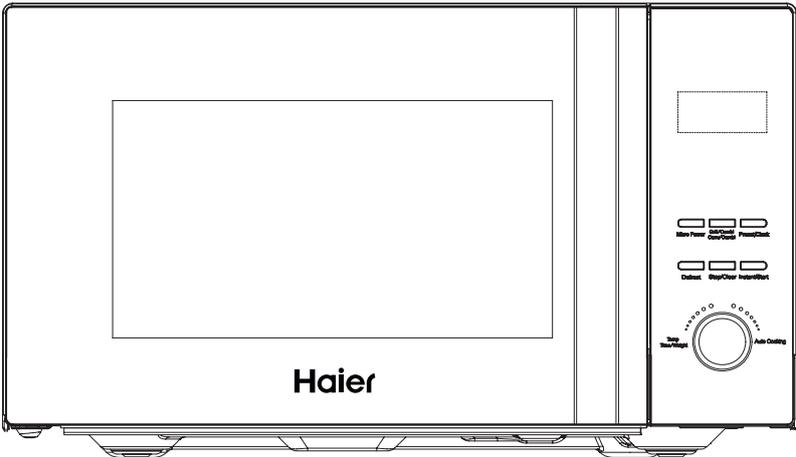


Microwave Oven

Model:HIL 2301CSSH

Owner's Manual

Haier



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

INSTALLATION

1. Take out all the packing. If there is a safe film over the oven, tear it off before Use. Check carefully for damage. If any, immediately notify dealer or send to the manufacturer's service center.
2. Microwave ovens must be placed under dry and non-corrosiveness environments, kept away from heat and humidity, such as gas burner or water tank.
3. 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
4. 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.
5. 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.
6. The microwave oven must not be placed in a cabinet. The microwave oven is intended to be used freestanding.
7. The back of the oven must be placed against a wall.
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. Operating dry should only be conducted in the grill mode; it should not be conducted at combination mode.

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. The oven should be cleaned regularly and any food deposits removed;
 22. 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;
 23. 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.
 24. The appliances are not intended to be operated by means of an external timer or separate remote -control system.
 25. 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.
 26. 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.
 27. 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.

- 28. 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.
- 29. Children should be supervised to ensure that they do not play with the appliance.
- 30. A steam cleaner is not to be used.
- 31. The door or the outer surface may get hot when the appliance is operating.
- 32. **WARNING:** Accessible parts may become hot during use. Young children should be kept away.
- 33. During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
- 34. The surfaces are liable to get hot during use.

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 2301CSSH	230V~/50Hz	1280	800	1000	2300	2450	23
Grill combi 1 (W)	Grill combi 2 (W)	Convection combi 1 (W)	Convection combi 2 (W)				
1320	1310	1300	1260				

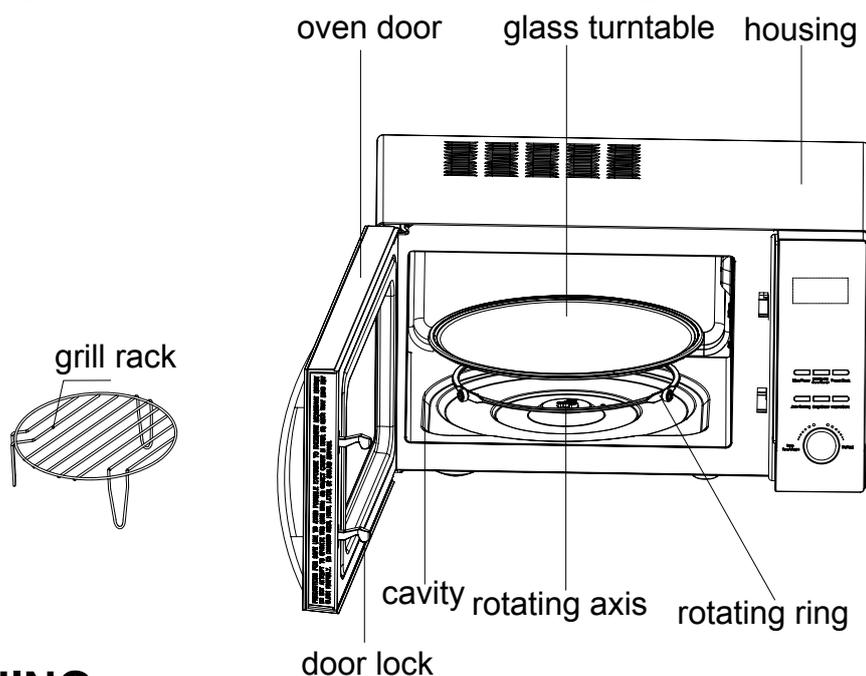


: CAUTION:HOT SURFACE

Household use only

PRODUCT INTRODUCTION

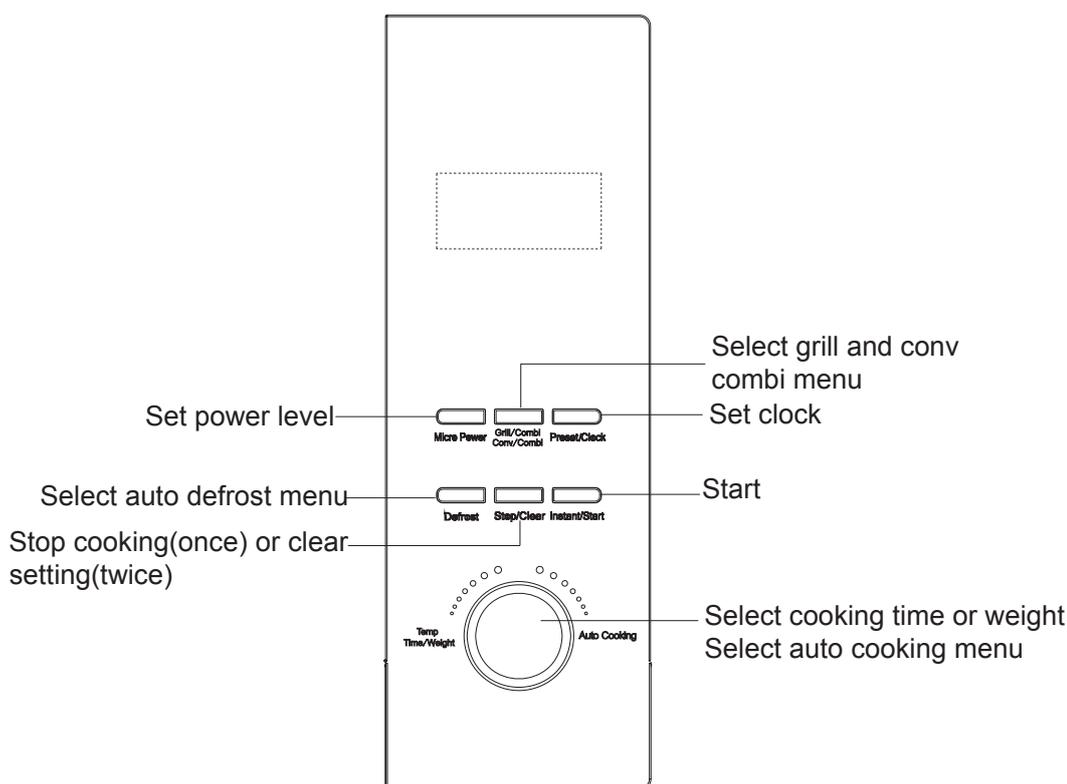
1. Appearance and structure diagram



! WARNING

- a. Do not remove the Waveguide cover during cleaning
- b. Make sure the Waveguide cover installation right and no damage during cooking

2. Control panel



Function and Operation method

⚠ CAUTION

The LED flashes 3 times when plugged in power supply. Then it flashes “:”, prompting you to input the cooking menu and time.

1. 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 **Stop/Clear** button once or open the door, the beep will be sounded at an interval of 3 minutes.

2. Clock setting

Preset/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	:
2	Press Preset/Clock button once	0:00
3	Turn Auto cooking or Temp/Time/Weight knob to set exact hours.	12:00
4	Press Preset/Clock button once again.	12:00
5	Turn Auto cooking or Temp/Time/Weight knob to set exact minutes.	12:30
6	Press Preset/Clock button once again or wait for 5 seconds, and the numbers will go steadily.	

3. Microwave cooking

This function is used 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

- The max time which can be set is 60minutes
- Never operate the oven empty.
- If you turn the food during operation, press the **Instant/Start** button once and the preset cooking procedure will continue.
- If you intend to remove the food before the preset time, you must press **Stop/Clear** button once to clear the preset procedure to avoid unintended operation of next time use.

Example: To cook at P80 for 10 minutes.		
Steps		Display
1	After power-up, the colon flashes	:
2	Select the desired microwave power by pressing Micro Power button consecutively	80P
3	Set cooking time by turn Auto cooking or Temp/Time/Weight knob	10:00
4	Press Instant/Start button to start and LED will count down to show running time.	

CAUTION

You may change the cooking time during cooking. And it is recommended turning the food halfway, after you turn the food. Press **Instant/Start** button once to continue.

4. Convection/ Combination Grill/Combination

This function is used for grilling food. Press **Conv. Combi/Grill. Combi** button LED Display will cycle to show C...C1...C2...G...G1...G2.

4.1 Convection/Combination

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.
C1	Combination of Convection Grill and microwave cooking. 30% of time microwave output and 70% of time Convection Grill
C2	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 80°C, 100°C, 120°C, 140°C, 160°C, 180°C, 200°C and 210°C.

For defrosting, set at 100°C.

For baking, set the oven at 140 - 180°C.

For grill poultry, set at 180-210°C.

In combination mode, the cooking temperature you set can't exceed 180°C as the oven cannot be heated to the temperature higher than 180°C.

Example: To cook with convection function C. at 180°C for 20 minutes		
	Steps	Display
1	After power-up, the colon flashes	:
2	Press Grill Combi/ Conv Combi button consecutively to select desired menu	C
3	Set the operating temperature by turn Auto cooking or Temp/Time/Weight knob	180C
4	Press Instant/Start button confirm it	
5	Set the cooking time by turn Auto cooking or Temp/Time/Weight knob	20:00
6	Press Instant/Start button start cooking	
7	When cooking program is ended, the integrated cooling fan will automatically start running for 10 seconds while the lamp is illuminated. This is intended to prolong the lifetime of electronic part.	

4.2 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
G1	Combination of Grill and microwave cooking. 30% of time microwave output and 70% of time grilling
G2	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.

Example: To grill food with G2 cook menu for 10 minutes	
Steps	Display
1. After power-up, the colon flashes	:
2. Press Conv Combi/ Grill Combi button to select desired grill menu	G.2
3. Set cooking time by turn Auto cooking or Temp/Time/Weight knob	10:00
4. Press Instant. Start to start cooking	

5. Defrost

This function use for defrost food, press **Defrost** button and the LED display will cycle to show d.1, d.2 ,d.3.

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

CAUTION

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

Example: To defrost 0.4kg poultry		
	Steps	Display
1	After power-up, the colon flashes	:
2	Press Defrost button to set the food kind.	d.2
3	Turn Auto cooking or Temp/Time/Weight knob to set the defrost weight	0.4
4	Start cooking by pressing Instant/Start	
5	In half way during defrosting 3 beep sound will be heard two times to prompt you turn over the food. Open the door and turn over the food. Then close the door. Press Instant/start button again to continue defrosting	

6. Auto cooking

The oven has default cooking menu for simple operation. When the LED flash colon, turn the auto Cooking knob and LED will cycle to show A-01,A-02 ... A-06.

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.

A-01	Display	Children RECIPES	Mode	Weight	Time
1	Cr 1	Grain porridge	100%	1	18 min
2	Cr 2	Vegetable soup	100%	1	16 min
3	Cr 3	Oats porridge	100%	1	6min
				2	7min
4	Cr 4	Nachani kheer	100%	1	10 min
				2	12 min
5	Cr 5	Moong dal soup	100%	1	8min
				2	9 min
6	Cr 6	suji ki kheer	100%	1	16 min
7	Cr 7	Apple porridge	100%	1	12 min
8	Cr 8	Makhana kheer	100%	1	10 min
9	Cr 9	Carrot porridge	100%	1	18 min
10	Cr 10	Coconut phirni	100%	1	8min

A-02	Display	BREAKFAST & SNACKS	Mode	Weight	Time
1	bS 1	Fruit punch	100%	1	8 min
2	bS 2	Paneer cheese sandwich	200 con 10min pre-heat	1	10 min
3	bS 3	paneer pizza	180 con 10min pre-heat	1	12min
4	bS 4	paneer tikka	200 con 10min pre-heat	1	12 min
5	bS 5	Cheese corn toast	Grill	1	12 min
6	bS 6	Haryali pav bhaji	100%	1	2 min then a beep
					14min.(again)
7	bS 7	Fruit porridge with oats	100%	1	8min
8	bS 8	Cheese jam sandwich	Grill	1	12 min
9	bS 9	Pineapple halwa	100%	1	12min
10	bS 10	Soya cutlet	180 con 10min pre-heat	1	12 min
A-03	Display	Sugar Free Recipes	Mode	Weight	Time
1	SF 1	Karela ka tikki	200 con 10min pre-heat	1	11min
2	SF 2	veggi pizza with tofu	200 con 10min pre-heat	1	10 min
3	SF 3	pineapple basundi	100%	1	15 min
4	SF 4	Grilled toast	Grill	1	12 min
5	SF 5	wheat cake	100%	1	5 min
6	SF 6	Cream of broccoli soup	100%	1	14min

7	SF 7	cream of Zucchini soup	100%	1	12 min
8	SF 8	Veg soup with tofu	100%	1	14 min
9	SF 9	stir fry corn with tofu	100%	1	3 min then a beep
					7min.(again).
10	SF 10	Basil soup	100%	1	2mintnen a beep
					8 min
A-04	Display	CONTINENTAL CUISINE	Mode	Weight	Time
1	CC 1	Boiled pasta	100%	1	8 min
				2	10 min (soft)
2	CC 2	Garlic bread	200 con pre-heat 10min	1	10min
3	CC 3	Minestrone soup	100%	1	2 min then a beep
					14min(again)
4	CC 4	veg hot & sour soup	100%	1	14min.
5	CC 5	Quick pesto pasta	100%	1	7 min
6	CC 6	Macaroni cheese	100%	1	6 min
7	CC 7	penne pasta	180 con pre-heat 10 min	1	20 min
8	CC 8	veg - Au- gratin	combi-2	1	25 min
9	CC 9	potato cheese nacho	Grill	1	12 min
10	CC 10	Baked corn with mushroom	200 con pre-heat 10min	1	15 min
A-05	Display	LOW CALORIE RECIPES	Mode	Weight	Time
1	LC 1	Mint soup	100%	1	2min then a beep
					10 min(again)
2	LC 2	carrot soup	100%	1	2 min then a beep
					10 min(again)
3	LC 3	Mushroom paneer in garlic butter	100%	1	1 min then a beep
					6 min (again)
4	LC 4	palak paneer	100%	1	1min then a beep
					5 min(again).
5	LC 5	veg biryani	100%	1	20min
6	LC 6	stuffed capsicum	100%	250 gm	6 min .
				500 gm	8 min
A-06	Display	OIL FREE RECIPES	Mode	Weight	Time
1	OF 1	fish curry	100%	250 gm	8 min

				500 gm	9min
2	OF 2	chicken curry	100%	1	18 min
3	OF 3	soya curry	100%	1	15 min
4	OF 4	veg soya rice	100%	1	18min.
A-07	Display	SOUTH INDIAN RECIPES	Mode	Weight	Time
1	SI 1	Avial	100%MW	1	18min
2	SI 2	Pumpkin Sambar	100%MW	1	37min
3	SI 3	Lemon Rice	100%MW	1	4mim
4	SI 4	Tomato Rasam	100%MW	1	11min
5	SI 5	Rava Masala Idli	80%MW	1	5min
A-08	Display	GUJARATI DISHES	Mode	Weight	Time
1	Gd 1	Makai ki Khichdi	100%MW	1	14min
2	Gd 2	Gujarati kadhi	100%MW	1	10min
3	Gd 3	Aam ki Chutney	100%MW	1	7min
4	Gd 4	Ounidhyu	100%MW	1	20min
5	Gd 5	Kela Methi nu Shaak	100%MW	1	6min
A-09	Display	NORTH INDIAN DISHES	Mode	Weight	Time
1	nl 1	Gatta Kadhi	100%MW	1	14min
2	nl 2	Baingan Masala	100%MW	250g	14min
				500g	16min
3	nl 3	Chicken Masala	100%MW	250 g	17min
				500g	19min
4	nl 4	Keema Mattar	100%MW	1	17min
5	nl 5	Paneer Makhani	100%MW	1	10min
6	nl 6	Navratan Korma	100%MW	1	18min
A-10	Display	BENGALI DISHES	Mode	Weight	Time
1	bd 1	Mustard Chicken	com-2	250 g	17min
				500g	19min
2	bd 2	Prawn Malai Curry	100%MW	250g	9min
				500g	11min
3	bd 3	Bhapa Mach	100%MW	250 g	8min
				500g	10min
4	bd 4	Chholar Dal	100%MW	1	28min

5	bd 5	Pudina Fish	80%mw	1	7min
6	bd 6	Shukto	100%MW	1	18min
7	bd 7	Tomato Chutney	100%MW	1	10min
A-11	Display	MAHARASHTRIAN DISHES	Mode	Weight	Time
1	Sd 1	Coconut Rice	100%MW	1	18min
2	Sd 2	seviyachi Kheer	100%MW	1	10min
3	Sd 3	Veg Kalvan	100%MW	1	16min
A-12	Display	Lemon Clean	Mode	Weight	Time
1	Ln 1	Lemon Clean	100%MW	1	5min

CAUTION

- 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.
- 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.
- 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.

Example: Cook 500g Fish Curry	
Steps	Display
1. After power-up, the colon flashes	:
2. Turn Auto cooking or Temp/Time/Weight knob to set the cooking menu	A-06
3. Press Instant/Start to confirm	
4. Turn Auto cooking or Temp/Time/Weight knob to set the cooking number.	OF1
5. Press Instant/Start to confirm	
6. Turn Auto cooking or Temp/Time/Weight knob to set the cooking weight.	0.50
7. Start cooking by pressing Instant/start button and LED will count down to show running time.	9:00

7. 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:

- Setting the current clock;
- 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		
	Steps	Display
1	After power-up, the colon flashes	:
1.1	Press Preset/Clock button	0:00
1.2	Set hours by turning Auto cooking or Temp/Time/Weight knob	12:00
1.3	Press Preset/ Clock button again to confirm hours	12:00
1.4	Set minutes by turning Auto cooking or Temp/Time/Weight knob	12:30
1.5	Press Preset/Clock button once or waiting for 5 seconds, and the numbers will go steady.	12:30
2	Set the cooking menu and time	
2.1	Select cooking power by pressing Micro Power button	100P
2.2	Turn Auto cooking or Temp/Time/Weight knob to set cooking time	9:30
2.3	Press and hold Preset/Clock 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 Clock 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 Preset/Clock button.	

8. 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 G for 9 minutes. This is 2 sequence setting.		
	Steps	Display
1	100P microwave for 3min	
1.1	Press Micro Power button to select power level.	100P
1.2	Turn Auto cooking or Temp/Time/Weight knob to set cooking time.	3:00
2	Grill for 9min	
2.1	Press Conv Combi/ Grill Combi button to select desired grill menu	G
2.2	Turn Auto cooking or Temp/Time/Weight knob to set cooking time.	9:00
3	Start cooking by pressing Instant/Start	

CAUTION

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

9. 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.

	Steps	Display
set lock	Press and hold Stop/Clear button about 3 seconds	OFF
cancel lock	Press and hold Stop/Clear 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

77 AUTO COOKING RECIPES

Children RECIPES

1. Grain porridge

Ingredients; 2 tbsp Rice powder (roasted)
 2 tbsp Moong dal powder (roasted)
 2 ½ -3 cup water as required
 1 tbsp ghee
 Salt, ajwain, & jeera powder to taste

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

2. Vegetable soup

Ingredients : ¼ cup mix veg (carrot, lauki, potato)
 2 ½ -3 cup water as required
 1 tbsp ghee
 Salt, ajwain ,& jeera powder to taste

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

3. Oats porridge

Ingredients : $\frac{1}{4}$ - $\frac{1}{2}$ cup oats
150ml- 300 ml milk as required
Sugar to taste
1-2 tbsp ghee

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

4.Nachani kheer

Ingredients: 3-4tbsp nachani satva or powder
2 $\frac{1}{2}$ -3 cup water or milk as required
Sugar powder to taste
1-2 tbsp ghee

Method : 1) In a microwave safe bow(without lid)l, add all ingredient, and mix Well.

2) Set the auto cook menu & press start ,stir in between.

3). Serve Hot.

5 .Moong dal soup

Ingredients: 4-6 tbsp boiled moong dal

1 1/2 -2 cup water as required

1-2 tbsp ghee

Salt, haldi, ajwain,& jeera powder to taste

Method : 1) In a microwave safe bow(without lid)l, add all ingredient, and mix Well.

2) Set the auto cook menu & press start ,stir in between.

3) strain it . Serve Hot.

6.Suji ki kheer

Ingredients: 3-4tbsp roasted suji

2 1/2 -3 cup water or milk as required

Sugar powder ,saffron, to taste

1-2 tbsp ghee

Method : 1) In a microwave safe bow(without lid)l, add all ingredient, and mix Well.

2) Set the auto cook menu & press start ,stir in between.

3). Serve Hot.

7. Apple porridge

Ingredients ;1 apple puree (peeled, seeded)

2 -2 ½ cup water or milk as required

1 tbsp ghee

Sugar powder to taste

Pinch of cinnamon powder

Method : 1) In a microwave safe bow(without lid)l, add all ingredient, and mix Well.

2) Set the auto cook menu & press start ,stir in between.

3). Serve Hot.

8.Makhana kheer

Ingredients ; 5-6 makhanas (roast &paste))

2 -2 ½ cup water or milk as required

1tbsp ghee

Sugar powder to taste

Pinch of cinnamon powder

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.

9. Carrot porridge

Ingredients ; ¼ cup carrot (peeled & grated)

3-4 tbsp roasted suji

3- 3 ½ cup water or milk as required

Sugar powder, saffron, dry fruit powder to taste

1-2 tbsp ghee

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.

10. Coconut phirni

Ingredients: ¼ cup fresh coconut (paste)

1 tsp rice powder

2- 2 ½ cup water or milk as required

Jiggery or Sugar, saffron, dry fruit powder to taste

1-2 tbsp ghee

- 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.

BREAKFAST & SNACKS

1. Fruit punch

Ingredients: 1 Pineapple (Peeled and chopped)
2 Big orange. (Peeled and chopped)
2 Big Mosambies (Peeled and chopped)
2 tbsp lemon juice
Sugar and black salt to taste

- Method :
- 1) Mix all the fruit in a juicer and get juice, add sugar and black salt & mix well.
 - 2) In a microwave safe bowl (without lid) add fruit juice and set the auto cook menu & press start, stir in between.
 - 3) When it cools, set in a refrigerator.
 - 4) While serving add ice.

2. Paneer cheese sandwich

Ingredients ; Bread slice 2, butter 1-2 tbsp

For filling:- ¼ cup grated paneer, chopped onion 2 tbsp, ¼ cup grated cheese Salt, pepper, green chilli , coriander leaves to taste.

Method : 1) Mix all ingredient for filling . apply butter on a bread slice ,spread Filling on a bread , cover it with the other bread slice.

2) In a microwave safe dish, place sandwich & Set the auto cook menu & press start .

3). Serve Hot with sauce.

3.Paneer pizza

Ingredients : 1 Big Pizza base.

For Topping

Onion chopped, ¼ cup grated paneer ,chopped capsicum

½ cup pizza cheese (grated), tomato sauce, salt, oregano ,red chilli powder ,pepper to taste.

Method: 1) Spread tomato sauce on the pizza base, Sprinkle a little grated Cheese.

2) Spread, paneer, onion , capsicum salt, oregano, red chilli powder, pepper, on it.

3) Sprinkle grated cheese on the topping. In a microwave safe dish, place pizza .

4) Set the auto cook menu& press start , till the cheese melts.

5) Serve Hot with sauce.

4.Paneer tikka

Ingredients; 500 g paneer , cut into pieces (diced),1 capsicum (diced), tomato 1 (diced) 1 onion (diced), chat masala powder to sprinkle,

For marinade:- oil ,salt ,ginger-garlic paste, haldi, lemon juice or hung curd ,

Kashmiri red chilli powder, garam masala , pepper to taste.

Method : 1) Mix all the ingredients of marinade in a bowl.

2) Now add the paneer , capsicum ,onion, tomato & mix well

Keep in refrigerator for 1 hour.

3) Arrange the marinated paneer, capsicum ,onion ,& tomato on microwave safe flat dish or tawa .

4) Set the auto cook menu& press start.

5) Sprinkle chat masala powder, serve hot.

5.Cheese corn toast

Ingredients : 2-4 Bread Slice

2-4 tbsp butter

For topping

½ cup cheese grated, ¼ cup boiled corn 1 boiled potato (peeled &grated)

green chilli-paste .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,place toast on the rack.
 - 4) Set the auto cook menu& press start, till the cheese melts
 - 5) Serve Hot with chutney.

6. Haryali pav bhaji

- Ingredients :
- 1-1/2 cup mix veg (green peas , green capsicum, broccoli ,potato) paste
 - Oil 2- 3 tbsp , 1 onion chopped, 1 tomato chooped,
 - Pav bhaji masala , garlic paste, red chilli powder salt
 - lemon juice ,sugar to taste
 - 1 ½-2 cup Water as required

- Method :
- 1) In a microwave safe bowl (with lid), add oil onion , tomato garlic paste Set the auto cook menu & press start .
 - 2) when a beep, remove bowl (without lid),add vegetables ,water
 - Pav bhaji, masala ,garlic paste ,Red chilli powder ,lemon juice salt to taste,Mix well .
 - 3) Set the auto cook menu & press start ,stir in between.
 - 4) Serve Hot with pav.

7. Fruit porridge with oats

- Ingredients : ½ cup oats ,1/2 cup fruit (carrot & apple) peeled &grated

300 ml milk as required

Pinch of Saffron , dry fruit chopped ,Sugar to taste

2 -3 tbsp ghee

Method : 1) In a microwave safe bow(without lid)l, add all ingredient, and mix well.

2) Set the auto cook menu & press start ,stir in between.

3). Serve Hot.

8.Cheese jam sandwich

Ingredients : Bread slice 2, butter 1-2 tbsp

½ cup Jam ,¼ cup grated cheese

Method: 1) Apply little butter on the both the side of bread

2) Spread jam& cheese on bread slices ,place toast on the rack.

3) Set the auto cook menu& press start, till the cheese melts

4) Serve Hot with chutney.

9. Pineapple halwa

Ingredients: 1 cup suji (roasted), ½ cup pineapple (chopped)

Sugar to taste

Water or milk 2 ½-3 cup

Ghee 4 tbsp

Dry fruit 3-4 tbsp

Cardamom powder 1 tsp

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

10 .Soya cutlet

Ingredients: 1- 1 ½ cup soya granules

½ cup mix veg boiled(,peas ,carrot)

2 -3 boiled potato , 2-3 bread slice

Green chilli paste , red chilli powder , salt ,chat masala

Lemon juice ,sugar to taste

2-3 tbsp oil for brushing, ¾ cup bread crumbs

- Method:
- 1) Mix all ingredients except bread crumbs & oil .
 - 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 dish or tawa.
 - 4) Set the auto cook menu & press start till golden brown.
 - 5) Serve Hot with sauce.

sugar free recipes

1.Karela ka tikki

Ingredients: ½ cup grated bitter gourd (karela) ,1 boiled potato

1 cup grated carrots , ¼ cup low fat paneer grated ,

½ cup boiled peas, ½ cup wheat bread crumbs,

Amcher powder , salt, green chilli paste , pepper

sugar free (gold), coriander leaves chopped to taste.

2 tbsp oil for brushing

Method: 1) Mix all ingredients except bread crumbs & oil .

2) Shape the prepared mixture in the form of tikki and apply a little

oil on it. Roll the tikki in bread crumbs.

3) Place the tikki on dish or tawa.

4) Set the auto cook menu & press start till golden brown.

5) Serve Hot with sauce.

2.Veggi Pizza with tofu

Ingredients : 1 Big wheat Pizza base.

For Topping

Onion chopped, ¼ cup grated low fat tofu, chopped capsicum

½ cup low fat pizza cheese (grated),

tomato sauce, salt, oregano ,red chilli powder ,pepper to taste.

Method: 1) Spread tomato sauce on the pizza base, Sprinkle a little grated cheese.

2) Spread, Tofu onion, capsicum salt, oregano, red chilli powder, pepper, on it.

3) Sprinkle grated cheese on the topping. In a microwave safe dish, place pizza

& set the auto cook menu & press start, till the cheese melts.

3. Pineapple basundi

Ingredients : 3 Cup low fat Milk (600 ml.)

½ - 1 cup pineapple cubes

Sugar free (gold) substitute to taste

½ - 1 tsp cornflour mixed with ¼ cup low fat milk

1 tsp Milk Masala Powder

1 tbsp Mix Dry Fruit (Chopped).

Method: 1) In a microwave safe big bowl, (without lid), mix all ingredients well.

2) Set the auto cook menu & press start.

3) Stir in between.

4. Grilled toast

Ingredients : 2-4 wheat Bread Slice

2-4 tbsp low fat butter

For topping

½ cup low fat cheese grated , tomato Sauce 3-4 tbsp

Onion 1 (chopped), tomato 1 {chopped}

Capsicum 1 (chopped}

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

5. Wheat cake

Ingredient: 3 Eggs,

100 g Low fat butter

Wheat Flour 1 cup

Sugar free (gold) powder 1 cup

Drinking chocolate powder 2 tbsp

Coco powder 1 tbsp

Baking powder 1tsp

- Method:
- 1) Sieve flour, coco powder, drinking chocolate powder, and baking powder together in a bowl. Keep aside.
 - 2) Beat butter, sugar and egg till fluffy and creamy in another bowl.

- 3) Slowly mix the sieved flour mixture and the beaten eggs.
- 4) And water to make smooth better.
- 5) Pour the cake batter into the greased cake bowl(without lid) and Set the auto cook menu. & press start.

6. Cream of broccoli soup

Ingredients : 1 Cup broccoli Paste

½ cup low fat milk

3-4 Cups Water/ Veg. Stock

2- 3tbsp Corn Flour (Mix in ½ Cup Water)

2 tbsp low fat Butter

1tsp Garlic Paste

Salt, Black Pepper (to taste)

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.

7.Cream of zucchini soup

Ingredients : 1 Cup Zucchini (peeled &Paste)

½ cup low fat milk

3-4 Cups Water/ Veg. Stock

2- 3tbsp Corn Flour (Mix in ½ Cup Water)

2 tbsp low fat Butter

1tsp Garlic Paste

Salt, Black Pepper (to taste)

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. Veg soup with tofu

Ingredients : 1 Cup mix veg ,Zucchini, carrot, mushroom ,tomato (peeled& chopped)

½ cup tofu cube

3-4 Cups Water/ Veg. Stock

2- 3tbsp Corn Flour (Mix in ½ Cup Water)

2 tbsp low fat Butter

1 tsp soya sauce

Lemon juice ,ginger chopped ,Salt, Black Pepper green chilli paste (to taste)

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.

9. Stir fry corn with tofu

Ingredients : 1-2 tbsp oil

1 big onion (chopped), 1 tomato chopped

1 capsicum chopped, 1cup tofu cube

tomato puree, ginger –garlic paste ,soya sauce

pepper ,red chilli powder some water, salt to taste .

Method : 1. In a microwave safe bowl ,(with lid) add oil, ginger-garlic paste

Onion, capsicum ,tomato, set the auto cook menu & press start.

2. When a beep remove bowl, add tofu, pepper ,red chilli powder

Soya sauce, salt,water,mix well, set the auto cook menu & press start.

Stir in between. Serve hot.

10. Basil soup

Ingredients : 1 cup basil leave (blend with water)

1 tbsp olive oil,1 onion chopped,1 small carrot peeled chopped

1 tbsp celery chopped,2tbsp cabbage chopped,

3-4 cup water or veg stock

Salt, ginger-garlic paste ,pepper to taste.

Method :

1. In a microwave safe bowl ,(with lid) add oil, ginger-garlic paste
Onion, carrot ,cabbage ,set the auto cook menu & press start.
2. When a beep remove bowl, (without lid),add basil leave paste
Salt ,water pepper,mix well, set the auto cook menu & press
start.Stir in between. Serve hot.

Continental cuisine

1.Boiled pasta

Ingredients: 1 cup pasta
2-3 cup water
1tbsp oil
1 tsp salt.

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.

2.Garlic bread

Ingredients : 3-4 bread slice
¼ cup garlic paste or grated
¼ - ½ cup butter

- Method:
1. Apply butter on a bread slice.
 2. Spread garlic on bread slices , place bread on the rack.
 3. Set the auto cook menu& press start .

3. Minestrone soup

Ingredients : $\frac{1}{4}$ - $\frac{1}{2}$ cup mix veg (carrot , French beans, cabbage , Tomato ,zucchini)

2 tbsp olive oil

2-3 tbsp garlic (peeled & chopped)

2 tbsp macaroni (boiled), $\frac{1}{4}$ cup tomato puree

3-4 cup water or veg stock

1 onion chopped, 1-2 tbsp fresh basil leaves

Parmesan cheese to sprinkle

Salt , white pepper, dry oregano to taste.

- Method:
1. In a microwave safe bowl, (with lid) add oil, garlic , onion
Veg& mix well. Set the auto cook menu , press start.
 2. When a beep remove bowl, (without lid),add basil leave ,tomato puree Salt , water pepper, mix well, set the auto cook menu & press start. Stir in between.
 3. when a beep remove bowl, add macroni& mix well.
 4. sprinkle cheese ,serve hot.

4.Veg hot & sour soup

Ingredients : 1 tbsp olive oil
1 cup veg (cabbage ,carrot, celery ,spring onion ,cauliflower)
1 tsp ginger grated, 1 tsp brown vinegar,
1 tsp soya sauce, 2 tsp cornflour (mix in ¼ cup water)
3-4 cup water or veg stock
Salt, pepper to taste.

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.

5. Quick pesto pasta

Ingredients : 1 ½ - 2 cup boiled pasta
Walnut sauce (grind together):
½ -1 cup milk or water as required,
½ cup Parmesan cheese , 50 g walnut
1 cup basil leaves
2-3 tbsp olive oil ,salt, pepper to taste

Method : 1. In a microwave safe bowl, Mix all ingredients except boiled pasta .
2. Set the auto cook menu & press start, stir in between

3.when beep ,remove bowl ,add, boiled pasta &mix well.

4.sprinkle cheese ,serve hot.

6.Macaroni cheese

Ingredients : 1 ½ - 2 cup boiled macaroni

1-2 tbsp olive oil ,1 tbsp garlic paste

¾ -1 cup tomato puree ,2tbsp salary,

2tbsp tomato sauce, ½ cup creamy cheese

Salt, red chilli flakes ,pepper, oregano to taste.

Method : 1. In a microwave safe bowl, Mix all ingredients except boiled macaroni.

2. Set the auto cook menu & press start, stir in between

3.when beep ,remove bowl ,add, boiled macaroni &mix well.

4.sprinkle cheese ,serve hot.

7. penne pasta

Ingredients : 1- 1 ½ cup boiled penne pasta

2 tbsp olive oil ,1 tbsp butter, 1 tbsp cream

¾ -1 cup white sauce

Tomato sauce , salt ,pepper, oregano ,parsley

garlic paste to taste.

½ cup mozzarella cheese for sprinkle

- Method :
1. In a microwave safe bowl (with lid), Mix all ingredients except cheese.
 2. sprinkle cheese ,Set the auto cook menu & press start..
 3. serve hot.

8.Veg- au- gratin

Ingredients : 1- 1 ½ cup mix veg (peas, potato ,beans, carrot cauliflower)

2 ½ -3 cup white sauce

¼ cup brown bread crumbs - sprinkle

1 ½ cup grated mozzarella cheese - sprinkle

Salt, sugar, green chilli paste, pepeer to taste .

- Method :
1. In a microwave safe bowl (with lid), Mix all ingredients except cheese & Brown bread crumbs.
 2. sprinkle cheese & brown bread crumbs ,Set the auto cook menu & press Start.
 3. serve hot.

9.potato cheese nacho

Ingredients : 7-8 Corn Chips or any chips

200 gm Cheese (grated) - sprinkle

For topping :

2-3 boiled Potato (peeled & grated)

Salt, green chilli paste ,pepper to taste

2 tbsp coriander leave chopped

Method : 1.Mix all ingredient for topping and arrange the corn chips on a microwave safe dish, spread topping on the corn chip .

2. Sprinkle cheese on the chips , place chip ,dish or on the rack.

3. Set the auto cook menu& press start, till the cheese melts.

4 .Serve immediately , otherwise the corn chips will turn soggy.

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10. Baked corn with mushroom

Ingredients : 1 -1 ½ cup mushroom ,½ cup cook corn

2 ½ -3 cup white sauce

¼ cup brown bread crumbs - sprinkle

1 ½ cup grated mozzarella cheese - sprinkle

Salt, sugar, green chilli paste, pepper to taste .

Method : 1. In a microwave safe bowl (with lid), Mix all ingredients except cheese & Brown bread crumbs.

2. sprinkle cheese & brown bread crumbs ,Set the auto cook menu & press Start.

3. serve hot.

Low calorie recipes

1. Mint soup

Ingredients : 1 cup mint leave (blend with water)

1 tbsp olive oil,1 onion chopped,1 small carrot peeled chopped

1 tbsp celery chopped,2tbsp cabbage chopped,

3-4 cup water or veg stock

Salt, ginger-garlic paste ,pepper to taste.

Method : 1. In a microwave safe bowl ,(with lid) add oil, ginger-garlic paste Onion, carrot ,cabbage ,set the auto cook menu & press start.

2. When a beep remove bowl, (without lid),add mint leave paste Salt ,water pepper,mix well, set the auto cook menu & press start.

3. Stir in between. Serve hot.

2 .Carrot soup

Ingredients : 2 cup carrot puree , ¼ cup potato (peeled grated)

1 tbsp yellow moong dal (boiled)

1 tbsp olive oil,1 onion chopped,

1 tbsp celery chopped,

3-4 cup water or veg stock

Salt, ginger-garlic paste ,pepper to taste.

Method : 1. In a microwave safe bowl ,(with lid) add oil, ginger-garlic paste Onion, ,potato, set the auto cook menu & press start.

2.When a beep remove bowl,(without lid),add carrot puree ,Salt ,water, pepper, yellow moong dal , celery mix well, set the auto cook menu & press start.

3.Stir in between. Serve hot.

3.Mushroom paneer in garlic butter

Ingredients : 2 tbsp low fat butter

½ cup mushroom

1 cup low fat paneer cubes

2 tbsp Garlic paste ,2 tbsp ginger paste

4-5 tomato chopped , 1 -2 kauri methi

Salt , green chilli paste, red chilli powder to taste

Method: 1.In a microwave safe bowl (with lid), add butter , ginger-garlic paste Green chilli paste, set the auto cook menu & press start.

2.when a beep remove bowl, add tomato, mushroom ,paneer,salt Kauri methi, red chilli powder,mix well.

3 .set the auto cook menu & press start.

4. Stir in between. Serve hot.

4. Palak paneer

Ingredients ; 1 ½ b -2 cup palak (boiled & paste)

1 cup low fat paneer cubes

1 tbsp oil

Green chilli paste, lemon juice, salt

Ginger – garlic paste to taste.

Method: 1. In a microwave safe bowl (with lid), add oil , ginger- garlic paste Green chilli paste, set the auto cook menu & press start.

2. when a beep remove bowl, add , palak paste , paneer

Juice , salt & mix well.

3 .set the auto cook menu & press start.

4. Stir in between. Serve hot.

5. Veg biryani

Ingredients: 1 cup Rice & brown rice

½ cup mix veg {Carrots ,beans, peas }

2 ½ -3 cup water

1-2 tbsp biryani masala

1 tbsp olive oil

Salt to taste.

Method : 1. Wash and soak rice for 30 mins. Cut the veg into small pieces.

2. In a microwave safe bowl {without lid}, add all mix ingredients and mix well.

3. set the auto cook menu &press start. Stir in between.

6. Stuffed capsicum

Ingredients : 250-500 gm capsicum

2 tbsp oil for brushing

For Stuffing

2-3 tomatoes (mashed and boiled)

1 ½ 2 cup low fat paneer -grated

Amchoor powder, garam masala,green chilli paste

Pepper, Red chilli powder to taste,salt to taste

1 tbsp coriander (chopped)

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)

apply oil on it and set the auto cook menu& press start .

5) Stir in between.

6) Serve Hot.

Oil free recipes

1. Fish curry

Ingredient : 250-500 g fish (cut into pieces.)

Turmeric powder, kokam ,Salt to taste

1 ½ - 2 Water as required

For paste : onion ,fresh coconut , garlic- ginger paste , coriander – cumin seeds Fish - curry powder, dry red chillies to taste.

- Method :
- 1) In microwave safe bowl ,(without lid), add paste and fish ,turmeric powder, Kokam, salt, water & Mix well.
 - 2) Set the auto cook menu ,press start and stir in between.
 - 3) Serve hot with rice.

2. chicken curry.

Ingredient : 250-500 g chicken (cut into pieces.)

Turmeric powder ,kokam,, Salt to taste

1 ½ -2 cup water as required

For paste : onion, fresh coconut garlic- ginger paste ,tomato, coriander -cumin seeds, Chicken - curry powder, dry red chillies to taste.

- Method :
- 1) In microwave safe bowl(without lid), add paste and chicken ,turmeric , kokam ,salt, water & Mix well.
 - 2) Set the auto cook menu ,press start and stir in between.
 - 3) Serve hot with rice.

3. soya curry.

Ingredient : 1 cup soya chunks

Turmeric powder ,kokam,, Salt to taste

1 ½ - 2 cup water as required

For paste : onion fresh coconut , garlic- ginger paste ,tomato, coriander -cumin seeds, garam masala powder , curry powder, dry red chillies to taste.

Method : 1.soak the soya chunks in hot water for 30 min. lightly

Squeeze out excess water.

2. In microwave safe bowl(without lid), add paste ,soya chunks ,turmeric , kokam ,salt, water & Mix well.

3. Set the auto cook menu ,press start and stir in between.

4.Serve hot with rice.

4. veg soya rice

Ingredients: 1 cup Rice

½ cup soya chunks

½ cup mix veg {Carrotqs ,beans, peas)

2 ½ -3 cup water as required

1-2 tbsp biryani masala

Salt to taste.

Method : 1 Wash and soak rice for 30 mins. Cut the veg into small pieces.

2 In a microwave safe bowl {without lid}, add all mix ingredients and mix well.

3 set the auto cook menu &press start. Stir in between.

SOUTH INDIAN RECIPES

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. PUMPKIN SAMBAR

Ingredients: ½ cup Toor dal

1 medium pumpkin chopped

1 Bringal 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.

3. LEMON RICE

Ingredients: 2 cups cooked rice

Roasted jeera ,turmeric powder ,Garlic-Ginger paste ,dry red chilli , lemon juice ,salt pepeer 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.

4. TOMATO RASAM

Ingredients: 5 large Tomatoes (cooked & puree)

Tamarind pulp ,Red Chilli powder ,Roasted jeera ,dry Red Chilles chopped,

Salt , black pepeer 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.

5.RAVA MASALA IDLI

Ingredients: 100 gms Suji
1 cup Curd
1tsp Fruit Salt
¼ tsp Soda
4-5 Curry leaves
1 tbsp roasted cashew nuts
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 mold and set the auto cook menu & press start.
2) Serve Hot with Chutney.

GUJARATI DISHES

1.MAKAI KI KHICHDI

Ingredient: ½ cup fresh corn (grated)
Roasted jeera , hing green chilli paste
sugar, lemon juice ,salt , pepper to taste
2 tbsp oil

1 ½ cup of water or as required

1 tbsp coriander (chopped)

- 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 .

2.GUJARATI KADHI

Ingredient: 1 cup curd (beaten)
2-3 tbsp flour gram (besan)
jiggery/sugar, ginger paste, green chili paste
red chili powder ,turmeric powder
jeera powder ,coriander (chopped),red chili (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.AAM KI CHUTNEY

Ingredient: 500 gm raw green mangoes (grated)

$\frac{3}{4}$ cup sugar as required

ginger paste, black salt ,salt red chilli powder,garam masala,
saunf powder to taste.

$\frac{1}{4}$ 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 sterillsed glass jar.

4.OUNIDHYU

Ingredient: 1 cup veg (surti papdi, kand ,suran,small potatoes brinjals,

Banana) peeled &chopped

$\frac{1}{2}$ cup methi muthias(cooked)

3- 4 tbsp oil or ghee

2 $\frac{1}{2}$ cup water or as required

Salt, pepeer to taste.

For paste :

Fresh coconut, 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.

5.KELA METHI NU SHAAK

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, lemonjuice

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 .

NORTH INDIAN 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 hing

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. 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.

3.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.

4.KEEMA MATTAR

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** : 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.PANEER MAKHANI

Ingredients: 250 gm Paneer

4 tbsp Butter melted

2 Bay leaf

1- ¾ cup water as required

Honey,Kasuri Methi,cream,Salt ,red chili powder

Garam Masala to taste.

For Paste :

Tomato, Onion, Green Chili ,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. NAVRATAN KORMA

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

BENGALI DISHES

1.MUSTARD CHICKEN

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

For marinating :

Lemon juice ,ginger garlic paste ,red Chili 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 beaten red chili powder
dry red chili (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, pepper - to taste.

For paste :

Onion, dry red chili, 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.PUDINA FISH

Ingredients: 250-500 gms Fish (whole)

pudina chutney, green chilli paste, ginger garlic paste

vinegar, lemon juice, salt pepper 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 ½ -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 chili 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. SEVIYACHI KHEER

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

3. 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.

Lemon Clean

1.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.

CLEANING and MAINTENANCE

Microwave oven care

CAUTION

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

WARNING

1. 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
2. Remove the power cord from the wall outlet before cleaning. Don't immerse the appliance in water or other fluids when cleaning.
3. 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
4. The oven should be cleaned regularly and any food deposits removed
5. Details for cleaning door seals, cavities and adjacent parts.
6. Never use hard detergent, gasoline, abrasive powder or metal brush to clean any part of the appliance
7. Do not remove the waveguide cover
8. 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 power for 2-3 min.
 - b. Place a cup of red tea in oven, then heat with high power.
 - c. Put some orange peel into oven, and then heat them with high power for 1 minute.

TIPS for cleaning

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 interior surfaces 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

Servicing

Please check the following before calling for services.

- a. 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.
- b. Does the oven lamp light?

c. Does the cooling fan work?

(Put your hand over the rear ventilation openings.)

d. Does the turntable rotate?

(The turntable can rotate clockwise or counter clockwise. This is quite normal.)

e. 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

WARNING

MICROWAVE RADIATION!

WARNING

It is hazardous for anyone, other than a qualified service technician, to carry out any service for repairing operation which involves removal of any cover which gives protection against exposure to microwave energy.

WARNING

The temperature of accessible surfaces may be high when the appliance is operating

WARNING

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

WARNING

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

1. Magnetron
2. High voltage transformer
3. High voltage capacitor
4. High voltage diode
5. High voltage fuse

WARNING

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.

WARNING

If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person;

It is hazardous for anyone, other than a qualified service technician, to carry out any service for repairing operation which involves removal of any cover which gives protection against exposure to microwave energy.

Liquids or other foods must not be heated in sealed containers since they are liable to explode;

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.

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	



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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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Haier

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