.1 COVECTION AND COMBINATION COOKING

C	Convection, convection unit will be energized during entire operation time. In this mode, hot air is circulated throughout the oven cavity to brown and crisp foods quickly and evenly.
C.1	Combination of Convection Grill and microwave cooking. 30% of time microwave output and 70% of time Convection Grill
C.2	Combination of Convection Grill and microwave cooking. 55% of time microwave output and 45% of time Convection Grill

### CAUTION

Temperature setting

Select operating temperature by different task, temperature includes 100°C, 120°C, 140°C, 160°C and 180°C.



<b>Example: To cook with convection C at 180°C for 20 minutes</b>		
	<b>Steps</b>	<b>Display</b>
1	After power-up, the colon flashes	<b>1:00</b>
2	Press <b>Conv Combi /Grill Combi</b> button consecutively to select desired menu	<b>C</b>
3	Set the operating temperature by pressing <b>Defrost/Clock/Temp</b> button.	<b>180C</b>
4	Set the cooking time by turning <b>Time/Weight</b> knob.	<b>20:00</b>
5	Press <b>Instant/Start</b> button start cooking	

## 8.2 GRILL AND GRILL COMBINATION

G	Grill, the heat element will be energized during operation time. Which is applicable for rolling thin meats or pork, sausage, chicken wing as good brown color can be obtained
G.1	Combination of Grill and microwave cooking. 30% of time microwave output and 70% of time grilling
G.2	Combination of Grill and microwave cooking. 55% of time microwave output and 45% of time grilling

### **CAUTION**

In the mode of convection/combi/grill, all of the oven parts, as well as the rack and cooking containers, may become very hot. Use caution when removing any item from the oven. Use heavy potholders or oven mitts to PREVENT BURNS.

<b>Example: To grill food with G.2 cook menu for 10 minutes</b>		
	<b>Steps</b>	<b>Display</b>
1	After power-up, the colon flashes	<b>1:00</b>
2	Press <b>Conv Combi/ Grill Combi</b> button to select desired grill menu	<b>G.2</b>
3	Set cooking time by turning <b>Time/Weight</b> knob	<b>10:00</b>
4	Press <b>Instant/Start</b> to start cooking	

## 9. AUTO DEFROST

This function is used to defrost food; press the **Defrost/Clock/Temp** button when at standby state, the LED display will cycle to show Ad-1, Ad-2, Ad-3.

Ad-1	For defrosting meat, the weight range from 0.1 to 2.0 kg.
Ad-2	For defrosting poultry, the weight range from 0.2 to 3.0kg.
Ad-3	For defrosting seafood, the weight range from 0.1 to 0.9kg.

### **CAUTION**

- a. It is necessary to turn over the food during operation to obtain uniform effect.
- b. Usually defrosting will need longer time than that of cooking the food.
- c. If the food can be cut by knife, the defrosting process can be considered completed.
- d. Microwave penetrates around 4cm into most food.
- e. Defrosted food should be consumed as soon as possible, it is not advised to put back to fridge and freeze again.

<b>Example: To defrost 0.4kg poultry</b>		
	<b>Steps</b>	<b>Display</b>
1	After power-up, the colon flashes	<b>1:00</b>
2	Press <b>Defrost/Clock/Temp</b> button to set the food kind.	<b>Ad-2</b>
3	Turn <b>Time/Weight</b> knob to set the defrost weight	<b>0.4</b>
4	Start cooking by pressing <b>Instant/Start</b>	
5	During defrosting, beep sounds will be heard to prompt you turn over the food. Open the door and turn over the food. Then close the door. Press <b>Instant/Start</b> button again to continue defrosting	

## **10. AUTO COOKING**

The oven has default cooking menu for simple operation. When the LED flashes colon, press the **Auto Cooking** button and LED will cycle to show A-01, A-02 ..... A-10

Choose the appropriate menu according to the food type and weight and strictly observe the directions in below table, otherwise the cooking effect will be largely influenced.

## 66 Auto Cooking Menus

Display	NO.	Menu	weight
A-1	<b>SOUTH/ NORTH INDIAN DISHES</b>		
	1	Avial	1
	2	Veg coconut curry	250g
			500 g
	3	Pumpkin samber	1
	4	Lemon rice	1
	5	Tomato rasam	1
	6	Imli ki chutney	1
	7	Sweet rice	150gm
	8	rawa masala idli	1
	9	Dry gobi	250 g
		500g	
10	Lemon clean	1	
A-2	<b>GUJARATI DISHES</b>		
	1	Makai Ni Khichdi	1
	2	Gujarathi kadi	1
	3	Ama ki chutney	1
	4	Sev tomato curry	1
	5	Kela methi nushaak	1
	6	Oodhiya	1
	7	Ama ka panna	1
A-3	<b>RAJASTHANI DISHES</b>		
	1	Gatta kadi	1
	2	Gattt ka pulav	1
	3	Baingan Masala	250g
	4	Chicken Masala	250 g
			500g
5	Pyaz ki Subzi	1	
A-4	<b>PUNJABI DISHES</b>		
	1	Khoya matar	1
	2	Kheema matar	1
	3	Methi matar malai	1
	4	Veg Makhanwala	250g
			500g
	5	Paneer Makhani	1
	6	Navratna Kurma	1
7	Paneer Masala	1	
A-5	<b>BEGNALI DISHES</b>		
	1	Mustard chicken	250 g
			500g
2	prawn malai curry	250g	

A-5			500g
	3	Bhapa mach	250 g
			500g
	4	chholar dal	1
	5	Phudina Macchi	1
	6	Shukto	1
	7	Tomato chutney	1
A-6	<b>MAHARASHTRIAN DISHES</b>		
	1	Coconut rice	1
	2	Masala rice	1
	3	Stuffed capsicum	250g
			500g
	4	Veg kalvan	1
	5	Rice kheer	1
6	seviyachi kheer	1	
A-7	<b>TANDOOR SE</b>		
	1	Veg cutlet	1
	2	Aloo ki tikki	1
	3	Reshmi paneer tikka	1
	4	Hara Bhara Kebab	1
	5	Chicken hawalian pizza	1
	6	Cheese chilli toast	1
A-8	<b>STEAM FOOD</b>		
	1	Patra	1
	2	Methi muthia	1
	3	Coriander vadi (muthia)	1
	4	Palak idli	1
	5	Steam machurian	1
A-9	<b>OIL FREE DISHES</b>		
	1	Subzi Kadhi	1
	2	Palak Rice	1
	3	Mix veggie curry	1
	4	Palak Dal	1
	5	Shahi paneer mutter	1
	6	Tinda masala	1
A-10	<b>International Dishes</b>		
	1	Thai red curry	1
	2	Thai green curry	1
	3	Thai cauliflower curry	250 g
			500g
	4	Thai fish curry	250 g
			500g
	5	Mexican hot chocolate	1
6	Mexican spicy corn	1	
7	Nachos	1	

## CAUTION

- a. The temperature of food before cooking would be 20-25 °C. Higher or lower temperature of the food before cooking would require increase or decrease of cooking time.
- b. The temperature, weight and shape of food will largely influence the cooking effect. If any deviation has been found to the factor noted on above menu, you can adjust the cooking time for best result.
- c. If there is only one weight to choose for the menu, set the cooking menu and cooking number, pressing **Instant/Start** directly can start cooking; if there are two choices for the menu, please follow as the example.

<b>Example: Cook 500g of Thai fish curry</b>		
	<b>Steps</b>	<b>Display</b>
1	After power-up, the colon flashes	<b>1:00</b>
2	Press <b>Auto cooking</b> button to set the cooking menu	<b>A-10</b>
3	Turn <b>Time/Weight</b> knob to set cooking number	<b>4</b>
4	Press <b>Instant/Start</b> button to confirm	<b>250</b>
5	Turn <b>Time/Weight</b> knob to set cooking weight	<b>500</b>
6	Start cooking by pressing <b>Instant/Start</b>	

## **11. AUTOMATIC STARTING (DELAYED FUNCTION)**

If you do not want the menu be started immediately, you can preset the cooking menu and time and the preset menu will be automatically started at your set time. The setting will consist of 2 steps:

1. Setting the current clock;
2. Setting the cooking menu and time.

**Example: Now it is 12:30 clock, if you hope that the microwave oven will automatically start cooking with 100P microwave power for 9 minutes and 30 seconds at 14:20**

	<b>Steps</b>	<b>Display</b>
1	After power-up, the colon flashes	<b>1:00</b>
1.1	Press and hold <b>Defrost/Clock/Temp</b> button for 3 seconds	<b>1:00</b>
1.2	Set hours by turning <b>Time/Weight</b> knob.	<b>12:00</b>
1.3	Press <b>Defrost/Clock/Temp</b> button again. to confirm hours	<b>12:00</b>
1.4	Set minutes by turning <b>Time/Weight</b> knob.	<b>12:30</b>
1.5	Press <b>Defrost/Clock/Temp</b> button once or waiting for 60 seconds, and the numbers will go steady.	<b>12:30</b>
2	Set the cooking menu and time	
2.1	Select cooking power by pressing <b>Micro Power</b> button	<b>100P</b>
2.2	Turn <b>Time/Weight</b> knob. to set cooking time	<b>9:30</b>
2.3	Press and hold <b>Defrost/Clock/Temp</b> button for 3 seconds to return to current clock.	
3	Set the time you expect to start. Repeat the steps of 1.2, 1.3, 1.4	
4	Press <b>Defrost/Clock/Temp</b> button to confirm the delayed menu. Now the program has been activated. And the menu will be started at 14:20.	
5	You may check the preset starting time by pressing <b>Defrost/Clock/Temp</b> button.	

## 12. MULTI-SEQUENCE COOKING

To obtain best cooking result, some recipes call for different cook mode and time. You may program your personalized menu as follow:

Example: You want cook food with 100P microwave for 3 minutes then grill food for 9 minutes. This is 2 sequence setting.		
	Steps	Display
1	100P microwave for 3min	
1.1	Press <b>Micro Power</b> button to select power level.	<b>100P</b>
1.2	Turn <b>Time/Weight</b> knob to set cooking time.	<b>3:00</b>
2	Grill for 9min	
2.1	Press <b>Conv. Combi /Grill. Combi</b> button to select desired grill menu	<b>G</b>
2.2	Turn <b>Time/Weight</b> knob to set cooking time.	<b>9:00</b>
3	Start cooking by pressing <b>Instant/Start</b>	

### CAUTION

- a. When microwave power cooking is finished, microwave oven will begin grilling operation automatically.
- b. Max 4 sequences can be set per time, repeat the steps

## 13. CHILD LOCK FUNCTION

Use this feature to lock the control panel when you are cleaning or so that children can not use the oven unsupervised. All the buttons are rendered inoperable in this mode.

- 1) Set lock: Hold **Pause/Cancel** button about 3 seconds.
- 2) Cancel lock: Hold **Pause/Cancel** button about 3 seconds.



## UTENSILS GUIDELINE

It is strongly recommended to use the containers which are suitable and safe for microwave cooking. Generally speaking, the containers which are made of heat-resistant ceramic, glass or plastic are suitable for microwave cooking. Never use the metal containers for microwave cooking and combination cooking as spark is likely to occur. You can take the reference of below table.

Material of container	Microwave	grill	Convection	Combi	Notes
Heat-resistant ceramic	Yes	Yes	Yes	Yes	Never use the ceramics which are decorated with metal rim or glazed
Heat-resistant plastic	Yes	No	No	No	Can not be used for long time microwave cooking
Heat-resistant glass	Yes	Yes	Yes	Yes	
Plastic film	Yes	No	No	No	It should not be used when cooking meat or chops as the over-temperature may do damage to the film
Grill rack	No	Yes	Yes	Yes	
Metal container	No	No	No	No	It should not be used in microwave oven. Microwave can not penetrate through metal.
lacquer	No	No	No	No	Poor heat resistant. Can not be used for high temperature cooking
Bamboo wood and paper	No	No	No	No	Poor heat resistant. Can not be used for high temperature cooking

## **COOKING TIPS**

The following factors may affect the cooking result:

### **Food arrangement**

Place thicker areas towards outside of dish, the thinner part towards the centre and spread it evenly. Do not overlap if possible.

### **Cooking time length**

Start cooking with a short time setting, evaluate it after it times out and extend it according to the actual need. Over cooking may result in smoke and burns.

### **Cooking food evenly**

Food such as chicken, hamburger or steak should be turned once during cooking.

Depending on the type of food, if applicable, stir it from outside to centre of dish once or twice during cooking

### **Allow standing time**

After cooking times out, leave the food in the oven for an adequate length of time, this allows it to complete its cooking cycle and cooling it down in a gradual manner

### **Whether the food is done**

Color and hardness of food help to determine if it is done, these include:

- Steam coming out from all parts of food, not just the edge
- Joints of poultry can be moved easily
- Pork or poultry shows no signs of blood
- Fish is opaque and can be sliced easily with a fork

### **Browning dish**

When using a browning dish or self-heating container, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and rotating ring.

### **Microwave safe plastic wrap**

When cooking food with high fat content, do not allow the plastic wrap come into contact with food as it may melt

## **Microwave safe plastic cookware**

Some microwave safe plastic cookware might not be suitable for cooking foods with high fat and sugar content. Also, the preheating time specified in the dish instruction manual must not be exceeded

## **66 AUTO COOKING RECIPES**

### **SOUTH /NORTH INDIAN DISHES**

#### **1.AVIAL**

Ingredients: 1 cup mix vegetables (carrot, fresh beans,banana,bringals,cauliflower)  
2 cup water or as required  
Salt,Black pepper to taste  
1tbsp oil

To be ground to a paste;  
fresh coconut, green chilli,onion, garlic, ginger  
turmeric powder,garam masala powder, dhania powder to taste.

Method: 1) In microwave safe bowl (without lid),add all ingredient& ground paste, mix well.  
2) Set the auto cook menu &press start, stir in between.

#### **2. VEG COCONUT CURRY**

Ingredients: 250/500gm mix vegetables (carrot ,raw banana, French beans, pumpkins)  
1-2 tbsp oil  
5-6 curry leaves  
2-3 cup water or as required  
Salt to taste

For paste;  
Onion, tomatoes, fresh coconut, ginger-garlic, sabut dhania,  
Whole red chillies, garam masala powder to taste.

Method: 1) In microwave safe bowl (without lid),add all ingredient & paste , mix well.  
2) Set the auto cook menu &press start, stir in between.

#### **3.PUMPKIN SAMBER**

Ingredients : ½ cup toor dal  
1 medium pumpkin chopped  
1 brinjal,chopped  
1 potato,chopped  
1 onion,chopped  
2 Drumstick (peeled and cut into 4-5 pieces)

tamarind juice, chilli powder, turmeric powder, sambhar masala powder  
curry leaves to taste.  
1-2 tbsp oil  
6 cup water or/as required  
A pinch of (hing) asafetida.

Method : 1) In microwave safe bowl (without lid), add all ingredient & mix well.  
2) Set the auto cook menu & press start, stir in between  
3) Serve Hot.

#### 4. LEMON RICE

Ingredients : 2 cups cooked rice  
roasted jeera, turmeric powder, Garlic-Ginger paste, dry red chilli,  
lemon juice, salt pepper to taste  
5-6 curry leaves  
2tbsp oil,  
Water 4 tbsp.  
For the Garnish -1tbsp coriander chopped.

Method : 1) In microwave safe bowl, add all ingredient & mix well. (with lid)  
2) Set the auto cook menu & press start, stir in between  
3) Serve hot .

#### 5. TOMATO RASAM

Ingredients : 5 large tomatoes (cooked & puree)  
tamarind pulp, red chilli powder, roasted jeera, dry red chilies chopped  
salt, black pepper to taste.  
A pinch of hing  
2 tsp oil  
5-6 curry leaves  
3-4 cup water or as required

Method : 1) In microwave safe bowl (without lid), add all ingredient & mix well.  
2) Set the auto cook menu & press start, stir in between  
3) Serve hot with rice.

#### 6. IMLI KI CHUTNEY

Ingredients : 200 gms tamarind pulp  
jaggery (crushed), dates (de seeded chopped), jeera powder, garam masala

Salt,Red Chilli powder,Black Pepper to taste.  
1 cup water or as required

Method : 1) In microwave safe bowl (without lid),add all ingredient & mix well.  
2) Set the auto cook menu &press start ,stir in between.

## 7. SWEET RICE

Ingredients : 1 Cup Basmati Rice(soak for 30 min)  
3 ½ Cup Water (as required)  
¾ cup Sugar or to taste  
1tbsp Ghee  
1tbsp Kishmish  
1tbsp almonds  
½ tsp Cardomoms Powder  
A pinch of saffron and yellow colour.

Method: 1) In a microwave safe bowl ,(without lid) add all ingredient and mix well.  
2) Set the auto cook menu &press start ,stir in between.  
3) Serve Hot.

## 8.RAWA MASALA IDLI

Ingredients : 100 gm Suji  
1 cup Curd  
1tsp Fruit Salt  
¼ tsp Soda  
4-5 Curry leaves  
1 tbsp roasted cashewnuts  
2-3 Dry Red chillies  
1 tsp roasted mustard seeds  
Salt to taste

Method: 1)Mix all ingredients together to make a thick batter pour in greased microwave safe idli mould and set the auto cook menu.&press start.  
2) Serve Hot with Chutney.

## 9.DRY GOBI

Ingredients : 250 -500gm Cauliflower  
garam masala powder,red chilli, Turmeric Powder Salt, Pepper to

taste  
2tbsp oil  
1-2 Cup water or as required

For the paste  
Garlic- ginger,green chilli,onion,tomatoes to taste.

1tbsp coriander (for garnish)

Method :  
well

- 1) In a microwave safe bowl, add all ingredients and paste., mix well
- 2) Set the auto cook menu & press start stir in between.
- 3) Serve Hot.

## 10. Lemon Clean

Ingredients: A lemon  
200ml water

Method:

- 1) Cut the lemon in two, and then squeeze the lemon to obtain the lemon juice.
- 2) Put the juice into a microwave safe bowl and add 200ml water, mix well.
- 3) Set the auto cook menu & press start.
- 4) When time up, wait for 1min instead of opening the oven immediately, to let the liquid evaporate fully.
- 5) Take out the bowl, and remove the stain in the cavity with dampened soft cloth.

## GUJARATI DISHES

### 1.MAKAI NI KHICHDI

Ingredient : ½ cup fresh corn (grated)  
roasted jeera hing green chilli paste  
sugar, lemon juice ,salt , pepeer to taste  
2 tbsp oil  
1 ½ cup of water or as required  
1 tbsp coriander (chopped)

Mehtod :  
well

- 1) In a microwave safe bowl, add all ingredient and mix well.
- 2) Set the auto cook menu & press start ,stir in between.
- 3) Serve hot .

## 2.GUJARATI KADHI

Ingredient : 1 cup curd (beaten)  
2-3 tbsp flour gram (besan)  
jaggery/sugar,ginger paste,green chilli paste  
red chilli powder,turmeric powder  
jeera powder ,coriander (chopped),red chilli(chopped) to taste.  
2 cup water  
2 tbsp ghee

Method : 1) In a microwave safe bowl ,(without lid) add all ingredient and mix well.  
2) Set the auto cook menu& press start, stir in between.  
3) Serve hot with khichdi.

## 3.AMA KI CHUTNEY

Ingredient : 500 gm raw green mangoes (grated)  
¾ cup sugar as required  
ginger paste, black salt ,salt red chilli powder,garam masala,  
saunf powder to taste.  
¼ cup water or as required

Method : 1) In a microwave safe bowl ,add all ingredient and mix well.  
2) Set the auto cook menu & press start stir in between.  
3) Store in a sterillised glass jar.

## 4 SEV TOMATO CURRY

Ingredient : 1 ½ cups thick sev  
Tomatoes puree ,jeera powder hing, ginger paste  
turmeric powder,dhania powder.sugar  
Red chilli powder,salt to taste  
1 cup water or as required

Method : 1) In a microwave safe bowl ,(without lid) add all ingredient and mix well.  
2) Set the auto cook menu & press start, stir in between.  
3) Serve hot with roti.

## 5.KELA METHI NUSHAAK

Ingredient : 2 Bananas (peeled & chopped)  
1 cup methi leaves , chopped  
2 tbsp oil or ghee  
Some water

Roasted jeera powder, green chilli paste, ginger paste,  
Haldi, garam masala powder, red chilli powder, sugar, lemon juice  
salt to taste.

- Method :
- 1) In a microwave safe bowl, (with lid) add all ingredient and mix well.
  - 2) Set the auto cook menu & press start ,stir in between.
  - 3) Serve hot .

## 6. OODHIYA

Ingredient :

- 1 cup veg (surti papdi, kand ,suran, small potatoes brinjals, Banana ) peeled & chopped
- ½ cup methi muthias( cooked)
- 3- 4 tbsp oil or ghee
- 2 ½ cup water or as required
- Salt, pepper to taste.

For paste;

Fresh cocunt, coriander leaves, green chilli, ginger- garlic,  
Lemon juice ,sugar garam masala powder to taste.

- Method :
- 1) In a microwave safe bowl, add all ingredients and paste., mix well
  - 2) Set the auto cook menu & press start stir in between.
  - 3) Serve Hot.

## 7. AMA KA PANNA

Ingredient

- 2 cup raw mangoes pulp
- 2-3 cup water or as required
- Roasted jeera powder, black salt, salt sugar to taste.

- Method;
- 1) In a microwave safe bowl, add all ingredients & mix well.
  - 2) Set the auto cook menu & press start ,stir in between.
  - 3) Serve chilled ,garnish with mint leaves.

## **RAJASTHANI DISHES**

### 1. GATTA KADHI

Ingredient :

- For Gattas
- ½ cup besan



turmeric powder,jeera powder,red chilli powder,oil  
ajwain , salt, suger to taste.

#### For Kadi

1 cup curd (beaten)  
1-2 tbsp gram flour (besan)  
6-8 curry leaves  
jeera powder,dry red chillies (chopped),red chilli powder to taste.  
3 tbsp ghee, salt to taste  
2 cups of water  
A pinch of heeng  
1 tbsp coriander (chopped)

- Method :
- 1)Mix all the ingredient for gattas and knead into a firm dough (use water if required).
  - 2) Divide the dough into 8-10 equal portion and roll into cylindrical shapes to get almost 6 long rolls.Rub a little oil on you palm and keep aside.
  - 3) In microwave safe bowl (without lid) add mix (for kadi) all ingredient and mix well.Also add gattas and mix well.
  - 4) Set the auto cook menu & press start, and stir in between.

## 2.GATTA KA PULAV

Ingredient :

- ¼ cup ready gattas
- 1 cup basmati rice
- ¼ cup green peas
- 2 green chillies (chopped)
- 2 tbsp ghee
- ¼ tsp turmeric powder
- ¼ tsp red chilli powder
- A pinch of heeng
- Salt to taste
- 2-3 bay leaves
- 2 ½ cup water/as required

- Method :
- 1) In microwave safe big bowl, add all ingredient and mix well.
  - 2) Set the auto cook menu & Press start ,stir in between.
  - 3) Serve Hot.

## 3. BAINGAN MASALA

Ingredient : 250/500 gm baigan (baby)

2-3 tbsp oil  
5-6 curry leaves  
2-3 cup water or as required

For paste:  
dry coconut grated,garlic,til,jeera powder,cashewnuts(soak),haldi,  
tamarind pulp,Sugar.Salt , black pepper ,red chilli powder to taste  
1 tbsp coriander chopped.

Method: 1) In a microwave safe bowl, add all ingredient & paste, mix well.  
2) Set the auto cook menu, press start and stir in between.

#### 4. CHICKEN MASALA

Ingredient : 250/500 gm chicken into 4 pieces.  
2-3 tbsp oil  
5-6 curry leaves  
2-3cup water as required

For paste:  
dry coconut grated,garlic,til,jeera powder, haldi,  
tamarind pulp,Sugar.Salt , black pepper ,red chilli powder to taste  
1 tbsp coriander chopped.

Method: 1) In a microwave safe bowl, add all ingredient & paste , mix well.  
2) Set the auto cook menu and stir in between.

#### 5.PYAZ KI SUBZI

Ingredients : 8 to 10 baby onion (peeled)  
2 tbsp oil  
roasted peanuts powder,dhania powder,saunf powder  
turmeric powder,Salt, red chilli powder garam masala powder.  
Amchur powder to taste  
1 ½ cup water/as required

For Garnish : 1tbsp coriander leaves (chopped)

Method : 1) In microwave safe bowl, add all ingredient and mix well.  
2) Set the auto cook menu & press start ,stir in between.  
3) Serve Hot with Rice and Roti.

## **PUNJABI DISHES**

### **1.KHOYA MATAR**

Ingredients : 200 gm Khoya (mashed)  
50 gm peas  
3-4 tbsp oil  
1 ½ - 2 cup water as required  
red chilli powder,jeera powder,garam masala powder, lemon juice,  
Salt ,sugar to taste

For paste

Tamato ,onion, dry red chillies, ginger, Cashewnuts ( soak ) to taste.

Method: well 1) In a microwave safe bowl, add all ingredients & press start, mix well  
2) Set the auto cook menu& press start ,stir in between.  
3) Serve Hot.

### **2. KHEEMA MATAR**

Ingredients : 250 gms kheema (miced meat)  
¼ Cup Peas  
2 tbsp oil  
1 ½ -2 cup water as required

For paste;

tomatoes,Ginger-garlic paste,chilli powder,garam masala powder  
curd/lemon juice,onion ,Salt ,Pepper, sugar to taste

Method: well 1) In a microwave safe bowl, add all ingredient & paste and mix well  
2) Set the auto cook menu & press start,stir in between.  
3) Serve Hot.

### **3.METHI MATAR MALAI**

Ingredients : 1 Cup Methi leaves chopped  
¼ tsp Jeera roasted  
½ Cup green Peas  
1 ½ -2 Cup Milk as required

3 tbsp cream  
2 tbsp oil  
Salt,sugar ,pepper to taste

For paste  
onion , green chilli ginger, garlic ,cashewnuts(soak),  
Khus khus(soak) to taste.

- Method:
- 1) In a microwave safe bowl, add all ingredients& paste and mix well
  - 2) Set the auto cook menu & press start , stir in between.
  - 3) Serve Hot.

#### 4. VEG MAKHANWALA

Ingredients : 250-500 gms Vegetable (Carrots,Peas,Beans Cauliflower Paneer)  
3-4 tbsp butter  
Turmeric Powder,Jeera powderGaram Masala,Kasuri Methi  
Sugar,Chilli powder,Salt ,amchur powder to taste  
2-3 Cup Water as required

For Paste  
onion, tomatoes, ginger-garlic,dry red Chilli,Cashewnut  
Khus khus to taste.

- Method :
- 1) In a microwave safe bowl, add all ingredients & paste and mix well
  - 2) Set the auto cook menu & press start stir in between.
  - 3) Serve Hot.

#### 5. PANEER MAKHANI

Ingredients : 250 gm Paneer  
4 tbsp Butter melted  
2 Bay leaf  
1- ¼ cup water as required  
Honey,Kasuri Methi,cream,Salt ,red chilli powder  
Garam Masala to taste.

For Paste;  
Tomato.Onion, Green Chilli,Garlic  
Ginger, Dhania Jeera, Kaju (soak) to taste.

Method : 1) In a microwave safe bowl, add all ingredients & paste and mix well  
2) Set the auto cook menu & press start, stir in between.  
3) Serve Hot.

## 6.NAVRATNA KURMA

Ingredients : 250 gms vegetables (Peas,cauliflower,Beans,Potato)  
Garam Masala powder, red chilli powder,Salt,Black Pepper to taste .  
2 tbsp Ghee/Butter  
1 Cup Khoya (mashed)  
2-3 cup water as required

For paste  
onion , chilli garlic, tomato cashewnut(soak) to taste.

Method : 1) In a microwave safe bowl, add all ingredients and mix well  
2) Set the auto cook menu & press start ,stir in between.  
3) Serve Hot with Naan/Parathas

## 7.PANEER MASALA

Ingredients : 250 gm Paneer  
2-3 tbsp butter melted  
1 cup water as required  
Roasted Kasuri Methi, red chilli powder,Turmeric Powder  
Pepper,Salt to taste

For Paste:  
1 tomato 1 ½ Cup Cashewnuts, ½ Cup Fry Onion,  
2-3 Dry Kashmiri Red Chilli,

Method : 1) In a microwave safe bowl, add all ingredients & paste and mix well  
2) Set the auto cook menu& press start, stir in between.  
3) Serve Hot.

## **BEGNALI DISHES**

### 1.MUSTARD CHICKEN

Ingredients : 250-500 gm Chicken (cut into pieces)

For marinade

lemon juice,ginger garlic paste,red Chilli powder  
chicken masala powder,garam masala powder  
Salt,Pepper to taste Red colour few drops

- Method :
- 1) Wash the chicken pieces and make diagonal incisions all over it.
  - 2) Mix all ingredients for the marinade add the chicken pieces and refrigerated for 1 hour.
  - 3) Put the chicken pieces into the microwave safe bowl (covered) and set the auto cook menu.& press start.
  - 4) Stir in between.
  - 5) Now brush with oil and grill for 5-6 minutes stir in between.

## 2. PRAWN MALAI CURRY

Ingredients : 250-500 gms Prawn  
2-3 tbsp oil  
1 ½ - 2 cup coconutmilk/ water or as required  
Salt to taste

For curry paste;

mustard sauce,curd beatenred chilli powder  
dry red chilli (soak) to taste.

- Method :
- 1) In a microwave safe bowl, add all ingredients & curry paste and mix Well.
  - 2) Set the auto cook menu& press start. stir in between.
  - 3) Serve Hot with rice.

## 3.BHAPA MACH

Ingredients : 250-500 gm fish  
2 tbsp oil  
1-1 ½ cup water as required  
Lemon juice Salt,pepeer to taste.

For paste

Onion,dry red chilli,,mustard paste,haldi to taste

- Method :
- 1) In a microwave safe bowl, add all ingredients& paste and mix well
  - 2) Set the auto cook menu& press start, stir in between.
  - 3) Serve Hot .

#### 4.CHHOLAR DAL

- Ingredients :
- 1 Cup Chana dal (soak for 6-7 hours)
  - 5 Cup water as required
  - 2 tbsp oil
  - Amchoor, dry red chilli paste,turmeric powder,roasted jeera
  - Sugar,grated coconut, haldi,salt to taste
  - 2 bay leaves
- 1 tbsp coriander (chopped) for garnish
- Method :
- 1) In a microwave safe bowl, (without lid)add all ingredients and mix well
  - 2) Set the auto cook menu& press start. stir in between.
  - 3) Serve Hot with rice.

#### 5.PHUDINA MACCHI

- Ingredients :
- 250-500 gms Fish (whole)
  - pudina chutney ,green chilli paste,ginger garlic paste
  - vinegar,lemon juice,salt pepeer to taste
  - 2 tsp oil
  - $\frac{3}{4}$  -1 cup water (as required)
- Method:
- 1) In a microwave safe bowl, add all ingredients and mix well
  - 2) Set the auto cook menu& press start, stir in between.
  - 3) Serve Hot

#### 6.SHUKTO

- Ingredients :
- 250 gm Veg (Banana raw,carrot,brinjal,potato,karela)peeled & chopped
- For Paste
- Mustard souce,Khus ,Methi dana soaked paste
  - 2 tbsp oil,green chilli,Salt,red chilli powder to taste
  - 1  $\frac{1}{2}$  -2 cup water.as required
- Method:
- 1) In a microwave safe bowl, add all ingredients & paste and mix well
  - 2) Set the auto cook menu & press start ,stir in between.
  - 3) Serve Hot .

## 7.TOMATO CHUTNEY

Ingredients : 250 gms tomato chopped  
2 tbsp mustard oil  
1 tbsp Vinegar  
green chilli paste,raisins,ginger paste,Kalonji roasted  
cumin seeds roasted,mustard seeds roasted  
saunth roasted,fenugreek roasted,Salt, Pepper to taste  
¼ cup water as required.

Method: 1) In a microwave safe bowl, add all ingredients and mix well  
2) Set the auto cook menu &press start,stir in between.  
3) Cool and store in an air tight container.

## **MAHARASHTRIAN DISHES**

### 1.COCONUT RICE

Ingredients : 1 Cup Basmati Rice(soak for 30)  
2 ½ - 3Cup Water/Coconut milk or as required  
¼ Cup Fresh coconut grated  
2-3 Bay leaves  
1 onion Chopped  
2 Piece cinnamon  
2-3 cloves  
2 cardamom  
2 tbsp ghee  
Salt to taste

Method : 1) In a microwave safe bowl, add all ingredients( without lid) and mix  
Well.  
2) Set the auto cook menu& press start , stir in between.  
3) Serve Hot.

### 2.MASALA RICE

Ingredients : 1 Cup Basmati Rice(soak for 30min)  
¼ Cup Green Peas  
½ tsp roasted jeera  
A pinch of Hing  
5 Cloves,  
3 Green Cardomom



5-6 curry leaves  
¼ tsp turmeric powder  
1 tbsp Peanuts  
4 tbsp Ghee  
2-3 tbsp goda masala/Garam Masala or to taste.  
2 ½ -3 cup water or as required  
Salt to taste

Method: 1) In a microwave safe bowl, add all ingredients and mix well  
2) Set the auto cook menu & press start , stir in between.  
3) Serve Hot.

### 3. STUFFED CAPSICUM

Ingredients : 250-500 gm capsicum  
Salt to taste  
2-3 tbsp oil

For Stuffing  
tomatoes (mashed and boiled), Cottage cheese (paneer) 100 gm  
grated  
Cashewnuts chopped , amchur powder, garam masala, green chilli  
paste  
Black pepper, red chilli powder , coriander (chopped) to  
taste.

Method : 1) Cut capsicum from the top and remove the seeds.  
2) Mix all ingredients for stuffing and mix well.  
3) Stuff the mixture into the capsicum.  
4) Put the capsicum into microwave safe bowl, (with lid) and set the  
auto cook menu & press start.  
5) Stir in between.  
6) Serve Hot.

### 4. VEG. KALVAN

Ingredients : 1 cup vegetable (Carrots, Cauli flower, Green peas,  
Potatoes)  
4-6 Curry leaves  
1-2 tbsp oil  
Sugar, roasted jeera, salt to taste.  
2-3 cup water as required

To be ground into paste :-

Big onion, ginger garlic, fresh coconut, tomatoes,  
turmeric powder, malvani masala, whole red chilli to taste.

- Method :
- 1) In a microwave safe bowl, add all ingredients and mix well
  - 2) Set the auto cook menu & press start. stir in between.
  - 3) Serve Hot.

#### 5. RICE KHEER

Ingredient;                    1 cup cook rice  
                                      600 ml Milk  
                                      100 gm Sugar or to taste  
                                      ½ tsp cardamom powder  
                                      1 tbsp dry fruits chopped

- Method:
- mix
- 1) In a microwave safe bowl, add all ingredients (without lid) and mix Well.
  - 2) Set the auto cook menu & press start, stir in between.
  - 3) Serve Hot.

#### 6. SEVIYACHI KHEER

Ingredients :                50 gm Semiyan, roasted  
                                      600 ml Milk  
                                      100 gm Sugar  
                                      6 tbsp Ghee  
                                      1 tbsp dry fruit chopped

- Method:
- mix
- 1) In a microwave safe bowl, add all ingredients ( without lid) and mix Well.
  - 2) Set the auto cook menu & press start, stir in between.
  - 3) Serve Hot.

### **TANDOOR SE**

#### 1. VEG CUTLET

Ingredients : 250 gm potatoes (boiled)  
                                      ¼ cup boiled peas  
                                      chilli paste, garlic paste, chat masala

red chilli powder Salt, Pepper to taste  
2tbsp oil (for brushing)  
3-4 tbsp bread crumbs

Method ;1) Mash potatoes and peas, add green chillies paste, garlic paste, chat Masala, red chilli powder, salt and pepper, mix well.  
2) Shape the prepared mixture in the form of cutlets and apply a little oil on it. Roll the cutlets in bread crumbs.  
3) Place the cutlet on the bake dish  
4) Set the auto cook menu& press start, till golden brown.Turn the side midway for.uniform browning.  
5) Serve Hot with sauce.\

## 2. ALOO KI TIKKI

Ingredients : 250 gm potatoes (boiled)  
chilli paste,garlic paste,chat masala  
red chilli powder Salt, Pepper to taste  
2tbsp oil (for brushing)  
3-4 tbsp bread crumbs

Method ;1) Mash potatoes, add green chillies paste, garlic paste, chat Masala, red chilli powder, salt and pepper, mix well.  
2) Shape the prepared mixture in the form of aloo ki tikki and apply a little oil on it. Roll the tikki in bread crumbs.  
3) Place the tikki on the bake dish  
4) Set the auto cook menu& press start till golden brown.Turn the side midway for uniform browning.  
5) Serve Hot with sauce.

## 3. RESHMI PANEER TIKKA

Ingredients; 200gm paneer (cut into pieces)  
2tbsp oil for brushing

For marinate:  
Curd, red chilli powder,ginger –garlic paste  
Garam masala powder, chat masala powder  
Salt, sugar to taste.

Method;  
1. Mix all ingredients of the marinate,add paneer (except oil)  
To it refrigerate for half an hour.  
2.Arrange marinated paneer on the bake dish ,brush with oil and  
Select auto cook menu & press start.  
3. Sprinkle chat masala and serve with chutney.

#### 4. HARA BHARA KEBAB

Ingredients : 100 gm potatoes (boiled)  
½ cup boiled peas  
1 bunch Palak ( boiled and thick paste )  
20 gm chana dal (boil & soft)  
chilli paste,garlic paste,chat masala,lemon juice  
red chilli powder Salt, Pepper to taste  
2tbsp oil (for brushing)

Method ;1) Mash ,palak paste,potatoes,चना dal and peas, add green chillies paste, garlic paste, chat Masala, lemon juice, red chilli powder, salt and pepper, mix well.  
2) Shape the prepared mixture in the form of kababs and apply a little oil on it.  
3) Place the kababs on the bake dish.  
4) Set the auto cook menu & press start,till golden brown.Turn the side midway for uniform browning.  
5) Serve Hot with sauce.

#### 5. CHICKEN HAWALIAN PIZZA

Ingredients : 1 Big Pizza base.

For Topping

Onion chopped,chicken pieces (cooked)  
pineapple (cut into small pieces)pizza cheese (grated)  
tomato sauce, salt,pepper to taste.

Method: 1) Spread tomato sauce on the pizza base, Sprinkle a little grated cheese  
2) Spread chicken pieces, onion ,salt pepper,and pineapple pieces on it.  
Spread rest of the grated cheese over the topping (on the rack)  
3) Set the auto cook menu& press start , till the cheese melts.  
4) Serve Hot with sauce.

#### 6. CHEESE CHILLI TOAST

Ingredients : 4 Bread Slice  
2tbsp butter

For topping

500gm cheese grated  
3-4 green chilli (chopped)

Salt, Pepper to taste  
1tbsp coriander leaves (chopped)

- Method:
- 1) Apply little butter on the both the side of bread
  - 2) Mix all ingredient for topping
  - 3) Spread on bread slices (on the rack).
  - 4) Set the auto cook menu& press start, till the cheese melts.
  5. serve hot with sauce.

## **STEAM FOOD**

### 1.PATRA

Ingredients: Patra leaves 4-6 sized  
Besan 1 – 1 ½ cup as required  
Red chill powder, ginger-darlic paste, tarmarinnd pulp,  
Grated jiggery, dhaniya powder ,haldi,salt ,  
some water - As per your taste.

- Method:
- 1.Wash and clean the patra leaves. Divide in 2 parts,keep side.
  - 2.Make a thick batter from all other ingredients,take the largest leaf and apply the batter on one side.keep another leaf on the batter side of the largest leaf. Repeat the process for the other leaves.Fold from 2 sides and roll up from the down side .Make a tight roll. Repeat the whole process with the other set of leaves .Arrange the 2-3 rolls in a steamer. Select Auto cook menu and press start.

### 2. METHI MUTHIA

Ingredients: Methi leaves ¾ cup  
Besan ½ cup ,as required  
Suji 3-4 tbsp  
Oil 2-3 tbsp  
Ginger- garlic paste, chilli powder ,dhaniya powder,  
Haldi lemon juice,sugar, salt - as per your taste.

- Method:
- 1.Mix all the ingredients .Add some water and make a soft dough.
  2. Make small rolls from this mixture place rolls in steamer. Select auto

cook meun and press start.

### 3.CORIANDER VADI (MUTHIA)

Ingredients: Coriander leaves  $\frac{3}{4}$  cup  
Besan  $\frac{1}{2}$  cup ,as required  
Suji 3-4 tbsp  
Oil 2-3 tbsp  
Ginger- garlic paste, chilli powder ,dhaniya powder,  
Haldi lemon juice,sugar, salt - as per your taste.

Method: 1.Mix all the ingredients .Add some water and make a soft dough.  
2. Make small rolls from this mixture place rolls in steamer. Select auto cook meun and press start.

### 4.PALAK IDLI

Ingredients: Idli batter 3 cup  
Palak puree 1 bunch  
Salt to taste.

Method: 1. Take the idli batter. Add palak puree and salt. & mix well.  
2.pour warm water into the 2.5 ltr bowl.  
3.. pour batter into the idli plates given in the idli stand & keep inside the bowl  
& cover it with lid.  
4.Set the auto cook menu &press start.

### 5. STEAM MACHURIAN

Ingredients;  $\frac{1}{2}$  cup cabbage, carrot (grated)  
1 tsp garlic  
2-3 tbsp corn flour  
1 tbsp Maida/atta  
Salt, ajinomoto,black pepper to taste.

Method; 1.Mix all ingredients, now make small balls & steam it in the idli steamer .  
2.Select auto cook menu & press start.

## **OIL FREE DISHES**

### **1.SUBZI KADHI**

Ingredients;     ½ cup boiled veg ( carrots, beans, cauliflower)  
1 ½ -2 cup low fat curds (beaten)  
2-3 tbsp besan  
1 ½ -2 cup water    as required  
Jeera powder, whole red chilli , green chilli paste,  
Curry leaves, sugar, salt,       to taste.

For garnish 1-2 tbsp coriander leaves (chopped)

Method:        1) In a microwave safe bowl, add all ingredients ( without lid)and mix Well.  
2) Set the auto cook menu &press start, stir in between.  
3) Serve Hot with roti/rice.

### **2.PALAK RICE**

Ingredients : 1 Cup Basmati Rice(soak for 30 min)  
½ Cup Palak paste  
2 ½ - 3 Cup Water as required  
Green chilli paste,Salt ,Black Pepper to taste  
2 Cloves  
1 Bay leaf

Method:        1) In a microwave safe bowl, add all ingredients and mix well  
2) Set the auto cook menu& press start, stir in between.  
3) Serve Hot.

### **3.MIX VEGGIE CURRY**

Ingredients : 1 ¼ Vegetable (Carrot,French Beans,Capsicum)  
½ Cup Paneer  
2- 2 ½ Cup water as required

Garam masala powder,dhania Powder ,Salt to taste

For paste :  
Onion, tomato,fresh Coconut,garlic  
2 cloves,jeera,dry red chilli       to taste.

Method: well  
1) In a microwave safe bowl, add all ingredients(without lid) and mix  
2) Set the auto cook menu & press start, stir in between.  
3) Serve Hot.

#### 4.PALAK DAL

Ingredients; 1-1 ½ cup palak (chopped)  
½ -1 cup moong dal (boiled)  
1-2tbsp peanuts  
  
1-1 ½ cup water  
Onion paste, tomato, haldi, red chilli, kokam,garam masala  
Sugar, salt to taste.

Method: 1) In a microwave safe bowl, add all ingredients ( without lid)and mix Well.  
2) Set the auto cook menu &press start, stir in between.  
3) Serve Hot with roti/rice.

#### 5.SHAHI PANEER MUTTER

Ingredients ; ¾ cup low fat paneer ( cottage cheese)  
¼ cup peas , 1- ½ cup water  
Garam masala powder, red chilli powder  
Haldi, salt, pepper roasted kasuri methi to taste.

For paste;  
Big Onion, cashewnut(soak) garlic, tomato to taste.

Method: 1) In a microwave safe bowl, add all ingredients ( without lid)& paste, mix Well.  
2) Set the auto cook menu &press start, stir in between.  
3) Serve Hot with roti/rice.

#### 6.TINDA MASALA

Ingredients ; 2 cup tinda (peeled & thinly sliced)  
1 – 1 ½ cup water  
Garam masala powder, red chilli powder,jeera-dhania powder  
Haldi, salt, pepper to taste.  
1 tbsp coriander for garnish



For paste;  
Big Onion, fresh coconut, garlic, tomato to taste.

- Method:
- 1) In a microwave safe bowl, add all ingredients ( without lid)& paste, mix Well.
  - 2) Set the auto cook menu &press start, stir in between.
  - 3) Serve Hot with roti/rice.

## **INTERNATIONAL DISHES**

### **1. THAI RED CURRY**

Ingredients : 250 gm Mix vegetable (6-7 baby corn, mushroom, broccoli, French beans)  
2tsp oil,  
soya souce,vinegar,sugar,salt,pepper to taste  
2 ½ cup water as required

For red curry paste.  
red kashmiri chillies (soaked in ¼ cup water)  
onion, garlic flakes,2-3 lemon grass  
dhania,jeera, garam masala to taste

- Method :
- 1) In a microwave safe bowl, add all ingredient & red curry paste, and mix Well.
  - 2) Set the auto cook menu & press start ,.stir in between.
  - 3) Serve Hot.

### **2. THAI GREEN CURRY**

Ingredients : 250 gm Veg (Mushroom, cauliflower, capsicum, baby corn Paneer)  
2tbsp oil  
Salt, sugar ,Pepper to taste  
2 ½ cup water as required

For green curry  
Green Chillies, cloves,garlic, onion  
Ginger,1 cup coriander, lemon juice,  
jeera, lemon grass. To taste.

- Method :
- 1) In a microwave safe bowl ,add all ingredient &green curry paste and Mix well.
  - 2) Set the auto cook menu& press start. stir in between

3) Serve Hot.

### 3. THAI CAULIFLOWER CURRY

Ingredients : 250-500gm cauliflower  
2tbsp-3tbsp oil  
soya souce,sugar,salt,pepper to taste.  
2 ½ cup water (as required)

For red curry paste  
red kashmiri chillies,onion,  
Garlic Flakes,2-3 lemon grass,  
dhania, Jeera, garam masala to taste.

Method : 1) In a microwave safe bowl, add all ingredient & paste and mix well.  
2) Set the auto cook menu and press start.stir in between.  
3) Serve Hot.

### 4. THAI FISH CURRY

Ingredients : 250-500 gm  
2 tbsp oil,  
Salt, Pepper to taste.

For Paste :  
Dry red chillies (soak)  
onion, mustard sauce, soya sauce  
tamarind pastegarlic flakes,  
lemon grass,sugar, to taste.  
1 cup water as required.

Method well. 1) In a microwave safe bowl, add all ingredient & paste and mix well.  
2) Set the auto cook menu& press start.stir in between.  
3) Serve Hot.

### 5. MEXICAN HOT CHOCOLATE

Ingredients : ½ cup Chocolate pieces  
½ cup water  
1tbsp instant coffee  
1tbsp vanilla custard powder/flavour

2 ½ cups milk  
Sugar, cinnamon powder to taste.

- Method:
- 1) In a microwave safe bowl(with out lid) add all ingredient and mix well.
  - 2) Set the auto cook menu& press start. stir in between.
  - 3) Serve Hot.

## 6.MEXICAN SPICY CORN

Ingredients :

- ½ cup corn boiled
- ½ cup capsicum (chopped)
- ½ cup onion (chopped)
- Green chillies (chopped),chilli powder, tomato ketchup totaste
- 1 tbsp oil
- 1tbsp tomato chopped
- 2tbsp water,1tbsp coriander (chopped)
- Oregano,salt,pepper to taste

- Method :
- 1) In a microwave safe bowl add all ingredient and mix well.
  - 2) Set the auto cook menu &press start ,stir in between.
  - 3) Serve Hot.

## 7.NACHOS

Ingredients :

- 7-8 Corn Chips
- 200 gm Cheese (grated)

For the Salsa Sauce :

- 2 Large Tomatoes (Chopped)
- 1 Onion (Chopped)
- 1 Medium Capsicum (Chopped)
- Sweet chilli sauce,garlic paste,oregano dry
- Salt,Pepper (to taste)

- Method :
- 1)Mix all ingredient for the salsa sauce and arrange the corn chips on a microwave safe dish top it up with the salsa sauce and grated cheese .
  - 2) Set the auto cook menu& press start, till cheese melts.
  - 3) Serve immediately , otherwise the corn chips will turn soggy.

## **MAINTENANCE**

### **SERVICING**

Please check the following before calling for services.

1. Place one cup of water (approx.150ml) in a glass measure in the oven and close the door securely. Oven lamp should go off if the door is closed properly. Let the oven work for 1 min.
2. Does the oven lamp light?
3. Does the cooling fan work?  
(Put your hand over the rear ventilation openings.)
4. Does the turntable rotate?  
(The turntable can rotate clockwise or counter clockwise. This is quite normal.)
5. Is the water inside the oven hot?

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box. If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTER APPROVED.

### **SERVICING SAFEGUARDS**

**Caution: MICROWAVE RADIATION**

1. The high voltage capacitor remains charge after disconnection; short the negative terminal of H. V capacitor to the oven chassis (use a screw driver) to discharge before touching.

2. During servicing below listed parts are liable to be removed and give access to potentials above 250V to earth.

- Magnetron
- High voltage transformer
- High voltage capacitor
- High voltage diode
- High voltage fuse

3. The following conditions may cause undue microwave exposure during servicing.

Improper fitting of magnetron;

Improper matching of door interlock, door hinge and door;

Improper fitting of switch support;

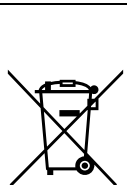
Door, door seal or enclosure has been damaged.

### **CAUTION**

1. If LED displays Err0 during working, it indicates that sensor has been short circuit and you need replace it at the nearest repaired department.

2. If LED displays Err1 during working, it indicates that sensor has been open circuit and you need replace it at the nearest repaired department.

#### **Correct Disposal of this product**



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.



Customer Name..... Address.....

Serial No..... Date of purchase..... Model No.....

Dealer Seal.....

## HAIER WARRANTY

HAIER APPLIANCES (INDIA) PVT. LTD. (hereinafter referred to as "the Company") hereby offers the following warranty to the original domestic purchaser commencing from the date of the purchase. The Company, at its sole discretion, will free of charge repair or replace any defective part or parts which prove to be defective in workmanship and/or materials and not due to abnormal or improper usage.

### CONDITIONS OF WARRANTY

- 1) This warranty will automatically terminate on the expiry of the warranty period from the date of delivery.
- 2) The Company is not liable for any delay in servicing due to reasons beyond the control of the Company or any of its authorised service centres.
- 3) Parts replaced or repaired under this warranty are warranted throughout the remaining of the original warranty period.
- 4) It is entirely left to the Company's discretion to repair/replace parts at the site of installation or at the authorised service centre of the Company.
- 5) This warranty shall be strictly limited to the repairs or replacement of defective parts specified in the warranty. This warranty shall not cover any consequential or resulting liability.
- 6) This warranty shall not, in any case, extend towards payment of any monetary consideration whatsoever or replacement or return of the product.
- 7) The Company may repair/supply parts free of cost during the warranty period. This warranty does not cover any Excise duty, Central or Sales tax, Octroi and other local taxes or levies on the components/parts.
- 8) The parts shall be replaced by functionally operating equivalent material only and not with brand new ones and are likely to be different from the one originally fitted. The parts thus removed shall be taken back by the Company.
- 9) The Company reserves the right to retain any part or component replaced at its sole discretion during the warranty period.
- 10) In no event the Company or its authorised service centre be liable for any consequential damages or resulting liability, damage or loss arising directly or indirectly out of any defect in the product.
- 11) This warranty is not valid in case of the following events:
  - a) If the Product has been Installed/ Serviced/ Repaired/ Opened or Tampered by any unauthorised personnel.
  - b) If defects arise/ caused by accidents, alteration, misuse, neglect, substitution of original components with spurious/non-genuine components, attacked by household pest / rodents, fire, flood, earthquake, lightning and/or any other act of God/natural calamities.
  - c) The product is shifted outside India.
- 12) For any service under this warranty beyond city/town/municipal limits from the Company/authorised service centre, a fixed charge of Rs. 50 will be collected from the customer in addition to the actual to and fro charges by the shortest route.
- 13) Any change of location or change in the ownership during the warranty period must be intimated in writing to the Company.
- 14) The Company's employees or its authorised representatives have no authority to vary the terms of this warranty.
- 15) This warranty is effected in New Delhi and claims, if any, shall be made only before the courts having jurisdiction in New Delhi and no claim shall be made against the Company outside New Delhi notwithstanding that the Appliance may have been sold or delivered elsewhere.

Product	Warranty	
	Period	Parts not covered
Colour TV	12 Months	Remote, Cabinet
Refrigerator	Comprehensive: 12 Months Compressor: 60 Months	Plastic, Glassware, Light Bulb
Washing Machine	Comprehensive: 24 Months Motor: 60 Months	Top Lid, Outer Casing
Airconditioner	Comprehensive: 12 Months Compressor: 60 Months	Air Filter, Front Grill
Microwave	Product: 12 Months Magnetron: 36 Months	Glass, Turn table, Bulb
Dishwasher	24 Months	
Cloth Dryer	12 Months	
DVD	12 Months	



HAIER APPLIANCES (INDIA) PVT.LTD., Building No.-1, Okhla Industrial Estate, Phase III, New Delhi-110020  
Ph: 011-3064500-4000. Fax:011-26971562



Customer Name..... Address.....

Serial No..... Date of purchase..... Model No.....

Dealer Seal.....

# Haier

## Inspired Living



Haier is the biggest Home Appliances Brand\*in the world. We represent a higher quality of life across 166 countries, and have transformed the way people live. Haier has touched millions of lives. Bringing to them a whole range of products that go far beyond mere appliances. Haier boasts of a product range of 15,100 models across 96 categories. Haier products are inspired by actual usage patterns of people and are designed in R&D centers globally. Adding that little extra makes the difference. Haier is today welcomed by millions to make their today better than yesterday. At Haier, we call this Inspired Living.

**Haier Appliances ( India) Pvt.Ltd.**

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New Delhi -110020

**Tel- +91-1139496000,30674000,Fax: +91-11-30674088**

**Manufactured by :** Haier Appliances (India) Pvt. Ltd.,  
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# Haier

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