

Microwave Oven

Model: HIL 2301CBSB

Owner's Manual

Haier

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

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.
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.
8. The back of the oven must be placed against a wall.
9. 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.

WARNING

Operating dry should only be conducted in the grill mode, it should NOT be conducted at combination mode

Important safety instruction

When using Microwave oven, the following precautions must be observed:

1. Read all instructions before using and keep it for future reference.
2. Only use utensils that are suitable for use in microwave ovens.
3. The minimum height of free space necessary should be at least 20mm above the top surface of the oven.
4. 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. As a result of strong current please uses the dedicated sockets and not shared with other normal sockets to avoid overloading and causing fire.
5. The microwave oven for home heating and cooking food and design, please do not

- use for industrial and commercial.
6. Do not cover the ventilation openings to avoid damage to the oven because of the over-temperature.
 7. **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
 8. To reduce the risk of fire in the oven cavity:
 - a. Do not heat food in sealed, and do not overcook the food.
 - b. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
 - c. Do not heat oil or fat for deep drying as the temperature of oil can not 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 smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
 - f. Close supervision is necessary when using any one-off containers made from plastic, paper or other combustible material.
 - g. When cooking the food with less moisture content or not heat-resistant container, please use low power to avoid burning.
 9. To reduce the risk of explosion and sudden boiling:
 - a. Do not place sealed containers in the oven. Baby bottles fitted with a screw cap or teat are considered to be sealed containers.
 - b. When boiling liquid in the oven, use the wide-mouthed container and food at the top of the container must stay away enough space from the mouth to avoid the food spilled boiling.
 - c. Potatoes, sausage and chestnut should be peeled or pierced before cooking.
 - d. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
 - e. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
 - f. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
 10. **WARNING:** If the door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
 11. 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.
 12. 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.
 13. Slowly lift the furthest edge of dishes cover and microwave plastic wrap and carefully open popcorn and oven cooking bags away from the face and hands.
 14. 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.
 - d. Make sure the utensils and turntable do not touch the interior walls during working.
 15. Do not store food or any other things inside the oven.
 16. Do not operate the oven without any liquid or food inside the oven. Operate without anything would do damage the oven.
 17. **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.

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. Power rated voltage range $\pm 10\%$ fluctuation, microwave oven can work in proper. However, the output power will affect the working time. Therefore, you can adjust the cooking time according to the actual situation.
20. **WARNING—Microwave Radiation.**
21. Any accessories not recommended by the manufacturer may cause injuries to appliances or persons.
22. After using, unplug the power cord, make sure not to put the power cord directly above the cover, or close to the fire and submerged in water.
23. Do not try to cook any food with the oven door opening never put anything into the safety lock.
24. Microwave oven has microwave source and high pressure, and there is no structure for user to adjust Never remove the out cover.
25. Do not use outdoors.
26. This appliance is not intended to be operated by means of an external timer or separate remote-control system.
27. Details for cleaning door seals, cavities and adjacent parts.
28. The oven should be cleaned regularly and any food deposits removed.
29. 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.
30. 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
31. **WARNING:** Accessible parts may become hot during use. Young children should be kept away.
32. Do not operate the microwave oven without the rotating ring and glass turntable.
33. Do not beat the control panel or it will be unworkable.
34. Children should be supervised to ensure that they do not play with the appliance.
35. The microwave oven shall not be placed in a cabinet.
36. The lamp inside the product is used for lighting of the product. This lamp is not suitable for household room illumination.
37. **Device Group 2 Class B**
This device is a Group 2 because it intentionally produced the radio frequency energy to treat the material and is intended to be used in a local home or a facility connected directly to the distribution of electricity at low voltage supplying domestic premises (Class B).

⚠ CAUTION

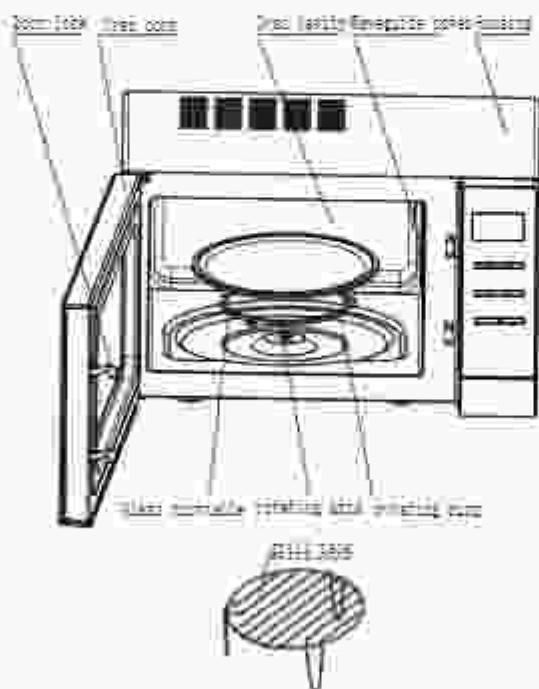
Household use only

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 2301GBBB | 230V ~ /50Hz | 1260 | 500 | 1000 | 2300 | 2450 | 23 |
| Convection Combi 1 (W) | Convection Combi 2 (W) | Grill Combi 1 (W) | Grill Combi 2 (W) | | | | |
| 1300 | 1260 | 1320 | 1310 | | | | |

PRODUCT INTRODUCTION

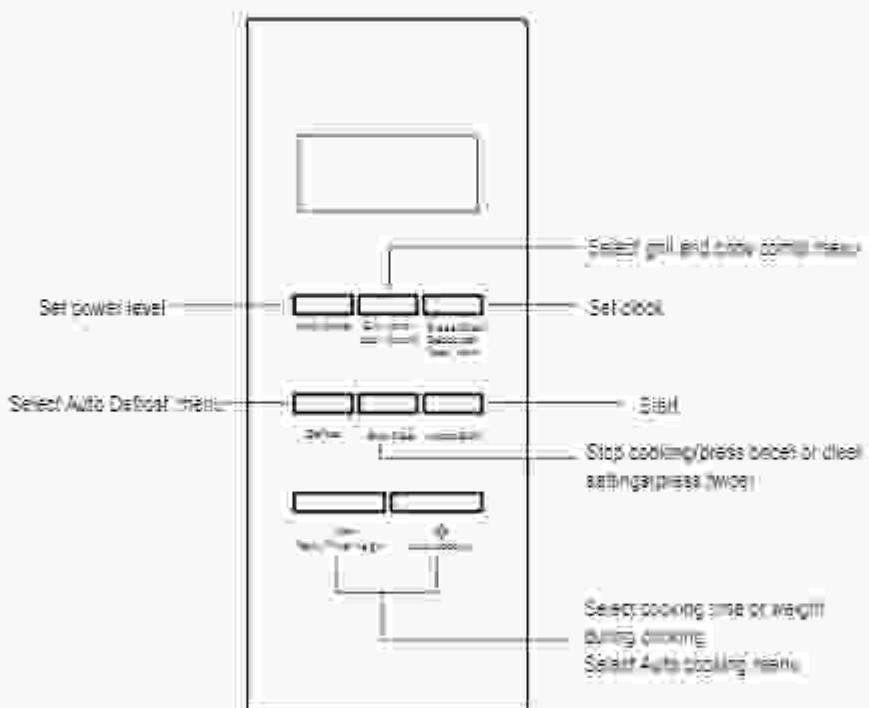
1. Appearance and structure diagram



⚠ WARNING

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

2. Control panel



3. LED instruction and display



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. In this time, press instant/start button, the oven start cooking with high power one minutes

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.

2. Clock setting

Clock button make it available for you to input current or preset time. when “¹⁰” flashes onto LED display after plugged in, or try to skip it over to continue if unnecessary.

| | Depress | Display |
|---|--|----------------|
| 1 | After power-up, the colon flashes | : |
| 2 | Press Preset/Clock button five seconds | 00:00 |
| 3 | Press Auto cooking or Temp/Time/Weight button to set exact hour. | 12:00 |

| | | |
|---|--|--------------|
| 3 | Press Auto cooking or Temp/Time/Weight button to set exact hours. | 12:00 |
| 4 | Press Preset/Clock button once again. | 12:00 |
| 5 | Press Auto cooking or Temp/Time/Weight button 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 use 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 60minutes
- b. Never operate the oven empty.
- c. If you turn the food during operation, press the Instant/Start button once and the preset cooking procedure will continue.
- d. 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.

| Depress | Display |
|---------|---|
| 1 | After power-up, the colon flashes |
| 2 | Select the desired microwave power by depressing Micro Power button consecutively |
| 3 | Set cooking time by Press Auto cooking or Temp/Time/Weight button to set exact minutes. |
| 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 use for grill food. Press Conv. Combo/Grill. Combo 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.

| | Depress | 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 pressing Auto-cooking or Temp/Time/Weight button. | 180C |
| 4 | Press Instant/Start button confirmation | Pr-h |
| 5 | Set the cooking time by pressing Auto-cooking or Temp/Time/Weight button | 20:00 |
| 6 | Press Instant/Start button start cooking | |
| 7 | When cooking program is ended, the integrated cooling fan will automatically start running for 30 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 roasting thin meat or pork, sausages, 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 light wave |
| G2 | Combination of Grill and microwave cooking: 55% of time microwave output and 45% of time light wave |

CAUTION

In the mode of convection/combo/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

| Depress | Display |
|--|---------|
| 1. After power-up, the colon flashes | : |
| 2. Press Grill/Combi/Cook/Combo button to select desired grill menu: | G.2 |
| 3. Set cooking time by pressing the Auto cooking or Temp/Time/Weight buttons | 10:00 |
| 4. Press Instant Start to start cooking | |

5. Defrost

This function use for Defrost food. Press the 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 3.0 kg. |
| d.3 | For defrosting seafood, the weight range from 0.1 to 0.9 kg. |

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

Example: To defrost 0.4kg poultry

| | Depress | Display |
|---|--|---------|
| 1 | After power-up, the colon flashes | t |
| 2 | Press Defrost button to set the food kind | D.2 |
| 3 | Press Auto cooking or Temp/Time/Weight button to set 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 and shield the warm portion. 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, press the Auto Cooking button and LED will cycle to show A.1, A.2 A.12

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. 1 | SOUTH INDIAN RECIPES | Mode | Weight | Time | |
|------|----------------------|--------|--------|---------|----|
| 1 | Aval | 100%MW | 1 | 18min | 1 |
| 2 | Veg Coconut Curry | 100%MW | 250g | 17min | 2 |
| | | | 500g | 19min | |
| 3 | Pumpkin Sambal | 100%MW | 1 | 27min | 3 |
| 4 | Lentil Rice | 100%MW | 1 | 4min | 4 |
| 5 | Tomato Rasam | 100%MW | 1 | 11min | 5 |
| 6 | Imli ki Chutney | 100%MW | 1 | 3min | 6 |
| 7 | Sweet Rice | 100%MW | 150g | 25min | 7 |
| 8 | Rava Masala Idli | 80%MW | 1 | 5min | 8 |
| 9 | Dry Gobi | 100%MW | 250g | 16min | 9 |
| | | | 500g | 18min | |
| 10 | Dry Cabbage | 100%MW | 1 | 8.30min | 10 |
| A. 2 | GUJARATI DISHES | Mode | Weight | Time | |
| 1 | Makai ki Khichdi | 100%MW | 1 | 14min | 11 |
| 2 | Gujarati Kadhi | 100%MW | 1 | 10min | 12 |
| 3 | Aam ki Chutney | 100%MW | 1 | 7min | 13 |
| 4 | Sev Tomato Curry | 100%MW | 1 | 3min | 14 |
| 5 | Aam ka Palna | 100%MW | 1 | 10min | 15 |
| 6 | Dumidiyu | 100%MW | 1 | 20min | 16 |
| 7 | Kela Methi nu Shaak | 100%MW | 1 | 5min | 17 |
| A. 3 | RAJASTHANI DISHES | Mode | Weight | Time | |
| 1 | Gatta Kadhi | 100%MW | 1 | 14min | 18 |
| 2 | Gatta ka Pulav | 100%MW | 1 | 18min | 19 |
| 3 | Bainyan Masala | 100%MW | 250g | 14min | 20 |
| | | | 500g | 16min | |
| 4 | Chicken Masala | 100%MW | 250g | 17min | 21 |
| | | | 500g | 19min | |
| 5 | Pyaz ki Subzi | 100%MW | 1 | 14min | 22 |
| A. 4 | PUNJABI DISHES | Mode | Weight | Time | |
| 1 | Khoja Matar | 100%MW | 1 | 16min | 23 |
| 2 | Keerha Matar | 100%MW | 1 | 17min | 24 |
| 3 | Methi Matar Malai | 100%MW | 1 | 16min | 25 |
| 4 | Veg Makhanwala | 100%MW | 250g | 17min | 25 |
| | | | 500g | 19min | |
| 5 | Raneri Makhan | 100%MW | 1 | 10min | 27 |
| 6 | Navratan Korma | 100%MW | 1 | 18min | 28 |
| 7 | Parmer Masala | 100%MW | 1 | 10min | 29 |
| A. 5 | BENGALI DISHES | Mode | Weight | Time | |
| 1 | Mustard Chicken | com-2 | 250 g | 17min | 30 |
| | | | 500g | 19min | |
| 2 | Prawn Malai Curry | 100%MW | 250g | 9min | 31 |
| | | | 500g | 11min | |
| 3 | Shapla Mach | 100%MW | 250 g | 8min | 32 |
| | | | 500g | 10min | |
| 4 | Citholao Dali | 100%MW | 1 | 28min | 33 |
| 5 | Puffina Fish | 80%mw | 1 | 7min | 34 |
| 6 | Shukto | 100%MW | 1 | 18min | 35 |
| 7 | Tomato Chutney | 100%MW | 1 | 10min | 36 |
| A. 6 | MAHARASHTRIAN DISHES | Mode | Weight | Time | |
| 1 | Coconut Rice | 100%MW | 1 | 18min | 37 |
| 2 | Masala Rice | 100%MW | 1 | 18min | 38 |

| | | | | | |
|------|--------------------------|-------------------------|------------------|--------------|----|
| 3 | Stuffed Capsicum | 100% MW | 250g 500g | 6min 8min | 38 |
| 4 | Rice Kheer | 100% MW | 1 | 12min | 40 |
| 5 | seviyachi Kheer | 100% MW | 1 | 10min | 41 |
| 6 | Veg Kheer | 100% MW | 1 | 16min | 42 |
| A.7 | TANDOORI/BAKE CORNER | 200c con | | cooking time | |
| 1 | Veg Cutlet | 200c preheat 10min | 1 | 12min | 43 |
| 2 | Tandoori Chicken | Combi -2 | 1 | 19 min | 44 |
| 3 | Tandoori Fish | Combi -2 | 1 | 5.30min | 45 |
| 4 | Hara Bhara Kabab | 200c preheat 10min | 1 | 12min | 46 |
| 5 | Chicken Hawaiian Pizza | 200c preheat 10 min | 1 | 12min | 47 |
| 6 | Cheez Chilli Toast | 200c preheat 10 min | 1 | 10min | 48 |
| A.8 | STEAM COOK FOOD | Mode | weight | Time | |
| 1 | Patra | 80%mw | 1 | 5min | 49 |
| 2 | Methi Muthia | 80%mw | 1 | 3min | 50 |
| 3 | Coriander Vangi (Muthia) | 80%mw | 1 | 3min | 51 |
| 4 | Palak Idli | 80%mw | 1 | 5min | 52 |
| 5 | Steam Monchuriyan | 80%mw | 1 | 5min | 53 |
| A.9 | BASIC CORNER MAIN MENU | Mode | weight | Time | |
| 1 | Green Pulav | 100%mw | 1 | 18min | 54 |
| 2 | Makai Shorba | 100%mw | 1 | 16min | 55 |
| 3 | PhulGobi Mattar Subzi | 100%mw | 1 | 18min | 56 |
| 4 | Butta Shunka Mirch Subzi | 100%mw | 1 | 18min | 57 |
| 5 | Khushki ki Subzi | 100%mw | 1 | 7 min | 58 |
| 6 | Khushki Biryani | 100%mw | 1 | 18min | 59 |
| 7 | Sabz Biryani | 100%mw | 1 | 18min | 60 |
| 8 | Achari Koliwadi | 100%mw | 1 | 25min | 61 |
| A.10 | Oil free food | Mode | weight | Time | |
| 1 | Suhagi Kadhi | 100%mw | 1 | 9min | 62 |
| 2 | Talak Rice | 100%mw | 1 | 18min | 63 |
| 3 | Mix Veggi Curry | 100%mw | 1 | 18min | 64 |
| 4 | Talak Dal | 100%mw | 1 | 12min | 65 |
| 5 | Shahi Paneer Mattar | 100%mw | 1 | 16min | 66 |
| 6 | Tintto Masala | 100%mw | 1 | 14min | 67 |
| 7 | fish curry | 100% | 250 gm 500 gm | 9min 9min | 68 |
| 8 | chicken curry | 100% | 1 | 18min | 69 |
| 9 | Soya curry | 100% | 1 | 15min | 70 |
| 10 | Veg soya rice | 100% | 1 | 18min | 71 |
| A.11 | Sweets & Snacks | Mode | weight | Time | |
| 1 | Springe Cake | 100% MW | 1 | 5min | 72 |
| 2 | Cookies | 180c Cony | 1 | 22min | 73 |
| 3 | Dudhi Halwa | 100%mw | 1 | 18Min | 74 |
| 4 | Gajar Halwa | 100%mw | 1 | 12Min | 75 |
| 5 | Apple Jam | 100%mw | 1 | 16Min | 76 |
| 6 | Kesar Kheer | 100%mw | 1 | 27Min | 77 |
| 7 | Baundi | 100%mw | 1 | 18Min | 78 |
| 8 | Fruit Custard | 100%mw | 1 | 6Min | 79 |
| 9 | Sabudana Kheer | 100%mw | 1 | 7min | 80 |
| 10 | Pineapple halwa | 100% | 1 | 12min | 81 |
| 11 | Coconut pithni | 100% | 1 | 9min | 82 |
| 12 | Soya cutlet | 180 con 10 min pre-heat | 1 | 12min | 83 |
| 13 | paneer tikka | 200 con 10min pre-heat | 1 | 12min | 84 |
| 14 | Cheese corn toast | Grill | 1 | 12min | 85 |

| A.12 | CONTINENTAL CUISINE | Mode | Weight | Time | |
|------|----------------------------------|-------------------------|------------------|----------------------------------|-----|
| 1 | Boiled pasta | 100% | 1 | 4min | 85 |
| | | | 2 | 10min(soft) | |
| 2 | Garlic bread | 200 con pre-heat 10min | 1 | 10min | 87 |
| 3 | Miltestrone soup | 100% | 1 | 2min then a beep 14min(again) | 88 |
| 4 | veg hot & sour soup | 100% | 1 | 14min | 89 |
| 5 | Quick pesto pasta | 100% | 1 | 7min | 90 |
| 6 | Macaroni cheese | 100% | 1 | 6min | 91 |
| 7 | penne pasta | 180 con pre-heat 10 min | 1 | 20min | 92 |
| 8 | veg Au gratin | combi 2 | 1 | 25min | 93 |
| 9 | potato cheese nacho | Grill | 1 | 12min | 94 |
| 10 | Baked corn with mushroom | 200 con pre-heat 10min | 1 | 15min | 95 |
| A.13 | LOW CALORIE RECIPES | Mode | Weight | Time | |
| 1 | Mint soup | 100% | 1 | 2min then a beep 10min(again) | 96 |
| 2 | carrot soup | 100% | 1 | 2min then a beep 10min(again) | 97 |
| 3 | Mushroom paneer in garlic butter | 100% | 1 | 1min then a beep 6min (again) | 98 |
| 4 | palak paneer | 100% | 1 | 1min then a beep 6min(again) | 99 |
| 5 | stuffed capsicum | 100% | 250 gm 500 gm | 6min 8min | 100 |
| A.14 | Sugar free Recipes | Mode | Weight | Time | |
| 1 | Karate ki tikki | 200 con 10 min pre-heat | 1 | 11min | 101 |
| 2 | vegg pizza with tofu | 200 con 10 min pre-heat | 1 | 10min | 102 |
| 3 | cumecapple basundi | 100% | 1 | 15min | 103 |
| 4 | Grilled toast | Grill | 1 | 12min | 104 |
| 5 | wheat cake | 100% | 1 | 5min | 105 |
| 6 | Cream of broccoli soup | 100% | 1 | 14min | 106 |
| 7 | cream of Zucchini soup | 100% | 1 | 12min | 107 |
| 8 | Veg soup with tofu | 100% | 1 | 14min | 108 |
| 9 | stir fry corn with tofu | 100% | 1 | 3min then a beep 7min(again) | 109 |
| 10 | Basil soup | 100% | 1 | 2min then a beep 4min | 110 |
| A.15 | Lemon clean | Mode | Weight | Time | |
| | Lemon clean | 100% | 1 | 5min | 111 |

Example: Veg coconut curry 0.50kg

| Depress | Display |
|---|---------|
| 1 After power-up, the colon flashes | : |
| 2 Press Auto Cook/ Time Weight Temp button to set the cooking menu | R1 |
| 3 Press Instant/Start button to confirm | R1 |
| 4 Press Auto Cook/ Time Weight Temp button to set the submenu | R12 |
| 5 Press Instant/Start button to confirm | 250 |
| 6 Press Auto Cook/ Time Weight Temp button to set desired weight | 500 |
| 7 Start cooking by pressing Instant/Start button | 19.00 |
| 8 If necessary to preheat, when preheat over 3 beep sound will be heard LED display open to prompt you put in food | |

7. Deodorizer and Keep Warm

Press this button, when the LED shows Heat and deod, press "Instant/Start" and Oven will get into the mode you choose.

Keep warm: In this mode, Oven will take 60 minutes to preserve the cooked food.

Deodorizer: In this mode, Oven will take 10 minutes to dispel the odious smell.

8. 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

| | Depress | Display |
|-----|---|--------------|
| 1 | After power-up, the colon flashes | : |
| 1.1 | Depress Preset/Clock button 5 seconds | 00:00 |
| 1.2 | Set hours by Press Auto cooking or Temp/Time/Weight button | 12:00 |
| 1.3 | Depress Preset/Clock button again to confirm hours | 12:00 |
| 1.4 | Set minutes by Pressing Auto cooking or Temp/Time/Weight button | 12:30 |
| 1.5 | Depress 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 | Press Auto cooking or Temp/Time/Weight button to set cooking time | 9:30 |
| 2.3 | Press and hold Clock button for 3 seconds to return to current clock. | |
| 3 | Set the time you expect to start: Repeat the steps of 1.2.1.5.1.4 | |
| 4 | Depress 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 depressing Clock button | |

9. 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 20P for 9 minutes. This is 2 sequence setting.

| | Depress | Display |
|------|---|---------|
| 1 | 100P microwave for 3min | |
| 1. 1 | Press Micro Power button to select power level, | 100P |
| 1. 2 | Press Auto cooking or Temp/Time/Weight button to set cooking time | 3:00 |
| 2 | Grill for 9min | |
| 2. 1 | Press Grill Combi/ Conv Combi button to select desired grill menu | G |
| 2. 2 | Press Auto cooking or Temp/Time/Weight button 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

10. 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

| | Depress | Display |
|-------------|--|---------|
| set lock | Depress and hold Stop/Clear button about 3 seconds | OFF |
| cancel lock | Depress and hold Stop/Clear button about 3 seconds | : |

11. 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 | Combo | Notes |
|------------------------|-----------|-------|-------|--|
| Heat-resistant ceramic | Yes | Yes | Yes | Never use the ceramics which are decorated with metal rim or glazed |
| Heat-resistant plastic | Yes | No | No | Can not be used for long time microwave cooking |
| Heat-resistant glass | Yes | Yes | Yes | |
| Plastic film | Yes | 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 | |
| Metal container | No | No | No | It should not be used in microwave oven. Microwave can not penetrate through metal. |
| Lacquer | No | No | No | Poor heat-resistant. Can not be used for High-temperature cooking |
| Bamboo wood and paper | No | No | No | Poor heat-resistant. Can not be used for High-temperature cooking |

12. 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 a 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

111 INTERNATIONAL RECIPES

TEA & COFFEE

Auto setting for 1, 2 & 3 cups.

For Tea/Coffee

Ingredient: Water
Sugar
Coffee/Tea
Milk

Method: 1. In a Microwave safe bowl (Without Lid). Add all ingredient & mix well
2 Set the Auto Cook Menu & Press Start.

SOUTH INDIAN RECIPES

1. AVIAL

Ingredients: 1 cup mix vegetables (carrot, fresh beans, banana, brinjals, 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 pasta,
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 SAMBAR

Ingredients: 1/2 cup Toor dal
1 medium pumpkin chopped
1 Brngal 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 Chilles
chopped,
Salt, black peper 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 Cardamoms Powder
A pinch of saffron and yellow color

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.

8. RAVA MASALA IDLI

Ingredients: 100 gms Suji
1 cup Curd
1tsp Fruit Salt

½ 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

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**
- 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. DRY CABBAGE

Ingredients 250gm Cabbage grated
Fresh Coconut grated green chillies paste roasted jeera Salt
Sugar - to taste
5-6 Curry leaves
2 tsps oil

- 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

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)
½ cup sugar as required
ginger paste, black salt, salt, red chili powder, garam masala,
saunf powder to taste
½ 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 sterilised 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 chili 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.AAM 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.

6. OUNIDHYU

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

Banana) peeled & chopped

½ cup methi mutias(cooked)

3- 4 tbsp oil or ghee

2 ½ 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.

7.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, 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

RAJATHANI DISHES

1.GATTA KADHI

Ingredient: For Gattas

1/2 cup besan
Turmeric powder, jeera powder, red chilli powder, oil
Ajwain, salt, sugar to taste

For Kadhi

1 cup curd (beaten)
1-2 tbsps gram flour (besan)
6-8 curry leaves
Jeera powder, dry red chillies (chopped), red chilli powder to taste
3 tbsps ghee, salt to taste
2 cups of water
A pinch of hing
1 tbsps 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 your palm and keep aside.
- 3) In microwave safe bowl (without lid) add mix (for kadhi) 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:

1/2 cup ready gattas
1 cup basmati rice
1/2 cup green peas
2 green chillies (chopped)
2 tbsps ghee
1/2 tsp turmeric powder
1/4 tsp red chilli powder
A pinch of hing
Salt to taste
2-3 bay leaves
2 1/2 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

2-3 cup 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: 6 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 Garnishing 1 tbsp 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 MATTAR

Ingredients: 200 gm Khoya (mashed)

50 gm peas

3-4 tbsp oil

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

Red chili powder, Jeera powder, garam masala powder, lemon juice

Salt, sugar to taste.

For paste

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

Method:

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.KEEMA MATTAR

Ingredients: 250 gms kheema (mixed meat)

$\frac{1}{4}$ Cup Peas

2 tbsp oil

1 $\frac{1}{2}$ -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

3.METHI MATTAR MALAI

Ingredients: 1 Cup Methi leaves chopped

$\frac{1}{2}$ tsp Jeeta roasted

$\frac{1}{2}$ Cup green Peas

1 $\frac{1}{2}$ -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 powder, Garam 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 Chili, 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- 1/4 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 chili powder, Salt, Black Pepper to taste
2 tbsp Ghee/Butter
1 Cup Khoya (mashed)
2-3 cup water as required

For paste

Onion , chili 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 Kasmin 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.

BENGALI DISHES

1.MUSTARD CHICKEN

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

For marinating :

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 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, peper - 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 chili 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
 $\frac{1}{2}$ -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 sauce, 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, Kalohji roasted
Cumin seeds roasted, mustard seeds roasted
Saunth roasted, fenugreek roasted, Salt, Pepper to taste
 $\frac{1}{2}$ 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 $\frac{1}{2}$ - 3 Cup Water/Coconut milk or as required
 $\frac{1}{4}$ 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 id) 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)
 $\frac{1}{2}$ Cup Green Peas
 $\frac{1}{2}$ tsp roasted jeera
A pinch of Hing
5 Cloves
3 Green Cardamom
5-6 curry leaves
 $\frac{1}{4}$ tsp tumeric powder
1 tbsp Peanuts
4 tbsp Ghee
2-3 tbsp goda masala/Garam Masala or to taste
2 $\frac{1}{2}$ -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.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:

- 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.

5.SEVIYACHI KHEER

Ingredients:

50 gm Semiyān 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.

6.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

TANDOORI /BAKE CORNER

1. VEG CUTLET

Ingredients: 250 gms potatoes (boiled)
½ cup boiled peas
chill paste, garlic paste, chat masala
red chilli powder, Salt, Pepper to taste
2tbsp oil (for brushing)
3-4 tbsps bread crumbs

- Method**
- 1) Mash potatoes and peas, add green chilies 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. TANDOORI CHICKEN

Ingredients:

Chicken
For Marinate: Garlic-ginger paste, Garam Masala, Lemon Juice, Red chili powder, salt to taste, Red color few (optional)

Method:

- 1) Wash the chicken and make diagonal incisions all over it.

- 2) Mix all ingredients of the marinade. Add the chicken and Refrigerate for 1 hour.
- 3) Put the chicken into the microwave safe bowl (covered) and set the Auto cook menu & press start.
 - Turn in between.
 - Now brush with oil and grill for 7-8 mins
 - Turn in between.

3.TANDOORI FISH

Ingredients:

| | |
|---------------|-------------------|
| Fish | |
| 1 tbsp. oil | |
| For Marinate: | |
| Ginger paste | Lemon Juice |
| Garlic Paste | To taste |
| garam Masala | Red chilli powder |
| Salt | To taste |

Method:

- 1) Wash the fish and dry it and give incision all over it.
- 2) In a bowl mix together all ingredients except oil and keep the fish in it for an hour.
- 3) Brush the marinated fish with the oil and set the auto cook menu & press start. Turn in between. Now grill for 7-8 min. Till golden in color.

4.HARA BHARA KABAB

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

Method:

- 1) Mash palak paste, potatoes chana dal and peas add green chili paste, garlic paste, chat Masala, lemon juice, red chili 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 HAWAIIAN 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. 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. CHEEZ CHILLI TOAST

Ingredients: 4 Bread Slice
2tbsp butter

For topping

500gm cheese grated
3-4 green chili (chopped)
Salt, Pepper to taste
1tbsp coriander leaves (chopped)

Method

- 1) Apply little butter on the both the side of bread
- 2) Mix all ingredients 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 COOK/FOOD

1. PATRA

Ingredients: Patra leaves 4-6 sized
Besan 1 – 1 ½ cup as required
Red chili powder, ginger-garlic paste, tamarind pulp,
Grated jiggery, dhania 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 tbsps |
| Oil | 2-3 tbsps |
| Ginger-garlic paste, chili powder, dhania 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 menu and press start.

3. CORIANDER VADI (MUTHIA)

Ingredients:

| | |
|---|--------------------|
| Coriander leaves | ¾ cup |
| Besan | ½ cup, as required |
| Suji | 3-4 tbsps |
| Oil | 2-3 tbsps |
| 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 menu 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 MANCHUNIAN

Ingredients: ½ 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.

BASIC CORNER/MAIN MENU

1. GREEN PULAV

Ingredients: 1 Cup Basmati Rice (Soak for 30min)
½ Cup Green Peas
2 Sticks cinnamon
2 Cloves
1 Bay leaf
½ Cup Onion (chopped)
2 tbsp Ghee
2 ½ -3 Cup Water as required
Green chilli paste, 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.

2. MAKAI SHORBA

Ingredients: ½ Cup Corn kernels (tender)
2 ½ -3 Cup Water as required
2-3 Bay Leaf
2 tbsp oil

2 tbsp coriander (chopped) for garnish
½ Cup carrot (chopped)
Dhania Powder, Turmeric powder, Salt, Pepper to taste

For the paste

1 Cup Onion, Garlic, laung, Pepper, Corns
Dalchini, Lemon Juice, coconut grated 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

3. PHULGOBI MATTAR SUBZI

Ingredients: 250/500 gm cauliflower
½ Cup peas
2-3 Cup water as required

Garam masala powder, dhania Powder, Salt to taste

For paste :

Onion, tomato, fresh Coconut, garlic, lemon juice
2 cloves jeera, dry red chilli 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

4. BUTTA SHIMLA MIRCH SUBZI

Ingredients: 1 Cup Basmati Rice
½ Cup Corn Fresh
½ Cup Shimla Mirch (Chopped)
1 Onion (Chopped)
2 Stick Cinnamon
2 Cloves
2-3 bay leaf
1 ½ green Chilies chopped
2 tbsp Ghee
2 ½ Cup Water as required
Salt to taste
1 tbsp coriander chopped
5-6 Curry leaves

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

5.KHUBH KI SUBZI

Ingredients: 250-500 gms Mushroom (Cut into 4 pieces)

1-2 tbsp Kasuri Methi leaves
1-2 tbsp Cream
1-1 ½ Cup water as required
Salt to taste

For the paste

Onion, tomato, Garlic-Ginger, garam masala, chili Powder
Dhaniya dry red chili (soaked) Sugar 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.KHUBH KI BIRYANI

Ingredients: 1 Cup basmati Rice(soak for 30 min)

½ Cup Mushroom
4 Spring onion chopped
2 cloves
½ piece cinnamon
Green cardamoms
2-3 bay leaf
1 tsp garam masala
1 tsp jeera powder
2 tbsp oil
2 ½ -3 Cup Water 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

7.SABZ BIRYANI

Ingredients: 1 Cup Basmati Rice(soak for 30min)

½ cup vegetable (Carrot,cauli flower, French beans green peas

onion and tomatoes)
2 ½ -3 Cup water required
2 tbsp coriander leaves
3 tbsp ghee
4-5 cloves
1 inch cinnamon stick
leaves chillies paste, ginger garlic paste, red chilli powder,
turmeric powder dry Fruit 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.

8. ACHARI KHICHDI

Ingredients: 1 Cup Rice(soak for 30min)
½ Cup Moong Dal(soak for 1 hour)
1 tbsp Carrot
1 Potato (chopped)
1 tomato (chopped)
4 tbsp French beans
2 tbsp ghee
2-3 cloves
2-3 bay leaves
1 inch stick cinnamon
Turmeric powder red chilli powder,

OIL FREE FOOD

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 chili, green chilli paste
Curry leaves, sugar, salt to taste

To 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 chili 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 VEGGI CURRY

Ingredients: 1 ½ 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 chili 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.

4.PALAK DAL

Ingredients: 1-1 ½ cup palak (chopped)
½-1 cup moong dal (boiled)
1-2bsp peanuts
1-1 ½ cup water
Onion paste, tomato, haldi, red chili, 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 MATTAR

Ingredients: 3/4 cup low fat paneer (cottage cheese)
1/4 cup peas 1- 1/2 cup water
Garam masala powder red chilli powder
Haldi, salt, pepper roasted kasuri methi to taste

For paste:

Big Onion, cashewnut(spak) 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 1/2 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

7.Fish curry

Ingredient 250-500 g fish (cut into pieces)
Turmeric powder, kokam Salt to taste
1 1/2 - 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

8.chicken curry

| | |
|------------|--|
| Ingredient | 250-500 g chicken (cut into pieces.) Turmeric powder ,kokam, Salt to taste |
| For paste: | 1 ½ -2 cup water as required 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. |

9. soya curry

| | |
|------------|---|
| Ingredient | 1 cup soya chunks Turmeric powder ,kokam, Salt to taste |
| For paste: | 1 ½ -2 cup water as required 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 |

10. veg soya rice

| | |
|-------------|---|
| Ingredients | 1 cup Rice ½ cup soya chunks ½ cup mix veg (Carrots, 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 |

Sweets & Snacks

1. SPONGE CAKE

Ingredient:

| | |
|---------------------------|-------------|
| Eggs | 3 |
| Butter | 100 gms |
| Flour | 1 cup |
| Sugar powder | 1 cup |
| Drinking chocolate powder | 2 tbsp |
| Coco powder | ½ tbsp |
| Baking powder | 1tsp |
| Water /milk | as required |

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) Add water to make smooth batter.
- 5) Pour the cake batter into the greased cake bowl (with out lid) and Set the Auto Cook menu.
- 6) Press start.

2. COOKIES

Ingredients:

| | |
|----------------|---------|
| Flour (maida) | 130 gms |
| Coco powder | 20 gms |
| Sugar powder | 100 gms |
| Vanaspati ghee | 100 gms |

Method:-

- 1) Sieve flour and coco powder in a bowl.
- 2) Beat vanaspati ghee and sugar until light and fluffy.
- 3) Mix all the ingredients together and knead a soft dough. Roll the dough and cut into cookies with the of biscuit cutter.

If you don't have the cutter. Simply roll out small balls from the dough. Pierce them with help of a fork to make an impression. place biscuits at least 5 cm apart giving enough spaces for expansion.

- ❖ Grease the Microwave safe dish and place cookies on it and set the Auto Cook menu and press start.

3. DUDHI HALWA

Ingredients:

1 Big dhoodhi (peeled and grated)
5 tbsp sugar or to taste
 $\frac{1}{4}$ tsp elachi powder
1 cup milk
2-3 tbsp ghee
6-8 tbsp khoya
2 tbsp mix dry fruit (chopped)

Method:

- 1) In Microwave safe bowl (without lid) add all ingredients & mix well.
- 2) Set the Auto cook menu & press start.
- 3) Stir in between.

4.GAJAR HALWA**Ingredients:**

| | |
|------------------------------------|--------------------|
| Carrots grated | 250 gms |
| Milk | 1 cup(150 ml) |
| Sugar | 5 tbsp |
| Elachi powder | $\frac{1}{2}$ tbsp |
| Melted ghee | 2-3 tbsp |
| Mava | 5-6 tbsp |
| For the garnishishing | |
| Sliced pistachions and cashew nuts | 1 tbsp |
| Varg Silver | 1 |

Method:

- 1) In Microwave safe bow(with out lid), add mix ingredients and mix well.
- 2) Set the Auto Cook menu & press start
- 3) Stir in between.
- 4) Garnish with the sliced Pistachios, Cashew Nuts and Varg

5.APPLE JAM**Ingredients:**

| | |
|-----------------------|--------------|
| Big apple | 3-4 (pasted) |
| Lemon juice | 2-3 tbsp |
| Water | 1 cup |
| Sugar,Cardamom powder | to taste |

Method:

- 1) In a microwave safe bowl (without lid), add all mix ingredients and mix well.
- 2) Set the auto cook menu & press Start.
And stir it after every 3-4 mins.

6.KESAR KHEER

Ingredients:

| | |
|----------------------------------|----------|
| Long rice or Nylon Noodles | 50 gms |
| Milk | 2-3 cups |
| Condensed Milk | 1/4 cups |
| Elaichi powder /Sugar /Dry fruit | |
| Saffron | To taste |

Method:

- 1) Wash and drain the Rice (Soak for 30 min)
- 2) In a Microwave safe bowl (with lid) mix ingredients
- 3) Set the Auto Cook Menu & press Start
Stir in between
- 4) Serve hot

7.HAUNDI

Ingredients:

| |
|-------------------------------|
| 3 Cup Milk (600 ml) |
| 110 Gm Sugar or to taste |
| 1tsp Milk Masala Powder |
| 1tbsp Mix Dry Fruit (Chopped) |

Method:

- 1) In a Microwave Safe big bowl (without lid) mix all ingredient well.
- 2) Set the Auto Cook Menu & press Start
- 3) Stir in between

8.FRUIT CUSTARD

Ingredients :

| |
|---------------------------------|
| 500ml Milk |
| 100 gms Sugar |
| 3tbsp Custard Powder (50gm) |
| 1Cup Fruit (according to taste) |

Method :

- 1) In a Microwave safe bowl add mix all ingredients (except fruit) and mix well
- 2) Set Auto Cook Menu & press Start
- 3) Stir in between
- 4) When it gets cool, add fruits & set in refrigerator
- 5) Serve chilled

9.SABOODANA KHEER

Ingredients :

1 ½ Cup milk
2 tbsp saboodana (soak for 30 min)
2 tbsp sugar

Method :

- 1) In Microwave Safe bowl (without lid) add all ingredient & mix well
- 2) Set the auto cook menu press start and stir in between
- 3) Serve lukewarm

10. 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.

11. COCONUT PHIRNI

Ingredients , ½ 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 bow (without lid), add all ingredient, and mix Well
- 2) Set the auto cook menu & press start stir in between
- 3) Serve Hot

12. 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

13.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 .
 Kashmin 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.

14 CHEESE CORN TOAST

Ingredients 2-4 Bread Slice
 2-4 tbsps butter
 For topping
 ½ cup cheese grated, ¼ cup boiled corn 1 boiled potato (peeled &grated)
 green chilli-paste Salt Pepper to taste
 1tbsp corander 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

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
 $\frac{1}{2}$ cup garlic paste or grated
 $\frac{1}{4}$ - $\frac{1}{2}$ 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 $\frac{1}{2}$ - $\frac{1}{2}$ 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 macrohi & 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 $\frac{1}{4}$ 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 wafer 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 ¼ cup mix veg (peas, potato, beans, carrot, cauliflower) 2½-3 cup white sauce ½ cup brown bread crumbs - sprinkle 1 ½ cup grated mozzarella cheese - sprinkle Salt, sugar, green chilli paste, pepper to taste |
|-------------|--|

Method &
press
Start.
3 serve hot.

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 &

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 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

10. Baked corn with mushroom

Ingredients 1-1½ cup mushroom ½ cup cook corn
2½-3 cup white sauce
½ cup brown bread crumbs - sprinkle
1 ½ cup grated mozzarella cheese - sprinkle
Salt, sugar, green chilli paste, pepper to taste

Method &
press
Start.
3 serve hot.

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 &

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, 2 tbsp 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.
Stir in between. Serve hot.

2. Carrot soup

Ingredients 2 cup carrot puree, $\frac{1}{4}$ 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
 $\frac{1}{2}$ cup mushroom
1 cup low fat paneer cubes
2 tbsp Garlic pasta, 2 tbsp ginger pasta
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, Kaun 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. 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

sugar free recipes

1. Karela ka tiki

Ingredients: $\frac{1}{2}$ cup grated bitter gourd (karela) 1 boiled potato
1 cup grated carrots, $\frac{1}{2}$ cup low fat paneer grated ,
 $\frac{1}{2}$ cup boiled peas, $\frac{1}{2}$ cup wheat bread crumbs,
Amchur 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 $\frac{1}{2}$ cup grated low fat tofu chopped capsicum
 $\frac{1}{2}$ 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)
 $\frac{1}{2}$ - 1 cup pineapple cubes
Sugar free (gold) substitute to taste
 $\frac{1}{2}$ -1 tsp cornflour mixed with $\frac{1}{4}$ cup low fat milk
1tsp Milk Masala Powder
1tbsp Mix Dry Fruit (Chopped).

Method:

- 1) In a microwave safe big bowl (without lid), mix all ingredient 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:
 $\frac{1}{2}$ 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 Add water to make smooth batter
 - 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.

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
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 counterclockwise. 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



MICROWAVE RADIATION!



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.



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



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.



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;

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

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

Customer Name _____ Date _____
 Serial No. _____ Model No. _____
 Purchase Date _____

HAIER WARRANTY

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

ELIGIBILITY AND EXCLUSIONS

- (a) The warranty will commence on the date of the purchase, during the first one (1) year.
- (b) The Company is entitled to accept claim for service, repair and/or replacement of parts if the Company is able to verify the authenticity of the product.
- (c) If the product is found to be defective, non-functional or missing any part or any component part, the Company will repair or replace the same.
- (d) If the product is not found to be defective, non-functional or missing any part or any component part, the Company will not accept any claim for repairing the product.
- (e) The Company may accept a claim for repair and/or replacement of parts, provided the customer has paid the amount of Rs. 200/- (Rupees Two Hundred and Fifty) towards the cost of delivery.
- (f) The Company may accept a claim for repair and/or replacement of parts, if the repair is done by the authorized service center.
- (g) If the customer does not pay the amount of Rs. 200/- (Rupees Two Hundred and Fifty) towards the cost of delivery, the Company will not accept any claim for repairing the product.
- (h) The customer is liable for the following cases:
 - i. If the product is damaged due to negligence or carelessness.
 - ii. If the product is damaged by moisture, water, insects, rodents or damage caused by self-explosion or explosion caused by lightning or current or fire due to faulty wiring or other causes.
 - iii. If the product is damaged due to damage caused by the customer himself/herself.
- (i) If the customer fails to follow the instructions given in the Instruction Manual, the Company will not accept any claim for repairing the product.
- (j) Any damage caused to the product due to the negligence of the customer himself/herself, the Company will not accept any claim for repairing the product.
- (k) If the customer fails to submit the original bill of sale or copy thereof with the warranty card, the Company will not accept any claim for repairing the product.
- (l) The warranty is valid for 12 months from the date of purchase.
- (m) The warranty is transferable after the initial period of 12 months from the date of purchase.

| Product | Warranty |
|-----------------|-------------|
| Fridge | Two years |
| Cooler | Four years |
| Washing Machine | Five years |
| Dishwasher | Eight years |
| Accumulator | One Year |
| Water Purifier | One Year |
| Sterilizer | One Year |
| Cooler | One Year |
| Oven | One Year |

Haier

Customer Name _____ Date _____
 Serial No. _____ Model No. _____
 Purchase Date _____

Haier

Inspired Living



Haier is the biggest Home Appliances Brand™ in the world. We represent a higher quality of life across 100 countries and have transformed the way people live. Haier has touched millions of lives. Bringing to them a wide 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.

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Haier

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